



the voices of **CLOVER MAMA AFRIKA**

Edition 02 | February 2021 | Ukwakha Isizwe



Foreword

Welcome to our second edition of the Clover Mama Afrika newsletter. We started off the new year with a bang, but we cannot ignore that our world is still in crisis.

For many, the festive season that was supposed to be a blessed one was a profound challenge. However, we must never forget that we are not alone and that hardship and challenges lead to new opportunities. I always say, don't let anyone steal your peace.

I for one know how precious life is, therefore do not waste time on issues that you cannot control, but rather invest your energy into changing your life for the better. An extract from a recent article in BizCommunity says it perfectly: *"2020 presented us with unprecedented crisis and challenges, we were stretched to the limit in our ability to cope and overcome. But we learnt to adjust, to improvise, to innovate, to work remotely and surprised ourselves by our resilience in the year that was."*

Clover Mama Afrika did just that and we are proud to share what was achieved in the latter part of 2020 and how we now commence with hope and renewed focus in 2021.

Prof. Elain Vlok

Manager: Clover Mama Afrika

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Supplier Day 2020

Clover Mama Afrika hosted “A tea with a difference” for the very special people who have supported our project over so many years.

The morning was spent with Jacqui Carr (CEO), Loren Morais (GM) and Johnnie Marais (GM) of Eqstra Flexi Fleet, Kgomotso Bokaba (HR & Transformation Executive) and Helen de Beer (BEE Compliance Manager) of MiX Telematics, Miralda de Waal (MD) of Amok Digital, Jessica Gois (Divisional Head) and Simóne Erasmus (Conversation Architect) of JNPR, Linda Venter (Special Project Manager) of Bernina, Jan Botha of Jan Botha Photography, Juandi Kamp of Juandi's Catering, Isabel Cadle of Bella Donna and Mariëtha van der Merwe of Sri Lanka Sewing.

It was in true Clover Mama Afrika style indeed as all the eats were made with love and pride by Prof Elain.

“

What a way to end off a productive year. No words can describe how grateful we are to have the most amazing project partners and suppliers, some of whom I have been working with from Clover Mama Afrika's beginnings.

”



Best dressed ladies of the day were none other than Helen and Kgomotso of MiX Telematics.



Prof Elain cuts the fruit cake for Jessica, Jacqui and Loren.



From the left: Mariëtha; Juandi; Isabel; Johnnie; Loren; Jan; Jacqui; Prof Elain; Kgomotso; Linda; Miralda; Helen; Jessica and Simóne



The Clover Mama Afrika team used their own resources to decorate the function. It was colourful and on point for the "A tea with a difference" theme.



Good company, good treats to eat and super gifts for super people.

“

Success does not lie in
“results” but in “efforts,”
“being” the best is not
so important, “doing”
the best is all that
matters.”

- Anonymous -

Virtual biscuit baking course

Our avid bakers were excited to partake in the Virtual Biscuit Baking course which was finalised in the nick of time before the festive season. The bakers received all the necessary ingredients and apparatus to complete no less than 21 biscuit recipes. The course included valuable tips on packaging and presentation in order to sell the biscuits as wonderful gifts over the festive season. The trainees' feedback was impressive to say the least.

Here are some of their comments:

Mama Nondumiso Mpitimpiti: *The biscuit baking training was wonderfully organised and well presented. It was easy to follow. Once I let my customers know of the biscuit baking and did a tasting, I received many orders. The packaging was extremely fun to make and it helped to sell the tasty biscuits.*



Mama Doris Ndingane: *How wonderful to learn that oats and cornflakes are not only for breakfast, but can also be used to make the tastiest biscuits. Thank you for a great course.*



Mama Phomolo Raisa had a lot of fun baking the biscuits. *I never knew that some biscuit dough had to rest in the fridge for hours or overnight. No wonder my biscuits looked and tasted so much better. I learned so much which will help me a lot in future.*



Mama Doris Ndingane: *How wonderful to learn that oats and cornflakes are not only for breakfast, but can also be used to make the tastiest biscuits. Thank you for a great course.*



