

From MALVINA ROUDEY ('94) for class notes, AALFNY newsletter #36

"Humanitarian, Arts lover and passionate about the Human Bodymind complex and its energy systems, after a decade of working in Luxury & IT high end companies in Europe, I followed my childhood Dream -- meet and work with Nelson Mandela. and I did just that.



Malvina Roudey at Nelson Mandela's 86th Birthday – 18 July 2004 (Qunu- Mthatha, EC, South Africa)

I turned a year grass root social development project in Rural "Transkei" South Africa (now Wild Coast) in 2004, into a 12 year experience in this amazing country. Became a very proud mom, of now an amazing strong minded joyful teenager, who definitely has better grades in French and math than I ever had; set up and led my own NPO, and since over a decade [I have been] a Certified Wholistic wellbeing Coach.....

Lead by passion of being part of a solution and trying to contribute to making a positive impact and learning from different cultures, I raised Olivia in this context, and as a single mom.

- 1/ Dream BIG
- 2/ Go for it
- 3/ Shine your difference and dont dim others lights either
- 4/ "Yes we can a plan", even if we seem to have nothing, we all know that
- 5/ "When there is a will there is a way."Churchill was right,
- 6/ No matter the challenge, keep beleiving in the positive outcome
- 7/ Nelson Mandela " A winner is Dreamer that Never Gives up"

Since, there was no viable healthcare system available, where we lived the first few years, I kept learning/studying Wholistic healing and alternative health care, to try to contribute to better health systems in these communities, hit by HIV/AIDS & TB,

meanwhile we got the clinics etc functioning. Everything there was rather simple, eat healthy stay healthy & away from trouble.

Together with Youth & local women's Dreams- from building sustainable pre-schools, rehabilitating local mission hospitals into pilot projects for the Eastern Cape, showing the example of eco/responsible tourism and marine coastal management back then when it was still a concept and not a conscious choice yet, leading towards local youth and women empowerment to creating a new South Africa. Helping coordinate the Youth projects with their Choirs, Soccer Teams and the Girls to raise their Voices and make new healthier choices, and also, teach them different Dancing techniques. Where we lived in mud huts, no running water --but we caught it and made it run, the soil was fertile, so we planted, and worked with other micro-projects. And then no cell phones, and internet access was 100km away. Fours hours journey return trip ☺

Being a Consultant in matters of sustainability, Education, Rural healthcare and cultural events and launching South African Artists to the European / US regions, gave me that freedom of projects that I would work with and towards.

I was part of the French School Cape Town, New Campus campaign, as Secretary to the Board, in charge of Com/Events and Fundraising for the New Campus that opened in 2014.

PA to the Consul of France, led me re-connect with my French roots, and brought forward both South African culture and French culture to a broader spectrum of Southern African.

For now, back in Saint Paul de Vence, French Riviera, I am focusing on running two businesses, a Holistic practice (BodyTalk, RTT, Mindscape, Quantum Physics, Metaphysics, FengShui, Naturopathy) and launching various artists at a global level (Artists that have genuine Talent & give back to communities, like very talented sculptor Nicolas Lehmann, or ceramist Nienka Van DerMulen)

Drop me an email, to catch up, share some memories, make new ones, I would Love to hear about your guys: malvinaroudey@yahoo.com and look out for my future healing website: <http://www.cafegoodvibes.org>

2020...lots of travels planned for projects, so let's stay connected.

I wish you all and your respective families a very peaceful, joyful Festive season and Abundant success of Love & Peace for a Happy 2020.”

NB- If you want to make a difference and take part in bringing rural kids in Northern Cape, with a smile, Take part in Raising funds for a playground and sports field in Northern Cape, South Africa, or health clinics in Philippines, please email me.

