The Voices of
CLOVER MAMA AFRIKA

Edition 09 | July 2022 | Ukwakha Isizwe

Foreword

The good work that our Clover Mamas do every single day humbles me. I have never seen such dedicated service to communities as with this group of super heroines. I am not the only one who stands in admiration of their stealth and commitment.

Our efforts are being recognised by many in the industry.

Endorsed by the Commission for Gender Equality, the ***Standard Bank Top Women*** has qualified Clover Mama Afrika as one of South Africa's Top Gender Empowered Companies. Standard Bank Top Women is South Africa's leading gender empowerment brand celebrating organisations in both the public and private sector for prioritising gender empowerment as an integral part of their business strategies. Their stringent criteria include:

- 20% of Female Ownership, Shareholding or Partnership
- 20% Female Executive Directors
- 30% Female Employees
- 10% Female Senior Management
- Female-Empowerment Company Policies
- Women Focused Skills Development

Clover Mama Afrika also won the Best in Corporate Investment Project of the Year (South Africa) in the ***International Elite 100 Awards.*** These awards were established with the prime objective of honouring the achievements pertaining to global talent, across all areas of business.

May we continue to strive for extraordinary leadership in all areas of women empowerment.

Prof. Elain Vlok
Manager: Clover Mama Afrika

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Email us your thoughts to **info@clovermamaafrika.com**

SEWING IS A SERIOUS BUSINESS

During our recent Summit our Clover Mama Afrikas made it clear that they love sewing so much that they need more sewing machines and overlockers to keep up with their industriousness. And those who ask will receive!

New machines were delivered to Clover Mamas Feziwe Gambo, Sipiwe Solomons, Yvonne du Preez, Mary Lwathe and Daphne Oliphant, who received them with joy and elation. Not only will they now be able to do more sewing for selling, they will also use the equipment for training more women in their communities. "I am looking forward to the feedback reports as I am sure their income figures will raise!"
– **Prof Elain**

Either you run the day or the day runs you.

- Jim Rohn

The not-so-new anymore Beginners Sewing group returned for more lessons from Bernina's Linda Venter. This time they made beautiful Shwe Shwe dresses and managed to make two dresses each in only four days!

Their attitudes were positive, and they really put in the hard work to make dresses that anyone could wear, anytime, anywhere. They were very proud of their handiwork and when they received their well-deserved certificates on completion of the course.

"There are no lazy hairs on any of these seamstresses! They hardly took the time to drink a cup of tea or have lunch as they were so focussed on their work. It is very admirable." – **Linda Venter**

Our sewing team came for their second sewing class this year and wow, what an improvement! After their first workshop, the women had returned home and earnestly started to practise their sewing skills. Linda Venter from Bernina was very impressed to find them on top of their game.

The workshop tasked them with sewing tracksuit pants and tops. When they return home, each seamstress will have to design and make a tracksuit for herself. At our follow-up course, these garments will be evaluated in class by expert Linda Venter.

Our oldest Clover Mama, Mary Lwathe (83), together with seamstress Rosemary from Winterveld, poses in her pink tracksuit. "Mama Mary looks a mere 16 years old in her lovely suit!" – **Prof Elain**

A very happy Sipiwe Solomons from Hazyview wears her white tracksuit next to her keen seamstress Lindiwe who also looks lovely in her red tracksuit. Clover Mama Feziwe Gambo from Amanzimtoti stands tall next to her seamstress Gugu, also showing off her handiwork in her blue tracksuit.

Chey-Anne Martin sews her pants together and sewing her seam.

Teacher Linda assists Gugu Mkhize with her jacket sewing skills.

The new sewing group surprised us all. They came with a lovely and positive attitude with only one thing on their minds and that was to learn how to sew. Linda Venter from Bernina was ready to teach them everything they should know.

