

# LIFEmatters

foundation

## From the LMF Coordinator

### Strange City Names

★ No Name  
(Colorado)

★ ii  
(Finland)

★ Truth or Consequences  
(New Mexico)

★ Disappointment  
(Kentucky)

★ Dogswamp  
(Western Australia)

Any comments, queries or suggestions? Please contact the Editor:

Lauren Sterrenberg

021 712 1218

lauren@lifemattersfoundation.org

Hi everyone,  
To those of you who have not yet heard, I have recently taken over from Julie Lunn as the new coordinator for LifeMatters. What a whirlwind two months it has been, yet I have loved every minute of it...even the challenges.

My first day started off on a rather good note. We were in the office when Leanne, our fourth year intern received news that a proposal she had sent out for funding came back with a R30 000 return! The money is currently being used by Mr Grant Unser from the Round Table Charity to build a much needed counselling cabin at one of our schools, Zwaanswyk Academy. We were, as you can imagine elated at the idea of our counselling volunteers having a place of their very own to see the children, and most especially for the children to have a place of their own that they could associate with pride and ownership rather than shame and hiding as "counseling" sometimes denotes. This project was also instigated by the children in

the interact committee of the school, so they too will be helping to build and erect the cabin. The very next week, we held our annual Pathfinders Camp for the Lourier Grade eights. This was spectacularly organized by Lauren Robertson, and her team, Leanne McNair and Dani Turner. I witnessed as 47 children went from being deviant and boisterous, to being submissive, respectful and, well, still boisterous! Our team of leaders for that camp was dynamic, and we saw 30-40 children giving their lives to the Lord and desperate for prayer and healing.

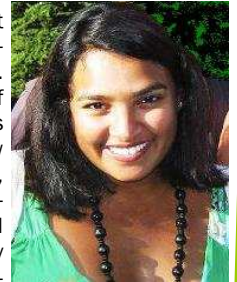
My next challenge was the annual Sweet Valley Teenage Awareness Week with the Grade 7's. The timetable, which we eventually conquered, (even if it was only on the last day!) consisted of a wide array of quality speakers and even a quality, now world-famous band! The children thoroughly enjoyed and engaged with the content, and we had great feedback from the parents.

I couldn't possibly cover all the successes we've celebrated in the past two months in this

short report-back. One of them is our new website, constructed by my dedicated husband. I urge you to check it out at [www.lifematters.org.za](http://www.lifematters.org.za). You'll see the blog section which will keep you up to date on all our latest developments and events.

In summary, all I can do is thank my Jesus for knowing all our needs in advance, and for meeting them time and time again. From incredibly motivated newly recruited volunteers, to counselling cabins, to great leads, mentoring, and funders falling from the sky (well Jo'burg, anyway!). Watch this space and spread the word Constantiaberg...LifeMatters and all the children we reach, is big on His agenda!

-Kam



*"This camp was really lots of fun. I can now see the difference in my life because of this camp".*

*Lourier Grade 8 Learner*

## Going Green...How you can help

Perhaps you can spare a few hours in your week? If you have a heart for helping children, then have a look at these exciting opportunities available right now...

### Zwaanswyk Academy

~ Small groups, including grief, anger, self-esteem, divorce (experience necessary)

~ Counselling individuals \*\*experience necessary\*\*

### Bergvliet High

~ Mentoring boys

~ Specialist small groups, including grief, anger, self-esteem, divorce (experience necessary)

### Westcott Primary

~ Counselling individuals \*\*experience necessary\*\*

~ FISH Christian Club leaders, Tuesdays 12.30–1.30pm

### Lourier Primary

~ SHINE Project reading, Grade 1, individual/small groups max 6 children. 1 hour per week (see page 3)

~ Basic computer support for teachers, Mon or Tues afternoon (programme provided)

### Kirstenhof Primary

~ Mentoring boys (any day that suits you) \*\*men only\*\*

## Teenage Awareness Week

May marked the month for the annual Teenage Awareness Week that LMF runs at Sweet Valley. Newly-appointed Coordinator Kam Flynn had the mammoth task of organizing 10-12 quality speakers in only 2 weeks!

