

IT'S YOUR VOICE



Internal Newsletter of the Department of International Relations and Cooperation

ubuntu diplomat

Issue No. 6



**STAY
SAFE**

PROTECT SOUTH AFRICA

**NELSON
MANDELA
DAY**

TAKE ACTION. INSPIRE CHANGE.
MAKE EVERY DAY A MANDELA DAY.

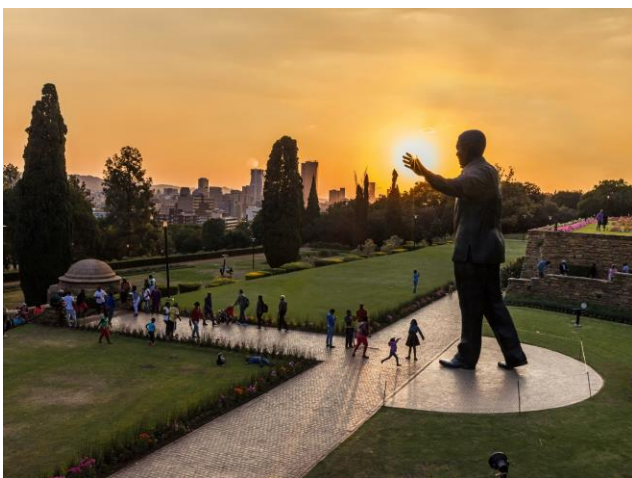
A NELSON MANDELA FOUNDATION INITIATIVE



TOGETHER WE CAN BEAT THE CORONAVIRUS

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The Nelson Mandela Statue at the Union Buildings, Pretoria

A nine-metre-tall bronze statue of Nelson Rolihlahla Mandela was unveiled at the Union Buildings in Pretoria on the Day of Reconciliation, bringing to a close the official 10-day mourning period for the much loved former state president, who died at his Johannesburg home on 5 December 2013.

EDITOR'S

LETTER

South Africa is currently at its peak with regard to COVID-19 infections. The month of July saw South Africa advance from the Top 20 to Top 10 in the space of two weeks, and then a further two weeks later, we were in the Top 5 with close to half a million positive cases. However, it is important to note that many infected patients have recovered to date. The Minister of Health, Dr Zweli Mkhize, and President Cyril Ramaphosa have been cautioning that this time will come – that the situation will get worse before it improves. Therefore, forewarned is forearmed. Government communication has gone into overdrive with messages on how to manage the spread of the Coronavirus and stay safe, including guidelines from the National Institute of Communicable Diseases and the World Health Organisation. The unfortunate reality is that the virus does not care how much you know, all it requires is for one to unknowingly be in the wrong place at the wrong time.

The COVID-19 peak happened as the world celebrated Nelson Mandela International Day. This year, most individuals and organisations the world over, held celebrations virtually, as did DIRCO and the Nelson Mandela Foundation (NMF). Dr Naledi Pandor was joined by Ambassador Zenani Mandela-Dlamini and the

NMF's Chief Executive, Mr Sello Hatang, in commemorating the global icon. Another notable feature on 18 July 2020, was United Nations Secretary-General, Mr António Guterres' momentous address during the 18th Nelson Mandela Annual Lecture during which he said about the current global situation: "COVID-19 has been likened to an x-ray, revealing fractures in the fragile skeleton of our societies, and it has laid bare risks we have ignored for decades: inadequate healthcare; gaps in social protection; structural inequalities; environmental degradation; and the climate crisis".

Nelson Mandela Day 2020 was celebrated at a time when the country was mourning the passing of Madiba's daughter and our colleague, Ambassador Zindzi Mandela. Tributes for the Ambassador poured in from across the globe. Ambassador Mandela passed away just days after another fellow colleague, Ambassador Claudinah Ramosepele, left this world. The late Ambassador Ramosepele was attached to the Branch: Middle East and Asia at the time of her passing. Both colleagues will be remembered dearly. South Africa also lost the last of the Rivonia Trialists, struggle hero, Ntate Andrew Mlangeni, who passed away in hospital on 21 July 2020. We pay tribute to these patriotic servants of South Africa. May their souls rest in eternal peace.



In this edition, some of our missions abroad also share their commemoration of South Africa's former President, and peace humanitarian, Mr Nelson Mandela. As the world navigates the brutal and menacing enemy that is COVID-19, we stay strong and united and recall Madiba's words of encouragement: "Difficulties break some men but make others. No axe is sharp enough to cut the soul of a sinner who keeps on trying, one armed with the hope that he will rise even in the end".

NMF

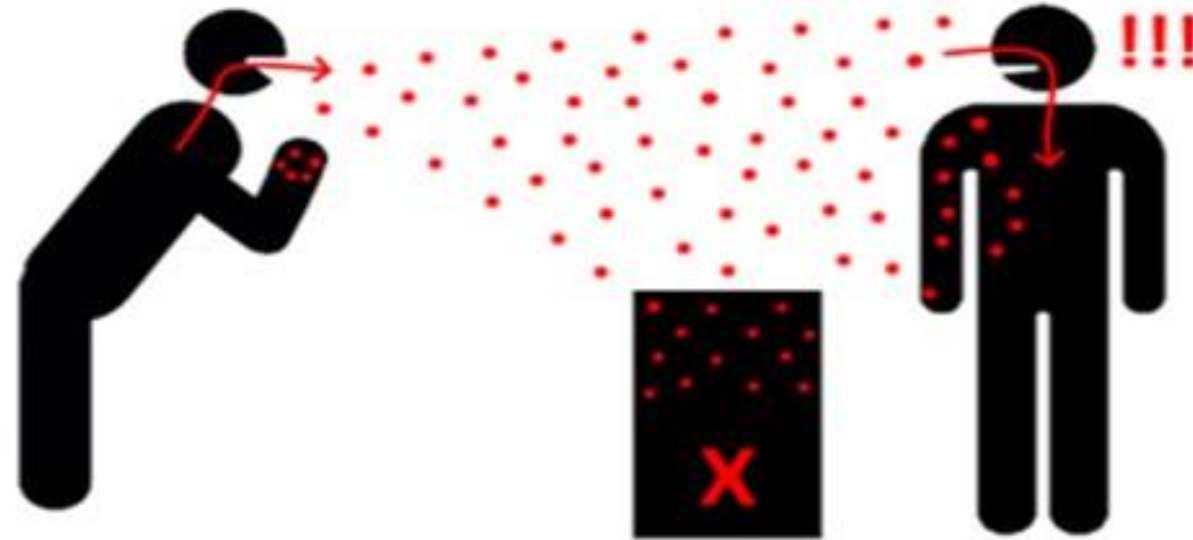
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CORONAVIRUS (COVID-19) PREVENTION

Why should I wear a face mask?

No Masks



With Masks



international relations
& cooperation

Department:
International Relations and Cooperation
REPUBLIC OF SOUTH AFRICA



Minister Naledi Pandor participates in the Nelson Mandela Day Virtual Celebration, 18 July 2020

Since the United Nations (UN) declared 18 July, the birthday of South Africa's former President Nelson Mandela, Nelson Mandela International Day in November 2009, the day has been celebrated annually the world over. The UN made the declaration in recognition of Madiba's contribution to the culture of peace and freedom. Resolution A/RES/64/13 recognises Mandela's values and his dedication to the service of humanity in conflict resolution, race relations, promotion and protection of human rights, reconciliation, gender equality and the rights of children and other vulnerable groups, the fight against poverty and the promotion of social justice. The resolution acknowledges his contribution to the struggle for democracy internationally and the promotion of a culture of peace throughout the world.

On Saturday, 18 July 2020, the Department of International Relations and Cooperation (DIRCO), in collaboration with the Nelson Mandela Foundation, hosted a virtual celebration to observe this special day. The event was held under the theme: "A New Social Contract between Nations: Reducing Inequality at a Global Level".

