



# the voices of **CLOVER MAMA AFRIKA**

Edition 07 | March 2022 | Ukwakha Isizwe



## Foreword

*“The future belongs to those who believe in the beauty of their dreams.”*

*- Eleanor Roosevelt -*

As the year progresses, it is important that we take a moment to think about how far we have come. Through pandemics, social upheaval, and economic stress, we are resilient. Each Clover Mama Afrika works to uphold the name of Clover and the 123-year tradition of providing the best products to our nation.

I want to thank each and every Clover Mama Afrika for their positive attitudes, unwavering support, and extreme dedication to both Clover Mama Afrika and their communities. It is in each other that we find hope, progress, and happiness.

This year, we have appointed our 56<sup>th</sup> Mama, Christina Petrus. We are excited to see what our new Mama and all of our established Mamas have in store for the year to come. So far, Mama Feziwe Gambo has dedicated her time and effort to fight against Gender-Based Violence and Child Abuse and Mama Mirriam Toni has sent one of her children to college.

Our Mamas are thriving and using their skills and resources to invest in the future. We can't wait to see what a world looks like filled with children who have been raised by our brave Mamas. It will truly be an inspirational sight.

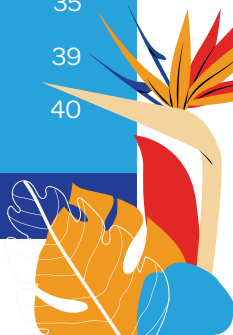
*Prof. Elain Vlok*

## Contents

Baking up a storm with our Mamas	3	Festive season rush	29
Catering	10	December 2021 was a time to reflect	32
Let the children come	11	Recipes	33
Our community is our rock	15	New equipment	35
Skill development	17	Inspirational Mamas	39
Green fingers	27	We are making headlines	40



Email us your thoughts to [info@clovermamaafrika.com](mailto:info@clovermamaafrika.com)





## BAKING UP A STORM WITH OUR MAMAS

### Baking up a storm with Mama Feziwe

*"Quality bakes from our Clover Mama Afrikas just keep on surprising me." - Prof Elain*

Mamas Feziwe Gambo sent pictures of her recent bakes and she can definitely show it off with pride. It is a lot of hard work for her but she loves what she does and best of all, it shows!



### Mama Daphne Oliphant: Antonio Hawie

Meet Antonio Hawie, a lovely young man, working at the CW House of Mercy with Mama Daphne Oliphant.

With the help of Mama Daphne, Antonio went to drug abuse and criminal gang activity rehabilitation. Once he was well again, he asked to be trained to bake. He now helps with the baking of the biscuits and will be selling his bakes. According to Mama Daphne, Antonio is doing really well.

*"It is so good to read about a person who could turn his life around and take responsibility for himself. Well done, Antonio! I am proud of you Mama Daphne for the good work you are doing with our youth." - Prof Elain*



Antonio Hawie holding his freshly baked goods.

## Mama Engelina Molete of Dobsonville: Teaching kids to bake

*"It was so refreshing to receive these photos from Mama Engelina Molete from Dobsonville, Soweto where she is teaching even little ones how to bake bread and other goodies." - Prof Elain*

Mama Engelina saw this opportunity and decided that if she can teach adults, why not try her hand at teaching children.

The best part is that it keeps the children off the street, teaches them a skill and allows them to learn responsibility.



## Cooking and baking spoils for the kids

With the training she received from Prof Elain, Mama Dorah Semenya from Seshego is showing off her skills in cooking and baking. She spoils the kids at her Centre with packets of sweets and clothing from her new income. *"I am proud of you Mama Dorah."* - Prof Elain.



## Advanced Cake Bake and decorating course

The Mamas love baking and the communities support them because the CMAs can deliver quality bakes that are decadently decorated at affordable prices. This is what some of the Mamas have to say of their most recent Advanced Cake Baking and Decorating:

Mama Dorah Semenya: *"I find this Advanced Cake Bake and Decorating course most enjoyable. It was awesome! I am speechless, thank you so much, Prof."*

Charlie Louw: *"This course is definitely more advanced. I learned that it's much easier if you follow the instructions. I enjoyed it so much. I love you, Prof."*

Mama Phomolo Raisa was asked which cake she enjoyed decorating: *"I enjoyed the doll decorating because I never thought I could make a dress with just icing. I thought it was only plastic icing that can make a doll dress."*





Mama Dorah Semenya, Charlie Louw and Mama Lizzy Magama with their cakes.



### Small actions, big results

Mama Mirriam Toni sells small biscuits in packaging at schools, bus stops, sporting grounds, and taxi grounds.

She received training from Prof Elain and has a variety of biscuits to offer. Anyone who wants to donate cake flour and/or sugar OR who would like to order biscuits from Mama Mirriam, may contact Mama Mirriam Toni directly.

With this income, Mama Mirriam will be able to provide for her childrens' school clothes.

### Progress at Mama Lydias' Bakery

Mama Lydia Isaacs recently took over from her late mom at her Centre in Ennerdale. Upon evaluation, it was clear that the bakery needed special attention if they wanted it to perform and create jobs.

Experts were called in and the difference can already be clearly seen: the DB boards are safe, the broken floor tiles have been replaced, a new door to entry was hung and the painting of the walls will be happening soon.

Read about Mama Lydia's completely renovated bakery on page 8.



Before



Before



After



After

## Professional cake bakers in the making

We want to showcase some of the lovely bakes recently done by Mama Feziwe Gambo of Amanzimtoti and Mama Selestien Moses from Ashbury.

*"If you need a good tasting cake lovely decorated, get hold of one of these outstanding bakers."* - Prof Elain



## Mama Sipiwe Solomons spoils her guests with baking goods

Mama Sipiwe Solomons spoiled her house guests with small biscuits and other bakes from the cooking and baking training she received from Prof Elain. *"Mama Sipiwe learns what she can from all the cooking and baking courses offered and then applies what she thinks will work at her guest house. I am over the moon that she is spoiling her guests with these delicious bakes."* - Prof Elain





## The future of baking

After all the training she received, **Mama Nondumiso Mptimpiti** from Amalinda Forest, outside East London became a trainer herself! She attended all of the virtual training for cooking and baking AND cake baking and decorating over the past two years.



