



FREEFOOD KITCHEN

REV♥LUTIONARY YOGA NPC
BUILDING CONSCIOUS COMMUNITIES

ANNUAL REPORT

1 JANUARY - 31 DECEMBER 2020

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GENERAL INFORMATION

BOARD OF DIRECTORS:



Roseline Nyman
(Chairperson)



Ilana Fintz
(Deputy-Chairperson)



Adrian Williams
(Executive Director)



Natascha Chemendy
(Secretary)



Pamela Harris
(Deputy-Secretary)



Theresa Mvinjelwa
(Treasurer)



Melissa Nyman
(Non-Executive Director)



Amanbir Singh
(Non-Executive Director)



Deidré Baatjes
(Non-Executive Director)

PATRONS:



Gurmukh Khalsa



Patricia Nyman



Elena Brower

REVOLUTIONARY YOGA NPC

Registration No:

2017/532743/08)

Registered business address:

620 Keerom Chambers, 56 Keerom Street, Cape Town

Banking Details:

REVOLUTIONARY YOGA NPC

FNB: 62738319434

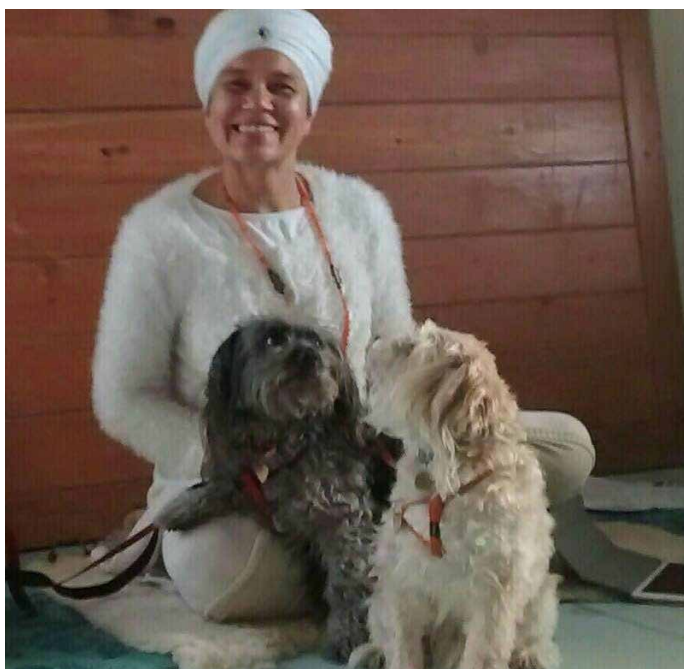
BRANCH CODE: 201709

SWIFT CODE: FIRNZAJJ

Website:

www.freefoodkitchen.com

CHAIRPERSON'S REPORT



Roseline Nyman, Board Chairperson

For many people throughout the world, 2020 was a year of loss and suffering. The high number of unexpected deaths and illnesses brought about by a pandemic over which humans had no control, caused much grief and pain. On the economic front, many small and big businesses in the informal and formal sectors were forced to close down, resulting in permanent loss of income and employment. In South Africa, the government provided Covid-19 relief in the form of employment and social grants.

Covid-19 worsened pre-existing social and economic conditions such as malnutrition, starvation and joblessness plaguing working class communities living on the "Cape Flats" in Cape Town.

Since 2014, as a fundamental way of bringing about emotional healing in alignment with our motto "building conscious communities", we have been teaching yoga in the streets, parks, libraries, church halls and community halls in the working class communities of Athlone, Hazendal, Hanover Park, Manenberg, Bridgetown, Wynberg, Bo-Kaap. During 2019, when we discovered that many of our students suffered starvation, we started serving food in Hanover Park, Lotus River and Athlone under the banner of the Lotus Free Food Kitchens.

In recognition of our service to humanity, we won 1,000 US\$ in the "Live to Give Award" from 3hO during 2018 and won Recognition Awards during 2018 and 2019 from the Catholic Welfare Development.

