

# COVID ~19 *PAPARAZZI*



22<sup>nd</sup> Edition  
August 2020

**Editor:**  
Tanya Stone  
Rotary Club  
of Pinelands

Dear Fellow Rotarians, Friends and Family

A **bumper** of an issue this week.

Sit back, grab a glass of legal wine, grab the popcorn and enjoy reading.

August is **Women's Month**.

Read the special article to celebrate women around the world.

Here is what you are install for: the updated COVID-19 statistics, what is happening in SA and around the globe, what to re-cycle and what not to re-cycle (Part 1), history of the 1918 Influenza Pandemic, where did the Nike "Just do it" come from (watch the awesome new Nike ad), environment news, a shipwreck washed up in Sea Point, etc.

There are loads of videos to watch and information on smartphone apps for the whole family.

Take care and stay safe.

*Tanya*

Enjoy every bit of today giggle and smile,  
forget about not so good things in life, and  
simply enjoy it!!

Wishing you  
a wonderful and  
relaxing weekend!!



Statistics from  
Worldometer  
and WHO on  
COVID-19

**PLEASE NOTE:**  
Figures are time of  
publish



*The Statistics below* were recorded on  
Friday 21<sup>st</sup> August at 12.15pm

Confirmed cases

**22,888,076**

Updated: 21 August

Confirmed deaths

**797,599**

Updated: 21 August

Recovered

**15,536,926**

Updated: 21 August

## ACTIVE CASES

**6,553,551**

**Currently Infected Patients**

**6,491,780 (99%)**

in Mild Condition

**61,771 (1%)**

Serious or Critical

## CLOSED CASES

**16,334,525**

**Cases which had an outcome:**

**15,536,926 (95%)**

Recovered / Discharged

**797,599 (5%)**

Deaths

Statistics from  
Worldometer, WHO on  
COVID-19 and  
Department of Health SA

Please note: Figures are  
time of publish



**Latest Statistics below**  
Figures for Friday 21<sup>st</sup> August are updated at midnight

**599,940**  
Confirmed Cases  
Updated: 20 August

**12,618**  
Deaths  
Updated: 20 August

**497,169**  
Recovered  
Updated: 20 August

**3,480,283**  
Tests Conducted  
Updated: 20 August



**COVID-19**  
Online Resource & News Portal  
[SAcoronavirus.co.za](http://SAcoronavirus.co.za)

Statistics from  
African Arguments,  
Africa CDC and the  
WHO on COVID-19

Please note: Statistics  
are time of publish



*The Statistics below* were recorded on Friday 21<sup>st</sup> August

**1,157,955**  
Confirmed Cases  
Updated: 21 August

**26,975**  
Deaths  
Updated: 21 August

**881 590**  
Recovered  
Updated: 21 August

# SOUTH AFRICA NEWS



## Important things happening in South Africa today

By Business Tech

**Here's what is happening in and affecting South Africa today:**

(Click on [links](#) for further information)

**Coronavirus:** Global Covid-19 infections have hit 22.4 million confirmed, with the death toll reaching 788,000. In South Africa, there have been 3,880 new cases, taking the total reported to 599,940. Deaths have reached 12,618 (an increase of 195), while recoveries have climbed to 497,169, leaving the country with a balance of 90,153 active cases.

**Load shedding:** Strage 2 load shedding continues today, starting at 09h00 and continuing to 22h00.

**Corruption investigation:** South Africa's Special Investigating Unit (SIU) says it is probing 658 cases of possible corruption related to government procurement of Covid-19 personal protective equipment (PPE) worth more than R5 billion. In an update on its investigation, the SIU noted that it is probing contracts in all nine provincial governments, and in six national departments. Gauteng still stands out with the biggest probe, covering R2.2 billion in contracts. The Eastern Cape 'medical scooters' are also under investigation, it said. [\[TimesLive\]](#)

**Passing the peak:** Health Minister Dr Zweli Mkhize says South Africa is moving away from the peak of the Covid-19 pandemic, with the latest numbers showing a growing recovery rate, which is now at 82.4% of total cases. In some provinces, the recoveries are over 90%, he said. Mkhize said that the country is approaching 600,000 confirmed cases, with the actual number being far higher, but deaths are reasonably lower than many other countries. All this points to positive signs for South Africa. [\[ENCA\]](#)

**Pension access:** The ANC plans to have a formal proposal around plans to change regulation 28 formulated by mid-September. The changes, if adopted by government, will allow easier access to pension funds, which are currently restricted and limited in how they can invest in different projects or institutions. The alterations sought by the ANC, would allow pension funds to more easily invest in infrastructure projects, which the party is pinning the country's economic hopes on. Critics say it will also open pensions up to abuse. [\[Moneyweb\]](#)

**Crime does pay:** Former eThekweni mayor Zandile Gumede – who was recalled by the ANC after being arrested and charged with corruption involving millions of rands – has re-entered governance in the province, with the ANC appointing her to the KwaZulu-Natal legislature. Gumede's appointment has been widely criticised, given the criminal charges she faces. However, the ANC says she is innocent until proven guilty. Gumede is accused of being linked tender fraud to the value of R400 million. [\[EWN\]](#)

**Markets:** South Africa's rand edged higher on Wednesday, extending the previous session's gains on dollar weakness and optimism over a further easing of the country's coronavirus lockdown. The dollar took advantage of a coy Fed, clawing back lost ground against other major currencies. The rand starts the day at R17.30 to the dollar, R20.48 to the euro and R22.65 to the pound, remaining within the larger range while seeking momentum to move another leg stronger. Commentary by Peregrine Treasury Solutions. [\[XE\]](#)

**Damage done:** While South Africa moves to lockdown level 2 this week, analysts say it's too little, too late, with the damage to the economy has been done. A new survey shows that around 3 million people have lost their jobs as a result of the lockdown, while economists are sceptical about government's purported plans to 'save the economy' through infrastructure projects, which are yet to be detailed outside of vague promises. Citing years of such plans that to be followed through, doubts persist. [\[EWN\]](#)

**Tobacco fight still on:** Fair trade group Fita says it will continue its court fight against government over the tobacco ban, despite the prohibition being lifted with the move to lockdown level 2. The group says that despite the president's announcement, the regulations are yet to be published, and history serves as a reminder that government could easily reverse the decision within a couple of days. The court battle would also set a precedent for future regulation changes that could see tobacco sales banned again. [\[702\]](#)

**New elections:** A panel of experts are trying to get to grips with how South Africa could possible change its election systems – as the country is forced to change how it votes in very little time. The election process could look very different when South Africans vote in 2024, with the IEC and government given only 24 months to change things around. The current proportional representation system is fair, but gives parties a lot of power over candidates. However, debate rages over which system could be best to replace it, if any. [\[Daily Maverick\]](#)

**Power grab:** Internal ANC documents show the party wants to give its chief whip in parliament more power and control over the happenings of parliament – in a move opposition parties have labelled a power grab. The document, seen by the Sunday Times, outlines a proposal that would see the political role of chief whip of the majority in parliament take on more institutional administrative responsibilities, giving them power over opposition parties and even cabinet. [\[TimesLive\]](#)

### Government's post-Covid-19 reconstruction & recovery plan exposes factional paralysis and lack of capacity

By Marianne Merten  
**Daily Maverick**



South Africa's socio-economic recovery details will be thrashed out over the next two to three weeks at the National Economic Development and Labour Council. But the government's opening gambit has been a little more than disappointing. Patience is running out

[READ MORE](#)



## Premier Winde: Get jobs back up and running #Level2lockdown

By Barbara Friedman  
CAPETALK

Alan Winde says the Western Cape still has hotspot management across the province which is being closely monitored for outbreaks. Western Cape Premier Alan Winde talks to Refilwe Moloto about the significance of moving to level two lockdown restrictions as announced by the President at the weekend. He says the discussions happened on Saturday at the President's Coordinating Council.

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## Hikers face bitter cold as snow apparently hits Table Mountain

by Qama Qukula  
CAPETALK

**Storm Report SA has posted a video of hikers filming the snow on Table Mountain in Cape Town. One man can be heard saying, "What were we thinking, chaps?"**

According to [Snow Report SA](#), snow has already begun to fall in the Cederberg, with low-level snow possible in other areas.

