

IT'S YOUR VOICE

Internal Newsletter of the Department of International Relations and Cooperation



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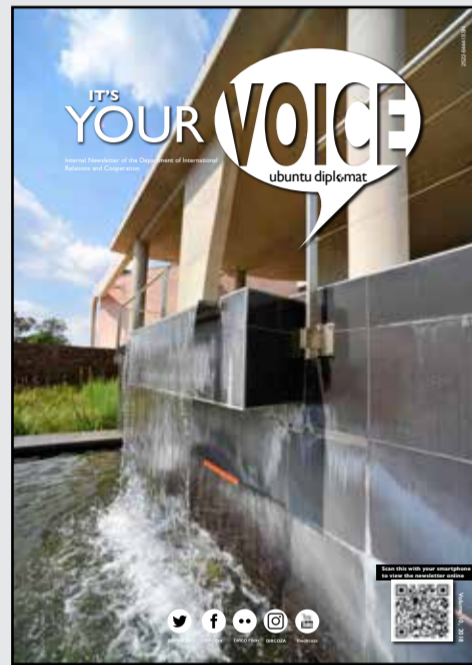
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Editor's Letter

Dear Diplomats,

The year 2018 is fast coming to an end and so much has happened here at DIRCO and at our various Missions across the globe. As always, It's Your Voice brings you more coverage from some of these events and activities.

The Office of the Chief Operations Officer brought some excitement and delight to staff at Head Office by hosting a braai and share event to celebrate Heritage Day. Officials arrived at the O.R Tambo building clad in traditional garb that filled the department with colour and flair. Entertainment was plentiful and without a doubt, many colleagues had the opportunity to learn about different cultures. Furthermore, Mr Lwandiso Mphopho gives insight into preserving one's heritage in a foreign land – an experience that can be shared by most. You will also enjoy finding out about Meggan Conley's account as a diplomat's child and learning to adapt to each country as your home as she moves with her family from Mission to Mission.

It is always a pleasure, from time to time, to celebrate the successes of diplomats, current and former. South Africa's former Ambassador to Switzerland, Liechtenstein and the Holy See, Her Excellency Claudinah Ntini Ramosepele was recently bestowed the African Envoy of the year at the 2018 edition of the Africa Link Solidarity Awards ceremony which was held in Bern, Switzerland this year. Congratulations to Ambassador Ramosepele.

The commemoration of South Africa's former President Nelson Mandela's Centenary continues in this volume as we read about the activities undertaken by the South African High Commission in Kingston, Jamaica throughout the year thus far. From the new-look reception area to Film Festivals to Freedom Week, the Mission shares it with It's Your Voice.

We can be proud to have hosted our President Cyril Ramaphosa's at O.R Tambo Building more than once this year, as he once again paid a visit to DIRCO to engage members of the Diplomatic Corps for the first time since his presidency



commenced in February 2018. Among those in attendance were, the Dean of the Diplomatic Corps, Ambassador Mphoko, and former Ambassador and Ubuntu Award 2018 winner, Her Excellency Lindiwe Mabuza. In his address, President Ramaphosa reflected on the loss of the late former UN General-Secretary, Mr Kofi Annan this year. The president highlighted Mr Annan's commendable leadership of the international community and passion for advancing the plight

of the most vulnerable people all over the world. May Mr Kofi Annan's soul rest in eternal peace. He may be gone but his legacy will certainly live on not only at the United Nations in New York, but also here in Africa.

MM
 Mathapelo Monaisa

PRESERVING ONE'S HERITAGE IN A FOREIGN LAND

By Lwandiso Mphopho



Heritage is a deceptively simple idea. It can be considered to be made up of the practices and traditions that are passed on from parents to children, but it also has to do with what has been passed on from the family and community. Heritage also includes that which is part of the national consciousness. Therefore, it can be concluded that heritage has both private (family or clan identity) and public (national consciousness) aspects. For the purposes of this piece, the focus is on the latter and its international application.

In 2018 our beloved Mzantsi celebrates 24 years of our people's Freedom and 23 years since 24 September was declared a National Heritage Day. During the September month, various activities are organised throughout the country, to celebrate all that which is commonly shared and collectively cherished by our people. These activities do not only take place or confined within our national borders, they also take place at the international level, because, no nation is an island entirely self-sufficient. Besides, heritage is about sharing, as the saying goes "sharing is caring". South Africans ought to care about what other nations make of and understand about our heritage. Our diplomatic missions promote the significance of the Heritage

Day in all the corners of the globe.

