



Newsletter  
Volume 5 - Issue 2

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## A Word From The Founder

By: Janine Rowley

“During the 20 years of dedication to survivors, less privileged communities and children’s homes, South Africa’s citizens voted for their political parties of choice. The vote for WAR from loyal sponsors enables my team and I to continue our work among the communities we serve. Smiles and happy hearts are the rewards which inspire me daily.

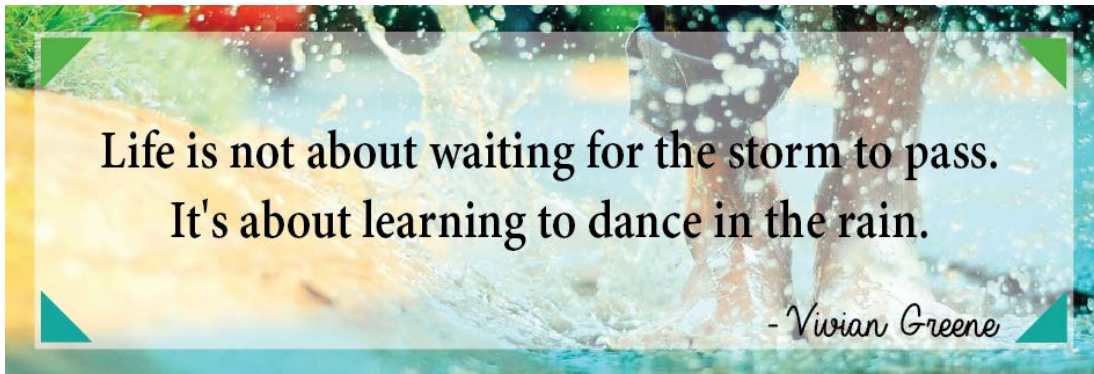
WAR’s projects depend on teamwork. We cherish commitment, good communication and cooperation. We chase time lines and deadlines. We reap results and increase WAR’s Footprint in our city.

Loyalty equals devotion and is an essential prerequisite for teamwork and my WAR Team and I treasure our dedication to the cause without wavering. Everyone contributes with their special skills, talents and abilities to grow WAR and its audiences. No extra mile is too long, as the journey we are on, is endless, due to the escalation of abuse in our country.

We walk alongside each other as we count our blessings and look out for new opportunities to serve the South African communities.

We rejoice over every new Friend of WAR joining our quest for progress and despite the changing landscape of our country, we hold on to the hope of a better future for all.”





## The Weight of the Glass

By: Carey Robinson

Once upon a time, a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple of pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralysed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralysed – incapable of doing anything else until you drop them."



*It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.*

Sometimes the smallest step in the right direction ends up being the biggest step of your life.  
Tip toe if you must, but take the step.

- Naem Callaway



Thank You.....

A heartfelt thank you to all our wonderful and caring sponsors who help make our organisation a success by either contributing monthly, donating goods or by the packing of comfort packs. Without your support we would not be able to make a difference in our communities. No matter how big or small your donation or contribution, one thing is for sure it helps us make a huge difference in so many lives. We, therefore, extend a warm thank you for your continuous and generous support.

**THANK YOU FOR SUPPORTING WAR WESTERN CAPE:**



A huge thank you to Maestro's on the Beach for once again helping us on our upcoming Golf Day and always providing us with such delicious meals.

**THANK YOU FOR SUPPORTING WAR GAUTENG:**

Anat Casey Funis, Nazira Khamissa, Annerie Brink, Marina, Louann, Glynis, Hilary Jocum, Mary, Margaret, THE OUT REACH, Joy, The Reverend Vernon Foster from Corpus Christi in Garsfontein, Pat Redelinghuys, Kaye, Keith, Emma Mollet, Ross, Coach Neville, the owners

and staff of At Alfie's Pizzeria & Deli, Patricia and her mum Mary, Kerry-Anne Beldon, Anisa Kessery, Lesley Steenkamp, Martle Kyter, Debbie Swart, Bernadine Harmse, Daylin Kirk, Megan van der Westhuizen, Caroline Sutton, Devern Padayachee, Pat Redelinghuys, Natasha Paterson.

*What we often take for granted, brings great joy to those who are living without daily essentials. We treasure the daily donations from individuals and companies. It brightens up the autumn days of May for the communities WAR serves.*



### Diaries:

A huge thank you to Natasha Peterson of SA Greetings who sponsored diaries for girls in Children's Homes.



### Food Hampers:

Thank you to Lesley Steenkamp and Fuchs Management for this great donation.



