



Family Event Guide

Welcome to Arm in Arm in Action!

We are excited that you are joining us to learn about the work of Arm in Arm in Africa (AIAIA) and are helping us celebrate our 20 year partnership. This Family Event Guide is intended to be printed at home. It contains some coloring book pages designed by children in South Africa and the U.S. There is a simple recipe for a delicious South African dessert, lyrics for a sing-a-long that will be part of our event on July 18th and a South African word search.

Here is some information about Arm in Arm in Africa.

Fr. Jim Cassidy is the President of AIAIA. Pat Murphy is the Executive Vice President. They co-founded AIAIA following their first visit to South Africa in 2000. They have led delegations of supporters annually ever since. AIAIA is a registered 501(c)(3), based in Minneapolis, MN.

This is our MISSION

We work arm in arm with community leaders to identify and fulfill the core human needs of food, healthcare and education.

This is our VISION

We empower lives of subsistence with new opportunity.

These are the THINGS WE DO

FOOD -- we purchase large food parcels in local South African communities, arrange distribution and directly oversee allocation of the parcels in four geographic locations -- Gugulethu, Barcelona, Soweto, and Malungeni – four times a year.

HEALTHCARE -- we provide financial support in partnership with other grass roots non-profits who share our values (Missionaries of Charity, Sizakuyenza Women's Shelter, the Institute for the Healing of Memories, Mitchell's Plains Clinic, St. Luke's Hospice). We support critically needed physical and mental healthcare.

EDUCATION -- we provide financial assistance, plus teaching aids and supplies, to our partners in learning (the Malungeni Education Committee, Touching Acts and Fun Learning for Youth (FLY). The support ranges from pre-school to teen mentoring.

For further information please visit aiaia.org or contact Pat Dawson, Executive Director, at pdawson@aiaia.org.

“I am not truly free if I am taking away someone else’s freedom, just as surely, as I am not free when my freedom is taken from me. The oppressed and the oppressor alike are robbed of their humanity.”

- Nelson Mandela

NELSON ROLIHLAHLA MANDELA

Nelson Mandela was one of the most extraordinary liberation leaders Africa, or any other continent, ever produced. Not only did he lead his people to triumph over the deeply entrenched system of apartheid that enforced racial segregation in every area of South African life; he achieved this victory without the blood bath so many had predicted and feared.

And, as South Africa's first president elected by the full democratic franchise of all its people, he presided over a landmark Truth and Reconciliation process that finally allowed apartheid's victims a measure of official recognition and acknowledgment of their suffering.

Mr. Mandela's enormous strength of character steered him for his long struggle and ultimate victory over apartheid. Even deeper resources of political wisdom and courage steered him toward the course of constructive reconciliation over destructive vengeance.

F. W. de Klerk ordered an end to Mr. Mandela's 27-year imprisonment and negotiated with him and others the terms of South Africa's political transition in 1990. Three years later, Mr. Mandela and Mr. de Klerk shared the Nobel Peace Prize.

Having spent the prime years of his life in prison, Mr. Mandela was already 75 when he first took office as president in 1994 and 80 when he retired in 1999. He died at age 95 in 2013.

(Excerpted from a New York Times editorial, Dec. 5, 2013)



Drawing by Mzukisi Mnyamezeli, South Africa

AIAIAJuly18.funraise.org

Arm in Arm... in Action 
CELEBRATING 20 YEARS OF COMPASSION

MALVA PUDDING

A delicious, traditional South African Dessert Recipe

READY IN: 1hr 10mins. SERVES: 4-6

INGREDIENTS

THE PUDDING

6 ½ ounces sugar (¾ cup, 200 ml, or 180 g)
2 large eggs
1 tablespoon apricot jam
5 ounces all-purpose flour (150 g)
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon butter (a generous tablespoon)
1 teaspoon vinegar
⅓ cup milk

THE SAUCE

¾ cup fresh cream (200 ml)
3 ½ ounces butter (100 g)
3 -5 ounces sugar (90 - 150 g)
⅓ cup hot water (90 ml)
2 teaspoons vanilla

