

# Ubuntu



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# Cape Argus Cycle Race 2010

South Africa's Cape Argus Pick n Pay Cycle Tour, the world's largest individually timed cycle race – and the first event outside Europe to be included in the International Cycling Union's Golden Bike Series – sees over 35 000 cyclists tackling a 109km route around Cape Town that is as spectacular as it is gruelling!

Traditionally staged on the second Sunday of March, the country's biggest one-day sporting event is fast becoming a major international drawcard –and increasingly a boom for business and tourism in the Western Cape.



## Brief History Lesson: Cape Argus Cycle Race

The idea for the Cape Argus Pick 'n Pay Cycle Tour can be traced back to 1978, when Bill Mylrea and John Stegmann organised the Big Ride-In to draw attention to the need for cycle paths. The Ride-In, held under the auspices of the Western Province Pedal Power Association, was well received and drew hundreds of cyclists, including the Mayor of Cape Town.

From this event the idea was planted that a long-distance race should take place and be known as the Peninsula Marathon. Before the race was run for the first time, the name was changed: to the Cape Argus newspaper stepped in to sponsor the race, and thus the Argus Cycle Tour was born.





## Projects Abroad Human Rights Office goes on an excursion

On Wednesday the 17<sup>th</sup> of March the PAHRO set off for a day out of the office to help clarify the struggle of Apartheid and to see where certain events took place around Cape Town.

Following our experienced local tour guide, Lyndon, we jumped on a mini bus and headed to our first stop - the Trojan Horse Memorial on Thornton Road in Athlone. This is a memorial dedicated to three young boys: Jonathan Claasen, aged 21; Shaun Magmoed, aged 15; and Michael Miranda, aged 11 who lost their lives on the 15<sup>th</sup> October 1985. On this day a railway delivery truck driven by security force members and South African Transport Services employees drove down Thornton Road. Hidden in wooden crates at the back of the vehicle were Security Force Members, South African Railway Police, South African Police and members of the South African Defence Force. A group of onlookers and protestors, who were angry at the Laws of Apartheid prevalent at the time, had gathered at the corner of St. Simon's Road. As anticipated, someone in the crowd threw a stone towards the truck as it passed. The next moment the security force men arose from their hiding place and, without any warning, used automatic shotguns to fire shots into the crowd. People scattered. Michael Miranda, Shaun Magmoed and Jonathan Claasen were gunned down, and died as a result. A further thirteen adults and two children were also injured in the shooting. The ambush was caught on camera and broadcasted in South Africa and throughout the rest of the world. The broadcast resulted in a definite increase of international support for the end of Apartheid violence. The memorial is based at the site of the ambush.

While trying to comprehend the incident, we climbed back on the mini bus and headed to the Gugulethu 7 memorial; a memorial dedicated to seven young men who lost their lives fighting for freedom in the area of Gugulethu. As foreigners we will never fully understand the full extent of Apartheid, the loss that endless families encountered and the horrific memories that South African citizens hold. However, visiting these sights helps to explain the events and remind us of the sacrifices people made.





The PAHRO adventure continued. . . .

Khayelitsha look out hill was our next stop. This gave us a clear idea how massive the township Khayelitsha is. The word Khayelitsha means 'Our New Home' and is where the Apartheid government relocated 'legal' black people during the early 1980's from existing townships. Today, the township is continuing to grow and is home to approximately 1 million people living in various standards of houses or shacks. We also had the privilege of experiencing a braai on the way back to Langa.

In Langa we witnessed the spot where endless men protested by walking the streets around the police station without their passes. This action caused them to be arrested and the jails flooded.

Our last stop of the day was District 6. Here we were able to see the area that all races lived together in harmony before the Apartheid Government relocated everyone in the 1970's and bulldozed it down.

The day was filled with mixed emotions as we all tried to comprehend the events that were explained to us and the sights and areas that we saw. A very worthwhile day out of the office.

