



Newsletter - October to December 2020

"Christmas is the time for celebration, joy, love and forgiveness. Christmas is also the time to share & care for each others.

Share to care and care to share so our children can smile & laugh, and dream of a better tomorrow."



November/ December 2020

Dear friends, sponsors, partners and colleagues

This is our last newsletter for 2020!

Thank you to all our partners who continually trust and support our projects. We cannot do it alone and together we can make a small difference and a positive change in someone's life. Covid-19 regulations still limit greatly the opportunity for travel & tourism to flourish as it should. Economic consequences of Covid-19 are still affecting most Namibians with many businesses closing down and too many losing their jobs or mean of earning an income through the many aspects of tourism influences. Schools opened again but many learners did not returned to school due to lack of funds for many families.

Since March 2020, The Gondwana Care Trustees have been monitoring the situation and have coordinated actions with our still "active" recipients in the Meals for Two program, which continue with their feeding programs all over Namibia.

We want to thank you for your commitment and your endless passion and love to continue and care for others in this difficult time and we have so far managed to provide well over 200 000 meals to the most needy all around Namibia since March 2020 to the value of 500 000.00Nad.

Many additional organizations have been added to the Meals for Two since March 2020 and the need for assistance is increasing as more and more families find themselves in desperate situation. Please join us in the Meals for Two program if you are able to.

We would like to thank an anonymous donor who continues to support the M4T program on a monthly basis with 250Nad. Thank you we are humbled by your care and assistance.

Any contribution makes a difference - you can donate through our bank account or contact us by email if you can contribute with food items to caretrust@gcnam.com
Thank you

Support the Gondwana Care Trust projects

**Bank Windhoek Limited
Gondwana Care Trust
Maerua Mall Branch / 483 872
Chk - 800 818 44 91**

Your contributions make such a difference in enable us to help so many children and families. We cannot THANK YOU ENOUGH!

Our main sponsors for Meals For Two 2020 - Covid 19 Food relief



These are difficult time for all businesses and we are so grateful to our sponsors to still contribute and assist us in this life saving program! Any other sponsors willing to assist us with goods, food items or hygienic goods, please do not hesitate in contacting us at caretrust@gcnam.com

Gondwana Care Trust Meal4Two Lockdown emergency food supplies

Final Update on the **Twaloloka community** who still receives assistance with meals since the devastated fire that destroyed their homes during the lockdown - Gondwana Care Trust has sponsored bread towards TASK soup kitchen for 28 300Nad - Some families were able to move onto new homes but the TASK team extended their assistance towards other families in the area as well as Narraville. Many were in dire need of a meal and thanks to the wonderful energy and care from the TASK team, meals are served 3 X times a week. TASK will take a short break as from 18th December. Gondwana Care Trust has extended the assistance until 18th December so a full meal can still be provided to the community.



The Delight Swakopmund - Swakopmund area

Thank you to The Delight Swakopmund team for once again looking through their stock and making a difference in their area. During the past months, the Delight made sure that no goods were left unused or goods going to expire. From linen, to toilet brushes, to juice, to milk to other goods, many in the community were able to enjoy these products.

Recently the hotel renewed their bathroom equipment and many items were once again donated to old age homes, schools and school hostels bathrooms.

Thank you for taking the time and to have all the goods handed out in perfect conditions. Every little things help and save these beneficiaries the expenses to purchases these items.

Here are some of the lucky recipients: John Awaseb School, Lions Old Age Home, Tamariskia Primary school, Vrede Rede Soup Kitchen, Vrede Rede, West Side High Donation.



Follow up : ESB ROCKET STOVE - Namibia

Project Co-ordinator: ESB Windoek - 081 341 44 01 - info@edelsb.com

The ESB Rocket Stove is an efficient and user friendly stove made out of mild steel, an old, tried and tested design, that has been revived & adapted to Namibian conditions, for several reasons, such as to have a positive social impact, not only on the Namibian community, but on the environment too. Every year, many trees get

killed for the need of firewood, especially in winter. The ESB Rocket Stove is super fast, saves wood (it only uses sticks and twigs) and it is safer to use as it is not an open fire and it provides heat as well during the cold winter night. The rate of accidents of open fires remains high and too many have suffered the disastrous consequences of shacks fire in Namibia. Too many homes don't have access to electricity and therefore families do not have the choices and must use firewood to cook their meals and boil water!

