**Nelson Mandela Township Youth Empowerment & Sport**

We are in the preparation season with our sports. That means training hard but not many competitions coming up soon. The challenge is to work hard for something far away. That is not always easy but with some other activities, like a camp and the President's Award, many members are very active and doing very well.

**Holiday camp**
First term at school is finished, but the sports competitions have not yet started. Time for something special to reward our most committed members: a holiday camp. Unfortunately the sports camps that we wanted to organise didn't work out due to the high costs. With 38 people we went for a short two day camp to Assegai near Grahamstown. It is a quite place in beautiful Eastern Cape nature with lots of space for kids to run around, play, and be free. The weather was nice and warm. Swimming was fun, in the pool and in the little river. Some did a hike, with a swim, meeting kudus, zebras, giraffes and colourful spiders. Andy Peebles from Rhodes organised us an interesting guided tour at the Albany Museum in Grahamstown about the history of the universe and about dinosaurs living in the Grahamstown and Port Alfred area a long time ago. Ever touched a meteorite and a 250 million year old fossil? We did! A great job was done by our organisers, a group of members between the age of 13 and 15, who organised the entire trip. Well done guys!

**President's Award**
Watching movies and playing computer games is the easy way to keep yourself entertained, but it takes away initiative and doing things. We introduced the rule that before five o'clock computers can only be used for 'work' like homework and organising the camp. It created a whole new level of activities around our office. Don't be surprised to find our place more looking like a workshop then like a youth centre. We build our own workshop where we can do anything from carpentry to tig welding. We are learning so many skills here! From 14

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hike at camp, beauty of the Eastern Cape

camp: to swim or not to swim, it's hot! (do you see the pool?)
years old, members can participate in the President's Award. Their activities in the fields of community service and skills training get rewarded with bronze, silver and gold level awards from this organisation. It is great to be part of this international youth 'family'.

Members
After making some publicity, we got a large number of new members trying our programme. At our Monday gyms, when all our sports clubs train together, we have now around 70 people participating, more than ever before. That doesn't mean that we'll have 70 members going to competition later in the year. Our programme is very demanding and only the really committed members will make it.

Homework class
For grade 7 to 9 we started using the maths teacher books to make sure we cover the most important parts of mathematics that need to be practised in each term. It is impossible to go through everything in the books, the learners are too far behind. We focus on basic concepts, and we are making good progress. Most members got really good marks for the test we did on the last lesson before the holiday break.

Violence
We work and live in a violent society. It's not only crime that is often violent, but in daily life violence is often used and seen as normal. Most children get beaten at home. Many teachers use a stick trying to make the learners learn. Police is beating up criminals and the Anti-Crime, a local community initiative fighting crime, tortures and even kills people they think have done something wrong.

Research has shown that children as young as three, who grow up in a violent environment, already show violent behaviour you don't see in children growing up in a violent free environment. Should we be surprised that our members don't know how to solve conflict without violence?

We are faced with a difficult challenge to change behaviour learned from a very young age. Our organisation is strictly violence free. The members are not allowed to use violence, and we also don't tolerate violence as a way of disciplining. We strongly believe that promoting non-violence is the only way to break the vicious cycle of violence in our country.

AGMs
This is the time of the year for Annual General Meetings (AGMs). Nemato Change a Life and each of our four affiliated sports clubs had their AGM early in April. New members are elected as board members and financial reports are approved. All our members, no matter how young or old, are involved in the process and learn basics of club management and democracy. Thanks to Stenden for offering us meeting space.

Auditing
The auditing of the finances for all our clubs has been completed. We are happy that the auditor again approved the careful way we look after our finances with unqualified audit reports for all our clubs. Being able to account for every cent we receive is very important for us, as we entirely depend on donations and grants to run our organisation.

Food Fund
Computershare's Change a Life Trust is the main funder for our Food Fund, but with the large number of kids we feed, we can't depend on them alone. We want to thank Computershare, the Port Alfred Soup Kitchen and our donors for their support!

Computers
To replace old broken computers, Computershare donated us two second hand computers. Thanks a lot!
**NEMATO ROWING CLUB**

**Beginners**
During the summer holiday we didn't get many participants in our beginners course for rowing. After some publicity we are now having a keen group of beginners. Most of them can swim already. We are looking forward to show some new faces at the competitions later in the year.

**Senior rowers**
There are seven senior rowers in the club and four more in our PE branch. Senior rowing is very small in South Africa, what makes it difficult to find nice opportunities for competition. There is university rowing, but we are not a university and often not allowed to participate in their competitions, or the competitions are at the wrong time of the year for us. This year South African Championships is in East London, not far from Port Alfred. It is a bit early in the season for us, but we decided to participate with our senior rowers, to be able to compete in a strong regatta. It takes place at the end of April and we are training for it now.

**NEMATO GYMNASTICS CLUB**

**Sunshine Coast Competition**
The Sunshine Coast Gymnastics Club, our sister club in town in Port Alfred, invited us for a small pre-season competition on the mini trampoline. Nice and quick. Our guys were doing really well. Thanks Carol-Ann for organising it, please do it again!

**Beginners**
There is a large group of beginners in the gymnastics club, with some very strong talent. Hopefully many of the beginners will stay active in will be at provincial and national competition later in the year.

**NEMATO HANDBALL CLUB**

**Handball**
At the Annual General Meeting of the netball club we were unfortunately one member short of the required 2/3 of the members to be able to change the constitution, so we couldn't yet formalise the change from netball to handball. We postponed the meeting for two weeks to give ourselves a second chance to sort out this important change in the constitution. After that we'll be able to apply for affiliation to the South African Handball Association and look for opportunities for matches and tournaments.

**NEMATO FENCING CLUB**

**Activities**
Without clothes and equipment, our fencing club has not been able to develop any activities yet. That is going to change soon. Everything that is needed has been ordered and soon the first activities will take place. We are looking forward to having our fourth sports club in action soon! Maybe we can show you an action picture in our next newsletter.
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Our supporters

Change a life

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