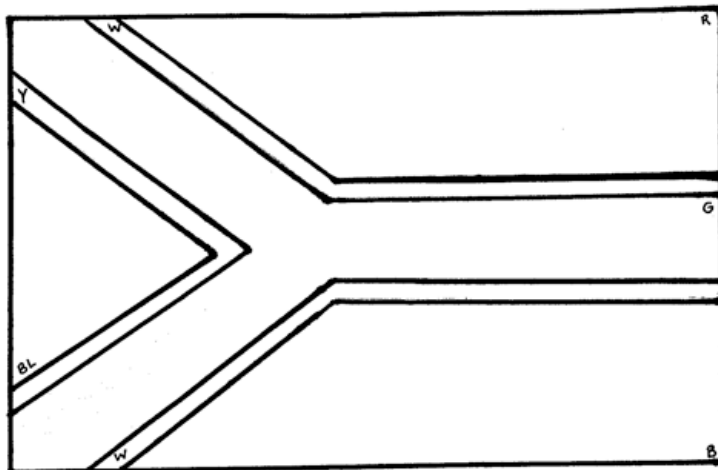
- Preheat oven to 350° F/180° C.
- Grease an oven dish. I used a 7" x 7" x 1 ½" Pyrex dish. (18 x 18 x 4 1/2 cm)
- Beat or whip the sugar and eggs. It's quickest in a food processor, or use electric beaters. Beat until thick and lemon colored, then add the jelly (jam) and mix through.
- Melt the butter (don't boil) and add the butter and vinegar to the wet mixture.
- Sieve, or simply mix together: the flour, soda and salt.
- Add this mixture with the milk to the egg mixture in the processor or mixing bowl.
- Beat well.
- Pour into an oven-proof dish and bake until pudding is brown and well-risen -- depending on your oven and oven dish this will be between 30 - 45 minutes.
- In a pot, melt together the ingredients for the sauce, and stir well.
- Pour it over the pudding as soon as it comes out of the oven.
- Leave to stand awhile before serving. Serve warm. Because it's rich it does not really need enhancement, but if you want, serve with vanilla ice cream.