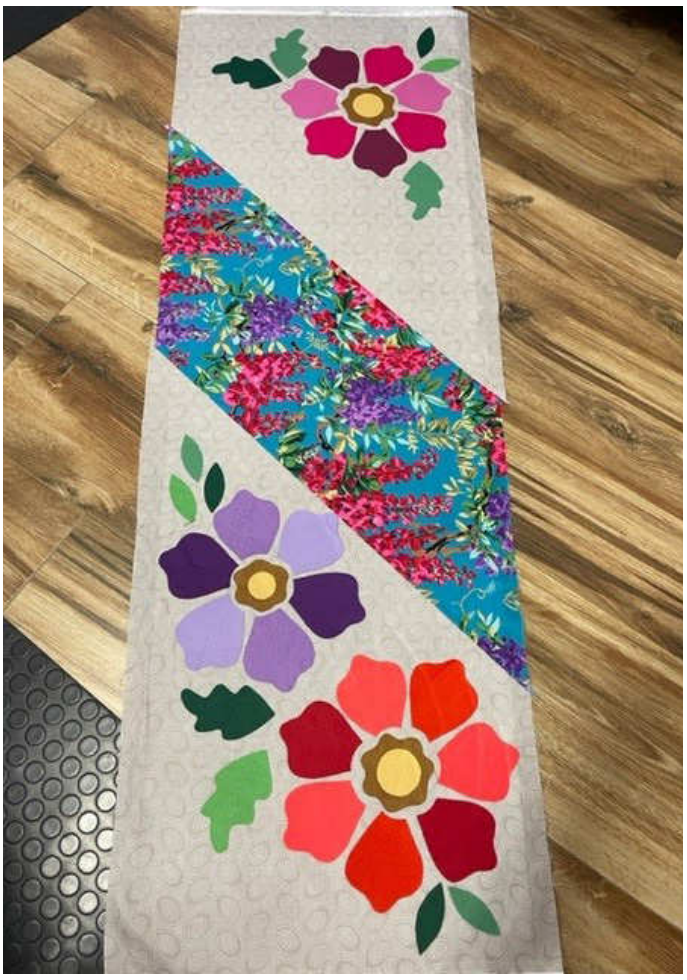
Chey-Anne Martin – Mama Lydia Isaacs from Ennerdale . Gugu Mkhize – Mama Feziwe Gambo from Ezembokodweni. Rosemary Nkambule – Mama Mary Lwate from Winterveld. Lindiwe Dube – Mama Sipiwe Solomons from Hazyview. The seamsters worked hard and each received their certificates. Hard work, commitment and dedication pays off! Well done, Clover Mamas!

Teacher Linda demonstrates a new sewing technique to Rosemary Nkambule

Lindiwe Dude sews her pants

The latest Train-the-Trainer course will focus on teaching our Clover Mamas the age-old tradition of wool felt embroidery.

Prof Elain will personally teach this course, as she was taught by the famous Alta Alberts who has her own business The Fabric Contessa in the Paarl. “I am very excited to teach this course. I want to inspire our Clover Mamas the way Alta inspired me. And I know they will love doing this type of stitch sewing. It is lovely material to work with.” – **Prof Elain**



COOKING AND BAKING ARE NOT FOR SISSIES

The past two months saw some momentous participation in Clover Mama Afrika's Cooking and Baking courses.

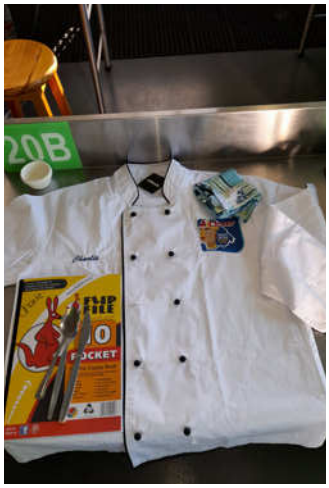
Charlie Louw, Robert Magama and Mama Angelina Molete were taught how to bake large specialty cakes, including beautiful decorations. They also learned how to plan an entire meal which included the cooking and baking of various dishes.