GOVERNANCE

At the time of registration during 2017, the founding directors comprised of Roseline Nyman, Theresa Mvinjelwa and Melissa Nyman. As the organisational needs grew during 2020, the additional directors were elected onto the board, together with the patrons.

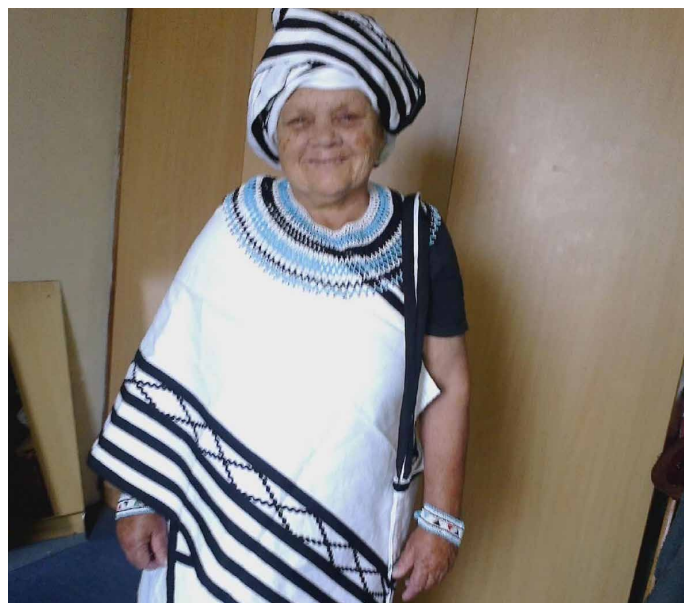
The board convened online meetings on 7 July, 21 October and 9 December. Board sub-committees comprise of: Fundraising, Free Food and Divine Dogs Kitchens, Trinity Roots Food Gardens and Community Yoga.

At the board meeting on the 21st of October 2020, Natascha Chemendy was appointed as a secretary of the board. We express our gratitude to Melissa Nyman, the outgoing secretary.

Adrian (Ola) Williams who was appointed as full-time Coordinator during July, was later promoted to the post of Executive Director at our 21 October Board meeting. Ola is responsible for general coordination and management of the activities of Revolutionary Yoga and reports to the board. Her duties include (amongst others): purchasing, collection and deliveries of supplies to kitchens, refurbishment of containers, overseeing food gardens, fundraising and networking.

SPECIAL TRIBUTE TO DAPHNE NYMAN

We pay special tribute to 84-year old Daphne Nyman, a passionate yogi who is the main cook at the Hazendal Food Kitchen. Daphne has served the communities of Athlone, Hanover Park and Hazendal with food and dedicated care. She has participated in supporting our initiatives since our inception. She shines light on all our activities.



Daphne Nyman



BUILDING CONSCIOUS COMMUNITIES



FREE FOOD KITCHENS

HAZENDAL FREE FOOD KITCHEN

Yoga is at the center of our service in building conscious communities. The serving of food is integrally linked to teaching yoga. Serving food and yoga together started in Lotus River, with Adrian Williams driving the process, assisted by community members. Food was served on Saturdays followed by yoga classes taught by Roseline Nyman. We are grateful to the owners of the Sikh restaurant who donated food, pots and a gas cooking-stove.

In Hanover Park and Athlone, food and yoga were served for a full year during 2019. Roseline Nyman served the community with yoga which was taught outside amongst the flats. Many of the yoga students were neglected children who attended classes consistently. After class, we served hot vegetarian meals cooked by community members on whose doorstep the classes were held. As threats from gangsters in Hanover Park became serious, the serving of food and yoga was moved to the library hall.

At the start of Level 5 Lockdown during March 2020 one of the restrictions in place was that no one was permitted to be outside their homes without a permit. Shortly into lockdown, we received reports of mass starvation in working class communities and in particular, our Free Food Kitchen locations.