This year's heritage celebrations coincide with the Centenary of Madiba, who at the first official National Heritage Day celebrations in Robben Island in 1996, provided an enlightening pathway for future celebrations of our heritage at the international level, he said:

"Through the apartheid years, people responded to the denial and distortion of their heritage with their own affirmation - as Afrikaners had done in an earlier period. They celebrated their heritage outside of the country's museums and monuments: in song and in ceremony; in festivals and carnivals; in the selling of their own wares and in buying items associated with their heritage; by working the history of their communities into everyday artifacts".

Evident from the passage above, is that the participation of our diplomatic Missions in international festivals, carnivals, concerts, fairs, etc., is not only about promoting but also preserving our heritage in foreign territories, as these events create and recreate history and memories that educate both current and future generations about their origins and identities. However, in the same vein, a critical question was posed by former President Thabo Mbeki

when he spoke at the 2005 National Heritage Day celebration, he asked:

"what it is that distinguishes a South African from other people, be they Chinese or American. What are the characteristics that inform the manner in which a South African approaches a variety of matters and challenges?"

Indeed, there are no easy answers to the above questions. Perhaps the point of departure should be on emphasising our understanding of all the integral components of our heritage such as the cultural traditions, written and oral histories, arts, rituals, popular memory, skills and techniques and indigenous knowledge systems. These are some of the resources our diplomatic Missions use and need to be empowered with, to promote and preserve our heritage at international platforms by forging formal and informal partnerships with all socio-economic development role-players in and outside our national borders.

The infusion of the values of the philosophy of Ubuntu in our foreign policy has also empowered our diplomatic missions to broaden the scope of international cooperation beyond the traditional realms of political and economic diplomacy, to also include establishment of social and community relations through cooperation in arts, culture,

heritage, and their intimately close relatives, tourism and hospitality.

The participation of our different artists such as musicians, painters, actors, etc. in international events, helps to both promote South African heritage and also to attract other nations to visit our country to see and experience more of our heritage and hospitality. The significance and contribution of heritage to the tourism and hospitality industry is immense and warrants an independent and dedicated analysis. However, in his work "Heritage: Pride or Passion, Product or Service", Gary Edson (2004) concurs that "heritage has become an important economic attraction that draws hundreds of thousands of visitors and billions of dollars into communities around the world".

For South Africans driven by the values of Ubuntu, heritage is all of these, pride (of who were are), passion (how we express and embrace our unity in diversity), product (our artifacts, films, crafts, etc.) or service (what we offer and how we serve the people all around the world who work with us, especially in tourism, business, hospitality).

The author is a South African Diplomat in Madagascar. 🌍

ETHICS IN THE WORKPLACE

DIRCO employees are encouraged to conduct themselves ethically in line with the Constitution of Republic of South Africa Chapter 10, Public Service Act, 1994, Public Service Regulations, 2016 (Chapter 2) and in particular the Code of Conduct.

Being ethical allows you to distinguish between right and wrong. Ethics is generally defined as moral principles that govern a person's behaviour or the conducting of any activity.

The Public Service Code of conduct (Chapter 2, Part 1 of the Public Service Regulation, 2016) provides guiding principles and guidance on the expectation for appropriate workplace behaviour. Employees are expected to conduct themselves ethically in their individual conduct and their relationship with fellow employees, and the general public.



What are good workplace ethics

- Stay positive and professional
- Be accountable for own actions
- Take initiative
- Staying productive
- Punctuality

What are poor workplace ethics

- Ignoring procedures and policies
- Illegal practices
- Abusing government resources and other privileges
- Always arriving late at work; poor attendance
- Unauthorised removal of state assets

What are the benefits of good ethical behaviour in a workplace

- Desirable work environment
- Loyalty
- High office morale
- Good work performance
- Recognition

Integrity Management Unit:
 Ms Selaki Mahlaela 1 1531
 Mr Mothapo Mabitsetla 10213



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DIRCO Celebrates Heritage Day Bring and Braai



Heritage Day is an important public holiday in South Africa as it recognises different aspects of South African culture. It encourages South Africans across the spectrum to celebrate their cultural heritage, the diversity of their beliefs and different traditions. The word "heritage" in particular not only refers to our historical inheritance, creative expression and food, but it also embraces the various languages that have become entrenched in our cultural habitat.

Heritage is a gift from our forefathers and ancestors. It can be considered to be made up of the practices and traditions that are passed on from parents to children, but it also has to do with what has been passed on from the family, community and places where people have been raised. For example, heritage can include a family's professional history; religious affiliation; or cultural traditions.