### Paint:

Thank you Michelle Kotze, Branch Manager of Herbert Evans, Centurion for many litres of excellent quality paint.



### Blankets and Soccer Balls:

Thank you Anat for the donation of soccer balls and Anekie for blankets.

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

*- Princess Diana*



# Comfort Packs and Teddies



## [Donation from Reverend Vernon Foster:](#)

A huge thank you to The Reverend Vernon Foster from Corpus Christi in Garsfontein for his generous donation of comfort packs.



## [Donation from Isipani Construction \(Pty\)Ltd:](#)

A huge thank you to Isipani Construction for their generous donation of teddy bears for our comfort packs.

## [Marina's magnificent gift of teddies:](#)

This 85-year old lady, WAR adores! Her loyal support and her tireless knitting of teddies for WAR is absolutely amazing. Not only has she been knitting and making teddies, but now she also enabled us to bless the handicapped communities with the knitted teddy pieces they can sew together and stuff as part of their leisure activities.



## [Comfort Pack Packing:](#)

A huge thank you to Lynette Cheetham and her friends for taking the time to pack comfort packs and for donating them for survivors in need.

With their kind hearts and generosity, we were able to supply the Karl Bremer Thuthuzela Care Centre with these much-needed comfort packs.



[View thank you letter](#)

## Teddies - Not only toys but also trusted friends:

*They are timeless treasures. When embrace is absent, the soft warmth of a teddy soothes. Soft toys in the WAR comfort packs are one of the most important items. And, teddies on the beds of children show that there is something soft to hold when the nights are dark and lonely. WAR is extremely grateful to all who so generously donated teddies and soft toys. You actually give an embrace when you give a soft toy or teddy. Thank You!*



## Sanitary Towel Donations



### Donation from Daylin Kirk:

Thanks to Daylin Kirk from Malina Subscription Box for the donation which enabled WAR to purchase sanitary towels to add to the comfort packs for survivors of abuse.



### Donation from Kimberly Clark SA- Epping Mill:

A huge thank you to Kimberly Clark SA -Epping Mill for their generous donation of sanitary towels, which made it possible for us to help so many teenage girls and women in need.

[View thank you letters received](#)



## Bread Donations

A huge thank you to Rich's for their continuous support and generosity. With their donation of bread we are always able to feed so many hungry less fortunate individuals and families.

[View thank you letters received](#)



## Easter Egg Drive

WAR made sure the children of our communities didn't go without an Easter egg and members of the communities supported us tremendously.

[Read more](#)



## Outings & Activities for Children

[Leisure time outings and outdoor activities for children:](#)

[Read more](#)



## Birthday Blessings

A Birthday Party with pizza, ice-cream and cooldrinks, kindly sponsored by Alfie's Pizzeria and Deli brought great joy to the four birthday girls of the Children's Home, Peas in a Pod.

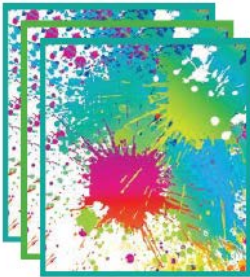
[Read more](#)



## Feeding Projects

[Olievenhoutbosch and East Lynne Feeding Projects:](#)

[Read more](#)



## WAR Painting Project

[Painting project in Odirile, Care Centre for handicapped children in Hammanskraal:](#)

[Read more](#)

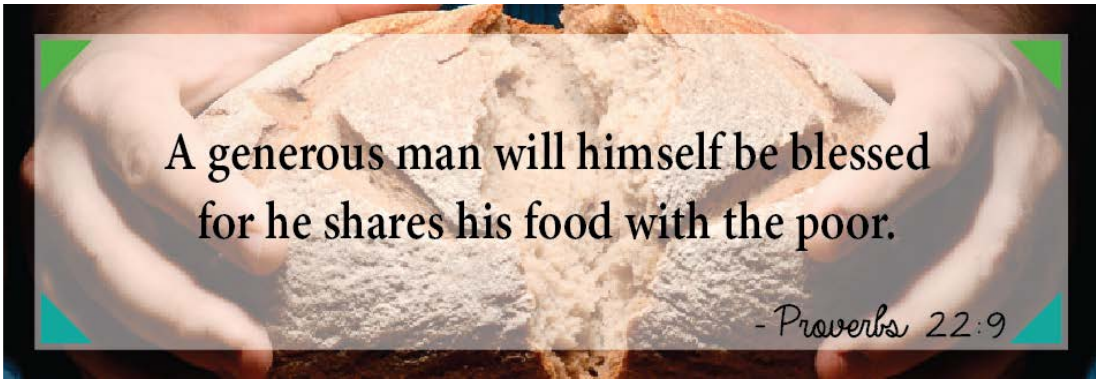


## Running for WAR

[Coach Neville's Dullstroom Training Run generated funds for a new WAR Project:](#)

During the 50km high altitude Dullstroom run, organised by Coach Neville, R8000 was raised amongst the runners as a donation for WAR.