We issued permits to yogis to immediately come to the assistance of those in need. We used most of the "Live to Give" Award prize money to restart food kitchens in Lotus River and Hanover Park.

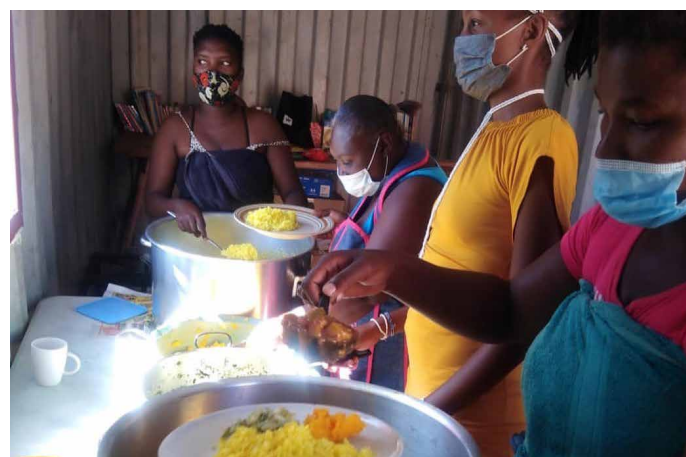


Adrian Williams, with assistance from community members, cooked and served the food in Lotus River. We started feeding the starving dogs and cats as well. Our Board Chairperson initially paid for the food out of her own pocket. As word got out of our service, other communities started reaching out to us and by September 2020, we were serving 7 communities with healthy vegetarian meals: Hazendal, Hanover Park x 2, Khayelitsha, Smallville, Hazeldene and Lavender Hill. (The Lotus River Kitchen was closed down due to an overflow of kitchens in the area.)



The generosity of the yoga community was boundless. Special mention has to be made of contributions made by [ShangriLa Yoga Studio](#) which donated amongst other things, a stove, gas burners, hot plates plus kitchen and garden utensils.

During the first two months of lockdown, as donations increased, Roseline Nyman and Theresa Mvinjelwa bought and delivered food daily to the kitchens but as the numbers grew exponentially Adrian Williams was employed as a Coordinator.



In the Hazendal and Hanover Park Kitchens, we served meals three times per week. In the Smallville Kitchen, we served meals five days per week, of which we supplied dry and fresh ingredients for two of those days. At the Khayelitsha Kitchen (formerly "Rosie's Kitchen" sponsored by ShangriLa) we served one meal five days per week, and every alternate Saturday. We supplied the Khayelitsha Kitchen with dry and fresh ingredients for three days.

Our coordinators and cooks volunteer their time to cook and serve their communities with love and devotion. Their services were unpaid. In recognition of their dedicated service, during November 2020 we were able to pay each cook a once-off gratuity in the sum of R300.

DIVINE DOGS KITCHEN

During the inception of the lockdown, it was evident that not only communities were starving, but also cats and dogs. Our Divine Dogs Kitchens have grown to serving animals in Hazendal, Hanover Park, Hazeldene, Smallville Informal Settlement and Lavender Hill.

We feed 350 dogs and cats at the same times that we feed humans. In partnership with [African Tails](#). It is our vision to create living environments free from neglect, abuse and cruelty in every Free Food Kitchen. At our kitchens, in addition to serving our dogs with food, we also supply them with collars and leads so that every dog is chain-free. Our approach is to tackle one kitchen at a time. To this end, during 2020 we started servicing the dogs and cats in the Smallville community to which African Tails donated dog kennels.

All the sick dogs and cats, including those who suffered from mange and worms received treatment. During November, African Tails sterilised 33 dogs and 11 cats in Smallville. We are extremely grateful to African Tails for undertaking this costly service. During 2020, our Free Food Kitchens fed 7000 people and 350 dogs and cats every month.