Yet heritage also includes that which is part of the national consciousness. A person who was born in South Africa, for instance, has both a national South African heritage, as well as a personal and private one. Such a person might also be considered to have an African heritage, because they were born on the continent of Africa. When people talk about South African heritage, they might be referring to anything from famous historical sites or coastline areas, to seshweshwe fabric, to Bunny Chow and many other traditional practices. Heritage is therefore something quite personal and varies from person to person.

Our eleven (11) official languages are key ingredients individuals require to build bridges of understanding between cultures and communities. Language also plays a key factor in our heritage and the knowledge thereof becomes essential in understanding and recognizing different cultures. The country celebrated heritage day this year

under the theme "The Year of Nelson Rholihlahla Mandela: Advancing Transformation of South Africa's Heritage Landscape". The Office of the Chief Operations Officer, Chief Directorate: Transformation and Transversal Programmes strived to reinforce the connection between language, culture and heritage by launching the annual Heritage Bring and Braai Celebration. The Bring and Braai initiative was also about bringing together employees and to enhance multicultural relations.

The event saw employees performing various traditional dances, sharing food and refreshments. It portrayed real South African culture of sharing and camaraderie. It focused on the spirit of togetherness and sharing rather than on cultural divisions.

It is true that Heritage Day is not complete without traditional attire and dances. Hence the day included a showcase of traditional

attire worn by DIRCO officials, a vibrant series of performances from the African Tribal Show cultural group, music, dancing and giving away of prizes. The atmosphere was filled with the smell of braai meat and staff members were offered packs of refreshments including proudly South African biltong as a token of appreciation.

Events of this nature reinforce relations and continue to heal our fractured nation and should be embraced by all young and old. It is against this background that the Chief Directorate opted for the braai as a motivating force to create unity among employees, while bonding around fires, sharing each another's heritage, conversing and celebrating each other's uniqueness and forming a comradeship. Heritage day Bring and Braai created an atmosphere where DIRCO staff can all understand the mutual need to have a celebration of their heritage and traditions.





President Cyril Ramaphosa's address to the Members of the Diplomatic Corps

By Siya Msomi



The President of the Republic of South Africa Cyril Ramaphosa on 14 September 2018, addressed the Members of the Diplomatic Corps at OR Tambo Building, for the first time since he was sworn in as President of the Republic of South Africa.

The President expressed his sincere gratitude to the Members of the Diplomatic Community, and appreciated them for the work they have done recently, particularly for assisting South Africa in attaining a seat on the non-permanent seat on the United Nations Security Council. He guaranteed that South Africa will remain true to the positions adopted during its campaign for the non-permanent seat.

President Ramaphosa paid a special tribute to the late former UN General-Secretary Mr Kofi Annan, in his words, he said, "The world paid its final respects to a fallen giant of Africa, the former United Nations Secretary-General Mr Kofi Annan, the world is indeed a better place for having entrusted him with leadership of the international community, from the highest office in global diplomacy, Kofi Annan championed the interests not of political elites but of the most vulnerable people in global society".

President Ramaphosa acknowledged that, the leadership transition that took place in South Africa, resulted in a delay to finalise the agreement of some High Commissioners as well as

Ambassadors-Designate. Nevertheless, he gave the assurance to finalise these and to process the letters of credence for new Ambassadors-Designate.

He also highlighted that, "South Africa has worked hard, in a sustained and principled manner, to ensure that it is at peace with the world and make a positive contribution to resolving issues that are of concern to the international community". He stated that, South Africa's engagement with the world is informed by its own experience during the liberation struggle of international support and solidarity.

President Ramaphosa further indicated that, South Africa is committed to working with its partners

on the continent of Africa and in all regions of the world to secure outcomes that serve its national, bilateral and multilateral interests. "We will continue to work in all the regional, continental and global institutions in a manner that reiterates the inescapable reality that the development of South Africa is inextricably linked to that of the African regeneration", said the president.

Among other things President Ramaphosa alluded to, is that, the advancement of the African continent is itself intricately connected to that of the developing countries of the South and today the world is getting smaller and smaller, due to the significant progress enabled by technology. "This is a time when the means to eradicate

poverty, unemployment and inequality appear to be well within our grasp". Therefore, "South Africa is committed to work for a world where there is peace, security and prosperity for all the people of each and every nation", said the President.

Peace, security and prosperity for everyone, was at the helm of the president's agenda, he ensured the Members of the Diplomatic Corps that, South Africa is working hard to keep peace, security and prosperity, and it also remains steadfast in the rejection of all acts of terrorism and aggression.