This team of three chefs cooked and baked for four days, almost non-stop, from very early morning until dark in the late afternoon. At the start of the course, they felt very tentative about their skills, but by the end they had transformed from uncertain to fully confident in applying the tricks of the trade. Their received certificates are well-deserved and as seen on the photos, their cakes are gorgeous.

At yet another baking course, the Clover Mamas were taught how to correctly measure fluids and dry ingredients, as well as how to properly use a scale.

What really put smiles on their faces though, were the chefs' jackets they received with their names embroidered on each. This touch of finesse provided to much joy to each one.

"Now people will really take us serious as chefs!" - **Mama Angelina**

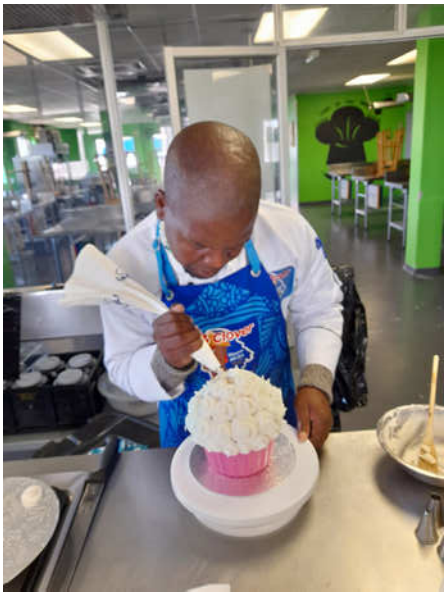


The well-known baker and chef, Juandi Kamp, again presented a Cake Decoration course to our Clover Mamas.

Robert Magama was her top student! "There is lots of work for a person of his calibre. He is a perfectionist and it is wonderful to look at him while he is working. He is becoming a master of trade." - **Juandi Kamp**

The cakes were crafted skilfully, and each participant truly deserved the certificate they received.

They can now bake large cakes and decorate them!

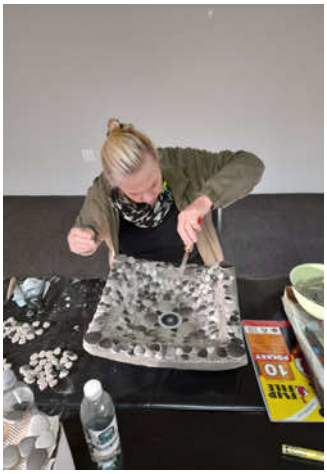


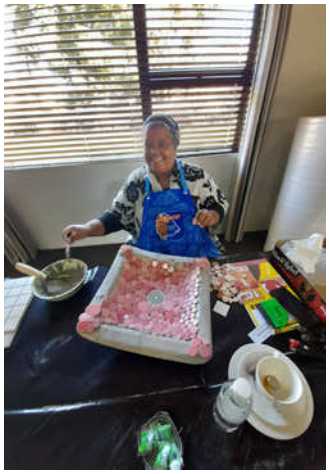
CLOVER MAMAS GET CREATIVE WITH MOSAIC

A happy group with their handiwork clearly displayed. Each Clover Mama crafted her unique design, choose her own colours and put every piece of the mosaic onto the cement pots themselves!

Five Clover Mamas partook in a very productive and creative mosaic course. When they arrived at the venue, cement water bowls with the necessary tiles, glue, grout and more were eagerly waiting for them.

Their first reactions were that they just loved the individually chosen tile colours. This served as motivation to use their own imaginations for each creation. Once the Clover Mamas finished their planning, it was all stops out and they started to mosaic in all earnest. The interesting patterns can clearly be seen in each finished artwork.





As the mosaic lessons progressed, the Clover Mamas decided that their lovely work should not be only put to use in their gardens, but also inside their homes. Mama Selestien decided to create a bun bowl for her next function and Mama Lydia's crafty handiwork resulted in a fruit bowl for her kitchen.

