



"The new South Africa we are building should be accessible and open to everyone.

We must see to it that we remove the obstacles; whether they stem from poor access to facilities; poor education; lack of transport; lack of funding; or unavailability of equipment such as children's wheel-chairs.

Only then will the rights of the disabled to equal opportunities become a reality."

Speech by President Nelson Mandela at the opening of the first annual South African Junior Wheelchair Sports Camp, 4 December 1995, Johannesburg



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FOREWARD

Tributes to Women with Disabilities

ne of the cornerstones of the South African Constitution is its call to all citizens to recognize, protect and celebrate our diversities. This is the foundation that moulds and cements our relationships and need to unite as one nation in upholding one another's status and dignity. It is, further, our Constitution's commitment to promoting the human rights of all citizens that have seen us developing policies, programs and systems towards ensuring that every one of us is given space and opportunity to express their aspirations, exhibit their potentials and thrive in achievement. It is yet again our Constitution that emphasises and enjoins all of us in safe-guarding that vulnerable groups and marginalized sectors of our population, including people with disabilities, also enjoy these freedoms and protections, are given space and opportunity to participate equally and succeed – and that their achievements are celebrated.

Our Constitution acknowledges that like all citizens, people with disabilities have rights and responsibilities, and commits us all to participate actively and positively in addressing issues that affect their world and lives. Our country has made remarkable progress in developing enabling legislation, transforming the state machinery and putting structures in place to be representative and responsive to the developmental needs of people with disabilities. This resolve, towards promoting the integration and mainstreaming of the disability sector, is further reflected in a variety of government initiatives including the very establishment of the Department of Women, Children and Persons with Disabilities. Government is also working towards a Women Empowerment and Gender Equality Bill, to monitor and evaluate compliance to disability considerations in all programs of government and the private sector. These intervention processes are part of a vision and mission to integrate gender equity measures into the mainstream South African plan of action.

However, despite these measures that have been undertaken - and are being implemented - people with disabilities still face extreme social, economic and political levels of inequality and discrimination, contributing to their underdevelopment, marginalization, unequal access to resources and a gross lack of service provision.

It is for this reason, and with our clear understanding of the great limitations faced by this sector, particularly its women folk, that all South Africans ought to come together in celebration when people with disabilities rise to demonstrate their resolve, selfless sacrifice and active leadership in matters that concern their own empowerment; when they show capacity, courage, devotion and sense of personal responsibility in determining the direction of their own destinies; defining, carving and exploiting their own self-generated opportunities, and registering an indelible mark of contribution and excellence in achieving their set goals, and those of others, despite all odds. It is for us, as a caring society, to acknowledge and respect this mighty milestone; for it demonstrates to all of us the power and strength of a resilient soul – its sheer and amazing desire to break through any possible limitations - their ability to dream the impossible dream and then turn it into a possible and tangible reality - the mighty complexities of deep reflections, yet depicted in the simplicity of well-defined discipline, to believe that prison bars are open windows where the undying flame of spirit can, does and will always shine through.

August is Woman's Month. As people of the Republic of South Africa, and with humble respect to the values of humanity enshrined in our Constitution, we should all rise to recognize and pay TRIBUTES to all women with disabilities that have taught us and our children that 'through the trying dark clouds of struggle, the horizon always shines a bright ray of a promised glory!.

Manqoba T. Mngadi (1970 – 2014) Academic & Disability Activist

SUPPORT STATEMENT BY THE EXECUTIVE MAYOR OF MANGAUNG

The Honourable Cllr. Thabo Manyoni



e, at the Mangaung Metro Municipality, are honored to be given this wonderful opportunity by Valhalla Arts to host the three-day TRIBUTES 2015 Excellence Awards event which recognises exceptional South African (and African) women with disabilities in our beautiful City of Roses.

It is our belief in this Municipality, and this is shared by the entire province of the Free State, that people with disabilities are an integral part of our daily lives in our society. It is not only out of our respect for the South African Constitution, but also out of our respect for their social standing, that we have come to strive towards ensuring that people with disabilities are also accorded equal rights and opportunities to contribute their experiences, talents and capabilities to social development. We are also quite mindful of the fact that disabled women have always faced a situation of double jeopardy as they are discriminated against as both disabled and as women. Societal attitudes further add to this foregoing situation, defining the disabled sector, particularly its women, as helpless and in need of being taken care of. These attitudes have limited the role that women with disabilities can play in universal society.

Our participation in the TRIBUTES initiative is firstly because we acknowledge the important role that this sector in general has played in our various struggles, challenges and victories as a developing nation that has just emerged from the many years of socio-political oppression and isolation. Secondly, the Mangaung Metro Municipality has observed with both respect and awe how in the last 21 years of democracy in South

Africa people with disabilities have organized themselves into their own dynamic formations. The past 21 years have indeed ushered a new era where disabled people who have their whole lives in front of them have started to want to live in the community like everyone else, challenging physical and social barriers which hamper their full participation and establishing forums to give a 'voice and action' to their socio-economic and political aspirations.

Taking note of these developments, the Mangaung Metro Municipality has recently launched its own Disability Forum, whose primary role is to assist our Municipality in identifying the needs, expressing views on priorities, evaluating services and advocating change and public awareness of disability. This Forum will further provide a platform for self development and information sharing, giving to people with disabilities the opportunity to develop negotiation, organizational and support skills as they access societal opportunities from which they have been excluded. The TRIBUTES initiative is a platform which truly assembles this current generation of 'disability activists' who strongly believe that all disabilities united into one 'organization of ABILITY' can only provide a stronger voice for change than each disability group speaking out separately.

We are proud to be associated with such a profound mission which is driven by such a powerful vision. We wish to welcome all of those from the various corners of our Republic and continent who will be participating and sharing in this majestic milestone.













Championing Disability Empowerment in Mangaung



Ms Esther Radebe (HOD Social Services) was tasked by the City Manager to work closely with Valhalla Arts in identifying a Local Steering Committee to assist Valhalla Arts with coordinating the implementation of the proposed three-day event. It was important, as part of developing the required framework for the implementation of the Awards, that Valhalla Arts worked closely with the Municipality through the Local Steering Committee so as to establish a sense of ownership of the initiative and its implementation in the Free State. This was also to assist both the Municipality and Valhalla Arts in developing a clear multi-stakeholder partnership that profiled the work done by disabled people in the Province. Mr Abednigo Lehlokoa, who forms part of the Mayoral Community Champions Team, an advisory body on disability issues in Mangaung that was initiated in 2013, was also a member of the local steering committee.



A Special Tribute Stautette...

awarded to a woman with a disability that is chosen by the public for their excellent achievements.

BACKGROUND

Tributes - A Visit to Manguang

he TRIBUTES Excellence Awards initiative was founded by Valhalla Arts in the year 2010. This initiative honours women with disabilities who have left a lasting legacy in various forms of social development and is staged annually in the month of August (Women's Month). Each year 12 Finalists are selected from a pool of public nominations and are invited to a three-day event that culminates in the Awards ceremony.

For the past 5 years (2010 – 2014) that Valhalla Arts had staged the TRIBUTES Excellence Awards, the event had been exclusively held in the province of

KwaZulu-Natal. During this period South Africa had seen a total of 62 women with disabilities identified from all over the country and invited to be presented with the TRIBUTES Statuette. For the year 2015 Valhalla Arts decided to move the Awards to another province and approached the Mangaung Metropolitan Municipality to take the event to the Free State. On the 11th of May 2015 Valhalla Arts was invited to the Executive Mayor's Team (EMT) of the Municipality to make a presentation and table a Proposal of Engagement.

The Mangaung Metro Municipality EMT agreed to meet

Valhalla Arts with the necessary financial support and infrastructure to enable

the successful staging of the TRIBUTES 2015 Excellence Awards in Mangaung from the 26th – 28th of August 2015.

A Memorandum of Understanding was signed between the Mangaung Metro Municipality and Valhalla Art which stipulated that the whole three-day program would be held exclusively at the iconic Mangaung City Hall and that it would also include the following activities:

A TRIBUTES 2015 Lunch event where the Executive Mayor and local women with disabilities would welcome the Finalists on the 26th of August,

A 2-Day Disability Expo featuring 50 Exhibition Stands where identified local stakeholders in disability empowerment would be invited to display their various disability programs, services and information brochures from the 27th – 28th of August. During these two days the Finalists would also go out on a Community Outreach Tour to see local tourist attractions and also visit disability centres to inspire particularly young children with disabilities.

A TRIBUTES 2015 Gala Dinner event, to be hosted by the Executive Mayor and attended by various public, private and civil society organizations, where the

Finalists would be presented with their TRIBUTES Statuettes in various Categories on the 28th of August.

The thirteen 2015 Finalists (this year saw the introduction of the International Award Category) were informed of their selection, accepted the invitation and arrived to be treated like royalty over three magical days.

The TRIBUTES 2015 Excellence Awards were indeed staged successfully in Mangaung as reflected in the pages of this book titled 'TRIBUTES: A Visit to Mangaung' which we are proud to unveil to you. Valhalla Arts would like to thank and

appreciate the welcoming manner in which the Managung Metro Municipality, together with all the other local stakeholders that participated in this showpiece, embraced the prospects of the TRIBUTES Excellence Awards coming to the Free State in the year 2015. The TRIBUTES Excellence Awards model has once again proven that it is indeed best-practice in how it has been conceptualised, designed, coordinated, planned and implemented over the six years of its existence. Valhalla Arts is looking forward to the successful implementation and management of future TRIBUTES Excellence Awards events in the Free State.





Statement by Ethekweni Municipality



t eThekwini Municipality we fully recognize the fact that people with disabilities have the same socio-economic aspirations and political rights as any other citizen in our communities. We are also aware that people with disabilities still continuously battle exclusion and restrictions in their full participation in society, that they face discrimination from opportunities and also encounter many forms of abuse on a daily basis. As a progressive Municipality in the new South Africa we have made it our mandate to be supporters of various missions that seek to promote and embrace the disabled's rightful sense of dignity and belonging to our society. We believe that it is in service of this course that we can all be proud to say we have had a hand in building a 'society for all'.

We are also mindful of the fact that women with disabilities have had to face more barriers than most other vulnerable groups in our society in their quest for personal development. This is why our empowerment strategies and development systems have been carefully designed to redress these present imbalances that have seen them at the bottom of the social hierarchy. This has seen us working hard in implementing inclusive employment policies and creating a barrier free environment that aims to promote and maintain their equal access to development which we believe will go a long way in restoring and protecting their sense of dignity. We are also proud that over the years we have initiated and supported special programs that assist in raising disability awareness, promoting integration, and laying the foundations for their socioeconomic empowerment.

In 2009 we were the first to partner and work with Valhalla Arts, INDIMEZULU Trust (a local educational development organisation that awards bursaries to students with disabilities to further their studies at tertiary level) and the KwaZulu-Natal Department of Economic Development and Tourism in launching the first Disability Economic Empowerment Program (DEEP) Expo in KwaZulu-Natal. The purpose of this initiative, which has grown in leaps and bounds over the years, is to mobilise people with disabilities and offer them the platform and opportunity to interact with different stakeholders together with providers of services that have direct empowerment implications on their livelihoods and sector development. The DEEP Expo has now become a permanent feature in our annual calendar in Durban.

In 2010 we again joined forces with Valhalla Arts in supporting their TRIBUTES campaign that seeks to celebrate and honour women with disabilities that have achieved excellence in their various life and work fields. Over the 5 years (2010 – 2014) that the TRIBUTES initiative has been celebrated we have been one of the primary support partners. We have witnessed with pride as this initiative developed and matured with time. That the 61 women with disabilities who have, over this 5 year period, received the TRIBUTES Statuette were all bestowed this honour in our Municipality is a mark of contribution to the recognition of people with disabilities that we will always celebrate in our history. It was also with pride when one of our own, the late Dudu Mokoena (Manager in our Vulnerable Groups Unit) was selected as one of the TRIBUTES Finalists in the year 2011.

The TRIBUTES initiative is a universal movement of the people and cannot be limited to only one corner of our Republic. As eThekwini Municipality, and on behalf of the people of KwaZulu-Natal, we always knew that we had been given the honour, by Valhalla Arts on behalf of universal people with disabilities, to host this event only just for a while. We were only happy to see it grow and are today proud to hand-over its future hosting to the Mangaung Metro Municipality. We will always maintain that there are many lessons to be learnt from this initiative. One of those simple lessons is that people with disabilities do not just have an equal need for our respect, honour and admiration – but that it is society's call and obligation to shower them with respect, honour and admiration when they have earned it through their excellent work. Then there are other complex lessons to be observed as well, one being that no development initiative, even one as profound and impactful as TRIBUTES, can ever flourish without the committed support of those that have been bestowed the honour to host its next steps into the future.

