



Simunye ("We Are One") Time



Dear Friends of Seed Of Hope, Each day at our Centre is a poignant reminder that life is a combination of joy and hardship, loss and hope. The walls resonate with the laughter and songs of children, and the prayers and needs of the poor and sick.

Recently, some friends overseas donated dozens of children's soccer jerseys, which are very popular in the nation about to host the 2010 World Cup! As the children lined up, waiting to choose from a table piled high with multi-coloured shirts, one girl spoke quietly with Thola Xulu, our Simunye Time leader. She had just been informed of her father's death, and had to hurry home: could she pick out her shirt before going?

As she silently looked through the pile and chose an orange jersey, those of us standing at the table felt the enormity of her sadness, and wondered at how, after trying it on for size, she looked up at us and uttered a quiet "thank- you."

As we minister to her, and many families like hers, we remember that it is your partnership that enables us to be here. Thank you.

Carl Waldron

Carl Waldron
CEO, Seed Of Hope

HIV Testing & Education



This year Seed Of Hope fulfilled a long-awaited goal of offering HIV testing at our own centre in Bhekulwandle. For the past four years, patients have had to take taxis or be driven to clinics or hospitals and endure long queues to find out their HIV status. In May, Emma Camp, a volunteer nurse and HIV educator, began offering free, confidential testing and health counseling one day each week. The number of appointments has steadily grown, and those who test positive are encouraged to join Seed Of Hope's support group.

Alongside our HIV support group and home-based caregiving, we have also begun addressing some of the questions and misconceptions about the disease among the teens in our After School Program. Once each week, Michelle Waldron (also a nurse) teaches a class of 40 students, dealing with AIDS awareness, teen-related health topics, biblical values and relationships.

Recently, Emma and Michelle demonstrated how an HIV test is performed during the class. An enthralled group of teens watched as Emma took a small blood sample, tested it, and then gave the result to Michelle. They then discussed what steps the students could take in the event of either a positive or negative test, to protect their health and that of others.

The response was immediate, with several students asking to be tested that day! We are sending out an information letter and consent form for parents to fill out, and continuing to share both the facts about HIV/AIDS and the truth about God's ideal plan for their relationships, health and future.

Live Out Loud



In a community affected by HIV, unemployment, teenage pregnancy, and a lack of positive role models, it can be difficult for youth to recognize their own potential and hope for a bright future.

The Live Out Loud program was created by Scott and Shauna Cowan, who are volunteering with Seed Of Hope for 2008, to reach out to young people and to give them the encouragement to set goals for themselves and the skills to succeed in life.

Each Friday afternoon, 18 high school aged youth meet at our Centre, learning to make a difference in their lives and in their community.

Live Out Loud empowers youth by building strong character, and teaching skills such as teamwork, leadership, effective communication, and goal setting. Weekly classes are made up of games, discussions, guest speakers, and activities that are aimed at encouraging students to recognize their strengths and demonstrate these qualities in service.

Each session builds on the topics from the previous week's class, and at the end of the four month program the Live Out Loud youth will do a community project together. The group will research a local issue, brainstorm solutions and use their new skills and confidence to make the community of Bhekulwandle a better place.

By teaching strong character skills and then encouraging youth to become leaders among their peers and families, we hope to see a generation who is equipped and passionate about making a difference in their community. These youth are not content to sit back quietly as their future passes them by; instead they are learning how to Live Out Loud.

Child's Play



After several years with only a small, aging set of monkey-bars (far too small for many of the 150 children who attend our daily programs), we received a generous donation for a new playground! Amanzimtoti-based Convenient Software Solutions selected the project as a way to give to the children in their own community.

On April 15, we celebrated with CSS representatives at a ribbon-cutting ceremony. It only took a few moments for the swings and jungle-gym to be swarmed by children. We were pleased to see the equipment pass its first stress-test!



Mbambangwe High School

Last year during a weekly visit to the local high school, Principal Mpume Myeza shared how thieves had broken into the offices through the building roof and stolen the school administration's only two computers. She explained that the office now had to be run using a paper filing system, and they had no way to even prepare and print documents electronically. This presented an enormous hurdle in running the 500-student school.

Several Seed Of Hope supporters took notice of the pressing need and worked with us to help. On June 9, Seed Of Hope CEO Carl Waldron and

Centre Street Church (Calgary, Canada) pastor John Pritchard presented Mbambangwe High School with three new laptop computers for administration and teaching staff use. The laptops can be stored securely overnight and on weekends, and used in various classrooms when needed. The teachers were also thrilled to be able to use career guidance software that the old computers had not been able to run. Thank-you to those who gave generously to assist with this need!



After-School Program Desks

Another long-needed improvement at Seed Of Hope came in April when a team led by Doug and Jason Sedore (Alberta, Canada) donated two-seat desks for students at the After School Program. The student attendance often reaches 50, and there was simply no desk space for them to work. Now, two or even three children share a large desk.



Teacher Musa Mvula says, "The students are so happy to have these tables, and you can see that they have not written on them or scratched them. They respect and appreciate it so much."

Thola Ngongo began serving as a volunteer HIV caregiver in July 2005. She recently joined SOH staff as the caregiving leader.

Tell us about yourself.

My name is Tholakele. I'm 29. I'm not yet married. I have one younger brother. My parents are both still alive, my mom is a housewife and a hard worker.

Where do you live?

I live around Bhekulwandle but I'm originally from uMzumbe on the South Coast next to a rural area called Kwa Ndelu. It's where my mom lives, I visit her every month end and phone her almost every day.

How did you get involved with the Seed of Hope?

I visit my Aunt here at Bhekulwandle. So I see the Centre, I asked what was going on there, they told me. So God touch me there. Next morning I took

my Home Based Care certificate and my in-service reports, so I came to the Centre. I asked to volunteer, they told me that there was no salary, by faith I said it's okay, God support me as from there.

donations, and distributing Food Parcels for volunteers, support group and grannies. I help at the HIV support group, and teach them healthy life and also teach children health education.

makes me very happy when someone that I've been taking care get better.

What is God teaching/doing in your life lately?

God is teaching me that He is always on time not late, not early but on time and to wait for him and forget about what people saying. My motto is "It is not over until God say it over" and also "Count my blessing one by one, not my friend blessing but mine."

Who do you admire? Who is your hero?

I admire my mother, she is my hero. She raised me and my brother with the money of cutting grass for the neighbours and ploughing their garden, she try to put us first at all the time. She is always there for us, she was willing to give us a better life and a better education. So I will like to be a mother like her one day to my children.



Thola's ministry encompasses caring for the sick, educating families, encouragement, prayer and meeting physical needs.

What do you do?

As a caregiver, I visit sick people in their home, praying with them, sharing the word of God. If they need help like bathing I'll also do that and take them to hospitals and to clinic. Also Social Services (sorting clothes, going to buy food and pick up

What do you like most about your job and what motivates you?

Helping people especially if that person is helpless. I think by taking care of sick people it is where I preach the Gospel, when you help people it is where they see God in you. It

The Seed Of Hope has been serving the Bhekulwandle community in South Africa since 2003.

We provide AIDS education, assistance to those who need HIV testing, care for the terminally ill, after school children's programs, vocational/business training, community education, Christian counseling and other social initiatives.

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