On the speaker's list were the following:

- the Nelson Mandela Foundation's (NMF) Chief Executive, Mr Sello Hatang
- daughter of the late Mama Winnie Madikizela-Mandela and Tata Nelson Mandela, Ambassador Zenani Mandela-Dlamini
- the Minister of International Relations and Cooperation, Dr Naledi Pandor, who was the keynote speaker.

Mr Hatang extended condolences, on behalf of the NMF, to the Mandela family on the recent and untimely passing of former President Mandela's daughter, Ambassador Zindiswa Mandela. He spoke fondly of Ambassador Mandela, and shared



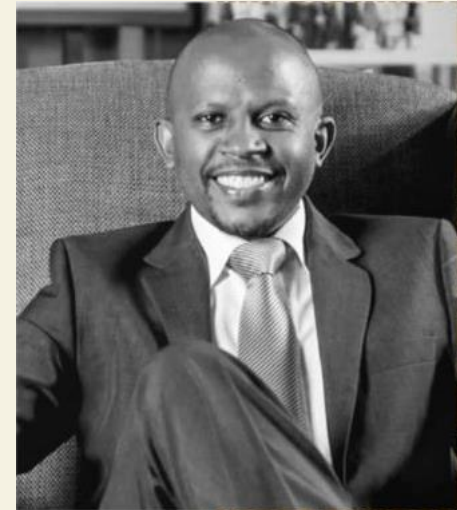
memories of her time spent with the foundation's officials. He said, "We loved her deeply because she also cared about the archive, and cared about our institution thriving. The many occasions when she has come to our building to interact with her dad in the time when we were launching Madiba's book, *Conversations with Myself*, were always filled with happiness and laughter".

Mr Hatang called for the world to be reminded, this Mandela Day, of the responsibility to build a more equal society that former President Mandela said was possible. He called for South Africans to fight for a better future for South Africa's children with as much vigour as Madiba and his fellow struggle compatriots fought against apartheid. "I did not have the luxury of sitting on his knee to learn important lessons, and had to acquire this knowledge from a distance", recalled Ambassador Mandela-Dlamini

and continued to speak of her father with admiration as she relayed how Tata Nelson Mandela walked out of prison, his head held high, hand in hand with her mother, Mama Winnie Madikizela-Mandela. Ambassador Mandela-Dlamini said that her father's example remained a living lesson for her and she continued to live by it, especially how to hold on to hope. However, she also noted that the late former President of South Africa also taught her that hope on its own was not enough: "We need to be determined, and when we persevere, we can survive just about any situation".


The Ambassador said that fighting disease also revealed gross inequality, as the people who lived in abject poverty were always on the back foot, because survival was much tougher for those living in those conditions. "We see this particularly now with the COVID-19 pandemic, which has highlighted vast and deep inequalities with regard to accessing healthcare, water, food and acceptable living conditions", she added and emphasised the importance of following the advice of medical experts during this time. Most of all, Ambassador Mandela-Dlamini called for the world to embody the spirit of Ubuntu and to have humanity and care for one another when we suffer. She ended off by saying that: "While we live in a world of despair, disease and hunger, together we can triumph over adversity, and we will overcome".

Minister Pandor's address demonstrated why the world's nations now needed a new social contract to tackle inequality, especially at a time when the COVID-19 pandemic continues to wreak havoc across the world. Dr Pandor highlighted the fact that the pandemic had begun to transform global consciousness by forcing large sections of the international community to re-think traditional approaches to




“As we celebrate the legacy of President Mandela, we as the world need to take seriously, the core principles which defined his vision. He would expect that we look to a humane vision. One that revolves around the good of all as we determine responses to the pandemic.”

International MANDELA DAY 2020



Dr. Naledi Pandor
Minister of International Relations & Cooperation



fighting poverty global inequality and underdevelopment, “Its debilitating effects are drawing the world’s attention, much more closely, to the vision of President Mandela that ‘we can change the world and make it a better place’. It is in your and our hands to make a difference”, said the Minister and added that, “We believe, as DIRCO, that the outbreak of this pandemic has forced onto the global agenda the imperative of re-imagining a new social contract between nations to reduce inequality and poverty at a global level”.

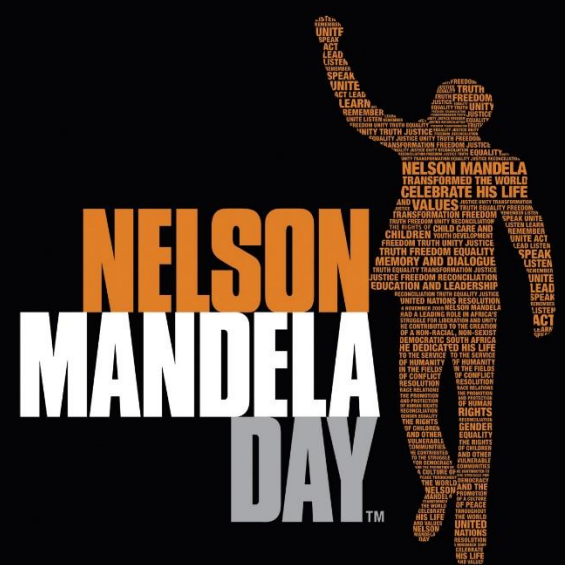
Dr Pandor made the observation that the present inadequacy of countries in both the Global North and the Global South to withstand the effects of this pandemic underscored the reality of global and national inequality. It is imperative for the global leadership to re-evaluate current global social, economic and health structures, which have been rendered very weak by the unrelenting waves of the Coronavirus pandemic. Minister Pandor reiterated that “in this spirit of President Mandela, partnerships within a multilateral framework are our best foot forward”.

As the world celebrated the legacy of President Nelson Mandela this July, it has become important for the international community to take the core principles, which define his vision, seriously. “President Nelson Mandela would expect that we look to a human vision, one that revolves around the good of all as we determine responses to the pandemic.” The Minister continued to add: “As part of this embodiment of the President Mandela’s core legacy are principles such as equality for all, both within and between nations, upholding social justice, promotion of social equity and the utilisation of solidarity as a momentum intended to eliminate communicable diseases, poverty and the want so many experience. All of these are pre-conditions for a sustainable world conducive to human dignity.”

In conclusion, as Minister Pandor called on everyone to make each day a Mandela Day, to combat the menace that is COVID-19. She called for international cooperation, saying, “In keeping with President Mandela’s vision for international solidarity, these interventions will go a long way towards saving human lives and contributing to a better world”.

NELSON MANDELA FOUNDATION

Living the legacy



NELSON MANDELA DAY

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www.mandeladay.com | www.nelsonmandela.org

#MANDELADAY

Can diplomacy survive the digital disruption?

- By Mr Anesh Maistry
Ambassador to the Union of the Comoros

The world is a very volatile, uncertain, complex, and ambiguous (VUCA) environment. The impact of technology and innovation has become a key driver of global development but significantly, also a disruptor of the traditional socio-economic structure as we know it. None more so, than during this challenging and tragic battle with the COVID-19 pandemic, where the impact on traditional notions of geo-political, geo-strategic, and geo-economic levels of engagement are being challenged in the international system through the impact of technology and the need for science and innovation.

As for diplomacy, it is hard enough in a dynamic world but it will become more challenging in a state of constant flux. The cutting-edge technology leap of the last two decades has, however, made the system a cauldron of persistent insecurity and incessant life-altering change.

The 4th Industrial Revolution (4IR), the giant leap to machine learning, artificial intelligence and big data, has become a defining moment in the history of mankind; the use of revolutionary technology and the frontiers opened up by innovation have an impact never before witnessed globally. As with previous revolutions, the 4IR and its technologies will come with unprecedented forces of disruption that will have momentous economic, political and social implications.