TRINITY ROOTS FOOD GARDENS

We launched food gardens within the community of Hazeldene and Lavender Hill under the leadership of Pamela Harris. In the Lavender Hill Food Garden, our youth are the gardeners fostering a sense of pride and achievement. They also received permaculture education from Davina Doyle, a doyenne of permaculture.

It is our vision to grow food in each community so that our kitchens have a fresh supply of organic vegetables.

Not only will the food gardens result in reduced costs, but may become a sustainable source of income as surplus vegetables can be sold.



COMMUNITY YOGA

Since 2016, Roseline Nyman, Melissa Devi Pavan and Theresa Mvinjelwa have taught yoga classes, followed by Yogi Tea, at the Catholic Welfare Development Hall at 146 Lawrence Road, Athlone. These classes were well-received and attended. Currently as the pandemic lockdown laws have eased we are restarting yoga classes here.

We express our gratitude to Roseline's advocate colleagues at 6th Floor, Keerom Chambers, Cape Town who donated toward purchasing the first supply of yoga mats. Moreover, we are grateful for the tremendous support received from André Marais, the former Coordinator of CWD for securing the venue for us and who rendered consistent assistance during our early years.

We are deeply grateful to Archbishop Brislin for his support.



During the reporting period we continued with our regular yoga classes at CWD. Roseline, Deidré and Melissa taught donation-based virtual yoga on the Revolutionary Yoga Facebook Group. The classes are live and recorded. All donations are made to the Free Food Kitchen.

All those involved in Revolutionary Yoga Free Food Kitchen were blessed with some time out for a well-deserved break. Under the guidance of Roseline Nyman, she offered and facilitated two Kundalini Yoga Retreats in her home. These took place during February and September 2020. The Retreats presented an opportunity for participants to revitalise and restore their energies.

We have collaborated through Deidré Baatjes with Health Warriors NPO to share yoga in our communities.

In Langa, January 2020 graduates from their course are teaching outdoor community yoga alongside our Free Food Kitchens, with ongoing development and mentorship from both organizations. Yoga Without Borders will be offering complete scholarship-based 200-hour Yoga Teacher Training Course to disadvantaged students.

CONTAINERS

We purchased two 12-meter, one 6-meter and one 4-meter shipping containers thanks to a donor - a yoga student from Germany. The containers are located in Lavender Hill, Smallville and Hazeldene.

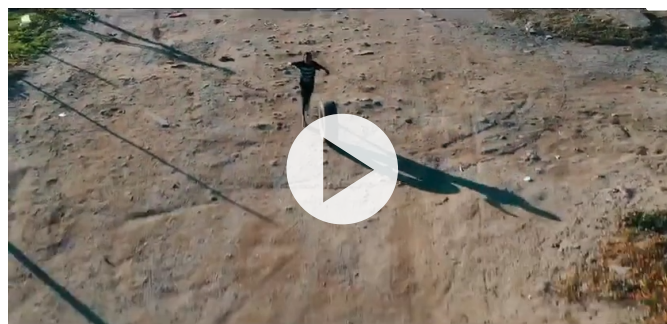
The containers will be used for cooking, yoga, reading and literacy in the library and trauma counseling.

Natascha Chemendy (Secretary) donated a window for a container.



VIDEO & WEBSITE

We produced a promotional video during October which became a primary source of fundraising. The creation of our website facilitated publicising our work on social media. **ILana Fintz** has been instrumental in putting all of this together and she remains responsible for maintaining the website.



SOCIAL MEDIA

We continue to grow our social media presence by sharing more photos and videos of our activities on a regular basis, especially of the Free Food Kitchens and now Revolutionary Yoga is now also showcased on Instagram. We are featured on the Yoga South Africa's Instagram page and website alongside other Yoga-based NGO's.



FUNDRAISING & DONATIONS

Our major funding for the reporting period came from the yoga community. No government or private sector funding was received.

Our patrons and board members were central in fundraising events:

A special word of gratitude to our patrons: **Gurmukh Kaur Khalsa and Elena Brower.**

Thank you for hosting fundraising classes and for playing a leading role in publicising our work amongst your thousands of followers, students and teachers throughout the world. Much of the donations generated are as a direct result of their fundraising drives.

