

sisterstoday

MARCH 2025 ISSUE 40

clarity, love and healing



16 Days of Activism

@Sisters Incorporated.

These picture powerfully raise **awareness** about Gender-Based Violence (GBV) as part of the **16 Days of Activism** campaign.

The residents held signs with **strong messages**, encouraging people to speak out, challenge harmful mindsets and stand **against** violence.

The formation, resembling the **activism ribbon**, symbolises unity, solidarity, and the urgent need for **change**.



Radio talk



Celeste Solomons was interviewed by Clarence Ford on **Cape Talk** during the 16 Days of Activism.

Mustadafin Foundation.



The residents, along with **Anna** (right hand side), a volunteer, attended an event at **Mustadafin** Foundation. The main sentence that stood out was '**Choose change before change chooses you.**'

Amplify your voice.

16 DAYS OF ACTIVISM FOR VIOLENCE AGAINST WOMEN AND CHILDREN

Please join DSD Metro South in shooting our Amplify Your Voice Campaign Video

Date: 15 November 2024
Time: Promptly 10h00
Venue: Regional Office Wynberg

#AMPLIFYYOURVOICE

The Department of Social Development (DSD) launched the **#amplifyyourvoice** campaign for 16 Days of Activism.

Metro South invited Staff to be actors in a video they created. This video can be viewed on the **Sisters Incorporated website, Facebook and Instagram.**

From the Home

Respect...



We all **need and want** love – to be accepted; respected and to belong!

Respect – a song made famous by Aretha Franklin after she **flipped it** into an anthem for female empowerment.

A word from our Manager.

From time to time, we encounter **frustrations** with a resident – a few weeks ago was no exception. Yet, despite the challenges, we **persevere**. Though we may be labelled, we must **always** remember what our constitution stands for.

One of our aims and objectives states, '**Create a caring, protective and enabling environment for those who require our services. Our services are underpinned by a commitment to quality, professionalism and spiritual values**'.

Despite this challenging time, the Staff came together, persevered, and pushed through. Thank you **Team**, for always going **the extra mile** and serving the women and their children with dedication and grace.

Special appreciation goes to **Dr Amelia Jones**, who has been the Chairperson since I started and now serves as the Vice-Chairperson. Your **guidance**, wisdom, and knowledge, you have so generously shared, is **invaluable**.

To **Lisa Szöke**, our new Chairperson and a dedicated practicing attorney, thank you for the **vital legal** guidance you have provided since joining us.

Child Care Facility.



Fun and cooling down from the heat, with smiles all round!

*"Be mindful.
Be grateful. Be positive.
Be true. Be kind."*

Roy T. Bennett



Your support is and will continue to be a **tremendous** help.

To the rest of the **Board**, your expertise, **wisdom** and guidance is deeply appreciated. I am truly **grateful** for all that you do behind the scenes to ensure we remain a **best practice** organisation.

Thank you to our **donors** for their committed support; our volunteers for their dedicated time and our loyal **pop-up shop** shoppers – you **enable** us to remain a beacon of hope.

Delene Roberts
MANAGER

Our Volunteers

We hosted an event to honour our Volunteers.

On Saturday, 30 November 2024, our volunteer event began with a moment of **remembrance to honour** those who have passed and left a lasting legacy. Special recognition was given to Lynette Veldhuizen, fondly remembered as **Lyn**, who founded Sisters Incorporated in 1959 – **66 years** ago. A candle was lit in her memory, **celebrating** the vision and foundation she established.

We took a **moment** to acknowledge those amongst us who had lost loved ones over the past year, offering heartfelt **condolences and support**. In light of the 16 Days of Activism, we reflected on the lives of women **tragically** lost to GBV and femicide, reaffirming our commitment to **justice and change**.



The event was also a celebration of **collective effort**. We expressed deep gratitude to the **Board** for their invaluable support, guidance and wisdom, which continue to **strengthen** our organisation.

In Lorraine de Villiers' absence, a special thank you was extended to **Opechee Design** for their ongoing support, highlighting the power of collaboration in **achieving** our mission.

Over the past year, we have **forged** meaningful partnerships with volunteer organisations such as **Good Hope Volunteers, IES Cape Town, Connect 123** and **Masambeni**. These collaborations have brought dedicated volunteers from **around** the world, including the UK, USA, Belgium and Germany.

Locally, we have been privileged to welcome volunteers from **diverse** backgrounds – high school students, church members, social work, psychology students and many others, who have **generously** shared their time and skills.

While it is impossible to name every volunteer individually, we **recognise** that each person's contributions have made a profound impact.