[Read more](#)



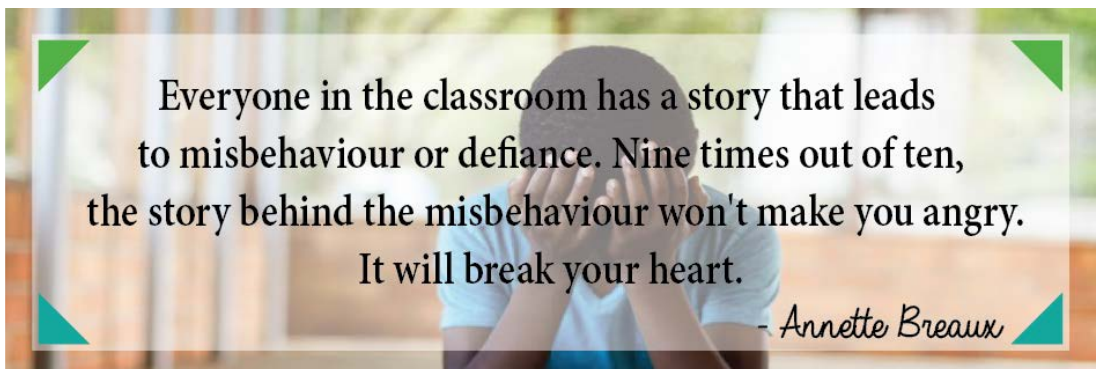
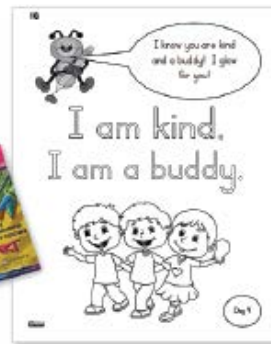
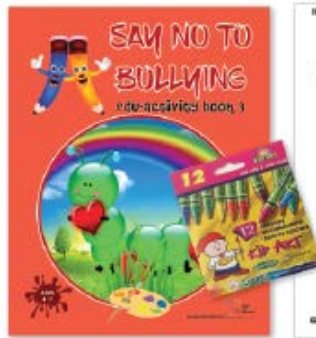
A generous man will himself be blessed  
for he shares his food with the poor.

- Proverbs 22:9



## Preventative Education

Thanks to our WAR family of sponsors we were able to supply Ysterplaat Junior Primary with "Say No to Bullying" Edu-Activity Book Sets. Our Community Co-ordinator will be doing a follow-up workshop after the school holidays, educating children to be kind to one another and to take a stand against bullying.



Everyone in the classroom has a story that leads  
to misbehaviour or defiance. Nine times out of ten,  
the story behind the misbehaviour won't make you angry.  
It will break your heart.

- Annette Breaux



## From the WAR Press Room

WAR FEATURED IN MISA'S

## (MOTOR INDUSTRY STAFF ASSOCIATION) NEWSLETTER



**Martie Kyter**  
CEO of MISA

### Excerpt from the article:

“Oprah Winfrey applauded Janine for her continued dedication to upliftment and care projects she managed in South Africa and contributed towards WAR’s programs and activities.”

[Click here to read the whole article](#)

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## WAR FEATURED IN PRETORIA NEWS - 12 APRIL 2019 BY ABIGAIL MOYO



### Excerpt from the article:

“It is a privilege to work with charities, because to me it is no longer a job but a part of me. It is something that I do with honour and love,” she said, adding that she had, through hard work and dedication, successfully uplifted people with projects including feeding schemes and comfort packs for rape survivors at trauma centres, safety homes and hospitals.”