Once the bird baths were done, the Clover Mamas started with garden cement pots which can also be multi-used for cooking and baking utensils as well as decoration pieces for functions! The recent Summit course came in good stead as they applied an easy cut method to finish the work on their pots with big tiles.

The strongest actions for a woman is to love herself, be herself and shine amongst those who never believed she could.

- Unknown

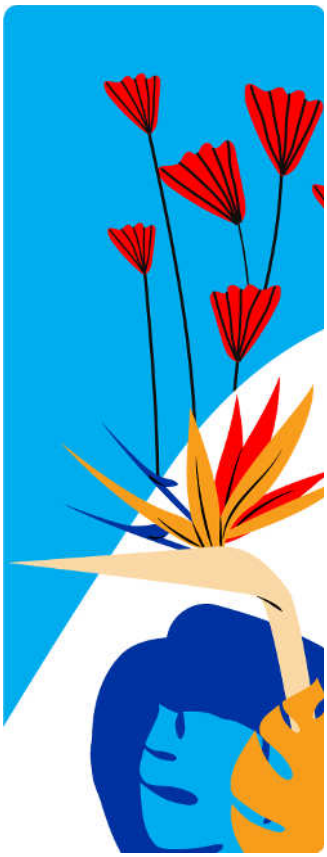
Handing over certificates is always a joyous occasion, especially when each student can proudly show off her work. The Clover Mamas were in a happy mood and full of mischief once the certificates were handed out and the formalities were finished. They took photos, made jokes and could not stop laughing. The end results are clearly seen with happy faces showing off their beautiful handiwork!

"This group was dedicated and worked very hard. They could not stop bragging about their beautiful creations."- **Prof Elain**

WHAT HAVE OUR CLOVER MAMAS BEEN UP TO THESE PAST FEW MONTHS?

Mama Nondumiso Mpitimpito

Things are buzzing at Clover Mama Nondumiso Mpitimpitis' centre in Amalinda Forest outside East London. Her hair salon is doing well, and all are always welcome for a nifty haircut. She also hosted a few big functions, and her lovely cupcakes will always be enjoyed and appreciated. Her sewing is flourishing as the modish dresses and aprons in our pictures show.



When Mama Nondu received her Aranda blankets from Clover Mama Afrika, she immediately dished them out to the people from her community. She is a true leader, helping the poorest of the poor, always with a smile, and always with dignity.

"Mama Nondu works hard, and training comes natural to her. She dearly loves to empower her community."
– Prof Elain

Mama Lizzy Magamo

Clover Mama Lizzy glowed at the mosaic course presented by Marina Ehlers from Mosaic Art in Lyttleton, Pretoria. She, together with the rest of the Clover Mama participants, learned how to work with big floor and wall tiles. They made big outdoor cement pots which resulted in beautiful statement pieces.

"Mama Lizzy, you did well Mama!" - **Prof Elain**

Mama Feziwe Gambo

Mama Feziwe from Amanzimtoti likes to always put her newfound skills to the test.

When last did one see such a variety of bakes from one single Clover Mama? Not only is she a master cake baker - she made a pink marble cake for a wedding anniversary – but also made ring doughnuts, muffins, milk tarts, scones with cream and strawberry jam, banana loaves and cupcakes on order. She also makes food parcels, braais meat and finds the time to deliver food to the old and sick!

Mama Feziwe sent her personnel to sewing training and now she reaps the fruits. Her team can now make curtains, bed linen, tracksuits and even beautiful evening dresses. This is what the Clover Mama Afrika project is all about: empowering women! They can do anything they put their minds and training to.

"Mama Feziwe, you are an inspiration to many of us. I am proud of you, and YOU should feel proud about how you always apply new skills so effectively!" – **Prof Elain**

Mama Dorah Semenya

Mama Dorah from Seshego does not shy away from making koeksisters! She deep fries them and after a dip in syrup, only one word comes to mind – delicious!