This event was a **small token** of our appreciation and on behalf of the entire Team, we thank you deeply.

Your **dedication** has helped create a nurturing environment for the **women and children** we serve, leaving a lasting and meaningful impact in their lives.



Your dedication has helped create a nurturing environment.



*Sophie, a volunteer from **Germany**: 'A little bit of colour in the couch.'*



Lorna says her goodbyes!

Lorna retires as our skills teacher of note!

“I cannot put **into words**, my time at Sisters Incorporated as an employee. It was **never employment** for me. It was a part of my daily life – living life at Sisters Incorporated to the **fullest**. It was my **happy** place! I loved my job and was able to live out my calling, which was **pure joy** and **happiness** to me. I was truly honoured and blessed to live out **my passion**, to be able to pass my skills onto the residents and change their lives. I believe it is called **blessings**.

Delene, you allowed me to be me! You always encouraged me, when I came to you with an idea. You **never said no** or that it's not possible.

Thank you for allowing me to **bring** out the best in myself, for allowing the Team to be **free** and for having an **open-door** policy... it makes us all want to give our best.

To the Team... you always acknowledged my **dress** code in the mornings. 😊 I accepted being called the **fashionista** and doing the **Lorna pose**. I hope you are going to keep it up! 😊

It was **awesome** working with every one of you. What a **great** Team! You laughed and cried with me in my highest and lowest moments **in my life**. I have **awesome** memories that I will treasure forever. ❤️



To the Board... you always have our backs and put in so much hard work **behind** the scenes. You navigate Sisters Incorporated through the **toughest** storms and we rise **above** it all. You are amazing. Lastly... **thank you** for allowing me the extra two years to work and do what I love. I guess it gave me the zest to **live** my life and be **happy**.

I appreciate you giving me a **bonus**, it is so amazing! May you all be **abundantly** blessed.”

Lorna



Dr Amelia Jones (Vice-Chairperson), came to wish Lorna for her future endeavours.

Thank you Lorna, for all the love that you have shown everyone.



We combined our **year-end celebration** with Lorna's **retirement party**. The day was filled with fun and laughter as we **celebrated Lorna** embarking on her new journey. We shed a few tears as we **reflected** on our time with her.



Our Happy Christmas!

Some tears were shed over the love and care shown.

We were encouraged to **dress up** for our Christmas party. What a **heart-warming** surprise awaited the ladies and children at Sisters Incorporated.

Snacks and a lovely lunch were served at **beautifully** decorated tables. The kids were entertained with a **jumping castle** and games, and after dessert, Santa Clause arrived with a bag full of **gifts**. Each child **received** a nice outfit and toys. The ladies received gift bags with perfume and other goodies. We left the venue with **arms full** of gifts, balloons and sweets.

The ladies at **Oceans 50** (pictured right) did this all with so much love and **enthusiasm**. You really showed us the **spirit** of Christmas.

Thank you for going **out of your way** in making us feel so special.

Fiona
RESIDENT



Delene with residents on Christmas day.

Thank you for making the season brighter!



A huge thank you!!

We would like to extend our **deepest gratitude** to the **Order of St Lazarus** for their incredible generosity in providing the food for Christmas, ensuring that we could enjoy a **hot festive meal**.

A special thank you to **Mamela Media** for the beautiful personalised gifts that made the day even **more special**.

St Timothy's Christmas Band... your beautiful carols on Christmas Eve **filled** the air with joy and brought the **true spirit** of the season to life – we were blessed to have you share **your music** with us!

We appreciate **the Staff** for the stunning layout and décor! The residents were truly **amazed** when they stepped into the dining room on Christmas Day – bringing **some to tears** over the love and care shown.

And to everyone else who contributed gifts, sweet treats, and love – your **kindness** made this Christmas truly **unforgettable**.

Delene Roberts
MANAGER



Thank you Sisters Incorporated

My heart is overwhelmed with gratitude.



Thank you for taking the time to **listen** to the struggles I have been faced with. The weekend housemothers were always there to lend an ear to me... **being there** for me when I was not in the mood to be around people and **always** making jokes to cheer me up.

Thank you for **preparing** me emotionally, mentally and physically to face a new chapter in my life; for **allowing** me to see that there are people who care for my **wellbeing**. I had always thought I would never **live** a life free of abuse and that the only place for me was to stay in my abusive situation.