Ambassador Tom Fletcher in his trailblazing book, *The Naked Diplomat: Power and Politics in the Digital Age*, provides a unique insight into diplomacy in the digital age. He observes that the digital age will put many industries, ideas and states out of business, and shift power away from governments. It will make it harder to marshal the coalitions needed to confront growing global challenges, from migration to poverty to terrorism. There will be winners and losers. How can diplomacy regain its mojo, and play its part in helping citizens use the superpower at their disposal?

This mojo, as Fletcher puts it, which has stood the test of centuries, needs to be renewed to render diplomats relevant. No more apt in the phrase Science for Diplomacy and Diplomacy for Science.

As part of the work of diplomats in this dynamic technology-driven world, science, technology and innovation diplomacy become an integral diplomatic tool to build bilateral and expand multilateral relations. Understanding the place of African states and the various opportunities and challenges that will arise in this endeavour needs critical reflection. It is an important element of operating effectively in the 4IR context.

According to Erik Segal, a Conflict Management Expert, "the Fourth Industrial Revolution will have an immense impact on how humans communicate



with each other – for better and for worse. Conflict resolution professionals should re-evaluate their theories and practices to address new challenges through the convergence of the physical, digital, and biological dimensions”.

State-state negotiations will be most influenced by the way decision-makers understand, believe, and can manipulate technology to negotiate their interests.

The professional key-stakeholder level allows for more flexibility, as non-state actors can take advantage of technology as a platform to perform

the process, other technologies to help in technical problem-solving and also create new products. An example would be applications such as “Slack”, which are optimal for the conducting of task-oriented processes that can complement face-to-face meetings.

Similarly, technology holds many opportunities that can revolutionise people-people dialogue. Online dialogue on a social media platform can assist in managing common challenges such as power imbalance, continuity, scalable impact and evaluation.

The World Economic Forum (WEF) has reported that in the context of the 4IR and its disruptive effect on all economies, there are three things for Africa to consider within the "Africa rising" narrative:

- the development of digital skills is paramount
- all industries are being digitally disrupted, which presents an opportunity for a growing digital economy
- public-private partnerships are powerful levers for change.

For a continent with an increasingly young population, productivity growth matters because it drives innovation, it can increase real wages and it can enable the economy to grow. The WEF argues that the 4IR is synonymous with uncharted growth in digitisation and Internet connectivity for the continent. It has the potential to drive Africa forward like never before, enabling innovation, spurring new business models and improving the delivery of public service.

Building a digital society to increase economic inclusion is a critical challenge facing Africa today. Economic inclusion is fundamentally predicated on improving digital fluency to bring jobs to Africa's youth. We need to teach young Africans coding like we teach other languages. We need to have a deep focus on STEM (Science, Technology, Engineering and Mathematics) as key to African success. Education needs to be recalibrated in this period of global uncertainty to build the generation of the future. The rise of big data has made it more than apparent that success will hinge on how the nations harness and process data; and will impact all facets of their well-being.

In South Africa, the Council for Scientific and Industrial Research (CSIR) has identified the following six Key Enabling Technologies (KETs) to drive African economic development and have a significant influence on societal advancement on the continent:

- Photonics
- Industrial biotechnology
- Nanotechnology



- Advanced materials
- Micro-nano electronics
- Advanced manufacturing systems.

On the economic front, traditional financing and lending through the banking systems have gone virtual. The currency market is driven by BlockChain and African Economic Diplomacy will have to understand this system and how it will influence future transacting, globally. Experts rightfully contend that BlockChain is not just one thing, but rather a collaboration of a multitude of systems working together to create a cryptocurrency platform, which can ensure the financial inclusion of everyone within the African context.

That said, Africa will not only struggle with access to these technologies but also face the challenge of integrating its political, economic and social lives into the digital age. We as diplomats need to step up and build these relationships, look for access to technology transfer but more so bring technology infrastructure and investments to our shores.

With all the above developments have come pushback. Tom Nichols in an incredible book, *The Death of Expertise*, outlines the campaign against established knowledge. He argues that the information flow is more than an overload; much of it is disinformation that is not creating a more educated public but online mobs of ill-informed people, which is threatening the core system of democracy, something which the famous futurist Isaac Asimov called the "cult of ignorance". This world will not wait for nations to play catch-up, it will not be deferred by theories of development and traditional economic notions of prosperity.

In the final analysis, the question is will the 4IR be a disruptor or an enabler to African states and their diplomats? How ready are African diplomats to integrate the culture, these systems and technologies into their societies?





- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitiser



- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.



- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- Remember to maintain your distance from others



- Clean and disinfect frequently touched objects and surfaces.



IN MEMORIAM



Ambassador Claudinah Ramosepele - 10.07.2020



Ambassador Zindzi Mandela - 13.07.2020



Ambassador Dumie Matabane - 18.07.2020



Monstrous weapon of war

- By Dr Naledi Pandor,
Minister of International Relations and Cooperation

Is it worrying that sexual violence still occurs in most conflict and post-conflict situations?

Armed conflict situations across the world have had a devastating effect on women and girls, in particular, due to their unequal status in society.

A traumatic crime to which women and girls are vulnerable is sexual violence committed by parties to armed conflict as a means of advancing their political, social and economic objectives.

Global awareness about the effects of armed conflict on women has increased, owing primarily to the adoption in 2000 of United Nations Security Council (UNSC) Resolution 1325 and other subsequent resolutions and decisions on women, peace and security.

The Security Council has recognised that sexual violence, as a tactic of war when used to achieve military or political ends, constitutes a threat to international peace and security.

Regrettably, sexual violence continues to occur in most conflict and post-conflict situations, and this remains a subject of grave concern. Ending the scourge, addressing the resulting trauma, stigma and holding the perpetrators responsible should remain our priority.

We must not view women and girls as passive victims, but as members of society with voices and competence. We must deepen our efforts to change the perceptions about women and girls and acknowledge their resilience and the meaningful role they can play as agents of change and transformation.

We should recognise that sexual violence is linked to gender inequality.

We must advocate for equal participation and involvement of women in the maintenance and promotion of peace and security.

It is worrying that peace pacts continue to be made without considering the needs of women and girls. A piteous 0.2% of bilateral aid to fragile and conflict-affected situations goes to women's organisations. The number of attacks against women human rights defenders, humanitarians and peace-builders continues to rise.

Sexual and gender-based violence continues to be used as a weapon of war, with the survivors often left without justice or support. Millions of women and girls are in need of life-saving sexual and reproductive health services, and millions more require interventions.

There is a growing number of armed groups for whom gender inequality is a strategic objective and misogyny part of their core ideology.

The onus is on the UNSC member states to look at strengthening the implementation of all Security Council decisions, including the recommendations of the 2015 Global Study pertaining to women, peace and security in line with the Security Council's Resolution 2493.

South Africa supports the efforts of the Office of the UN Special Representative on Sexual Violence in Conflict on ending sexual violence in armed conflict situations.

The work of this office has become more important amid the myriad challenges brought



about by the COVID-19 global pandemic, particularly to women and children, internally displaced people, refugees and migrants. It is also due to this office that we are able to monitor and express concern at the reported rise of sexual and gender-based violence. Addressing gender-based violence must be integral to COVID-19 responses.

While policies have been put in place, implementation is lagging. There is room for improvement in strengthening the rule of law institutions and capacities to bring perpetrators to account. Measures taken to ensure accountability against the perpetrators, such as the prohibition of states listed for violations from participating in UN peace operations and sexual violence being a designation-criterion in sanctions regimes in country situations should continue.