She also enjoys flower arranging and often makes bouquets for funerals and weddings. People love her vases of flowers and orders come thick and fast for these.

As if prolific baking and flower arranging are not enough to keep her busy, this Clover Mama makes food for almost 300 school children every day. With so many children to feed, even this industrious woman ran out of ideas on how to feed the children with wholesome food. A good Samaritan saw her plight and donated spinach to her centre. She immediately distributed it to the kids who shared it with their families at home.

"I am always grateful for people who find it in their hearts to donate fresh vegetables to our Clover Mama Afrikas. These fresh vegetables have the nutrients the young children need, and it helps the Clover Mamas to stretch their ordinary meals with wholesome veggies." – **Prof Elain**

Mama Mirriam Toni

Our very own Mama Mirriam from Mbakweni near Paarl was recently interviewed on SABC 3's Afternoon Express. She talked about her love for gospel singing and performed two lovely songs with her band on TV! This four-time Ukhonukamva Gospel Award winner was 7 years old when her Sunday school teacher discovered that she had a voice for music.

"When I found music, I took it with all my heart. I'm going to worship my God and heal those who want to be healed, through music". – **Mama Mirriam**

Her fifth album, 'Hamba NoJesu', is to be released in September this year.

Mama Mirriam does not only sing like an angel. At her centre she sells buckets full of scones to vendors who in turn make a profit by selling them at rugby and soccer matches, taxi ranks, in town and at hospitals.

This Clover Mama also makes shirts from the lovely material received from Clover and shows off a beautiful hairstyle done at her hair salon.

At Clover Mama Afrika we are so very proud of our gifted and passionate Mama Mirriam. May you always shine!

Sweetness, Mama Mirriam's daughter, proudly shows off her bakes.

Mama Engelina Molete

For Mother's Day, Clover Mama Engelina from Dobsonville in Soweto spent a morning with all the elderly people in her community. She baked delicious cakes and served it along with hearty tea.

Her recent donation of blankets from Aranda were also shared with the elderly ladies. There were happy faces all around, laughter and grateful hearts for someone helping them to keep warm this winter.

"This is what our project is all about: sharing and caring for the less fortunate. I am so extremely proud of my Mamas."

Mama Angelina was also the grateful recipient of a brand-new Kenwood mixer. May you have many, many happy baking hours!

Mama Doris Ndingane

Mama Doris, all the way from Keiskammahoek, was thoroughly spoiled on Mother's Day. And deservedly so. She looks after a huge vegetable plot, manages her team to take care of her day centre, cooks, bakes and sews and looks after more than 100 chickens!

When she recently received her lovely blankets donated by Aranda, she didn't waste any time and honoured the women in her community with lovely woollen woven shawls. She also blessed a little baby girl with a warm blanket.

"Mama Doris does not leave any stone unturned to do good in the community and those who so dearly rely on her. She is a cornerstone in her community." – **Prof Elain**

Opportunities don't happen, you create them.

- Chris Grosser

Mama Mary Lwate

Mama Mary from Shoshanguve and her keen seamstress, Rosemary, were overjoyed when they received another brand-new Bernina sewing machine and overlocker. This will enable her to train more seamstresses in her community.

"Mama Mary always has good seamstresses working for her and they stay with her. I saw the quality of their sewing and knew that they needed more machines to keep up with the workload." – **Prof Elain**

Mama Mary also trains those in her care in garden pot making skills. These pots are very popular, and many can be seen in community gardens.

Mama Alinah Marumo

Mama Alinah from Welkom in the Free State participated in the mosaic workshop. She loved working with the big floor tiles on the cement pots. She showed the children from her centre who admired her lovely handiwork.