We would like to wish the Mangaung Metro Municipality, together with the people of the Free State province, well as they take this amazing disability celebration mission forward. As eThekwini Municipality we have absolutely no doubt that this initiative is again is good hands. Once again, thank you to Valhalla Arts for the honour!

Edited extract of the Hand-over Speech delivered by Mr Zachareus Nkosi (Special Political Adviser to His Worship, Ethekwini Mayor Councillor James Nxumalo) at the TRIBUTES 2015 Excellence Awards Gala Dinner held at the Mangaung City Hall on the 28th of August 2015.





The Beginnings

The Story of Tributes

"The Story of TRIBUTES began when man awoke to the profound realisation of the self as being, and a being. A state best described in René Descartes eloquent and adequate statement on this level of consciousness, 'I Think, Therefore I Am'.

The raison d'être for TRIBUTES lies in the realisation that it is in the application of the product of the mind, and none else, which forms the basis of man's description of being. The recognition and acknowledgement of those actions driven by which is of the mind is the basic infrastructure upon which TRIBUTES expresses itself. Telling the story of people who by appearance, would be least expected to perform such extraordinary deeds. Deeds which are of significant benefit not only to the self, but also to life itself.

To that extent, TRIBUTES thus sets itself the following objectives:

- The total affirmation of life in context.
- The total affirmation of the quest for excellence.
- The recognition and acknowledgement of the extraordinary people expressing their alchemist nature, and
- Firmly placing the disabled discourse on a platform of what the disabled can, and do, do for life, rather than what life can do for the disabled."





Meet the 2015 Finalists

Tributes 2015

HONOURING EXCEPTIONAL WOMEN WITH DISABILITIES



Ms Nthabiseng Molongoana





























26-28 August 2015 • Mangaung City Hall



Business Award





Nthabiseng Molongoana

Nthabiseng Molongoana is a young woman with a disability who made a success in facing challenges of severe disability after a taxi accident in 1994.

She has worked at the Association for Persons with Disabilities, Free State for the past 11 years coordinating

correspondence with Department of Social Development and facilitating the submissions of all progress reports. She also manages the general administration responsibilities of the Jean Webber Home & Emelia Children's Centre; assessing new residents for admission into the Home & Children's Centre; working out the developmental plans for the residents & leading presentations to introduce APD Free State to stakeholders and prospective partners.

She obtained a Bachelor of Science degree with Statistics and Psychology from the University of the Free State in 2004. Her interest in the tourism business started when she worked as part of a team to develop the Disability Experience Tourism Route in the Free State Province. She realized the need for wheelchair accessible establishments for people with disabilities. Today she owns a guesthouse "Letha's Lodge – a home away from home".

The highlight in managing her business came when she became the Free State finalist in the Emerging Tourism Entrepreneur of the year Award. This gave her opportunities to showcase her business in Berlin, Germany ITB and INDABA Durban ICC in 2011. In June 2014 she won 3rd place in the category 'Best Entrepreneur with Disability' of the Free State Enterprise Job Creation Challenge organised by the International Labour Organization.



Emilie Olifant

Emilie Olifant sustained a spinal cord injury as a result of a car accident that she had in March 2003. She is a highly skilled and dedicated individual with over twenty two years of experience in office administration, project management and human resources (transformation &

employment equity) and she is currently working in the Office of the Deputy Minister for the Department of Social Development.

Emilie is a qualified Trauma Counsellor and an Advanced Project Management Graduate. She is the Founder and Director of The Emilie Olifant Foundation which strives to address socio-economic issues experienced by people with disabilities though Coaching, Empowerment, Mediation, and Integration. She chaired the Work and Employment Committee of the National Council for Persons with Physical Disabilities (NCPPDSA) and was also part of NCPPDSA's Universal Access Committee.

Emilie is a member of the Black Management Forum - Sandton Branch, Business Women Association of South Africa, the Toastmasters International, the Business Engage Gender Advisory Council and a disability activist. Ms. Olifant also contributes articles for the Rolling Inspiration magazine, a bimonthly lifestyle publication that is targeted to individuals, spouses, family, friends and colleagues of people with mobility impairments. To relax, Emilie enjoys travelling, creative writing (poetry), socialising as well as nurturing her spiritual growth. She is a go-getter and embraces life as best she can.

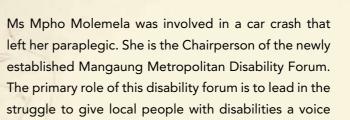
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Tributes

Leadership Award

Mpho Molemela



of their own'. It is to assert that people with disabilities are their own best spokespersons as they best know their own needs and aspirations. Part of this 'leadership' role involves the disability forum, and not any other 'non-disabled advocacy group', representing people with disabilities to governments, service providers and the public.

She has worked for the Department of Social Welfare, Free State, as a member of the Grants Assessment Panel. She has also demonstrated her leadership qualities as Deputy Secretary of Tshwaraganang as Provincial Coordinator of Creative Dance Sports for People with Disabilities, the Deaf and the Blinds. In the late 90s she was a Board Member and Secretary of the Provincial Women Development Programme (PWDP) in the Free State.

In 2002 she Received Company's Best Team Award for Outstanding Performance and Lasting Contribution on Adherence, Communication and Product Knowledge at Uthingo Management. She is presently actively involved in facilitating job creation programs of women with disability and Youth (APD). In 1998 she had the opportunity to attend the Disabled People International (DPI) in Mexico.

Disability Rights Advocacy Award



Charlene Sunkel

Charlene was diagnosed with paranoid schizophrenia in 1991 and the journey that followed has seen her exposed to and taking a keen interest to the challenges experienced by people with mental health disorders. Today she has been invited globally as well as to

Government Organization talks and functions, where she has been such an interest to the audiences.

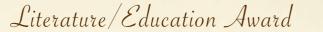
She is Programme Manager at the Advocacy & Development at SA Federation for Mental Health and Board of Management at the Schizophrenia & Bipolar Disorders Alliance, and serves as a leading influence in the Steering Committee of the African Mental Health Network and Rural Mental Health Committee. She has received a host of other awards including the Special Achievement Award from the SA Federation for Mental Health (2006), the Chairman's Award for Advancing Psychosocial Rehabilitation in 2011, the Special Achievement Award for Innovative Programme in Psychiatric Disability and the Award of Excellence in the Field of Mental Health from the SA Federation for Mental Health in 2014.

She has contributed numerous articles on this subject including "Empowerment and Partnership in Mental Health" (The Lancet 2011), and contributed chapters in publications including the "Impact of the Gauteng Consumer Advocacy Movement on Existing Members", Advances in Psychology Research (Nova Scientific Publishers; 2012). One of the books she has authored is titled the "Empowerment and Partnership in Mental Health – Discovering Their Voice" (published by Lambert Academic Publishing 2013). She has also explored Theatre & Film as tools to raise public awareness producing theatre plays on schizophrenia and a short feature film on schizophrenia and bipolar disorder titled "Two Beds" (produced for Central Gauteng Mental Health Society).

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Community Development Award





Desagie Parmeswar

Ms Desaie Parmeswar is a visually impaired woman who has had a rocky but exciting road to travel. She was born partially sighted with an eye condition known as Retinitis Pigmentosa.

She attended College where she completed a Course

in Dictaphone Typing, Receptionist and Basic Secretarial. After graduation she was employed almost immediately by the KZN Blind and Deaf Society where she worked for almost ten years as a Secretary for the Social Work Department, planning and presentation of projects. She has been an Executive member of different community Clubs, joining the Phoenix Light Group, a community development organization that undertakes various disability economic empowerment projects in Durban as Community Outreach Officer. She is back at the KZN Society for the Blind in Umbilo as a Braille Facilitator and Training Co-ordinator.

She is also a Motivational Speaker, encouraging the visually impaired to become independent, self-supportive and knowledgeable of the world around them. She says she 'would not trade this passion for anything. This has made me a better and stronger person'.

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Lois Strachan

Lois Strachan became blind at the age of 21 as a result of Type 1 (childhood onset) diabetes. Lois is a speaker, facilitator and storyteller. She is passionate about raising awareness of the abilities of persons living with a visual impairment.

She is the creator of the children's books, "The Adventures of Missy Mouse", about a blind mouse who uses her other senses to engage with the world around her. Lois has a Bachelor of Arts, majoring in English and Classical Civilisations, and an Honours degree in Classical Civilisations, both from the university of KwaZulu Natal. She has worked as an Office Manager in a marine engineering consultancy, has been a singer in a rock band, and has served as District Governor of Toastmasters International, Southern Africa, a volunteer organisation focusing on communication and leadership development. She has recently been appointed as an Ambassador for Casual Day, South Africa's biggest fundraiser for persons living with disabilities.

Lois is an avid reader, enjoys music, cooking, and spending time with family and friends. She lives in Cape Town, South Africa with her husband and a houseful of dogs.

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Tributes

Media & Communications Award



Terry-Ann Adams

Terry-Ann Adriana Adams grew up the only albino in her family, school, suburb and community in Eldorado Park in Johannesburg. She had to endure a lot of prejudice and discrimination. As the only albino, it was a bit challenging for people to understand her. As a

disabled woman, she has learnt that support from people who care for you is the most important thing. A recent graduate in Humanities at Pretoria University, she refuses to be defined by her disability.

Terry-Ann Adams is today a poet, former news anchor, news and actuality talk show host, MTN Radio Award winner, multiple MTN Radio Award nominee, disability rights activist, motivational speaker, albinism ambassador, girlfriend to an awesome guy, social media freak, Boondocks enthusiast, student, daughter, cousin, friend... Coloured.... ALBINO. She believes she is all those things 'despite and because of my disability!'

Terry-Ann is currently doing her Honours Degree in History at the University of Pretoria. She is the face of Fability, a company dedicated in disability rights activism by showing the glamorous side of disability. She sits on the project team committee at casual day and has taken up the challenge of educating her community around all disabilities, not just her own.

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Creative Arts Award



Jabulile Ngwenya

Jabulile Ngwenya is a fierce woman who doesn't let her deafness hold her back. Jabulile attended mainstream schools in Canada, Swaziland and South Africa. She matriculated from The Wykeham Collegiate in Pietermaritzburg, KwaZulu-Natal, and holds a

Bachelor of Journalism degree from Rhodes University where she specialised in writing and editing, and in multimedia. A versatile communicator and content creator with a keen eye for strategy and detail, Jabulile has a gift for words and language. She is a freelance writer and founder and director of Red Silk Tree Media, a company that focuses on bringing ideas to life through words.

Jabulile is able to paint stories through print, film, digital and graphic media in such a way that makes them come alive on the page or screen. She enjoys crafting excellent content from what information she has in her hand, and giving it shape, form and structure. After she completed her studies at Rhodes University in 2006, she moved to Johannesburg in 2007 where she cut her teeth as an intern at The Star newspaper. She went on to become a journalist for the newspaper, covering lifestyle issues and news stories for a few years. In 2008 she spearheaded an extensive international humanitarian rescue effort to rescue an acquaintance who was caught into the midst of the ethnic clashes in Kenya. She worked with various humanitarian organisations across Africa and Europe to orchestrate the rescue mission.

During her years in Johannesburg, she worked as a communications specialist and content consultant for corporate and private companies. In addition to her arsenal of writing and editing skills, she has events, campaign and project management experience. She lives in Cape Town where she is living her dreams. She is also a Casual Day Goodwill ambassador.

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Mother-of-Child Award



Ms Baatile Komane-Mofokeng

Ms Baatile Mmammoti Komane-Mofokeng's lifelong learning journey and involvement in matters of disability started with the birth of her son, Nyakallo Mofokeng in 2005. Nyakallo was born with Down syndrome a condition diagnosed at his birth. She immediately turned to her husband who was by her side and cried. Shortly after that she picked up her baby boy, placed him on her chest and said to herself; "Now the journey begins Baatile".

In 2010, when the boy was 5 years old, Baatile received emails from the Senior Development Social Worker informing her that she should look for an alternative Crèche for Nyakallo as the teachers at that Creche were not equipped to deal with kids with disabilities. Her response was to send three teachers from the school for training in Inclusive Education so that they can be exposed and equipped to accommodate children with disabilities. In 2012 she made it possible for National Down syndrome day to be hosted at Kalafong Hospital where health care givers were granted an opportunity to share with parents the role of healthy life-style and its benefit to children with disability to ensure that they live a quality life.

In 2013 she organised training for mothers and received charity LEGO boxes which she donated to the Tshwane Down syndrome Association, a local self-help group and a special needs Day Care Centre. In 2014 she sent some of her work colleagues to attend inclusive education training and initiating the use of head reflexology as a complementary treatment to offer holistic therapy for children with Down Syndrome. In 2014 Baatile was co-opted as a Board member for Tshwane Down syndrome Association representing parents from Outreach and Self-help groups.