Gondwana Care Trust was donated 15 more stoves which were handed out to some members of the Epupa Community.

We received great feedback from the users: *.../... that it really changed them... fast, efficient and great saving on the wood as they only uses strews.../...*





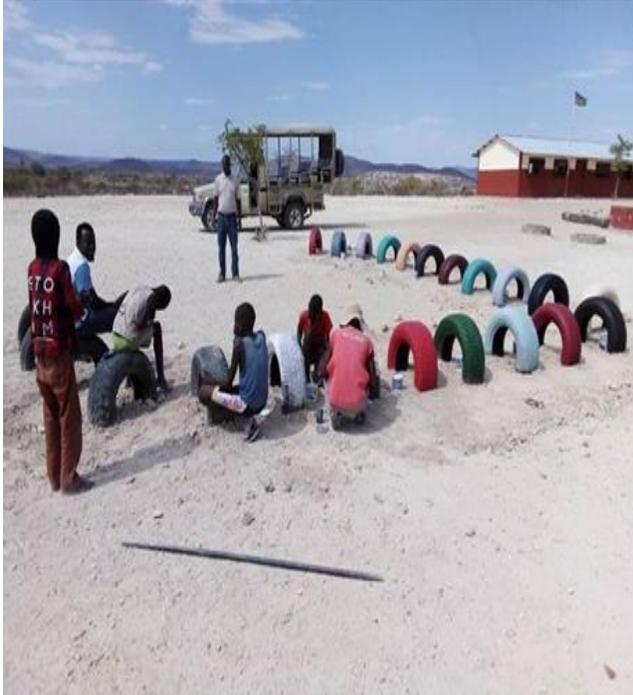
PROUD HIMBAS - Opuwo :

Project co-ordinator: Mr Dallas Shoovaleka - + 264 081 225 36 77

The Proud Himba Foundation started in 2007 with Dallas as a mean to help the school children of the area. Dallas started with 2 kids and now he is looking after 28 children on a regular basis. Proud Himba also assists the schools in the area and the orphan feeding program. The foundation is also overlooking the cleaning campaign and keeps in contact with the school needs of the area.

Proud Himba is part of the Meals For Two program and once again we cannot thank enough all of our sponsors to enable us to reach the far corner of Namibia and assist some many extra-ordinary organizations in their nutritional program towards the community and the children of Namibia.

Following our previous newsletters, Proud Himba was able to assist a school project to re-use tyres for the school backyard so the children can have a playground. A special thank you to **Nam2Go** for the donation of tyres and **thank you ProMac and Woerman & Brock Swakopmund** for the donation of paint! The children had loads of fun to paint the tyres and the result looks amazing!



HEAL THE LAND - Okahandja

Project - Co-ordinator: Mr Willie Theron - Cell: +264 81 605 6615 - annie.t@iway.na

Through Pastor Willie Theron, the Trust is able to extend a helping hand to the most vulnerable in some parts of the Okahandja district. Through Khaibasen which remains active in order to continue their feeding program for the street children. Light of

Hope also based in Okahandja, assists street children twice a month with the basic hygienic care. The children are able to bathe and have their wounds cared for and with luck have a change of clothing when clothing is available...

Once again, any assistance that you can give us so we can continue supporting the community is indeed very much welcomed!!





Thank you to a few ladies from the Gondwana office who dedicated their time in making reusable masks for our most vulnerable against Covid, our elderlies. Together with a few goodies, we were able to spoil our senior citizens in Nau-Aib Old age home in Okahandja. Every little bit helps and it brings so much warmth and love to our elderlies. Thank you for your care!



Thanks to Pastor Willie Theron, many families around the Okahandja area are able to survive the ups and down of 2020. Food parcels are delivered to families in need during these difficult times, living in rural area where jobs opportunities are not always available.



