



the voices of **CLOVER MAMA AFRIKA**

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Foreword

We are indeed in trying times as we have lost a dear Clover Mama Afrika to Covid 19 – what a dreadful virus. Our Mama Shirley Merime of Ennerdale passed away on 15 July. We will always remember her for her miracle ‘doepa’ that could heal anyone and any illness, her beautiful prayers, her love for dancing, and especially for all her good work in sewing, bread baking, gardening, and so much more. The surname MERIME will live on for a long time through her pre-school and the countless children she adopted. She was fondly known as Mother Theresa for her tender care and giving heart. Mama Shirley will be dearly missed.



When you are kept busy, you will never have time to be unhappy. Lionel Hampton quotes, *“the secret is keeping busy and loving what you do.”* We at Clover Mama Afrika do just that! We have kept our cooks and bakers countrywide extremely busy with more advanced training and have received amazing results. We even gave them their first official exam to complete. I was blown away by the results received – they all passed with flying colours. I would like to take this opportunity to express our gratitude to our project partners that have been instrumental in enabling Clover Mama Afrika to do so much more than we ever expected to do. A special thanks to MiX Telematics, Eqstra, and HFR Transport for their continued support.

I hope you enjoy reading our latest news and wish you good health in these trying times with the Covid-19 pandemic.

Prof. Elaine Vlok
Manager: Clover Mama Afrika

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Email us your thoughts to info@clovermamaafrika.com

Cooking and baking up a storm

Let's not be surprised if Clover Mama Afrika becomes the Cooking Academy of the Year. With no less than seven cooking and baking courses provided this year, it is evident that these courses are adding great value to the lives and businesses of our Mamas.

The feedback received from our cooks and bakers after completing the Advance #1 course is impressive. We collectively received 1 619 photos that show how they prepared and executed each recipe. Here's what some of the cooks and bakers have to say:



MAMA FEZIWE GAMBO of Ezimbokodweni:

Before I became a Clover Mama Afrika, our income was around R6 000 per month. Since having received the training, it has increased to R9 900. Clover Mama Afrika also taught me how to restructure my centre, specifically the bakery and kitchen area, to improve efficiency. Now I have a standalone bakery and a functional kitchen with new appliances.



MAMA SIPIWE/PRETTY MASHEGO of Hazyview:

The training received is relevant to the needs of my customers. It has taught me how to make great dishes with confidence. Thanks to my guesthouse, the cooking and baking project income has improved from R2 000 to R15 000 per month.



MAMA PHOMOLO RAISA of Botshabelo:

What may look difficult at first when watching the training video and hardcopy, is actually easy when you start. The new dishes and baking recipes have definitely helped my sales. Financially, these courses have improved my sales by 50%.



MAMA SELESTIEN MOSES of Ashbury:

I am not new to catering for functions, but these training courses have helped me stretch the ingredients and improve my profit margin. The courses are well designed and clearly explained. Even with the Covid setbacks, our catering project is doing well and increasing monthly. In December 2020, we made R40 000 and in April this year, R51 200. Customers come back due to our high-quality products, meals, and services.



MAMA MIRRIAM TONI of Mbekweni:

Training knowledge has taken me from 0% to 100%. I consider myself to be a qualified cook. I cook the best meals for my customers and I generate a good income every month from this skill. This knowledge has allowed me to increase my income from R6 900 in May to R13 600 in June. I am excited for more training. I want to learn more and open my mind so that I can serve my community better.

“

I truly believe in training, training, and more training. This is the only way for the Clover Mama Afrikas and their members to perfect their skills.

”

- Prof Elaine -



Passionately preparing Advance Cooking and Baking #2

The next Advance #2 cooking course has reached the cooks and bakers which includes a variety of breakfasts, as requested by the trainees.

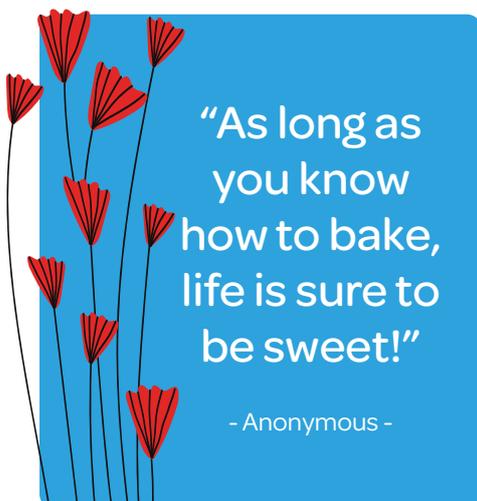
A lot of work goes into preparing training modules for both cake baking and decorating, as well as cooking and baking. From selecting recipes to purchasing the ingredients and apparatus. From being under the lights and camera for the virtual demonstration or step-by-step photography to packing all the requirements for all 12 students. All of this is done with absolute passion.