UN member states need to mitigate some of the negative impacts such as stigmatisation, discrimination, rejection and social exclusion. Undertaking these activities requires sustainable funding. There should be funding for programmes aimed at combatting sexual and gender-based violence in conflict situations, including protection of sexual and reproductive health and rights and easy access

to services for victims and survivors.

This year, we commemorate the 20th anniversary of the adoption of Resolution 1325, the 25th anniversary of the Beijing Declaration and Plan of Action and the 75th anniversary of the signing of the UN Charter, among others. It is also the review year for "silencing the guns" in Africa. The commemorations will be hollow if we do not take steps to fulfil their objectives and implement the ideas and commitments we have made.

South Africa underscores the need for enhanced cooperation through better information-sharing, coordination and cooperation between the UN, regional and subregional organisations as well as with civil-society and women's organisations to advance the course of women's rights.

South Africa, as a non-permanent member of the UNSC and as a UN member state, will continue to participate in global initiatives such as the Women, Peace and Security Focal Points Network, the Elsie Initiative for Women in Peace Operations and the UN Secretary-General's Action for Peacekeeping Initiative.

The United Nations Security Council Video Teleconference Meeting on the humanitarian situation in Syria, 29 July 2020

- By Ambassador Jerry Matjila,
South Africa's Permanent Representative to the UN, New York

Reports of increased security incidents and airstrikes in various pockets of Syria are of great concern to South Africa. While South Africa welcomes the general maintenance of the ceasefire agreement in the northwest of Syria, reports of the use of improvised explosive devices (IEDs), landmines, air and ground strikes and incidents involving explosive remnants of war cannot be ignored, especially due to the resulting injury and death of civilians, including women and children.

South Africa, again, calls on all parties to the conflict to respect their obligations under international human rights and international humanitarian law on the protection of civilians and civilian infrastructure, such as schools, health facilities and water reticulation facilities. South Africa recommends that these facilities be regarded as neutral by all parties to the conflict. The continued loss of civilian life is unacceptable.

These continuing security incidents and violence have a direct impact on the socio-economic and humanitarian situations in Syria. The deteriorating economic environment has seen a significant impact on the daily lives of Syrians with over nine million people food insecure and many households engaging in negative coping mechanisms in order to make ends meet. These negative coping mechanisms are having a destructive psychological impact on civilians who have already been devastated due to nine years of violence, resulting in injuries, deaths and detention of loved ones.

The deteriorating economic circumstances in Syria are having a direct impact on the already dire humanitarian situation. South Africa therefore reiterates its call for the immediate lifting of all unilateral sanctions currently being imposed on Syria, especially given the growing spread of the COVID-19 virus throughout Syria.

With the rising number of COVID-19 cases, it is important that humanitarian response efforts should focus on preparedness and response planning to minimise the potential impact of COVID-19 on the vulnerable refugee and IDP populations. Testing, especially in locations susceptible to the spread of the virus, such as detention centres, formal and informal refugee and IDP camps, is essential in this regard.

South Africa is concerned by the impact of the reduction in humanitarian border-crossing points. We welcome the extension of the humanitarian border-crossing at Bab al-Hawa for 12 months as this is the only way essential humanitarian assistance is currently being delivered to northwest Syria. The 12-month mandate renewal will also allow the UN's humanitarian agencies and parties the necessary time to adequately plan and prepare for their important and continued efforts.

In view of the reduction of the cross-border assistance mechanisms, focus must turn towards the improvement and enhancement of the cross-line assistance mechanisms.



The scaling up of cross-line assistance is essential to close the humanitarian assistance gap resulting from the closure of the Al Yarubiyah and Bab al-Salaam border-crossings.

In this regard, we also reiterate our call for the safe, unimpeded and impartial delivery of humanitarian aid and assistance to all who require it, in line with the provisions of international humanitarian law.

I have a question for Mr Lowcock. Given the dire economic and humanitarian situation, as you talked about in your statement, and the increasing needs, especially for children, women and those with disabilities, does Syria have oil fields and if so, where are they located, who controls them and why are you unable to use the proceeds from the oil that is produced, for the relief agencies to assist the Syrian people?

In conclusion, we reiterate that the situation in Syria can only be resolved through negotiations and dialogue and thus, call on all parties to exert every effort towards the full implementation of Resolution 2254 (2015) to further avoid the displacement of Syrians and loss of innocent lives.

Mr President, when there is no progress on the political front, the humanitarian catastrophe will further deteriorate and there will be further loss of life and destruction. An alternative to war must be found.

100+ influential South African voices on COVID-19 -#TeamSikhaba Play Your Part

In a world where information saves lives, community action and smart civic involvement can make a real difference in the battle against the pandemic. Insights from the Ebola crisis in West Africa in 2014, which raged until 2016, reveal the importance of community involvement in turning the tide against a massive epidemic. During Ebola, the first enemy was the virus itself, but the second was the misinformation, myth and misunderstandings that drove high-risk behaviour.

In South Africa, Sikhaba iCovid19 is a national campaign that unites health professionals, sports stars, scientists, educators and media workers to encourage locals to tackle the Coronavirus. The central message? Let's kick COVID-19 by defending ourselves against the virus, and by helping others who are impacted by it. Beating COVID-19 is a team sport. South Africans can do this by being accountable, informed and mobilising to beat the pandemic.

Treeshake has put together a list of 101 influential voices across society who are showing us that there are many ways to beat COVID-19 as a team. Please follow them, amplify their voices, and add your voice at #TeamSikhaba

South Africa's Head of Public Diplomacy, Mr Clayson Monyela, has been featured on the list of "101 Influential Voices on COVID-19 in South Africa." Visit the website here: <https://www.treeshake.com/twig/sikhaba-voices>

Share the message using #TeamSikhaba as it also helps get more people connected to credible sources of information and insight as we tackle the impacts of COVID-19 in South Africa.



Mr Clayson Monyela - Head of Public Diplomacy

@ClaysonMonyela

Ambassadors Zindzi Mandela & Claudinah Ramosepele....goodnight my dear sisters. We shall meet in the morning. History has recorded your contributions, sacrifices and everything you stood for. The pain is deep...!

STAY SAFE

PROTECT SOUTH AFRICA

TOGETHER WE CAN BEAT THE CORONAVIRUS

Play your part and save lives.



Hand hygiene practices
hand washing / sanitising



Social Distancing



Cloth mask &
coughing etiquette



Cough or sneeze into
a bent elbow or tissue

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REPUBLIC OF SOUTH AFRICA



MISSION ACCOMPLISHED



South African Embassy Mandela Day Celebration – 18 July 2020 Inané, Mbadjini – Grande Comore (Ngazidja), Union of the Comoros

Everyone in the world should dedicate 67 minutes of service to humanity that commemorates this great African Patriot and Global Icon. The 67 minutes derives from the 67 years of his life that Tata Mandela devoted to the service of humanity – South African Embassy, Moroni

This year, the South African Embassy to the Union of Comoros commemorated the Nelson Mandela International Day under the challenging circumstances of the global pandemic, COVID-19 or the Coronavirus, which has seriously constrained the freedom and movement of people around the world.

The Embassy identified an event that would encompass the spirit of the day, honour the legacy of Madiba and also recognise his tireless work to improve the lives of children all around the world. We also made a conscious decision to take into account the need for social awareness around the COVID-19 pandemic and support efforts at fighting its spread in vulnerable communities.

In this vein, we chose to adopt and uplift a primary school in a rural area on the Island of Ngazidja. The school identified was the Inané Public Primary School located in the village of Inané, Mbadjini, which forms part of the Pimba Municipality.

On 18 July 2020, with the participation of the Governor of the Island of Ngazidja, Ms Farouata Mhoudine; the Director of Cabinet of the President of the Union of Comoros in charge of Defence, Mr Youssoufa Mohamed Ali; as well as the community of Pimba, the Embassy staff cleaned the school grounds and sanitised and cleaned all the classrooms. The Regional Red Crescent assisted in the decontamination of the school with material supplied by the Embassy staff, ensuring that it

is ready to support the reopening of the schools in the country.

