



# The Voices of **CLOVER MAMA AFRIKA**

Edition 11 | December 2022 | Ukwakha Isizwe



## Foreword

And there we go and do it again! Clover Mama Afrika has won our 15th consecutive Diamond Arrow Award in the PMR.africa Excellence Awards!

During September and October, PMR.africa completed its annual national survey to assess companies and institutions in South Africa perceived to enhance economic development, growth and stability through their Corporate Care - Environmental, Social and Governance (ESG) programmes and initiatives.

We are pleased and humbled that the Clover Mama Afrika project achieved the highest rating (4.27 out of a possible 5.00) in the Business Category: Food Manufacturers/Processors, earning us our 15th prestigious Diamond Arrow Award!

Winning this award for the 15th time just proves once again that the positive impact our project makes on South African communities also gets noticed by the greater business community. It also serves as inspiration for everyone who is involved with Clover Mama Afrika to keep up this valuable work! Work we will continue in 2023 and beyond!

We end 2022 off on a high and busy note, as you will see reading this newsletter, and we look forward to building on this momentum as we return in the New Year.

Thank you for your support in 2022, it has meant the world to us! We wish you a wonderful festive season ahead with plenty of time to recharge those batteries.

Prof Elain Vlok  
Manager: Clover Mama Afrika

# Contents



<b>Making Something from Nothing, Clover Mama Afrika Style</b>	<b>4</b>
<b>Clover Mamas are Sew Smart</b>	<b>9</b>
<b>Out and About Visiting Mamas</b>	<b>11</b>
<b>What have our Clover Mamas been up to?</b>	<b>13</b>
Mama Dorah Semanya	13
Mama Daphne Oliphant	14
Mama Alinah Marumo	14
Mama Feziwe Gambo	15
Mama Phomolo Raisa	16
Mama Hessie Wildeman	17
Mama Gail Koeberg	17
Mama Mirriam Toni	17
Mama Lydia Isaacs	18
More Heritage Day celebrations	18
31 boxes: A very generous Prime Corp donation	20
Clover Clayville donates milk to Gauteng Mamas	22
<b>All the Hard Work is Worth it!</b>	<b>23</b>
<b>It's our 21<sup>st</sup> Anniversary</b>	<b>26</b>
<b>Best Fruit Punch</b>	<b>27</b>





## MAKING SOMETHING FROM NOTHING, CLOVER MAMA AFRIKA STYLE



For our most recent Clover Mama Afrika course Something from Nothing, the Clover Mama Afrikas could choose a focus area. Most Mamas preferred to learn more about their favourite skill, but some saw it as an opportunity to learn something brand new.

When the mosaic group arrived, the television dishes were waiting and the Mamas started by choosing the size they wanted to mosaic. The really big TV dishes were a challenge to finish in two days, but of course our Clover Mamas were not put off by the size of a dish! The tiles were already cut, and apart from an example the Mamas were shown, everyone had free creative reign. It was lovely to hear them discuss how they are going to use their designs back home with most of the artwork to be put on walls, used as bread roll bowls or fruit bowls when they entertain.



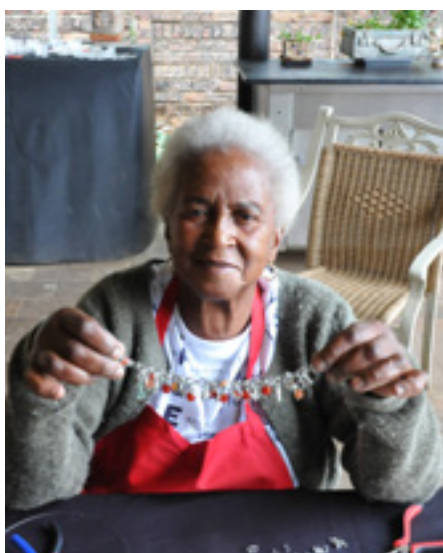
The teacher, Marina Ehlers from Mosaic Art, felt the group did really well and apart from discussing many issues whilst doing the work, Marina read a few poems too. There was never a dull moment and even though the group worked through rain and cold, they loved their work so much that it was difficult to get them to go for lunch or stop working after 17h00.



“It was lovely to be with the Clover Mama Afrikas, listen to them, talk and enjoy the time together.” - **Prof Elain**

The Something from Nothing jewellery making section kicked off with another course presented by the well-known Chris Oldewage-Esterhuizen.

Since the group was not as big as the first time he met all the Clover Mama Afrikas, he could attend to each Mama in person. Prof Elain wondered how many steps he took during the course since he moved from one table to the next, all day long! The Mamas loved what they learned and everyone was in agreement that they will be able to sell these jewellery pieces. After a refresher course on using their equipment, the Mamas each had to make a charm bracelet with beads, a keyholder AND a variety of earrings. Everyone enjoyed this productive day. There will definitely have to be more of these almost one-on-one jewellery classes!





Three Clover Mama Afrikas who've never baked before signed up to learn how to bake biscuits.

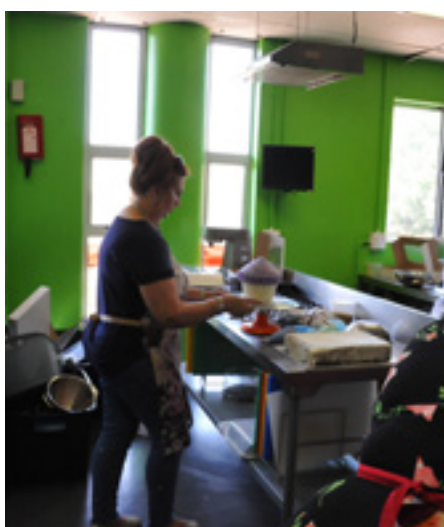
During an intensive one-day course of biscuit baking they baked several kinds of biscuits, each with a different technique and one more delicious than the other! The end result: three very happy Clover Mama Afrikas who are now biscuit bakers too.



