



The Hope and Dream trust

Nicholas Marshall  
Trustee

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Dear Grant

The Starfish Swim for Hope is complete, but what a journey it has been.

What started off as some crazy idea approximately 15 weeks ago, then developed in to a dream when we realized that swimming from Muizenburg to Cape Town wasn't impossible has become a reality.

Since completing the expedition and taking some very necessary time to recover, there have been many moments to reflect and realize just how many people were involved to make this expedition happen.

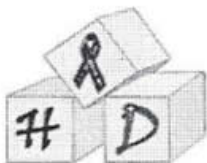
It really was one huge team effort.

Thank you so much for your help that contributed towards making the Starfish Swim for Hope a reality. From the outset I always knew it was going to take a special type of marine coordinator to make this expedition happen – someone with enough knowledge of the sea to respect it but at the same time the spirit of adventure and belief that the impossible is actually possible.

I can still remember the first time I proposed the swim to you. Your initial buy in gave me the confidence to get this expedition off the ground. It made such a difference knowing that despite the apparent risks you believed the swim was possible.

In the final weeks leading up to the expedition it was always heart warming to be able call you and talk through problems. Your pragmatic approach to problem solving really kept me on track and set up a solid framework from which to make decisions.

The biggest risk areas of this swim were always the sharks and swimming at night. I really appreciated the time you gave towards designing and testing the Shark cage. There are very few people who would be prepared to give up SO much of their time to a bunch of students with a half baked idea especially given the demands being placed on you by all your other job commitments.



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Apart from raising funds and awareness for Starfish, the swim was meant to serve as illustration of how the supposed impossible (Such as HIV/AIDS) can indeed be overcome, through passion, determination and most importantly by working together as a team and using whatever talents and resources that one has.

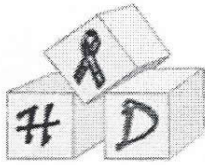
This swim team was phenomenal! The amazing team dynamic was the one characteristic that people have repeatedly commented on since the swim. I have never experienced a team quite like it.

I cannot convey what a vital and integral part you formed on this team. You have given me a new definition of what it means to have energy. In speaking with the swimmers since the event they really enjoyed they way that you related to them so easily yet at the same time were so professional in the way that you handled the marine operation.

In preparing for this expedition I spoke to many "marine people" and I was amazed how often I would be referred back to you. You clearly have an outstanding reputation in the industry and I don't want to think where this expedition would have been without your help.

Having been so moved by the experience the team has committed to "carry on swimming." With emphasis on changing the minds of people from being aware of South Africa's current issues and problems to confronting the reality of the Hope and Potential that there is in our country. Particularly focusing on the role we as tomorrow's leaders play - about the responsibilities we have and how these responsibilities can be liberating. And, through this transition, engender an undeniable love for something much bigger - the beautiful country of South Africa.

We hope that the rest of South Africa may also unite and work with one another and the resources we have, to rise above our past and to reach for the future to combat



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the assumed never-ending pandemic of HIV/Aids currently throwing our growing country into turmoil.

We believe in the potential of South Africa and in all her people, regardless of race, age or religion and we know that together we can strive for, and accomplish the impossible.

Thank you once again for helping us in our endeavours to live the dream and making a difference.

Yours Sincerely

Nicholas Marshall