



A Global Rotary Club Project organised by The Sustainability Trust

Supported by D.1100 in RIBI; Rotary Club of Fresno, California; Rotary Clubs of Kirstenbosch and Grahamstown, South Africa; NGO's GADRA (Grahamstown) and Ikamva Labantu (Cape Town)

Visit www.TheSustainabilityTrust.org for more information about the Trust



South Africa Solar Cooking Project February 2010

The small Rotary Club of Grahamstown assembled various members of the community who are in touch through their work with people who could most benefit from Integrated Solar Cooking methods. Our training partner was GADRA (Grahamstown Area Disaster / Relief Association - <http://nml.ru.ac.za/ngo/gadra/index.php>) and their facility was our training site. This was a perfect match in all ways – facility, staff, and location. Director Carol Johnson and past director (and former Rotarian) Pauline Wilson were invaluable. Unfortunately the Grahamstown Rotary Club had other obligations over that weekend and none of the club members were able to attend the training. However, Rotary president Helen McCallum was able to come by GADRA on Monday before we left so that we could exchange Rotary flags and offer her a recap of the weekend training. Three members of the Kirstenbosch Rotary of Capetown, Adre Smit, Brent Farrell and Jennifer Paterson, had been invited and were in attendance.



Trainees serve in the social services field. They and the clients they serve in the community have been using “hot boxes,” their term for hay baskets, for some years. In fact, GADRA provides a facility for women in the community to make pillows that can be sold to provide income. This familiarity moved the integration of the solar cooking curriculum ahead of schedule allowing us accomplish the making of solar ovens for everyone in attendance by the end of our first day. The second day we used their ovens to prepare the food most often cooked by the people of the

townships in South Africa – Pap, samp and beans, cabbage, butternut squash and spinach. Pap is what we know as grits in the US and is the staple of their diet. Cooking it from cold water met with skepticism from all until it was successfully prepared in a solar oven and turned out exactly as it would have been had it been cooked over a fire for hours with constant stirring. All were surprised and especially pleased with this outcome. We served the food we had prepared for lunch and all of us proclaimed the food delicious and very nutritious. While food was cooking in the solar ovens we all assembled a 20 brick rocket stove together and used it for the preparation of the samp and beans.



Because we were demonstrating these alternative cooking methods to people who have used paraffin (or three stone fires) for food preparation, they were able to inform us of the savings this would be to their clients who are spending as much as R16 per day for paraffin. Calculating a conservative estimate of 100 days per year of full sun for successful solar cooking this would be an annual savings of R1600, enough, according to them, to pay school fees for several children!! Additionally, we learned that although improvements have been made in townships since the end of Apartheid, many residents still lack access to safe drinking water, so the little WAPI was received with much enthusiasm. Because our students work directly with many who are receiving anti-retroviral treatment for HIV/AIDS, safe water and a regular, nutritious diet is extremely important. All were very enthused about the benefit of Integrated Solar Cooking for their work in the community.



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(continued)

The workshop was completed over the weekend allowing the women present to return to their jobs Monday morning and allowing us to make our way to Capetown in time for the Kirstenbosch Rotary Club meeting Monday evening. The Capetown Rotarians in attendance at GADRA in Grahamstown over the weekend recapped what they had learned for fellow Rotarians.



On Wednesday we went on a “field trip” to the Khayelitsha Township, which encompasses many square miles outside of Capetown and is home to over one million people. At the township we had a tour of the new Wellness and Nutrition Centre that is being built by Ikamva Labantu (www.ikamva.org), a local NGO that has been serving the township for many years. We had a tour of the construction site of the nearly complete nutrition center, a crèche already operating, and a women’s health center ready to break ground.

Community gardens will be established as part of the project once construction is completed. We were glad to be present as Kirstenbosch Rotarians presented the cooking alternatives and WAPI use they’d just learned about to the director, project manager and a group of student volunteers. The concept of integrated solar cooking methods and use of the WAPI was met with great enthusiasm by members of Ikamva Labantu, and the Kirstenbosch Rotary Club was invited by the director to take on the training at the center once it officially opens. We were able to distribute the WAPIS made by Rotary Interact, Fresno Pacific University and Fresno Christian High School students.

We felt very positive about the training and its sustainability and were honored to be able to partner with fellow Rotarians and the Sustainability Trust on this project.

Submitted by:

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Rotary Club of Fresno
March 13, 2010

The Sustainability Trust - Rotarians for Sustainability & Carbon Reduction - acted as the catalyst to bring Clubs together and fund this project

Vist the website at www.TheSustainabilityTrust.org and link your Club to this expanding Global Rotary Club project that aims to make our lives, our Rotary Club projects, and our planet much more sustainable.

And remember What is The 5th Test in The Four-Way Test? ‘Is It Sustainable?’