Tributes

Sport & Recreation Award



Juaneli Meijer

Juanelie Meijer was born in Bloemfontein, Free State, on the 13th of July 1997. Due to complications during birth, Juanelie was diagnosed with a right hemisphere brain injury (causing the muscles on her right to be weaker than her left side muscles).

She has been classified by the Paralympic Committee as a T38 (track) and F38 (field) athlete, meaning that she competes nationally and internationally against female athletes with the same classification, regardless of their age.

Juanelie started participating in athletics towards the end of 2009 at the age of 11.

Her wish is to participate internationally and nationally on an ongoing basis. Her goal is to be selected for Team SA Rio Paralympics in 2016. Some of her future aspirations are to become a school teacher so that she can advance her education and career path during/after athletics.

At the 2010 SA National Championship held in Port Elizabeth she took Gold Medals and set New South African Records 100, 200 and 400 metre races and stole Silver in the long-jump field competition. She repeated the same fit at the 2011 SA National Championship held in Rustenburg, this time graduating to Gold in the long-jump showdown.

In 2011 she was selected to Team SA that travelled to the IPC World Championships in Christchurch, New Zealand where she reached the Finals in the 100 and 200 track race events. She has also represented Team SA at the IPC Athletics World Championships held in Lyon, France - reaching Finals, and again at the Commonwealth Games that were celebrated in Glasgow, Scotland. As from August 2014 she had been ranked No 10 (100m & 200m) and No 8 (Long-jump) in the world.

Young Role Model Award



Bongi Mdluli

Bongi Pelly Mdluli was born in Bergville Kwa-Zulu
Natal but grew up in Vereeniging Gauteng. In 2006,
at age 13 and in Grade 6, she was diagnosed with
Oestrogenic cancer. She was a student at Selborne
Primary when she fell and was rushed to Kopanong

Hospital for an X-ray. Seeing that the situation was serious, doctors transferred her to Baragwanath Hospital where she was first told of the cancer. Doctors called a meeting with her parents to tell them that they had to amputate her left leg to save her young life.

In October of the same year she went to theatre for the amputation. She was confined to a wheelchair, started learning to walk using crutches and started chemotherapy treatment which she finished in April 2007. She was able to write her exams in November 2006 and with the help of her teachers finished her Grade 7 studies. In Grade 11 she started realizing she should stop letting others define who and what she is. In 2012 she participated in a Cancer Relay held in the Vaal where with the support of her teachers and school mates she walked the whole night doing 20 rounds around the stadium. She received an award for Best Walker and most dedicated cancer survivor. After matric she moved to Durban to face the world on her own. In 2013 she was invited to Gagasi Fm by the 'Afternoon Drive' presenters for an interview about cancer and life. In September of the same year The Sowetan Newspaper profiled her story which again attracted a lot of positive attention and she started having followers on Facebook.

She is currently a second year student at the Creative Arts College in Durban pursuing her studying Film. She has also established her own organization called

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International Award

Ramla Said Omar



Ramla Said Omar Mohamed is a disability activist and an inspiration to many women with disabilities in Kenya, her country of birth.

She is Founder and of the Al-Mugtadir Association and Treasure of the Mombasa Old Town Community

Youth Group, organizations which encourage people with disabilities in particular to mobilize and exchange their personal and social experiences. The structured empowerment programs that these organizations offer are designed to enable participants to enhance their knowledge and understanding of policies, best practice and challenges for improving access, opportunities and quality of life for people with disabilities in developing communities.

Equipped with a qualification and skills in Information Technology from the Mombasa Polythechnic institution (2002/3), Ramla trains youth and people with disabilities in computer skills and packages. After the 2013 Government elections the new Member of Parliament in the Mvita Constituency formed a Committee to take charge of the Community Development Funds (CDF). Ramla Said was elected by the community to represent people with disabilities issues in the Committee for a term of five years.

In 2013 the Muslims for Human Rights (MUHURI) organization in Kenya awarded Ramla the prestigious PWANI Human Rights Award in the 'Person with a Disability of the Year' category. Later that year, the National Council for Persons with Disabilities in Kenya recognized her with a Certificate for her contribution in pioneering various socio-economic development initiatives for women with disabilities in the Mombasa County. In 2013 Ramla was invited by the American Embassy in Kenya to participate in the US State Department sponsored International Visitor Leadership Program (IVLP) which seeks to build

Post-humus Award

Thembisa Ruth Sokuyeka



Thembisa Ruth Sokuyeka was born in Grahamstown on 14 August 1946. A single mother of two, she became paralysed and a permanent wheelchair-user after she'd developed TB Meningitis at a young age. Thembisa had a vision way back in 1972 when she

started a burial society for people with disabilities. In 1987 she was one of the pioneer of Vuk'uhambe Self-Help Association for the Disabled (SHAD) in Gugulethu, Cape Town. Vuk'uhambe was formed by 12 people with physical disabilities, male and female, in the confines of a makeshift "workshop" in Thembisa's backyard. 'Vuk'uhambe' means "get up and go". SHAD members were empowered to focus on their abilities, rather than the disabilities.

Born of a mother who was a self-taught dressmaker, she had made it a point to obtain some dressmaking qualifications. She transferred her skills and training to others whom she trained on her own, especially in producing bedding, curtains of good high quality and a variety of leather goods, and also offering her voluntary services as a peer supporter for women newly diagnosed with spinal cord injuries. In 2005 Vuk'hambe was listed on the Resource Directory of the (Western Cape Rehabilitation Centre) WCRC for patients' referrals for integration purposes.

Thembisa was a mother and a friend to so many. She always encouraged disabled people to join self-help projects and to start a new life while tackling the task of living, as well as self-reliance and defending their rights and striving to change societal prejudice towards the disabled. Her never-say-die fighting spirit and unmistakeable "can-do" attitude made her a cut above the rest. She died at the age of 57 in January 2004. Her legacy is bound to live on forever! TRIBUTE By: Nomacala Maria Tshabalala (Mrs)



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The Arrivals

















































he TRIBUTES 2015 Lunch Event was attended by senior representatives of the Mangaung Metro Municipality led by the HOD of Social Services Mrs Esther Radebe; Member of Mayoral Council Maditaba Matsoetlane; members of the Mangaung Local Steering Committee; local women with disabilities (including Cllr Thandi Jacobs) together with female members of the Mangaung Traffic Law Inspectorate (who were tasked with escorting the Finalists wherever they went throughout the three-day duration) was officiated by the Deputy Mayor of Mangaung, Cllr Connie Rampai.



he culmination of the Lunch Event was the awarding of TRIBUTES 2015 Certificates to all the 13 Finalists by both Cllr Rampai and Mrs Matsoetlane.













Tributes Day One











































Mangaung honours disabled women By Jabulile S. Ngwenya

August 26 2015 at 09:31pm

Mangaung - People's mindsets and attitudes toward persons with disabilities. especially women needed to change, deputy mayor of Bloemfontein, Connie Rampai, said on Wednesday.

The city, also known as the City of Roses, pulled out the stops for 13 Tributes finalists as they arrived in the city from different cities across South Africa, and as far as Kenya, to participate in the three-day 2015 Tributes Awards.

The awards, now in its sixth year, honours exceptional women with disabilities in South Africa and Africa, for their contribution to society. The finalists have different forms of disabilities, ranging from cerebral palsy, blindness, deafness and paralysis among others.

Rampai officially welcomed the finalists at City Hall, alongside with representatives from the department of education, social development and sports, arts, culture and recreation.

At the start, Musa E. Zulu, founder of the awards and creative director of Valhalla Arts requested a moment of silence.

"Our thirteenth finalist is no longer here on earth with us, but it is important to remember people with disabilities, especially women, because their legacies remain," he said.

Addressing the finalists, Rampai said persons with disabilities, especially women, had a valuable contribution to make to society.

She noted that when it came to addressing issues around disability and discrimination, "it is a fight for equality – people's mindset around disability must change".

She added that anyone who was physically able could easily become disabled the next day, hence the importance for an increased understanding around disability and what it meant, and bringing about transformation.

In a statement, the City's Mayor Thabo Manyoni, who was unable to attend the event said: "We are also quite mindful of the fact that disabled women have always faced a situation of double jeopardy as they are discriminated against as both disabled and as women.'

Manyoni added: "Societal attitudes further add to this forgoing situation, defining the disabled sector, particularly its women, as helpless and in need of being taken care

of. These attitudes have limited the role that women with disabilities can play in universal society."

Rampai described how Mangaung municipality was working towards a more progressive society by including persons with disabilities in their programmes within the municipality.

"Their voices must be heard," she said.

Recalling how the ANC was first formed in Bloemfontein in 1912, she said 21 years into democracy, the city is cognisant of the challenges in addressing issues facing the youth and persons with disabilities.

A Disability Forum was formed in June this year as a vehicle through which various issues could be addressed and solved.

> Mangaung Head of Social Development Esther Radebe said: "This is the first Disability Forum in the city. I am very excited about it and the awards. For a long time this forum did not exist and it is essential to put disability high on the agenda as we need to get things done now."

"We have started assigning wheelchairs to people who need them," she said.

People with disabilities also have first priority when it comes to making appointments within the municipality, she added.

The primary purpose of the forum, Manyoni said, "is to assist our municipality in identifying the needs, expressing views on priorities, evaluating services and advocating change and public awareness of disability".

"We acknowledge the important role that this sector in general has played in our various struggles, challenges and victories as a developing nation that has just emerged from the many years of socio-political oppression and isolation."

The 13 finalists received certificates that recognised their contribution to society. Zulu said the finalists were nominated by "ordinary people to protect their interests and be a champion of peoples' rights". The awards event runs from August 26-28.

Tributes Excellence Awards organiser describes Disability

Musa E. Zulu, creative director of Valhalla Arts and organiser of the Tributes Excellence Awards with his wife and manager, Jabu E. Zulu at the 2015 Tributes **Excellence Awards event in Mangaung, Free State.**

Life has not been a perfect ride for Musa E. Zulu, the organiser of the annual Tributes Excellence Awards.

Twenty years ago, on April 20, 1995, Zulu's life changed in a split second when the car he was travelling in crashed and hit a wall. He wasn't wearing his seatbelt. "This year, I am celebrating 20 years in a wheelchair," he told the African News Agency at the sixth Tributes Excellence Awards event in Mangaung. The awards event, which

honour exceptional women with disabilities, took place during the last week of August — women's month in South Africa.

He never dreamt such an incident would happen so quickly, and see him go from being an active young man to a man confined to a wheelchair, half paralysed from the waist down. At the time, he was only 23 years old. Doctors told him he would never walk again. Initially devastated at the prognosis, he had to carve a new life out for himself and navigate his identity in more ways than one.

The accident affected him deeply and challenged his concept of masculinity, sexuality and what it means to be human. It also opened new doors of possibilities for him, and led to the first Tributes

Excellence Awards event, which was initially held in Durban from 2010 until last

He shared that the concept to honour exceptional women with disabilities was his wife's idea. "She asked me why I wasn't doing anything for women with disabilities, and I asked her what I should do, and Tributes was born," he said.

Zulu, who is an artist, motivational speaker, author and creative director of Valhalla Arts shared that his wife is his manger. "If it was not for her, I would not be the man I am today," he admitted.

After five years in Durban, KwaZulu-Natal, Tributes has moved to Mangaung, Free State, where it would remain for the next five years, until 2019. Zulu pointed out that the awards event honour women from different provinces.

"It was time to make it into something truly national," he said. Zulu said the event, which in the past honoured 12 women, saw 20 women being honoured during 2014 to commemorate South Africa's celebration of 20 years of democracy. Now, it has grown from 12 to 13 women, with a new category introduced this year, the International Award.

"The event needed to go outside KwaZulu-Natal and I needed to talk about the unusual outside the province and see if it made the dialogue made sense to people in other provinces," he said.

The city of Mangaung, he said, has embraced the event as they are aware of the

importance of disability, having already started up a disability forum in 2014. This, he said, is exciting. He also said he loved the idea of taking the event to the City of Roses and adding an element of romance to the event.

"I love glamour and being around women, and new developments are always exciting," he said.

Zulu shared that happiness for him is "waking up with an idea that tests the limits of my possibility and that I can do it, and then do it".

A disability expo took place during the Tributes event, and Zulu said the expo is part of the event as it helps to break down attitudes toward people with disabilities. The expo, Zulu said, "make it possible for people with disabilities to see themselves at work, and for other people to see the

process and progress of work of people with disabilities".

His said his message to society is: "I want people with disabilities to wake up and access their inner ability because in accessing that, we also access our self definition".