The celebration started with a traditional prayer, followed by welcoming remarks from the chief of the village of Inané. A message about the commemoration of the Nelson Mandela International Day on behalf of the people of South Africa was delivered by Ambassador Anesh Maistry, and this was followed by speeches from the Director of Cabinet and the Governor of the Island of Ngazidja.

We utilised voluntary donations from all Embassy staff members to purchase reusable cloth face masks, sanitising gel, retrofitted sanitising bucket dispensers and antibacterial cleaning material to clean and sanitise the school. Additional cleaning material, including spray bottles and brooms, were donated to the school to make sure that this sanitising process continues for the rest of the year.

The staff of the South African Embassy in Moroni, with this joint effort to honour the legacy and values of Nelson Mandela through volunteering and community service, have made a small yet telling impact on people's lives in one of the poorest areas of the Island.

The adoption of the school by the Embassy is a key element of our people-to-people engagement and in this spirit, a needs assessment was conducted to support the improvement of the learning conditions of these



young children. The school will be supported by voluntary contributions by the Head of Mission and prospective partners to finance the painting of the classrooms, waterproofing the roof and installing doors for the school.

The event, due in part to the presence of senior political figures and the iconic status of Nelson Mandela, drew a great deal of press coverage, including the national broadcaster ORTC, which had a national news feature and interview with the Head of Mission that evening on the school outreach event.



Celebration of Mandela Day at the South African Mission in Lima, Peru

- By Ms Dipuo Tlali,
Third Secretary (Corporate Services) Lima, Peru



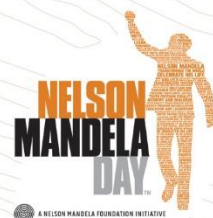
Initially the Mission in Lima, Peru, had planned a big Mandela Day event at one of the Remar shelters in the city of Lima. However, due to the lockdown measures and restrictions implemented by the Peruvian Government to manage the spread of COVID-19, the plans had to be revised.

This did not deter the Mission from celebrating Mandela Day. The day was commemorated during an event organised by the Embassy staff who generously donated clothes and toiletries for the event to be given to the needy.

The goods collected were officially presented by Embassy officials to the Mission during a small gathering led by Ambassador Nomonde Rasmeni on 21 July 2020.

The Embassy further put in a request with British Missionaries to assist with the hand-over of the clothes and toiletries to the South African prisoners in local prisons. Furthermore, South Africans in distress or destitute, visited the Embassy for assistance and were supplied with goods.

**TAKE ACTION. INSPIRE CHANGE,
MAKE EVERY DAY A MANDELA DAY.**



The foster Home of the "Smile of the Child" and the adjacent street in Kavala named after Nelson Mandela

- By Ms K John,
First Secretary (Political) Athens, Greece

On the occasion of Nelson Mandela Day, Ambassador Beryl Rose Sisulu and a delegation of the South African Embassy, travelled to Kavala to officially name the home of the organisation "The Smile of the Child" in Nea Iraklitsa, Kavala, and the adjacent "Socratous Street", after the world icon, former President Nelson Mandela. This initiative was taken to honour the great political leader and philanthropist who devoted his life to the fight for equality and justice, and to fulfil the wish of the late Greek-South African Ioannis Symeonidis, who donated the two houses to the organisation.

President Nelson Mandela through this memorable action. She further quoted his words: "The true character of a society is revealed in the way it treats its children". She further stressed the common values shared by Nelson Mandela, the late Ioannis Symeonidis, and the 10-year-old founder of "The Smile of the Child", Andreas Yannopoulos.

The event was officiated by the Ambassador of South Africa to Greece, HE Ms Beryl Rose Sisulu; the President of "The Smile of the Child", Mr Costas Yannopoulos; the Honorary Consul of South Africa in Thessaloniki, Mr Vassilios Takas; the Mayor of Paggai, Mr Filippos Anastasiadis; and the Mayor of Kavala, Mr Theodoros Mouriadis,

The President of the "The Smile of the Child", Mr Yannopoulos, thanked the local community who years ago wholeheartedly welcomed the home of the organisation in Nea Iraklitsa, Kavala, and stated: "Today, is especially important for the extended family of 'The Smile of the Child'. The late John Symeonidis, a great man who had a genuine interest in his fellow citizens and children, donated his property to our organisation, giving us the opportunity to support even more children in the area. Today, we are fulfilling a great wish of his."

Ambassador Sisulu congratulated the President of "The Smile of the Child", Mr Yannopoulos, for the work of the organisation, emphasising that this is a particularly important day for relations between Greece and South Africa, as Greece honours former



Ambassador Beryl Sisulu addresses the guests during the ceremony



Ambassador Beryl Sisulu and Mr Costas Yannopoulos erect the country flags at the Smile of the Child House



The delegation and guests outside Smile of the Child building.

Celebrating Nelson Mandela in India

- By Mr Mandla Rametsi,
Counsellor (Political) New Delhi, India

On 18 July 2020, the United Nations (UN) Secretary-General, António Guterres, during the 18th Nelson Mandela Annual Lecture said: "We have been brought to our knees by a microscopic virus ... we are at breaking point. But we know which side of history we are on". With the world on its knees, the South African High Commission in New Delhi is on the side of hope, resilience and resolve. We refuse to give in to despair and moments of despondency.

It is within this context, that we have quickly embraced this view and adapted to a new normal by ushering in new ways of delivering tasks and objectives we have set for ourselves in our 2020/21 Mission Annual Plan. We are therefore playing our part in responding to the international clarion call of flattening the curve by blending our activities and events with virtual interactions since they have become the norm. India, with its natural affection for technology, is the ideal space to facilitate our participation in virtual events.

We have also tackled some of our most pressing national challenges in these times by means of facilitating the repatriation of our citizens. On 24 May 2020, together with SAA, the South African High Commission repatriated 262 South African citizens stranded in India. During this repatriation, we equally took on board nationals from Namibia, Mozambique and Lesotho. On 11 June 2020, New Delhi also facilitated a private charter repatriation flight from Bangladesh. Despite the short notice and the challenges related to doing everything remotely from New Delhi, the Mission managed to get 14 South African passport and permanent residence permit holders onto this flight from Dhaka that made a stop in Islamabad *en route* to South Africa. Again, on 17 June 2020, an Air India flight went from Delhi to Johannesburg with 70 passengers aboard. Of these passengers, 51 were South African citizens

while the rest were from Namibia, Botswana and Zimbabwe.

In addition, away from the virtual world, New Delhi has also been privileged to lobby India for support in South Africa's fight against the virus, assuring that India allows for the continuous supply of paracetamol and hydroxyl chloroquine to our pharmaceutical industry. These efforts contributed to minimal supply chain disruptions for our industry at a critical time of confronting the pandemic.

Adapting to the virtual world and with limited and rather archaic desktop computers, we therefore resolved that we would not give in to despair but take advantage of the digital space because nature dislikes a vacuum. Over the last few months, the South African High Commission in New Delhi together with its partners initiated and organised focussed and intellectual webinars to highlight several of our foreign policy priorities, and also highlighted the legacy of Nelson Mandela in order to continue to inspire present and future generations not only in South Africa but around the world. This year, marks seven years since the passing of this international icon and Africa's finest son.

