



Vaal Triangle &
LifeLine Shelter

Chatterbox

Message from the Director—Colleen Rogers

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We decided to go with the joy theme this time around.

There is so much stress and heartache in our country at this time and our economy does not help either! We actively need to have a look at the things that can bring and brings joy to our lives! We are what we think, so perhaps it will be a good idea to make work of this! Some of the things that bring me joy are my grandchild, my animals, my family and friends. My garden gives me great joy—I sit on the back stoep and just enjoy the scene, the flowers, the animals running around and the birds that drink from my fountain, when the dogs leave them alone! I have counted 22 species in my garden and that truly is a joy. I even had an Eagle Owl—but he did disappear after he received too much attention

from visitors wanting to look at him. When I see what I think is the “wattled starling”, I know winter is on it's way—summer almost gone! I wake up every morning and thank God for the weather, for life and for being able to work at a job that I love! How many people can say that?

We truly need to consciously work on the joy in our lives. I have the pleasure of taking my grandchild to school every morning and I thoroughly enjoy that time and the conversations we have! Out of the mouth of a 5 year old—listen and you'll be amazed!!! The latest offering was him telling us that he no longer wants to go to God's House—he had been to church for a few weeks—because God is never there - he doesn't see him! He is such a joy!

My animals give me so much joy - I have three dogs—all just arrived on my doorstep at one point or another! Each has it's own personality, each one does things differently (one is blind) and they all vie for attention at the same time—should have had three hands!

Of course family is another thing altogether! I think it is only at this stage of my life that I really appreciate all the moments and times we share together—we don't know how long we are going to be able to enjoy this. It is so sad that many family members have moved out of our country for a better life—which is really important for the young children—but it adds to the stress of all the family members. With technology at least we are able to keep in touch and enjoy the times we get to interact with them.

Times are tough and this is why we also need to find joy in friendships. Make sure you keep in touch, see them regularly, talk to them regularly and get together for any reason whatsoever!!! A glass of wine maybe? As we get older friends seems to get fewer—some move away, some pass away and although it is sad we still need to find joy in what we have left.

So, all I can ask is that you go about your daily life looking for and enjoying the joy that comes your way! It won't come to you all the time—you need to make the most of every opportunity and look for it!

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

Buddha



April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Robbie	5 Mirriam (Shelter)	6
7	8	9	10 Mongezi	11	12 Khanye	13
14 Moipone Tisetso T	15	16	17	18	19	20
21	22	23	24	25 Rosina	26	27
28	29	30				

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Emily	2	3	4 Malehlohono-
5 Gladwell	6	7	8	9	10	11
12	13	14	15	16	17	18
19 Martha Shaheda	20 Popi	21	22	23	24	25 KG /Keke
26	27	28	29	30	31	

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Mathagele	4	5	6	7	8
9	10 Maria Miga	11	12	13	14	15 Masabata
16 Millicent	17	18	19	20 Zukisiwe	21	22
23	24	25	26	27	28 Mirriam S	29
30						

Shelter News

The resident ladies and children at the Shelter were treated to a wonderful lunch at Stonehaven in March! The two Housemothers joined them and they were treated like royalty, according to them. Thank you very much to Rosemary who organised the day for them.



The children played in the playground while the mothers and Housemothers relaxed on the banks of the river and enjoyed the outing! By the time the day was done everyone was exhausted and happy and of course well fed!!!

STAFF NEWS

Some news from and about staff members and volunteers

Linda: Congratulations!! New car and new Driver's Licence

Shirley: Congrats!!! 60 years young!

Keke: Congratulations! Your son is now employed as a Policeman—well done Mongezi!

Chiwi: We wish you all the best with your operation—hope all goes well!

Olivia: Congratulations on becoming a granny!

Joyce: Hope you get well soon!

Sophie: Condolences on the recent loss of your husband

Puleng: Welcome to LifeLine Shelter—hope your stay is happy!

Food for thought!!!

Joy and happiness are both emotions where a person has feelings of contentment or satisfaction. But both these feelings may differ from each other based on the reasons causing the feeling and the nature of the feeling. J.D. Salinger, the author of *Catcher in the Rye*, once wrote, "The fact is always obvious much too late, but the most singular difference between happiness and joy is that happiness is a solid and joy a liquid."

When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself.

Tecumseh

Lifeline's gratitude journal

The management would like to take this opportunity to thank the staff of both the LifeLine Shelter and the Kopanong Thuthuzela, who offer 24/7 services to victims of domestic violence and sexual violence. Our funding contracts - from three sources—ended at the end of March 2019 and to date no further funding is available. We are expecting feedback from two areas but until that is confirmed and signed, we cannot pay the staff!!! They have all agreed to work as volunteers for the month of April, while we try to get answers from the funders!!! We are managing to pay the necessary taxi expenses to get them to work and back but that is all we can do. Thank you VERY MUCH—you are all wonderful and caring people whose clients are priority! You are all doing such great work and we appreciate it.

Lifeline gives a free service to all those in need. Should you wish to make a donation to LifeLine Vaal Triangle, our banking details are given below. Your donation will make a difference in someone's life. Visit our website at lifelinevaal.co.za to view our wish list.

Bankers: Nedbank
Vanderbijlpark, South Africa
Account no: 1748320750

Auditors: Audit Connection Inc.
Kruger Ave, Vereeniging
Tel: +27 16 455 1436

Community Activities

Cape Gate/Vaal Marathon

LifeLine received funds to empower some women from the community. We identified an area in Sebokeng and skilled a total of 25 women. They received training on Urban Gardening in order that they may learn to become self sufficient and also turn the opportunity into an economic enterprise! Colleen Rogers (Director), Dineo Ramushu (Shelter Social Worker) and Keke Nkabinde (Community Developer) went to two sites where some gardening is taking place to witness the effort made under difficult circumstances. There has been no rain and there is no water most of the time—thanks to our dysfunctional ELM!! At one site, each person is growing veggies at their homes—a different veggie in each place!