Reflecting on the past 20 years, Zulu said: "I would not define it as a roller coaster but as a slow ride to heaven". He paused, searching for words, and said, "It is a

He explained why: "When we are born, we crawl, we walk and then we fly". He said when he spins around in his wheelchair, talking to a crowd, he feels as if he is

A disability he said, is not an inability to achieve your dreams for "It is better to be a beginner than a finisher because a beginner can still plot an amazing finish".



MEDIA ARTICLES

MEDIA ARTICLES





Deep Objectives

DEEP stands for Disability Economic Empowerment Programme. DEEP was initiated by Valhalla Arts and Indimezulu Trust in conjunction with the KwaZulu-Natal Department of Economic Development and Tourism in 2009. Valhalla Arts and INDIMEZULU Trust have been working in the field of disability awareness and empowerment for the past six years. During this period they have pioneered new models of disability integration programs and also partnered with other stakeholders in starting or giving impetus to already existing initiatives designed to meet the needs of people with disabilities in our communities and country.





This DEEP initiative is implemented towards encouraging the involvement of people with disabilities in ensuring for themselves that their needs are identified, prioritized and met in the design, implementation and evaluation of various Government and Private Sector programs and policy initiatives that are rolled-out for their betterment.





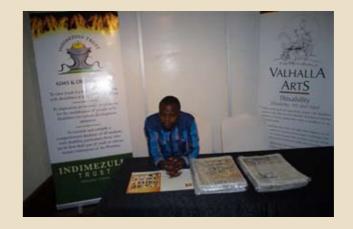






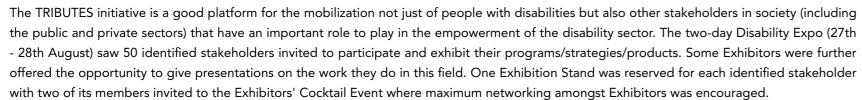


















































Disability expo shows disabled people are capable of working

people said at the opening of the Disability Expo in Manguang on Thursday. The second day of the 2015 Tributes Excellence Awards saw finalists attend the opening of the Disability Expo at the City Hall in Mangaung where Musa E. Zulu, creative director of Valhalla Arts and founder of the Tributes Awards, spun around in his wheelchair to gather everyone in a circle.

"The Disability Expo is about creating awareness," said Zulu, explaining that the expo was about showing people that persons with disabilities did work, and were not just sitting back at home doing nothing. "Awareness is important, and it is important to make sure people are educated about disability

issues," he said. Tribute finalists, Mangaung municipality representatives and young learners with disabilities stood next to each other in the circle.

Mangaung MEC Social Development Councillor Maditaba Matsoetlane, 27-29 at the City Hall. in highlighting the importance of addressing disability, said: "I am excited to welcome you all to Mangaung."

It was important to show people that persons with disabilities also She said the expo was important in showing that disability issues could not worked, the founder of a special awards ceremony honouring disabled be tackled without the support of key stakeholders. She said that within the

> municipality, "disability is a focus," a key area in which the municipality would be focusing more on. Learners from different schools with different disabilities were present at the opening. Zulu addressed these learners and said: "People who say young people with disabilities do not have a future are mistaken. You have a future, and you are part of a family." He said each person would receive a copy of the **Thisability Newspaper**, "a newspaper that tells positive stories about what people with disabilities are doing and achieving". It is a paper that "gives them a voice," he said.

Fifty organisations from Mangaung and outside Mangaung were participating in the Disability Expo. The expo is taking place from August



National 28.8.2015 08.35 am





Tributes: Promoting Disability Accessible Tourism

One of the objectives of the TRIBUTES Excellence Awards initiative is to promote accessible tourism in the South African disability sector. Our modern society, with its growing tourism industry, has become increasingly aware of the concept of integration of people with disabilities. Issues such as accessibility, design for all and universal design now feature prominently in our policy formulation, strategy development agenda and even the Constitution.

Accessible Tourism is the ongoing endeavor to ensure tourist destinations, products and services are accessible to all people, regardless of their physical limitations, disabilities or age. Accessible tourism enables people with access requirements, including mobility, vision, hearing and cognitive dimensions of access, to function independently and with equity and dignity through the delivery of universally designed tourism products, services and environments.

As part of promoting national accessible tourism, the TRIBUTES initiative opens nominations to be received from all corners of the Republic. Since 2015 Valhalla Arts has started opening public nominations for women with disabilities from neighboring countries in the African continent. In the same year Ms Ramla Said Omar Mohamed was selected and invited as a Finalist representing Kenya to come to Mangaung and receive the TRIBUTES Statuette in the International Award Category. TRIBUTES thus avails to these women with disabilities the platform and opportunity to explore the hosting area's various attractions – its people together with their culture. Women with disabilities chosen as TRIBUTES Finalists each year are in essence tourists.

Valhalla Arts always ensures that as part of the planning and preparation for the annual TRIBUTES Excellence Awards, and with full knowledge that TRIBUTES is an accessible tourism promotion mechanism, the following standards are met with care and due-diligence:

Barrier-free destinations: This includes airports where the TRIBUTES Finalists land and depart, together with their hotel accommodation during the event. Valhalla Arts conducts a comprehensive disability audit to source reliable information about a specific destination's level of accessibility. Results allow us to conclude that all infrastructure and facilities to be used/visited (including the Mangaung City Hall where the Lunch, Disability Expo and Gala Dinner were held in 2015) as part of the TRIBUTES Three-Day Program) are fully accessible to people with disabilities invited to participate.

Transport: This includes both air and ground transport for the Finalists and their travel companions. The audit further ensures that these are suitable for all users. As part of their support to the TRIBUTES 2015 Excellence Awards, the Mangaung Department of Social Development who were also part of the Local Steering Committee, provided Valhalla Arts their own disability-friendly vehicle to transport the three 2015 paraplegic Finalists (Ms Nthabiseng Molongoana, Ms Emilie Oliphant and Ms Mpho Melamela) for easy access and comfortable ride in their wheelchairs.

High quality services: Trained Staff capable of dealing with accessibility issues are always at hand to ensure that the needs of every person with a disability (including the able-bodied) invited are understood and met accordingly. Sign Language Interpreters are enlisted throughout the three-day event to see to the effective and on-the-spot communications needs of Deaf Finalists. The Mangaung Metro Tourism Unit provided Tour Guides who worked very closely with enlisted Sign Language Interpreters to ensure that our 2015 deaf Finalist (Ms Jabulile Ngwenya) got to know the details and history of all tourist sites and monuments visited during the Community Outreach Tour.

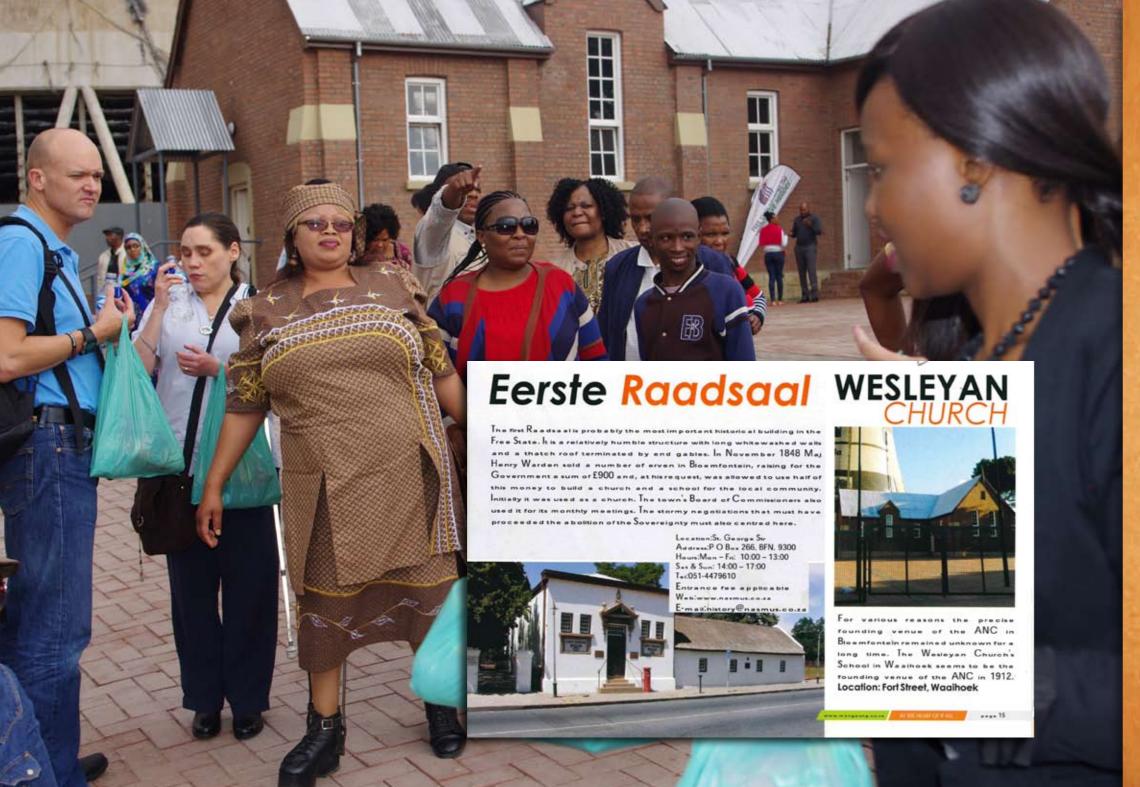
Activities, exhibits & attractions: During the 8 (Eight) planning & preparations sessions that Valhalla Arts held with the Mangaung Local Steering Committee (in the months of June, July and August 2015), local tourist sites were identified as exciting historical areas that the Finalists would visit. Disability audits conducted before the event, accessible infrastructure and facilities selected for implementation together with Trained Staff (including Mangaung Traffic & Emergency Services, Interpreters, Tour Guides and Marshals) enabled us to design and implement a successful Community Outreach Program that allowed for full, safe and accessible participation by everyone involved in this tourism initiative.

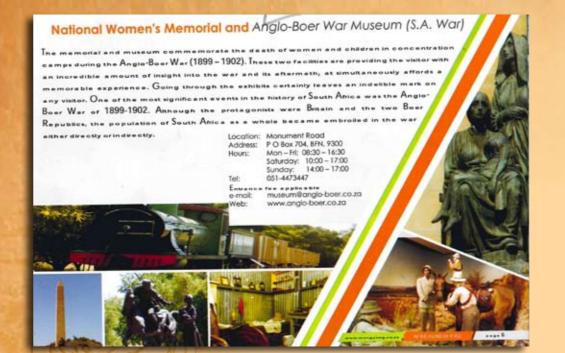
Our 'TRIBUTES 2015 Visit to Mangaung' proved to be an extraordinary journey of such exciting moments - and Mangaung rose to the occasion. The City of Roses opened her doors and welcomed us all. Mostly, the TRIBUTES 2015 Finalists had a wonderful time visiting her accessible and beautiful tourist sites!

Thank you!

JABU E. ZULU

Valhalla Arts Project Coordinator & Events Planner



























The President's Acre and President Brand Cemetery

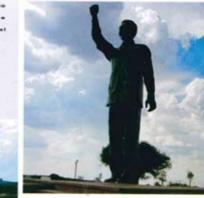
Many men, wemen and children who lost their lives in the Anglo Boer War are buried in the President Brand cemetery. The Presidents' Acre that forms part of this cemetery is the final resting place of former State Presidents of South Amoa.

Locationic/o President & Church Street Hours:Dasy: 08:00 - 17:00 Entrance:Free

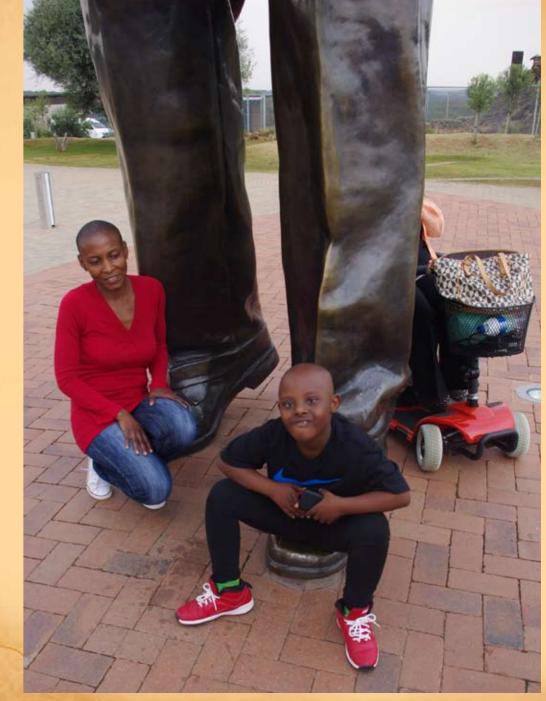




NAVAL HILL & FRANKLIN GAME RESERVE. NELSON MANDELA STATUE



Location: Entrance from Union Avenue
Tei: 051-4127016
Hours: 08:00-22:00
--mail: rhulantshibambu@mangaung.co.xa





Tributes 2015 Visit to Emilia House

n the morning of the 28th of August 2015, and as the second day of the TRIBUTES 2015 two-day Community Outreach Tour, the Finalists together with members of the Local Steering Committee led by Ms Esther Radebe joined members of SA Express, led by Mrs Boitumelo Tlala (SA Express Communications Coordinator: CSI, Sponsorship & Events), accompanied by Ms Miranda Lephoko and Ms Ntokozo Ndwande, on a visit to the Emilia House for children with disabilities inside the Mangaung precinct.