FOLLOW UP: KANONO Combined School:

Katima Mulilo district - School Principal: Mr Ndabeni - Cell: +264 81 204 0910
Email: molatseng18@gmail.com.

Kanono Combined School has been established in 1961 and it is one of the oldest schools in the region with over 460 learners from grade 0 to 9. The school offers I.C.T. (Information, Communication, and Technology) as a subject but only theoretical classes. This is due to the fact that the school did not have a single computer. The school has the infrastructure to receive computers with the possibility of an internet connection. They received Wi-Fi in January 2019.

Early 2020, **Gondwana Care Trust purchased the first 10 computers and basic programmes were added with an anti-virus system. Thanks to these computers, learners were able to continue online schooling during lockdown. Unfortunately, there are not enough computers for all the learners and we would like to raise funds to buy 15 more computers needed by the school for 2021.**

If you want to support Gondwana Care Trust in this project, please contact Dgini at the Care Trust - caretrust@gcnam.com for further information. Computer literacy is nowadays a requirement in tertiary education and the workplace. Kanono Combined School is proud to be one of the first schools to offer this subject in the region. To add the practical side of the subject can only benefit the learners.

We recently visited the school and the learners are doing very well and they are studying on alternative basis so everyone can benefit from the computers and the IT class.



Kanono Combined School was also part of our recipients for the Back to School Xmas Bag and the academic results are excellent! Well done to all the learners and their teachers!



"Back to School XMAS BAG Project" 2020:

Gondwana Care Trust - caretrust@gcnam.com - 081 242 59 00 for more information on how to assist the project.

As every year, Gondwana Care Trust is sponsoring the **"Back to School Xmas Bag project"** to enable Namibian children to be prepared for their new year at school, encourage the children to stay at school and most of all to put a big smile on their face when they open the Xmas bag which is not only filled with a basic stationery school set but with a gift specially chosen for them!

About 3 years ago, we decided to have a material bag done which could be re-used by the child and be a bit more environmental friendly.

Schools, hostels, orphanages, OVC Centre send us their list by September/October.





The list must include: name of the child, gender, age, grade/year and if any special needs so we can pack and personalize the bag and pack the right toy and stationery kit for the child. Each bag has the child's name written on and according to the age and gender, a toy is added to the bag. We have a basic stationery kit included which comprises of pens, pencils, crayons, ruler, eraser, plastic folder, exercise book, and for older grade we would include a calculator if we have. For the younger kids, we include a colouring book and a reading book with a handwritten message in the book ... For the older kids, we would include a roll on, body cream, toothpaste and toothbrush, soap and a small towel.

This year has been very challenging and thanks to our sponsors and cash donation, we were able to fill the bag with some food items, sweets, basic hygienic products and a toy!

The Back-to-School Xmas Bags are for sale and for 200Nad, you can support a child that will receive the bag on your behalf.

Thank you to **Global United** for their continuous support and their financial support towards the Xmas bags!

Thank you to DHL for their donation of 164 Notebooks and 40 Sun visor hats & 40 colouring books. Waltons for the 80 packs of crayons! World of Hygiene for their donation of shampoo, body cream, soaps and toothpaste with toothbrushes.



Thank you to African Marketing for their support with 2400 packets of Haribo sweets and Caprisun juices to add to our Xmas bags. Thank you to Kaleidoscope for the hygienic products that we could add to the bags! Your response was amazing.

Sea Pride for the 2000 tins of fish, Namib Mills for the 1Kg Instant porridge, Seawork for the amazing 2000 packets of pasta, soups, Water bottle so the children can have water during school hours and a special thank you to Mrs Goretti Jansen for your support and kindness and the wonderful donation of crisps we could add to the bags to spoil the children.

Thank you to all our partners and sponsors for their financial support, Deep Catch, Global United, PSG, Esmee Beauty Salon, TASK, Mr & Mrs Dreyer for the office space rent free, Ms De Tavernier, Kisty Svenja & Paul Seitz, Verena Naumann, Claudia Schluter, Anja Neuhaus, Goethe Institute, Capricorn Group, Dr Alois Tschofen, Ms L A

Hovelmann and a few anonymous sponsors who made a special effort to support the project.