[WATCH VIDEO](#)

## 2000 square metre Cape Town mansion goes on sale for R150 million

by Kabous le Roux  
CAPE TALK

Right now, the Fresnaye mansion is the most expensive home on the market in South Africa. A mansion in Fresnaye on Cape Town's swanky Atlantic Seaboard is for sale for R150 million.

Marketed by [RE/MAX](#), its set to be the most expensive property ever sold by the realtor. The 2000m2 home was designed [SAOTA](#), a globally renowned architectural firm.

[Click here to view pictures of the house](#), or to learn more about it. Or, watch a video tour below.

[WATCH VIDEO](#)

## Standard Bank, Absa and FNB respond to massive data breach in South Africa

Staff Writer  
Business Tech

South Africa's major banking groups have responded to the major data breach at credit bureau Experian, where the personal details of as many as 24 million South Africans were exposed to a third party. Experian, a consumer credit reporting company, said on Wednesday (19 August) that it experienced a breach of data which has exposed some personal information of as many as 24 million South Africans, and 793,749 business entities, to a suspected fraudster.

The breach has been reported to authorities, and South African banks have been working with Experian and South African Banking Risk Centre (Sabric) to identify which of their customers may have been exposed to the breach and to protect their personal information, even as the investigation unfolds.

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## The self-serving, corrupt ANC shows again how it befools Mandela's legacy

By Justice Malala  
Times Select



**WALL OF SILENCE** The ANC has once again revealed that it learnt nothing from the great man it once praised so highly.

When Nelson Mandela died in December 2013 there was an outpouring of grief from across the world. Leaders great and small, honourable and dishonourable, offered their condolences.

Mandela's incredible life and profound legacy were praised to the rafters. ANC leaders reminisced about the great man. But it was the great poet Maya Angelou who broke our hearts.

In her tribute poem, *His Day is Done*, she wrote: "We will not forget you, we will not dishonour you, we will remember and be glad that you lived among us, that you taught us, and that you loved us all." I love those words: "We will not dishonour you."

Every day now, the African National Congress that Mandela loved and gave his life to dishonours Mandela and shows us that it learnt nothing from the great man. Instead, the ANC rubs our faces in the cesspool of its corruption and laughs at us. Nothing illustrates this more than the party's actions last week when it shamelessly, brazenly and thoughtlessly decided to reinstate two of its senior Limpopo officials who stepped down after they were implicated in allegations relating to the looting and collapse of VBS Mutual Bank.

ANC secretary-general Ace Magashule announced that the party would reinstate its Limpopo treasurer, Danny Msiza, and the party's deputy chairperson in the province, Florence Radzilani. They are accused of facilitating the deposit of municipal funds with VBS Mutual Bank despite this being explicitly against the law. The bank collapsed, leaving thousands of depositors queuing outside its branches in the winter rain to claim their money. Many of its clients were pensioners.

Adv Terry Motau, SC, was appointed by the Reserve Bank to conduct a forensic investigation. His findings were scathing. He wrote that "one of the most illuminating examples of the rampant corruption and bribery that occurred is to be found in a WhatsApp discussion between [middleman Kabelo] Matsepe and former VBS chairperson Tshifhiwa Matodzi on 20 December 2017".

He goes on to reveal that the WhatsApp message from Matsepe to Matodzi reads: "The mayor of Vhembe [Radzilani] is crying she says we must give her and the speaker a Christmas because they are the ones who are making sure we keep that money for six months. We gave her 300k and she cried and said we gave juniors R1.5-million and we gave her 300k ... we said we will consult with you and will sort her out Friday morning ... if we can let's give her 1% on a level of trust because she did keep her promise that she will block the money from being withdrawn." Matodzi replied: "Go ahead ... But she must know the formula."

[READ FURTHER](#)

## South Africa's level 2 lockdown – here are the things you still CANNOT do

SA News



While South Africa will move to alert level 2 of the national lockdown at midnight on 17 August 2020, current restrictions such as international travel will remain in place to minimise the spread of Coronavirus.

In addition, the country will maintain its 50 people limit on gatherings, which among others, include funerals and religious events.

President Cyril Ramaphosa announced Cabinet's decision to move the entire country to alert level 2 on Saturday night. The president's announcement comes as the country marked five months since it declared a national state of disaster to combat the Coronavirus pandemic.

"As we look back at the past five months, all indications are that South Africa has reached the peak and moved beyond the inflection point of the curve.

"Most of our health facilities have proven resilient, capable and able to withstand and deal with the surge," said the president.

According to the President, modelled projections of infections, hospitalisation and deaths have had to be adjusted downwards, as the country is recording better progress in the management of the disease.

"The move to level 2 means that we can remove nearly all of the restrictions on the resumption of economic activity across most industries," said the president.

In terms of government's risk adjusted strategy in dealing with the pandemic, alert level 2 means that there is a moderate Covid-19 spread, with a relatively high level of readiness in the health system.

While the country moves to increase economic activity, the president stressed that some measures will remain in place to limit transmission and protect the country's health capacity.

### Restrictions

In this regard, spectators will not be permitted at sporting events, and the curfew between the hours of 22h00 and 04h00 will remain in place.

In an act to balance lives and livelihoods, the president encouraged people to stay at home if they can and, if possible, to work from home, especially if they are over the age of 60 or have underlying conditions.

In order to keep the remaining restrictions in place and to maintain some of the essential elements of the health response, the President extended the national state of disaster until 15 September 2020. "With this new phase of our response, we need to put in place the practices and forms of behaviour that we must continue to adopt for some time to come.

"This virus will remain with us for many months and I must applaud the many South Africans who have changed their way of life to meet that reality," said the president.

With the potential of a second wave still on the cards, president Ramaphosa urged citizens to maintain the hygiene protocols of washing and sanitising of hands, observing social distancing and wearing masks.

"Familiarity with each other should not allow us to forget these precautions," he said.

### Eastern Cape to build R2.7m mortuary as concerns raised over high Covid-19 mortality rate

By Malibongwe Dayimani  
News24



*Eastern Cape Premier Oscar Mabuyane.*

The Eastern Cape has availed R2.7m for the construction of a mortuary for Covid-19 cases at Sir Henry Elliot Hospital in Mthatha as Premier Oscar Mabuyane raises concerns over high mortality rate in the province despite a steady increase in recoveries.

The province further identified 25 hospitals for bulk tank oxygen supply, with Mabuyane saying oxygen remained a critical resource in saving the lives of Covid-19 patients.

Mabuyane was speaking ahead of his tour of some of 86 hospitals currently undergoing refurbishment to the tune of R594.7m in the Eastern Cape.

Upon completion, the projects, across all six district municipalities and two metros, would guarantee the province 2 458 Covid-19 beds, he said.

Mabuyane said while the province was seeing a steady increase in the recovery rate which was above 90% across all districts, the fatality rate was a concern. He said in the past 24 hours, 70 people died due to Covid-19 in the province.

"These fatalities are due to co-morbidities, with diabetes and hypertension the leading causes of death among patients who tested positive for Covid-19. Our thoughts and prayers are with the families of the deceased during this difficult time. May they find strength to heal from their losses."

[READ FURTHER](#)

## 'These are not April prices' - Capetonians relieved as cigarette and booze sales resume

Jenni Evans  
News24



People buying cigarettes legally were relieved to be paying "normal" prices after lockdown regulations were eased. Not all shops had full stock yet and the transactions were quick in-and-out affairs, with few queues.

Liquor store queues were not as long as they were during the brief respite midway through the hard lockdown.

"These are not April prices," joked a man as he dashed into his local Spar in Cape Town for cigarettes as legal sales resumed on Tuesday. His friend said during the hard lockdown he paid up to R150 for a pack of his own brand. Now he gets six packets for R300.

"It was a double-edged sword buying illegally. I tried to stop at the beginning, but, well..." the man trailed off. "But this is my fundamental right."

At a tobacconist around the corner, two friends compared notes over the brands they bought on the down low as they stood a distance from each other.

