

the diplomat

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Internal Newsletter of the Department of International Relations and Cooperation

August 2009



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inside:



international relations
& cooperation

Department:
International Relations and Cooperation
REPUBLIC OF SOUTH AFRICA

EDITORIAL NOTE:

Dear Colleagues

A warm diplomatic welcome to you all at the new building for the Head Office staff of the Department of International Relations and Cooperation (DIRCO). We are sure you, like everyone we spoke to, are impressed with this long awaited and much talked about building that is setting new standards in public service work space and ethos. The environment is really more welcoming than in our previous offices and it looks even more dazzling in reality than in the architect sketches.

In this edition we have a special collage (pictorial) capturing the reality and impressive structures of our new Head Office. Furthermore, we bring you the following: President Jacob Zuma's first state visit to Angola, DIRCO's national women's month celebration, ICT internship farewell function, EWC on depression, Batho Pele – 2010 style, and our regular Mission reports: National Day in Eritrea, Women's Day celebrated in Zambia and Bobotie in Bulgaria. ■

Enjoy!

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SOUTH AFRICA-ANGOLA STATE VISIT

Consolidating strategic bilateral and economic relations

South African President, Mr Jacob Zuma and the First Lady Mrs Zuma departed South Africa on their first State Visit to Angola scheduled 20 to 21 August 2009.



PRESIDENT ZUMA was supported by the Minister of International Relations and Cooperation, Ms Maite Nkoana-Mashabane, Minister of Home Affairs, Dr Nkosazana Dlamini Zuma, Minister of Sport and Recreation, the Rev Makhenkisi Stofile, Minister of Public Enterprises, Ms Barbara Hogan, Minister of Trade and Industry, Mr Rob Davies, Minister of Minerals, Ms Susan Shabangu, Minister in the Presidency for Evaluation and Monitoring, Mr Collins Chabane, Minister of Energy, Ms Dipuo Peters, Minister of Finance, Mr Pravin Gordhan, Minister of Transport, Mr Sbu Ndebele, Minister of Human Settlements, Mr Tokyo Sexwale and senior officials from various government departments. A huge South African business delegation also travelled to Angola to join the President. It was the largest business delegation to take part in a state visit since 1994.

The visit by President Zuma to Angola, took place within the context of efforts aimed at consolidating strategic bilateral and economic relations between the two countries. There is a growing sense that stronger relations will be mutually beneficial both at a political level as well as in the private sector. Angola has tremendous resources and there is a massive interest by the South African private sector to get involved in the Angolan reconstruction process, especially the southern part of Angola which was severely devastated by war, whilst Angola views South Africa's human resources potential and its strong infrastructure as added benefits in the relationship.

While in Luanda, President Zuma held bilateral, political and economic discussions with his counterpart. Part of the discussion centred on the political situation in the re-



gion as well as issues pertaining to peace and stability on the continent.

HIGHLIGHTS DURING THE STATE VISIT TO ANGOLA BY PRES. ZUMA

Angolan President Eduardo dos Santos hosted President Zuma and his delegation for a State dinner. A Business Conference took place on the margins of the State visit; and was attended by both Angolan and South African companies. The two Presidents addressed the combined business communities and a joint programme of action was unveiled by the business sector to both Presidents, aimed at elevating economic diplomacy.

PEOPLE TO PEOPLE RELATIONS

Relations between the people of South Africa and Angola were cemented during the anti-colonial and anti-apartheid struggles, which saw South Africa and Angola's liberation movements, the ANC and the MPLA forging an alliance leading to the independence of their respective countries. These relations were transformed into state-to-state relations following the dawn of peace, democracy and justice in South Africa in 1994. Many South Africans regard Angola as their second home.

