



Phelisanong ("Together we Work for Life") is a remarkable grassroots project operating in the high mountains of Lesotho, southern Africa. Undaunted by extraordinarily difficult circumstances, this group of committed Africans care for 70 disabled and orphaned children. The organization also operates a health clinic, a primary and a secondary school, a public library, an organic farm, a craft market and a handicraft co-operative. Sprung completely from the ground up, Phelisanong demonstrates the power ordinary people have to transform lives. Phelisanong is part of fulfilling the promise of an equitable and peaceable world: one village at a time.



## Housing for Disabled Children a Reality!

The first two residence buildings for disabled children at Phelisanong have been completed! These are two environmentally conscious, family style homes, the first of a series of planned permanent homes for children and their caregivers.

The buildings, the first in the area with indoor plumbing, electricity, and flush toilets, are beautifully constructed with thatch roofs and stone walls. A biogas digestion system (pictured) allows for the recycling of all human waste and grey water, producing compost, irrigation water, and even generates fuel for heating and cooking!

Twenty of Phelisanong's seventy residents now occupy these new buildings. The promise of improved sanitation will reduce the spread of infectious disease, while eliminating the need for firewood to cook and warm homes will slow deforestation around the centre.

Help Phelisanong build the next series of children's homes: sign on as a monthly donor, or make a one-time contribution towards this sustainable, long term project.



# Food, Farming, and Football: Finding Grassroots Ways to Drive Out Hunger



Football is an amazingly simple, yet simply amazing way to encourage boys and girls to get involved in growing food & farming. Turning the raw energy people have for playing 'the beautiful game' into enthusiasm for community gardening is as easy as offering balls, boots, & jerseys to committed players. After games, team members form village work parties, building orchards & gardens which will sustain orphans and vulnerable people served by the Phelisanong organization in Lesotho.

Financial contributions towards equipment, coaching, and agricultural inputs like fencing and tools are being collected online, or by mail. We're also collecting used soccer jerseys and boots/cleats in good condition. Jerseys from all over the world become treasured possessions in Lesotho. On Salt Spring Island, you can drop contributions off to Windsor Plywood or Salt Spring Island Books. From anywhere else, please send \$\$ and stuff to:

**Community to Community,  
PO Box 813, Salt Spring, BC V8K 2W3 CANADA  
Donations over \$100 are tax-receiptable: please make  
cheques out to "Glasswaters Foundation".**



## WARRIORS EXTEND AIDS OUTREACH PROGRAM TO CHILDREN

Here are three village health workers, (right) newly trained at Phelisanong to deliver home based care to orphans in their villages.

Working to deliver social welfare supports to positive patients and their families, in 2010 the Warriors were able to extend their testing campaign to orphaned children in the district. A new clinic, established by Baylor University of Texas, has recently opened in the nearby town of Leribe, delivering quality pediatric AIDS care to infants and children.

The Warriors are working hand in hand with Baylor to reach infected children, convey them to the clinic, and pair them with trained village health workers. With such a system children who were once ineligible for treatment now have support, so they take their medications on time, every day, and enjoy healthy food that will get them on the road to recovery.



# We Need YOUR SUPPORT!

Monthly donors keep Phelisanong's many programs growing. With reliable support, Phelisanong can make long term plans, including inviting more children and people living with disabilities and HIV to join in their circle of support. For just a few dollars a month you can make a lasting impact on a person's life. Here are some examples of how your monthly contributions can add up over a year:

- **\$100 a month** plants a fruit orchard for orphans and AIDS patients in a rural village
- **\$50 a month** buys boots for a village soccer team
- **\$35 a month** pays for a high school scholarship
- **\$20 a month** enables a child-headed household to participate in community feeding and before-school breakfast programs
- **\$10 a month** buys a school uniform, shoes, books and supplies for an orphaned child

To donate on a monthly basis, please fill out the form on the back of this newsletter, or visit the website at [www.phelisanong.com](http://www.phelisanong.com) to select the amount you want auto-debited from your Pay Pal or credit card account every month. Monthly donors receive regular project updates, along with copy of the film "Now & Then: A Different Kind of African Story".



## Let's Talk SUSTAINABILITY: Livelihood Creation & Skills Development



Let's face it: while donor support is crucial to a project like Phelisanong, it's not a long term solution. The project has, for many years, been building towards self-reliance. Here are some of the programs that Phelisanong are running, in order to build independence for disabled and HIV positive youth and adults:

- school uniforms worn by children at Phelisanong secondary school are made by Moliehi (left), a young woman with physical disabilities who has learned sewing skills from a local tailor;
- the project runs a piggery, has a flock of mohair goats, and manages a laying hen operation, producing meat, wool, and eggs for their own consumption. Surplusses are sold at the local market;
- a guesthouse adjacent to the village offers rustic accommodation for backpackers and project visitors,
- a 500 tree fruit orchard is also producing seedlings in a large greenhouse for sale to local growers,
- a handicraft shop has been established, selling locally made and consigned crafts along a busy tourist route near the project centre.



There is a long term plan for every child at Phelisanong, that they may reach their full potential and, when possible, develop meaningful livelihoods through which they can give back to their community.

# More News and Updates.....



The **Miriam Ellis Library** building has been completed, and the resource centre is in full swing with 8 computer terminals (thanks to a grant from **Libraries Across Borders**) The library's shelves are full of local and international books for school children and community members of all ages

✦ Prince Harry & Prince Seeiso's charity, Sentebale, donated a prefabricated building for Phelisanong to use as a **new secondary school classroom**, freeing up space for younger children with special needs to have their own pre-school classroom.

✦ a **physiotherapy program for the 70 resident disabled children** at Phelisanong is in full swing. The program was

initiated by the Malamulele Foundation, who first delivered assistive devices and training for caregivers of children with cerebral palsy at Phelisanong in 2009. In 2010, physiotherapist **Jodi McPhail** helped design care plans for resident children, which will be further developed and implemented by an Australian volunteer, placed by **Australian Volunteers Overseas** for a year posting at the Phelisanong project. The results are wonderfully encouraging: children are enjoying greater mobility and freedom, while caregivers are being recognized for their patient mentorship, as children move from emergency to emergence.

✦ a basketball program, led by a **Hoops for Hope volunteer Yoni Marmonstein** of Salt Spring Island, introduced this fast paced sport to children of all abilities at Phelisanong. Yoni passed on some programming and coaching skills to teachers and staff, all of whom are eager to keep the balls in the air.

✦ **More stories, pictures, and video of the Phelisanong project can be viewed at the website, [www.phelisanong.com](http://www.phelisanong.com)**

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**YES! I'd like to support Phelisanong. Donate online at [www.phelisanong.com](http://www.phelisanong.com) or fill out the form below:**

I would like to sign on for \$ \_\_\_\_\_ per month. Please send me what I need to get started!

Enclosed is a cheque for \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Contributions to the programs described in this newsletter are tax-deductible in Canada: please make cheques out to **Glasswaters Foundation**, a registered charity dedicated to relief of poverty and assisting people with disabilities through education, health, and provision of basic necessities.

Mail your contribution along with this form to :

**Glasswaters Foundation**

**P.O. Box 595 Campbell River, BC V9W 5T9.**