Thank you to **ILana Fintz and Anton** from [Shangri-La](#) Holistic Center for the fundraising for food and equipment needed to set up the kitchen and food gardens.

Thank you to **Melissa Nyman** who held a fundraiser at Sky Yoga in Bangkok during December.

Thank you to **Amanbir** for initiating a Yoga and Astrology virtual fundraising in New York.

Thank you to **Natascha Chemendy** who taught donation-based yoga online throughout the year. Some are permanent private clients; other donations came from small-scale fundraising events. At the end of the year, the revenue from a yoga clothing and equipment sale was contributed to RY.

Thank you to **Deidré Baatjes** for motivating and organising a '108 Sun Salutation Challenge'. On 4th December, this initiative was featured on page 2 of the Cape Times providing positive media exposure for the organisation.



FUND-RAISER

Yoga challenge has the right moves to fill hungry tummies

FRANCESCA VILLETTE
francescavillette@rii.co.za

TO FEED 7000 people as well as 300 dogs and cats in low-income suburbs across Cape Town for a month, an NPO has embarked on a 108 Sun Salutation yoga challenge that will continue on its social media platforms throughout the month.

Revolutionary Yoga said they started their Free Food Kitchen in April last year after noticing that most of the

women and children attending their community classes were arriving on empty stomachs. They said the need for meals across the metro had grown extensively over lockdown.

"Donations for the 108 Sun Salutation challenge have already started rolling in to support of these Kitchens, which are run by volunteers in Hazendal, Hanover Park, Lavender Hill, Hazeldene, Smallville and Khayelitsha.

"The fund-raising target is R100 000, enough to feed the 7000 people plus



REVOLUTIONARY Yoga NPO is gearing up to raise R100 000, enough to feed 7000 people for a month.

300 dogs and cats that our Free Food Kitchens serve in six low-income suburbs across Cape Town for a whole month," the NPO said.

Deidre Baatjes, yoga teacher and Revolutionary Yoga board member, said the donations would make a difference in the lives of many families, and burning festive season calories was an added bonus.

"Please open your heart and your wallet by giving generously. No one needs to go to bed hungry, and you

can help make that happen," she said.

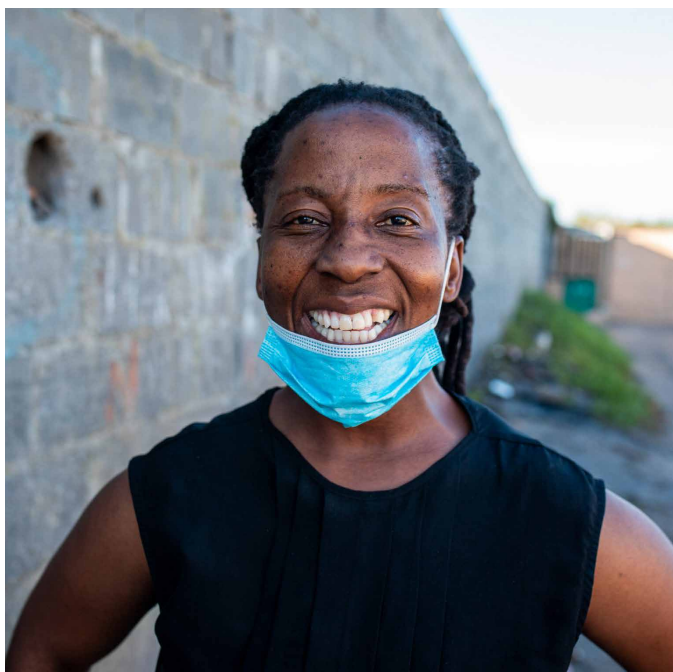
The Sun Salutation's well-known yoga flow is renowned for its many benefits to the body and mind.

