



AUSTRIAN-SOUTH AFRICAN SOCIETY
ÖSTERREICHISCH-SÜDAFRIKANISCHE VEREINIGUNG
"FRIENDS OF SOUTH AFRICA"

Newsletter No. 5 / 2008

Taken from *"10 Secrets for Success and Inner Peace"* by Dr. Wayne Dyer

5th secret: "Give up your personal history"

*"The moving finger writes and having writ moves on.
Nor all thy piety nor wit can lure it back to cancel half a line,
Nor all thy tears wash out one word of it."*

While eating your appetizer, don't be concerned with dessert....Don't let the elusive present moment get used up by thoughts that aren't in the here and now."



Christmas (and New Year) tree created by Chris Bayne

DEAR MEMBERS AND FRIENDS

Some highlights during the 4th Quarter.

Looking back over the last few weeks, months, year and thinking what it is I want to say in this newsletter, I realised I keep coming back to the fact that all I REALLY want to say is that 2008 has been a GOOD YEAR for FoSA!
Tell you why!

I was reminded of something I learnt in a seminar on team building – some of the more pertinent "unfiltered" points stuck so I thought I would share them with you. I hope that this explains why I am so excited about this year!

It's about the *4 stages of team development*.

1st Stage: **FORMING** – a crucial stage but little progress is made towards achieving the goal that brought the team together in the first place. This is normal.
Symptoms such as eagerness to impress, feeling good about being chosen as team member, feeling of belonging not quite there, nervousness, and fear of what needs to be done and the task that lies ahead, continued concern over roles and contribution; trying to define the objectives, trying to define roles and blaming others outside the team for lack of progress can be diagnosed.

2nd Stage: **STORMING** - aptly named!
Individuals become increasingly impatient due to lack of progress and can be fearful. Co-operation takes second place. Team members try to push forward individually, trusting more in their own skills and attributes.
Symptoms such as nerve-wrecking swings in attitude, lack of individual contribution, panic, arguments and internal conflict, dominant members seem to take control, team looks like it's going to split, disrespect, placing the blame on other team members, and doubting the validity of the team's purpose and goals are felt!

3rd Stage: **NORMING** - the turning point!!!!
Competition becomes co-operation, team members begin to value contribution of others,

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personal conflicts are minimized, ground rules are established and agreed to, roles and responsibilities are clearly defined and agreed to.

A huge sense of relief - growing belief - constructive criticism - less suspicion - more confidence and a willingness to resolve issues. At last a team!

A time to celebrate but not relax!

4th Stage: **PERFORMING**

AAAAhhh, the sweet taste of success!

YEAH!! High five!!! - Our team is acting as one, working as one, individual contributions are valued, objectives are clear, problems are being solved and actions implemented.

We sense achievement, belonging, individual growth through contribution, we have a proactive approach, strengths and weaknesses are accepted, **REAL RESULTS!**

The team is performing, the work is being done, and goals are achieved as one cohesive society with a common sense of purpose.

Told you! It's been a good year, but read on!

In the last few months and weeks we have been receiving wonderfully positive feedback from members and friends, for our efforts and events. Those more and less connected to our activities have expressed sensing a new spirit in FoSA. Our members appear happy and satisfied with our work, we have some money in our coffers for our projects in South Africa, we have more

experience, we now know better how to do what, we have established new and wonderful contacts, we have made new friends and we have found more supporters!

Our wine-tasting in early autumn at Weinplateau was well supported but c'mon guys, there could have been more of you!

Our Advent Market at Restaurant Neuland was a big success with record figures and a colourful array of old and new vendors. We thank the vendors for their support and assistance in making our day such a special one. As FoSA advent tradition would have, it we were once again supported by Mr Mamabolo the 2nd Secretary to Mr Gumbi, the South African Ambassador and Mr Tiller, the Mayor of the 19th District, who both gave FoSA wonderful words of encouragement.

To wind up the year with a **BIG THANK YOU** to our paid-up members and everyone who consistently supports us, we decided to host a Christmas dinner! This took place on the 10th of December at the Wambacher Heuriger. It was a wonderful evening, the food was delicious, and the company fantastic!

On a personal note I would firstly like to thank my team. We went through each and every phase; people came, people went and others simply stayed, but most importantly we are "on track" and I am proud to be President of FoSA and proud to be a part of the team. I am confident that we will experience continued if not more success if we carry on doing what we are doing now! Thank you!

A special word of thanks to our Patron, Kammersänger **Johan Botha**, for his active support, feedback and involvement in FoSA during 2008.

And then last but not least, thank you to all of you committed to FoSA and to each and everyone who has helped us at each of our events during 2008! You know who you are. You made our work lighter!

Told you it's been a really good year!