Mama Engelina sees the fruit of her labour

Mama Engelina Molete of Dobsonville and her team received the food garden training a little over four months ago. The results are more than impressive. Training facilitator, Cobus Smit of Tuinjong, returned to see the progress and provided them with additional planning and planting knowledge. He was proud to see how well the team has done. *“What a pleasure it was to teach a team that wants to learn and succeed. The hard work is paying off as they are already selling their produce. I am calling the project, ‘The farm in Soweto – a story of love and passion’. I am proud to be a part of this success story.”*



The fruits of labour - quality vegetables from Mama Engelina's food garden



I can't thank you enough for making the dream of this organisation into a reality. The skills that you are teaching us are amazing. We are currently spreading our wings and the aim is to occupy all the empty spaces in the schools around our community with a food garden project. We are because of you.

- Mama Engelina -

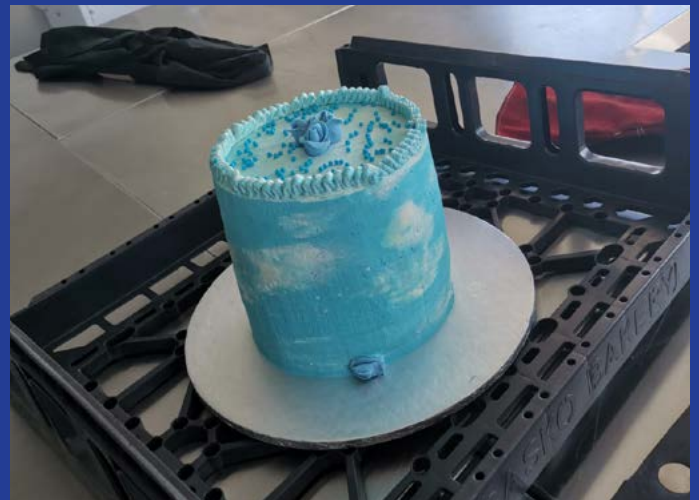


Mama Phumla's bakery

Since **Mama Phumla Goje** of Mdantsane and her bakers had completed the intensive two-week beginners' bread baking course facilitated by Siyabonga Africa, they have been able to provide their community with quality fresh bakes. *"The training was excellent as we learned to bake and sell. Our bakery is going to help this community a lot. We start our baking as early as midnight so that we have a good stock to sell in the morning. We then have four teams who go out and sell our fresh bakes."*



Happy customers at Mama Phumla's bakery



Mama Phumla's bakery also supplies decorative cakes for all occasions.



The bakers have learned to bake Mosbolletjies and speciality bread.

New billboards countrywide

With the new Clover Mama Afrika logo and identity came new billboards for all Clover Mamas countrywide. "It was an exciting moment for all our Clover Mamas when their old billboards were replaced with brand-new ones. I have been inundated with thank you messages from the Clover Mamas as they take pride in their new branding," Prof Elain.







2021 Sewers with Bernina

After a long year of no sewing courses due to the national lockdown, it was a pleasure to welcome the 2020 sewers back to Bernina for an evaluation and refresher course. *"Sewing was one course that we could not do as a virtual class, but at least the sewers were able to practice what they learned in the beginning of last year. We are happy that they came back for a week's evaluation and refresher course under Linda Venter of Bernina's great guidance. We also look forward to the trainees attending all the necessary sewing courses scheduled for the rest of the year,"* Prof Elain.



Sewers 2021 smiling proudly behind their masks. On the left: **Ntombintombi Buthelezi** of Olievenhoutbosch, **Mama Gail Koeberg** and **Prof Elain Vlok**. On the right: **Tina Kungoane** of Winterveld, **Gina Petersen** of Mbekweni and teacher **Linda Venter**.

Pat's Ginger Beer

Makes 9 litres

Ingredients

9 L Water
9 cups (1.8kg) Sugar
10g Dry yeast (instant)
¼ cup Ginger, powdered
½ cup Raisins
2 T Tartaric acid

Method

1. Mix all the ingredients together in a large plastic or glass container.
2. Cover with a cloth and let it stand for 24 hours.
3. Bottle the ginger beer (with lids off) and refrigerate.