South Africa has collaborated immensely "in bilateral and multilateral efforts to resolve the Continent's conflict situations, these include but not limited to, Lesotho, Democratic Republic of

Congo, Madagascar as well as Somalia", said the president.

President Ramaphosa affirmed that, the South African government work hard to improve the performance of economy, strengthen government and improve the functioning of state owned enterprises. President announced, the investment drive aimed at generating at least \$100 billion in new investment over the next five years. "This drive will culminate in an Investment Conference in Johannesburg from 25-27 October 2018".

He added that, South Africa will join other global leaders to attend the 73rd Session of the United Nations General Assembly. The General Debate is preceded on 24 September, by the Nelson

Mandela Peace Summit, hosted by the President of the General Assembly in honour of the centenary of the birth of former President Nelson Mandela". And thanked the AU and its Members for endorsing this Peace Summit through January 2018 Summit Declaration on the Centenary of Nelson Mandela.

President Ramaphosa also recognised, the role played by BRICS in establishing the New Development Bank which has disbursed loans totalling \$5.1 billion, with approvals amounting to \$1.7 billion this year alone. The president characterised this as a massive accomplishment for both Africa and other South Developing countries.

In closing, President Ramaphosa promised the Members of Diplomatic Corps that South Africa is managing the issue of Land Reform without a compensation in an orderly manner that seek to advance economic development, increases agricultural production and food security, and provides well-located housing for the poor.



Be an everyday Hero with persons with Disabilities

BY LEBOHANG MOSUPA



Being a newly appointed intern for the Chief Directorate: Transformation and Transversal Programmes and to be given the opportunity to construct the Casual Day Awareness Raising Campaign has been an exhilarating experience and a great show of faith from my superiors. I took it upon myself to live up to the name of the Chief Directorate and transform Casual Day for the mere purpose of positively impacting not only persons with disabilities but also persons without disability in the department. The aim of the events was providing reasonable accommodation for Persons with Disability and mobilizing Persons with Disabilities around the gains made in protecting, promoting and upholding the rights of persons with disabilities. I had to make sure the way in which awareness on casual day was raised had to be big, innovative and impactful and with the help from the team, the outcome was fulfilling.

The Casual Day campaign encourages South Africans to donate R10 for a sticker and at the same time champion the course for the full

inclusion and equity of Persons with Disabilities. The campaign does not only raise funds, but it also raises awareness on the challenges and the potential of the disability community in an exuberant way.

Raising awareness on disability can have innumerable objectives, such as sharing information and exposing employees without disabilities to the rights and abilities of persons with disabilities. Campaigns of this nature are very crucial since our societies are faced with difficulty to eradicate prejudices and myths around disability. Disability Awareness raising campaigns also directly focus on raising awareness among the very same Persons with Disability.

Persons with disabilities are part of us, part of our communities, and part of the employees. Therefore, their inclusion in the mainstream can no longer be ignored. Many are hidden or excluded from society, either in their homes or in institutions because of social stigma. There may be barriers such as physical, attitudinal, legal, regulatory and lack of information to accessible

formats that limit their opportunity to participate in various activities. This is where campaigns of this nature comes in.

The office of the Chief Operations Officer, Chief Directorate: Transformation and Transversal Programmes took it upon themselves to campaign big for Casual Day this year. With the theme for Casual Day 2018 being "Be an Everyday Hero with Persons with Disabilities", The Transformation team deemed it ideal to create an atmosphere where employees can become protagonists for change with Persons with Disabilities on 07 September 2018.

This year we partnered with Retina South Africa and the South African National Council for the Blind in creating awareness around visually impairment. The team created a fun atmosphere through disability awareness games and fund raising. The objective was to have employees participate in the games, to experience, get a feel of how Persons with Disabilities conquer and navigate their daily undertakings in their lives. Employees had fun by participating in the

Disability Awareness Quiz, Maze Race, Blindfold, Quick Draw, Mystery Box and 30 Seconds games. In the mix we had two exceptional guest speakers from the disability sector. Comrades Marathon amputee runner Mr Xolani Luvuno and Albinism Activist Ms Esther Motlhabane. Both speakers shared their life stories, daily challenges and their achievements with staff members.