Big cake baking and decorating was a huge attraction during the Something from Nothing course, with many Clover Mama Afrikas keen to bake and decorate.

Prof Elain presented the baking section, while Juandi Kamp was responsible for teaching the Mamas how to decorate the big cakes. The Mamas listened attentively to everything that was said and demonstrated, and they were all very proud of the end results. Everyone agreed that the course gave them the skills to offer a professional cake baking service going forward.

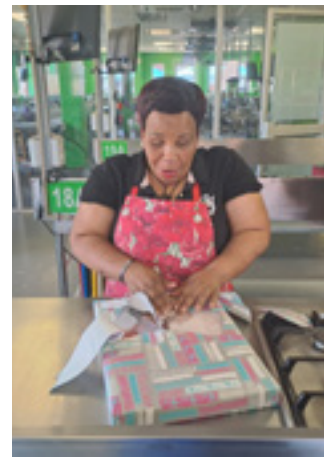




After four days of intensive cooking and baking, all the Clover Mama Afrikas knew how to measure and weigh.

Precision, precision, precision is the name of the game when Prof is baking, so the Clover Mama Afrikas appreciated receiving the ingredients pre-measured in the correct amount for every dish. On a central table, the Mamas could find their ingredients in clearly marked containers, and share a thought or two among each other. The Mamas made delicious pies, and plenty of dishes with chicken and lamb. They all agree that they now can cook!





Following days of cooking, baking, as well as big cake baking and decorating, the Mamas received their well-deserved certificates along with a special photo taken with Prof Elain.

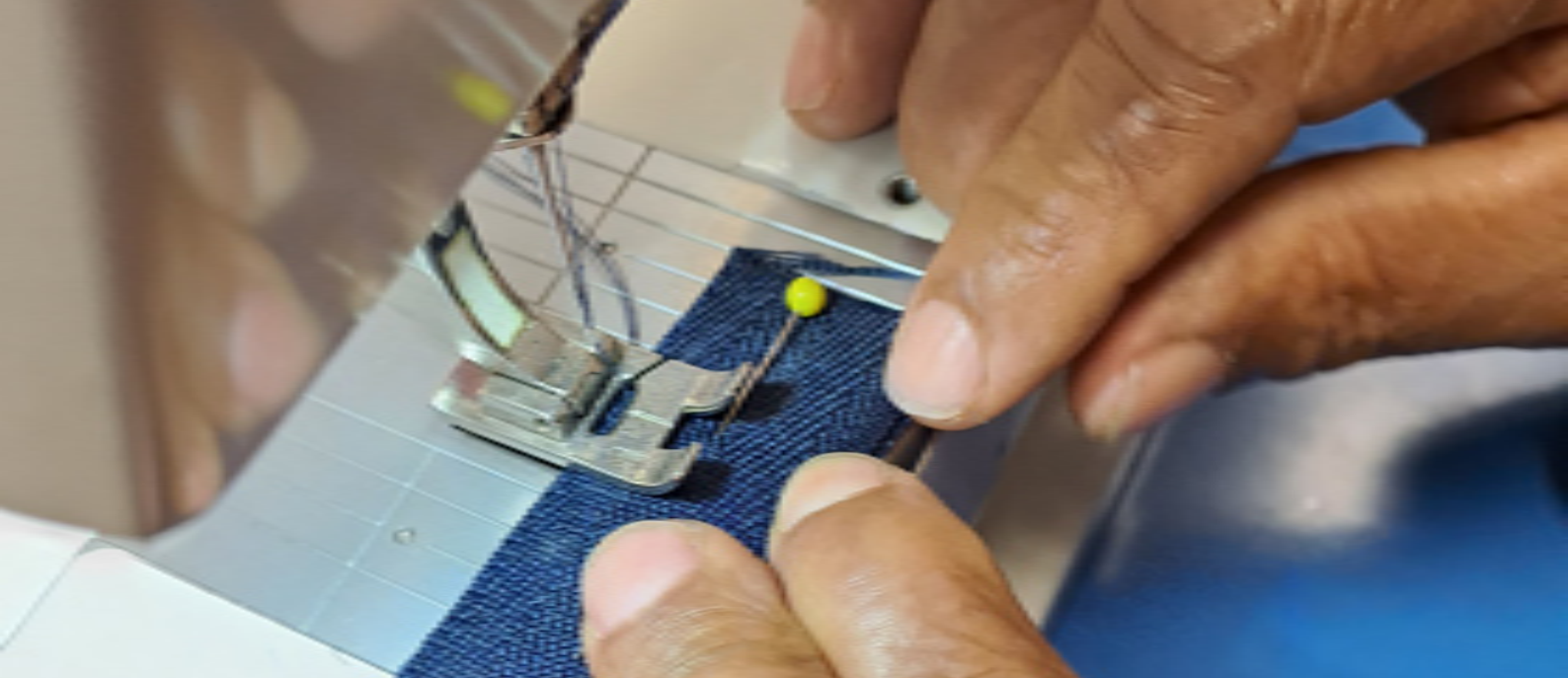
During the last day of cooking and baking, the Mamas learnt how to make their own mince mixture to use for meatballs, burgers, bolognaise or even lasagne. They were also shown how to prepare these meatballs for a pecorino and tomato sauce dish. Prof taught them the tricks of the trade so that their white sauce was perfection without a lump in sight.



"I loved spending precious time with each Mama, and the big reward was when I could teach them something they didn't know, or didn't know how to do."