**Mama Nondumiso** saw the need to train youngsters in her community to get them off the streets and to teach them a skill they can put to good use. She used her knowledge from her training over the last two years and sent the word out, looking for a willing group to learn. She is now making her bakery work, as the students are taught to make bread, rolls, cakes, biscuits and rusks. With huge orders, extra willing hands mean a lot to her. We can see groups of trainees with their certificates and we don't know who is the happiest: the students who received their certificates or Mama Nondumiso!



## Quality bakes from quality bakers

Mama Gail Koeberg and her baking team can bake bread AND vetkoek – wow! Her team works very hard to sell quality bakes and her kitchen is so clean you could eat off the floor! The photos tell the stories of her lovely golden brown vetkoek. We can see the proud team who work hard and play hard showing off their work! *"The proof of the pudding is in eating it. Once you taste the vetkoek and bread, you can't stop eating! Good work, Mama Gail, you make me proud!"* - Prof Elaine



## Mama Lydia Isaacs' new bakery

Mama Lydia Isaacs formally received her brand-new bakery with all the most modern and necessary baking equipment! She is over the moon. *"My sincerest gratitude to Rusell Mentz from Tombake Ovens who has worked hard, along with our builder Charles Beaven, to reach the deadline on time."* - Prof Elaine

The group works as a team in the bakery, making sure measuring is done with precision, and that everyone knows exactly what they should do. The lovely part of it all is how fellow Mama Engelina Moleté from Dobsonville took along two of her good bakers to help Mama Lydia and her team of bakers! *What a lovely story of true sisterhood, Mama Engelina kept on saying "I am helping my family!" Wow, isn't this a story of real love and care?!*



*"I am so overwhelmed and humbled by what I have seen in this bakery. All bakes are made with love by people who really want to be in the bakery. I am so happy for Mama Lydia and her team who are all eager to bake and feed their community with the best bakes they can offer." - Prof Elain*

Anyone can go knock on the door to buy bread, rolls, vetkoek, pink cakes, Chelsea buns galore and no one will be disappointed with the quality!



## All work and no play make for a dull girl

Mama Afrika Feziwe Gambo from Amanzimtoti is a strong believer in the saying "all work and no play make for a dull girl". She is a real jack of all trades – or shall we say Jill of all trades! Not only does she paint the outside walls of her Centre, but she also keeps up with her baking skills and decorates her quality baked muffins.

*"Mama Feziwe always surprises me with her talents. Now I know she can also do lovely paint work!"*



*Mama Feziwe bakes up a storm and still has time for fun.*



## CATERING

Mama Selestien Moses is well-known for her quality catering. Recently she did catering for a birthday party. She was so excited to share the photos with us.



Mama Sipiwe Solomons recently did catering for an Indian wedding and the pictures tell the story! Prof Elain is happy to see the good work and feels proud of Mama Sipiwe's achievements!



Mama Daphne Oliphant from Roodewal, outside Worcester, started catering and made us proud of her work! She has not even had formal training to do proper draping but she wants to learn and will soon go for her training to become a real professional. *"Watch this space! I know the community will support Mama Daphne in her new venture."* - Prof Elain



# LET THE CHILDREN COME

## The future is our children

Mama Selestien Moses from Ashbury is feeding more and more kids every day. Through her own initiative she started to invite the children from her community to come to Sunday school classes and fed them afterwards. This has grown from 130 to more than 250 children in less than two months.

*"I am so proud of Mama Sella who did something so special in order to keep the children off the streets. I wish her all the help she can get to continue doing this special work in her community!" - Prof Elain*



## Graduation at the Self-Help Pre-School in Botshabelo

Who would not like to receive a graduation paper from such a pretty teacher?! Standing tall and proud next to her pre-school children all from Self-Help Pre-School in Botshabelo is our own Mama Phomolo Raisa and just look at those graduation gowns: all made with love and pride.



*'I am so pleased to see how all Mama Phomolo's talents come together at her pre-school: her sewing, baking and social skills all are necessary elements that make her thrive and prosper and make for quality kids of the future. Congratulations Mama Phomolo!' - Prof Elain.*

## Graduation at Step Ahead Early Childhood Development

Mama Nondumiso Mpitimpiti is one proud Clover Mama Afrika as she is seen here with some of the children on their graduation day at Step Ahead Early Childhood Development. All the little ones, ready now for the real school, dressed up in their beautiful graduation gowns made at the Centre.

*"Mama Nondu came a long way from where I have met her to where she is today. She does so many things at her Centre, but all is done with passion and a lot of commitment. Hers is a success story, but she works hard and may she enjoy the success."* - Prof Elain



## Graduation at Dibashe Special Centre in Mdantsane

A proud Mama Phumla Goje from Mdantsane, East London, with her children on their graduation day. When last did you see children so proud?!

All the gowns were sewn at Mama Phumla's centre, and it was a proud day for the little ones at the Dibashe Special Centre.



## Mama Feziwe's children celebrate a beautiful graduation

*Mama Feziwe Gambo* from Amanzimtoti had an amazing year in 2021 with all of her students. In December, they hosted a beautiful graduation to celebrate everyone's hard work and dedication. For the event, Mama Feziwe talked about the Covid pandemic, encouraging everyone to stay strong. She also put-up posters educating and protesting against Gender-Based Violence and Child Abuse. She and her staff want people to remember that even though there is a lot to celebrate, this is also a lot of work that still needs to be done. Protecting women and children is a priority.

The children performed the story of the birth of Jesus to help them understand the meaning of Christmas better. Each child also received their own Christmas gift!

*"Well done, Mama Feziwe and congratulations on your achievements with the children. You can be proud of your excellent work!" – Prof Elaine*



*The graduates hold their Grade R certificates with pride as they celebrate a year of success.*



## Hosana youth camp inspires children to bond with nature and animals

Even during the past festive season, **Mama Sipuwe Solomons** from Hosanna in Hazyview kept busy. This time around, she took the youth camping to bond with nature and animals. The youngsters were over the moon and enjoyed being close to the animals, walking in nature, and basking in the view of the valley.