To join the challenge, send a private message via Revolutionary Yoga's Facebook page or on Instagram.

For more information, contact Baatjes on 064 906 0100 or email deidre.a.baatjes@gmail.com

To donate visit freefoodkitchen.com/how-you-can-help/ (using 108SUN as your reference).

FINANCIAL STATEMENT



Theresa Mvinjelwa, Treasurer

We are grateful to Theresa Mvinjelwa who does our books of accounts and remains responsible for implementing and managing internal control systems. She also drafts our monthly and annual financial statements.

The financial statement to the right is for the financial year of 2019 and 2020. The financial year ends on the 30th of November 2019 and 2020 respectively. Currently, all our income is based on donations.

We would like to thank all of our donors, nationally and internationally, for your support throughout the year.

The comparison of the years 2019 and 2020 shows the increase in operations of Revolutionary Yoga's Free Food Kitchens. In 2019, the need for donations was much lower. The experienced growth in operations in 2020 requires constant donations, which we trust will continue to flow in 2021.

Revenue			
Donation Received	6	528 503	11,560
Cost of goods		255,960	3,950
Gross Profit		272,543	7,610
Other Income			
Interest Received		2,323	78
Operating Expenses			
Accounting Fees		3,480	-
Advertising		9,000	-
Animal Welfare		8,868	-
Bank Charges		4,390	1,281
Cleaning		273	-
Delivery expenses		11,530	-
Depreciation		24,546	-
Electricity & Water		1,500	-
Event		66	-
Meeting		662	-
Motor Vehicle Expenses		7,352	-
Printing & Stationery		205	-
Repairs & Maintenance		3,325	-
Salaries & Wages		31,000	-
Subscription & renewals		-	200
Telephone & Internet		1,149	-
Transport		10,930	-
Unallocated Expense		34,531	1,500
Yoga Teachers fees		-	448
Yoga Training		4,800	-
Total for Expenses		157,606	3,429
Surplus for the year		117,259	4,259
Income Tax		-	-
Total comprehensive surplus for the year		117,259	4,259

DONATION LIST

We have mentioned all donations in this report that are directly linked via our board members and patrons.

However the Gratitude expands much farther than the internal members to every single name mentioned below who contributed. Donations came in the form of books, food, clothes and money.

Some donations came without a name and some perhaps have been mistakenly omitted. It is very important for us to acknowledge you with your full name below.

If there are any spelling errors or your name has not been listed here please email us: info@freefoodkitchen.com to rectify.

This list below is from founding date to the 31 January 2021

Anastasia Williams
Abhaijot Kaur
Abigael Eastman
Adri Labuschagne
Ale Rose
Alison Stern
Amy Smego
Andrea Steer
André Kriel
Angus Leendertz
Anna Affolter
Anna Avdeeva
Annemarie Giessen
Anthony Brown Llc
Anton Casciati
Arlene Cloete
Arlette Marais
Armand LeComte
Ashley Haskell
Ashraf Kagee
B Mcgregor
Barak Rabinowitz
Barbara Calvano
Bernadette Kiewitz
Bianca Resnekov
Brian De Wet
Bridgid Hess
Brigitte Levitt
Bryn Puchert
Catherine Rigby
Catherine Ward
Cha Johnston
Chait Obo G Klotz
Chris De Jager
Christine Mayer
Christine Plass
Cindy Cupido
Circle Compassion
City Print
Cliff Jett
Cornelia Van Den Houdt
Connie Thayer
Craig Meltzer
Cristina Monteiro
Cye Agdam
Cyrille Agdam
Damian Cardozo
Danie Struwig
Daphne Strauss
Dara Holzman
Daria Semenova
Daria Roithmayn
Darleen Miller
David Basche
David Mramor
Deidre Baatjes