The activities undertaken included:

- 18 July 2020: the South African High Commissioner, HE Sibusiso Ndebele, participated in the Third Annual Lecture webinar hosted by India International Centre under the theme: "Long Walk with Mandela"
- 20 July 2020: High Commissioner Ndebele provided a lecture on "Values and Principles of Nelson Mandela" during the

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TUESDAY
21st July
2020
TIME 2PM
DURATION
90 minutes

**South Africa's AU Chairmanship
in 2020**

Special Address by

H.E. Mr. Joel Sibusiso Ndebele
High Commissioner of South Africa to India

SPEAKERS

Ambassador Shashank
Former Foreign Secretary of India

Ambassador Virendra Gupta
Former High Commissioner of India to South Africa

Professor Tshildzi Marwala
Vice Chancellor and Principal of the University of Johannesburg

MODERATOR
Ruchita Beri
Senior Research Associate and Coordinator, Africa, Latin America, Caribbean and United Nations Centre at the Manohar Parrikar Institute for Defence Studies and Analysis (MP-IDSA), New Delhi.

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webinar hosted by the India Council of World Affairs

- 21 July 2020, High Commissioner Ndebele provided a special address to a webinar hosted by the *Diplomatist* on "South Africa's African Union Chairship in 2020"
- 22 July 2020: High Commissioner Ndebele was invited as a special guest to speak on the "The Unfading Legacy of Nelson Mandela and Mahatma Gandhi", organised by *Diplomacy & Beyond*.

For its part, the South African High Commission in New Delhi will ensure that the legacy and heritage of our great statesman is celebrated in a befitting manner without compromising the international clarion call of flattening the curve.

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Chair & Moderator

Amb Anil Trigunayat, IFS (Retd.)
Former Ambassador to Jordan, Libya, Malta & President, MITCCIA Chamber of Commerce

Panelists

H.E. Mr. Joel Sibusiso Ndebele,
High Commissioner of South Africa to India
(Guest Speaker)

Amb Virendra Gupta, IFS (Retd.)
Former High Commissioner to South Africa & President, Antar Rashtriya Sahayog Parishad

Amb Manju Seth, IFS (Retd.)
Former Ambassador to Madagascar & Comoros, and Advisor with ODI & Ambra Foundation.

Prof Gita Dharampal,
Dean of Research,
Gandhi Research Foundation
Jalgaon, Maharashtra

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ZOOM WEBINAR
Wednesday,
22 July 2020
at 2:00 PM IST

As we face the threat of COVID-19 and seek ways of weathering the storm, Mandela inspires us to be calm, courageous, determined and decisive in our battle strategy to defeat this invisible enemy.

Thus, in the midst of the fear of the virus, we find courage and hope in what Mandela wrote to mam' Winnie, stating that: "Remember that hope is a powerful weapon even when all else is lost ..."

We believe that the virtual seminars in which we participate, represent a small contribution to those efforts that Minister Naledi Pandor calls on us to exert, namely to work towards the complete elimination of inequality and to create a just and humane global order that would mirror the values Nelson Mandela radiated in his lifetime.

United we shall stand.

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5.	Head of Data Analytics & Research	P5
6.	Head of Economic Integration	P5
7.	Head of Information System Management	P4
8.	Head of Enterprise Resource Planning	P4
9.	Principal Programme Officer - Economist	P4
10.	Principal Programme Officer Science Technology and Innovation	P4
11.	Principal Programme Officer Rural Resources and Food Security	P4
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17.	Senior Programme Officer, Health	P3
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REPUBLIC OF SOUTH AFRICA



Nelson Mandela: The Heritage of International Solidarity

- By Mr Khanyisani Nhlangulela,
First Secretary (Political), Damascus, Syria

On 21 July 2020, the South African Embassy in Syria, in collaboration with Damascus University, the largest and oldest university in Syria, hosted the 2020 Nelson Mandela Lecture, themed: "Nelson Mandela: The Heritage of International Solidarity", at the university. The event commemorated the internationally celebrated Nelson Mandela Day, which was declared by the United Nations in 2009.

The Head of Mission, Ambassador Barry Gilder, delivered the lecture on Nelson Mandela's Role in International Solidarity, during the event, which also marked the Damascus Mission's first public event since Ambassador Gilder's arrival in Syria at the end of October last year.

The lecture was attended by, among others, the Deputy Minister of Foreign Affairs and Expatriates, Dr Faisal Mekdad; Minister of Higher Education, Dr Basaam Ibrahim; Member of the Central Command-Al Baath party and Head of Higher Education Office, Dr Mohsen Bilal; Secretary of the Damascus University branch of the Baath party, Dr Khaled Halbouni; President of Damascus University, Dr Maher Kabakibi; Members of Parliament; politicians; President of the Artists Guild, Mr Zuhair Ramadan; and members of the Diplomatic Corps.

An event of this magnitude in the midst of COVID-19 regulations was given special approval by the Syrian Government, given the excellent relations with South Africa, and the respect former President Mandela is accorded in Syria and the region. COVID-19 precautionary measures were followed. All guests had to sanitise their hands at the entrance, face masks were provided for those who did not have, and seating was positioned to ensure social distancing.

The Embassy also took the opportunity to display tourism-promotional material and banners to showcase and promote South Africa's image in the host country.

The President of Damascus University, Dr Maher Kabakibi, welcomed the guests and Ambassador Gilder and described Nelson Mandela as a great leader who occupied a special place in the hearts of the Syrian people. In his welcoming address and in conversation with Ambassador Gilder, he indicated the university's commitment to strengthening and developing academic ties and opening avenues for academic cooperation between universities and scientific centres in the two countries.

In his address, Ambassador Gilder highlighted the strong relations between South Africa and Syria, and that late President Mandela's government formally established diplomatic relations with Syria, just three weeks after he was sworn in as the first democratically-elected President of South Africa. Ambassador Gilder said Syria did not only refuse to have diplomatic relations with apartheid South Africa, but also played a leading role in mobilising the international community against the racist regime.

Mr Gilder stated that the theme of the lecture, "The Heritage of International Solidarity", was very relevant given the current global geopolitical dynamics. He underscored the importance of not overlooking the heritage of leaders such as former President Mandela, who understood the interconnectedness of the global community; the roots of struggles and challenges that are embedded inextricably in the colonial past. Moreover, he said international solidarity was still very much needed as was the case during Mr Mandela's time.



Ambassador Barry Gilder delivers the keynote address during the Nelson Mandela Lecture

Ambassador Gilder concluded by saying that Nelson Mandela bequeathed to the current generation a fundamental question, on whether countries of the South, East and the former colonies could unite and collaborate to assert their independence and their right to find their own way to peace, prosperity, development and the well-being of their people.

Dr Faisal Mekdad, the Vice Minister of Foreign Affairs of Syria, made the closing remarks. He mentioned that he had contact with former President Mandela, during his tenure as Syrian Permanent Representative to the United Nations. He told the audience that the Nelson Mandela Lecture was more than just a South African event, given Madiba's international stature and recognition. He said it was symbolic to host the lecture at Damascus University, an institution where the late Syrian President, Hafez al-Assad, organised political meetings and called for the freedom of African leaders, more especially Nelson Mandela during his days as a student.

Furthermore, Dr Mekdad spoke about strong relations between the two countries, and how the

presence of resident diplomatic missions in both countries assisted in discussing major international programmes.

In addition, Dr Mekdad highlighted that Mr Mandela was at the forefront in the fight against sanctions and that he supported the struggle of the Arab people.

Dr Mekdad concluded by saying that the murder of a black American, George Floyd, in the United States, which drew widespread international condemnation, was a reminder to the world that the international solidarity against racism that Nelson Mandela championed was still much needed. He further said Mandela's legacy would continue to live forever, and Syria would always support South Africa because of the country's role in the fight against terrorism, injustice and occupation of Palestine by Israel.



1. President Nelson Mandela Annual Lecture, Damascus, Syria.
2. Social distancing measures were implemented at the venue and
3. the South African Embassy took the opportunity to promote South African tourism during the event.