*"This outing was so special as the beautiful scenery is right on Mama Sipuwe's doorstep. It shows that you don't have to spend a lot of money to enjoy an exclusive outing."* - Prof Elain



## A sweet tooth's delight

The children at **Mama Mary Lwate's** centre in Winterveld were all spoiled with homemade jelly and custard. They were so excited for the spoils and spent the day playing and eating.

*"It is not necessary to have a huge budget to make children happy. All you need is some plain homemade jelly and custard. Mama Mary's children were so happy and overjoyed and it barely cost a thing. Just do it!"* - Prof Elain



*Mama Mary spoils the children with homemade jelly and custard.*



**"We must teach our children to dream with their eyes open."**

- Harry Edwards -





## OUR COMMUNITY IS OUR ROCK

### Going beyond her duty - 16 days of activism for women and child abuse

"Don't only talk, DO SOMETHING!" is what Mama Selestien Moses from Ashbury outside Montagu says and does. In order to create awareness for the 16 days of activism of women and child abuse, Mama Selestien invited 40 women from her community, gave them a proper plate of food and spoilt them by giving them a gift bag in order to give these women hope.

As Mama Selestien says *"even when we feel hopeless during these tough times, what I did was to give women hope. No matter what you are going through, there is hope!"* Mama Selestien even went so far as to take all the children to the trauma room at the local police station in order to make them aware that there is a place of safety for them, and that there are women who will support them and look after them and their safety.

*"Mama Sella, I take my hat off to you. Thank you for DOING and not only talking. We need more women of your calibre. All the best with this stunning outreach to your community."* - Prof Elain



Mama Selestien Moses further created awareness for drug abuse AND abuse of old people with the help of her community members. These photos show her, and her team members working in the streets, talking to people and offering help where they see the need. *"Wow, selfless work is not always appreciated, but so necessary. Mama Sella started to do it all by herself with the help of her team. Good work, Mama!"* - Prof Elain.



## Feeding of street and homeless kids

Mama Kedibone from Hammanskraal feeds street and homeless kids in her area in addition to feeding the children and babies in her daily care. *Mama Kedibone's selfless act to feed these street children is so honourable. She is already doing a lot with all the homeless kids who are staying with her and then she still finds time to feed these street children. She has a big heart, and I can only applaud her for all the good work she is doing in her community.*" - Prof Elaine



## Feeding the elderly and orphans in Hazyview

"Christmas is a time of giving, and sharing" and that is exactly what **Mama Sipiwe Solomons** did. She brought joy, hope, love and happiness to many less fortunate than her. Recently, she invited the elderly and the orphans from the Hazyview community to have a decent plate of food made by her personnel at her own centre. With social distancing in place, all enjoyed food fit for a king. *"Thank you Mama Sipiwe that you still have the heart to share with those less fortunate. I am proud of you for your outreach to the community of Hazyview."* - Prof Elaine

## Hosanna award program managers

We all know that **Mama Sipiwe** makes her personnel responsible for their work. Our photos are proof of how she also awards all the program managers at Hosanna at the end of the year.



From the left: Nomsa Malangane; Lucia Sithole; Delsie Hlatshwayo; Retsepile Mokoena and Lwazi Mashaba





## SKILL DEVELOPMENT

### Not even loadshedding can stop them

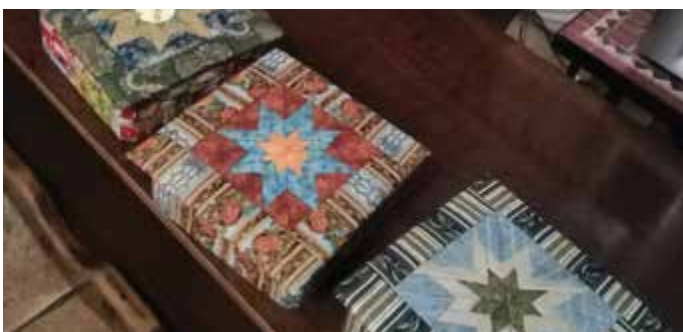
There is nothing stopping our Clover Mama Afrikas if they want to do something, not even loadshedding – they have proved they can generate an income without electricity!

Looking at the photos, one can see the beautiful mosaic work of Mama Felicity Maluleke and Mama Sipiwe Solomons who created a birthday surprise for one of her guests at her guest house. *"I am super impressed with the challenging work from Mama Felicity and the initiative of Mama Sipiwe when she spoilt her guest at her guest house. This is what we need: to not sit idle and blame, but to start doing things. Proud of you Mamas!"* - Prof Elaine



### Quilting for Christmas

Over the years, Mama Rosemary Machogo from Mangaung has consistently made interesting items and beautiful quilting boxes. These are a few of her items. They were her good sellers over the festive season. *"I am so proud of the hard work Mama Rosemary is doing and how she is keeping herself busy."* - Prof Elaine



### As fast as lightning

If there is a Clover Mama Afrika that can sew like lightning, then it must be Mama Yvonne du Preez from Progress in Upington. Mama Yvonne likes to sew small gift items, like pin cushions and masks, as they sell quickly and she can use her small pieces of material to make something useable. As you can see, Mama Yvonne is always busy behind her sewing machine. *"Mama Yvonne, you are so committed and your working station is neat and clean. I am proud that you are part of my team."* - Prof Elaine



## These two Clover Mama Afrikas are not stopping for anything

Mama Feziwe Gambo from Amanzimtoti and Mama Yvonne du Preez from Progress in Upington have wonderful sewing talents. Mama Feziwe and her helpers sew beautiful dresses and are preparing material for more sewing work. Mama Yvonne shows off her lovely embroidery work done with her Bernina embroidery machine. *"My Clover Mama Afrikas keep on surprising me with their lovely sewing work and I am so proud that this special skill can help them to keep food on their tables."* – Prof Elain



## Denim Bag Sewing Bernina SA

The Advanced Sewing Group for 2021 returned to Bernina and this time they learnt all about sewing denim bags. *"This is a popular item for selling this time of year and the sewing ladies really did their best and went all out to sew striking items."* – Prof Elain.