Prof Elain and Jan Botha celebrate the last shoot by tasting the final dish. We can work hard, but we can also take time to enjoy tasting the delicious meals.



Under the lights it is camera, and action for the Advance #2 cooking and baking with Prof Elain.



Recently completed was the Advanced Cake Baking and Decorating Course. Prof Elain and Juandi Kamp feeling excited after having completed the training module.



C&R Brand Solutions Donations reach 1000s of beneficiaries

It was indeed a Christmas in June when the Clover Mama Afrikas received their boxes filled with corporate wear, gifts, and stationery courtesy of C&R Brand Solutions.



Mama Mirriam Makamu of Tembisa shared with her 46 workers and their respective families.



Mama Miram Toni of Mbekweni was excited to see the amount of goods she received to share with fellow community members.



Mama Sipwe Solomons of Hazyview confirmed that there was something for everyone, from young to



Mama Alinah Marumo of Thabong ensured that everyone in her care received something special.

Wedding gowns galore for Mama Daphne

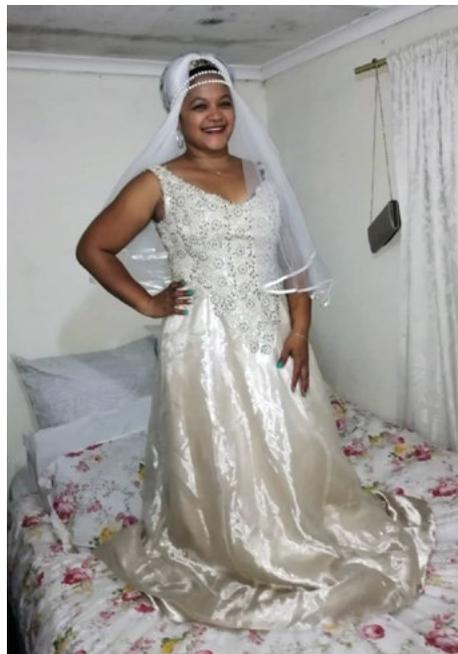
Mama Daphne Oliphant of Roodewal was the lucky and very grateful recipient of beautiful wedding and bridesmaids' dresses courtesy of Zettie Schoeman of Randpark Ridge. "I could not believe my ears when Prof Elain called to say that I would be receiving wedding dresses to hire out. It was a dream come true for me. I can now be of service to anyone who can't afford a brand new dress but can afford to hire a beautiful dress. The bridesmaids' dresses are also used to hire out as matric dance dresses. The support from Clover Mama Afrika with all the sewing courses that I have attended have helped me to live out my dream. I am not the huge success that I want to be yet, but I am definitely getting there. I can only say thank you a million times over." - Mama Daphne



Prof Elain amongst some of the beautiful wedding gowns received from Zettie Schoeman.



Mama Daphne assists a bride-to-be who is hiring a dress for her special day.



Another happy client for Mama Daphne.



Beautiful models modelling Mama Daphne's bridesmaids/matric dance dresses that can be hired at an affordable cost.

I think any woman can be transformed by a beautiful dress and high heels.

- Linda Gray -

Mama Dorah's dream comes true thanks to Mix Telematics

As the MiX Telematics Ultimate Cleanliness & Hygiene 2021 award winner, Mama Dorah's dream came true. She wished to use her prize money to upgrade the toilets. "I am blessed to have won this prestigious award for ten years running and even though the toilets are squeaky clean, my wish was always to have properly built toilets with brick walls and sufficient space to close the toilet doors." Her wish was granted and plans were drawn up to include two showers: one for girls and one for boys.

"Words cannot describe the gratitude I have for Clover Mama Afrika and MiX Telematics. You have changed my life not only by giving me wonderful skills to earn an income and create employment, but you also upgraded my centre to provide my community with top standard services. I thank you and bless you."