She was also a recipient of an Aranda blankets box, and immediately tried on the shawl herself. She said that she was grateful that many women in her community would be much warmer this winter because of a gift of love.

"Mama Alinah, you are always fun to have around, and I love your positivity and eagerness. You are a true example of growing old, but never too old to learn!" **- Prof Elain**

Mama Sipiwe Solomons

When Mama Sipiwe from Hazyview opened her boxes and saw the number of donated blankets by Aranda, she knew where to put them to good use: the children and elderly women in her community. Thank you for always sharing the little you receive.

Mama Sipiwe was also a recipient of a new sewing machine and overlocker. She immediately asked her best seamsters, Laizer and Lindiwe, to start training two new learners. Mama Sipiwe needs good seamsters, as she also manages a guest house where tablecloths, overlays and alterations are often needed.

"What a wonderful idea to pull the small ones in to start learning sewing from a young age and best of all, it will give them a wonderful skill and something to do instead of just hanging out on the streets! I hope more Clover Mamas follow suit." **– Prof Elain**

This busy bee Mama also partook in the mosaic course and loves showing off her charming outdoor cement pot.

Mama Albertina Bloko

After Mama Albertina from Alexandria had received her box of warm Aranda blankets, she said: "I distributed them to the needy people who were all so very grateful. They love the texture of the blankets – it is very soft and not heavy, and perfect for covering themselves when it is cold. Some will use them on their way to clinics, because they wake up very early when it is still freezing cold". One blanket can cover up to four children and this winter there are a few more warmer bodies!

Mama Albertina's vegetable garden is also flourishing! Just look at her big and beautiful sweet potatoes! One can imagine how tasty they will be in cooking.

Mama Albertina also took up sewing again and she started making lovely aprons from any piece of material she can lay her hands on. These aprons are very popular among the ladies of her community. She also knits beanies as it can become very cold in her area, especially when it rains.

"I am very proud of Mama Albertina who keeps on working on her skills and just never gives up. Good on you Mama!" – **Prof Elain**

Mama Thokozile Ndlovu

When Mama Thokozile from Ixopo received her blankets compliments from Aranda, she invited the women in her community and made a special effort to spoil them. After their monthly meeting it was time to dish out the blankets to all and they were all so very happy.

"Thank you, Mama Thoko, for sharing your warmth with other women in your community. Hope all of you will be warmer this winter!" – **Prof Elain**

Mama Selestien Moses

Mama Selestien from Montagu excels is hosting functions where there is most of the time more than 100 guests attending. Her tables and flowers are always eye candy, as well as her beautifully decorated cakes. Her lovely gift bags also never go unnoticed. A very hardworking and creative Clover Mama indeed!

Mama Lydia Isaacs

When Mama Lydia from Ennerdale was asked to avail her kitchen for training, little did she know that it would be for children! It was heart-warming to see how much the children appreciated her efforts to prepare her space for them and how keen they were to learn how to bake. These are vital skills that will carry them for a lifetime.

On 5 June 2022 a very special delivery was made to Mama Lydia. Harley Davidson is known for their social responsibility work to the poorest of the poor and on this special Saturday morning, 25 Harley Davidson bikers drove all the way to Ennerdale to deliver blankets, toys and food to 200 children. On arrival, the young children sang exuberantly for their interesting visitors and the older children performed a special dance in the hall. There was good coffee and more than enough bakes to buy from Mama Lydia's centre to keep the tummies full. A special thank you goes to all the Harley Davidson bikers who gave so selflessly of their time and money. The visit will be remembered with gratitude for a very long time.

Never let success get to your head and never let failure get to your heart.

- Drake

Mama Phomolo Raisa

Mama Phomolo from Botshabelo has stunned us all. She attended a course in brick making as she intends to start building her very own guest house on her farm! We all wish her the best of luck. Watch this space ... we just know that she will succeed as our Clover Mamas are all determined women.