This initiative sets the department on the right track for advocacy, training and awareness of employees with regard to disability. It promotes the principle of inclusion of Persons with Disability in the mainstream society to enable mutual understanding and respect for the benefit of all. We hope that to some extent we were able to raise awareness in the workplace and positively influence attitudes, behaviours and beliefs of employees. The struggle for the inclusion and emancipation of persons with disabilities is an ongoing project and we shall as a department continue to soldier on as one of the guest speakers said. #BeAnEverydayHero.



SA's Former Ambassador Receives African Envoy of Excellence Award

BY MOLA AJISAFE
AFRICA LINK CORRESPONDENT



South Africa's former Ambassador to Switzerland, Liechtenstein and the Holy See, Her Excellency Claudinah Ntini Ramosepele has been honoured with the African Envoy of Excellence Award by a Switzerland-based Organisation at the 2018 Edition of the Africa Link Solidarity Awards ceremony held in Bern, Switzerland, on Saturday 8th September 2018.

The media organisation founded in April 2000 is the publisher of Africa Link magazine, and Africalink Online known as 'the voice of Africa in the Diaspora'. It launched the Solidarity Awards in 2006 to encourage and promote democracy, good governance and development in Africa as a platform for Africans and their Diaspora relatives to recognise outstanding leadership in all the areas.

Over the years the categories of the Awards have extended to include the recognition and honouring of Africans, Friends of Africa and organisations that have made significant contributions to the continent's social, economic and political developments. It also recognises and honours African diplomats and other players in the African Diaspora Community and the International Community

whose contributions have led to the positive appreciation and image of Africa and its people.

Ambassador Ramosepele is the second South African to receive the Award in this category; the first was Ambassador Nozipho January-Bardil who received the Award in 2006.

Ms. Ramosepele was nominated and her nomination was approved by the Africa Link Award Committee to honour her for, amongst other things, improving South Africa's socio-economic and political relations with Switzerland which led to a more effective business and social relationship between the Swiss people and South Africans. Her savvy use of the media in disseminating news about her activities here in Switzerland and also news about her beloved South Africa was exemplary.

She demonstrated that a diplomat's service is not limited to the bilateral relations alone and proved that her services were incomplete without also giving the Diaspora a listening ear thus making herself available as and when needed.

Receiving this prestigious award, Ambassador Ramosepele said: "When one is called upon by the State to represent the nation, I think it is fair to say in my case I felt a sense of humility at the same time overwhelmed by the enormity and weight of the task ahead. One worries of the expectations, in the end you resort to performing at your utmost best, and leave others to judge. This is what I did and to be recognised in such a manner by this highly regarded group of Jurists is quite humbling. For this I thank you very, very much!"

She commended and recognised the work Africa Link has undertaken for the Diaspora, adding that it's no secret that it [Africa Link] operates with very little budgets. The results of the hard work and commitments is unbelievably good (in other words excellent) and we ought to give them our maximum support."

At the 2018th Edition ceremony, four persons and two organisations received an Award.



Celebrating the Legacies of our stalwarts

The first quarter of 2018 has been an extremely busy period for the South African High Commission in Kingston, Jamaica, in terms of its Public Diplomacy campaign, which was designed to lead up to and culminate in a Freedom Week starting on 18 July 2018.

New Dawn - New look reception Area



The newly branded reception of the High Commission dedicated to the life and legacy of Mr Nelson Mandela.

The Mission's activities under the auspices of the "Be the legacy" theme started with the rebranding of the Mission's reception area. The area was rebranded to pay tribute to the life and legacy of Mr Mandela. It featured a journey from birth to his death in 2013, a selection of his famous quotes, pictures from his first visit to Jamaica in 1991 when he received an Honorary Doctorate in Law from the University of the West Indies, and a subsequent visit in 1998. It also featured the famous image of Mr Mandela on the balcony of the Union Buildings on 10 May 1994 after his inauguration as the first democratically elected President of South Africa.



Mr P Riley, Acting High Commissioner looks on while Minister Kamina Johnson-Smith signs the condolence book for Mama Winnie.

Following the passing of Mama Winnie Nomzamo Madikizela-Mandela, there was an outpouring of goodwill extended by Jamaicans towards South Africa. Daily during that period, the Mission received artists, Parliamentarians, Cabinet Ministers, educators and learners, and academics amongst others, who came to send messages of condolences. The Jamaican Minister of Foreign Affairs and Foreign Trade (JMFAFT) visited the High Commission to sign the condolence book. She was intrigued by the manner in which the reception area and requested that a member of staff walk her through Mr P Riley, Acting High Commissioner looks on while Minister Kamina Johnson-Smith signs the condolence book for Mama Winnie.

National Day



Minister Johnson-Smith raises a toast to South Africa.