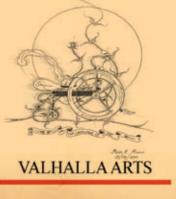
Emelia House is a Day Care Centre for Children with Multiple Disabilities located in Batho, Bloemfontein. Emelia House is managed by APD Free State as a non-profit organization, and relies on donations to keep the centre running. There are approximately 30 children with multiple disabilities ranging from Down Syndrome to Cerebral Palsy. All of these children are from disadvantaged communities. As part of creating local support partnerships and sustaining the health-care needs of the children, Emilia House has joined forces with 8 medical students from the University of the Free State Medical School, who took a decision to 'adopt' Emelia House for their community based education project. The students help Emelia House not only financially but also with the care of the children, enlisting the help of other health care professionals to ensure that the care of these children is approached holistically.

Even though Emilia has the available infrastructure to provide care day and night, limited funding hampers sustainable development programs to enhance life opportunities for both the institution and the children at Emilia. The purpose of this visit was thus two-fold. Firstly, it was for the TRIBUTES 2015 Finalists and entourage to visit the Day Care Centre and interact with the children and staff. Secondly, the visit was to utilize this experience to share ideas and deliberate about possible disability empowerment programs which can be developed and trialed for the benefit of community disability projects such as Emilia House. Thirdly, the Finalists were at Emilia House to support, promote and give publicity to one of the SA Express disability awareness programs that the airline was pioneering towards meeting select needs of children at Amelia House.

SA Express is an airline that is passionate about disability. As a company in the business mobility, SA Express aims to make movement easier and comfortable for all vulnerable groups in our societies. As part of its support to disability empowerment programs, the airline had also sponsored return flight tickets for some of the Valhalla Arts Team members with disabilities who travelled to Mangaung for the TRIBUTES 2015 Excellence Awards.

Having distributed many wheelchairs to KwaZulu-Natal disabled children in need of these mobility devices in the past, the airline was at Emilia House in Mangaung to announce that they would be celebrating Disability Month (03 November – 03 December 2015) with a campaign to collect diapers for children with Cerebral Palsy at Emilia House which the staff had identified as one of their immediate needs. SA Express used this visit to make an announcement that they would be at Emilia House to celebrate National Disability Rights Awareness (on the 3rd of December 2015) which is also International Day for Persons with Disabilities. This is when they would hand-over the diapers collected during Disability Month to Emilia House beneficiaries.

On behalf of the various stakeholders associated with the TRIBUTES 2015 Excellence Awards initiative, Valhalla Arts wishes to thank SA Express for an invitation to this amazing day.



























he TRIBUTES 2015 Gala Dinner Event was attended by senior representatives of the Mangaung Metro Municipality led by the Executive Mayor of Mangaung, The Honourable Cllr Thabo Manyoni. The Event saw a mass gathering of representatives of local and national government, members of the private sector, disabled people's organizations, struggle stalwarts and leadership of civil society together with the media. The occasion was also graced by Mrs Sophia De Bruyn, the last surviving member of the leaders of the 1956 Woman's March to the Union Buildings against Pass Laws in South Africa. Other women leaders in that historic march included Helen Joseph, Lilian Ngoyi and Rahima Moosa. Mrs De Bruyn presented the TRIBUTES Statuette to Ms Juaneli Meijer, one of the 2015 Finalists.





ther esteemed guests that did the presentations of the Statuettes included the Executive Mayor himself; the Deputy Mayor of Mangaung; the Executive Mayor of the Alfred Nzo District Municipality; a representative of Ethekwini Municipality Mayor; the MEC of Education in Gauteng Mr Panyaza Lesufi (who also presented al Finalists with Tablets as gifts); the President of the Mangaung Business Chamber of Commerce & Industries; representatives of the Board of ABASA, and a representative of Ibhongo Consulting.





























































































Tributes Mthabiseng's Story

irstly I'd like to recognise the City of Mangaung for being a great host and giving us a warm welcome for Tributes Excellence Awards 2015. Coming second but not least is Mr Zulu for his greatness, his major role in making us feel loved, able and honoured as women with disabilities on behalf of his Tributes Excellence Awards 2015.

It was a great experience to have been part of this amazing event.. having received a statue award for Young Role Model, if I were a predictor I'd say "Young role model for lifetime" but hey after such inspiration I am to become a lifetime young role model. At this age (22) it is an honour to receive an award of this nature. This opened a great path of self-confidence for me as a young woman with a disability. I have been self-motivated for the last 9 years but today I am aroused to say that what I experienced at the 2015 Tributes awards where I spent 3 nights with women who are disabled but inspired and go big against all odds.

Among all the amazing things that happened on the 3 days we spent at Mangaung, what touched one deeply was the visit to the home of This-abled were we got to spend time with our siblings from another mother J God knows how blessed we are to be so united. One of the great experiences had to be travelling via flights, Oh My God! I mean this was one of the best VIP treatments I have ever received, Oh talking of VIP, the sirens!! Being escorted by the heart caring traffic police of the city of Mangaung, it took me days to get the siren sounds off my head but hey it was a good experience overall. Now to sum it all together, I appreciate having to meet the 12 women, great women of valour I can say. I can go on to talk about the "top-notch" 5-star hotel life, great hospitality and security, interviews with the weekly Newspaper, the late Tatu

Mandela Statue at the top hill in Bloemfontein and the beauty of Bloemfontein as a whole.

I'd like to also extend my thanks to the hosts who made it all possible, you have set a great example of what it means to UNITE and sacrifice your time to make others happy, God bless you.

I just cannot stop telling people about the 2015 Tributes Excellence Awards, I make sure I explain every detail just so they feel and understand my excitement about being motivated. I must say I have started living proof of the saying that the decisions you make today will determine your future. Duplicate God bless J









Emilie's Story

was going about my busy schedule when I received a call from Musa - I will always remember that day. He informed me that I had been selected as one of the Finalists to receive the TRIBUTES 2015 Statuette. Many thoughts rushed through my mind and I asked why me and what have I done to deserve this. But I guess for most of us, who go about doing what needs be done without demanding acknowledgement or approval, we usually don't realize the contributions and inspirations we are to society at large. I was so excited I just had to accept.

I chose my sister-in-law as my travel companion and since her birthday was going to be around the same time. This turned out to be the best decision ever. Arriving at the Bloemfontein International Airport, we found Musa and his team at the reception area waiting to welcome us. My heart gave a leap from the reception and I was overwhelmed with joy. We were driven to the Mangaung City Hall where the Local Steering Committee was waiting to welcome us with songs of women empowerment. Later, at the Lunch event, we were officially welcomed by the Deputy Mayor who awarded each of us Finalists with TRIBUTES Certificates, confirming that we have been chosen by the ordinary people to protect their interests and be a champion of peoples' rights. What an honor to be acknowledged. We were encouraged us to mingle and get to know each other. I didn't waste any time and made friends. That evening, we met after dinner to start with bonding sessions.

It was good to be a part of a Disability initiative that also allowed a variety of service providers, offering products for people with disabilities, to showcase their products and share amongst each other. The planned Community Outreach Program saw us visiting places of historical significance and I was happy to learn about the role that Black and Colored people played during the Anglo Boer War. We also visited the Emilia House for children with severe disabilities. Nobody, especially our children, should have to suffer. We need to support organizations that take care of our children with special needs! We toured and painted the town red and throughout all that we were escorted by local Metro policewomen with blue light vehicles Traffic was called to a standstill just for us exceptional women. I can't explain the feeling but I was overwhelmed by all the special treatment and attention showered on us.

The biggest moment of 'our fame' came with the Gala Dinner. I'm the bravest person but when it was my time to receive my statuette and give a talk, tears filled my eyes and I became so emotional. It was indeed an overwhelming experience being there to receive the TRIBUTES Statuette. Bonding session continued with the ladies after the Gala Dinner. We shared life-changing experiences, both personal and general, about our lives and lifestyles. Stronger bonds were created and we all embraced each other as we wrapped up our three-day visit to Mangaung. I have really met awesome ladies and we now have a WhatsApp Group chat and everyday we exchange encouraging thoughts. I'm eternally grateful for this platform that Valhalla Arts and the Mangaung Metro Municipality have created.

My sister-in-law and I are still in awe of the whole experience. Thank you!









Tributes Mpho's Story

am humbled, honoured and grateful to have been nominated to receive the TRIBUTES 2015 Excellence Awards in the Leadership Category and appreciate the recognition. Receiving this Award really encourages me to enhance my leadership skills and qualities. It gives me a challenge to become a role model for the young that should know that hard-work and dedication do pay in the end.

I would like to thank Valhalla Arts for giving us this incredible opportunity to be recognized for the hard work we do as women with disabilities in our society. These TRIBUTES Awards distinguish Mangaung Metropolitan Municipality as one with a real commitment to helping people with disabilities reach their highest potential. This further demonstrates that this Municipality cares and rewards quality and commitment. As an employee in this Municipality, I also recognize the good opportunity presented to me to working in an environment where leaders recognize people with disabilities together with issues affecting their lives.

Ntate Zulu, accept my sincere gratitude for everything you did for us. I want you to know that we appreciate and will always remember your hard work and the commitment you've shown in making the event memorable. Your kindness and generosity are also greatly appreciated. It was an honour to be among such outstanding human beings and I would like to salute all of them for sharing their stories. I promise to do my best to represent our institution and all women with disabilities according to the standard this Award represents. I would also like to thank all other individuals who worked tirelessly to make sure everything was in order. I salute all the different departments, represented in the Local Steering Committee, for taking part and ensuring with their commitment that the event was a success.

Finally, I would like to applaud to our honourable Executive Mayor, Mr Thabo Manyoni, for sponsoring the event. The Mangaung Metropolitan Municipality did a great job...halaala...City on the move!!!









Tributes Charlene's Story

t has been such an honour to be nominated as one of the 13 women receiving the TRIBUTES 2015 Excellence Awards Statuette and especially being the first in the field of psychosocial disability.

What made it all an awesome experience of a lifetime was the opportunity to spend 3 full days with all the other Finalists together with their travel companions. Although it was only a few days, it felt like we had known each other for a lifetime. I think we have all learnt from one another in terms of our respective disabilities, the work we do in our fields and the work still to be done. The friendships that emerged from this experience will make this a lasting and memorable occasion and a partnership to improve the lives of all other persons with disabilities.

The Mangaung City was an experience on its own right. We got to explore its beauty and history – something I never imagined. The awards ceremony was heartfelt as so many people from all over South Africa came and shared the moment with us. This Statuette I will treasure as a memento of the experience – it's beautifully crafted and owns a special spot in my home. The day when we all had to go our separate ways, back home, brought a sense of sadness, like saying goodbye to family. But thanks to technology (internet, social media) we continue to stay in touch.

To the man who made all a reality, Musa Zulu ... there are no words to explain my gratitude – you have brought us all together and so you lead us all together into the future. The Valhalla Arts Team who worked tirelessly in ensuring that this experience is nothing less than a "red carpet" event – thank you! And to all the sponsors, and most importantly the City of Mangaung, who joined and added to the greatness of it all, and the gifts given to us all, thank you!









Desagie's Story

hen the telephone rang and I answered it, in a very preoccupied manner, a vibrant voice was at the other end of the line telling me that I had been selected as one of the Winners with Disability for the TRIBUTES 2015 EXCELLENCE AWARDS, I had to ask him to repeat his statement, because I thought I was dreaming, and when he did, I just could not believe it. This was the beginning of life for the next two months in a "makebelieve"world.