However, despite these challenges, God provided, and we had two seasoned speakers from last year who agreed to bless us with their wisdom and time...

**Doctors Diego Blasquez and Jonathan Rosenthal** were fantastic, sowing seeds of sound advice to leaders in the making, in our community.

We had an impressive line-up of new speakers this year:

**Helene Planting**, a drama, art therapist and specialist in eating disorders, came to share some information on eating disorders.

**John Palm** joined us on our Pathfinders Camp, he was so well received by our

children that by the end of the camp they were addressing him as "Uncle John", so we decided to ask him back to share more about "Choices and Consequences"

**Clive Human**, who heads up STOP in Cape Town, has become a specialist in making children and adults alike more aware of the dangers and consequences of pornography. We are so grateful to have had this topic covered as it sadly becomes more and more relevant to learners of this age!

In a similar vein, **Cath Fisher** has recently been doing intensive research on human trafficking, and came to share some of her findings with us to make the children more aware, especially with the lead up to the World Cup, and the vulnerability of children at this time.

**Kim Rood** is fast becoming a specialist in the field of Social Media. We were excited to hear what she had to say to

the learners in her dynamic presentation.

Others that were new to the line-up of speakers this year were **Kam Flynn, Carrie and the Fuel Team from Com-monground, The Brothers Streep Band, Brian Gallagher and Dr Joy McInroy.**

Each speaker brought such great insight on their respective topics, and the children were duly challenged and inspired. We at LMF that were involved at the school during this time found growth in the week as the learners challenged us with their astounding logical thought processes and inquiring minds.

We are continually being humbled by the channel that LifeMatters is to reach out to so many children, and the schools who allow us to minister. Sweet Valley's co-operation and hospitality were such a gift, and we thank Mr Paul Miles, Mrs Cindy Vine-Soanes, Mrs Senogles and Mr Ian Ryan in particular.

Kam Flynn & Lauren Sterrenberg

## Holidays in the Constantiaberg Valley



**Constantiaberg Holiday Club**  
**OFFSHORE**

| DATE           | TIME          | VENUE                      | COST*                |
|----------------|---------------|----------------------------|----------------------|
| 14-18 June '10 | 9am - 12.30pm | Meadowridge Baptist Church | R25/day<br>R100/week |

\*Sponsorship is available

Open to all from age 4½ through to Grade 7  
Contact Lauren: 021 712 1218 or lauren@mbc.org.za



**UPWARD** Every child plays Every child learns Every child is a winner

**June Soccer League**


**When: 15 June - 8 July**  
**Tuesdays & Thursdays**  
**4:30pm - 5:30pm**

**Where: Bergvliet High School**  
**Cost: R250 per child**

**What you get: Full Soccer kit, soccer coaching and a whole lot more**

**Open for all primary school boys and girls**

**For more info: Lauren 021 712 1218**



**Holiday Club June 2010**

**FREE ENTRY!! ALL WELCOME!!**

**HOW TO TRAIN YOUR DRAGON**

**Grades 0 - 6**  
**21-23 June**  
From 9am to 1pm

**Plumstead Methodist Church Hall**  
Brenda Road, Plumstead  
Contact Lynn or Lorna at 021 762 2787



**Madagascar Holiday Club 2010**

**Face your fears & step out into the WILD!**

**Come take that leap of faith and discover who you were created to be!**

SEE FLYER AT INFO DESK OR CONTACT BLANCHE 074 231 7839  
tpckidz@peopleschurch.co.za

# Finding the Path to Life

In April the LMF team took the Lourier grade 8s on the annual Pathfinders Camp...

Thinking back to the camp it is remarkable that by spending three days with the grade eights, we were able to dramatically impact their lives. At the same time it was evident that the children had a great deal to teach us.

Taking forty-seven, 12-15 year olds on camp is no small task; there is the inevitable excitement and craziness of unpacking, settling into dorm rooms and ensuring everyone has ALL their luggage. The hype of the games that were played: treasure hunt, clue game and water balloon wars. The daunting tasks of facilitating meal times or better yet, clean up times.