*Lisa McMillan*



## New: World Cup Project



With the 2010 football World Cup getting ever closer, football has never been bigger in South Africa. The football frenzy is growing and the eyes of the world will soon be fixed intently on South Africa.



South Africa offers two separate football programmes. The first option involves training kids and coaching football in the disadvantaged communities of Parkwood, Grassy Park, and Retreat in Cape Town. This project will focus on football training with children aged between 8 and 15 years old on district pitches and in their schools.



The second option is working with an organisation called [Grassroot Soccer](#). Founded by former professional football players in 2002, Grassroot Soccer (GRS) trains African soccer stars, coaches, teachers, and peer educators in the world's most HIV-affected countries to deliver an interactive HIV prevention and life skills curriculum to young people.



Jason Davis, our Sports coordinator will be the one taking on the task of making sure that everyone is happy and that our time is used in the most productive manner.



This month we would like to extend a warm welcome to our newest staff member - Shuan Solomons, from Capricorn, Cape Town will be joining us as a volunteer coordinator. Shuan will be assisting us with volunteer pick ups as well as showing the new volunteers around on their inductions. Shuan is a very friendly and kind person. His smile seems to light up peoples faces, and brings a lot of positive energy to Projects Abroad. WELCOME SHAUN!



# Recipe Of The Month

## ' Frikkadels '

**Frikkadels** are like South African meat balls.

This recipe is based on a tomato frikkadel.

### Ingredients

- 4 medium tomatoes
- 2 large onions
- 30 ml sunflower oil (2 T)
- 1 kg minced beef
- 50 g oats (½ c)
- 125 ml milk (½ c)
- 30 ml brown vinegar (2 T)
- 15 ml Worcestershire sauce (1 T)
- 10 ml salt (2 t)
- 1 ml pepper (¼ t)
- 125 ml water (½ c)
- 30 ml cream of tomato soup powder (2 T)



### Instructions on how to make it

- Preheat the oven to 180 °C. Peel the tomatoes and onions and chop roughly. Braise in the sunflower oil until soft. Mix half of the tomato and onion mixture lightly with the minced beef and the oats. Add the milk, brown vinegar, Worcestershire sauce, salt and pepper and mix together well.

- Shape large frikkadels (can be shaped into round balls or flattened with a fork) from the mixture and place them quite close together in a shallow, ovenproof dish with a volume of about 2,5 litres. Mix the water and soup powder and pour it over the frikkadels. Cover the dish. Bake for an hour. Spoon the remaining tomato and onion mixture over the frikkadels.

- Makes 14 large frikkadels. This is one of my favorites since I have been here in South Africa, I hope that those of you who read this will enjoy it as much as I do!!



**Projects Abroad™**  
*Socials for March*

Wed 03/03

- Beautiful sunset Cruise at the Waterfront

Wed 10/03

- Snacks & Drinks at Cubanas in Newlands

Wed 17/03

- Game of bowling at Stadium On Main in  
Claremont

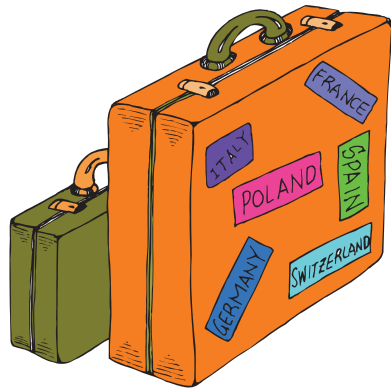
Wed 24/03

- Good good Pizza at the Clay Oven on Long  
street at the City Bowl

Mon 29/03

- ' PUB QUIZ ' at Oblivion in Kenilworth





March: END OF THE MONTH TRIP



Garden Route Trip

3 days/ 2 nights

Highlights include a  
Game Drive where you  
have the chance to see  
the big 5: Lion,  
Buffalo, Leopard,  
Elephant, Rhino!

CAPE TOWN • OUDTSHOORN • WILDERNESS • KNYSNA  
TSITSIKAMMA • PLETT GAME RESERVE