"Ja, those popping ones! My bru to be honest, I will probably smoke some of those smokes again," he laughed through his mask.

### Modest alcohol queue

At Makro in Montague Gardens, Cape Town, the queue for the liquor section was modest compared with the mid-lockdown rush to stock up.

At that time, earlier during lockdown, the queue had snaked around the fringes of the large parking lot.

To the question of whether people were broke, one person commented on Twitter: "No it's just too bleeding cold to go out!!" and another wrote: "Power to the alcoholics. We are free from abusing alcohol".

A man in the queue said: "I used to get a bottle [during lockdown] and split it with three friends, who would spot me the money so it was not so bad."

He was waiting to get a bottle at a "normal" price and was looking forward to resuming his regular weekly darts game in real life again, now that socialising rules have also been eased slightly. "We played online, but it wasn't the same," he said as the queue was rearranged under a shelter when the rain in Cape Town started up again.

The bulk-buy warehouse kept its social distancing rules in place, only letting in a limited number of people at a time. A bar owner trawled into the parking lot, his car heavily laden with crates of empty quarts of beer.

While unloading to take it in for a refill, a song with the hook "This is South Africa" blasted from his CD player. "It was tough," he said of the toll on taverners.

## Shipwreck washed up on Sea Point beach being investigated

by Barbara Friedman  
CapeTalk



Photograph by Lauren Strime\_

Local Sea Pointers took to social media posting a photo of a piece of a shipwreck that has washed up on the Milton Pool Beach in Sea Point, Cape Town.

Atlantic seaboard ward councillor, Nicola Jowell says it has been reported to City Heritage, South African Heritage Resource Association and also Coastal Management.

*"At this point, we are not sure about the heritage value but it is being investigated. Should SAHRA provide us with a permit then we will assist to remove it to safety given the pending weather warnings. It of course could also not be on heritage value but the right people are informed and aware of it."*

Nicola Jowell, Ward Councillor - Ward 54

## Matrics will write exams in November

By Bongekile Macupe  
Mail & Guardian



The matric class of 2020 will sit for its final exam from November 5 until December 15, the department of basic education announced in a statement on Wednesday afternoon.

It will be a combined examination that will accommodate some learners who were meant to write in May and June, but had the exam postponed because of the Covid-19 pandemic.

Following President Cyril Ramaphosa's announcement of the lockdown in March, schools closed earlier than scheduled for the end of the first term. Grades 7 and 12 were the first group of learners to return to school in June, following Cabinet and the National Coronavirus Command Council's approval for the phased-in approach of reopening schools.

[READ FURTHER](#) (includes the **Matric timetable**)



## New tax changes to impose strict rules on taking retirement funds out of South Africa

Staff Writer  
Business Tech



The draft Taxation Laws Amendment Bill (TLAB) was published on 31 July 2020 and with it comes an overhaul of the regime for taking your retirement funds abroad.

In terms of the proposed amendments, expatriation of these benefits will be subject to a much stricter process from 1 March 2021 onwards, said Jean du Toit, head of Tax Technical at Tax Consulting SA.

Du Toit said that under the current dispensation, taxpayers may withdraw their retirement funds prior to their retirement date, upon emigration for exchange control purposes, where such emigration is recognised by the South African Reserve Bank – a process known as ‘financial emigration’.

“This concession is provided for in the respective definitions of ‘pension preservation fund’, ‘provident preservation fund’ and ‘retirement annuity fund’ – collectively referred to as ‘retirement funds’ – in section 1 of the Income Tax Act.”

“Each definition makes provision for withdrawal where a person “is or was a resident who emigrated from the Republic and that emigration is recognised by the South African Reserve Bank for purposes of exchange control,” he said.

“The law in its current form has undergone several amendments, but in principle the concession was first introduced with the Taxation Laws Amendment Act.”

Du Toit said that the amendment comes as no surprise, as the government made its intentions clear in the February budget speech.

The explanatory memorandum to the TLAB echoes what was said in February, that the regime change arises as a result of the modernisation of the exchange control system, he said.

The memorandum further notes that “a new test should be inserted which will make provision for payment of lump-sum benefits when a member ceases to be a South African tax resident”.

The change is brought about by the amendment of the relevant definitions in section 1 of the Act, by the substitution of the reference to the emigration process with a new test which only allows withdrawal in respect of “a person who is not a resident for an uninterrupted period of three years or longer”.

[READ MORE](#)

## 'Where is DD Mabuza?' Sick-again deputy president cannot answer questions in Parliament

By *SHELDON MORAIS*  
News24



**The latest:** Deputy President David Mabuza is again too sick to answer questions in Parliament.

**What happened:** On Monday, Mabuza consulted with his physician and then wrote to Parliament saying he would be unable to attend the question and answer session scheduled for this week.

**The response:** His office insisted that while Mabuza was not bedridden or suffering from ill-health, he was acting on advice from his doctor.

[READ MORE](#)

## All alcohol equal? Wine court case on ice after unbanning of liquor sales

By *SHELDON MORAIS*  
News24



**The news:** After government lifted the ban on alcohol sales, the Southern African Agri Initiative's (Saai) court application will not proceed as planned.

**The context:** The AfriForum-aligned Saai and their co-applicants, which included wine farms and other wine industry bodies, asked the Gauteng High Court in Pretoria to declare unlawful, invalid and unconstitutional the regulations prohibiting the sale and transport of wine.

**A closer look:** The nub of their case was that government should have considered the wine industry when it decided to reinstate the prohibition on alcohol sales and transportation.

[READ MORE](#)

## Snow transforms many parts of Western, Eastern Cape into a winter wonderland

Staff reporter  
IOL



Snow has blanketed many parts of South Africa the past two days, with social media especially highlighting the effects of the cold front that made landfall on Monday afternoon in the south-western and Eastern Cape.

Among the more spectacular was a video recorded near Uniondale, a small town in the Little Karoo in the Western Cape, where a car can be seen making its way in a countryside that resembles a winter wonderland thick in snow.

### WATCH

[www.facebook.com/watch/?v=624510468500154&extid=075YuleKLSIGDRev](https://www.facebook.com/watch/?v=624510468500154&extid=075YuleKLSIGDRev)

It was also the case in Avontuur, outside Joubertina, at Misgundand at Twee Riviere in the Eastern Cape.

The SA Weather Service had also predicted “disruptive snowfalls” over the high-lying grounds of the Cape Winelands, Central Karoo and Garden Route districts of the Western Cape as well as Karoo Hoogland in the Northern Cape. Parts of Lesotho have also been transformed into a white landscape.

Snow was also captured at Queenstown in the Eastern Cape and blanketed large parts of the Langkloof in the heart of Nelson Mandela Bay’s main catchment area.

The Eastern Cape Transport Department also reported disruptive snow preventing three trucks from travelling on the R61 between Cradock and Graaff Reinet on the Wapadsberg pass due to the slippery conditions.



Snow was recorded at the Afriski Mountain Resort, which is situated in the heart of the Drakensberg-Maluti Mountains.

The “white Christmas decorations” were also spotted on the Tsitsikama and Outeniqua mountain ranges along the Garden Route, but a video that surfaced of “snow” on Table Mountain was more a case of sleet.

**As always, the run-off from the snow is good news for dams.**

## Chilly and wet weather in Cape Town has dam levels rising

By Mwangi Githathu  
Cape Argus



**Cape Town** - Flash floods in Khayelitsha have forced residents to navigate huge puddles, evidence that the province is in the grip of a severe winter storm.

The adverse weather is forecast to last until this evening, according to the SA Weather Services.

The forecast for tomorrow shows Cape Town will receive some respite before a scheduled 30% chance of rainfall on Thursday.

Local Government MEC Anton Bredell said disaster management centres across the province and emergency responders were on standby.

“We hope to continue to see further rain and snow, in order to see further increases in dam levels in the coming months,” said Bredell. “Most major dams in the Western Cape continue to show good dam level increases thanks to winter rains that continue to fall. The Theewaterskloof and Voëlvlei dam levels increased by more than 5% in the past week.

“The provincial dam level on average is at 66.5%, with some areas, like the city of Cape Town, better off. We hope to see further rain and snow, in order to see further increases in dam levels in the coming months.”

