

**Building Blocks 4 Successful Social Skills**

**Manners 4 Minors** Introducing Manners 4 Minors, an extra mural activity aimed at children 3 to 6 years old. This has been created to foster and reinforce good manners in toddlers & young children through interactive role play, props, puppets and interesting environments. Amongst others, the curriculum includes lessons on party etiquette, table manners, personal safety, the magic words, healthy eating, bedtime procedure and many more.

Book your child's space for a free bullying workshop  
Veronica (011) 728 9536/074 168 8744  
veronica@manners4minors.co.za  
www.manners4minors.co.za

# Get involved and make a difference



## Places of hope

- Bombani Shelter for abused women**  
3710 Far East Bank, Extension 2, Alexandra.  
Victor Moreriane 082-561-3768.
- Door of Hope**  
48 Hillbrow Street, Berea. 011-642-9711.  
Leave your unwanted baby here.
- Freda Hartley Shelter**  
97 Regent Street Yeoville.  
For women only. No fee.
- The House**  
60 Olivia Road, Berea  
For girls between 12 and 18 years only.  
Three month limit.
- Bethany Shelter**  
Corner Millbourn Road and Viljoen Street, Bertrams.  
For abused women. No fee.
- Jabulani Khakibos Kids Centre**  
1 High Street Berea.  
For boys who have been on the street.
- Ekhaya Overnight Shelter**  
Corner Quartz and Kotze Streets, Hillbrow.  
Men and women but no children.  
R4 per night.
- Usindiso Sanctuary**  
80 Albert Street Marshalltown  
For abused women - especially those with children.  
Fee R60 per month.
- Strabane Mercy Centre**  
98 Kerk Street.  
Only men and women over 30 years of age.
- Christ Church Christian Care Centre**  
15 Mitchell Street. Mike Sunker 011-642-4420  
Shelter for children.
- Hearts of Hope**  
102 Churchill Ave, Wendywood.  
082-458-2677 or 083-444-8475.  
Cares for vulnerable and abandoned children who are infected and affected by HIV/Aids.
- Jesus the Good Shepherd**  
15 Mitchell Street, Berea. Contact 011-706-8519.  
Food, counselling, sport, home visits for 80 children on Tuesday and Friday.
- Nkosi's Haven**  
23 Mitchell Street, Berea. Contact Gail Johnson 011-942-5580.  
Houses HIV positive mothers and their children as well as Aids orphans, both HIV positive and negative
- To provide details of your organisation contact Amanda Watson 011-293-6068 or e-mail tribune@caxton.co.za*



Michelle Vinokur (white top) with Mandi Defries, Sol Swartz, Eldon Beinart and Chief Rabbi Dr Warren Goldstein at the Chazak launch.

# Wheels of hope

### Ayanda Buthelezi

*Waverley:* When a nursery school teacher Michelle Vinokur was diagnosed with multiple sclerosis in 2008, it was the children she taught who gave her the strength to look beyond her disability.

Vinokur, a teacher at Minnie Bersohn nursery school shared a moving story of how she did not allow the disability to take control of her life.

"I was admitted at Sunninghill hospital when my legs failed me. I had to crawl to the bathroom.

"When the matron brought me a wheelchair, I knew I was not going to allow the disease to get the better of me. I knew I needed 'chazak'.

"I returned to school in my wheelchair. The response from the children was positive but that of adults questionable."

Such responses encouraged Vinokur to start a non-profit organisation, Chazak, a Hebrew word that means strength. Eldon Beinart and Grant Kurland, whose daughters were in Vinokur's class, approached her with the idea of starting the foundation.

She said they were impressed with how well the children accepted the wheelchair and how much they had learnt about her disability.

"The name Chazak was chosen

because one needs to be physically, emotionally and mentally strong especially when faced with challenges such as a disability or a limitation.

"Strength also represents the bond between people. The support of others and the community allows one faced with difficulties or challenges to overcome them with a positive attitude and strength."

The aim of the organisation is to educate people about disabilities. It also supports, assists and guides the disabled.

One of Chazak's core objectives is to assist people with disabilities by helping them adapt their home to make it wheelchair-accessible.

To this end the organisation donated 22 wheelchairs to synagogues at the launch at Waverley Shul. On behalf of Great Park Synagogue, Paul Werner commended Vinokur's courage and the wonderful gestures of the sizeable donation.

"We have elderly members of the congregation and the donation will be extremely well-utilised as our synagogue is already designed to cater for people with limitations."

Vinokur said one of the lessons she learnt was that people were willing to help but needed to be informed.

"The major obstacle facing people with disabilities is that most public places are not wheelchair-friendly.

"We want to live a normal life."

### Chazak's mission and objectives are:

- To give pre-school children opportunities to experience hands-on what it is like to have a disability such as a visual or hearing impairment and/or a physical disability.

- To help pre-school children understand daily challenges faced by the disabled

- To develop a perspective of emotional difficulties experienced by those with barriers to a normal life

- To engender an appreciation of what able-bodied people have, and count their blessings.

- To have people with limitations and disabilities realise they have rights too and are entitled to a life of many opportunities.

- To make people aware, more patient, more understanding, considerate and tolerant of people with disabilities and limitations.

- To have people realise disabilities and limitations should be embraced rather than feared

- To demonstrate that even with a disability or limitation individuals can achieve anything they set their mind on.

Visit [www.chazak.za.org](http://www.chazak.za.org)  
ayandab@caxton.co.za

The only way to make a difference in your community is to get involved!

It is in line with this sentiment that the *North Eastern Tribune* has committed a community page

highlighting areas of need, as well as those leading through example. E-mail [tribune@caxton.co.za](mailto:tribune@caxton.co.za)

**Taiwan FILM FESTIVAL 2010**

Rosebank Cinema Nouveau 17 - 23 September 2010

17/9	17:30	A Touch of Zen (200' 1971)
	20:15	Cape No.7 (130' 2008)
18/9	14:30	Dragon Gate Inn (110' 1967)
	17:30	Our Island, Our Dreams (97' 2009)
	20:15	Blue Brave: The Legend of Formosa in 1895 (110' 2008)
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	20:15	Dragon Gate Inn (110' 1967)
21/9	17:30	Cape No.7 (130' 2008)
	20:15	Blue Brave: The Legend of Formosa in 1895 (110' 2008)
22/9	17:30	Cape No.7 (130' 2008)
	20:15	Our Island, Our Dreams (97' 2009)
23/9	17:30	Blue Brave: The Legend of Formosa in 1895 (110' 2008)
	20:15	Our Island, Our Dreams (97' 2009)

SK CINEMA NOUVEAU  
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Taipei Liaison Office in the RSA **Free Entrance**