ATTENTION!! Our AGM is coming up in the next few months, we sincerely hope that we will see more of you at the AGM in 2009 (details to follow). We have new ideas and new projects that we would like to tell you about, so please mark it in your diaries. Your very valued input, involvement and feedback will ensure FoSA's success! **We hope to see you there...**

Lastly, I and the FoSA Board, wish everyone much peace and joy wherever you may be during Christmas. We also wish you good health and happiness for 2009.

Regards,



Hester Wyhlidal
FoSA President

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He will win who knows when to fight
and when not to fight.
He will win who knows how to handle
both superior and inferior forces.
He will win whose army is animated
by the same spirit throughout all its ranks.
He will win who, prepared himself, waits to take
the enemy unprepared.
He will win who has military capacity
and is not interfered with by the sovereign.

Dick Koekemoer, Board Member

WORKING COMMITTEE

"The next meeting of the **Working Committee** will take place on *Friday*, the 16th of January 2009 at Wienerwald, Maria Hilferstrasse 156, 1150 Vienna at 18h30.

We have a table reserved under FoSA, if you don't see us, just ask the waiter/ess. **All are welcome** and we hope that many more FoSA's will come and help us to arrange existing functions but also to help us to find new ideas for events and fundraising projects for 2009! Join us for a glass of wine and chat afterwards."

Carlien Doevendans, Secretary

FORTHCOMING EVENTS

8th FoSA AGM

Date: February 2009 (exact date still to be confirmed)

Venue: To be confirmed

Time: 7pm

If you have any points to be put on the Agenda please get into contact with us either via E-mail fosa@fosa.at or thru any FoSA Board Member.

Planned functions for 2009

Artist exhibition	April
National Day	April
Annual Charity Golf Tournament	4 th July
Braai	Aug
Adventmarkt	29 th Nov
XMas Dinner	Dec
Wine tasting	?
Football 2010 Function	???
Reisewelt für 2	May and
Stadtrundgänge in Wien:	September

SOME MEMBER NEWS

Chris Bayne got married to Werner in South Africa on 18th of October. We would like to congratulate them on taking this big step and also wish them both all the best!

Another South African - Brad Knowles got married to Daniela on November 15th 2008 in Hermanus South Africa. Brad and Dani we wish you a wonderful live together!



One of our talented South African offspring sang in the children's choir of "Joseph and the amazing technicolor dreamcoat". Alex Doevendans we are very proud of you!

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We are very glad to announce that Elizabeth Raab will be contributing regularly to our FoSA Newsletter. Thank You Elizabeth!

Born in East London where her father was a city councillor, **Elizabeth Raab** worked for nearly a decade at the UN in Vienna. In 1995 she obtained a Diploma from the London School of Journalism. She has had several articles published in the Cape Times, Business Day Weekender and also in the Weekend Argus. A mother of two children, she currently works in the secretariat of the Department of Economics, University of Vienna.

South Africa's new President

Kgalema Motlanthe was born in Alexandra township, just outside Johannesburg on July 19, 1949 to a working class family. His Xhosa father was a miner who died when Motlanthe was just six years old, while his Swazi mother was a domestic worker. He matriculated from Orlando High School and was a keen member of the Anglican Church.

Motlanthe worked at the Johannesburg City Council where he joined the military wing of the ANC to recruit new members. This wing of the ANC would soon change from recruitment to

sabotage and Motlanthe was first sentenced to 11 months for inciting people to violence. In 1976 he was again arrested and a year later charged under the Terrorism Act. Like Mandela, he too would spend time on Robben Island, ten years in all. "The years out there were the most productive years in one's life," Motlanthe is quoted as saying. "We were able to read, we read all the material that came our way, took an interest in the lives of people even in the remotest corners of this world. To me those years gave meaning to life."

After his release, he became Secretary General of the National Union of Mineworkers in 1992. In this role he was instrumental in establishing various educational trusts for mineworkers' families and enabling them to have a share in company profits.

Known popularly in media circles as "the elder brother" for his quiet way of getting things done, Motlanthe is married and has three children.

While Kgalema Motlanthe is gaining popular support, there are other contenders for the post of President which will be decided on during the 2009 elections. In the past, the ANC Deputy President has always succeeded the President, but Thabo Mbeki did not want Jacob Zuma as his successor after corruption allegations to do with the arms deal surfaced, and he was dismissed in 2005. Motlanthe was elected Deputy President of the ANC in December 2007. On this occasion he delighted journalists by saying he'd rather train the South African team for the World Cup in 2010 "than seek high office." His inaugural speech took on a more

serious tone, as he appealed to all South Africans:

"We live in challenging times. We see before us many mountains that are yet to be climbed, and numerous rivers that still need to be crossed.

Yet, for all the challenges that lie ahead, the incontrovertible truth is that never before has South Africa been closer than it is today towards the achievement of a better life for all its people.

We therefore have a shared responsibility to build on these results and to strive together - sparing neither courage nor strength - towards the achievement of a better South Africa, a better Africa and a better world."