There are also alerts about gale force winds, heavy rainfall and extremely cold weather and snowfalls.

“The expected snow and heavy rainfall are envisaged to further top up the dams in the province,” said Department of Water and Sanitation national spokesperson Sputnik Ratau.

“This can be awesome news as the province will soon be moving towards the end of its rainy season, with the rainfall tapering off,” he said.

Meanwhile, Cape Town dam levels have reached 84% of capacity following good rains last week, up from 80.4% the previous week.

Consumption for the same period decreased by 1 million litres per day to an average of 642 million litres. At the same time last year, dam levels were at 81.4%.

“The City is relieved at the further recovery of dams, but would urge residents to be cautious in calling for water restrictions to be completely lifted. Future rainfall is still uncertain and new water sources are still in development,” said Xanthea Limberg, Mayco member for Water and Waste.



## National Women's Day in South Africa in 2020

By OfficeHolidays

### When is National Women's Day?

National Women's Day is an annual public holiday in South Africa on August 9th. If National Women's day falls on a Sunday, a public holiday will be observed on the following Monday.

### History of National Women's Day

The holiday commemorates the national march of women on this day in 1956 to petition against legislation that required African persons to carry the 'pass'.

The 'pass' was an identification document which restricted a black South African's freedom of movement under apartheid. The pass allowed them to enter 'white' areas. The 'pass' had come into force under the Urban Areas Act (commonly known as the pass laws) of 1950.

On August 9th 1956, 20,000 women staged a march to the Union Buildings in Pretoria to protest against proposed amendments to the act. They left petitions containing more than 100,000 signatures at prime minister J.G. Strijdom's office door. They stood silently outside his door for 30 minutes.

The women then sang a protest song that was composed in honour of the occasion: Wathint'Abafazi Wathint'imbokodo! (Now you have touched the women, you have struck a rock.).

### How is National Women's Day celebrated?

In the 60 years since the vents of 1956, the phrase has come to represent women's courage and strength in South Africa. National Women's Day was first celebrated as a national holiday in 1995.

In 2006 a re-enactment of the march was staged for its 50th anniversary, with many of the 1956 march veterans attending.

The month of August is now dedicated to women and is marked by several government events such as a trade fair for women's crafts and a symposium on labour issues.

### [INTERESTING FACTS ABOUT WOMENS DAY AND CELEBRATION](#)



Buy a pair of bracelets for just R5 at your favourite SPAR this Women's Month and give the extra bracelet to a Woman you admire.

#SPARWomensMonth Every cent will be donated to support many of the country's care centres and local charities working to uplift and empower the Women of South Africa and, without your support, wouldn't be possible.

All proceeds donated to the following charities and NPOs:

- [Rape Crisis Centre \(Port Elizabeth\)](#) - an NGO that serves the needs of rape survivors, irrespective of their race, gender, language or religious background.
- [Yellow for Survivors](#) - a SA NPC that has been established to provide victims of rape and gender-based abuse with resources and safe spaces to find the support they need to start healing after severe, life-changing experiences.
- [The Greater Rape Intervention Programme \(GRIP\)](#) - GRIP is a community-based organisation rendering services to survivors of rape, sexual assault and domestic violence.
- [The Open Door Crisis Care Centre](#) - Their aim is to sustain a holistic, multifaceted one-stop crisis and trauma centre, offering counselling, social services and support groups.
- [Reach for Recovery Breast Cancer Support](#) - An international breast cancer support group and non-medical programme, designed to help women with breast cancer in their return to daily life.
- [Saartjie Baartman Centre for Women & Children](#) - A one-stop centre for women and children who are survivors of abuse. Bracelets are only available while stocks last.

SPAR has pledged to take action against Gender Based Violence (GBV) by offering tangible support to victims on a sustainable basis. We plan to help END Gender Based Violence by using our vast footprint and media reach to offer GBV victims access to life-changing help. We have partnered with LifeLine, a highly established and resourceful trauma counselling call-centre, to provide immediate and professional support.

It can happen to anyone - women, men or children and is never acceptable. If you are a victim or if you see someone being abused, please reach out by [visiting the website](#).



## END GENDER BASED VIOLENCE



SPAR recognises that the time for passive involvement is over, and the only viable remedy is to take meaningful action. As a responsible corporate citizen of Southern Africa, we are playing an active role in the fight to END Gender Based Violence.

[READ MORE](#)

## WOMEN'S VIRTUAL CHALLENGE



Entries are now officially open for the SPAR Women's Virtual Challenge.

On September 26, 30 000 women will participate in this virtual challenge aimed at bringing the sunshine back into our lives.

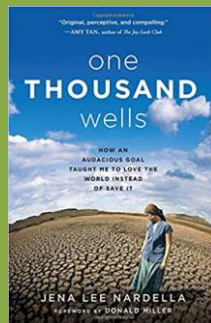
For your entry fee of just R50 you will receive an entry pack comprising a limited addition virtual challenge T-shirt, a buff and a challenge magazine. Your entry fee will help SPAR donate a food parcel to a victim of gender-based violence.

[HOW TO ENTER THE SPAR VIRTUAL CHALLENGE](#)

## MOTIVATIONAL AND INSPIRING BOOKS TO READ FOR WOMEN (or Men)..

Reading an awe-inspiring memoir written by a successful and driven woman can do wonders for your self-esteem. There's nothing as empowering as reading about how someone you admire was able to turn things around even in the darkest of times. It starts to make you think you can, too — and there's no reason you can't! These inspirational books for women by women will give you all the motivation you need to get out there and start leading the life you want to live.

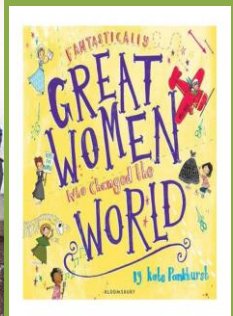
Whether you're seeking career advice, the cure for a broken heart, or just want proof that hard work pays off, these titles are packed with inspiring **antidotes and sage wisdom**. The wide range of advice featured in these books, written by women like Michelle Obama, Melinda Gates, Shonda Rhimes, and more will help you look at things in a new way and help you make positive changes in your life — and their messages will stay with you long after the last page.



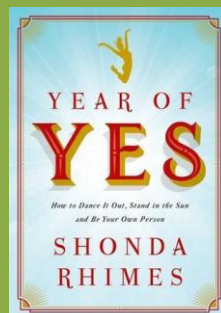
*Jena Lee Nardella*



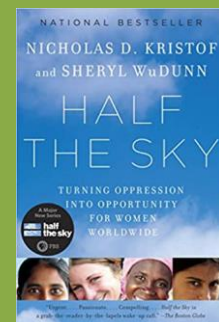
*Rachel Hollis*



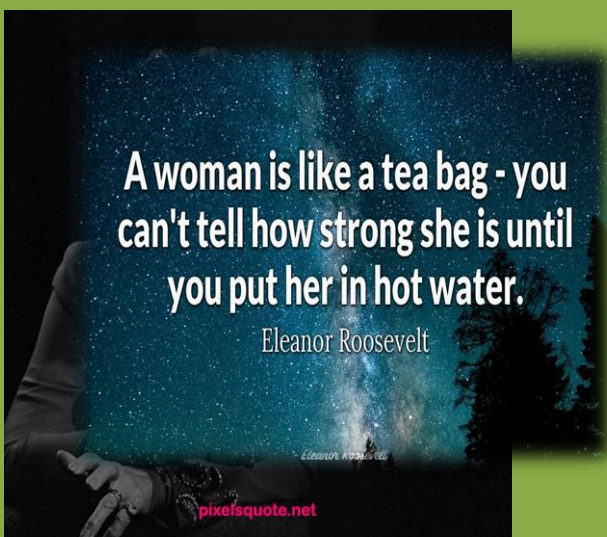
*Kate Pankhurst*



*Shonda Rhimes*



*Nicholas D. Kristof and Sheryl WuDunn*





## A LITTLE BIT OF HISTORY....

### 1918 Pandemic (H1N1 virus)

[The 1918 influenza pandemic](#) is one of the most severe pandemics in recent history.