Cleaning the area ready for planting.

Really struggling—no overalls and equipment -but they

are doing what they can in the space they have and with what they can!

The second group—veggies already growing!



Every year the Cape Gate/ Vaal Marathon takes place around Three Rivers in Vereeniging. This year it started at Dick Fourie Stadium and passed through Risiville and then around Three Rivers, ending back at Dick Fourie. There was a record number of entrants—more than 7000! It seems to be getting bigger and bigger annually. LifeLine has



been a beneficiary but has never participated in the arrangements. This year we offered to assist and were assigned the marshalling job on the corner of Brockett Street and MacFarlane Street in Risiville. We arrived at

05.30 on Sunday morning and made ourselves comfortable, dressed suitably, donned vests and held flags and took to our spots to direct traffic and keep the runners safe! In between coffee and hot-cross



buns were consumed. It was a great morning, even though there were a number of very rude motorists!!! We are looking forward to next year to do it again! Thanks to everyone who participated!

Training

NEWSFLASH!!!!!!

LifeLine has partnered with Qondisa Training Institute to provide HWSeta accredited and non-accredited training

VARIOUS TRAINING COURSES AVAILABLE

Accredited and non-accredited!!

Learnerships will be available for 2019

Contact George at the office on 016 428 1740 for further information and bookings



LifeLine Personal Growth Courses start on:

As soon as there are enough participants!

Presented over 5 weeks

For information call George/Colleen on 016 428 1740

SERVICE CENTRE NEWS



WELLNESS DAYS

Most of the volunteers and staff at LifeLine have been trained to do HIV counselling and testing. They have also received training on Blood Pressure testing, Glucose testing and screening for TB.

Some corporate companies and other instances request LifeLine to participate in their Wellness Days. During the last couple of months volunteers and staff have attended Wellness day events at CWI and MTech. A Wellness Week was recently held at the Vaal Mall and LifeLine was requested to be present on the last Sunday.

HIV testing and counselling is offered at every LifeLine Centre. There is no charge and it is confidential. Just ask when you visit us or make an appointment.



LifeLine Staff are spoiled!!

The Marketing Manager at the Three Rivers Mall decided to spoil the staff of LifeLine. She approached Debonairs, Steers and Fishaways who readily agreed to provide all the staff with meals and drinks. They arrived with burgers, pizzas and chips and everyone was able to choose what they wanted!! We had decorated the courtyard with balloons and we put up some gazebos and put out tables and chairs. All the staff were present and everyone had a wonderful meal. Our Chairman, Robbie Reid, enjoyed the day with us. It is not often that the staff of LifeLine are recognised for their services to the community and we really want to thank the Three Rivers Mall, Steers, Debonairs and Fishaways for their generosity and recognition.



More News

NOTICE

LifeLine Vaal Triangle will be holding their AGM at 18.30 on 28th May 2019
At
Our Training Venue on cnr of Schreiner and Leeuwkuil Streets in Duncanville

Some very cruel person poisoned one of our resident cats at LifeLine. He was a beautiful fluffy ginger, Garfield was companion to some of the elderly—even slept on Joey's bed! He often made himself at home in Colleen's office. The cats have been "fixed" and are cared for by LifeLine and some of the elderly! Very cruel and very sad!! ☹☹



"When we are centered in joy, we attain our wisdom."

Marianne Williamson



The moment you accept responsibility for everything in your life is the moment you gain the power to change anything in your life.

-Hal Elrod



LifeLine

Vaal Triangle

Office: Monument road, Duncanville
 Avondrus/Eventide Old Age Home
 P.O Box 20
 Arcon Park 1937
 Tel no: 016 428 1740
 National Crisis no. 0861 322 322

Crisis line: 016 428 1640



Building Community Heart



I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy. Let's face it, friends make life a lot more fun.

Charles R. Swindoll

JOY

In the movie "The Bucket List" with two main characters are sitting on top of a pyramid; Morgan Freeman's character says: The ancient Egyptians believed, to gain entry to heaven you must be able to answer positively to two questions.

"Have you found joy in your life?" and

"Have you given joy to others in your life?"

There are some very significant truths in these two simple questions.

Regarding the finding of joy in your own life:

We know that it is not found solely in the material things of money, property, power and authority.

We also know that it is not something that we can just expect, nor as something that others have to give us.

It is the realisation that it is our own responsibility and accountability to find joy. [you cannot delegate this job]

It means that you have to acknowledge and accept all of you [the good, the bad, the smelly and whatever...]

It means that you have to make peace with all the challenges, troubles, wounds and crises that confront us in this life. I choose how I respond to them.

It remains my choice. I choose to make myself free so as to move, to grow and become real, and closer to self, inner being and God.

It means to choose to be aware of and appreciate all my blessings, the sense of being precious, and fulfilled in having purpose and reason in my life.

And most important, it is the joy of a sense of belonging, the giving and receiving, with the special people in my life; a life partner, children, a family, friends and people.

And, I have sneaking suspicion it is the only thing I take with me into the after-life.

The maxim is:

"I will make myself well and happy joyful for you.

And I expect you to make yourself well and joyful for me"

And, if I falter or struggle, I hope you will be there to help, guide and support me to regain my composure and wellness.

Regarding the second question of the giving of joy to others; it means to your own role in enabling others to find their own unique joys, as set out above.

It means the responsibility to facilitate, guide, support, enable, and empower others to find their own joys! [knowing you can't do it for them]

This seems to be completely in line with the LifeLine objectives of "emotional wellness" and building "community wellness"!