They each received a starter pack with all the necessary equipment and a book full of patterns to choose from. The group sews 43 bags between the eight of them.

Laizer Milazi, who attended the course, did very well and showed off her denim bag – a sure showstopper.

Mama Feziwe Gambo loved sewing bags and had a lot of ideas that she wanted to implement once back in Amanzimtoti. Mama Gail Koeberg was focused when sewing – nothing could take her attention away from her machine. Mama Anna Mashishi could not wait to show off her bag which she modelled to all the sewers.

It was a lovely week full of sharing whilst learning and sewing and it was great to have all the well-known faces back in Johannesburg!



## Sewing Success

A proud Mama Sipiwe Solomons sent photos of her seamstress Laizer Ngomane who attended plenty of sewing courses at Bernina through Mama Sipiwe's kind investment in her. Here, Amahle Banda from Goromani in Hazyview graduates from grade R to grade 1 along with 45 other kids in their hired graduation gowns sewn by Laizer.



Mama Sipiwe Solomon hosted an exhibition at the Lowveld Mall of the most beautiful sewing work made by her student, Laizer. The commitment of Prof Elain and Linda Venter of Bernina in providing sewing skills made this event possible. The shoppers at Mama Sipiwe's store were over the moon when they saw the variety and neat work executed by the sewers. Mama Sipiwe was glad to experience so much support and she will continue to sew and make beautiful creations.



## Not a lazy bone in their body

Mama Mirriam Toni and her sister Gina are definitely not lazy! They recently sewed for a function after an initiation in the area. The quality of the sewing shows in the pictures. *"These dresses look like they can be sold in a store! I love the original designs. Good work, Mamas Mirriam and Gina!"* - Prof Elain



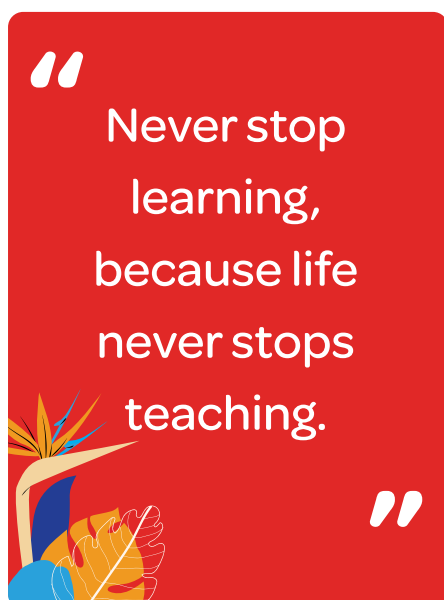
## Shwe Shwe style

We love it when our Mamas are on time and organised! The Clover Mama Afrikas who ensured that their monthly reports were done timeously and neatly received a lovely piece of Shwe Shwe material with a request to make themselves a special dress. They surprised Prof Elain with their beautiful dresses and impressive skills!

Mama Lizzy Magama couldn't wait to sew her special dress and model it. She sent a photo along to show what she had achieved with her material. *"It is always exciting to see our Mamas' hard work manifest into beautiful creations."* – Prof Elain



Mama Lizzy shows off her Shwe Shwe dress.



Mmkhize Gugu puts her sewing skills to the test.



At the House-Kids Educare Centre managed by Mama Feziwe Gambo, all sewing skills are put to the test. Her student, Mkhize Gugu, undertook a sewing beginners' course at Bernina in January, after which she proceeded to sew up a storm! She made many colourful mattress covers for the little ones at the Centre. *"How lovely to see people smiling while working! Thank you, Mkhize for going the extra mile!"* – Prof Elain

## Bernina beginners course 2022

This year was no different to other years: the group that came to the Bernina classes was eager to learn and quickly befriended the unpicker!

Two candidates didn't make the grade, but for the four students who did receive their certificates, there was great joy and happiness. All students left feeling motivated, promising that they will practise hard.

They all want to impress Linda Venter and Prof Elain, both of whom can't wait to see how the students will improve. They will be learning how to make tracksuits in the next lesson!



From left to right: Lindiwe Dube from Mama Sipiwé; Chey-Anne Martin from Mama Lydia; Prof Elain Vlok; Rosemary Nkambula from Mama Mary; Mkhize Gugu from Mama Feziwe



## Fashion shows in our very own backyard

Mama Daphne Oliphant recently held a fashion show where she used people from her community to model wedding dresses she received from a do-gooder. *"The wedding dresses were modelled by McKayla and Marelyn who loved to parade with the dresses. I am so proud I can offer my community a much-needed service as previously there were no such service offered in my community."*



*McKayla Gysman modelling in one of Mama Daphne's wedding dresses.*



*Marelyn looking stunning in another wedding dress.*



Mama Daphne recently also started a business where she rents out her wedding and evening/special event dresses.

*"It is wonderful for me to see what I have achieved over the past 14 years since I have joined the Clover Mama Afrika project. I have done so many different courses and all of them have equipped me to deliver quality products and to be the best ME! These lovely dresses are modelled by Naledi Tenjano, McKayla Gysman and Caira Adams. I am a proud Clover Mama Afrika when I look back and see all I have achieved. Thank you to my beloved Prof Elain for all the opportunities you gave me. I am empowered and self-sustainable."*

## Quilting in Montagu November 2021

"In what feels like a lifetime ago, the Western Cape Clover Mama Afrikas Mirriam Toni, Daphne Oliphant and Selestien Moses, finally got together to sew up a storm!" Apart from a hectic schedule where the group set out to sew four quilts, they managed to finish three projects, in spite of loadshedding. During times when there was no electricity, all cutting and preparation work were done. The moment the electricity went on, the group started sewing.

The photos tell the story of three proud CMAs showing off their first project, namely how to do squiggly-wiggly sewing work. They loved the colour and patterns of their quilts. Next was a welcome quilt to sharpen their applique work and they really showed off beautiful sewing work.

Then it was time for the Mexican quilt which they made for their own beds, in their own favourite colours. They did very well as they managed to do all the sewing work up to where the final changes stitching-through must happen.