It was caused by an H1N1 virus with genes of avian origin. Although there is no universal consensus regarding where the virus came from, it spread worldwide from 1918-1919.

In the US, it was first identified in military personnel in spring 1918.

Some estimates suggest that as many as 500 million people or one-third of the world's population became infected with this virus.

The number of deaths was considered to be at least 50 million worldwide with about 675,000 occurring in the United States.

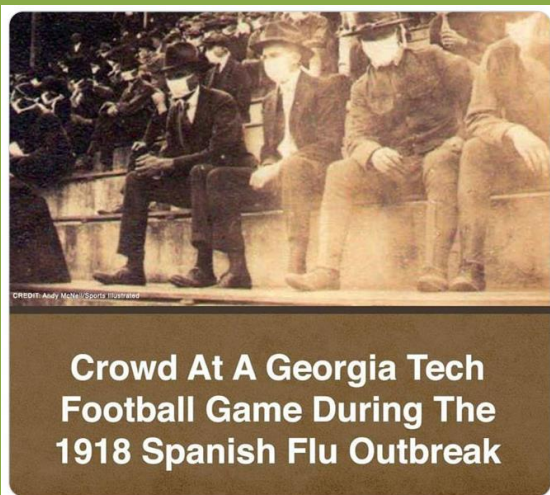
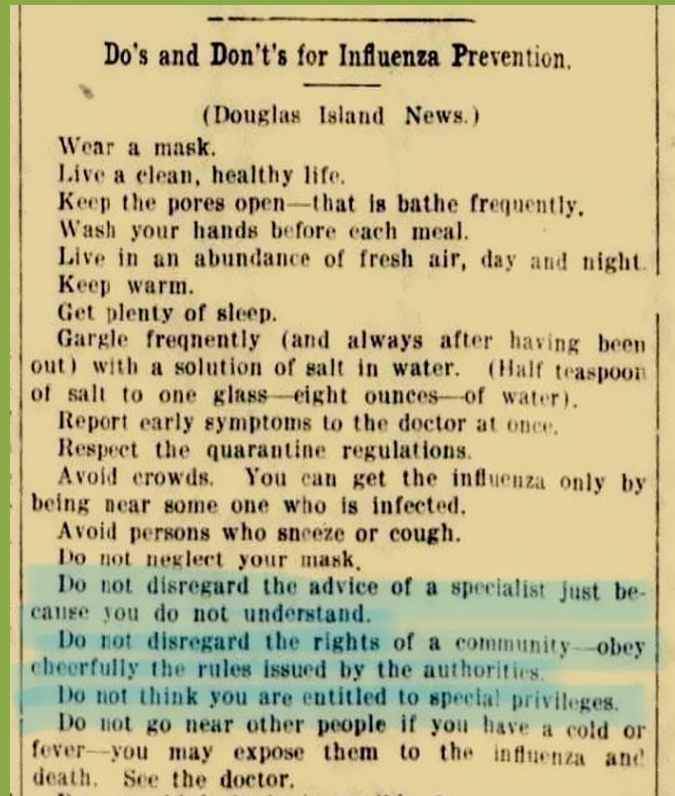


Image credits: TalyaVarga

[Compare the Flu pandemic of 1918 and Covid-19](#)



### National vaccine efforts need to fit global approach, says WHO



Reporting by Stephanie Nebehay, Michael Shields and John Miller  
Writing by Nick Macfie; Editing by Jon Boyle  
**REUTERS**

**GENEVA**, Aug 18 (Reuters) - National supply deals in the event of the development of a successful vaccine against the coronavirus should fit a global approach, World Health Organization senior adviser Bruce Aylward said on Tuesday.

World leaders pledged in late April to accelerate work on tests, drugs and vaccines against COVID-19 and to share them around the globe under a WHO-led initiative known as the ACT (Access to COVID-19 Tools) Accelerator.

More than 21.9 million people have been reported to be infected by the novel coronavirus globally and 772,647 have died, according to a *Reuters* tally.

### Morrisons to remove plastic 'bags for life' and trial paper alternative

PA Media  
**The Guardian**



[Morrisons](#) is planning to ditch all its plastic "bags for life" following evidence that they are being used once and thrown away. The food retailer is running a trial in eight stores from Monday, which will see sturdy paper bags offered at checkouts instead.

If the trial is popular, introducing paper bags only across all its 494 stores would save 90m plastic bags being used annually, the equivalent of 3,510 tonnes of plastic per year, the company said.

David Potts, Morrisons' chief executive, said: "We believe customers are ready to stop using plastic carrier bags as they want to reduce the amount of plastic they have in their lives and keep it out of the environment. We know that many are taking reusable bags back to store and, if they forget these, we have paper bags that are tough, convenient and a reusable alternative."

[READ MORE](#)

### New Zealand's COVID-19 outbreak grows as Australian cases ease



By David Rowland  
**AFP**

**MELBOURNE** - A new coronavirus outbreak in New Zealand is still growing, health officials said on Sunday, with the country that had an early triumph over the pandemic recording 13 new cases and putting the September general election in question.

After stifling the virus earlier this year before it became a public health crisis and after 102 days without new infections, an abrupt resurgence last week in Auckland prompted an immediate lockdown of the country's largest city.

Sunday's numbers bring New Zealand's total active cases to 69, providing more ammunition to a conservative opposition that wants to delay a general election, which opinion polls show Prime Minister Jacinda Ardern's Labour Party winning.

Ardern is expected to resist a delay but has said she will decide by Monday.

Health Minister John Hipkins told a media briefing on Sunday that the government was working to ensure adequate supplies of masks, which are currently recommended but not mandatory. "We could make it compulsory and spend a lot of time on enforcement, what we need here is a cultural acceptance amongst all New Zealanders," Hipkins said.

In neighbouring Australia, which has also been struggling with a resurgence of the coronavirus in two of its largest states, New South Wales and Victoria, there were signs of a further downward trend. New South Wales reported just five new cases, while Victoria, where masks became compulsory in July after the state became the centre of the country's largest outbreak, reported 279 new cases on Sunday, along with 16 more deaths.

The daily number of new cases this week has been well below the peak of 725 on 5 August. Melbourne, the state's capital, remains under a strict lockdown.

Speaking before Victoria announced its daily tally, Australia's Health Minister Greg Hunt said the state still has a long way to go. "But the signs now are that the trend is of progressive reduction," Hunt told Sky News television.



## Coronavirus: Ireland at 'tipping point' as Covid-19 cases rise

By Shane Harrison  
BBC NI Dublin correspondent



The Republic of Ireland's cabinet has reversed some of its lockdown relaxation measures as it attempts to deal with [rising Covid-19 case numbers](#).

Irish Health Minister Stephen Donnelly said: "We are at a tipping point." He added that a few weeks ago there were just 61 new reported cases for a seven day period but last week there were 533 cases. The tightening of restrictions comes ahead of the reopening of schools over the next two weeks.

Taoiseach (Irish PM) Mícheál Martin said that if the current rates of Covid-19 continue to rise "it will be impossible to stop the spread of the virus to our most vulnerable and our most compromised". On Tuesday, a further coronavirus-related death was reported, bringing the Republic of Ireland's total to 1,775.

There were 190 more confirmed cases of Covid-19.  
**Gardaí may get additional powers**

Crowds attending outdoor events, including sports, are to be reduced from 200 to 15. Indoor gatherings - excluding shops, restaurants and other businesses - are to be restricted to six people. Those over 70s are again being asked to stay at home as much as possible.

People are also once again being encouraged to work from home and not to use public transport.

Consideration is to be given as to whether Gardaí (Irish police) should get new powers to intervene where they believe social distancing rules are not being complied with.

[READ FURTHER](#)

## Thousands evacuated as California wildfires overwhelm state

The Guardian



Tens of thousands of Californian residents have been forced to flee their homes after an "overwhelming fire siege" sparked by lightning and nurtured by a heatwave and high winds. The state has so far recorded 367 fires, with governor Gavin Newsom admitting emergency services were "challenged right now".