HISTORY OF THE DIPLOMATIC RELATIONS

South Africa and Angola enjoy strategic political, economic and trade relations which find expression in the Joint Commission of Cooperation (JCC) signed on the 20th of November 2000. Through the Joint Commission for Cooperation, the two countries have managed to further strengthen bilateral relations as evidenced by the signing of a number of bilateral agreements. In this regard, agreements have been signed in the fields of Agriculture, Health, Defence, Tourism, Promotion and Protection of Investments, Science and Technology, and Social Assistance and Reintegration.

In addition, in 2003 the Republic of South Africa and the Republic of Angola entered into a co-operation agreement in the field of minerals and energy. In terms of this agreement a Working Group was established to focus on the following broad themes: electricity supply, electrification, nuclear, renewable energy, energy efficiency, specific electricity projects, downstream oil and gas, midstream oil and gas, upstream oil and gas, research and development, and other regional projects including conferences.

TRADE RELATIONS

Investment/Business opportunities for SA companies

South Africa and Angola have established a relationship over the past years which also extended to the economic realm. There are many South African businesses that have recognised that Angola is an important regional player and provides good opportunities for investment and trade in a wide range of sectors. An agreement on "reciprocal promotion and protection of investments" between the two countries was also signed on 17 February 2005.

In 2006 SA exports to Angola amounted to R5 billion whilst Angolan exports to SA amounted to R3 billion. SA exports to Angola are always a mixed bag of products whilst Angolan exports are predominantly petroleum related products. In 2007 SA exports amounted to R6 billion whilst Angolan exports amounted to R12 billion. It is for the first time that Angola has enjoyed a positive trade balance with South Africa. Almost 90% of Angolan exports to SA in 2007 were petroleum related products. ■



THE CHIEF DIRECTORATE: GENDER celebrated National Women's Month by organising several activities in different buildings. Informed by the national theme Together Empowering Women for Development and Gender Equality, these events included inter alia: a round-table discussion entitled "Realising the Rights of Women in Africa", in conjunction with Branch Africa Multilateral with a keynote address by the AU Special Rapporteur on Women, Madam Soyatta Mayiga, an Inspirational Circle for Women led by Reverend Naledi Stemela, a Sexual Harassment workshop for staff from branches, a social responsibility programme to "Paint a Women's Shelter" in conjunction with the Directorate: Mediterranean Europe, and a Roundtable for Women Heads of Missions to share their experiences with staff. In addition to this, a competition also took place where staff could win Mangwani Spa vouchers.

The tone for the month was set on the 5th of August, when the Chief Directorate Gender hosted the UN special rapporteur on women Madam Soyatta Mayiga. Held at Hamilton, the event was attended by more than 40 members of staff. Amongst the attendees was the Acting Director General of the Ministry for Women, Children and People with Disabilities Ms Nxasana.

Madam Mayiga addressed delegates on

The national theme for Women's Month – August 2009, "Together Empowering Women for Development and Gender Equality"

Dirco Celebrates National Women's Month: A Report On Activities

progress made in realising women's rights in Africa, as well as challenges faced by women in different spheres of the African continent. After reviewing international, continental and regional instruments/frameworks and conventions on women rights, Ms Mayiga mentioned several countries in which there is progress in advancing women rights. South Africa and Liberia seem to be leading the way in the implementation of various international measures and conventions to advance women rights. For instance, South Africa is one of many countries that boast the availability of institutions dedicated to women issues such as the Ministry of Women, Children and People with Disabilities.

She further outlined some of the key challenges in making progress in Africa, including lack of domestication of international instruments; lack of legal enforcement mechanisms at the international,

continental and regional levels; lack of education for women and rural women in particular; and regressive cultural practices embedded in patriarchy. She recommended that part of the strategies to deal with this includes the deployment of more women as ambassadors in multilateral institutions; naming, shaming and sanctioning of countries that do not report and domesticate international conventions on the advancement of women rights in Africa; establishment of gender units in key government institutions such as the police, parliament and national departments; gender mainstreaming; and genuine women involvement in policy-making and macro-economic projects geared at empowering women.