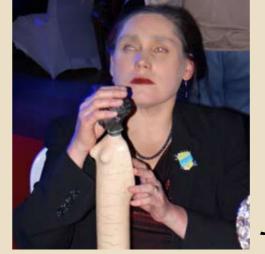
From that moment on, I began floating in the air. Communication with other Winners led to friendship; arrangements were made for travel and accommodation; photographs sent for the Annual report; shopping for the "Big Day began and most of all, the excitement began its journey on an upward scale. With all the necessary communication and arrangements made, that day finally arrived. I felt like a princess on the arm of my charming man flying to Bloemfontein to experience a 3-day holiday that will remain in my mind for the rest of my life. When the aeroplane touched down at the Bloemfontein airport, I felt like royalty as I was so warmly welcomed with greetings of excitement as well as with photographing, (how could I feel otherwise). I was excorted to a luxurious hotel where we stay for the rest of the week and there I met with other winners, the selfless team who put the event together and the Municipality of Mangaung.

For the next 3 days, we were driven to the City Hall, with Police escourts, in convoy, breaking traffic rules and I am sure that even our State President would have been jealous of me for receiving so much attention. It felt really great. The first day was a celebration at the City Hall where we were given recognition for the work we do and received a Certificate as a symbol og appreciation for the effort we put into helping others like ourselves or even less fortunate. The next two days we were taken on a tour of Mangaung.

The build-up to the main event was great, but nothing like the event itself. It was a glamorous evening with all the important guests and media. The décor and food was excellent but when the Programme Director opened the function, I was riding high. Listening to all the speeches and all the other winners share their thought and feelings, made me realize how much more I can do to help those in the community. And then my name was called with a profile of the work I do, I felt like a model walking down the cat-walk. Iwas handed a statuette and I thought that was it. Then I was given another gift bag and then another. My hands were full and I couldn't even carry them. Then I was asked to say a few words and I did, but don't even ask me what I said, because I don't remember. I was filled with appreciation, honour and respect not in a vain way, but in a recognised, grateful and humble way. Even though I could not see the photographing or the smiles on anyone's faces, I felt their heartfelt appreciation, love and joy when they congratulated me. This feeling I will hold on to, to my dying day.











Lois's Story

ow does one go about the task of describing an awesome and life-affirming experience? For that is the task that faces me today... how to describe all that happened, all I experienced and all I felt during the incredible TRIBUTES 2015 Excellence Awards event in Mangaun in August.

message from the universe telling me that life was indeed to be celebrated.

I guess the best place to start is at the very beginning – so here goes... To say I was astounded to receive an e-mail from MUSA E. ZULU, of Valhalla Arts, congratulating me on being one of the exceptional women with a disability who was going to be recognized with a TRIBUTES Award for 2015 would be an under-statement. In fact, I was so astounded that I believed I was the victim of an e-mail scam, until I was reassured by a journalist contact that all was above board. And then to be reminded by Musa that we had met before - back in the days when I was studying at the University of KwaZulu Natal, back in the days before I lost my sight and before the car accident that left Musa in a wheelchair, was like a

So it was no surprise that my husband, Craig, and I arrived in Mangaung expecting the TRIBUTES event to be something special indeed. And I was not disappointed. The entire event was exciting, educational, inspiring, humbling, gratifying, and fun – all at the same time! I think for me the most special aspect was having the opportunity of meeting and befriending the incredible recipients of this year's awards – hearing their stories, learning of the challenges each had overcome, and being overwhelmed by how inspired I was by each and every one. Truly these ladies are women who have the passion, dedication and power to change the world!

Of the awards ceremony itself I will say only this – 'What a magical evening...' I will never forget the awe with which I listened to the exquisite multi-harmony celebratory songs with which the attendees acknowledged the recipients, the feeling of speaking on stage on receiving my Award in the Category of Education and Literature, and how badly my knees were shaking as I walked back to my seat afterwards (despite my years as a speaker!), and the joy of being honored to be a part of such a powerful event. Of course, all good things must come to an end and so it was with sadness that I said goodbye to the wonderful women I had come to know during the time in Mangaung and the incredible team from Valhalla Arts who had worked so hard to make our TRIBUTES experience unforgettable. I think Terry-Ann Adams, one of my fellow Award recipients, put it best when she said, "I feel like I arrived with strangers and am leaving with sisters."

And, though parting is sad, I hold in my heart the saying shared with me by Musa: "In Zulu we say 'Abake babonana baphinde babonane!' which means 'Those that have met and seen each other before will indeed meet and see each other again!'











Terry-Ann's Story

hen I put down the phone after receiving the call from Musa Zulu, at about 9pm, I was in total shock. The excitement could not be contained. I called my mom immediately and yelled loudly in her ear that I am going to the TRIBUTES 2015 Excellence Awards and she gets to come with me.

Little did I know that that phone call, and the subsequent experience, would change my outlook on disability forever. Being a city girl, I was out of my comfort zone when I first arrived in Bloemfontein. Here I was, a history student, in the place with some of South Africa's richest and oldest memories. I was like a child in a sweets shop. One of my highlights was being in the Anglo-Boer war Museum and seeing the women's memorial. I learned to love Mangaung not only for its charm but for its memories both old and new.

Meeting the ladies and their companions opened up a new world for me. At 22 my life experiences are few but those days and nights with the best and funniest people taught me more in 3 days than I had learned throughout my 22yrs. Between laughs about Jabulile's phone drama to fighting for Musa to be the MC at my wedding (I was so serious about that) I learned how to embrace my disability, and how to embrace others. I learned that everyone has a story and that we all have to fight for those who do not know how to fight yet. It was while laughing and crying (from laughing and when it was all too beautiful for words) with these ladies that I found my lost voice, the courage to continue fighting and a whole new set of friends.

Thank you to Musa, Valhalla Arts and the City of Mangaung for this life changing experience. Without you, none of this would have happened!











Jabulile's Story

t came as a great surprise to discover that I had been selected as a Finalist for the TRIBUTES 2015 Excellence Awards. I was going to be receiving the TRIBUTES Statuette in the Creative Arts Category. What a great honor to be counted among 13 strong, brave, remarkable women from different sectors of society who were going to be recognized for their work at the three-day event in Mangaung! I really enjoyed the three-day blitz visit through the beautiful City of Mangaung, known as the City of Roses. It did feel altogether too short, as saying goodbye to newfound friends at the end was tinged with sadness.

The Awards Ceremony was incredible, with the City so supportive and encouraging and keen to be part of the winds of change within society when it comes to improving the quality of life for people with disabilities. What made this tour even more special was being able to share the experience with my mother. A very big, huge thank you to the organisers of Tributes, and to SAA Express for making a mother-daughter reunion possible! Another special aspect was having access to two amazing Sign Language interpreters who made the event accessible and memorable.

I really enjoyed meeting the other women who were selected as Tribunes during the tour and getting to know them. I loved making connections and networking with the Tribunes and members of the community, hearing their stories. The journalist in me could not be silenced as I saw opportunities for stories to be told. Even though the tour was meant to be a respite away from our busy schedules where we could relax, I just could not keep my pen and notepad tucked away forever. I had to capture some unique stories around disability that just had to be told, celebrating the strength of these people to overcome their challenges and triumph. To fail to do so would have been an injustice and an abandonment of responsibility in ensuring other people's voices are heard through storytelling.

My take home experience from the tour was how strong, bold women, when they join forces in powerful, creative partnerships and collaborations, are able to make a lasting difference for others, empowering others along the way.

A very big thank you to the organisers and sponsors of Tributes for this memorable experience!

I look forward to the unfolding journey in the years ahead, witnessing my fellow Tribunes and more phenomenal women breaking new ground in innovative, creative ways.

Together, we are much more influential than we would be alone, and able to shape the future and dialogue around disability. Together, using our God-given gifts and strengths, we are able to create a better world and leave a legacy that impacts lives in positive ways.











Baatile and Myakallo's Story

he moment I received the phone call on the 16th July 2015 my life changed for the better. I remember vividly; as I was busy with my research work, Abuti Musa called to tell me the exciting news. I am not even sure whether I was paying attention to the call or not, all I can remember is that I was very polite and requested to phone back once I have a moment. Indeed I phoned back listened attentively to Abuti Musa and screamed with excitement when I heard of the nomination. For a moment I felt tears running down my cheeks and

realised that this is it. I had been nominated for the category "mother of a child with disabilities", and in my heart I knew that this event is the beginning of something big, exciting and life changing. This recognition was going to be another stepping stone, a huge stepping stone in our journey. Immediately after a week we received an exciting email about all the finalists' profiles and then reality struck in when we all read each other's profile. Now we could visualise what Bloemfontein had in store for us when we arrive to spend fabulous three days of joyous celebration.

Wow, flying to Bloemfontein felt like we were riding a lamborghini just like how my son; Nyakallo; expressed himself as the plane took off. Upon landing we were treated like royalty with banners, billboard, blue light escort all over Mangaung signifying our role in community and the value that we instill in our society. The moment we were introduced to each other in person it felt like all nine Provinces of South Africa were comprised into one Powerful Heart of Roses in the city of Mangaung. "THIS IS IT the journey begins!" is all I kept saying to myself with amazement and excitement of what was transpiring in front of my eyes. Everyone of us made the best of the three days that we spent together. We felt like a nuclear family, we bonded together and shared the fabulous moments as if tomorrow will never come. We shared our experiences and challenges we came across in life and for the first time we knew that we are not alone in our journey, we have each other and that's what is going to make us grow stronger. OOOh the smile of Abuti Musa and Ausi Jabu kept us going strong every moment of the three days at Mangaung. The support structure from the entire department at the Mangaung executive Mayoral office made us feel like "HELA YALO SANI" the famous greeting from people of Mangaung which means home away from home "YOU ARE WELCOMED AT MANGAUNG".

I am truly thankful and highly appreciative for what Valhalla Arts has done for us. Granting us the opportunity to view the world in a different way, exposing us to the world that cares while dimming the light on the world that is not interested, that we often find ourselves looking for approval in and knowing that caring is sharing thus teaching us more love is equivalent to less hate.

Thank you Abuti Musa and Ausi Jabu



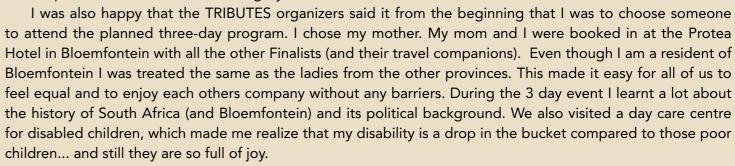






Juaneli's Story

irstly, I was completely surprised when my mother came home to tell me that the well-known Mr. MUSA E. ZULU had called her to ask to speak to me. Secondly, I was simply blown away when he later called to inform me that I had been chosen as one of the Finalist for the Valhalla Arts TRIBUTES 2015 Excellence Awards for women with disabilities which were to be held in my hometown during the Month of August. It came as an honor that I was going to be receiving the TRIBUTES Statuette in the Sport & Recreation Award Category.

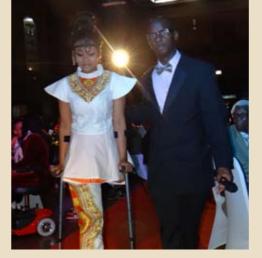


Through my participation in this amazing three-day program, I have come to meet quite a few important figures in my society. One of those is the Honorable Executive Mayor of my Municipality, Cllr Thabo Manyoni who, otherwise, I doubt I would have ever had a chance to meet in person - and even get to share a moment with. The reception we all got from the participating community was overwhelming – every moment that passed was one to remember. The organizers went all out to ensure that all our needs and expectations were met graciously. No expenses were spared in making our stay an unforgettable one and we had a ball of a time. We were spoilt rotten and treated like royalty!

To all the other TRIBUTES 2015 Finalists I would like to say 'You are all wonderful women with a passion for your various life and work courses. You are indeed role models to look up to. Thank you to the Valhalla Arts Team, Mr Musa Zulu, Mr Abednego Lehloka, the Mangaung Metro Municipality and all the sponsors for an amazing experience!











happy!

Tributes Bongi's Story

irstly, I would like to recognize the City of Mangaung for being a great host and giving us a warm welcome as the TRIBUTES 2015 Excellence Awards Finalists. Secondly, but not least, is Mr Zulu for his greatness, his major role in making us feel loved, enabled and honored as women with disabilities through this initiative. It was a great experience to have been part of this amazing event. Having received this TRIBUTES Statuette as a Young Role Model, I can now proudly say I will forever be a "Young Role Model for a Lifetime" At this age (22) it is an honor to receive an award of this nature. This has simply opened a great path of self-confidence for me as a young woman with a disability. I have been self-motivated for the last 9 years but with this award I am aroused. I even got to spend 3 amazing nights with fellow women with disabilities who are always inspired to grow

What touched me deeply, among all the many amazing activities we undertook during our three-day stay in Mangaung, was the visit to Emilia House where I felt as though we were allowed time to spent, and space to share, with 'our siblings from another mother J'. Children with disabilities are our own, given to us by their mothers. God knows how blessed we all felt, as Finalists together with our travel companions, to be going through this touching experience together – and so united. I really appreciated meeting and getting to witness the depth of soul in my fellow Finalists. These are 'Great Women of Valor', that I must say! I learnt a lot from our conversations and the other activities we undertook as a group. I can go on to talk about the "top-notch" 5-star hotel life, great hospitality and security, interviews with the weekly Newspapers, to

our afternoon visit the statue of the late Tatu Mandela at the hill - the beauty of Bloemfontein as a whole. We were all so

from strength to strength against all odds. I have been inspired to also dream bigger by the inspiration of this powerful

But for me, one of the great experiences we experienced with my sister, who traveled with me to Mangaung, had to be travelling by flights. Oh My God! I mean this was one of the best VIP treatments we had ever received! Oh, and still talking of VIP, the blue-light sirens!! Being escorted by those caring women traffic police of the City of Mangaung was awesome! It must have taken me days to get the siren sounds off my head – what an experience!!