Tips

- Only use room temperature, clean, filtered tap water. Do not use refrigerated or warm water.
- Don't close the lids on the bottles as it can cause an eruption.





HONEY, DIJON & ROSEMARY GRILLED SWEET POTATOES

Serves 4 as a side

Ingredients

1 T (15ml) Fresh rosemary, finely chopped
¼ cup (60ml) Dijon mustard
¼ cup (60ml) Runny honey
1 T (15ml) Clover Olive Pride Extra Virgin Olive Oil
2 t (10ml) Salt
2 t (10ml) Black pepper
2 (about 450g) Medium sweet potatoes, sliced into skinny wedges keeping the skin on

Method

1. Preheat the oven to 180°C.
2. In a large bowl, whisk together the finely chopped rosemary, mustard, honey, olive oil, salt and pepper.
3. Add the sweet potatoes to the bowl. Using your hands, toss the sweet potatoes through the mixture until all the wedges are well coated.
4. Cover a baking tray with aluminium foil.
5. Spread the sweet potatoes evenly over the baking tray, making sure they don't overlap.
6. Cover the potatoes with another layer of foil and bake for about 15 minutes until the sweet potatoes just become soft – check every so often.
7. Remove the top layer of foil and toss the sweet potatoes again.
8. Turn the grill setting in your oven to high.
9. Grill the potatoes until they are completely cooked through and starting to brown.
10. Season with salt and serve hot.

Peppermint Crisp Tart

Makes 12 – 16 small portions

Ingredients

250ml Orley whip

100ml Clover Full Cream Fresh Milk 1 Caramel

2 T (30ml) Lemon juice

150g (1 slab) Peppermint crisp chocolate

1 packet (200g) Tennis biscuits

Method

1. Combine Orley whip and milk in a deep mixing bowl and beat on high speed until the mixture is thick.
2. In another bowl, beat the condensed milk and lemon juice together until thick (it thickens quickly).
3. Add the condensed milk mixture to the Orley whip mixture and work lightly – fold together.
4. Grate the chocolate and crush the tennis biscuits.
5. Use small serving glasses. Start with a layer of biscuits, then Orley mix, then grated chocolate and repeat, finishing off with a layer of chocolate.
6. Place in the refrigerator for at least 6 hours and serve chilled.

Tips

- Make sure that the Orley Whip and milk is thick before you start adding anything.
- This recipe also works well in one large serving dish.





Smarties Week 2021

“Sisterhood is a gift to the heart, a friend to the spirit, a golden thread to the meaning of life.”

- Isadora James -

It was a time to reunite, to reflect and spend quality time in true Clover Mama Afrika spirit. Clover’s Mama Afrikas travelled from all corners of South Africa to the beautiful Wilderness Beach Hotel for a week filled with added value workshops and camaraderie. The week ended on a high note with the grand awards ceremony. This was Clover Mama Afrika’s 14th Smarties Week and what a week it was!



Mama Mary Lwate of Winterveld sponsored 11 aprons embroidered with the Clover Mama Afrika logo. Prof Elaine drew names to receive this kind gesture. Lucky recipients from the left Mamas Daphne, Rosemary, Nondumiso, Thokozile, Albertina, Prof Elaine, Mary, Mirriam, Glenrose, Selestien, Gail and Shirley.



Enjoying a hearty meal together



Clover Mamas were able to enjoy the beautiful sunset.





The day started on a high note when the Clover Mamas entertained visitors to the quaint George market with spirited songs.



After a lovely early morning of singing and shopping at the market, it was time to get down to the "serious" but very pleasant time. Social distancing and masks were a given at the session.



*Clover Mamas received new aprons made by **Mama Yvonne du Preez** of Upington and floral masks made by **Mama Selestien Moses** of Ashbury.*



During the mosaic workshop, everyone concurred that doing mosaic "is very therapeutic".



Prof Elain offers **Mama Mary** a guiding hand.



Mama Nondumiso gets the hang of following the 'circular' technique.