The second event that followed was the inspirational women's circle on the 7th of August 2007 at Post Park North. The event was aimed at creating a space for

women to reflect on self empowerment measures that they could utilise for their personal and professional advancement. Women were also invited to share their strategies from the floor, and the keynote address was provided by Reverend Naledi Stemela from the DTI. The event was attended by about 100 women in a packed venue that was too full to accommodate everyone. The event was reported as a success by women who had attended:

"The event was really empowering spiritually, I hope the Chief Directorate organises more of these events", said one participant. "I have attended many women's day celebrations, but this was by far the most meaningful event" said another.

On the 28th of August the Chief Directorate hosted a Sexual Harassment Workshop at Tulbagh Park. The aim of the workshop was to enhance the understanding of what sexual harassment is, discuss strategies to deal with it, and to introduce the draft departmental sexual harassment policy, and the channels participants can use in lodging sexual harassment complaints. The workshop was co-hosted by the Chief Directorate: Gender and the Employment Wellness Centre (EWC).

As part of the Department's social responsibility, the Chief Directorate Gender in conjunction with the Mediterranean Europe Desk initiated a paint a shelter day on the 28th of August 2009. Officials in the Department were invited to voluntarily participate in the painting of the Potter's House Shelter in Pretoria Central, Burgers Park lane. Consequently the Shelter was painted and the impact was felt by abused women and children housed in the Shelter.

On the 26th of August, the Chief Directorate held a lunch time round-table session with four ex-female ambassadors. The aim of the roundtable was to give officials in the Department an idea of what it takes personally, relationally and professionally to serve their country as a female Amba-

sador. This was done with the view to inspire and prepare aspiring officials for the reality of being a female Head of Mission. This initiated a healthy discussion within the Department on ways in which conditions could be improved for officials who might want to serve their country as female and/ or Male Heads of Mission in future.

The discussions revolved around the impact of their service to the country on their personal lives, the value added by their exposure on their professional lives, challenges and successes encountered during their tenure and the lessons for aspiring ambassadors and the Department. The three key issues that emerged from all three participants are the fact that (a) the conditions in the Department today are better than the "not so friendly to women"

"The event was really empowering spiritually, I hope the Chief Directorate organises more of these events", said one participant. "I have attended many women's day celebrations, but this was by far the most meaningful event" said another.

conditions that prevailed in the old DFA, (b) far more opportunities exist today for females to assume ambassadorial posting than was the case in the past and that (c) the personal, relational and professional cost/burden of posting for women Ambassadors is more than that shouldered by men Ambassadors.

Nonetheless, the main challenges for women ambassadors include the fact that it is sometimes required of them to be masculine in their dealings with their colleagues in postings. This is mostly the case in countries where patriarchal values are strong. In addition, posting also places pressures on partnerships, relations and relationships, causing breakdowns in many instances.

As the Chief Directorate Gender we hope the events planned for the August month contributed in creating consciousness in the Department of the strides made in realising women's rights, women representivity and gender equality on the continent, while remaining cognisant of the persisting challenges that still confront women. It is against this backdrop that the Chief Directorate Gender reiterates its commitment to the realisation of women rights beyond the August month to 365 days. ■

BATHO PELE – 2010 STYLE

As a way of raising awareness of 2010 and the importance of making foreign visitors feel at home when they come to visit South Africa, *the diplomat* will run a series of phrases in different international languages for us to charm those visitors in returning to one of the friendliest countries on the globe. Our focus this month is on French. French being a language spoken in many soccer loving nations around the globe.

Hi	Salut
Good morning	Bonjour
Good afternoon	Bonjour
Good evening	Bonsoir
Good night	Bonne nuit
Good bye	Au revoir
cheers	A votre santé

Welcome to South Africa

Bienvenue en Afrique du Sud
 Enjoy your stay in South Africa
Je vous souhaite un bon séjour en Afrique du Sud.