Voices from DIRCO

COVID-19: Is this war the dawn of a contactless society in my hometown, Soweto?

- By Mr Bobby J Moroe,
Minister Plenipotentiary: Abuja, Nigeria

As the pandemic continues to rear its ugly and invisible head throughout the world, I was constrained by a heavy heart to ask myself a difficult question, "Is this war the dawn of a contactless society in my hometown, Soweto"?

In his article on COVID-19, titled, "This is War", Professor Timothy Adebayo Fasheun metaphorically draws a parallel between COVID-19 and "war" (sic). "In a war situation, nobody asks anyone to stay indoors. You stay indoors by choice. In fact, if you have a basement, you hide there for as long as hostilities persist. During a war, you don't insist on your freedom. You willingly give it up in exchange for survival. During a war, you don't complain of hunger and thirst and pray that you live to eat and drink again". Through this metaphor, Prof. Fasheun reminds us that the extent to which we can remain safe from COVID-19 infection hinges much on how well we conduct ourselves during this period. He urges us to take responsibility and be accountable for our actions without being sanctioned to do so. This is so because it is our own lives that we must safeguard. This is what we would voluntarily do during war. By so doing, we will be making a concerted effort to reimagine a new society in which humanity braces itself for contactless interaction.

I was born and partially bred in Soweto, in a predominantly Tswana- and Sotho-speaking township, called Moletsane. With this background, a mere exercise of reimagining a contactless society places a huge burden of pre-emptive nostalgia on me. A thought of COVID-19 as "war" makes it even worse I begin to wonder if I will survive a minute in a

new society devoid of personal contact. Albeit serving my country in Nigeria, I remain emotionally connected to my community in Moletsane where I sometimes spend time whenever I am on vacation. As a Sowetan, my definition of family and friends is not limited to my nuclear family in Pretoria, but also constitutes the entire community of Moletsane. This would include Molapo, where my pensioner mother lives, Naledi, where my aged uncle spends most of his time doing some handy work in the yard, and Tladi, a place my aunt has called home for as long as I can remember. Her house is attached to the Blue Lagoon Café, one among the iconic restaurant in Soweto, specialising in fish and chips, a popular township combo.

It saddens me to imagine that when I next find an opportunity to visit home, COVID-19 will deny me an opportunity to display the often missed affection in my absence – something that my family and friends often look forward to whenever I am home. This pandemic will push me, yet again, to another contactless life with them, but this time, in their presence. I will still be absent in their presence, and present in their absence. It may sound philosophical but this is the reality I will be facing when next I find an opportunity to visit my country. I am pre-empting this emotional disconnection, free of affection, with a great sense of sadness and anxiety.

In Soweto, like other similar townships in South Africa, neighbours and friends alike, enjoy getting together to enjoy their favourite beverages from the same bottles and glasses without fear of infection.



It is in places like Soweto where young and old share meals, and often times, from the same dish without worrying about anything other than making sure that they eat enough to survive until their next meal. During this period of COVID-19, very few people are sure about where their next meal is going to come from. But all thanks to our government for providing food parcels.

It is here where children play in the neighbourhood, touching and often clasping each other without worrying about any infections.

Growing up in Soweto, I remember we used to converge at a local store owned by a generous businessman only known as Ntate Maponya in what is now known as Limpopo province. My friends and I would play games such as "pacman" all day, especially during school holidays and weekends. This culture still exists to this day. As we converged at Ntate Maponya's store, we would be glued together in a small corner doing what boys our age did. While at it, we would indulge in multiple bunny chows (otherwise known as *Kota*), and in most instances, all of us would share the same bunny chow, and it would rotate like a merry-go-round, from one hand and mouth to another without any fear of infection.

In a reimagined contactless society, this is going to change, and it must change voluntarily without any sanctions. This is what Prof. Fasheun means when he says, during war, you willingly give up the things you relish the most, just for survival.

I know that I will be preaching to the converted when I say that places such as churches, schools, restaurants, bars, malls and funerals, among others, will not be spared from adopting this survival mode. The beauty about the science of this pandemic is that it casts no doubt that for Sowetans, the days of hugging, puffing and passing are numbered. Growing up in Soweto, public display of affection was prominent. It saddens me to imagine that my hometown of Soweto will never be the same on my next vacation.

The continuation of this well-meaning, yet risky culture of sharing and display of affection can only contribute in aggravating the spread of this invisible enemy. It is, therefore, critical that we begin to liberate our minds, accept the reality facing us, and be innovative about how we can still enjoy ourselves with circumspect. There is no doubt that what faces humanity is nothing but “war” masquerading as a virus. Its defeat lies in the well of wisdom shared by Prof. Fasheun. The vile and vitriol of COVID-19 are what we ought to individually and collectively eradicate in a new society, that is reimagined and devoid of contact.

It also hurts me to ever think about how the elderly will sustain their connection and physical contact with their grandchildren. Their love and adoration for the little ones are displayed through physical contact. But, the little ones do not observe protocol, and know nothing about the dangers of this pandemic, thus putting the elderly at greater risk. What a sad day it would be when grandparents are barred by the fear of infection from showing affection to their grandchildren.

I can't also imagine what this will do to our young and energetic youth who are actively involved in a myriad of sporting activities, especially those that require contact. My own daughter is a soccer player and was fortunate to be selected for the under-16 girls team at the University of Pretoria. From afar in Nigeria, I continue to share her pain and frustration of not being able to play her favourite sport.

We have also seen how hard government has worked in order to put the necessary protocols in place in schools in a bid to curb the spread of infection, particularly among learners and teachers. I think teachers and parents will have to be more hands-on, and ensure that observing the necessary protocols become a way of life for their school-going children. Charity begins at home. Parents will have to make efforts to educate their children about the dangers of COVID-19 so that they too know the implications of infections to their loved ones who are old and vulnerable.

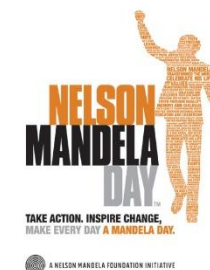
Our government, under the sterling leadership of President Cyril Ramaphosa, has made exceptionally creative efforts to take necessary care of the social welfare of the indigent and the unemployed through the provision of grants, temporary shelter and food parcels.

The post-COVID-19 era may be marked by a number of escalated psychological effects and withdrawal symptoms by many who were affected and infected. Efforts will have to be made to adequately support them in order to escape the vestiges of this pandemic. In the interim, we must all take part in making sure that we flatten the curve. My family and friends in Soweto have no choice but to adapt to the new normal. They must save themselves from this pandemic, in order to live long enough to kiss, hug, puff, pass and pass again after the advent of COVID-19.