**- Prof Elain**





## CLOVER MAMAS ARE SEW SMART

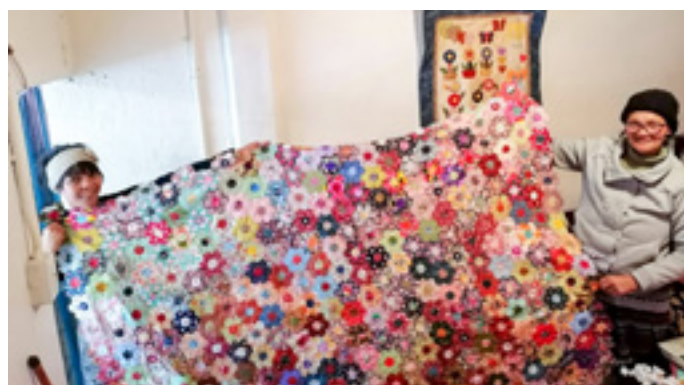
Every quilter should make at least one Grandmother's Flower Garden quilt in their lifetime.

For this quilt measuring more than 2m x 2m, 500 Grandmother flowers were needed; 3 500 different pieces of material were sewn together to make the 500 separate flowers.

Prof Elain, the proud owner of this lovely piece of handwork, first called in the help of teacher Rachel du Toit, who did the layout and meticulously pinned all the different 'flowers' together on a curtain background. Next, Prof Elain asked Mama Daphne and her helpers to help sew all 500 flowers together to make the quilt a reality!

It took Mama Daphne and a few woman who also earned an income three months to finish this project.

Prof Elain now has to add a solid background, a beautiful border and matching binding before it will be stitched through. The final product will be revealed once this big job has been done!

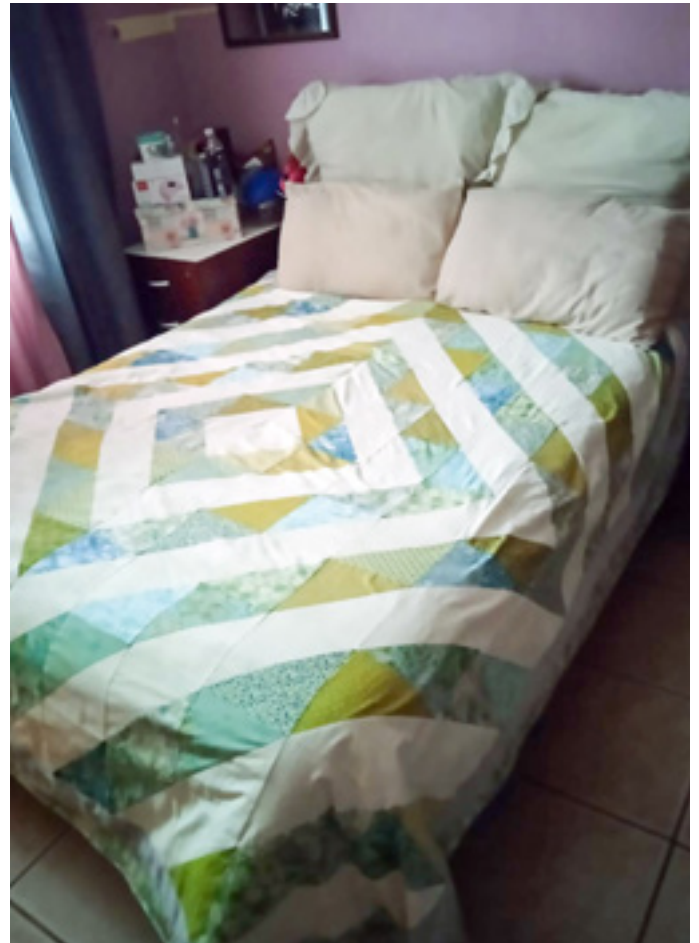


"This is the second very big Grandmother's Flower Garden quilt I'm making, and I'm planning another one already! I just love to make these flowers, whether it is while I'm with friends, on the plane or when I'm in the car (not driving!). I bought the lovely piece of fabric for the border more than four years ago when I started this project, and I'm now eager to finish it and show it to you all!" – **Prof Elain**

A proud Mama Selestien Moses has every reason to show off her most recent finished quilt with a chevron pattern.

Teacher Alta from The Fabric Contessa in Paarl provided the pattern and material, and Mama Sella attended the quilt class presented by Prof Elain at the Montagu Country Hotel.

**Says Prof Elain:** “Mama Sella does very neat sewing and this is a lovely piece of her handwork that will last in her family for many years. May she always have good memories when she looks at her quilt.”



A new Bernina sewing machine was delivered to Mama Daphne Oliphant of Roodewal, one of the Clover Mama Afrika project’s most passionate sewers.

Mama Daphne is a perfectionist when it comes to sewing and she loves designing her outfits. She makes matric farewell and other special garments, and runs a wedding dress salon where prospective brides can hire all their wedding gear. Mama Daphne can also do alterations to any clothing.

Upon receiving her new machine, she went straight to our long-standing sewing partner, Bernina, where owner Jurgen Schubart is giving her personal sewing lessons on the Bernina 830. Not only will Mama Daphne now be able to sew faster (this machine can do 1 800 stitches per minute), she’ll also be able to do embroidery. We are eagerly waiting to see her new sewing masterpieces!



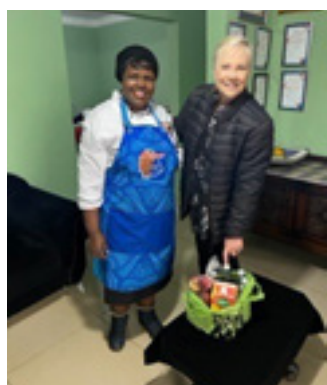
## OUT AND ABOUT VISITING MAMAS

A visit to Mama Feziwe Gambo from Ezimbokodweni, Amanzimtoti, was food for the soul!