<https://www.food.com/recipe/malva-pudding-south-african-baked-dessert-118545>

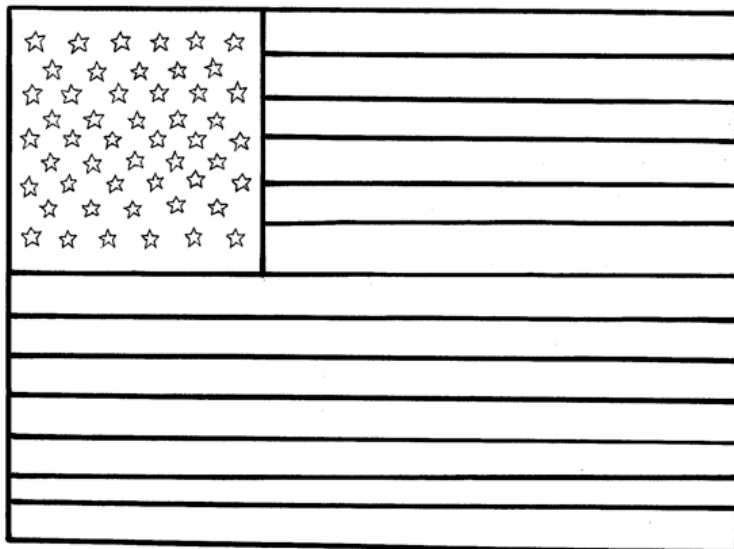
Recipe by Zurie

R = Red
G = Green
W = White
Y = Yellow
B = Blue
BL = Black

South African Flag



American Flag

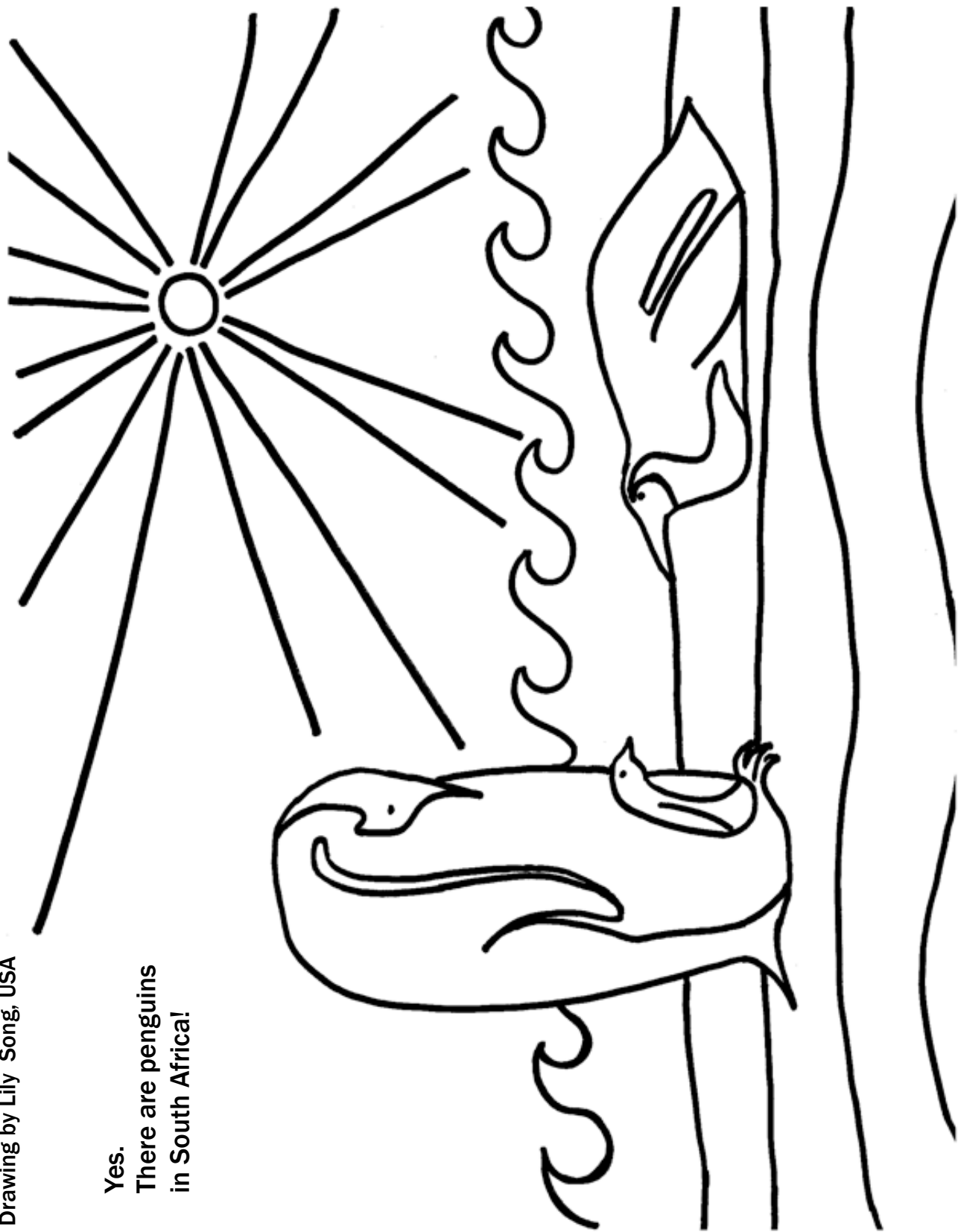


**“The true character of a society is revealed
in how it treats its children!”**

- Nelson Mandela

Drawing by Lily Song, USA

Yes.
There are penguins
in South Africa!