*"Another special time for me, lots of fun and sharing, and so grateful to be able to teach these lovely sewers special techniques!" - Prof Elaine*



### Welcome Quilt

The keen Clover Mama Afrika sewer from Progress in Uptington didn't let us wait. Before we knew it, she sent a photo of her WELCOME quilt made with the applique technique. Mama Yvonne likes quilting and religiously attended all quilting courses offered over the 18 years of the CMA project. *"Always neat work, always good colours and precise stitching, this is how I think of Mama Yvonne."* - Prof Elaine



## Quilt Course in Montagu

Mama Selestien Moses attended the recent quilt workshop in Montagu. Although the sewing for all the quilts was finished during the course, the CMAs had to go back home and add the borders, batting and binding.

Here is the result of the work that Mama Selestien did: her beautiful squiggly-wiggly work in a wall hanging; her applique work in her "welcome" wall quilt; and her lovely bedroom quilt, which she proudly uses in her main bedroom. Also, visible in her bedroom is the special painting she received from Prof Elain when Prof gave each Clover Mama Afrika a painting from her own collection.

*"Mama Sella, you make me so proud and your whole house is testimony to all the skills you have received through the CMA project. Thank you for being prepared to keep on learning!" - Prof Elain*



## Quilt Course

Mama Mirriam Toni from Mbakweni didn't waste time to finish her quilt work and proudly sent us pictures of her bed quilt with a WELCOME applique wall hanging. She used her squiggly-wiggly technique for the background.

If there is one thing this Mama wanted to be able to do, it was sewing and so she did. Mama Mirriam makes special dresses for occasions and even gave her sister the opportunity to become a good sewer too by sending her to different courses.

*"Mama Mirriam, thank you for trying whatever course we offer and for making sure you can do it so that later, back at your Centre, you can empower other people in your community with your new-found skills." - Prof Elain*





Mama Miriam Toni's beautiful quilting pieces.

### Mama Selestien an event manager of note

Mama Selestien from Ashbury was the first Clover Mama Afrika to start catering. CMA organised for training in professional draping and catering courses. Today, Mama Selestien is an Events Manager one should take note of.

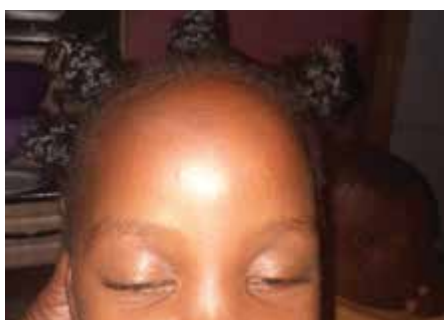
Here are some of her decorating skills along with an example of her draping work. *"I am proud of the quality of catering work Mama Selestien is doing. Apart from being able to drape, Mama Sella can bake up a storm and she will never disappoint a client with the good work she delivers."* - Prof Elain



### Hairdressing

The new year has started and Mama Mirriam is very busy doing peoples' hair.

Her hair salon is a favourite spot and the community know where to go to when they need their hair done.



## Who said women can't weld?!

Mama Phomolo Raisa always has an ace up her sleeve! This time she took on another welding course offered by Clover Mama Afrika. With the kind personnel from Create Training Centre in Bloemfontein and their maintenance manager, Lourens Strydom, it was a week of intense training at her Centre in Botshabelo.

Mama Phomolo brought five of her helpers along and in true CMA spirit got them trained too. She really embodies what CMA is all about which is giving people skills, training, and equipment to become self-sustainable. *"The photos tell the true story and Mama Phomolo once again showed us all that a woman's hands are like gold."* - Prof Elain.



# GREEN FINGERS

## Mama Alinah's garden

No one should complain about the size of their gardens! Seeing our proud Clover Mama Afrika **Alinah Marumo** from Welkom in her garden the size of a door made everyone get off their butts to start planning a vegetable garden.

Mama Alinah religiously plants her spinach and is always proud to show it off. *"No matter your age or the size of your land, everyone can have a small vegetable garden. Mama Alinah is testament to the fact that you don't need a huge piece of land to make a successful garden – just love what you do and start planting your seeds or seedlings and watch the vegetables grow!"* - Prof Elain



## A fresh new beginning

We received good news that all the residents with **Mama Gail** started a huge vegetable garden.

After the rain, everyone helped and worked hard to make this garden a success. Mielies, cabbage, spring onion, sweet potato, butternut and onions were planted and according to Mama Gail, *"the seeds are growing, and the garden is flourishing. No time for any weed to have a place in this garden!"*

Prof Elain is amazed by the good work and is looking forward to the pictures once these seeds start bearing fruit!



## Sustainability for a better future

Our photos tell the story of **Mama Engelina** working in her garden and showing off her green peppers and carrots. It takes special skills and commitment and love to be able to grow your own vegetables and this Mama is a pro. She feeds her community with her freshly grown vegetables and makes sure that everyone is well taken care of and fed.



Our Clover Mama Afrikas are self-sustainable in so many ways. Clover Mama Afrika promotes sustainability to make the world a better place for the children of the future. We need to make sure that our land, resources, and skills are being taken care of. *"I was amazed when I received these lovely photos showing how hard the Mamas are working. Not only do they cook, bake, sew, and mosaic, but they also grow lovely vegetable gardens. Good work, Mamas!"* - Prof Elain



*Mama Albertina with some happy people from the community showing off her carrots and huge pumpkins!*

**"The natural environment sustains the life of all beings universally."**

- Dalai Lama -



## FESTIVE SEASON RUSH

### Spreading joy one small biscuit at a time

A proud Mama Mary Lwathe was ready for the 2021 Christmas rush when she started selling biscuits to bus shelters, school gates, soccer fields, schools, businesses and churches. *"Mama Mary believes she should start early every year to make an impact. Since it is very warm in the kitchen, most of her baking happens in the early mornings before the sun comes up. That way she beats the heat."* - Prof Elain. No household needs to go without bakes made with love and pride by a loving Clover Mama Afrika.



Similarly, Mama Daphne Oliphant from House of Mercy in Worcester gave a few of the people in her Center the opportunity to bake. Baking biscuits is one of the things this Clover Mama Afrika wants to do and can do!