May your team win
Je souhaite plein de succès à votre équipe

Good luck
Bonne chance
 What was the score?
Quel a été le score?

How are you?
Comment allez-vous?
 My name is
Je m'appelle ...

I am South African
Je suis sud-africain(e)
 I am a diplomat
Je suis diplomate

Would you like to taste a South African wine?
Voulez-vous goûter un vin sud-africain ?

You must visit one of our game reserves before you go back 'home'
Je vous conseille de visiter une de nos réserves naturelles avant de rentrer chez vous.

Please	S'il vous plaît
Thank you	Merci
zero	zéro
one	un
two	deux
three	trois
four	quatre
five	cinq
six	six
seven	sept
eight	huit
nine	neuf
ten	dix



Simunye: Now we are one!
YEP, WELCOME TO DIRCO HEAD OFFICE!



DEPRESSION IS A VERY COMMON mood problem (disorder), which may cause significant impairment in your occupational (career), social and other important areas of functioning. The fact is that anyone can get depression, but good news is that, depression is preventable, treatable and/or manageable.

To manage depression one must: 1st, understand what depression is and how it affects you? 2nd what causes it? 3rd how to prevent, treat or manage it?

What is depression? Depression is a general term often used in clinical / professional settings to describe major / minor depressive disorder. But to many individuals it is also used to depict or express a deep-sadness (pervasive or occasional); and/or general low mood state. Depression is not just a state of mind. It is related to physical changes in the brain and chemical imbalance.

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) - Minor or Major depressive Disorder is characterised by the following Symptoms:

- Depressed mood most of the day nearly every day (e.g. feeling sad, down or empty); Individual may appear sad, emotional or tearful.
- Markedly diminished interest or pleasure in almost all activities, especially those which were normally enjoyable.
- Insomnia (inability to sleep) or hypersomnia (oversleeping) nearly every day
- Fatigue or loss of energy nearly every day
- Significant weight loss (when not dieting) or weight gain. This is also linked to decreased or increased appetite nearly every day
- Feeling of worthlessness; excessive or inappropriate guilt; or blaming others.
- Diminished ability to think or concentrate (some memory defects) nearly everyday
- Restlessness or being slowed down (psychomotor agitation or retardation), irritability, aggression, slow movement and speech.

A. – The presence of two symptoms for about more than six days indicates minor depressive disorder, while five or more symptoms for more than six days indicate major depressive disorder. At least one

DEPRESSION

A recent report from PILLAR indicates that Depression is the most prevalent illness in DIRCO as it accounts for the majority of incapacity leave applications.



of these symptoms should be depressed mood, or loss of interest or pleasure.

B. - The symptoms cause significant impairment or distress in occupational, social and other important areas of functioning.

C. - The symptoms are not due to bereavement or chemical substance (drugs)

These symptoms can be subjectively experienced and/or observed by others. So

you can also observe this in your family members, friends and/or your colleagues.

WHAT CAUSES DEPRESSION?

In most cases Depression has no single cause as it often results from a combination of things.

Some of the more common factors involved in depression are:

- Stress (especially chronic distress) and Trauma;
- Biological factors; (neurotransmitter or hormonal imbalances); Family history. Genetics play an important part in depression.
- Pessimistic personality. People who have low self-esteem and a negative outlook are at higher risk of becoming depressed.
- Physical conditions.
- Serious medical conditions like heart disease, cancer, and HIV can contribute to depression, because of the physical and psychological strain/distress they bring on.
- Other psychological disorders e.g. Anxiety or eating disorders, and substance abuse often appear along with depression.

PREVENTION, TREATMENT/ MANAGEMENT OF DEPRESSION:

- Individual counselling or psychotherapy
- Lifestyle changes (healthy eating (diet), physical exercise, etc.)
- Effective problem solving, communication, stress management skills and changing of pessimistic personality.
- Anti-depressants (medication); and other modes of treatments

NB: In our next article we will discuss treatment / management of depression in detail. In future we will have articles on how to identify and manage depression in children.