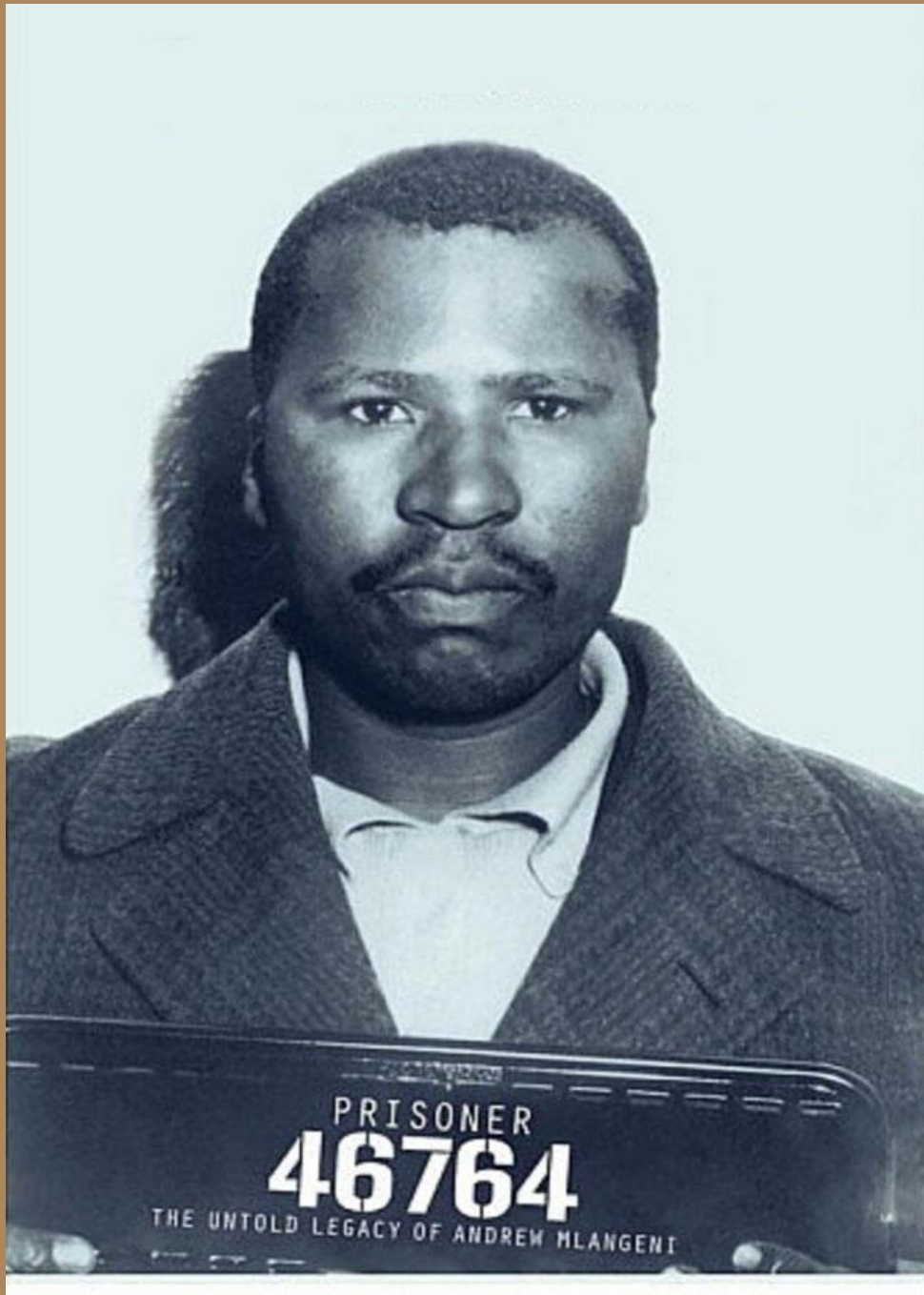


“AS LONG AS MANY OF OUR PEOPLE STILL LIVE IN UTTER POVERTY, AS LONG AS CHILDREN STILL LIVE UNDER PLASTIC COVERS, AS LONG AS MANY OF OUR PEOPLE ARE STILL WITHOUT JOBS, NO SOUTH AFRICAN SHOULD REST AND WALLOW IN THE JOY OF FREEDOM.”

- NELSON MANDELA



A NELSON MANDELA FOUNDATION INITIATIVE



My father, my comrade, my fellow golfer and my friend. I shall not for a minute mourn your passing, for I am filled with only beautiful memories of you when I selfishly hung onto your coat tails, toddling at your feet and drinking from your endless reservoir of wisdom and experience.

Tloks (short for Motlokwa) as Mandela, Sisulu, Kathrada and others would call you, tsamaya ka khotso, you have more than earned your rest and your peace, knowing that your comradely and selfless deeds have left our country richer and better. When we met you, Bab' uMlangeni, it was akin to meeting all of the Rivonia trialists. We would never tire of the stories, of the history lessons and of your political insight.

In trenches and in fairways (A tribute to the late Baba Andrew Mlangeni)

- By Mr Ntsiki Mashimbye,
Ambassador to Brazil

We saw you as we would see the mighty Baobab tree; a source of our protection and to many, a symbol of longevity, strength and presence! You survived, and even thrived, in the harshest of conditions and your legacy will now continue to nourish and heal generations of South Africans to come.

I shall now dare claim that I have walked alongside a giant.

For I walked next to you at the Constitutional Assembly to pen a Constitution for the new Democratic South Africa.

I walked with you when you delivered blankets to the old and vulnerable.

We walked the fairways of Soweto Country Club, Augusta Country Club and Milnerton Golf Club. We laughed, we argued over golf rules, representing the Republic at a time when golf was not yet fashionable to most. A "bourgeois sport" they called it, and we in return, called them "Snuris", a term you always reserved for lousy golf players and those who dishonoured the cause of freedom. In the entire ANC Class of 94 in Parliament, it was only you, Desmond Lockey and I who shared a love for this game from the early days of the new South Africa.

You used your skills and knowledge of golf to reach out to a wide array of South Africans from different walks of life at golf gatherings throughout the Republic. You were well-known as one of the most accessible senior leaders of Parliament, helping to bridge the great divide between sports and politics.

Baba Mlangeni, Tloks, the lessons you taught me in the many hours we spent in the uneven lies of the fairways and the crucible of the trenches will remain indelible in my heart and in mind.

For all the cash you have taken from me on the grounds of the Milnerton golf course, I now say to you, see you on the next tee! May you soon tee off with Comrade Cassim Saloojee!

I know in life (as in golf), you would have wished for a free drop without a penalty, and now the Lord has granted you one. Free drop and no penalty incurred!

Tloks,

I know you will be in good company, with Mma June, Madiba, Oom Gov and Sisulu. Your lives collectively and individually, will forever be remembered as a testament to the triumph of the human spirit, even in the darkest of days. We will all die someday, but not many can claim to have lived life so meaningfully. After all, "few are the giants of the soul who actually feel that the human race is their family circle" (Freya Stark).

To paraphrase Isaac Newton, "If I have seen further, it is by standing on the shoulders of (this giant)".

Tloks, you raise me, you raised me. Thank you.

Famba kahle Tatana wa Mina.

COPING WITH THE LOCKDOWN

1. Have a structured daily schedule and stick to it e.g. work, exercise, supervising schoolwork, playtime (especially parents with small children), etc.
2. Maintain some established routine for yourself and the children e.g. bed time, meal times, and TV times. This will bring a sense of control.
3. Strengthen your immune system by adopting a healthy lifestyle e.g. good nutrition, exercise for at least 30 minutes daily, limit alcohol and sugary drinks, have adequate sleep and don't oversleep.
4. If you work from home, make sure you don't sit in the same place for a long time. Take breaks after every 30 minutes, walk around and hydrate.
5. Practice self-care such as meditation, journaling, virtual wellness workshops. This will alleviate psychological distress.
6. Keep regular contact with family, friends and colleagues. It will assist to alleviate feelings of loneliness, stress and anxiety. You can skype or use video call if possible.
7. Support and check other people in the community. Compassion is a medicine for the soul.
8. Keep regular contact with your health practitioner especially if you previously suffered from anxiety or depression.
9. Try not to watch too much COVID-19 related news if it makes you anxious. Rather get information from reliable sources once or twice a day.
10. Listen and dance to music that uplifts your mood.

"Consider it good that you are not in denial, and that you are allowing yourself to work through the anxiety. No sane person feels good during a global disaster, so be grateful for the discomfort of your sanity."

- Aisha S. Ahmad, March 27, 2020

Please note that EHW is available for telephonic individual counselling. Our virtual group counselling date shall be announced in due course. Feel free to call us.

We care about you!



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Ms Rokaya Adonis:	060 560 3380
Ms Ncedisa Mayeko:	066 473 8810
Ms Edwina Fradie:	083 468 5630
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