



Mondesa Youth Support Cancer Run

Forty-two children and four staff members from Mondesa Youth Opportunities (MYO) took part in the Andrew O'Shann Cancer Fund Fun Run in Swakopmund this past weekend (10 April).

MYO - an after-school enrichment programme in Mondesa offered this to their learners as an opportunity for not only fun, but to learn some life skills and contribute meaningfully to a worthy cause.

Participating in a "fun run" was a new experience for most and a chance to learn a few things that are important in life such as persevering, "going the distance", supporting and encouraging friends who are struggling as well as experiencing a sense of achievement. It proved to be a good team-building exercise and an enjoyable healthy way to spend a Saturday morning.

Some ran; others walked but

everyone finished and felt proud of their achievement. As one learner commented, "I never knew five kilometers was so far but I DID it and it was SO much fun!"

Afterwards, the children were treated to a snack on the beach and enjoyed some time playing and swimming with their friends.

The MYO learners, who are used to being recipients of the generosity of others, learned a fun and valuable lesson in supporting a worthy cause themselves.

For more information about MYO, please visit our website at www.mondesayouth.com or contact our office at 064-403572.

OPB

THANK YOU FROM

The Andrew O'Shann Cancer Fund Raiser Sat 10 April '10

A very sincere thank you to those members of the Public who walked with us or supported us in any way. A special thanks to Striders and Oolahwan and friends for their organisational help.

We were joined by a large colourful group of children from MYO - Mondesa Youth Opportunities with their supervisors and thank Sue Wagner for motivation them and for their generous donation.

The amount of N\$ 2000.00 was raised
Our next event will be advertised