Delany/Karen/Yoyoga
Dennis Sierra
Devon Mckinney
Diana Kates
Domelia Kiewitz
Dr Therese Fish
Eldar Iskandarov
Elena Brower
Eliza Pelham
Emlyn Cook
Esme Paulsen
Estelle Burger
Esther Wiener
Eva Andrich
Evdokia Golovchenko
Fatima Baba
Feeroza Davids
FoodCycleLa
Fredre Ferreira
Geraldine Scott
Gertie Forman
Ginette De Fleuriot
Grace Johnston
Gracia Romano
Gunjan Kochhar
Gurmukh Kaur Khalsa
Gurufateh Khalsa
Gururamdass
Hannah Bloch
Hari Charn Khalsa
Heart Sanctuary
Helen Vereijken
Ilana Fintz
J Moss
Jacqui Chesno
Janine Lange
Jasmin Jost
Jasmine Karriem
Jean Adams
Jean-Michel Schwartz
Jeff Kaplan
Jennie Withers
Jennifer Coulombe
Jenny Kling
Jens & Heike Meyer
Jitjira De La Croix
Jessica Costa
Joanna Laskeredes
Joanne Foster
Joke Diepvens
Julie Schuck
Justine Barnes
Kaitlin Delaney
KalyanYoga Sabina & Adam
Karen Aaron
Karen Shulman

Karen Turtledove
Katherine Rosenberg
Kaylie Jensen
Kevin Hurley
Kim Gish
Kirpaljot Singh
Kosheek Sewchurran
Lana (HumanCC)
Liesl Viljoen
Lila Berman
Linda Kantor
Lisa Brunton
Lisa Forman
Lisa Ross
Lorenzo Sevilla
Louisa Baronette
Louise Hill
Lynn Steed
Malikah Elgram
Margaret Ward
Maria Mendoza
Mario Lee
Marisa Weinlich
Marlena Kozakiewicz
Martha Eugenia
Mora Martinez
Martin Snow
Mary Lekay
Maya DeNola
Maya Prass
Mary Water
Mary Werner
Mascha Schwarz
Michaela Chemendy
Mike Irwin
Miriam Gelderloos
Miss Bf Anderson
Monique & David Disch
Myra Santiago
Nadia Padayachi
Natalia Graton
Natalie Darrah
Nataliya Grieb
Natascha Chemendy
Nathalie Paoli
Nicky Kramer
Nicole Forman
Noa Kairy
Normandie Keith
Patricia Nyman
Pam Harris
Patricia Lynn Semple
Pavanjeet Nikola
Penny Andrews
Peta Cohen
Pippa Segal

Rachel McDermott
Raising Hope (Chad Nathan)
Retha Maas
Roald Kley
Robert Markoff
Roman Bloch
Romi Ran
Ronit Chamani
Rosie De La Fargue
Ruzica Stowe
Ruth Brintjes
Ryan Edmonds
Sabrina Kappler
Samantha Brauer
Sandra Atteya
Sandra Cohen
Sandra Joselyn
Sarah Cannon
Saskia Jonker
Satya Jewellery Llc
Sebastian Maurus
ShangriLa Holistic Center
Sharon Nyman
Shelley & Tim Murphy
Shelley Loheed
Sherri-Lee Lawler
Shirley Fintz
Sikh Dhar
Sophie Kalmbach
Soraya Solomon
Stefan & Sylvie Engelhard
Steve Borloz
Tanya Lee
Terrasano Holdings
Theodore Triant
Tiana Bosman
Tiffany Hudgins
Tim Murphy
Toast Trailer
Trudy Burroughs
Tuuli (Nam Rajpriti) Saarela
Una Davids
Undine Whande
Ursi Otto
Vanessa Lorke
Victoria Romburgh
Wah Khalsa
Waheeda Amien
Warren Needham
Washeela van der Schyff
Ximena Perez
Xube Clothing
Yo Yoga
Ziggie Bruhn
Zozishine
Лилия Самитова

FREEFOOD KITCHEN

**REV♥LUTIONARY YOGA NPC
BUILDING CONSCIOUS COMMUNITIES**