On arrival, Prof Elain was taken to her neat and lovely office, before Mama Feziwe took Prof to every classroom where she saw little babies and pre-school children, happily singing songs for her.

The next visit was to the bakery where Mama Feziwe has put in a lot of effort. She has a neat and functional storeroom, completely separate from her big bakery. Her son is working closely with her in the bakery and he knows exactly what is going on in every department. At the recent baking course in Pretoria, Mama Feziwe saw how all the ingredients were kept in clearly marked plastic tubs, and she's done the same in her bakery. She was so proud when Prof Elain noticed how she organised her containers!

Next, Prof met up with Gugu Mkhize at the sewing area, where samples of dresses were neatly displayed for visitors to see and order. She was busy teaching a lady and proudly showed Prof Elain the space.



When it was time to say goodbye, Mama Feziwe gave Prof two beautiful, handmade beaded necklaces in bright colours (which Prof could not resist to put on immediately) and a whole bag of food for the road: Coffee, water, juice and apples! It was such an unexpected and warm gesture that lasted Prof all the way through the Transkei.

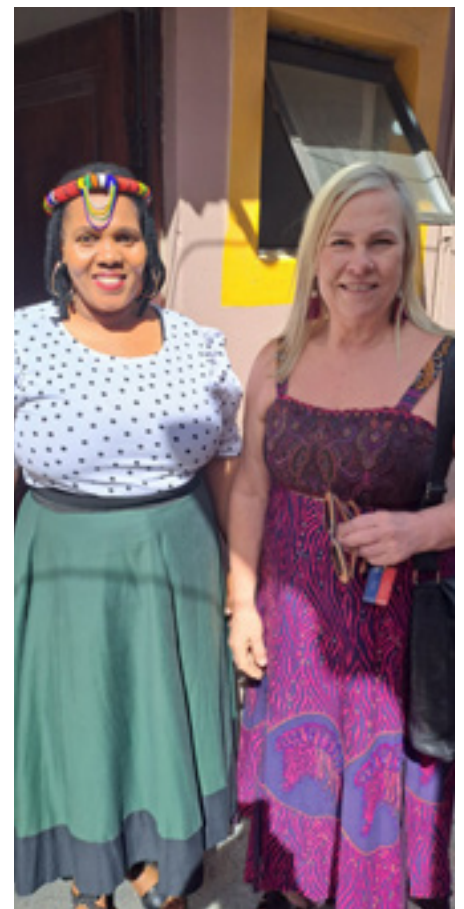
"I am proud of the good work being done at the Centre, and Mama Feziwe is serious about making a difference in her community." – **Prof Elain**



## A visit to meet a potential Clover Mama Afrika in Khayelitsha led to the appointment of Clover Mama Afrika number 58!

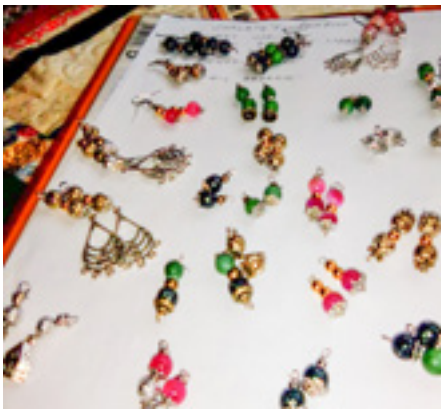
Mama Nolitha Ndalasi from the Sinethemba Community Organisation has proven that she's worthy to join the project. She runs a pre-school, has a huge organic food garden, and oversees women sewing, doing beadwork and cooking. Her dream is to have a bakery on her premises, and if all goes well, Clover will help her make this dream come true.

It was a positive visit for Prof, who also saw other possible candidates on the same day, but Mama Nolitha stood out with all the projects she was already running. Prof Elain is proud to welcome another superwoman to the Clover Mama Afrika sisterhood!





## WHAT HAVE OUR CLOVER MAMAS BEEN UP TO?



### Mama Dorah Semenya

With our recent Something from Nothing course hardly behind us, we were delighted to receive earrings made by Mama Dorah Semenya from Seshego.

According to Mama Dorah, the ladies from her community like to wear matching earrings with their clothing so she decided she'd make earrings and start selling them. She is challenging the other Clover Mama Afrikas who recently attended the jewellery making course with Chris Oldewage to show off their handwork too!

Mama Dorah has her own vegetable garden, and she is proud to show us her cabbage and lettuce. Says Prof Elain: "I'm proud of you Mama Dorah! You're really surprising me with your lovely veggies."

"If there's one thing Mama Dorah Semenya from Seshego can do particularly well, it's to feed hungry children. And that's something she does religiously every day of the week. Feeding more than 300 children per day – would YOU be up to it?" asks Prof Elain.

Every day, Mama Dorah and her helpers prepare meals for these schoolchildren who, on their way home, first come by for a bite to eat – for many this is the only food they will receive that day.

**Says Prof Elain:** "Mama Dorah, I can't thank you enough for the good work you are doing to feed the hungry children in your community. You are a wonderful example to us all. Stay blessed!"