## Trump tacitly endorses conspiracy theory deemed potential domestic terrorism threat

The Guardian



Trump appeared to [praise followers of QAnon](#), a baseless rightwing conspiracy theory that has been linked to numerous acts of violence and was deemed a potential domestic terrorist threat by the FBI last year. The president described them as people who "love our country", and "like me very much". His comments about QAnon, which posits that the president is secretly battling a "deep state" of global elites involved in paedophilia, human trafficking and harvesting a life-extending chemical from abused children, were met with jubilation from online QAnon communities.

It comes after [Facebook removed or restricted](#) more than 10,000 groups, pages and Instagram accounts linked with QAnon on Wednesday, as the company attempts to crackdown on the spread of movements that have "demonstrated significant risks to public safety".

[READ MORE](#)

## Russian activist Alexei Navalny unconscious after being 'poisoned'

The Guardian



The Russian opposition activist [Alexei Navalny](#) is unconscious and on a ventilator in a hospital intensive care unit after suffering a suspected poisoning.

"We assume that Alexei was poisoned with something mixed into his tea," his press secretary, Kira Yarmysh, tweeted. "That was the only thing he drank this morning. The doctors say that the toxin was absorbed more quickly because of the hot liquid. Right now Alexei is unconscious."

An outspoken critic of the Russian president, Vladimir Putin, Navalny was returning to Moscow by plane from Tomsk in Siberia when he began to feel ill. The plane made an emergency landing in Omsk and he was taken to hospital. A mobile video shot on the plane showed medical personnel rushing onboard as a man screamed in agony.

Doctors "are currently engaged in the process of saving his life", said Anatoly Kalinichenko, the deputy head of the hospital where the 44-year-old is being treated.

## Kamala Harris makes history with Democratic nomination

By Molly Blackall  
The Guardian



The California senator became the first black woman and first Asian American to be included on the presidential ticket for a major party when she accepted the Democratic vice-presidential nomination.

Kamala Harris [formally accepted](#) the Democrats' vice-presidential nomination on Wednesday night, becoming the first black woman and first Asian American to make the presidential ticket for a major party.

Speaking in a deserted exhibit hall in Delaware for the third night of the Democratic national convention (DNC), the California senator took the opportunity to praise the values instilled in her by her parents – both immigrants – and roundly condemn Donald Trump's "failure of leadership", positioning the upcoming election as "a chance to change the course of history".

## Thousands evacuated as California wildfires overwhelm state

The Guardian



Tens of thousands of Californian residents have been forced to flee their homes after an "overwhelming fire siege" sparked by lightning and nurtured by a heatwave and high winds. The state has so far recorded 367 fires, with governor Gavin Newsom admitting emergency services were "challenged right now".

## Democrats Nominate Joe Biden for President

BY IVAN PENTCHOUKOV  
The Epoch Times



Delegates to the Democratic National Convention voted on Aug. 18 to nominate former vice president Joe Biden for president of the United States.

Former President Bill Clinton, New York Sen. Charles Schumer (D) and former Deputy Attorney General Sally Yates were among the speakers endorsing Biden ahead of the convention vote.

"With President Biden, Vice President Harris, and a Democratic Senate Majority, we will make healthcare affordable for all; we'll undo the vicious inequality of income and wealth that has plagued America for far too long; and we'll take strong, decisive action to combat climate change and save the planet," Schumer said.

The convention, though based in Milwaukee, is being conducted virtually due to the COVID-19 pandemic.

"Well, thank you very very much, from the bottom of my heart, thank you all. It means the world to me and my family," Biden said in his virtual acceptance speech alongside his wife and family. "Thank you, thank you, thank you."

## Owners scratch their heads over Germany's new dog walking rule

By Reuters



**Berlin** - A new rule forcing Germans to take their dog for a walk twice a day has unleashed a debate on whether the state can decide what is best for the country's 9.4 million pet canines.

Agriculture Minister Julia Kloeckner announced this week she had taken expert advice and was introducing a law to ensure dogs go for a walk or run in the garden at least twice a day for a total of an hour. "Pets are not cuddly toys - their needs have to be considered," said Kloeckner, adding pets must get sufficient exercise and not be left alone for too long.

With almost one in five German homes owning a hound, the new "Animal Welfare Dog Regulation", which also sets limits on the transportation of farm animals in hot weather, affects a significant proportion of the population.

"Compulsory Walkies for Dog Owners? Rubbish!" wrote the top-selling Bild newspaper in an opinion piece on the new decree.

[READ MORE](#)



## I'm a Zimbabwean doctor. The crisis is even worse than you think.

By a Zimbabwean doctor (Anonymous)

**AFRICAN ARGUMENTS**



Doctors and nurses are on strike. We're having to turn patients away. Morale is the lowest it's ever been.

You may have heard about the seven babies stillborn in Harare Hospital in one day at the end of July. From the maternity register that night, you can see that the infants were on average a healthy weight. They should have survived. The reason they died is because Zimbabwe's health system is simply not functioning as we speak.

Many doctors, like me, are afraid to say this because our government only knows how to use force. That's why I am writing this anonymously. But the reality here is that the tragic case of those babies is just one of many. There are many more people dying.

This situation was already desperate last year. Medics in Zimbabwe were struggling to get by on such low wages and to work in such poor conditions. This led us to go on strike in September 2019. We only returned to work in January 2020 when the telecoms tycoon Strive Masiyiwa offered to supplement our government wages with a monthly subsistence allowance through his charitable foundation.

But then, in March, COVID-19 reached Zimbabwe. At a time when the dilapidated healthcare sector urgently needed support and attention, President Emmerson Mnangagwa's administration did nothing.

In April, the High Court ordered the government to ensure all healthcare workers were supplied with Personal Protective Equipment (PPE). But now in August, there is still hardly any PPE. If you're lucky, you'll get an N-95 mask (one with an air filter), but we're mostly working with one surgical mask that has to last the entire day and plastic aprons. We hear more and more of nurses being infected and, when they do, there is no insurance for them, no support, and no one to look after them. This, in the middle of a pandemic.

Pay has also remained desperately inadequate. Health workers are not asking for money to buy expensive houses and go on holiday, but just enough to survive. As a doctor, for instance, I receive about \$175/month. That's a little less than \$6 a day. Both my wife and I are frontline workers, and we struggle to pay the rent and bills with this pay. The situation is even more dire for nurses. Many of these essential workers receive just \$30/month and go hungry because they can't afford to spend money on food.

It's for these reasons that nurses in Zimbabwe went on strike two months ago. Instead of improving pay, PPE and working conditions, however, the government brought in student nurses and those who had been out of work for a long time. This meant that many wards were overwhelmed or staffed with nurses who were either inexperienced or who hadn't received recent training.

[READ FURTHER](#)

## Steve Bannon charged with fraud over Mexico wall funds

**BBC News**



Former Trump adviser Steve Bannon has been arrested and charged with fraud over a fundraising campaign to build a wall on the US-Mexico border.

Mr Bannon and three others defrauded hundreds of thousands of donors in connection with the "We Build the Wall" campaign, which raised \$25m (£19m), the US Department of Justice (DoJ) said. Mr Bannon received more than \$1m, at least some of which he used to cover personal expenses, the DoJ said. He is due to appear in court later.

The "We build the wall" campaign pledged to use donations to build segments of the border barrier - whose construction was a key Trump promise during the 2016 election - on private land.

[How Bannon and his fierce rival shared one boss: Trump](#)  
[Bannon: 'Trump's border crackdown is anti-racist'](#)

But Audrey Strauss, the Acting US Attorney for the Southern District of New York (SDNY), said Mr Bannon, Brian Kolfage, Andrew Badolato and Timothy Shea had "defrauded hundreds of thousands of donors, capitalising on their interest in funding a border wall to raise millions of dollars, under the false pretence that all of that money would be spent on construction".

Mr Bannon had received more than \$1m through a non-profit organisation he controlled, at least some of which he used to cover "hundreds of thousands of dollars in Bannon's personal expenses", the DoJ said.

Meanwhile, Mr Kolfage - founder of "We Build the Wall" - covertly took \$350,000 for his personal use, the statement said.