Mama Shirley was the first one to finish her mosaic potholder.



Sunday started off with a fashion show. The Clover Mamas wore trendy dresses they made with t-shirt fabric received from C&R Brand Solutions. "I was overwhelmed by the stunning designs they used and creative they were with the fabric. The 350kg fabric donation received in the latter part of 2020 has definitely made a huge difference to all the sewing centres. The Clover Mamas looked absolutely stunning." Prof Elain.



Prof Elain also got creative with a piece of the T-shirt fabric.



Mamas Daphne, Phumla, Yvonne, Thokozile, Mary and Albertina had fun sewing for themselves. "It is quality fabric that we can use in so many ways."



Mamas Shirley, Selestien, Rosemary, Lizzy and Mirriam showed off their colourful trendy designer wear. "We are able to make comfortable clothing to fit all sizes and ages with this fabric."



Mamas Doris, Gail, Nondumiso, Felicity, Engeline, Glenrose and Phomolo looked just as trendy in their designer outfits. Mama Glenrose sewed a matching face mask.



Marietha and Prof Elaine with the students undertaking the Sri Lanka Sewing Course. Here they are busy with beautiful cushion covers.



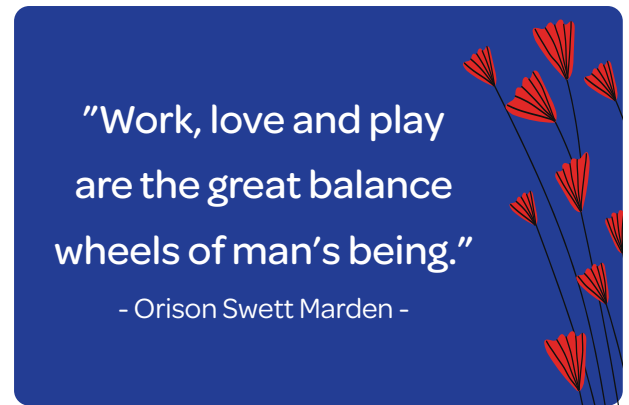
Focussed but relaxed and enjoying the hand sewing work.



The rest of Sunday was spent with **Marietha** who facilitated the Sri Lanka Hand Sewing Course.



Marietha helping **Mama Doris** with stitching techniques.



The weather was too good to miss out on a couple of hours of fun and camaraderie in the afternoon. The Clover Mamas used their beach bag set which included a Clover Mama Afrika beach towel, peak cap and t-shirt.



Mama Mary inspired plenty fellow Mamas to join her in making memories.
"What a super way to end off a wonderful day."



Mama Mary Lwate, 82 years, showed how NOT to be afraid of the water.

The Clover Mamas spent another two glorious and productive days at Smarties Week, including a special celebration: Prof Elaine's birthday! The skills training centred around the acquisition of new techniques in art and flower arranging, under the guidance of long-time training facilitators Ezette van der Merwe and Gerda Tuffin.



A special celebration for a special person - Prof Elaine celebrated her birthday in true Clover Mama Afrika style.



The art workshop with Ezette of Creative Hartz was as enjoyable as ever with the application of new palette knife and stencils techniques.



Newly appointed Mama Engelina Molete is charmed with the added-value skills she learned during Smarties Week.



The talented artists of 2021. Front the left back row: Mamas Nondumiso; Lizzy; Mirriam T; Prof Elaine; Mamas Mary; Rosemary; Gail; Albertina; Mirriam M and Doris. From the left front row: Mamas Selestien; Engelina; teacher Ezette; Mamas Daphne; Yvonne; Glenrose; Felicity and Shirley.



Ezette offers a helping hand to Mama Shirley.



No Smarties Week is complete without the freshness of working with flowers and indigenous plants under the guidance of Gerda Tuffin of Cape School of Floristry.



The Clover Mamas now know how to make a 'posy' with a difference. These went onto the tables for the Awards evening.



Gerda demonstrates pom-pom ribbons step-by-step – another skill for making more money.



Mama Thokozile is proud of her 'fan' spiral bunch technique that can be used for various functions and also funerals.