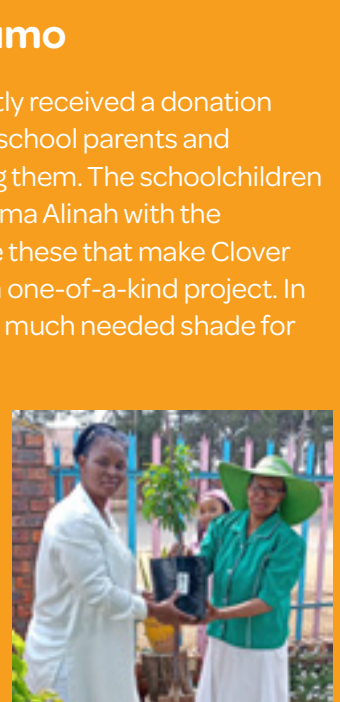
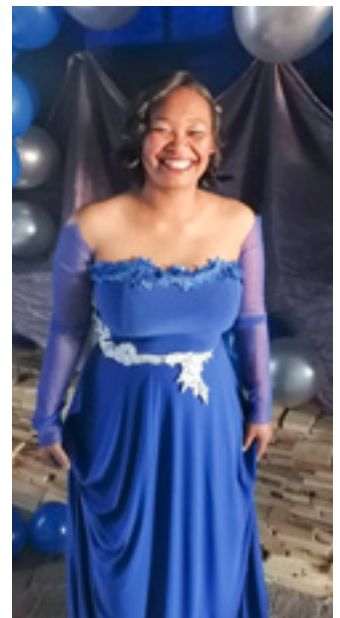
## Mama Daphne Oliphant

Clover Mama Afrika Daphne Oliphant was recently chosen as one of the top 10 Women of Excellence in Worcester, during an event hosted by Barenice Wildskut Music Ministry. Mama Daphne wrote to say: "We have been honoured for our hard work over many years in our community. I am grateful to Proffie as I would have never received such an award if she didn't invest in me and developed me. I am the person I am now thanks to her trust in me, and I received this award in honour of Prof Elain."

Mama Daphne made a young girl's dreams come true when she designed Asante's beautiful matric farewell dress. Asante was taken in by Mama Daphne as a young child, and was showered with love and received shelter and schooling. Fast forward to many years later when Mama Daphne sewed her special outfit – a proud moment indeed. Mama Daphne took Asante to her own mother to show her her lovely daughter, leaving everyone in tears of happiness. "Thank you Mama Daphne for taking this young girl under your wing and giving her a new future – we are all proud of you!"

**- Prof Elain**

When Mama Daphne noticed many desperately hungry people in her community, she got the caregivers and even children at her Centre House of Mercy involved and made huge pots of different soups that were served to the needy. Prof Elain says: "What a lovely example of caring for the people in need."



## Mama Alinah Marumo

Mama Alinah Marumo recently received a donation of trees from one of her pre-school parents and immediately started planting them. The schoolchildren were just as overjoyed as Mama Alinah with the donation. "It is occasions like these that make Clover Mama Afrika so special and a one-of-a-kind project. In time, these trees will provide much needed shade for the kids." **- Prof Elain**

## Mama Feziwe Gambo

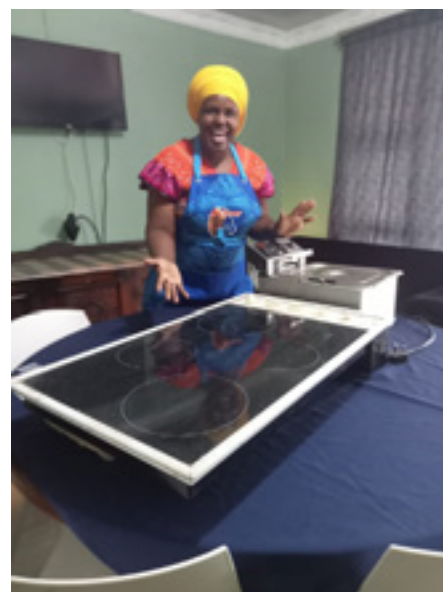
After the recent Something from Nothing course, Mama Feziwe Gambo from Amanzimtoti arrived home and prepared all the dishes she'd learnt, and invited her personnel and family for dinner.

For Mama Feziwe, it was wonderful to hear all the compliments on her food, and to share a meal with her staff.



Since Mama Feziwe is keen to use her new cooking skills, we're sure that the new, four-plate electrical hob with glass top she recently received will come in handy at her Centre. Clover Mama Afrika is pleased to have helped her in this way, and we hope to taste her cooking made on the new addition to her kitchen very soon!

With Frans Strydom from EduTex Mitzis Skills Training Development on-site at Mama Feziwe's, baking was the order of the day. Frans also showed Mama Feziwe and her helpers where to sell their goods and soon everybody in the community knew about Mama's bakes. Take a look at the happy members of the baking team who are proud of their newfound skill. "Thank you Frans and Mama Feziwe for making things happen on the South Coast too!" - **Prof Elaine**



Talking about making things happen, at Mama Feziwe's there's zero time to sit idle! Mama Feziwe does training with some of the youngsters at her Centre, teaching them how to bake big cakes and decorate it AND bake biscuits properly. Mama Feziwe's fish and chips are also a best seller amongst the local community members. Says Prof Elaine: "I am very proud of how Mama Feziwe spends her time during the day, and seeing youngsters eager to learn warms my heart!"

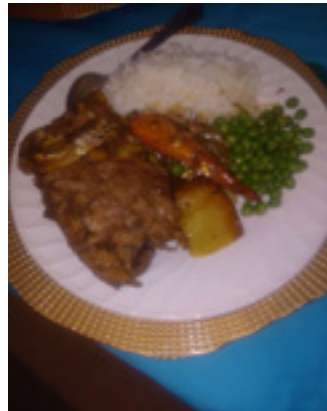


Mama Feziwe, along with other women in her neighbourhood, also took it upon themselves to undertake a clean-up in local community. Says Prof Elaine: "Wow Mama Feziwe, I take my hat off to you and the other ladies for jumping in with a smile on your faces. I'm really proud of you."