The thrill of seeing them beginning to trust you, open up to you and receive revelation. The heart-breaking times of hearing about their tragedies while at the same time being amazed by their resilience and ability to laugh. The challenge of getting everyone to bed, and into their own beds, at a decent hour.

The blurry-eyed mornings where coffee is the most welcome sight. Facilitating group time, laughing at their antics, mediating arguments, clean-

ing up spilt paint, or milk or juice, getting the children to keep quiet, making sure that everyone is where they're supposed to be and then suddenly packing up, taking photos and saying goodbye to children you have come to love. All this in the space of three days. We were amazed to see how God worked in each child's life by touching them with His love – we believe that the camp will have eternal significance for every child.

Megan Mee, one our leaders, describes her experience:

*It was my first LifeMatters camp, so I wasn't quite sure what to expect. The kids arrived at camp on the Monday morning, full of energy, very excitable and ready to go.*

*We did various activities with them during the camp, connected with them during small group time, and during free time they enjoyed playing soccer and other games on the open field. They also could not get enough of the swimming pool!*

*the kids had grown (and in such a short space of time!). When the time came to say goodbye, they didn't want to leave. Would I do it again... definitely.*

*On the last night we had an altar call and more than half of them stepped forward to accept Jesus as their Lord and Saviour! They were so hungry for the hope and love that God has for us. By the end of the camp I was blown away by just how much*

***“They were so hungry for the hope and love that God has for us...”***

*One of our other leaders, Nicole Snowball, shares her experience:*

*I feel really privileged to have been a part of the Pathfinders Camp this year. It was amazing to see God at work in children's lives and be able to share in it with them. I noticed such authenticity from the children this year, they really got a chance to open up and get in touch with their hurts and disappointments, and find a place of healing. The servant attitude of the Meadowridge Baptist Church youth that came and did the Everything skit was*

*really inspiring and proved to be such a blessing in the children's lives too. We were fortunate to see God shower His love on the children during worship; it really was a groundbreaking time for them and for me. This camp has been a light in a very dark place and I feel that both the children as individuals, and the communities they are involved in will reap the rewards from it.*

To our wonderful sponsors and prayer warriors...thank you for sponsoring and/or praying for the Lourier grade eights on the Pathfinders Camp! The camp would not have been possible without your contribution and/or prayer. Your financial contribution in effect enabled us to change young lives; each of you having initiated positive change through your financial 'seed.' It was also amazing to have someone praying for each child throughout the camp - when the children heard that someone was praying for them they were deeply touched, some finding it hard to believe that someone would take the time to do that for them.

By Liz Oosthuyzen

## A SHINEing light...

While working in Lourier Primary we Reading Project.

have found that one of the greatest The Shine Centre has seen the literacy rate in one of their schools grow from 50% to 82.7% in 6 years. This intervention program pairs each learner, who needs intensive support, with a trained volunteer and together they work through the



Shine Language and Literacy

We have therefore decided to partner with a volunteer NGO called The Shine Centre in setting up the SHINE Program. Anyone can volunteer as a love of

books and children and a willingness to do the basic training is all it takes.

We already have a room for the centre which we have cleared out (as you can see in the pictures), but still needs a bit of work. We will be starting in the Third Term with the Grade 1s for a few hours on a Tuesday and Thursday morning. If you would like to volunteer, donate books or help in any other way please contact Liz Oosthuyzen at