Prof Elaine admires the new 'fan' technique.



Beautiful flower arrangements for beautiful Clover Mamas.

"One of the secrets to staying young is to always do things you don't know how to do, to keep learning."

- Ruth Reichl -



The highlight of the week – our awards evening

Our VIP guests and Clover Mamas arrived looking ever so elegant. Everyone took joy in the opportunity to interact and enjoy the week's accomplishments which were beautifully displayed.



Prof Elaine doing the last finishing touches to the display area showing off all the added value skills that the Clover Mama Afrikas did during Smarties Week.



Clover Mama Afrikas arriving looking stylish in their Fluidity designer dress. Prof Elaine welcomes **Mama Selestien Moses**.



Mama Phomolo Raisa loves the way her work is displayed.



Clover Mama Afrikas **Doris Ndingane, Sipiwe Solomons, Nondumiso Mpitimpiti and Mirriam Makamu** ready for the prestigious awards to come.



Our VIP guests that joined the awards evening: **Leonie Edwards and Anusha Padayachee, Herman and Ezette van der Merwe with Gerda Tuffin and Debbie.**

It was a pleasure to acknowledge the very people who contribute to the success of Clover Mama Afrika. Due to the uncertainty of the COVID situation, many of our project partners could unfortunately not attend the evening.

Amongst these special partners who need to be mentioned are:



MiX Telematics – who has been supporting Clover Mama Afrika for ten years. This company's support has enabled us to upskill over 50 training beneficiaries, as well as provide the necessary equipment and renovation of five centres across the country.



Eqstra Flexi Fleet – is a partnership that started in 2007 and is still going strong 14 years later. Through their financial support, countless individuals across the country have benefitted positively.



AMOK Digital – no job is too big or too small for this dynamic team. AMOK's team has provided services to Clover Mama Afrika for just over two decades.



Bernina – who has been teaching sewing skills for the last 15 years, including 101 courses facilitated to 133 individual training beneficiaries.



Siyabonga Africa – who has since 2007 trained 881 individuals with bread baking skills.



JNPR – who has provided Clover Mama Afrika since 2012 with well over R75 million worth of free publicity.



Prime Corp – who has been working with Clover Mama Afrika since its inception by providing and donating quality corporate items.



Universal Paints – for supplying the much-needed paint set to the value of R106 000.

We were proud to share our gratitude with those who were able to attend our awards function:



Anusha Padayachee and Leonie Edwards – sharing their cooking skills is a passion for these two women who facilitate basic curry cooking courses and other speciality dishes. They also teach the art of preparing and cooking venison.



Gerda Tuffin of Cape School of Floristry – who has been facilitating the Smarties Week flower arranging workshops for the last ten years.



Ezette van der Merwe of Creative Heartz – who has been inspiring the Clover Mamas to explore their artistic talents for the past 11 years.



*Ezette surprised us with a painting that she painted especially for a worthy Clover Mama Afrika, so the Mamas were requested to nominate a Mama for the Personality award which was **Mama Felicity Maluleke**.*

Acknowledging Clover Mamas

We saluted each Clover Mama Afrika for her selfless and dedicated good work she continues to do for her community with a trophy, certificate and a special gift that depicts the years of being a Clover Mama Afrika.



Each Clover Mama Afrika received a trophy, certificate and a special frame depicting the year of appointment with Clover Mama Afrika.

Special Appearance

We were proud to introduce **Charlie Louw**, who is a true testimony of how a Clover Mama can make a huge difference to someone's life. When **Mama Daphne Oliphant** of Roodewal found this young man, he was living in one of the most dangerous squatter camps called Avian Park.

He was down and out, as well as extremely ill and had absolutely nothing to his name. Mama Daphne took him in and provided him with the necessary medical treatments. She invested a great deal in Charlie with her cooking and baking skills training. Slowly, Charlie became a person with a purpose.



Charlie Louw of Roodewal

Eight years later, he is a changed man. He has found his passion with cooking and baking and is excelling. He has already successfully completed six Clover Mama Afrika training sessions and has turned Mama Daphne's baking project around single-handedly. Charlie received an acknowledgement token of thanks.