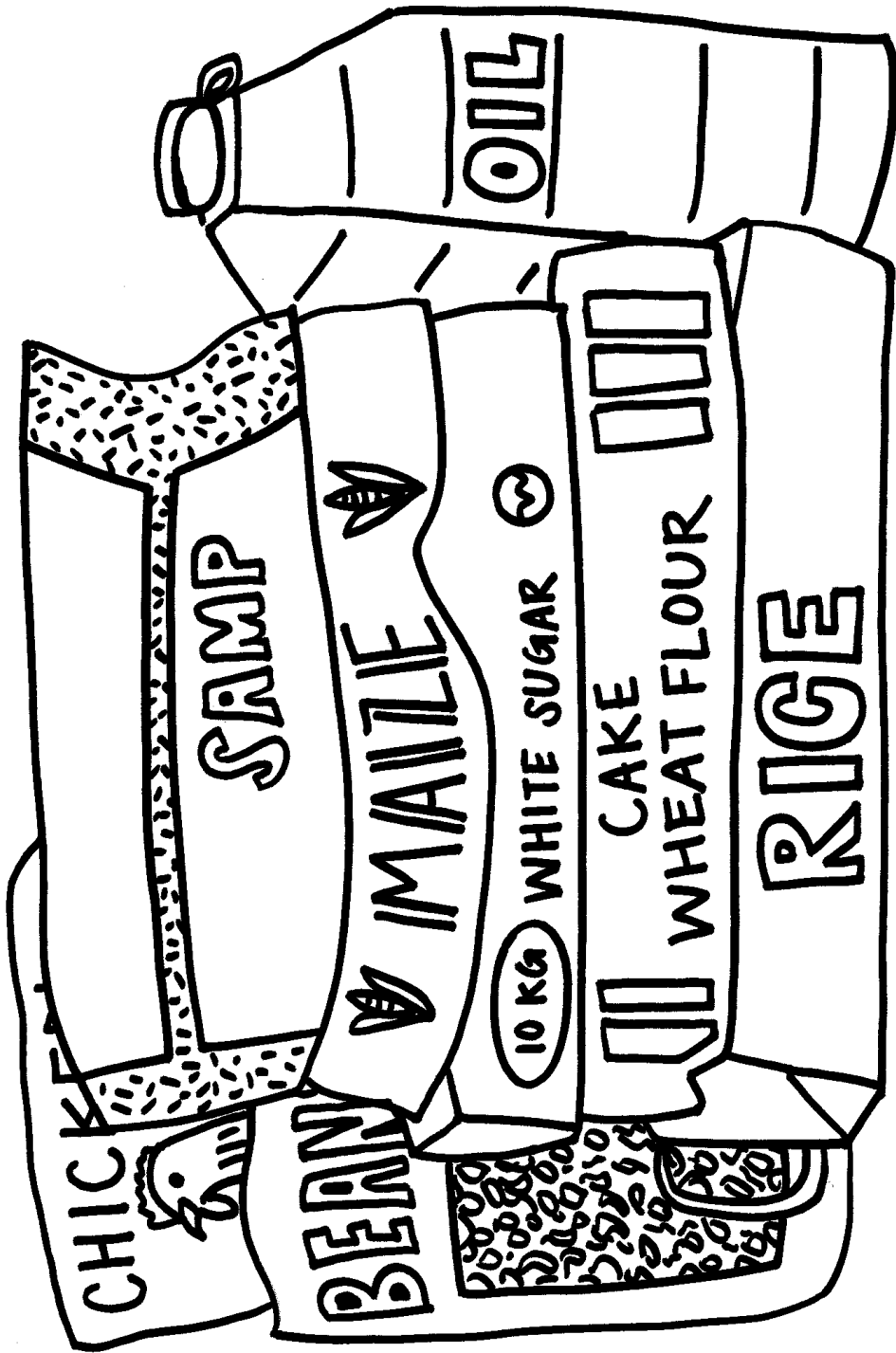


Drawing by Lily Song, USA



"If we are to preserve knowledge, art, and culture and enable it to travel through time we must entrust it to our children – they are our richest seeds and our most fertile fields."
- Nelson Mandela

AIAIA FOOD DISTRIBUTION



This food parcel feeds a family of 4 for about 1 month.
Each food parcel is about \$55.

Sing-a-long with T. Mychael Rambo

Join T. Mychael in singing this song during the
Arm in Arm in Africa 20th Anniversary Celebration Event!

Accentuate The Positive

You've got to accentuate the positive
Eliminate the negative
And latch on to the affirmative
Don't mess with Mister In-Between

You've got to spread joy up to the maximum
Bring gloom down to the minimum
Have faith or pandemonium's
Liable to walk upon the scene

To illustrate my last remark
Jonah in the whale, Noah in the ark
What did they do just when everything looked so dark?

Man, they said "We'd better accentuate the positive"
"Eliminate the negative"
"And latch on to the affirmative"
Don't mess with Mister In-Between (No!)
Don't mess with Mister In-Between (No!)
Don't mess with Mister In-Between!!!

"Accentuate the Positive" Composed by: Harold Arlen, Lyrics by: Johnny Mercer

SOUTH AFRICA WORD SEARCH

Y X C L B M S B I E M R G U P
D I T R N E P O F L V A J P I
E G X A K E O S O E M T G C M
H W R I X M L P M P W L K R A
E I H N M A E R T H B A G N N
W N I B W L O I L A L N I R D
A D N O B V P N H N I T R M E
P I O W U A A K N T O I A U L
E A C N F P R B G O N C F U A
N N E A F U D O W K Q O F V N
G O R T A D D K Y U S C E T Z
U C O I L D X W K D J E R I T
I E S O O I N B E U A A A R M
N A F N C N Z Z Z L L N N O V
O N Z H Q G X C W Y Q U D O V

Find these words relating to South Africa in the puzzle above.
Don't know some of the words? Look them up to learn more.

Rainbow Nation

malva pudding

Atlantic Ocean

rhinoceros

Indian Ocean

sprinkbok

buffalo

giraffe

leopard

kudu

Mandela

elephant

penguin

lion

rand