



V-NEWS

Published by the Daleside Volunteer Movement...a few serving many

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People of Note

SEAN FREEMAN



Imagine getting up in the morning to “live your dream”. That is exactly where Sean and Nicolola Freeman are at, living out their passion for self-sustainability and leading others to a more independent future in their food provision. Their 5 children are home

schooled and they are all involved in the processes required to produce food from veggies to beef. They realise that producing food requires effort and yes, it does grow in dirt!

Asked how it feels to be owner of South Africa’s first Online Heirloom Seed Store and fast growing supplier of LIVINGSEEDS, Sean replied “*We wouldn’t be where we are today without the favour and blessing of God*” Here is Sean’s story in his own words.

The story of Living Seeds goes back over 30 years. As a young boy I always remember collecting seeds. I collected seeds from trees shedding seed pods or wild flowers in seed and store them in this wooden box. (The box is lying right there next to his desk). This way I amassed a surprisingly large collection of assorted and unknown seeds over many years. None were catalogued or named. Both my grannie Hilda and ouma Jackie loved plants and gardening.

It was the romance of growing a garden from scratch that kept me collecting the seed. I think it’s also the idea that there exists the potential of life and the ability of giving sustenance in every seed. The older I grew, the more my tastes in seed and plants changed. I went through various phases, collecting seeds of indigenous trees, aloes, orchids, cycads and finally vegetables.

Growing veggies started in 1998 when we had our first child. Naturally we wanted to feed her only

healthy, natural food. Our gardening interests changed to vegetable gardening and developed into a fascination with original, unusual Heritage vegetable seeds. Every season I would swap and trade seed with other food gardeners who had also been saving seeds for many years. These gardeners would share knowledge and techniques with me, some of which I still use to this day to help keep seed pure and viable from year to year.

Two names I would like to mention is Bill Kerr, one of South Africa’s best seed breeders. He was and still is my mentor in many ways, developing varieties and in designing tunnels which we still use. The other one is Steve Venter, who ran a Cape Town magazine called *Shared Earth* and developed our website in August 2009. We started with 34 varieties of seed (only had 17 in stock!) and currently grow 600 varieties, this year alone 150 new varieties. We started out selling our seeds to 16 customers as I would never have thought that the response would have been so great. Due to Steve we have the honour of not only being SA’s first online heirloom seed store, but also the largest in terms of variety offered and unique in the fact that we personally grow over 90% of the varieties on our own property. Very few seed companies in the world can claim this distinction.

There is a careful balancing act in terms of planning, sowing and harvesting schedules. Being a part of this eb and flow of seasons is a very satisfying way of life for us as a family and for myself as a person. I believe it brings a tremendously humble balance into one’s attitude to life in general and gratitude towards God in particular.



You got to have a passion for what you are doing. You got to know what you want to do.



LIVINGSEEDS is a family business that literally grew out of a wicker hand-basket, into South Africa's largest, locally grown, heirloom vegetable seed company. They have great national coverage and send seeds directly from their farm to anywhere in South Africa. Every year seeds are grown freshly and their outstanding germination rates keep their customers coming back.

They are our only 100% local, SA commercial grower of locally tried and tested heirloom vegetable seeds.

What is heirloom seeds?

Heirloom vegetables can simply be defined as any plant that has been handed down from generation to generation. According to Sean Freeman's definition, that would be any plant that is firstly open pollinated, secondly has a history of private exchange and thirdly has not been subject to a plant breeder's rights. This definition is, however, not cast in stone and is open to constructive discussion.

Worldwide, the genetic variability of plants, and specifically vegetables, are rapidly being destroyed. Small seed houses are being swallowed up by large corporate seed companies, who shut down these operations to ensure that their highly profitable hybrid and Genetically Modified varieties are pushed into public and commercial use. Open pollinated and heirloom varieties are sidelined.

In South Africa specifically, many varieties of traditional subsistence crops are disappearing at an alarming rate. It has been estimated that there were over 300 different varieties of traditionally grown mealies in especially the black farming areas of South Africa, where subsistence farmers would practice seed saving from year to year. Now, with the new hybrid and GMO varieties that have been recklessly allowed to be planted over many decades, the genetic diversity of these traditional varieties is being destroyed at a rapid rate. What is happening, is that the traditional farmers have lost heirloom varieties that have adapted over hundreds of years to their specific environmental and pest loads.

