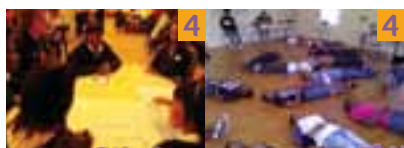


memories rewired



In 2011 the Western Cape, Youth Development programme of the Institute for the Healing of Memories embarked on a pilot project "Restoring Humanity", working with young people coming from diverse communities. This issue of "Memories rewired" highlights the experiences of the young people participating in the activities in the later part of the year.

Activities included: Youth - Healing of Memories workshops, Intergenerational - Healing of memories workshops, Tracing slavery in Cape Town, Leadership Camp, Working with Conflict and teambuilding camp, Writing and radio drama workshops, Community service and participating in Mandela Day, Intergenerational conversation about student struggles

Thank you to our partners in making the year a success.

- Baluleka Youth Project of the District Six Museum
- Beacon Hill Church in Atlantis
- Khoisan Coloured Reformation organisation
- Fusion- South Africa

A special thank you to the participants, their parents/guardians/ caregivers and educators for allowing and supporting the project.

This is the story of my life and how I change since I joined the Restoring Humanity project, which is a great programme to attend. At school I used to misbehave and be disrespectful towards teachers. I had a very negative attitude towards classmates, I use to make fun of them. I had a lot of gender stereotype and I wasn't committed to the things that were being done at school.

The Restoring Humanity project helped me a lot towards changing the way I use to behave. Now when the teachers at school enter the classroom I am always quiet and sitting at my desk, so now each teacher ask how did I change my attitude? They're now making an example about me. It helped me to gain a lot of confidence and now I am committed to do everything in school.

By Sbulele Mphahlwa

In order as a person to be well matured you have to go out there, showing that you do have hunger for success. By doing so, you have to involve yourself with good groups that can be able to boost your confidence and show you what to expect in life. Good groups can help you a lot in life.

I can say that I am fortunate enough to involve myself in a project called Restoring Humanity. With them I can achieve a lot, they are not there to destroy you, but they are there to build you as person.

They are able to build a person with them you learn about how to have a full control of yourself and also be able to make right choices in life. That will help you to build your future. I have made the biggest choice by involving myself with Restoring Humanity.

By Nceba

Changes in my life

For many years, I've been a weak person others around me always had the power to poison me, my mind and heart. One day, I just laid on my bed thinking that I have to put a stop to these barriers. Why must others control me? My goal or my aim now is to make a change in life, turning that weak person I was into a better changed person.

By Chandre

SLAVERY | December activity

Reflection

By TONY

I learnt a lot about our history I've learned that we have to know our back grounds. For me it was really essential that you know where you come from so that we can heal and mend things as we want it to be. It is so vital. I learned that the slaves were not treated as human beings, it was an embarrassing session for me especially when we were watching that movie at the Slave lodge.



Slave

By MASIXOLE

I have a responsibility but no rights,
I have to do the test that I don't know how to do.
I am a prisoner
I look like a human being but am I treated like one?
The tears always come down in my face every time,
I use to say better be an animal than being me.
Life can be hard some time,
who am I ?
I am a Slave.



healing workshop

Reflection

By EVERT

Hi my name is Evert Adams and I am from Atlantis. I recently went on one of IHOM workshop and would like to share what I have experienced. I am usually the kind of dude who does not speak out about my emotions and feelings. The healing workshop changed all that for me. It was just remarkable to actually open up and share my experience with people. I learned to trust in a matter of days. I have learned that in order to let go of the past and move on ahead in the future one need to let go of your pain and release our burdens, then we will be able to move ahead in life.



Reflection

By TONY

I have learnt how to communicate with others, learnt more about engaging with others. And get to know myself, my past and how to respect each other no matter what and respect what you have and last to forgive and forget.



ATLANTIS

GRANVILLE THOMAS

Atlantis is a place to live. Gangsters seem to be running our community, by making drugs available to young people and adults. But Atlantis is not a criminal place to live, because people help you when you need help. There are too many problems in Atlantis to describe like teenage pregnancy, drug abuse, alcoholism and so on. We can make a change in Atlantis by having sport activities, job creation and making sure children under the age of 18 not drink alcohol. We can make a campaign and tell people how dangerous alcohol and drugs is to the youth. We can solve or set things right in our communities. But one thing I really like about my place, we stand for each other.

MASIPHUMELELE means to SUCCEED

BY FIKISWA HEBHU

A small place in South Peninsula which is over populated and it has many problems, like high crime rate, rape, unemployment, alcohol and drug abuse. Since we join the Restoring Humanity project we learn here that we can change the way we thinking, even now if one of us can be a drug addict we can help her or him with a confidence and have hope that she or he is going to change. We learn here about all the problems that we are facing in our area and the consequences of our action that we take.