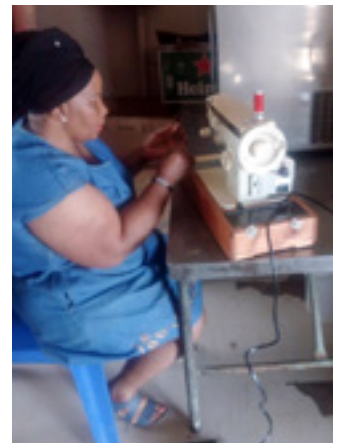
## Mama Phomolo Raisa

Mama Phomolo Raisa from Botshabelo recently attended the advanced cooking course where she learnt how to work with venison. At home, she prepared a Springbok leg of lamb with vegetables, and was so proud of the outcome, that she shared this photo with us. "Mama Phomolo has been making amazing progress and I must say, this last dish looks simply divine! Well done Mama!" – **Prof Elain**



When Prof Elain's neighbour Chanel Botje recently immigrated to the Netherlands, she left her grandmother's sewing machine (still in its wooden box) for a worthy Clover Mama Afrika with her best wishes. Prof Elain promised that it would go to a Clover Mama Afrika who sews a lot and who'd use this machine. Lucky recipient Mama Phomolo started sewing immediately on the machine gifted to her. Says Prof Elain: "Thank you Chanel, and thank you Mama Phomolo for making the most of this special gift. I wish you many happy hours of sewing!"

Mama Phomolo is proof of the saying that "dynamite comes in small packages". Always busy learning and baking up a storm, she, along with her team of workers, refreshed their skills with Frans Strydom, who offered refresher bread baking courses to all Clover Mama Afrikas countrywide. The pictures show the team baking bread, rolls, biscuits and making pizzas. The community supported them by buying the products as they finished baking it. Says Prof Elain: "I'm proud of Mama Phomolo who are always prepared to learn and who are really baking a lot. She enjoys what she's doing and has the support of her community."



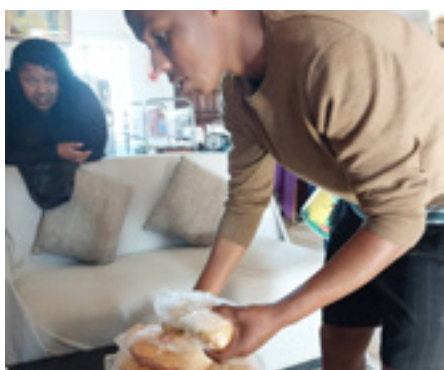
## Mama Hessie Wildeman

Our newly appointed Clover Mama Afrika, Hester Wildeman from Plettenberg Bay, is also a keen church leader in her community. In August, the church leaders arranged a special women's trip to Bitou Beach to celebrate Women's Month. The photos show the women enjoying their time together during the outing.



## Mama Gail Koeberg

Mama Gail Koeberg from Magaliesig and her baking team are a hard-working and happy bunch of young women. They've now started baking rolls in different colours, which they found to be a big hit. The happiness amongst the group is obvious and where there are happy hearts, the baking is even better. "Mama Gail is delivering quality bakes, and putting in the effort to better the lives of the people in her care." – Prof Elain



## Mama Mirriam Toni

"Give someone who is already busy another job to do and they will find the time to do more," Prof Elain likes to say, and Mama Mirriam Toni from Mbekweni is a shining example of this.

Mama Mirriam is a very busy lady: from running a hair dressing salon to baking scones and biscuits, and making pizzas, vetkoek and fish and chips, her Centre is always buzzing with activity. Only two words count and these are "keep busy". It makes one happy to see people hard at work and enjoying it, doesn't it?

## Mama Lydia Isaacs

These photos illustrate what can be done to better the lives of people living at centres like the Ebenezer Hannah Home at Ennerdale.

Harley-Davidson, through the initiative of Marie Reynders, supports Clover Mama Afrika Lydia Isaacs, and little by little they are making life better for Mama Lydia and her members by upgrading the pre-school.

Says Marie: "Thank you to our HOG members for making this possible with their donations throughout 2022."

Clover Mama Afrika loves Harley-Davidson and Marie Reynders!



## More Heritage Day celebrations

Here are a few more photos showing the vibrant Heritage Day celebrations in September at various Mamas' centres.