Motlanthe has been to the G-20 summit in Washington D.C., together with Trevor Manuel and more recently has issued a statement that South Africa is withholding millions of dollars worth of aid to Zimbabwe until it has a new government in place. The previous government was unable to make such a strong statement in this regard. So it seems, he is making a difference both at home and abroad.

References available on request



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COOKING CORNER.....



Christmas Pudding

Ingredients

1 1/2 cups raisins, chopped
2/3 cup dates, pitted and chopped
1 cup soft dried figs, chopped
1 cup currants
3/4 cup golden raisins
1/2 cup brandy
2 sticks (8 ounces) unsalted butter
1 cup dark brown sugar, firmly packed
grated zest of 1 lemon
grated zest of 1 orange
4 eggs, beaten
1 cup blanched almonds, chopped
3/4 cup all-purpose flour, sifted
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 teaspoon ground allspice

1 teaspoon ground ginger
1 1/2 cups fresh white bread crumbs

Introduction:

No traditional Christmas dinner is complete without pudding. It is best if allowed to mature for at least two days before serving, but it can be made up to three months ahead.

Makes 12 to 16 servings.
Preparation time: 5 hours and 3 days.

Step 1:

Grease a 2-quart ceramic mold or casserole.

Step 2:

In a large bowl, place all the fruit and pour the brandy over it. Stir well to disperse the brandy. Cover with a towel and set aside to macerate 12 to 24 hours.

Step 3:

In a large bowl, with an electric mixer on high, beat the butter and sugar until thick and creamy. Beat in the zests and eggs. Fold in the fruit and almonds. Add the flour and spices, combining well, then fold in the bread crumbs.

Step 4:

Spoon the mixture into the prepared mold, press down well, and level the surface. Cut a sheet of wax paper 2 inches larger than the top of the mold. Pleat the wax paper twice through the center to allow for expansion as the pudding rises. Place the paper on top of the pudding and cover it with a twice-pleated double thickness of foil. Tie foil securely to the edge of the mold with string.

Step 5:

Place the mold on a rack in a Dutch oven or other large covered pot. Pour boiling water into the Dutch oven until it is halfway up the side of the mold. Keep water at a gentle boil. Steam for 4 hours, topping the boiling water to the same level when necessary.

Step 6:

Remove the mold from the Dutch oven and set on a rack to cool. When thoroughly cooled, rewrap with fresh wax paper and foil, and store in the refrigerator until ready to serve.

Step 7:

Steam again for 2 hours or microwave to reheat before serving.

Enjoy!!

Carlien Doevendans, Secretary



Ziehende Landschaft

Man muss weggehen können
und doch sein wie ein Baum:
als bliebe die Wurzel im Boden,
als zöge die Landschaft und wir ständen fest.
Man muss den Atem anhalten,
bis der Wind nachlässt
und die fremde Luft um uns zu kreisen beginnt,

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bis das Spiel von Licht und Schatten,
von Grün und Blau,
die alten Muster zeigt
und wir zuhause sind,
wo es auch sei,
und Niedersitzen können und uns anlehnen,
als sei es an das Grab
unserer Mutter.

Hilde Domin (1909-2006)



Magda and Peter Pulk



FINANCE MATTERS

Thank you to all those FoSA members that have already paid their 2008 Membership fees.

Please remember that FoSA, being a nonprofit, project assisting society, depends heavily on the contributions and fees paid by its members and friends. Without this very important financial support it is often difficult to continue and certainly impossible to start any new projects. Please help us in our activities by paying your membership fees.

We would like to announce that it is now possible to pay Membership fees for 2 years and save some money!

The fees are as follows:

	2009	2009/10
Individual	Euro 40	Euro 70
Couple	Euro 70	Euro 130
Student	Euro 25	Euro 40
Pensioner	Euro 25	Euro 40

Helena Buss, Treasurer

So Leute, das ist alles für heute. Wenn Sie Fragen, Anträge, Vorschläge oder irgendetwas haben, was Sie mit uns teilen möchten, bitte nur zu! fosa@fosa.at

Alles Gute Ihr FoSA Vorstand

As usual, we look forward to your feedback. If there's any ideas you may have, or anything you'd like to mention, please don't hesitate to contact us at fosa@fosa.at

All the best from your FoSA Board



Please visit www.fosa.at and have a look at more fotos of the 2008 events!

!!THANK YOU!!

The FoSA Board on its own could not have arranged the events that we have had during 2008. Therefore we as the FoSA Board would like to say a special **THANK YOU** to the following members and friends:

Magda Pulk
Peter Pulk
Robert Pulk
Lydia friend of Magda
Petra Jacobsen
Elaine van Schalkwyk
Monika Lombaard
Heinz Löffler
Len Doevendans
Bernhard Appoyer
Marinda du Preez
and last but not least the
South African embassy.

Without your selfless help we would not have been able to do what we have done during 2008!

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