My heart is **overwhelmed** with gratitude for what you have done to help me enlighten my spirit – you helped me with a **new place** to live. I no longer carry the burden of being homeless and not being able to **afford** a place to live. This path and **the cry** for help, allowed me to look forward to **bigger** possibilities. I find myself **in tears** thinking about someone caring about me and my path ahead. I will forever be grateful to Sisters Incorporated and God. **Nothing** is impossible with Him by my side; when all seems dark, He **brings light**.

Colleen Jantjies
RESIDENT

A decorative card with a light green background. On the left, there is a large pink flower. On the right, there is a colorful illustration of a family (a man, a woman, and two children) walking together. The text is written in a mix of fonts, including a large cursive 'Thank You' and several paragraphs of text. The card is framed by a light blue border.

Thank You

03 January 2025:

Dear Sisters Incorporated,

We are writing this letter to express our heartfelt gratitude for the unwavering support, kindness, and care that you have shown us during our time here and especially during the festive season. Your dedication and compassion have provided us with a safe haven where we can rebuild our lives and look forward to a brighter future.

We are deeply thankful for the festive activities and thoughtful gifts you have arranged for us and our children. These moments have brought joy and warmth into our lives and have reminded us of the beauty of togetherness and generosity. The smiles on our children's faces and the happiness in their hearts are priceless, and we owe that to your efforts and love.

We would like to give a special shout out to the house mothers who deal with us first hand on a daily basis, they're guidance and encouragement have been a source of strength for us. Their patience for us even in times where we also have misunderstandings between ourselves, the housemothers are always ready to listen to us and help us to find the best solutions for our little (and sometimes petty) misunderstandings/fights.

We would also like to thank Aunt Hilda who works tirelessly to make sure that she prepares our meals on a daily and even when she is not feeling 100% she comes and makes sure that we are well fed.

You have all created an environment where we feel valued and supported, and this has made all the difference in helping us regain our confidence and hope. Please know that your work and kindness do not go unnoticed. You are making a profound impact on our lives, and we are forever grateful for the role you play in our journey toward healing and empowerment.

May the love of God and the Light of the perfect heavens be with each and every one of you now and forever.

From:
Patience | Fiona | Andrea | Kim | Ilisa | Nozuko | Brenda | Andiswa | Esmeralda | Johanna | Colleen | Cheryl | Candice | Ave

*"People will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel."*

Maya Angelou

Motions of thanks.

On behalf of **St George's Soul Buddies** cancer survivors, I would like to express my heartfelt **thanks** for our gift bags. With this **ongoing** cancer battle that we are currently facing, it is contributions **such as yours** that give us hope and the will to continue our journey as a **cancer** survivor. We, **as warriors**, are living proof that the battle **can** be fought and won – bravely taking on the fight and **never giving up**.

Thank you for putting **smiles** on their faces.

May God continue to **bless** you, the Team and the residents.

Avril Cooke
ST GEORGES SOUL BUDDIES

Our valued donors

Thank you for your generous donations in kind.



Life Kingsbury Hospital Staff donated pamper packs.



Layaan Esau and friends donated pamper packs.



Delene and Bernadette with Allan & Gill Gray Philanthropy team.



Teleperformance donated much needed sanitary towels.



Relocation Africa brought joy to the residents by donating Christmas gifts.



Caitlin Small (middle), social work student, donated pamper packs as part of her community outreach.

With gratitude...

Abeeda Kajee

Birkenstock

Cathy Quickfall, Lodge Dedication

Cherry Armstrong, The Order of St Lazarus

Christ Church, Constantia

Debschein Trust

Department of Social Development

Dorothy June

Easter Maree (Specho)

Franklin Templeton

Frederic Fish Trust

Good Hope Volunteers

Grace Family Church

Group Tax, Old Mutual

Herschel Girls School

Kathy Simpson

Knights Toyota

Oceans Fifty

Opechee Design

Pick n Pay Head Office

Pinelands Development Company

RBI Asset Management

Rianee Kamies

Rochelle Nathan

Rondebosch Golf Club

The Uplifting Angel Foundation

Thirushka Pillay

TMF Group

Union of Jewish Women, Constantia

Watchmaker Genomics

Woolworths My School Card

Woolworths, Kenilworth

Youth Solutions Africa,

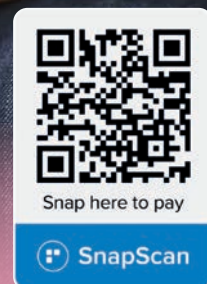
Pastor John Philmon

HELP US SHELTER HOPE

Support survivors, change lives

We value your continued support!

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HOME OF SAFETY FOR ABUSED WOMEN AND THEIR CHILDREN