MASIPHUMELELE

BY MASIPHUMELELE GROUP

Masiphumelele is a small area in South Peninsula. It has many people and is over populated. In Masiphumelele we have lots of challenges and problems that we re facing. e.g. high corruption, unemployment, teenage pregnancy, alcohol and drug abuse and violence.

As group we think that the main reason for teenage pregnancy is over population. In Masiphumelele we focused a lot to stop drugs. Last month the community leaders tried hard to stop the selling of drugs in our community. We are worried because they still continue selling it and it affects our school because the youth from school use the drugs. We also facing the land issue to build the houses.

But mostly Masie is a tourist place the tourist love our place. There are lots of things to experience in our township. We have lots of things happening here, like we have soccer team that play in Vodacom league. We are hoping to see them in Mvela league next year, and it is named after the owners surname, Sakheni united.

In Masiphumelele we have youth projects like Ikamva Youth, Desmond Tutu HIV Foundation Youth Centre which brings youth together so that they can have some skills. Masiphumelele have lots of development like RDP houses has been build we have HOKISA a home for kids in South Africa where they keep children who don't have parents because of HIV& AIDS.

MAMRE

Mamre has a vast history e.g. our Moravian church that was built in 1818, the windmill also has a huge impact on our history, a bakery was the heart of it all. It provides bread to all fellows in our community.

The people in Mamre is a very close knit community. Everyone knows everyone, although they like to gossip we all support each other and always take care of one another to prevent outsiders to attack us. It is nice living in Mamre because it is very quiet it has nice secluded areas to have fun.

Writing and Radio drama skills workshop

Reflection

by Bernelee

After a long ride from Atlantis to Cape Town we finally arrived at District Six Guest house. I will never forget the stuff learned and experienced or even Tania. The stuff I experienced was a lot of help to me because I like writing my own stories and poems.

I experienced while I was writing my story, almost like I couldn't stop my hand from writing or the pen from forming the words that was on my mind. I had no worries about it being marked. Here I had the freedom to write what was on my mind what I was longing for, and even my fears. In the night I would sit on the patio looking over the sea and the city lights and then I would write what it felt like to see that or even about the nature.

Tania's advice helped a lot and I thank her for that. On the last day we had a radio talk show, our biggest excitement ever even though we were a bit nervous. It went well everyone was a bit stressed out but at the end of the day it was all a success. Thank you for the opportunity and thank you for everything.

I finally realised I have a gift

Reflection

by Andrea

As you come to know when starting a new workshop, your nerves tend to affect you in weird ways and that was what I experienced the first day. As an outspoken girl, I was quickly silenced by all my nerves at the first session. Soon after everything kicked in and I got hold of my pen I felt I could truly shine and that I was in my element sitting at home and write.

Tanya our facilitator really helped to get the creative juices flowing. I felt free to express myself to the fullest that three days. I finally realized that I had a gift when I got to lay out my piece I found that people could see and hear it. I was that proud and confident in it.

Mandela Day

Reflection

By MEAGAN

Mandela day is a day where we celebrate the freedom that Mandela brought to our South Africa, and that he stood up for our country. He motivate many young people so that they can stand up for what they believe in and for their rights.

For the first time in my life I did something for Mandela Day. This year we went to St George Mall and help make soup for children in orphanages, Everyone could spend an hour for the most peeling vegetables for the soup. There were Chefs who came from different places and came to help make soup.

Reflection

By MEAGAN BERNELEE

On the 17 July 2011 which was a Mandela Day we went to the Ubuntu festival to celebrate the community volunteer day. When I walked in I could see the fun people were having, how they bonded and connected. There was a lot of people black, white, coloured, men women and children having fun chopping vegetables together.

I got me a knife and started chopping. I felt good because I was helping and enjoying myself. Thanking Nelson Mandela, then I started thinking about his childhood and comparing it with mine. I thought to myself how I used to feel sorry for myself, thinking it was unfair not getting what others have, but look at Nelson Mandela the hero of Africa, he didn't have a great childhood, but there were happy times. Now he is every one's role model for he was the one who sacrificed his life fighting for our rights in the apartheid years. One of my dreams is to see him.



Reflection

By PINKIE

Mandela Day, it was a great day and wonderful experience, to do something that would benefit others, and to celebrate what Mandela did for us and to contribute and join in a day to devote myself totally to others. It was a moving and heart felt experience. It's not how much you give, or how much money you can donate, but it change you to make a difference.



Y Camp- Chrysalis Academy

December 2011

Dealing with conflict and building trust.

29 young people attended the camp (Atlantis, Masiphumelele and Athlone)

Participants depicted sources of conflict in their community and family life using drama.

Participants focus on building their inner strength to face the conflicts in their lives.