The ablation facility includes an external basin for members' convenience.



The centre's toilets before.



Mama Dorah stands on the cleared grounds for her new ablation facilities.



Building in progress that includes a solar geyser panel.



Mama Dorah proudly stands by her newly built and spacious ablation facilities.



New toilets and showers.



CELEBRATING MADIBA DAY

This month, many individuals and communities came together and stood in unity for Madiba Day with the unrest that was seen in our country. The Clover Mama Afrikas took this seriously and ensured they made a difference where they could. The Mamas are always helping others, but on this special day, to honour Madiba, some of the Clover Mama Afrikas spent some extra time doing good for those in their communities.



Mama Nondumiso Mpitimpiti from Amalinda Forest took 43 orphans for a lovely seven-day camping trip where they did all sorts of team activities.



Mama Mary Lwate from Winterveld made soup and fresh bread that she dished up and gave out to the elderly.

OUR MANDELA DAY

VISIT TO MOEPATHUTSI CHILDRE'S HOME

By Charmaine Matsuang-Dlakude (Mrs Universe Africa 2021 Semi-Finalist)

On Nelson Mandela Day my husband and I visited Moepathutsi, an orphanage in Stinkwater run by Mama Kedibone Miyambo who is also a recipient of The Clover Mama Africa Award and I must say we were quite impressed at how clean and well organized the home is.

The first thing I said to her was that I am sure that place really feels like home to those children and with her great humility she said 'yes it does but one can never fill a void of family'.

Those kids really love and honour her because of the motherly heart she has. They also gave us such a warm welcome from the staff to the kids. I also just love how appreciative the kids are with the little that one brings and the prayers they offer when you get there.

The initial reason we went to visit Moepathutsi was to hand out sanitary pads that I had collected from my #onegirlatime campaign but my husband and I honestly fell in love with the place and I decided that it's now our second home. We also brought other stuff such as groceries and pocket sanitizers for the children as they will be going back to school soon.

I have also recently started another campaign called #onechildatime, where I am collecting donations of nappies, baby food, pre-loved clothes, basic toiletry and reading books. All donations received will be going to Moepathutsi.

May God continue to bless you Mama Miyambo that you may continue touching these beautiful souls.

Charmaine Matsuang-Dlakude - Mrs Universe Africa 2021 Semi-finalist

#MrsUniverseAfrica2021
#MrsUniverseAfricaSemiFinalist
#EssenceOfAFricanWoman

Facebook, Instagram, Twitter icons

Mama Kedibone Miyambo of Hammanskraal received a visit from Miss Universe Africa Semi-Finalist, Charmaine Dlakude.



Mama Yvonne du Preez of Upington was instrumental in arranging a 'fun day' for the little ones in her community.



Mama Feziwe Gambo of Ezimbokodweni received children's clothing from a local donor and shared them with 54 surrounding crèches. Due to the unrest in the area, the parents were called to come collect the donation.

**"IT'S IN YOUR HANDS TO
CREATE A BETTER WORLD
FOR ALL WHO LIVE IN IT"**

- NELSON MANDELA -





Pumpkin Bread Muffins

Serves 9

Ingredients

500g Pumpkin
3 ½ cups (450g) Cake flour
1 t (5ml) Bicarbonate of soda
1 ½ t (7.5ml) Salt
1 t (5ml) Nutmeg, ground
1 t (5ml) Cinnamon, ground
1 t (5ml) Cloves, ground
1 cup (250ml) Clover Olive Pride
Extra Virgin Olive Oil
4 Large eggs
2 cups (500g) Sugar
⅔ cup (160ml) Water
1 cup (250g) Pecan nuts, finely
chopped
Clover Mooi River Salted Choice
Butter to taste
Clover Cheddar to serve

Method

1. Cook pumpkin (steaming works well), cool and mash. Set aside.
2. Preheat the oven to 175°C.
3. Sift the dry ingredients together in a bowl.
4. In a separate bowl, beat oil, eggs, sugar, pumpkin and water together until light and fluffy.
5. Add the dry mixture and stir until well combined.
6. Fold in the pecan nuts.
7. Pour mixture into a well-oiled giant muffin tray.
8. Bake for 1 to 1.5 hours.
9. Check if the batter is cooked through by inserting a sosatie stick until it comes out clean.
10. Once baked, let it cool for a while before removing the muffins from the tins.
11. Serve with Clover Mooi River Salted Choice Butter and Clover Cheddar.