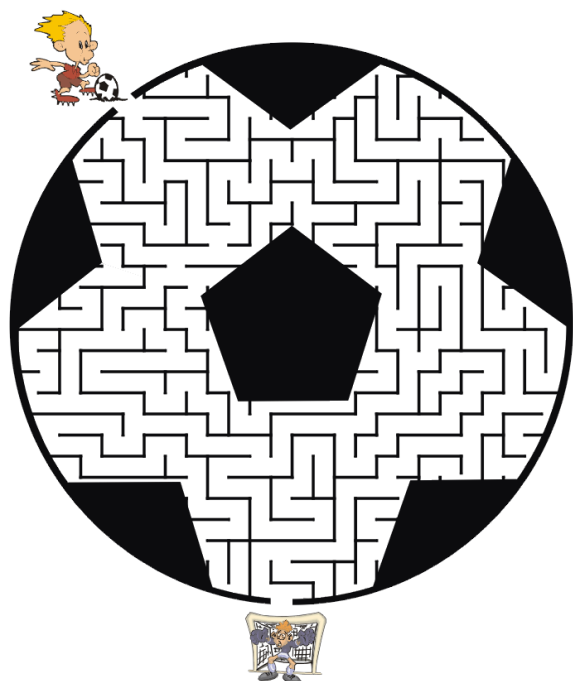


[shine@lifemattersfoundation.org](mailto:shine@lifemattersfoundation.org)

*“I had a wonderful camp. I enjoyed myself and the food was nice. For the first time I gave my heart to Jesus and it felt good”.*

**Lourier Grade 8 Learner**

## Kid's Corner



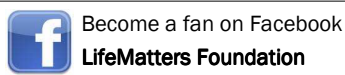
"We had the most wonderful time ever. I just wish I could stay longer. We all gave our hearts to Jesus".

"This camp was really lots of fun. I can now see the difference in my life because of this camp".

Lourier Grade 8 Learners



### What's new at LMF?



LMF volunteers can now receive supervision from our social workers. Contact Judy:  
judy@lifemattersfoundation.org

### LifeMatters Foundation

14 Orlando Way  
Meadowridge  
7806

Phone: 021 712 0383  
E-mail: admin@lifemattersfoundation.org

www.lifemattersfoundation.org

### BANKING DETAILS

The LifeMatters Foundation  
Standard Bank Blue Route  
Branch Code: 02-56-09  
Account number:  
072032405

## Football Flavour

What can set alight a soccer stadium?  
**A soccer match!**

Where do soccer players dance?  
**At a soccer ball!**

Why are football players never asked over for dinner?  
**They're always dribbling!**

Why did Cinderella get kicked off the football team?  
**Because she ran away from the ball!**

How to football players stay cool during a game?  
**They stand near the fans!**

What did the soccer ball quit the team?  
**He was tired of being kicked around!**

### INGREDIENTS

- 🍞 125g soft butter
- 🍞 150g castor sugar
- 🍞 3 large eggs
- 🍞 210g self-raising flour
- 🍞 65ml milk
- 🍞 Icing sugar & margarine, black colouring

### DIRECTIONS

Preheat the oven to 180 °C.

Beat the butter and castor sugar until light.

Mix in the eggs one at a time, beating well after each one.

Fold in the sifted flour, alternating with the milk.

Spoon the mixture into cupcake holders inside the cupcake tin.

Bake for 10-12 minutes. Leave to cool on a wire rack.

### DECORATING

Mix the icing sugar to the desired consistency.

Separate some of the icing and add the black food colouring. Decorate as per the picture.

Enjoy! A variation is to decorate them in team-specific colours...get creative!



## Volunteer Profile—Felicity Lupton-Smith



Hello! :) I'm Felicity Lupton-Smith. After matriculating last year I decided to dedicate a year of my life to serving God through the children's ministry at Meadowridge Baptist Church.

I have been a youth leader for 6 years now, and now that I have the time during the day, I felt I needed to go into the schools where I know the kids, and continue relationships with them. I started by helping out at Break-away ( a Christian break-time club at Sweet Valley) but after a while I felt that I needed to start one where there wasn't one. So along with Cara Marais, we started F.I.S.H ( Faithful In Serv-

ing Him) at Westcott.. F.I.S.H is a break-time club that is held for Grades 3 – 5 on Tuesdays.

It's been amazing to see how the number have grown since February, we have gone from 35 children to having about 60! The challenging aspect though, is that we only get 30min with the kids and in a very small room, but we have found a way to cope and it's been amazing watching the kids grow in their walk with the Lord.

Personally, it has been great being able to carry on relationship that I have with the kids that are at youth and at F.I.S.H. It has also been great meeting the new kids and forming new relationships with them.

I have really enjoyed my first two terms at LifeMatters and I'm really excited to see where God wants to use me next!



LMF

serving the future