Mama Phomolo also spearheaded an important Gender Based Violence Awareness Campaign, #NotoGBV, in her community. She invited women to tea and arranged reputable speakers to talk to them on this important topic.

"I am so grateful for the trouble that Mama Phomolo took to make women aware that they should speak up and not accept violent treatment. Women do have a voice! Thank you for addressing this important issue in your community!" – **Prof Elain**

Mama Daphne Oliphant

When Mama Daphne from Worcester received her new sewing machine, she started training two more seamstresses. They started off with quilts and then progressed to table runners. One can see on Cinthia Binisi's face how proud she is of what she managed to achieve. We thank you, Mama Daphne, for investing your skills into your community.

Charlie Louw is not only Mama Daphne's righthand baker, he is also a master trainer. When he had to attend Advanced Cake Baking and Decorating, as well as Cooking and Baking Courses in Johannesburg, his trainee Careline Neethling stood proudly in his shoes. She knew exactly what to do and her bakes of among other, Rolo Biscuits, Oats and Ginger Biscuits, came out perfectly.

"Good for you Charlie, that you have come so far and that you are able to train people so expertly. Wow, I am proud of you. Careline, it is super to see how you have taken on your baking skills. Keep up the good work you two!" – **Prof Elain**

Mama Christina Petrus

When it comes to the icing on the cake, Mama Christina from Upington knows what it is all about. Her gorgeous cakes are decorated with both plastic and ordinary icing. She also loves baking biscuits and rusks.

NEW Clover Mama Afrika Hester Wildeman

Mama Hester from Plettenberg Bay is renowned for her handmade material toy owls. Many of these owls are sold at Uncle Nicks, a popular tourist craft centre in the area. Until now, these toys were handmade by the many trained community women, including her daughter Yolandi. In order to keep up with all the orders they receive, the owls will now be machine sewn with only the embroidery work done by hand.

Mama Rosemary Machogo - Deceased 29/05/2022

We are saddened that our Clover Mama Afrika, Rosemary Machogo from Mangaung, passed on from heart failure in May this year.

Mama Rosemary was one of the first Clover Mama to be appointed. She was a pre-school teacher and she worked from a container Clover Mama Afrika had built for her on the school grounds of a primary school. She was a bright and strong woman and the children loved her, AND the wisdom she shared with them. Two years ago, she asked Prof Elain to move her container closer to her original home at the time of her retirement. She then started looking after her grandchildren. Mama Rosemary was a keen seamstress with a love for flowers. She made many bouquets for funerals. She was very happy to receive material flowers which she creatively used to make her lovely bouquets. She was an active member of her community, where she was respected for her knowledge and sage advice.

During our recent Summit we could see that Mama Rosemary was not her old self and that she was very ill. We all said farewell to her one morning, during which Mama Selestien Moses dedicated a beautiful prayer to her. She afterwards said that she felt loved and appreciated by all the Clover Mama Afrikas.

May Mama Rosemary rest in peace. She was loved and appreciated by many. – **Prof Elain Vlok**

Mama Mary Visagie - Deceased 06/06/2022

It is with great sadness that we share news of the passing of Clover Mama Afrika, Mama Mary Visagie from Upington. Mama Mary Visagie (81) was a dedicated teacher and a member of the Women's Development Forum.

In 1999 Mama Mary established the Oasis Skills Development Centre for children with learning and other disabilities. This remarkable centre has an Early Childhood Development facility with a stimulation room where the children play and a computer laboratory for improving their computer skills.

In September 2008, she was appointed as a Clover Mama and was thus with CMA for almost 14 years. Not only did Mama Mary manage her bakery, where they bake askoek, decorative big cakes, bread, rolls and more, she also managed her organic food gardens, sewing and quilting projects. Her big claim to fame, however, was all the good work she did for the mental- and physically disabled children in her care.