She and her team were baking up a storm for the 2021 festive rush. She baked rusks and biscuits with the recipes from the different biscuit baking courses she did with Prof Elain over the years.



**Mama Sipiwe**, who lives close to Kruger Gate at the National Kruger Park, is a Mama with plenty ideas and a Mama who can put those ideas into practice too. She baked biscuits for Christmas and couldn't seem to keep ahead with all the orders.

As she delivered, the new orders kept coming and Mama Sipiwe just loved it. She loves it when her people are busy and when they are busy, the people are happy. *"Thank you Mama Sipiwe for being full of life and for always sharing all the wonderful things your personnel are doing to create an income. I am super proud of the quality of your bakes!"* - Prof Elain



### It takes a little to bring a lot of happiness

Every year's festive season is a time for giving, taking care of one another and sharing and that is exactly what **Mama Feziwe** from Amanzimtoti did. She and her team received donations from well-wishers and packed the goodies into bags while her cooking and baking team prepared lovely food shared with all the children from her project. They baked over 220 cupcakes and many other sweet things.

There were laughter, singing, dancing, praying, hugs and kisses from all with everyone focused on enjoying life. Receiving a small gift and a plate of food brought so much joy.

*"Mama Feziwe, thank you for this lovely example of giving, for changing little ones' lives into positive experiences and creating lovely memories for them. Next time please invite us all because we also want to be spoilt the way you spoil the young ones. It takes a little to bring a lot of happiness. You will be richly awarded!"* - Prof Elain



Tyler and Lwazi mixing cake batter for 220 cupcakes.





## Christmas for Gogos and Mkhulus

Mama Feziwe Gambo and her team were remarkably busy in Amanzimtoti. They prepared snacks and gift parcels for all the elderly, Gogos and Mkhulus (grandpas and grandmas), from the community to thank them for what they do for the community. All the guests enjoyed tea, cakes, a massage and food parcels. *"What a lovely way to spoil the elderly in your community. Many thanks for the example you set Mama Feziwe."* - Prof Elain



## A time for giving

With Mama Sipwe near, you can expect there will be some kind of surprise. This time around, Mama Sipwe and her team prepared food parcels for the less fortunate in her community.

Just do something small, look to your left and to your right, someone needs something.

Let us learn from Mama Sipwe and so many other Clover Mama Afrikas who share the little they have with fellow community members.



## DECEMBER 2021 WAS A TIME TIME TO REFLECT

### A heartfelt thank you to our staff

Mama Feziwe gave a speech, wearing her own one-arm evening dress, sewn by herself. Some of the staff were dancing as they received their gifts. Mama Feziwe thanked Clover and Prof Elain for their support and for making her achievements possible in 2021.



Mama Feziwe and her team hosted a year-end function. Even during the entire Christmas holidays, they remained open to bake as they are dedicated to their craft and their community.



*The personnel at the entrance of the bakery enjoying a hearty meal together while preparing for the summer holidays.*

# BUTTERMILK RUSKS

*Makes approximately 50 rusks*

## Ingredients

1½ cups (300g) Sugar  
250g Clover Butro Full Fat Modified  
Butter  
2 Large eggs  
2 cups (500g) Buttermilk  
7 cups (1kg) Self-raising flour  
1½ cup (about 200g) Cake Flour  
1 T (15ml) Baking Powder

## Method

1. Preheat the oven to 180°C.
2. Beat sugar and butro together until light and creamy.
3. Add the eggs and mix until light and fluffy.
4. Add buttermilk and mix lightly.
5. Sift in the self-raising flour, cake flour and baking powder.
6. Knead dough with both hands until well mixed.
7. Grease a baking tray with butro.
8. Press the dough into the tray until levelled – wet hands to keep the dough from sticking.
9. Bake for 35 minutes or until baked through.
10. Let the rusks cool in the tray and then turn out on a wire rack to cool completely.
11. Once cooled, slice into rusk size pieces and arrange on a baking tray – there should be space around each rusk to allow the air to circulate.
12. Dry the rusks in the oven at 60 °C, wedged slightly open, until completely dry. This takes hours so could be left overnight.
13. Once dried and cooled, store rusks in airtight container.





# AMERICAN-STYLE DEEP-FRIED CHICKEN

*Serves 4 - 6*

## Ingredients

*For the meat patty*

1 kg Chicken pieces

2 Large eggs

½ cup (80ml) Clover Full Cream  
Fresh Milk

2 T (30ml) Lemon juice

½ cup (65g) Cake flour

1 t (5ml) Paprika

1 t (5ml) Garlic powder

1 t (5ml) Onion powder

1 t (5ml) Salt

1 t (5ml) Dried mixed herbs

2 L Sunflower oil for deep frying

Salt and freshly ground pepper

Potato fries and coleslaw to serve.

## Method

1. Place the chicken pieces in a pressure cooker, cover with water and season well with salt and pepper. Pressure cook for 15 minutes. Remove the chicken and let it cool off.
2. Beat the eggs, milk and lemon juice together and pour into another flat bowl – don't use a metal bowl.
3. Mix the cake flour, paprika, garlic powder, onion powder, salt and mixed herbs together in a flat bowl.
4. Dip the chicken pieces in the egg mix and then into the seasoned flour mix. Covering each piece very well.
5. Tip: for a crispier crust, sprinkle a little bit of seasoned flour over the chicken pieces, then dip the pieces in the egg mix and then again into the seasoned flour.
6. Refrigerate the coated chicken pieces for 30 minutes to harden the crust. This will ensure that the crust does not fall off when frying.
7. Deep fry in warm oil until golden brown on all sides.
8. Serve immediately with potato fries and coleslaw.

## Tips

This chicken dish can be prepared ahead of time up to the refrigeration stage. Deep fry just before serving.

# NEW EQUIPMENT

## There's something brewing at Mama Sipiwe's

Mama Sipiwe Solomons is a Clover Mama Afrika who really makes us proud.

Having her guest house on the road that leads to the Kruger gate, makes for a busy place where guests like to stay over. Mama Sipiwe's guests keep on coming back to experience her kind hospitality.