Bill of rights and the South African Constitution workshop



poems

SLAVE

By SANDILE

I was a door mat for their crap.
I was a rubble bin for their own frustrations
I trembled at my feet every day when the sun gave rise.
For each day had it new suffering.
I suckled my thumbs when I was alone.
My masters children sucked my breast;
as they grow taller and stronger.

Chained my wrists and my ankles
together crying I was held tight
I was sold to the sea
ships sailing away
taken away from my own family;
my own land.
Before long I realize
I have made it through the ranging storm of sea.
Before long I realize
I was on shore.
In my frustration and devastation
I realize
I've been traded for cash,
slaved I was.

Chambered and dragged
my hair rolling and kicking,
falling and eating dust
Master I must call him he said.
Nowhere to turn and nowhere to run.
In a distance I saw others like me
slaves we were.
I screamed inside
I bled in sorrow every morning
I made his bed
I clipped his feet
and nails with my teeth
I washed his feet with my tears,
licked his dirt with my tongue.
I laid in bed as he felt pleasing to him.
I was my Masters property
drowning in fears
sinking in my cries.
I was slaved
what were I to say.

IDENTITEIT

By CHAN-LEE DAMON & EVERT

Wie is ek Identiteit?

Identiteit jy moet my verteenwoordig,
Jou hoofdoel is om my te definieer,
wat belangrik vir my is, is my
selfbeeld.

Dit is baie belangrik om te wys hoe ek,
by ander mense aansluiting vind
by die wereld rondom my.

Hoe kan ek aansluit by die wereld
as niemand my raak sien nie.
En vas kyk teen my vel kleur.
Is dit moontlik?

Kan ek help vir wie en wat ek is?
Hoe verskil ek van ander mense?
Tog het ek baie talent net soos ander.
Al wat verskil velkleur

My persoonlike identiteit

is die basis van al my fisiese en emosionele interaksies.
Die kapasiteit vir my selfkennis en my selfweerspieling.

Demonsteer ook daardie eienskappe

Wat my definieer en onderkei
Van ander spesies en individue.

Moenie my verkeerd verstaan nie, identiteit want ek
sal moet rekenskap gee

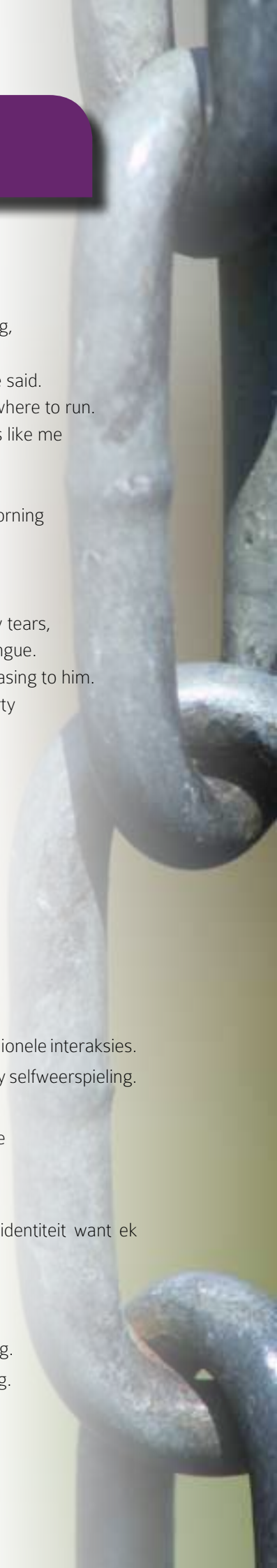
omdat ek my families verlaat

Dit is die geestepyn en depressie

Wat my ware persoonlikheid verberg.

Ek steek my innerlike gevoelens weg.

Wat beteken ek in hierdie wereld.





banking details

Standard Bank
Mowbray Branch, Main Road
Mowbray, Cape Town 7700
South Africa

Branch code:
02-49-09

Name of account:
Institute for Healing of Memories

Account #:
075133164 (Marketlink account)

Swift code:
SBZAZAJJ

upcoming events

Human Rights Day programme

21 March 2012

District Six Home Coming Centre

Holiday Programme

27 – 29 March 2012

Workshops on identity, non-racialism & cultural diversity.

Creative workshops on cartoon drawing, writing, photography, poster making & much more

Venue to be confirmed

Freedom day programmes

Linking our past with our present to create a better future

27 & 28 April

Community Service projects

Youth taking responsibility

Activities in Athlone, Mamre, Masiphumelele, Du Noon, Bishop Lavis and Atlantis.

If you would like to participate contact:

Charl for the Blaauwberg Area
079 136 3065

Liso in Masiphumelele
083 769 9669

Sandile in Athlone
078 318 3476

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