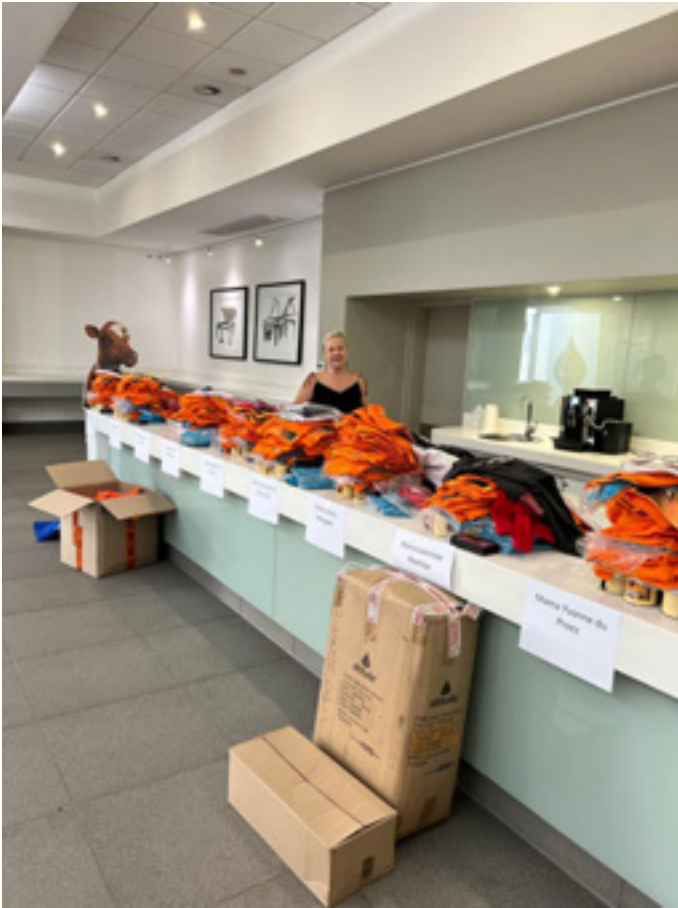




## 31 boxes: A very generous Prime Corp donation

Prof Elain had hardly pressed 'Send' on her email to Tony Hadjidemtriu at Prime Corp, asking him for leftover stock that the Clover Mama Afrikas could put to good use, before 31 boxes with T-shirts and other goodies arrived at her office.

The goods were packed and couriered by Prof Elain and Geraldine Roos to various Clover Mama Afrikas, who did not waste a moment to distribute it amongst their community members. "What a lovely gift this was, and how wonderful to see all the happy faces of those who were on the receiving end. I don't have the words to thank Tony for his generosity!" – **Prof Elain**





## Clover Clayville donates milk to Gauteng Mamas

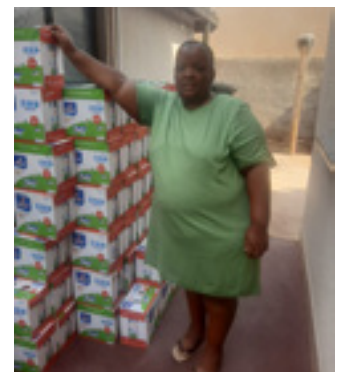
Several Gauteng Clover Mama Afrikas benefitted from a very generous milk donation by Clover Clayville.



Mama Lizzy Magama from Olievenhoutbosch was one of the Mamas who came to collect her milk at Clayville, and assured us of how many households she was going to treat!

Our gratitude goes to James Rea, CDC Manager at Clayville, and a long list of colleagues who stepped up to sort out the logistics:

**Clayville branch:** James Rea, Dawid Visagie, Raymond Cooper-Chadwick, Marco van der Walt, Vusi Mabila,



Mvuyisi Masangwana, Sipho Zwane, Louis Meyer, Rahul Brambha, Jani Menikou, Hendrik Wagener, Swethane Mbambale, Zaine Pather, Piet Kruger, Calvin Goliada

**Atlas branch:** Marco van der Walt, Vusi Mabila, Calvin Goliada, Mvuyisi Masangwana

**Head Office:** Jani Menikou



Prof Elain's sincerest THANK YOU goes to each and every Cloverite who helped to get milk to our Clover Mama Afrikas, the people in their care, and the people in their communities! We appreciate each and everyone's support in this mammoth donation.

Mamas Engelina Molete from Soweto, Lydia Isaacs from Ennerdale and Mary Lwathe from Winterveld all eagerly helped to carry the milk for transport to their centres. All Clover Mama Afrikas were overwhelmed to receive this much needed donation that helps with feeding the people in their care.



Mama Engelina Molete from Dobsonville, Soweto not only gave the children in her community a litre of milk each, but also handed each child two slices of bread. "THAT is the spirit, I'm proud of you Mama Engelina! Thank you for helping to feed our nation."

# ALL THE HARD WORK IS WORTH IT!

We asked our Mamas: “What did one of the children or elderlies in your care, or another community member say to you this year that left an impression, or just made you feel that all the hard work is worth it?” Here’s what they had to say:



## Mama Selestien Moses

One of my children, Angelo, came up to me and thanked me for never giving up on him, and for being his mother, friend and mentor. He joined us at the age of three, after his parents left him destitute. Many people in the community are addicted to “tik” (crystal meth). We took him in, raised him to avoid the pitfalls of drugs, and I believe he’ll make a success of his life.

## Mama Phomolo Raisa

On 17 August, these elderly women said in one voice: “Mama Phomolo, you have filled the ‘Gap’ that each of us felt when we lost our own mothers. Since 2019, when you were appointed as Clover Mama Afrika, you’ve accommodated us in your heart; when we’re sick, hungry, cold, tired or when our own children don’t care for us, you are always there for us. We are so grateful to Clover Mama Afrika that encourages you to take care of the Botshabelo community.”



Everyone can be great,  
because everyone  
can serve.

- Martin Luther King, Jr.

## Mama Alinah Marumo

I took soup to cancer patients in hospital. The people came back to me and said I did a big thing, and that they appreciated it a lot. This is so close to my heart, because my husband and five other members of my family died of cancer.

## Mama Doris Ndingane

My community members say they are proud of me, because they never could have imagined that one day they would have day care and an aftercare centre for their grandchildren, as well as children who are permanently employed. Not to mention fresh eggs!





### Mama Sipiwe Solomons

One of her children in her care said "I strongly believe that Mama Sipiwe Solomons lives the values of the late Chief Albert Luthuli and promotes peace, unity and community building."



### Mama Mary Lwate

My name is Busi Margaret Sithole. I'm currently 42 and I was raised by Mama Mary since the age of 18 months. My mother was too sick to take care of me. So by the special Grace of God, Mama Mary took me into her house and raised me as her own. I managed to complete Grade 12 in 1998 and she took me to computer school to study Computer Literacy Dynamics, after which she ensured that I got my driver's license.

In 2005, I was employed at the Department of Correctional Services as a Correctional Officer. I thank the Lord for what He did in my life through the love, care and support of Mama Mary Lwate. I'm what I am today because of her continuous belief in me; she never gave up on me even when I wanted to give up on myself. God continue to richly bless you Mama Mary, I love you always.