A world renowned plant geneticist, the late professor Jack Harlan of the University of Illinois, wrote in his classic work *Crops and Man*, the following:

These (genetic) resources stand between us and catastrophic starvation on a scale we cannot imagine. In a very real sense, the future of the human race rides on these materials. The line between abundance and disaster, is becoming thinner and

thinner, and the public is unaware and unconcerned. Must we wait for disaster to be real before we are heard?

Mankind has reduced his agricultural dependence down to a handful of crops. Within that handful, the lines of differentiation in genetic material is so fine that there is no longer a vigorous genetic reservoir that scientists and agronomists can draw upon. If a disease or plague had to strike, mankind could very well be left holding an empty grain sack.

Livingseeds try to provide a solution to this problem of a genetic blind alley. They also allow ordinary people access to traditional South African and International heirloom varieties. Heirloom and open pollinated vegetable varieties can be used as the foundation for a self-sustainable vegetable garden. At the same time you enjoy the pleasure of eating vegetable varieties that have a rich and romantic history!

"Growing Yesterday's seed Today, for Tomorrow, Together"

Visit their website and prepare yourself for a summer of satisfying vegetable gardening:

www.livingseeds.co.za



Left: Summer starter pack
Right: Sprouting set

*To plow is to pray
To plant is to prophesy,
And the harvest answers and fulfils.*
R.G.Ingersoll (About Farming in Illinois)

ORGANIESE KOMPOS

Kos vir jou tuingrond in Daleside beskikbaar!
Besoek Shabach Boerdery in Eland Straat of skakel ons by 082 873 5400/082 651 2455
Klein sakke@ R12, groot sakke R30
Beperkte aantal beskikbaar
Ook beskikbaar:
Hoendermis en beleë kraalmis in sakke



FUN AND FITNESS EVENT:

Join us on Tuesdays for jogging or walking 17:00 at the Trim Park.

WHAT'S ON IN DALESIDE/WAT GEBEUR IN DALESIDE?

AFM SHABACH PRAISE CENTRE

316 Geelvink Street. Sunday service 09:00
Contact Pastor Jacob Radebe 083 491 0814

AFRIKAANSE LEESKRING

Randvaal Biblioteek
Elke tweede Donderdag van die maand 9:30
Kontak Rita 016-365 5093

FREE JESUS CHRIST(FJC) MINISTRIES

207 Blousysie Street
Contact Pastor Willie Kock 073 140 8673
Sunday service 09:30, Monday prayer meeting 10:00,
Wednesday Bible study 10:00, 19:30 SWEEP
All welcome
Monday to Friday soup kitchen 14:00 – 15:00
Any food donations will be appreciated.

GPN MINISTRIES

Shabach, Eland Street
Every Sunday evening from 17:00
Contact Jan 072 237 5537
NG GEMEENTE KLIPVALLEI, H/v Karee en
Kroonarendweg. Elke Sondag: Voorsang 08:45,
Erediens 09:00 Leraar Vakant
Kontak Kerkkantoor 016 365 5502 of
Paul Nel 0827857709

RANDVAAL BIBLIOTEEK/LIBRARY

Die Beste in die West! Best in the West!
Ure/Hours 9:00-17:00 Sat. 9:00-12:00
Tel. 016-365 5093

RUACH AGS Blousysiestraat

Kontak Pastoor Vic Herbst 083 381 7789
Sondagoggenddiens 9:30 Huissel-byeenkoms in
Daleside elke Woensdagaand 19:00
*Please inform us of any other activities that the community
should know about!*

GOOD READS

*Informed book reviews brought to you by
members of the Afrikaans Leeskring, meeting
every second Thursday of the month at the
Randvaal Library.*

Zakes Mda: *Our Lady from Benoni*

This is a play by the Internationally acclaimed South African novelist, poet & playwright, Zakes Mda, with a very relevant current theme. Following the series of alarming and severely upsetting child rapes, this almost philosophical explanation of the insanity behind it, is an indirect accusation against the often ignorant and warped fabric of society.

It also touches on the whole traditional and cultural perspective of virginity, the sometimes opportunistic use of religious misconceptions, and the small and



big traumas ordinary people struggle with. The whole play happens in a public park with a handful of real, life-sized characters. Makes interesting intellectual reading.

Karen Kingsbury: *Waar Engele Wandel*

Die boek se inspirasie kom van Hebreërs 13:2 en II Korinthiërs 4:18. Die storie gaan oor 'n bofbalspeler, Tyler, wat as gevolg van 'n besering sy droom van 'n sportloopbaan moet opsê. Hy verloor ook sy verhouding met sy ouers en vriendin. Sy pad kruis die van 'n dame in 'n versorgingsoord wat aan Alzheimers ly. Deur die mooi verhouding wat tussen hulle ontwikkel, begin hy weer homself vind. 'n Span engele word gestuur om Tyler te help op die pad van vrede en geluk. Benewens 'n impak op die gemoed, verskaf die boek goeie leesgenot.