Bernina Competition Winners

Bernina co-sponsored a Bernette Deco Embroidery machine valued at R34 000 plus a three-day training session valued at R6 000 towards the sewing competition.

Each Clover Mama submitted a written motivation of why she should be the deserving winner of an embroidery machine.

The received competition entries were so heartfelt and sincere that in the end we decided to award two Clover Mamas by acquiring another embroidery machine.

Mama Yvonne du Preez and **Mama Mary Lwate** were the joyous winners.



Mamas Yvonne du Preez and Mary Lwate are the proud winners of a Bernette Deco Embroidery machine each.

Project partners making a difference

Long-term project partners Eqstra Flexi Fleet and MiX Telematics have been supporting Clover Mama Afrika for well over a decade. Eqstra's contribution enabled us to purchase all the paint hardware needed, including the funding of a skills training course, for 2021.

MiX Telematics' contribution went to awarding all the Clover Mamas in the Top Cleanliness & Hygiene Award category with an incentive prize and to gift the Ultimate Cleanliness & Hygiene Award winner **Mama Dorah Semenya** with skills training valued at R60 000.00.



2021 Top Cleanliness & Hygiene Award runner up award went to all Clover Mama Afrikas.

“ Your contributions to your communities are appreciated and admired. Your commitment to the Clover Mama Afrika program during the difficult lockdown periods in 2020 gives us peace of mind that your communities were looked after. We would like to congratulate all of you! Thank you for continuing to provide a safe and healthy environment with high hygiene standards that help reduce the risk for the spread of Covid-19”

Kgomotso Bokaba, MiX Telematics, Executive: HR & Transformation (Africa)

It was a wow for all the Clover Mamas when Prof Elain revealed the paint set worth R106 000 donated by Universal Paints. The paint is to be distributed to each woman countrywide. Watch this space to see how they applied it!





Top Clover Mama Afrika Awards

Mama Alinah Marumo received the Special Recognition Award for overcoming many heart-felt challenges over the years, while continuing with a positive attitude and eagerness to do the good work in her community. Her centre is pristine with a good infrastructure.



The Above and Beyond Award went to three deserving Clover Mamas for going above and beyond of what is expected of their normal responsibilities. They are innovative in tackling challenges and turning them into opportunities for all - **Mamas Mirriam Toni; Selestien Moses and Sipiwe Solomons.**



The Entrepreneur of the Year Award went to **Mama Mary Lwate** for continuously pushing her fellow members to fulfil their full potential and she empowers them to reach new heights with their respective skills. She innovates when it comes to marketing her products as seen with her Moringa project of which sells products countrywide.



The Business Mama of the Year Award went to **Mama Mirriam Makamu** who has an ability to maintain excellent business management skills. She uses her bakery's profit to revamp and improve her infrastructure and she is responsible for paying monthly salaries to over 40 workers.



Mama Daphne Oliphant received the **Most Improved Award**. She believes that without being accountable for all responsibilities and projects, one will never succeed. This attitude led her to turning her projects around, while focussing on what is feasible for her centre and her workers. Her projects have since grown from strength to strength.



Mama Felicity Maluleke received the **Top Achiever of the Year Award**. She showed continued dedication and passion in meeting all of Clover Mama Afrika's objectives. She is meticulous in all that she does and has a positive attitude and eagerness to meet the need of her community while providing the necessary affordable services.



Mama Glenrose Mashiqa was this year's **Performer Extraordinaire** which is the ultimate Clover Mama Afrika award. She is a Clover Mama that meets all of the initiative's objectives beyond all expectations. They say that dynamite comes in small packages and this Clover Mama is definitely dynamic.

She has a solid infrastructure in place and provides consistency in all that she does. She is well-known for her strong educational program provided to the very young in her care. Her monthly reports are an absolute pleasure to read together with delightful supporting photos.



The awards evening ended with song and dance (still keeping to safe social distancing).

"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst, and it sparks extraordinary results."

-Wade Boggs-

Until next time ...

Best wishes,

Prof Elain Vlok



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