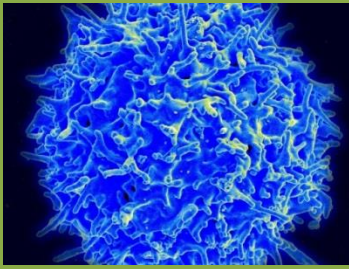
"While repeatedly assuring donors that Brian Kolfage, the founder and public face of We Build the Wall, would not be paid a cent, the defendants secretly schemed to pass hundreds of thousands of dollars to Kolfage, which he used to fund his lavish lifestyle," Ms Strauss said.

SDNY Inspector-in-Charge Philip R Bartlett said the four created "sham invoices and accounts to launder donations and cover up their crimes, showing no regard for the law or the truth". "This case should serve as a warning to other fraudsters that no one is above the law, not even a disabled war veteran or a millionaire political strategist," he said.

Mr Bannon and the three others launched the scheme in December 2018. the DoJ said, and during the campaign Mr Kolfage said that all of the money donated would go towards construction while Mr Bannon publicly said, "We're a volunteer organisation".

## We just got the best evidence yet that everyone develops long-term coronavirus immunity after infection

Aylin Woodward  
Business Insider US



A human T lymphocyte (also called a T cell) from the immune system of a healthy donor.

Some early studies have suggested that coronavirus antibodies fade relatively quickly, but that doesn't mean immunity vanishes.

A new study found that all people infected with Covid-19 — even those with asymptomatic or mild cases, and patients who don't have detectable antibodies — develop virus-specific T cells.

[T cells](#) identify and kill infected cells, and B cells create new antibodies. Those cells can attack the virus if it ever returns. So the new finding is strong evidence that all patients likely develop long-term immunity.

Scientists may have now have an answer to one of the most crucial lingering questions about Covid-19: whether people develop long-term immunity.

### The GUARDIAN AUSTRALIA

#### New Covid-19 cases in Victoria decline

Victoria's number of new daily cases continued to track downwards, which the state's chief health officer, Brett Sutton, said was the result of mandatory masks and stage three and four restrictions. [On Friday, the state recorded 179 new infections](#), its lowest daily total since 13 July and the first day below 200 in five weeks. But the number of deaths in the state since the start of the pandemic is now 385. As of Thursday, [258 people in aged care](#) had died.

#### Hotel quarantine link to 99% of Victoria's cases

The vast majority of the cases of Covid-19 in Victoria can be traced back to a single [family that returned to Australia in mid-May who were kept in hotel quarantine](#) at the Rydges on Swanston hotel, an inquiry heard. Dr Charles Alpren, an epidemiologist with the Victorian Department of Health and Human Services, confirmed to the hotel quarantine inquiry that more than 90% of cases since the end of May could be linked to the one outbreak at the Rydges hotel, while almost all of the other cases could be linked to an outbreak at the Stamford Plaza hotel. Later in the week, the inquiry was also told [quarantined guests were sharing lifts and toilets with non-quarantined guests and staff](#) and security guards had not been given proper hygiene and PPE training.

### The GUARDIAN UK national debt hits £2tn

Britain's national debt has hit two trillion pounds for the first time, as the cost of fighting the Covid-19 pandemic continues to mount. New figures from the Office for National Statistics, just released, show that public sector net debt rose to £2,004bn in July. That's an increase of £227.6bn over the last year, an astonishing surge in debt. It means the national debt is now 100.5% of GDP -- for the first time since March 1961, according to the ONS.

## Russia produces first batch of COVID-19 vaccine – Interfax

Polina Devitt  
By Reuters



**MOSCOW** - Russia has produced the first batch of its new vaccine for COVID-19, the Interfax news agency quoted the health ministry as saying on Saturday, hours after the ministry reported the start of manufacturing.

Some scientists said they fear that with this fast regulatory approval Moscow may be putting national prestige before safety amid the global race to develop a vaccine against the disease. Russia has said the vaccine, the first for the coronavirus to go into production, will be rolled out by the end of this month.

Its approval comes before trials that would normally involve thousands of participants, commonly known as Phase III. Such trials are usually considered essential precursors for a vaccine to secure regulatory approval.

The vaccine has been named "Sputnik V" in homage to the world's first satellite launched by the Soviet Union. President Vladimir Putin has assured the public that it is safe, adding that one of his daughters had taken it as a volunteer and felt good afterwards.

Moscow's Gamaleya Institute, which developed the vaccine, said previously that Russia would be producing about 5 million doses a month by December-January, Interfax said.

### Lego launches bricks with Braille

By Jakarta Post



The new bricks will first be sold in Brazil, Britain, Denmark, France, Germany, Norway and the United States, before being extended to another 13 countries in early 2021.

Danish toymaker Lego said Thursday it was launching a new version of its iconic plastic bricks featuring Braille for the blind or visually impaired in seven countries.

The bricks have the same shape as the regular ones, but the studs on top are rearranged.

"The bricks are moulded so that the studs on top reflect individual letters and numbers in the Braille alphabet while remaining fully compatible with the Lego system," a statement from the company said.

[READ MORE](#)

# Smartphone APPS FOR THE WHOLE FAMILY

*From scheduling to entertainment and educational apps, we thought we would help you by narrowing down the myriad of family-friendly apps out there to just five that will save you time, money and lots of stress, plus keep the whole family happy.*

By Nicola Bradford

**SPAR**

## 1. Cozi

Cozi is the ultimate organisational app that the whole family benefits from. Not only does it help you to keep track of everyone's separate schedules, activities and appointments, Cozi also helps with daily ad hoc tasks like grocery and other to-do lists. It even has a family journal feature to capture your special moments, and share photos. If you're a modern-day parent looking to say goodbye to the chaos, say hello to Cozi.

## 2. Yummly

With 26 million users and a 4.5-star rating, Yummly is your next technology lifeline. From helping you plan your meals to ensuring you have the right ingredients (and enough of them!) in your pantry to make said meals, Yummly is an app the whole family will benefit from.

You can select a specific meal preference such as vegetarian, low-carb, child-friendly... even high protein, to name a few. The free app will customise the meal plan and give you recipes within seconds. Surprise your family with a variety of delicious home-cooked meals that fit into your schedule and budget. "What's for dinner?" The list is virtually endless.

## 3. Netflix

Enjoy a family-friendly entertainment experience with Netflix, the app which allows users to stream movies and TV shows on their mobile devices, or any internet-driven device, for a small monthly fee. What's great is that each family member can have their own profile, complete with age-limit capabilities and favourites lists. The app has an additional parental control feature which stops kids from changing profiles without permission. It also has the option to download titles to devices in advance, which saves on data and enables offline watching – load-shedding proof!

## 4. ABCmouse

ABCMouse is a digital education program for children aged two to eight. Lessons include reading, maths, science, social studies, geography, zoology, and music. Each lesson works in a fun and innovative way and stimulates a child's enthusiasm for learning through over 6 000 interactive learning activities. ABCmouse offers a safe learning environment for children, with no advertising or links to other websites. If you want your child to get a head start in their education – try ABCmouse; it's free for the first 30 days so you can really test it out before making the purchase.

## 5. Heads Up!

This game was made famous by Ellen DeGeneres and is bound to entertain the entire family for hours on end. It's like charades but better. Players attempt to guess the words appearing on their phone through hints given by other players. As one player holds their phone to their forehead, the name of a famous person, song or animal, movie – you name it – appears on the screen. This player's teammates must get them to guess the answer without saying any part of the answer or offering an obvious rhyme.

When the correct response is given, players tilt the phone upwards for a new word or they can pass by tilting it down. Rounds last one minute each. The best part? The whole thing can be filmed, making it even more hilarious to watch afterwards, and shared on social media for added fun!

## Nike's new ad declared a 'masterpiece'



By Jehran Naidoo  
African News Agency

American multinational corporation Nike released a new advert this week that has left the world in awe.

Twitter was in a frenzy with the public commenting on Nike's new "masterpiece". The ad was produced by marketing agency Wieden+Kennedy, based in Portland, Oregon, USA.

According to reports online, the team from Wieden+Kennedy researched almost 4,000 sports action sequences and chose 72 of them to combine into 36 split-screen moments where the action on both sides appears to meld into one. The script was written by copywriter Dylan Lee and narrated by soccer star Megan Rapinoe.