Coastal Couriers for the support and the super efficient and fast service. Thank you for your support and the great discounted rate you provided the Trust to deliver the bags to Windhoek...



This year, we managed to pack almost 2 500 bags and we are very grateful for everyone who assisted us in reaching so many children all over Namibia... Pictures will follow still in the next newsletter in 2021.... As some bags will still be distributed during December and early January.

Find below the list of bags that were packed. Thank you to all the ladies and gents who took time off to help pack the bags! It is a process and packing the bag must be done with love. Each bag is packed individually!



Ovitoto Center



Paukeni Kindergarten – Hakusembe – Rundu



Penehupifo Kindergarten – Okaukuejo / Etosha



Dagbreek School – Windhoek



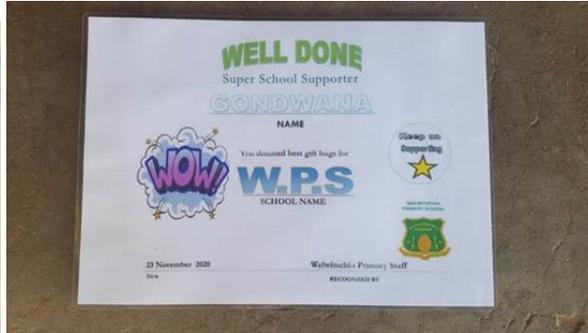
Don Bosco – Keetmanshoop



Soetdoringlaagte Kindergarten – Stampriet



Welwitschia Primary and pre-primary School – Khorixas



And still many more to come!!!! The rest of the pictures and other projects taking place in December will be featured in our next newsletter early 2021.

Gondwana Care Trust will still be busy with the last of the Meals for Two orders so everyone can enjoy some Xmas lunch....

Until next year Take care and stay safe wherever you are on our beautiful planet.

School Name	Location	no of Bags
Soetdoringlaagte	Stampriet	27
Penehupifo Kindergarten	Okaukuejo	43
Kalundu	Mubala	40
Kalimbeza Kindergarten	Mubala	50
Kanono Combined School	Katima	110
Heal the Land	Okahandja	27
Khabaisen Center	Okahandja	54
Dumpsite kids		36

Light of Hope	Okahandja	110
Welwitschia Primary School	Khorixas	80
Paukeni Pre-school	Rundu	37
Namushasha Pre-Preliminary	Namushasha	56
Little Bugs	Sossusvlei	21
Mwadinomo Pre school	Kuisebmond	63
Don Bosco	Keetmanshoop	125
Epupa Primary School	Epupa	158
Epupa Pre-Primary School	Epupa	7
Ohajuura Jnr primary & Snr P School	Epupa	116
CHAIN	Swakopmund	3
Stepping Stone	Swakopmund	27
Ovitoto & Genade Kinderhuis	Okahandja	54
CAN / 8 West wing	Windhoek	24
Natasha Pre Primary	Katutura	25
Geduld Primary	Grunau / Canyon Lodge	152
P.A.Y Center	Katutura	107
Witkrans Primary School	Stampriet	157
Dagbreek Special School	Windhoek	29
Bridge of Hope	Katutura	148
Lidar Foundation		
<i>Senior kids</i>	Katutura	79
<i>Junior kids</i>		150
Hope Village	Windhoek	82
	<i>Staff kids</i>	12
Dordabis Primary	Dordabis	120
Elshaddai	Keetmanshoop/ Canyon Lodge	90

Mammadu	Katutura	32
SUBTOTAL		2451

THANK YOU FOR ENABLING US TO PUT A SMILE ON THE CHILDREN FACES!

LET US FILL THE EMPTY PLATES AND KEEP THE CHILDREN HEALTHY!



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Please find below a list of our Community partners which receive assistance during the Covid-19 crisis:

Heal the Land, Khaibasen, Light of Hope - Okahandja: 160+ children, 44 Adults.