I'd like to extend my thanks to the hosts who made it all possible. You have set a great example of what it means to UNITE people – together with the sacrifice to make others happy, God bless you. I just cannot stop telling people about the TRIBUTES 2015 Excellence Awards in Mangaung. I make sure to explain every detail just so they feel and understand my excitement about being motivated. Finally, I must say, that I have started living proof of the saying that 'the decisions you make today will determine your future'. God bless J

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Tributes Ramla's Story

first met Musa and his wife Jabu in the United States of America in the year 2013. Twelve of us, from 11 different African countries, had been selected and invited by the US State Department to represent our respective countries in a disability leadership exchange visit. During this visit we shared a lot about our work and this is how others came to know about my work, challenges and achievements in the programs I had helped pioneer to improve the lives of people with disabilities in Kenya- Mombasa.

It was in one of our group breakaway sessions that Musa and Jabu told us about the TRIBUTES Excellence Awards program which their company Valhalla Arts hosts annually in South Africa to give recognition to exceptional women with disabilities who have achieved a lot in the various sectors of their lives. I guess they must have been quite impressed with my work achievements. Shortly before we left the USA they informed me that they would work with both the US State Department and the Kenyan Embassy to nominate me in the International Award Category which they indicated they wished to pilot as a new category only in the year 2015. This, they said, was to expand the program by including women with disabilities from other African countries. I felt happy and honored to be recognized by my peers and truly felt proud!

True to their word, in May 2015 I got an email from saying I have been nominated and selected as the TRIBUTES first international Award Finalist. I felt so happy and could not wait to visit South Africa country plus the rest of the beautiful Finalists! I was surprised when the day came for me to travel when my family, disability community and even government leaders all gathered to congratulate and wish me a safe journey. Musa & Jabu received me personally In Bloemfontein and I was very happy to meet them again.

On the first day I got introduced to the other Finalists and the Local Steering Committee was also there singing to welcome us. When we departed for a beautiful luncheon the City Hall I was blown-away in amazement that we were escorted by 2 police cars. I felt like royalty and the feeling was superb! I mingled with others and we all easily started getting to know each other. The second day saw us touring Mangaung – visiting a Museum and spending time next to the giant statue of Nelson Mandela – I also got to see an ostrich too! The third day began with a visit to children with disabilities at Emilia House. It was a rewarding experience and I got to learn about how such centers work towards meeting the needs of the young.

In the evening Valhalla Arts and the Mangaung Municipality threw us a Gala Dinner where we were presented our TRIBUTES Statuettes! We were all decked up and looking beautiful and smart, the venue was beautiful. I was very nervous and shaking at the prospect of giving a speech to a foreign country audience where I could not deliver a speech using my mother tongue (Swahili). It a wonderful feeling and I felt very honored to be recognized internationally for my work I was also happy to see congratulatory video clips of my Governor and MP of Mvita congratulating me on the giant screens! Holding the Statuette in my hands, I felt motivated me to do more for my people back in Kenya - Mombasa!

To conclude the event was an amazing one to experience and am really grateful I was lucky enough to participate in it!





The Role of a Disability Forum

Thembisa's Legacy

n May 2015 the Mangaung Metro Municipality launched its own Disability Forum as part of making strides in addressing gaps between people with disabilities and local government. The primary role of this Disability Forum is to **L.E.A.D** in the struggle to give local people with disabilities 'a voice of their own'. It is to assert that people with disabilities are their own best spokespersons as they best know their own needs and aspirations. Disability forums occupy a special space as 'civil rights' organizations, formed to conscientize both able-bodied and disabled about their equal rights to equal access to all forms of community services.

The letter 'L' stands for LINK. Forums should not only be contempt with establishing links amongst various disability organizations but also between the disabled sector and government, the private sector and civic society leadership. Forum representations to these decision-makers should be towards attaining a common purpose which engenders feelings of mutual support and solidarity amongst these entities in a common cause of disability participation and empowerment in processes of policy formulation, planning of activities and implementation of processes.

The letter 'E' stands for ENGAGE. Forums should participate and play a role in engaging other stakeholders in processes that evaluate and monitor services offered by society to people with disabilities. Engaging others has positive implications on creating and promoting public awareness about the needs, aspirations and abilities of people with disabilities. This engagement should be promoted through many of the activities of the forum including lobbying government, monitoring service agencies, publishing newsletters, speaking in the national media, conferences and establishing community outreach programs.

The letter 'A' stands for ADMINISTER. Forums should play a vital role as initiators and managers of self-help employment projects aimed at integrating disabled people into the mainstream of society. It is the desire of all people with disabilities to live independently in the community. Disability forums should lead a campaign where they lobby for the establishment of these 'independent living centers'. These centers are needed to fill gaps in housing services that disabled people have always identified. They are a practical and imaginative way of correcting the historical omission of disabled people in accessible housing allocation in the past, and to ensure that future service developments correspond to disabled peoples' legitimate aspirations.

The letter 'D' stands for DEVELOP. Forums should develop disabled people's skills in the negotiation process, organization, management, proposal and letter-writing. The development of such skills enables marginalized groups to articulate their needs and enhances their active participation in socio-economic and political activities of a society. These should be coupled with a development of communications systems and outreach mechanisms that reach deeper into grassroots disabled constituencies to identify and profile grassroots needs. This could lead to the establishment of 'local grassroots chapters' that implement outreach programs, identifying barriers to their participation in each area and formulating remedial strategies for change.

Essay by Mr Abednego Lehlokoa Mangaung Mayoral Community Disability Champion



Remarks

SHORT REMARKS BY QONDILE

"As the Communications Unit from Mangaung Metro, we were quite moved, excited and inspired to work together with a visionary leader of your calibre and your entire crew in organising and rolling out the first Tribute Awards in the Free State.

Your team-work skills in terms of steering the ship and spearheading the project were exceptional. It is indeed crystal clear that the best is yet to come, as the Tribute Awards get much bigger and better in the future.

With these few words KEEP-UP WITH THE GOOD WORK!"

Qondile Khedama GM MANGAUNG COMMUNICATIONS UNIT

SHORT REMARKS BY SELLOANE

The Tributtes Awards where something extra ordinary for people living with disability ,the gala dinner was breath taking and to be amongst those special women it was a moving moment indeed .A event of its kind for Mangaung Metropolitan Municipality that

I believe brought hope and positivity for people living with disability in Mangaung.

Well done Valhala Arts and Thank you

Selloane Mogapi
MEMBER MANGAUNG LOCAL STEERING COMMITTEE

SHORT REMARKS BY ABEDNEGO

The Tributes Excellence Awards brought critical element of unifying different departments and private sector to work together and learn from each other on success and challenges faced by the sector. Mangaung as the new metro had to take a good step on disability realization after numerous attempts to take the disability to the next level. Honoring exceptional woman with disabilities was correct approach. My view is that, as the city is implementing numerous programs, the society also has the responsibility towards eliminating barriers that inhibits persons with disability from enjoying equal opportunities. Poverty itself cannot be addressed without confronting both the causes of disability and the social and economic exclusion of persons with disabilities. Woman role models are highly important for our psychological part in helping to guide new generation of woman through life during our development, to make important decisions that affect the outcomes of woman with disabilities focused programs. I strongly believe that all provincial departments and private sector will be part of this prestigious event for the following year in Mangaung.

Abenego Lehlokoa MANGAUNG DISABILITY CHAMPION I am so thankful to be part of Valhalla Arts Tribute, it was an opening of a new life for me, being born again. I have learned the different disabilities. It was an amazing and emotional. The best lesson I learned is realising my purpose for living in this world.

Believe in the hope that a new day is dawning, believe that your dreams will come true and believe in the promise of brighter tomorrow.

Mamaria Tlale Kokoropo MANGAUNG DEPT. OF ROADS, POLICE & TRANSPORT

Manyoni praises disability awards

Posted by editor on Friday, September 11, 2015 · Leave a Comment

Mangaung executive mayor Thabo Manyoni described the 2015 Awards for women living with disabilities as both an honour to the women and a confirmation that they the same human rights enjoyed by all.

The mayor said this during the annual Valhalla Awards held in Mangaung about a fortnight ago.

The occasion was also attended by the Gauteng MEC of Education Panyaza Lesufi, the mayor of eThekwini Metro in KwaZulu Natal, James Nxumalo, the Chief Executive Officer of the South African Road Accident Fund, Dr Eugene Watson as well as the Chief Executive Officer of Proudly South African, Dr Leslie Sedibe.

Manyoni said the awards also resonate with the clause in the Freedom Charter of 1955, signed in Kliptown, Gauteng by South Africans of all races and creed, where it states that "All shall be equal" – and enjoy the same benefits.

Manyoni cautioned against the awards ceremony being a one day spectacle for the disabled – and called on fellow countrymen to appreciate daily the contributions made by disabled people to the wellbeing of the country until now.

"These awards should not just be a symbolic acknowledgement; however, we must live on a day to day basis appreciating the important role that people with disabilities play in our society we must live everyday of our lives as if there is an award for it for recognising the strength, courage, creativity and contribution that people with disabilities do to change our lives for better," said the mayor.

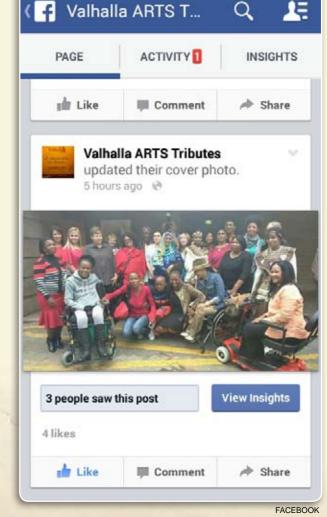
He added that evidence today point to a systematic decline towards in almost every sphere of life, and praising initiatives such as the awards as helping to keep the torch of hope burning.







Safaricom 🖪 🕓 🤛 🔚 🔞 🛣 9:07 PM







MEDIA ARTICLES

Tributes Publicity

The TRIBUTES 2015 Excellence Awards three-day Program was given adequate pre, on-the-spot and post publicity through the select-use of various communications systems including local and national newspapers, local and national radio broadcast and social media. The Mangaung Communications Unit, under the direction and management of Mr Qondile Khedama and Mr Khaliphile Hlanganiso, worked closely with Valhalla Arts and the Local Steering Committee in drafting and implementing a comprehensive media communications plan which encompassed the following publicity strategies:

- Half-a-page full colour adverts which were placed in select newspapers (Mangaung Issue, Courant, Dumelang News, The Weekly, Free State News, Zoom Newspaper, Public Eye and The New Age) to inform the community and nation about the national TRIBUTES 2015 Excellence Awards taking place in Mangaung.
- Pre-recorded 30 second live read radio adverts which were placed on select radio station broadcasts (Mosupatsela Fm, Motheo Fm and OFM) that were played daily before and after news bulletins.



- Radio interviews (Lesedi Fm, Mosupatsela Fm, Motheo Fm and OFM) arranged for high-profile stakeholders (Executive Mayor, HOD Mangaung Social Services, Mangaung Disability Champion and Valhalla Arts' Creative Director) to detail their roles in the TRIBUTES initiative, together with radio interviews conducted during the three-day program to capture the voices of other participating stakeholders (local disability leadership and exhibitors) at the Disability Expo.
- A2 Street Pole banners developed and lined-up along the traffic routes which had been identified for the Finalist's Community Outreach Tour. Other posters were distributed at high density traffic/pedestrian population spots (bus stops, taxi ranks, traffic intersections and service delivery spots) to maximize the visibility of the event.
- TRIBUTES 2015 Excellence Awards adverts also placed in the Mangaung Metro Facebook page, website, intranet and Information Email Services for publicity to internal staff.