Tips

You can bake the batter in bread pans to make pumpkin loaves instead

Cupcakes

Makes 24 cupcakes

Ingredients

3 cups (about 400g) Cake flour

1 ½ cups (340g) Castor sugar

5 t (25ml) Baking powder

1ml salt

250g Clover Mooi River Salted

Choice Butter

1 cup (250ml) Clover Full Cream

Fresh Milk

1 ½ cups (300g) White sugar

2 t (10ml) Vanilla essence

6 Large eggs

Method

1. Preheat the oven to 180°C.
2. Sift the dry ingredients together in your stand mixer mixing bowl.
3. Add the butter, milk, vanilla essence and eggs to the dry ingredients.
4. Beat for 3 minutes.
5. Line lightly greased cupcake pans with paper cupcake cups.
6. Fill the cupcake cups $\frac{3}{4}$ full with the dough.
7. Bake for 10 to 12 minutes.
8. Allow to cool for 5 minutes before removing them from the cupcake pan.
9. Cool completely on a drying rack before icing.
10. Decorate with the icing of your choice.



First cooking and baking exam – the dinner party

It is funny to think how nervous one gets when you have to do an 'exam'. This was the case for our 2021 cooks and bakers who took their first cooking and baking exam. The exam required the students to host a 3-course dinner party for six to eight people using the menu provided.

"I had a lot of fun putting this exam together because, for me, a dinner party means giving your guests an array of scrumptious dishes. I provided the trainees with all they would need to make their 3-course meal with the exception of eggs and meat which they got themselves. This exam enabled me to evaluate many aspects of the training received, which included table setting, dish presentation, and plating. The results impressed me as they printed menus for their guests, used their best crockery sets, and even decorated their tables with flowers and décor. They all did so well that I decided to recognise their work by giving them each a prize, which included 1st, 2nd and 3rd prize plus a further nine runner-up prizes." - Prof Elaine



Menus were printed and table settings looked first class.



The dinner parties held in 12 different communities were a hit for our 2021 cooks and bakers.



Plating was just as impressive.

“ The smallest act of kindness is worth more than the grandest intention. ”

- Oscar Wilde -



Our top winner was **Mama Feziwe** of Ezimbokodweni who executed all dishes perfectly, especially her chicken pie and plating.



Some of the top looking dishes that make your mouth water – the Roly Poly is from **Mama Mirriam** and the Oxtail from **Mama Sella**.



Mama Selestien celebrates Women's Day

Mama Selestien of Ashbury hosted a Women Day's event with 50 women from the Ashbury community. *"The theme was HOPE, and we worked together with the police, volunteers, and youth desk. We had a lucky draw selecting ten women to have manicures and the others to have pedicures. There were two guest speakers who gave motivational speeches, myself included. It was great, everything went well, and I made a nice curry with rice and pumpkin to serve to the women."* - Mama Selestien.



Lucky draw winners receive a pampering session.



The women were treated to inspirational speeches and a scrumptious lunch, courtesy of Mama Selestien.



“

Every woman's success should be an inspiration to another. We're strongest when we cheer each other on.

- Serena Williams -

”



A friend and Ambassador never forgotten

It is with deepest sorrow that we bid farewell to a friend, husband, father, and mentor, Werner Buchner.

Werner and his family were attacked at his dairy farm in the Eastern Cape on 5 September. His son and wife were injured but are both in stable condition. Our sincerest thoughts and prayers go out to them for their loss as we pray for their recovery.

Werner was the Chairman of Clover, an admired dairy farmer, and through the years he was a loyal champion of our Clover Mama Afrika project. From the day he introduced me to one of my Mamas, Doris Ndingane, he supported my dreams with this project. He was an ambassador for Clover Mama Afrika, and for me. His words of inspiration and unfaltering encouragement will be missed dearly.

We mourn the loss of an abundant man with a kind and giving heart. In my own experience of him, he was always so willing to be involved in projects that weren't his own. He was proud of Clover Mama Afrika and everything we did. I can only imagine how he must have loved and cherished his own family.

Werner's passing comes as a shock to all of us. His family, the community, and the South African dairy industry are lost for words as we pay tribute to a man who has left us too soon.

You are and will stay in our hearts.

Until we meet again,

Prof Elain Vlok



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