These three organisations run in Okahandja, are connected to a local church whose pastor is the project co-ordinator and drives wekkly to Windhoek to pick up all the goods to distribute thereafter to the beneficiaries. They provide cooked meals to vulnerable and homeless kids in Okahandja. They are also affiliated with the Nau Aib Old Age Home in Okahandja and provide cooked meals to the elderly in the old age home.

Senior Park - Windhoek: 160 residents. Old Age home in Pioneerspark, Windhoek. Meal4Two donations go to the elderly that needs food assistance and for the old age home kitchen.

Lidar Foundation - Katutura: 250 Children and 100 Adults. Provides food and youth empowerment and educational activities for orphaned and vulnerable girls in Katutura-Central. Since the lockdown, Lidar has prepared meals and food parcels for over 200 kids.

Hope Village: 88 Children. Provides a loving home and food to orphans and abandoned children living with HIV and other debilitating illnesses. Operate in Katutura,

Windhoek PAY Center: 120 Children. Operates in Katutura, Windhoek. Provides nutrient meals and education and physical activity programmes daily to kids coming from disadvantaged backgrounds. Since the lockdown, PAY provides take away food for the kids.

PAY CENTER in Katutura also benefit from the hygienic product as well as food items: During Covid-19 stage 2, they have expanded their reach to 69 households, 80 PAY learners and 365 people. 365 people being the figure based on the number of people per household where we have a minimum of 4 to a maximum of 17 people in each household benefitting from our support...Over 1 777 people have benefited from the program in June 2020...

Huis Maerua: 24 Children. Operates in Windhoek. Houses and feeds children with social welfare troubled backgrounds.

Grace Project: 180 families. Operates in Khomasdal, Windhoek. Distributes food parcels to vulnerable families, especially pensioners. Since the lockdown, they have provided food parcel to almost all the families as well.

Khomas Homeless Shelter - Windhoek: Since the lockdown, the Gondwana Care Trust has added the shelter to the recipient and they have received dry goods and meat to provide a meal on a daily basis to homeless individuals. They have over 70 people visiting the shelter on a regular basis.

Bridge of Hope - Havana: has also been added to the list since the lockdown. They assist over 150 kids with a meals. They still operates and provide take away and food parcel to the kids.

Bridge of Hope is a beneficiary of Meals for Two and receives on a regular basis meat, fish tins and other fresh vegetables to feed the children on a daily basis.

Elshaddai Caring and Feeding: 120 Children and 30 Adults. Operates in Keetmanshoop. Provides nutritious meals daily to kids and adults coming from disadvantaged backgrounds.

Mammadu Trust - Katutura: 60 Children. Operates in Otjomuise, Windhoek and provides food and education to orphaned and vulnerable children in the community.

Dorcas Soup Kitchen - Keetmanshoop: 100 children and 20 adults. Operates in Keetmanshoop. Provides nutritious meals daily to kids coming from disadvantaged backgrounds.

Natascha Pre-Primary School & Day Care - Katutura: 46 children. Operates in Okuryangava, Windhoek, provide food and care to vulnerable children from the community.

Proud Himbas – Opuwo/Epupa Falls: Operates from Epupa and provide food and care for the children through the orphan feeding program and the schools children in the area .

Dagbreek Special School - Windhoek: 26 Children, 7 Adults. Operates in Windhoek provide education, food and shelter to kids with disabilities.

Geduld Primary School and Immanuel Hostel - Grunau: 200 children. Operates in Grunau. Provides education, shelter and food to kids from the Grunau and surrounding area.

Witkrans Primary School - Stampriet: 162 children and 8 adults. Provide nutrient meals for underprivileged children from the Witkrans area.

Please contact Dgini for further information on how to donate – caretrust@gcnam.com

Thank you to all the wonderful individuals for their contributions. Thank you! Should you still want to contribute with a cash donation, please find our bank details below. Please add your name/Food relief as a reference for your contribution or Winter clothing

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We have a few more projects lined up, please contact the Trust if you would like more information.

We cannot thank you enough for your support!

**Gondwana Care Trust
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