Janine Rowley, Founder of Woman Against Rape (WAR)



[Click here to read the whole article](#)

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## RADIO INTERVIEW - JACARANDA FM

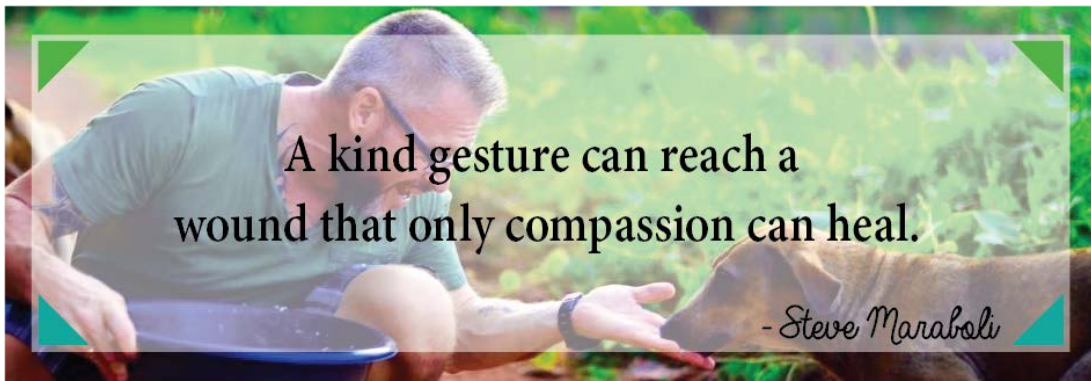


"You're an Angel"

These were the words of Martin Bester from Jacaranda FM for Janine Rowley, Founder of Woman Against Rape (WAR) on the morning of 20 March during the interview.

WAR was selected as the blessed recipient of a generator, groceries and diesel supply for 6 months. Game donated their biggest generator valued at R10,000 and groceries worth R20,000. WAR’s gratitude goes to Katherine Madley, Marketing & Customer Director for Game and Dion Wired and to the Angels Fund for a 6-month diesel sponsorship.

[Click here for the radio interview](#)



## WAR Gauteng Warrior of the Month

### NAZIRA KHAMISSA

Nazira Khamissa, a longstanding Friend of WAR and her family recently donated hundreds of teddies and a variety of other items to WAR. We dedicated an Ode of Appreciation to her and her family to express our gratitude

[Read more](#)



## WAR Western Cape Warrior of the Month

### KIMBERLY-CLARK (EPPING MILL)

We are happy to announce Kimberly-Clark (Epping Mill) as our WAR Warrior of the month. Thanks to their generous and continuous support we have been able to assist so many less fortunate teenage girls and women with their donation of sanitary towels.

[Read more](#)



## WAR in the International Arena

[International Diplomatic Spouses Association \(IDSA\) in conversation with](#)

[WAR:](#)

[Read more](#)



## New Associations

WAR Gauteng has partnered with Malina, South Africa's Best Subscription Box for Women. With every box that is ordered, WAR receives 1 month supply of sanitary pads for a woman or girl in need.

Malina's boxes contain a variety of snacks, treats and chocolates, as well as your choice of tampons, delivered in discreet packaging directly to you on a monthly basis.

[Follow the link](#)



## Fundraising Events

[Motor Industry Staff Association \(MISA\) and Mercedes-Benz hosted a High Tea for WAR:](#)

[Read more](#)



## Upcoming Events

 **ENTRY FEE:** R200 per person  
**DATE:** 6 July 2019  
**VENUE:** Vergenoegd Wine Estate,  
Stellenbosch  
**TIME:** 6am to 6pm



[Click here to follow Run for a Child on Facebook](#)

[Read more](#)

# CHARITY GOLF DAY

Friday, 2 Aug  
11:30



As a fund-raising initiative, Woman Against Rape invites you to attend their 4th annual Charity Golf Day

Competition:  
Better Ball Stableford  
at Milnerton Golf Course

## SPONSORSHIP OPPORTUNITIES

FREE

Sponsor a wet hole, with or without branding on a selected hole.

R2000  
4 BALL

Includes your 4 Ball, wet hole refreshments, as well as prize giving and dinner.

R1000  
ADVERTISING  
ON A HOLE

Includes branding on a selected hole on the course or at the club house.

For further information and other sponsorships for the golf day only, please contact Peter Watson at Milnerton Golf Club on 083 677 5077 or email [watson@dfrica.com](mailto:watson@dfrica.com), or contact Carey Robinson at WAR on (021) 555 3492 or email [carey@womanagainstrape.co.za](mailto:carey@womanagainstrape.co.za).

WAR is registered with SARS, which means that any donation made to the organisation will be officially recognised and the entity afforded a tax exemption, whether in monetary means or with goods.

NPO: 091-724 / SARS TAX EXEMPTION NUMBER - PBO: 930011191

For further insights into this service of mercy, please visit our website, [www.womanagainstrape.co.za](http://www.womanagainstrape.co.za).

[Read more](#)

# Thank You

to all our supporters for making this quarter such a huge success.