The EWC is also planning to host an interactive session (workshop) on depression.

Don't hesitate to contact the EWC if you are distressed, depressed or just want to talk.

EMPLOYEE WELLBEING CENTRE:

"Caring for you and your family members"

Contact us on: 012 351 1400; 1692; 1401

Email: ewc@dfa.gov.za ■

By: Moketse Teka: EWC

ICT Internship Farewell Function

The ICT Internship farewell function was held at the Union Buildings on 3 July 2009. This was the first ever Internship Programme by ICT in the Department of International Relations and Cooperation. The Internship Programme was a success and ICT thanks all users for being so co-operative with the interns. NB the department has extended the programme for a further six months ending 6 January 2010.



THE WHOLE CHIEF DIRECTORATE worked as a team and supported one another. It is there where the rank barrier theory was very minimal and it is there where I started to feel fully empowered and fulfilled and management had a belief in everyone regardless of their rank. As a result of this I then realised that the chances of growing as a person were very high because people were allowed to explore and learn new things, even something outside their own core responsibilities, including participating in other projects in the section. Most of the officials were career minded and very ambitious which had a positive impact in my life and in my decision to study further. It is in the Chief Directorate: East Africa where I realised the importance of acquiring new knowledge and skills through education and by attending courses offered by the Department. The support and advice I got in this regard was overwhelming and encouraging and it helped me to concentrate on the positive part of my life and on my career.

Officials were more concerned and serious about their work and their careers and the good thing was that management never stood in the way of officials who wanted to grow and develop either by studying, or attending relevant courses or even those who wanted to go on diplomatic or MAC training. This brought hope to everyone and there was a high level of productivity and quality of work. Management instilled the culture of discipline, professionalism

In fond memory of the old Department of Foreign Affairs

Working for the Chief Directorate: East Africa, under the quality leadership of Ambassador L M Makhubela between 2005-2006, was the most memorable and interesting time since I joined the DFA (now Department of International Relations and Cooperation) in 2005.

and hard work to officials which I inherited when I was promoted to other sections.

It is in the Chief Directorate: East Africa where I realised that I should concentrate on the most important things such as my work and my career in order to enhance my chances of growing because this will change my life for the better in the near future. I realised that focusing on the negative petty things will lead me nowhere and it is the reason why most officials find themselves desperate, hopelessness and stuck in their career. This is because they don't focus on the positive and important things in life but only on negative and destructive things. My personal belief is that the Department of International Relations and Cooperation, formerly DFA, is the best Department to work for because there is an abundance of opportunities for growth including promotions, trainings and learning opportunities. Officials just need to explore and utilise these oppor-

tunities and work harder.

Finally, I would like to thank the management of that time (2005-2006), colleagues such as Phindile Xaba, Niall Wilkins, Cedrick Crowley, Rasheeda Adams, Antoinette Rademan and Solomzi Mhlana, just to mention a few, for making me to believe in myself and for encouraging me to work hard and to focus on building my career for long term benefit. I now believe in my capabilities and I can see the light in the tunnel, I really appreciate making me a better person and I am happy to share this fond memory with my colleagues and friends at new DIRCO.

In fond memory of old DFA, at Chief Directorate: East Africa, Branch Africa, 110 Hamilton between 2005 and 2006 and now I am presently with the Directorate: Diplomatic Immunities and Privileges.

By Tshifhumulo Jeffrey Mufhadi

Bobotie In Bulgaria: Our Ambassador Shows Mzansi Cuisine

SOUTH AFRICAN CUISINE is influenced by different cultures – African, Dutch, English, German and especially Malay. The French influence of the Huguenots who escaped to this region affected mainly the production of wine. Especially for Monitor, the South African Ambassador to Bulgaria, Mrs Sheila Camerer shares with us some insight about their culinary traditions.