Minister Johnson-Smith was fully engaging at the event.

To recall the inauguration of Mr Mandela on 10 May 1994, as South Africa's first democratically elected President, the Mission held its 2018 National Day celebrations on 10 May. At the event, the Mission officially launched the "Be the Legacy" and "Women of Fortitude" campaigns. At the event, the Jamaican Minister, Mrs Kamina Johnson-Smith spoke at length of the support of the Jamaican people to the anti-apartheid struggle.

Talk Up Youth



South African, Jamaica's youth Ambassador, the Caribbean Youth Representative, and Jamaican Youth who participated in the Roundtable event.

Under the auspices of the "Women of Fortitude" theme, the Mission used the start of South Africa's youth month to host an "Inaugural Talk up Yout Meets South Africa Youth Roundtable Series." The event was a partnership between the South African High Commission and Talk Up Yout, a Jamaican Non-Government Organisation, which promotes the participation of youth in addressing the issues that affect their lives. South African and Jamaica youth between the ages of 13-19 sat around a table, using fortitude as the base for a discussion, reflected on the following issues: climate change; bullying in schools; post-school economic opportunities and developing cultural ties for pursuing future business ventures; and human trafficking amongst other current issues. Jamaica's youth Ambassador, Mr Odayne Haughton and the Caribbean Youth Representative, Mr Sujae Bowell also attended the event.

This group also participated in a national radio interview during which they exchanged information on culture, heritage and history, and discussed the similarities between South Africa and Jamaica.



Ms Savannah Peridot, Business Manager at the University of the West Indies (UWI) Centre for Tourism and Policy Research addresses the youth on pursuing careers in the tourism sector.

Greater August Town Film Festival



L-R: Sir Kenneth Hall, Mr Philip Riley and Professor Ian Boxill

To commemorate Youth Day, the Mission partnered with the UWI Centre for Tourism and Policy Research to negotiate the participation of the High Commission in the 6th Greater August Town Film Festival (GATFFEST) short film festival. The Mission successfully negotiated for the South African film, "Hear Me Move" to headline opening night of the festival on 16 June 2018. It is the first time since the inception of GATFFEST that a feature film headline opening night. The event was hugely successful and was attended by the former Governor-General, Sir Kenneth Hall, of Jamaica. The film's producer, Mr Wandile Molebatsi participated via Skype. Ms Zengeziwe Msimang, Chief Director: Public Diplomacy participated in a panel discussion after the screening of the film.

Professor Ian Boxill, the GATFFEST conceptualiser has since approached the Mission to facilitate a discussion between GATFFEST

organisers and Mr Molebatsi to pursue co-production, in South Africa and Jamaica, of a documentary, which will focus film production as a means for economic development for youth from under-served communities.

Be the Legacy - A wine tasting



Team South Africa in Jamaica (the SA High Commission staff) - Mrs DR Mwaile, Mr TM Gunnie and Mrs S Khumalo.

To draw attention to the centenary of Mr Mandela's birth, the High Commission held a wine tasting event at the largest grocery store, and wine retailer, in Kingston. The High Commission used the opportunity to promote South African wines, and distributed Nelson Mandela traveller's maps of South Africa to consumers at the store, in order to simultaneously promote South Africa as a tourist destination. Select Brands, the company which imports South African wines joined the Mission staff at the event. The owners of the store have since invited the Mission to host a wine tasting event in September 2018.

FREEDOM WEEK 18-21 July



The Mission's activities started with its participation in a workshop for 20 teenage girls who are wards of the State. The workshop was held at the Edna Manley School for the Visual and Performing Arts. The workshop focussed on assisting these young ladies to set goals and targets for their future. The Mission handed out "Women of Fortitude" tote bags, which contained a pencil case, a "Be the Legacy" journal and pencil case. The workshop also featured South African dance artist Paul Modjadji who taught the young ladies several South African dance moves.

Later that day, the High Commission in partnership with UWI, developed a "Freedom Week" calendar of events, which focussed on promoting democracy. The first event with the participation of Executive Director, Dr Philani Mthembu, of the Institute for Global Dialogue (IGD) held a debate on "Does democracy create free and equitable societies?" Dr Mthembu argued against, together with Dr Sonja Stanley-Niaah, an academic from UWI. The event was preceded by an exhibition - made possible with the support of the Nelson Mandela Foundation (NMF) and Ms Doreen Watson from the Barrington Watson Art Gallery in Kingston - of pictures and paintings of Mr Mandela. The exhibition was followed by a cocktail reception. The following day, Sir Hillary Beckles, Vice Chancellor of UWI hosted the annual Vice Chancellors XI Cricket Match against Bangladesh at Sabinah Park. In his comments he referred to the South African Government's "Be the Legacy" campaign and the legacy left by Mr Mandela for all to emulate.