To help her extend her professional service she was in desperate need of a proper coffee machine that can provide the guests with delicious cappuccinos and lattes.

We are proud to announce that CMA's new supplier, JURA, came to the party to help Mama Sipiwe fulfil her dream.

She trained her personnel to serve a good cuppa and all other kinds of different coffees.

A few weeks later, when Prof Elain phoned Mama Sipiwe regarding her guest house, she heard people in the background speaking eagerly. When asking Mama Sipiwe about the commotion, Mama Sipiwe told her "My personnel are in training because they should know how to serve my guests a proper cappuccino!"

Mama Sipiwe, now known as the "Jura machine team," mastered not only the art of coffee making but also the machine's maintenance.

*"I will always appreciate how Mama Sipiwe makes her personnel responsible for their duties. This is a lovely example of how she empowers her people. Excellent work, Mama Sipiwe!" - Prof Elain*



*A proud Clover Mama Afrika next to her Jura Coffee machine.*



*Prof Elain with Shepherd Davengwa and William da Silva from Jura*



*Mama Sipiwe receives her new coffee machine.*

## A popping good time

When some of the Clover Mama Afrikas' received popcorn machines recently, they didn't waste any time selling popcorn to their communities. **Mama Daphne Oliphant** from Worcester had hardly received her machine when she put it to the test. There was joy all over from all the children at the House of Mercy when the first popcorn popped!

For **Mama Engelina** from Dobsonville who lives across the street from the school, it is a blessing. **Mama Mary Lwathe** wanted a popcorn machine for a very long time now and she couldn't wait to spoil the children in her community as they don't have such luxuries in their area.

**Mama Lizzy** lives in a busy main road and all the people buying her fresh bakes, will now buy her fresh popcorn too. *"Good luck with your new venture. I am looking forward to receiving the monthly feedback from your sales"* - Prof Elain.



*Mama Daphne next to her new popcorn machine.*



*Mama Engelina and her machine.*



*An excited Mama Mary.*



*Mama Lizzy looks forward to selling popcorn.*



*Mama Rina posing next to her brand new popcorn machine.*

**Mama Mirriam Toni** from Mbakweni and **Mama Rina Malan** from Pretoria North also received their popcorn machines. Both were overwhelmed and Mama Mirriam couldn't wait to see how this machine worked and how much popcorn it can make at one go.

The people were queuing in front of her yard as the luxury of having warm popcorn on their doorstep were just too much for them to resist. The lovely smell of warm popcorn did all the marketing!



*Mama Mirriam looks happy with her popcorn popping away.*

## Brrrr...it's getting cold in here

A couple of our Clover Mama Afrikas received ice makers from Top Ice. Now our Mamas can offer anyone a cool drink and, best of all, sell ice to their communities! It is a blessing for the summer's heat waves.

*"I hope to improve my community's daily circumstances. Now, I am their first-stop service and can deliver a basic need such as ice!" - Mama Lizzy Magamu*

*"Mama Lizzy, I know you will make this machine work hard to support your community and that there will be many happy community members as you will be able to help them have ice in their otherwise hot cooldrink! Good luck Mama!" - Prof Elaine*

Mama Engelina Molete from Dobsonville in Soweto also received her ice machine from Top Ice and sold her first ten ice bags within minutes.

This is a must-have machine in the area where Mama Engelina lives and she is sure to make an income from the ice sold. She can't wait to be THE supplier of ice in her community!

Mamas Sipuwe, Phomolo, Mirriam and Feziwe also received their ice making machines.



*Mama Lizzy is excited about the new ice machine.*



*Mama Engelina, holding a scoop full of ice from her new ice machine.*



*Mama Mirriam posing with one of the Top Ice employees next to her ice maker.*



*Mama Sipuwe has a big smile after receiving her new ice maker.*



*Mama Phomolo can now offer something cool to everyone.*



*Mama Feziwe is excited to start selling ice in her community.*

*"It is essential to have good tools, but it is also essential that the tools should be used in the right way."*

*Wallace D Wattles -*



## Beautiful Al Fresco Pizza Ovens installed

Mama Mirriam Makamu of Tembisa received a pizza oven! Pieter van Niekerk from Al Fresco Pizza Ovens came to fire the oven so that Mama Mirriam could start making and baking pizzas. Prof Elain prepared the base sauce, cut the ham and mushrooms, grated the three different cheeses, and pitted the olives for these delicious pizzas.

*"I want to thank Prof Elain for the pizza oven and the lessons she has provided. I am honestly very grateful for this great experience."* - Mama Mirriam



*Pieter van Niekerk stands next to Mama Mirriam after firing the oven.*



*An elated Mama Mirriam standing with Prof Elain.*



*Prof Elain pitched up at Mama Mirriam's bakery to teach her son Praise and his team how to make a real pizza.*

While Praise made sure the fire was burning, it was Prof Elain's turn to show them how to cover the base and add the fillings, putting cheeses on top and then to bake the pizza in the oven. In no time Mama Mirriam and Praise had their first tries in the oven and before one could say 'Jack Robinson' the first pizzas were devoured.

In the meantime the neighbourhood got hold of the smell and people came in droves to taste these pizzas.

There was an overall consensus that the community loved the pizzas - no more going to town to buy a pizza as Mama Mirriam sells the best pizzas right under their noses.

Another two Mamas who will start making, baking and selling pizzas, are Mama Selestien Moses from Ashbury outside Montagu and Mama Sipiwe Solomons from Hazyview.

Mama Selestien saw the need for pizzas when the community youngsters were looking for pizzas on Friday nights while hanging out. Instead of them having to drive to Swellendam for a pizza, she thought about making and selling her own pizzas. Her pizza oven could not have arrived at a better time.

*"I am looking forward to seeing the pizza sales figures on Mama Sellas' monthly report – this is a sure winner for her!"* - Prof Elain

At Mama Sipiwe Solomons' guest house, things are cooking! She stands proud next to the latest edition of her kitchen: Her own Al Fresco Festivo Pizza oven!