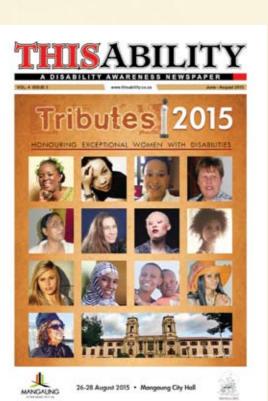


Thisability Newspaper

In 2011 Valhalla Arts, together with partners, founded the THISABILITY Newspaper to promote multiple disability awareness initiatives in South Africa. The newspaper was established to create an avenue for the communication of messages that target people with disabilities, and to create a platform which aims to encourage people with disabilities to communicate amongst themselves about issues that affect their lives.

The THISABILITY newspaper, with its website www.thisability.co.za, has thus always formed the advertising, marketing and communications arm of Valhalla Arts' disability empowerment initiatives including the annual TRIBUTES Excellence Awards. For 2015, Valhalla Arts utilized THISABILITY Newspaper to:

- 1) Create awareness for the TRIBUTES 2015 Excellence Awards towards raising the event's profile so as to attract disability sector participation and quality support partnerships and also give publicity to these participants and support partners.
- 2) Improve people's perceptions of programs by people with disabilities so as to enable society to see disabled person's abilities of what they can do rather than 'what they cannot do'.
- 3. Create a Central Database of local disability stakeholders (collected through the TRIBUTES 2015 Disability Expo Exhibitor Application Form) that can assist local people needing information on disability schools, support groups, assistive devices, employment programs etc.



- Valhalla Arts also arranged for post-event radio interviews for Finalists with national radio stations (including Kaya Fm, Metro Fm and Power Fm) with Ms Ramla Said Omar going out on a nationwide post-publicity campaign in Kenya.
- Ms Jabulile Ngwenya (TRIBUTES 2015 Finalist) played a vital role in writing on-the-spot articles (see pages?&?) that appeared on national newspaper pages.
- The TRIBUTES 2015 Finalists have started their own Facebook Page where they continue sharing their stories. (Additions to 'Abake Babonana Section)

Because we, at Valhalla Arts, believe that the conceptualisation, design and coordination of the TRIBUTES 2015 Excellence Awards in Mangaung represent best-practice and international standard in successful disability project implementation, we have decided to publish this book titled 'TRIBUTES: A Visit to Mangaung' to give further publicity to this program, and for you to experience and learn from this strategy and its uniting moments.

Lastly, kindly allow us to end by introducing you to all the past TRIBUTES Finalists (2010 – 2014) who have been selected to receive this inspiring Statuette!

Enjoy!

'Abake babonana baphinde babonane!'

(Those that have met and seen each other before will indeed meet and see each other again!)

here are four points that really excite me in the whole preparation, organization and implementation processes of the TRIBUTES Excellence Awards initiative.

The first point is when I pick up the phone to inform each of the ladies that they have been selected as TRIBUTES Finalists. The screams that meet this announcement are always unforgettable! A few have dropped the phone only

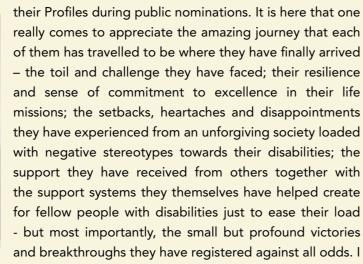
to call back a few seconds later just to check and ascertain that it was not a bluff. I always laugh my heart out, looking forward to the next reaction of another unsuspecting Finalist. I guess many of these extraordinary women wake up daily to do the excellent work they do, never really looking forward to, or expecting, any form of recognition for their outstanding efforts and achievements. To suddenly get a call that they are Finalist in an awards initiative as prestigious as TRIBUTES must come as an absolute shocker!!!

The second point is on the First Day of the three-day program. This is when they come out of their flights, only to find me waiting to welcome them right next to the TRIBUTES and Valhalla Arts banners at the airport. You should see the

smiles on their faces; the excitement that shows in their approach as they run towards me with open arms, and the squeezing hugs (firm handshakes and kisses) that they shower me with ... and again the screams!!! It is a fact that all the 74 women with disabilities who have been chosen as TRIBUTES Finalists in the last six years (2010- 2015 that Valhalla Arts has been running this program) are remarkable human beings and have earned their mark as the movers of their own worlds. To finally meet them in person is a moment which always fills my heart with joy. I am always inspired and must emphasize that I am always left

feeling special. These are shakers of our societies and I do explode with goosebumps, knowing that in their arms I am being embraced by true greatness!!!

The third point is on the Second Day when I sit down in the evening to conduct recorded interviews with each of the Finalists. This is when I come to realize that there is more to these women that what had been submitted as



believe that these interviews allow us to dig deeper, resulting in each of these recordings becoming a precious jewel in their own right. I am truly blessed to be entrusted with such amazing stories - to be given the opportunity to sit and share these feelings.

The fourth point is on the Third and final Day. This is at the TRIBUTES Gala Dinner, when Finalists ascend the podium to receive their TRIBUTES Statuettes and give a speech. Year after year they have only just taken that moment to deliver explosive motivational talks – lines of inspiration that seem to come

out naturally and so easily from the depths of their souls. None of these Iron Maidens has ever come with a prepared speech – they have always opted to free-flow like pros in a game they have been perfecting throughout their lives. It is as though they seize this moment to fly away in a trance. They thunder like a bolt of lightning and shine like rays of sunshine in the middle of a thunderstorm. The power that accompanies their words, the emotions loaded in their lines together with spontaneous body movement and dignified posture have always conjured ripples which leave all spellbound in the venue. I have witnessed many in the audience weeping. It has never seized to amaze me that each and every one of their precious deliveries has always been

come out a different person, with a renewed perspective and resolve towards any challenge, that is, has and may face me, in both my personal and social circumstances. Again, there are many others who have written not just to thank Valhalla Arts for the invitation, but to express how the experience had changed their lives leaving them wanting to go out and exercise their passions in ways that can benefit both their inner souls and those of others in their communities.

Thus, working on the TRIBUTES initiative is more than just a mere process but passion. One cannot approach this assignment in any other way simply because here one is handling something very special – a program that gives







greeted with a rousing standing ovation in the end. I always sit there looking at these revelations and just smile – whispering AMEN!!!

These four points testify that my motto 'When the burning flame of spirit is ignited, it can transform any soul no matter what the circumstance' is not just a motivational line but a matter of reality. It is reality that the opportunity to participate in the TRIBUTES initiative (as organizer, Finalist or member of an invited audience) ignites the human spirit and transforms the souls of those that are touched by its flame. With each TRIBUTES installment I have

recognition where it is truly deserved. At Valhalla Arts we have always maintained that 'recognition is a basic human need and that people with disabilities have the same need for recognition as their non-disabled counterparts'. Recognition enhances a sense of self-worth and opens one's eyes to the fact that someone else has taken notice of who and what one truly is. This is the first step towards an individual coming to define themselves as part of a social collective. Participation in prominent events like TRIBUTES, where people with disabilities get the opportunity to showcase and celebrate their own personal



achievements, is a vital component in their reintegration and successful rehabilitation into mainstream society. It provides a solid platform that comes to enforce all that which takes for one to feel that they belong. This is the primary objective of our work of passion – to give recognition that ignites this flame of spirit which always finds us our way home!

However, all of this labour of love is doomed to fail before take-off if it is not met with the same enthusiasm, support and passion of others - that is the challenge! This is where it becomes important that society extends its own recognition of the efforts of those that want to achieve this objective, by allowing that people with disabilities themselves do not merely participate in activities meant to give them recognition, but take a leading role in designing celebrations that commemorate their distinct mark and level of contribution in social development discourse. I believe that the Mangaung Metro Municipality met this challenge with distinction in allowing Valhalla Arts to take the lead in the organization and implementation of the TRIBUTES 2015 Excellence Awards that were held in their hometown. The enthusiasm, recognition and passion with which the Municipality received the idea of this amazing program coming to their area was the first building block that gave impetus in the ultimate construction of a castle of disability empowerment that the three-day TRIBUTES 2015 Excellence Awards came to symbolize in that province.

Not only did the Municipality receive our ideas positively but they also went further and provided necessary finances, manpower and infrastructure. Cognisant of the fact that Valhalla Arts is from outside the province, the Executive Management Team (EMT) of the Municipality facilitated the establishment of a Local Steering Committee to assist Valhalla Arts with grassroots mobilization of all local sectors. The Committee was to be vital in ensuring that active participation was extended beyond the confines of local government into provincial and national stakeholder involvement. They identified appropriate local private sector entities and listed disability sector organizations to be invited to participate fully throughout the three-day

celebrations. The Committee further mapped-out and selected local tourist sites (together with centres for people with disabilities) that the 2015 Finalists were to visit as part of their community outreach programme during their stay in Mangaung. All this was done in good faith to enable for the effective and efficient coordination, and ultimately, successful implementation of the entire initiative. It is thus not an understatement when we at Valhalla Arts openly declare that 'if it were not for this support given to us by the Municipality; the strength and positive energy of the Local Steering Committee - together with the willingness to gladly accept the invitation by all others identified to participate - very little of the success that this initiative finally became would have been so easy to achieve'.

Valhalla Arts wishes to thank the Mangaung Metro Municipality together with the entire citizenry of the Free State for taking our passion to the highest levels of realization. We thank all the 2015 Finalists for accepting our invitation to participate and commend the exceptional way in which they conducted themselves as 'disability ambassadors' in Mangaung. Finally, as Creative Director of Valhalla Arts and Founder of TRIBUTES, I wish to thank my formidable Team for the outstanding work they helped do in the City of Roses. My everlasting gratitude goes to my wife Jabu for always paying maximum attention to detail and steadily marshalling the Team towards a common objective of brilliance in execution. I believe that it is this quest for excellence that will forever make each TRIBUTES stint - and Valhalla Arts - simply unforgettable!!!

In Zulu we say, and I hereby wish to reiterate these words to you Mangaung; 'Abake Babonana Baphinde Babonane' which translates to 'Those that have met and seen each other before, will indeed come to meet and see each other again!'

> MUSA E. ZULU Creative Director: Valhalla Arts (2015)

2014 Tributes Finalists



Ms Anne-Marie Robb



Ms Hlengiwe Dladla



Ms Lender Malope



Ms Barbara Watt



Ms Joyce Meso Sibeko



Ms Mpho Radebe



Ms Candice Morgan



Ms Kgosatsana Sithole



Ms Ngwanakopi Ramushu



Ms Cathy Makobe-Chiloane



Ms Khanyisile Mafuleka



Ms Phumeza Momoza

2014 Tributes Finalists



Ms Tabisa Nomnganga



Ms Marlene Le Roux



Ms Majorie January (P)



Ms Saffura Khan



Ms Vanessa Dos Santos



Ms Veronica Baloyi

RECOGNISING THE FACE OF ABILITY

Now tell me ...
Who else will recognize them
And give honor to their abilities
If not us?
Just pause to think about it
Reflect on the positive they give
Their toil, sweat and tears
Their victories against all odds
Then say it loud

That after all
These are our children
Our sisters and mothers
Our friends, neighbors and colleagues
Our leaders and inspirations!

It is in recognition of their true might

That we will come to realize

That we should be the first ones

Who rise up to celebrate and pay TRIBUTES

To our women with disabilities!

(MUSA E. ZULU - 2010)

2013 Tributes Finalists



Ms Kashveera Chanderjith



Ms Shamila Surjoo



Ms Thobekile Makhathini



Ms Narda Els



Ms Thulisile Xaba



Ms Alison Swannack



Ms Nadine Mckenzie



Ms Daphney Smith



Ms Adeife Adenarin



Ms Hillary Lane



Ms Liz Azziz



Ms Julia Moloi (P)

2012 Tributes Finalists



Ms Sandra Goosen (P)



Ms Sheri Brynard



Ms Binila Omparsad



Ms Joy Deyzel



Ms Bulelwa Mbolekwa



Ms Undere Deglon



Ms Joyce Mokgope

Ms Sebenzile Matsebula





Ms Jennae Tachea



Ms Natasha Moosa Ahmed



2011 Tributes Finalists





Ms Jene Frost



Ms Shakila Maharaj



Ms Chaeli Mycroft



Ms Maria Rantho (P)



Ms Vasan Pillay



Ms Dudu Mokoena



Ms Mbali Nkosi



Ms Nomasonto Mazibuko





Ms Pravina Sukhraj



Ms Lisa Bradshaw

2010 Tributes Finalists



Ms Hendrietta Bogopane-Zulu



Ms Rulani Baloyi



Ms Versha Rowjee



Ms Thuli Matlala



Ms Simphiwe Mkhize



Ms Beatrice Ngcobo



Ms Mandy Latimore

Ms Zama Bhengu



Ms Karren Smit



Ms Shelly Barry



Prof Fatima Meer (P)