### Mama Lizzy Magama

The kids surprised me on my birthday; all of them came to pray for me and asked God to keep me safe. I was still in my PJs!

### Mama Dawn Irons

One of our outreach family Gogos named Gladys arrived one morning in September with five of the children she cares for (14 in total) bearing a gift of wild flowers they'd picked. They said 'thank you' in Zulu for all the kindness shown to them over the last 16 years. They sang a song of thanks, and with big smiles and many giggles, they handed over the old sack containing the wild grasses and flowers. We unpacked the pretty flowers together before putting them in a bucket of water. Some were still fresh and others were crushed, but much fun and laughter was shared. This family had walked a long distance to hand over the gift they had carried for many miles. It was a very special day for them and for me, and has left a lasting impression, particularly that sweet song of gratitude. This heartfelt gesture made all the time and effort and help rendered to support this family so very worthwhile.

### Mama Dorah Semanya

The children at our Centre sang a lovely and touching song on my 66th birthday. They sang with warm smiles and made me realise that everything happens for a reason and that really, I'm worth it. Receiving a personal thank you message from the people whose lives you touch has a lasting impact on you.

### **Mama Felicity**

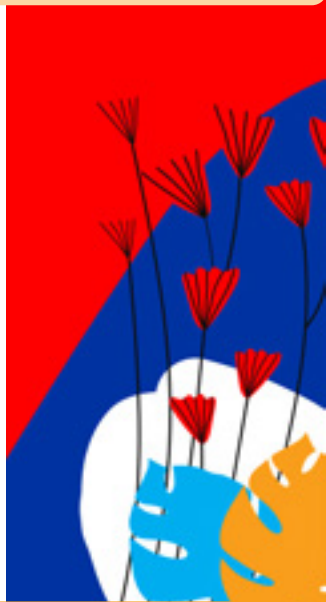
The children once said to me: "You always bring love and happiness to our lives."

### **Mama Lydia Isaacs**

One of the elderly came up to me personally just to say: "Thank you so much for what you do for me and the community, it may seem little to you Mama, but it means the world to me."

### **Mama Engelina Molete**

You help the kids and the elders. Our kids are the leaders of tomorrow. One of them might be the president. Thank you, Mama, for all your efforts with the kids and the elders.  
–Tebogo Mhlanga



### **Mama Hester Wildeman**

As a new Clover Mama Afrika and leader in my community, so many people have come up to me with words of encouragement and wisdom. Of all the words said, the word 'Mama' makes me the most joyful and humble, and every person in my community has said it to me. This makes me feel like all my hard work is worth it.

### **Mama Nondumiso Mpitimpiti**

Community Child: Hi Gogo. It's me, Olwando. I want to say thank you for what you did for me, to cover my shame when I could not go to our Matric farewell due to financial constraints. You helped me look beautiful like the other children. I truly thank you and your family. May God bless you for many more years to come.

### **Mama Feziwe Gambo**

A parent said to me: Sengvuswa eksen kthwa (my son is a breadwinner). We have been giving out 20 loaves of bread to 20 needy children on a daily basis, as well as various other donations received from disaster relief organisations. Since the child is bringing something from the Centre home almost every day, he is calling himself a breadwinner, meaning he is the one supporting the family. He wakes up his mother very early in the morning saying: "Mommy, wake up and prepare me for school because your son is a breadwinner." I was so touched, knowing that I'm raising 'breadwinners'.

### **Mama Mirriam Toni**

Mama, you are a blessing and role model to many... I want to be like you one day. You help many people without wanting anything in return. I've never seen a woman who works as hard as you, and who always has a smile on her face. Nothing breaks you down. I pray to God that one day I become like you. You really are the heart of Jesus. – Sweetness

### **Mama Christina Petrus**

Mama, you are our 'hands of hope'. May God bless you more and more because you are there for us.

### **Mama Rina Malan**

Rina, you have supported us and seen to it that we can eat, have porridge, maize meal, soup, and have clothing to wear. God has seen to all of that.

**"As we work to create light for others, we naturally light our own way."**

*– Mary Anne Radmacher*



### **Mama Gail Koeberg**

Mama G I love you, thank you for giving us room and food, and hiding us from dada.



Our Clover Mama Afrikas worked hard and selflessly throughout this past year.

With the festive season around the corner, it's time for them too to unwind and be with their families and friends, but they cannot, even for one day, walk away from the responsibility they took upon themselves to look after the children in their care. I wish them love and light and to enjoy the spirit of the festive time.

**May they once again feel the love and peace that this time of year brings and may they know: Clover cares and Prof Elain loves them!**

# BEST FRUIT PUNCH

*Makes 7 litres*

## Ingredients

- 4 Apples
- 2 Pineapples
- 1 Lemon, rind
- 800g Sugar
- 375ml Van Der Hum liqueur
- 1.5L Sweet red wine
- 3 Lemons, juiced
- 5L Lemonade

## Method

1. Grate all the fruit and place in a large plastic container.
2. Sprinkle the sugar over the fruit and toss to combine.
3. Add the Van Der Hum, wine and lemon juice. Stir well.
4. Cover and leave to infuse for at least 36 hours.
5. When ready to serve, strain the liquid through a sieve and discard the fruit bits.
6. Fill large glasses with ice,  $\frac{1}{4}$  punch and  $\frac{3}{4}$  lemonade.



"We wish all the friends of Clover Mama Afrika a blessed festive season and peaceful holiday period. May you spend time with the people who matter most and leave all the heartaches of 2022 behind you. Here's to a 2023 that exceeds your wildest expectations!"

**- Prof Elain Vlok and the Clover Mama Afrikas**



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