It's called **reading**.
It's how people install new
software into their brains.

BARGAINING SUPPORT SERVICES

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Rut Cloete 082 553 1710

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Manufactures of thermo foil / wrap doors.

AL Doors & Cabinets is a wrap door supplier that offers you a wide array of colours and door styles to choose from. No matter the size of the project, we will be able to assist you.

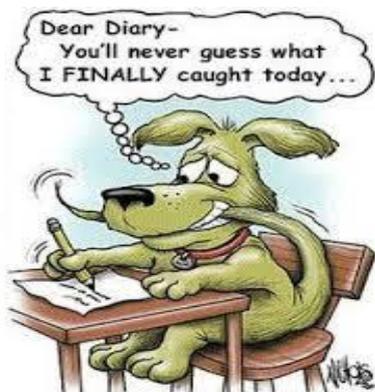
72-1 Bokmakierie Street, Daleside.

Tel/fax: 016 365 5508

email:leonkirchner@absamail.co.za

*If you are truly telling a South African
story then it will be political – because
you are dealing with people who lead
political lives in an environment which
is highly politically charged.*

Zakes Mda



WHY WERE THOSE FENCES PUT UP?

It sometimes happen that our Municipality in their wisdom put up fences, barriers and hedges, or dig trenches for a very good reason. It may be to keep intruders out, keep valuables in, or protect people, houses, schools or other buildings, from irresponsible truck drivers racing down a slope or across a stop street.

It also sometimes happen that a few years down the line new people in the Council forget about the reason those fences were put up and they decide in their wisdom to take down the old fences because they are dilapidated, rusted and an eye sore in the area.

After a few years people start wondering why there is not a fence around this place, a trench in front of that place, and so on.

The same thing sometimes happen in moral society. Fences were put up by tradition, cultural ethics or generational and family upbringing. Then, someday, some prominent liberalist, educationalist, child psychologist or activist or whatever –ist, decides that this particular fence is really so 20th century, so yesteryear, and it empirically, emphatically, emunctorily and emancipationally has to go. All at once the fence is gone. Removed by 21st century wisdom.

After a few years people start wondering what is wrong with society. People are ungrateful, without proper manners towards others, do not obey street signs or even common safety rules. They show no respect towards older people, women with children or pregnant women. They hardly greet one another or even recognise the existence or value of others. Families fall apart because of neglect or loss of love and respect. Vulgarity takes the place of humour.

That is why those fences were put up.

Shabach Christian Retreat & Guest House

...is situated next to the Klip river in beautiful surroundings. We have been here since 1987, serving the saints by providing facilities for fasting, praying and seeking God's face. This is the perfect venue for your quiet retreat, sabbatical or planning meetings.

Also available for meetings, seminars and conferences.

Contact our Office during office hours
082 873 5400

**TWO DAY COURSE AT SHABACH
14&15 July 2015**

This Course will deal with the handling of Discipline in die Workplace, covering a wide variety of topics, such as chairing a Disciplinary Hearing, formulating charges, cross examination, etc.

Course presented by Wynand Stapelberg, previously Arbitrator for CCMA and various Bargaining Councils.

Registration and Information, Contact:

Rut 082 553 1710
rut@councilsupprt.com
Wynand 082 651 2455
wynand@councilsupprt.com

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(011) 403 1900 (Jhb) OR
(012) 993 4509 (Pta)
..for more information



‘n Skerp padteken wat verbygaande motoriste daaraan herinner om ander padgebruikers en inwoners in ag te neem by die gebruik van ‘n grondpad wat nie baie water sien nie.

Boonop is die ongemelde verwysing na moontlike beeste op die pad ‘n waarskuwing om versigtig te bestuur. Is die Suid Afrikaners nie oneindig vindingryk nie?

CONTRIBUTIONS, LETTERS, SUGGESTIONS

Readers are welcome to submit letters, articles, adverts and suggestions to the Editor via e-mail charlotte.s@telkomsa.net or phone 083 945 0202.

As from February 2015 the V-News is distributed to post boxes at Daleside Post Office and a few left at the Randvaal Library. V-News can be viewed on our website www.dalesidevolunteers.co.za

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To join as a volunteer, sms the Volunteer Number
083 776 2129 (this number cannot be phoned)
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