Mama Mary was married to Oom Jan, well known for his lovely cement garden furniture. Just two days after Mama Mary had departed her earthly home, Oom Jan sadly also passed on. Their love for each other will always stay with us. Mama Mary and oom Jan have two children. Mama Mary will be dearly missed.

Old-Fashioned Curry Mince

Serves 4-6

Ingredients

2 T (30ml) Clover Ghee
500 g Minced beef, lean
1 Onion, chopped
1 Red chilli, chopped (optional)
1 T (15ml) Garlic, crushed
1 T (15ml) Mild curry powder
2 t (10ml) Turmeric powder
1 t (5ml) Coriander, ground
2 Bay leaves
2 Star anis seeds
1 t (5ml) Whole cumin
2 Large carrots, peeled and grated
3 Medium potatoes, peeled and cubed
2 T (30ml) Apricot jam
3 T (45ml) Vinegar
1 cup Frozen peas
Salt and pepper to taste

Method

1. Heat 1 T ghee in a heavy-based pot.
2. Brown mince in batches and set aside.
3. In the same pot, heat the remaining ghee. Add the onion and chilli and sauté until onion is translucent, scraping any bits of mince left in the pot off the bottom – this really adds to the flavour.
4. Turn up the heat and add the garlic and spices, fry until fragrant.
5. Return the mince to the pot and fry for a few seconds to cover with the onion and spices mix.
6. Add the remaining ingredients except peas. Reduce the heat, cover and allow to simmer for 30 minutes.
7. Add the peas and mix through. Simmer for another 5 minutes.
8. Remove the bay leaves and anis seed from mince just before serving.
9. Serve on vetkoek or baked potatoes

Orange & Rum Chocolate Pots

Serves 8

Ingredients

200g (1 slab) Good quality dark chocolate
1 cup (225g) Clover Springbok Unsalted Butter
2 T (30ml) Dark rum
4 Large eggs
4 Large egg yolks
1 cup (200g) Sugar
½ cup (65g) Cake flour, sifted
Zest of one orange

Method

1. Preheat the oven to 180°C.
2. Grease 8 ramekins or small pie dishes with butter.
3. Melt the chocolate and butter together in a double boiler over simmering water.
4. Remove from the heat and stir in the rum and orange zest.
5. Allow to cool to room temperature.
6. Beat the eggs, egg yolks and sugar together with an electric mixer until thick and pale.
7. Lightly fold in the chocolate mixture and sifted flour.
8. Pour equal amounts of batter into the moulds.
9. Place on a baking tray and bake for 10 - 15 minutes or until the surface is crusty and the centres still soft.
10. Serve hot

TIP:

Serve with whipped Clover Fresh Cream.

Our Clover Mama Afrikas are proud to announce that Prof Elain Vlok recently worked at Clover for 30 years.

This year, our very own industrious Prof Elain Vlok has worked at Clover for over 30 years. This includes Prof embarking on the Clover Mama Afrika project in 2004, which she has spearheaded since then. Endearingly called "Prof" or "Proffie" by colleagues, friends and Mamas, Prof Elain founded one of the most awarded CSI projects in South Africa.

We want to thank Proffie for her dedication, hard work, her continued strength and compassion. She has been, and always will be, a force of nature to reckon with. It is an honour to be on the receiving end of her wisdom and a privilege to have had her as an employee during all these years of service to Clover and Clover Mama Afrika.

Prof, may you continue creating a life worth living and may we be blessed with your continued service for many years to come.

When we strive to become better than we are, everything around us becomes better too.

- Paulo Coelho

"Clover Mama Afrika strongly believes that the best way to impart knowledge is by continuous training courses and upskilling for all of the Clover Mamas. By doing this, the Clover Mamas feel more empowered and are more willing to use the skills and also upskill those around them. Mamas across our country shine a spotlight on their areas by providing essential services and support structures that their communities so badly need. It's community heroes like this that put South Africa's smaller communities on the map, mainly for their people and those who need them most."

– South Africa, The Good News

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