*Mama Sipiwe standing next to her brand new Al Fresco pizza oven.*



*Mama Selestien is elated and can't wait to start using her new pizza oven.*

# INSPIRATIONAL MAMAS

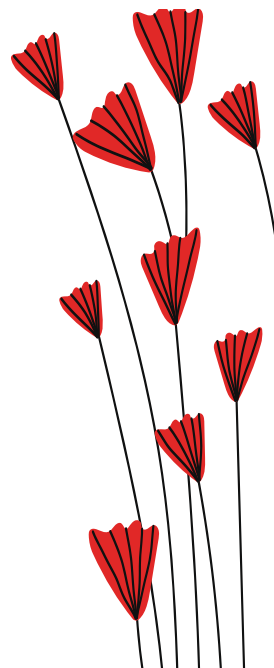


Mama Christina with Prof Elain, signing her formal contract with Clover Mama Afrika.

## A new Clover Mama joins our family

Christina Petrus, from Rosedale in Upington, is the latest Clover Mama to join our ranks. Christina has been looking after kids for most of her life and she loves the young ones. Her passion for baking is going to be a huge asset to all the current bakers.

Christina is used to working hard to earn a living and is eager to start living her lifelong dream. We welcome this industrious Mama with open arms and hearts! She is married to Jacques and together they have a daughter in her early thirties.



## MAMA SIPIWE SOLOMONS: SUCCESS STORIES, CHALLENGES AND ACCOMPLISHMENTS

It is my pleasure to share the success stories of **Mama Sipiwe Solomons** from Hazyview!

During this past year she:

- Had teams and managers that were committed to their work and continued to train with programmes and courses even when she had staff movements at times.
- Learned to have a plan B or business innovation because of Covid-19.
- Increased her selling capacity as she had resources to sell. Her ice machine, pizza oven, cooking, baking, sewing and day-to-day and long-term accommodation increased her income which meant she could take better care of people.

AND there were also accomplishments that she is proud of:

- She waits on the Department of Tourism for the annual grading of her guest house and she is ready for assessment.
- The reception area outside is excellently paved, all to enhance the image of the centre.
- The pool was recently upgraded.
- Mama Sipiwe also sent one of her girls to driving school.

*"Mama Sipiwe, I am proud of your achievements. You work hard and we can see it. I wish you well with your endeavours to make your guest house the best in the area. Thank you for what you are doing for your community and for your upskilling of the people. You do magnificent work!" - Prof Elain*



## Age is just a number

While many other Gogos her age are sitting on the stoep with a blanket over their knees, **Mama Glenrose Mashiga** puts them to shame. This Gogo keeps herself busy and working hard in her community. If you keep busy and stay curious, you will never get old.

Our pictures show Mama Glenrose styling hair at her hair salon, planting vegetables, and producing one of the biggest spinach bunches in the area! She nurtures the flowers she uses for her flower arrangements, she does mosaic, and she keeps herself busy with sewing and baking. She is one busy bee – always on the move and such an inspiration to us all.

*"Mama Glenrose is living proof that age is but a number. Every day is an opportunity for her to do all of the things she loves like sewing, knitting, mosaicking, baking, and hairdressing. What an inspiration she is! Thank you, Mama Glennie. You are doing fabulous work!"*  
- Prof Elain



## WE ARE MAKING HEADLINES

### Speaker at a virtual Summit

Mama Pumla Goje from Mndantsane in the Eastern Cape was a speaker at a virtual summit for early childhood development. Seeing her on the stage with guests attentively listening was amazing. *"Mama Pumla, I am proud of you and your achievement of being a speaker at such an important event and speaking on a topic that deserves a lot of attention."* - Prof Elain



## Making waves on air

Our fashionista and hardworking Mama Daphne Oliphant from Worcester undertook a interview on Valley FM radio station. *"At first, I was a bit nervous but I became comfortable and I was surprised at how quickly the time flew once I started talking about something close to my heart."*

*"Mama Daphne, we are all happy for you to have an opportunity to talk about what you love so much, namely your project at House of Mercy. We all hope for good results in the form of donations from the listeners in the community."* - Prof Elain



## Our rising star!

*"If there is one thing I have to admit, it's OUR CLOVER MAMA AFRIKAS HAVE TALENT!"* - Prof Elain

If you think you have heard it all, another surprise is coming your way: this time Mama Mirriam Toni from Mbakweni won yet another competition at the UKINUKAMVA GOSPEL MUSIC AWARDS 2021. *"We all know Mama Mirriam has a beautiful voice and we are so proud of her for winning this award. We wish Mama Mirriam well and we know she will go places. Time for yet another CD Mama Mirriam?! You go girl!"*


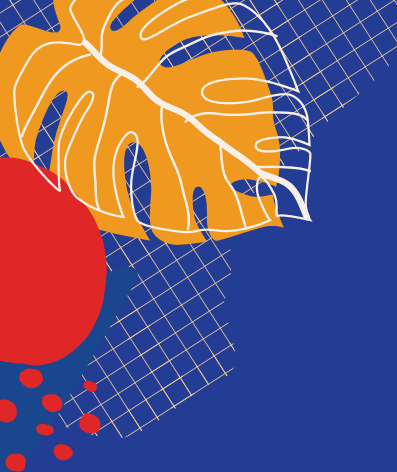
## We were on SocialTV!

Prof Elain and four of the Clover Mama Afrikas featured on SocialTV from 15 December 2021 to 15 January 2022.

Mama Felicity Maluleke from Meadowlands, Mama Engelina Moleti from Dobsonville in Soweto, Mama Lydia Isaacs from Ennerdale and Mama Mirriam Makamu from Tembisa shared their stories with the world.

Sam Mitchell, the well-known television presenter, interviewed all five Clover Mama Afrika stars.





*Our country has many “Mamas” – caring women who reflect humility, who are respected by their peers and who hold the keys to the secrets of yesteryear and the hopes for the future. Being finely attuned to the needs of their communities, they are actively addressing those needs in whatever way possible. It is our duty and privilege to focus, every day, on building the strengths that our Clover Mamas deliver within their respective self-help projects. As always, our ambition is to establish strong, sustainable small businesses.*



+27 11 471 1431 | [info@clovermamaafrika.com](mailto:info@clovermamaafrika.com) | [clovermamaafrika.com](http://clovermamaafrika.com)