On 20 July 2018, the High Commission, together with the Office of the Principal at UWI, hosted a panel discussion on "South Africa and Jamaica: Ugly Past, Present and Future. Parallels between the two countries." Visiting University of South Africa (UNISA) academics, Dr Somadoda Fikeni and Prof Lesiba Teffo, academics participated in this discussion as panelists.



The High Commission staged an exhibition before the 2nd MONA Debate. Dr Philani Mthembu, Executive Director of the Institute for Global Dialogue, debates the notion that Western interpretation of democracy is not the only form of governance.



Dr Akshai Mansingh, Dean of the Faculty of Sports at UWI, Ms Kamisha Kelly, Jamaica Debating Champion, Dr Damian Crawford, former Minister of Tourism and Entertainment, Dr Sonjah Stanley-Niaah, Director for the Centre for Reggae and Cultural Studies at UWI, and Dr Phimani Mthembu, Executive Director, Institute of Global Dialogue.

The audience at the 2nd Mona Debate.

My life as a diplomat's child

BY MEGGAN CONLEY



A miserable man was visited by a king one day, and told that if he traveled from his home to a city on the other side of the earth, he would be given the riches of the world. The man accepted the offer, knowing these riches and jewels would bring him the happiness he was seeking. One sunlit morning, the man began his long journey on foot, with a certain positive skip in his step...

I would consider myself a globe wanderer. I learnt of the ever-in-motion nature of life at the tender age of six months. It seemed like I had just come out of my mother's fluid womb, and then had been propped into another moving vehicle- an aircraft. I felt the rumbling of the floor beneath me, on my way to what would become my home for four years- Gabon, West Africa. Life continued on this path for me for what would be many years to come. I later lived in Shanghai, China, and Sofia, Bulgaria. Though China is a nation filled with pollution and poverty in many parts, and Bulgaria is a country with stray dogs as rampant as the potholes, I came to love both of these temporary homes during my time there. I learnt that a place is truly what you decide to make of it- that beauty can be found anywhere.

Although I consider South Africa my real home, my place of birth, I would never be able to stay in one place for the rest of my life. There's too much to see in the world around me, and I have too much curiosity for new experience. There are too many people to meet, too many paths to travel, both literally and figuratively. It's a crime to not venture out and explore what the world has to offer.

The man encountered much on his journey. He smelled scents he had never experienced before, and heard sounds which made him want to move his feet and dance. Most importantly, he met people of all kinds, some which had shared his experiences, and some which had experienced much worse. These people, and the sights he saw put him in awe and reverence of the magnitude of the world around him, and the knowledge that life was so much bigger than him.

As much as I enjoy new experiences, I am also lover of learning. Ardent for books and pieces of writing. That may be because, as the hackneyed phrase goes, "A reader lives a thousand lives before he dies". The best part is that these lives can be lived while sitting in only one spot. I'm curious. Curious about the world around me, and why things come to be the way they are. Hungry for the knowledge of how things work, and excited that all these mysteries can be discovered. This has always translated into a certain "drive" and passion I put into my work. I'm interested in the people I read in my books, and encounter in the world. Not just the kind and sweet and beautiful princesses, as was the case when I was younger. I want to understand the inner workings of the disheveled beggar on the street, the terrorist who blows himself up in a crowd of people, the seemingly misogynistic and xenophobic country leader, -what made these people this way? What are their stories (because there are always at least thirteen sides to a story)? Does he pour a bottle of orange spray tan on his face every morning?

The man never arrived at the destination to which he has been sent, and the king who sent him never saw him again. Legend has it that the man lost himself in the magnificence of the world he experienced on his journey. The beggar had found every treasure and jewel he could have ever wanted.



HERITAGE

HERITAGE MONTH

**Themed:
“The Year of Nelson Mandela: advancing transformation of South Africa’s heritage landscape”**

Heritage Month is celebrated annually in September. It recognises aspects of South African culture which are both tangible and intangible: creative expression such as music and performances, our historical inheritance, language, the food we eat as well as the popular memory.

South Africa is home to eight of the 981 World Heritage Sites which are recognised by the United Nations Educational and Scientific Organisation as places of outstanding cultural and historical importance.