One of the very typical dishes of the cuisine of her country was brought by the Malay slaves to the Cape in the 17th century.

Malays influenced the culinary traditions of the country.

It is called “bobotie”. For this reason, Her Excellency Mrs Camerer chose to present this dish, together with her Bulgarian cook Ivo, at her residence in Sofia. When the Dutch came to the Cape and looked for a work force, slaves from Malaysia were imported to substitute the local population. Those Malay people had a strong influence

on the culinary traditions of the country.

The second recipe that Ambassador Camerer told us about has the same origin. She used to make these sweets herself when she was still at school. Every farmer in South Africa serves these “koek-sisters” with coffee.

Women’s Day Celebrated in Zambia



ON NATIONAL WOMEN’S DAY IN AUGUST, the Lusaka Mission women went to the University Teaching Hospital in Lusaka and donated some detergents and foodstuffs to the Mother’s Shelter. The Mother’s Shelter at the hospital survives through donations from well wishers. The Shelter was built to accommodate mothers coming from far away places to stay at the hospital, whilst waiting for their babies that are hospitalised due to birth complications and premature births. These mothers stay at the shelter for several months until the babies are well enough to go home. The shelter is not funded by the Government of Zambia or the hospital due to financial constraints. These women face a lot of challenges and we believe that our donation helped them in a small way.

The food in South Africa is very much meat based. The barbecue is our favourite type of food, just like it is in Bulgaria, says Ambassador Camerer trying to find the similarities. However the BBQ there is called a “braai”. When Mrs. Camerer invited foreigners, in her capacity of deputy minister, she had them served typical South African meals, such as bobotie and chicken pie.

Grilled lamb cutlets are also much liked by the South Africans. The best lamb comes from the semi-desert area named the Karoo. A part of the braai are the so-called farmers’ sausages “boerewors”. You can feel the boer (farmer) influence in their name.

Fish is also much liked by South African society. They like especially kingklip and lobsters which are called crayfish. Huge abalones (“perlemoen”) are among the common delicacies, as well as the giant sea snail. It is first boiled, then minced, then served with cream and sherry.

Some of the more refined South African dishes are ostrich neck in red wine or snoek served with boiled potatoes, cream and spring onions. A favourite entertainment is the culinary contest called “potjie”. This is a difficult dish. It is cooked for several hours in a deep tripod pot over the open fire, usually during a safari. What is interesting here is that it is not stirred but all the ingredients are layered one over the other – meat and various vegetables, such as cauliflower, carrots, cabbage. The top layer is cheese. No water is added to the pot and the temperature must be regulated (to avoid burning on the fire) by adding charcoals in or taking them out with a scoop.

If I have to arrange a buffet table for many people, I serve bobotie, chicken pie, grilled cutlets and different vegetables – potatoes, cauliflower, peas, says Mrs. Camerer. The South Africans also like sweet potatoes, beetroot and pumpkins. They are garnished with sugar and cinnamon.

Their cuisine is largely influenced by a rural style of living.



Desserts are made of different fruits and compotes are popular in winter. A favourite dessert for the winter months is also the brandy pudding, which contains lots of cognac and is therefore a bit heavy.

Christmas is celebrated as a big holiday in South Africa too, but as it falls in their summer – with temperatures similar to our August, the special lunch or dinner is served outside and the dessert is....a large piece of water melon!

South Africans generally like beer and the black population enjoys a home made beer,

explains the lady diplomat. The wine culture started in the region of the Western Cape.

Before taking on the diplomatic post in Bulgaria, Mrs. Sheila Camerer was a member of the South African Parliament for 22 years. She was appointed two times deputy minister of justice in her own country. New in Bulgaria she has just started her mandate.

By Galia Clark

Edited by the Editorial Team for length and layout purposes from the translation out of Bulgarian

Where were you...?

