



THEMBACARE GRABOUW received St Valentine's gifts from the Elgin Free-range Chickens Thembacare initiative, together with sponsors Evergreen and Kemkleen. FLTR: Albertina Hoffman, Abigail Adonis, Cindy Mpelazwe, Martin Minnie (EFRC Factory Manager), Cynthia Odendaal, Priscient Moyo (EFRC HR Officer), Ntombizonke Tshafele, Sally Msuthu, Mahin Mazais, Richard September (EFRC Packing Line Manager) and Sharon Hendricks. The sponsors Evergreen and Kemkleen brought extra medicine and gifts for all the staffworkers because they are doing such a great job and they should be acknowledged for that. Thembacare is an organisation that provides in the needs of people with TB, HIV or other lifethreatening diseases.

- Picture and text MYRTHE FELTEN

ELF hosts stakeholder forum

By RACHEL KOTU

Elgin Learning Foundation (ELF) hosted a stakeholder meeting recently, involving local businesses and organisations to get together and discuss ways of responding to the needs within our communities.

The topic was Social and Local Economic Development Initiatives.

The objective of this quarterly assembly is to bring forth all like organisations to engage in discussions of possible collaborations and partnership establishments towards development in the Overberg area.

The morning kicked off with a presentation to stakeholders around the work that Elgin Learning Foundation embarks on taking on in 2012 and how partnering organisations should actively play a prominent part in joint implementation of future initiatives which vary from youth development initiatives, social initiatives, developing of child care forums in the community, local economic empowerment, an active community liaison desk for community within the community and general community development initiatives that all organisations within Overberg area should work towards.

ELF calls upon all organisations within the Overberg area to actively participate in the next stakeholders meeting on 8 June 2012, 10:00 at the Elgin Learning Foundation. We invite you to be part of exciting development discussions and being part of a forum of organisations jointly working towards community development.

To secure your place in the next meeting, send an email to Shivonne van Zyl on shivonne@elginlearning.org.za or contact our offices on +27 21 848 9413 (Shivonne van Zyl)



From left: Yolanda Christians (ELF), Michael Fingers (Heart of Men) Natalie Hendricks (Appletiser), Jan Skippers (Thandi), Sallvon Fransman (ELF), Jack Johnson (Nu Sun Agric), Rachel Kotu (ELF), Gershon Gordon (ITASC) and Jack Fillies (Debron)

Kingsway College getting inv

Kingsway College's High School students are dedicated to get involved in their local community. They are involved in the Betesda Kids Club After School Programme on Thursdays, sponsoring food and assisting with the program. This is an indication of their love and care for the underprivileged and less fortunate children in our community. PICTURE TOP: Preparing sandwiches in class

CENTRE: Helping with serving the food
BOTTOM: And joining in on the fun!

- HEIDI LOUW



Fever – a gift for health

Chad's H
care@network

Fear of fever is so ingrained in most patients that it takes enormous persuasion to persuade them not to interfere in the febrile process and to avoid the deleterious effects that it will have on their child's health. Indeed, even when parents have found the courage to follow this advice, they may be surprised to discover that the fever has subsided overnight, that the tumour has disappeared or that the recurrent infections no longer occur.

Constant suppression of fever will weaken the immune system, expose the system to many chronic illnesses, including cancer, and prevent the child from enhancing the child's potential and optimising his or her health. We acquire a new understanding of the role of fever in illness and deal with it in a new way.

In the 19th century, Claude Bernard, the great French physiologist, discovered that high temperatures, 5-6°C above normal, caused animals to die. At that time the myth that fever is injurious to health has been maintained. With the discovery of aspirin in the late 19th century, the means to control fever and body warmth, and thereby also to achieve a healthy integration of the self with the body, became available.

Numerous studies have shown that small increases in temperature result in a fold increase and activation in T-lymphocytes, an increase in natural killer cells, increased white blood cell activity and mobility, increased antibody production and an increase in anti-bacterial chemical substances.

Current research states that there is no convincing evidence that fevers up to 40°C are harmful. The major fear is the child's convulsion which none of us welcomes, but other than physical distress by the child falling etc., it is in itself not injurious provided the child lives.

The cardinal management is bed rest and good home nursing. If you cannot visibly see it, the child is going through an important mental process with each and every fever, both physically and mentally. The healing process restores health balance, thereby removing the obvious weakness or disturbance.