Mapungubwe Cultural Landscape

“The place of wisdom” as Mapungubwe is known, is situated in the Limpopo province. The site lies on the open savannah of the Mapungubwe National Park, at the convergence of the Limpopo and Shashe Rivers. It touches the northern border of South Africa, Zimbabwe and Botswana.

This is a site that was populated by a civilised kingdom over 900 years back. Settlements, artefacts and graves of these communities can be seen at the site. It also has a national park where various bird and animal species, including four of the Big 5, roam freely.



Vredefort Dome

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Cradle of Humankind

Known in South Africa as the Cradle of Humankind, the region of Sterkfontein, Swartkrans, Kromdraai and environs has one of the world’s richest concentrations of hominid fossils, evidence of human evolution over the last 3.5 million years. It was declared a heritage site in 1999 and 2005. Found in the provinces of Gauteng and North West, the fossil sites cover an area of 47 000 hectares.

Situated an hour’s drive from Johannesburg and Pretoria, the Sterkfontein Caves are world famous for their fossil finds and are a popular visitor destination. After an extensive facelift in 2005, the Sterkfontein Caves site is now home to a top restaurant and conferencing facilities, offering easy access to the caves with modern walk-ways and a boardwalk past the excavation site where globally acclaimed fossils have been discovered.



Liliesleaf Farm

Government has set in motion the process of declaring another historic place in the history of South Africa, Liliesleaf Farm in Rivonia, a heritage site.

Speaking at the 50th commemoration of the Liliesleaf Farm raid by the apartheid police President Jacob Zuma said preserving the site would contribute to the on-going process of national healing and the building of a more cohesive society.



So join in and help preserve and spread awareness of our heritage resources. They are not just symbols of our past, but they are the foundation for our future as well



NURSING ROOM

"Breastfeeding at Work addresses one of the challenges and fears that many mother face – what happens when I have to go back to work?" says ADSA spokesperson and Registered Dietitian Ms Catherine Pereira. (Health New 24)

The Transformation and Transversal Programmes Chief Directorate introduces the "Nursing Room" which is the oval room located on the first Floor on the East Wing, adjacent to the escalators. This room is fully furnished and equipped with a fridge and couches. This serene room is created for pregnant women as well as nursing mothers who have just returning from maternity. Employee in this category are encouraged to take time off from their work station and find rest as well as express milk for their infants in this private and secluded space. The Basic Conditions of Employment Act makes provision for nursing mothers to take two 30-minute breaks per day for breastfeeding or expressing milk if their infants are younger than 6-months.

Ms Catherine Pereira Association for Dietetics in South Africa (ADSA) spokesperson (Health News 24), shared the following ideas:

How can we ensure that the workplace is breastfeeding and mom-friendly?

- Have a breastfeeding-friendly room, corner or space in your workplace where mothers can breastfeed their babies or express milk.

- Ensure that there are refrigeration facilities for mothers to store breast milk if they are expressing.
- Support part-time work arrangements for breastfeeding staff.
- Make sure that your employees or employers know the legal rights of breastfeeding women.
- Show a positive attitude towards friends and colleagues that are breastfeeding mothers.
- If you are a woman who managed to breastfeed when you went back to work, share your experiences as inspiration for other women.
- Fathers and partners should read up on breastfeeding and how they can support women.
- Breastfeeding women should form or join support groups, such as La Leche League, or contact a lactation consultant.
- Listen to women's needs and respect a woman's decision on infant feeding and offer support for her choice without prejudice.

How to deal with returning to work and breastfeeding:

- Ensure you feed your little one by breastfeeding before leaving for work
- Visit a dietitian and/or lactation consultant so they can help you calculate how much milk you need to express during the day.

- Feed your little one as soon as you get home by breastfeeding.
- For babies older than six months, make sure the caregiver doesn't give your little one a big meal/snack before you get home, a smaller snack will be better as your little one will then happily breastfeed and it may also relieve some engorgement.
- Ensure you know how to hand express.
- Ensure you have a pump that suits your needs (different pumps are required depending on the number of hours you work i.e. part-time vs. full-time).
- Get advice if you need some.
- Build up a milk supply before returning to work.

Addressing the Women on the 06 September 2018, Minister Lindiwe Sisulu made a commitment for DIRCO to put in place a plan to establish a day Care Center which should be launched in August 2019. We hope that as we eagerly await the facility, nursing mothers would, in the meantime, make use of the nursing room and utilize it fully. For any information regarding access and any other information on the room kindly contact Gender and Diversity Management Directorate. 🌐



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