The advert features a host of professional athletes, including LeBron James, Cristiano Ronaldo, Serena Williams, Colin Kaepernick and South African athlete Caster Semenya.

The message behind the video is about the power of sports and its ability to unify people.

This follows the outbreak of the Covid-19 virus, which has since cast a dark cloud over the future of sports. The video also highlights social injustices that are faced by women, the LGBTQ society and black people around the world.

"When things aren't fair, we'll come together for change," says Rapinoe, as American-football player Colin Kaepernick kneels during the national anthem, which was a stance in protest against racial inequality and police brutality in America.

Another highlight is when Rapinoe says: "When we're doubted, we'll play as one", and the ad shows world champion tennis players and sisters Venus and Serena Williams side by side. Nike's advertising throughout the years has made waves in the media; however, during the Covid-19 pandemic, the company appears to have upped its "game".

In late March, during the first wave of the coronavirus outbreak, the company started the "play home, play safe" campaign, which was also developed by Wieden+Kennedy.

"If you ever dreamed of playing for millions around the world, now is your chance. Play inside, play for the world," the campaign read.

**In Greek mythology, Nike is the Winged Goddess of Victory. The logo is derived from goddess' wing, 'swoosh', which symbolises the sound of speed, movement, power and motivation.**

[WATCH THE VIDEO - IT WILL BLOW YOUR MIND](#)

## HISTORY BEHIND "Just Do It"

Conceptualized by ad exec Dan Wieden of the Wieden+Kennedy agency, the iconic tagline dates back to 1988 and was actually inspired by a murderer named Gary Gilmore during the mid-'70s. After being convicted of two murders in Utah, Gilmore was sentenced to death by firing squad and his famed last words were, "Let's do it."

"For some reason I went: 'Now damn. How do you do that? How do you ask for an ultimate challenge that you are probably going to lose, but you call it in?' So I thought, well, I didn't like 'Let's do it' so I just changed it to 'Just do it'," Wieden told Dezeen Magazine.

**And the rest is history.....**





# ENVIRONMENT

## News and Articles

### This is now the world's greatest threat – and it's not coronavirus

Sean Fleming  
Senior Writer  
World Economic Forum



*True sustainability will only be achieved through drastic lifestyle changes.*

- Affluence is the biggest threat to our world, according to a new scientific report.
- True sustainability will only be achieved through drastic lifestyle changes, it argues.
- The World Economic Forum has called for a great reset of capitalism in the wake of the pandemic.

A detailed analysis of environmental research has revealed the greatest threat to the world: affluence.

That's one of the main conclusions of a team of scientists from Australia, Switzerland and the United Kingdom, who have warned that tackling overconsumption has to become a priority. Their report, titled Scientists' Warning on Affluence, explains that true sustainability calls for significant lifestyle changes, rather than hoping that more efficient use of resources will be enough.

"We cannot rely on technology alone to solve existential environmental problems – like climate change, biodiversity loss and pollution," writes the report's lead author, Professor Tommy Wiedmann from Australia's University of New South Wales Engineering, in an article on Phys.org. "We also have to change our affluent lifestyles and reduce overconsumption, in combination with structural change."

#### The safe and just space for humanity.

*From:* Scientists' warning on affluence



Sustainable lifestyles are situated between an upper limit or 'environmental ceiling' and a lower limit or 'social foundation'.

#### A growing global challenge

There is widespread acceptance that the planet faces an ecological tipping point. "To care for humanity, we must care for nature," said United Nations Secretary-General António Guterres on World Environment Day in June. He stressed the importance of making changes as the world recovers from the recent pandemic: "As we work to build back better, let's put nature where it belongs – at the heart of our decision making."



Approximately half of global GDP is bound up in the natural world, according to the UN. In addition to the many millions of jobs dependent on nature, there are also billions of people intimately connected to and wholly reliant upon natural remedies and medicines.

Plus, the use of tree-planting and reforestation programmes could reduce the impact of global emissions and help meet the Paris Agreement target to keep global temperature increase below 1.5C.

#### Call for systemic changes

The threat of human-made environmental harm was highlighted in the World Economic Forum's Global Risk Report 2020, where it is in the [top 10 of both the most-likely and the greatest-impact risks](#).

The chief problem outlined by the report is that any gains in resource efficiency and environmental protection offered by technology-based solutions have been outrun by the growth of consumption. The report also posits that it might be time to rethink traditional ideas about supply and demand

In capitalist societies, the theory goes that consumer need drives the rest of the economy – businesses will only produce things for which there is a demand. But the reality of 21st-century global capitalism is a little more complex than that – some economists argue that growth itself is the problem.

[READ FURTHER](#)

## PART 1

# Recycling dos and don'ts

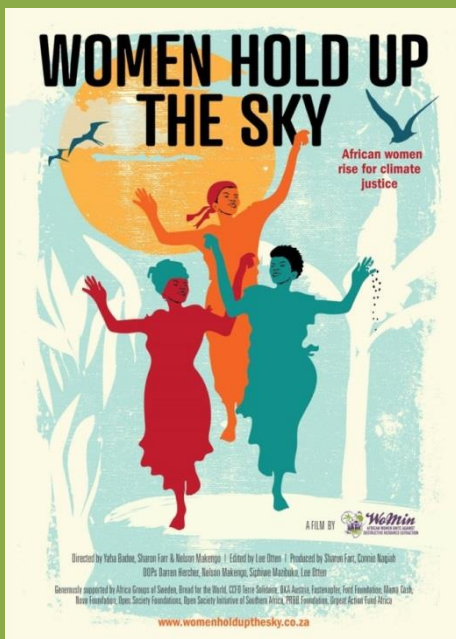
## A film

### ***Women Hold Up the Sky* tells**

*the* story of how women activists affected by mining and other forms of large-scale extractives in South Africa, Uganda and the Democratic Republic of the Congo (DRC) are deeply engaged in resistance and an active struggle to take back control of their land, their rights, their bodies and their lives. Journeying between these three countries, this documentary reveals the experiences and activism of women in three African countries but tells a much bigger story of the ongoing exploitation of natural resources and marginalisation of poor communities, particularly women.

#### WATCH THE TRAILER

[https://youtu.be/Qyyl\\_mw7dNg](https://youtu.be/Qyyl_mw7dNg)



**Not all paper, plastics, glass and metals are created equal. Most products made from these materials can be recycled but some can't, so here's a general guide to which products you can and can't recycle and how to prepare packaging for recycling.**

#### Preparing items for recycling

As a general rule, clean all containers – whatever they are made from – of food or liquids before recycling. Remove staples or any other non-paper materials such as plastic binders when recycling paper.

#### Recycling paper

When recycling paper, in general, dyed or waxed papers cannot be recycled while boxes, office paper and books can.

**Check the table below to see what types of paper you should and should not recycle.**

Recycle	Don't recycle
Computer paper	Paper cups and plates
Used photocopy paper	Yoghurt cartons
Windowless envelopes	Sweet wrappers and chip packets
Old books	Blueprint paper
Pale coloured paper, such as invoices	Cigarette ends
Newspapers	Tissues and paper towels
Magazines	Carbon paper
Flattened cardboard and corrugated cardboard such as boxes	Post-it notes
Telephone books	Waxed cartons or boxes
Paperboard boxes, such as cereal and other packaged food	Waxed paper Mixed metal and paper
Office and school paper	Food-contaminated paper
Egg cartons	Nappies
	Food and seed bags
	Tissue paper or foil gift wrap
	Hardback books

**In PART 2, we will tackle recycling glass; types of glass which can be re-cycled and those which can't.**



# PICTURE OF THE WEEK

## Surprised By A Full Moon At Goblin Valley

By Bored Panda



A total of 14,739 photos have been submitted for the photo contest launched by free-to-use app Agora, but only one has been voted "World's Best Photo of #Landscape2020" by the global community of photography lovers: congratulations to Australian photographer @lukeylove, who won the competition's top prize of \$1,000 with a gorgeous full moon shot taken during his road trip through the USA.

*"It was a totally unplanned shot on our American road trip, only made possible by the running speed, willingness, and full send it ability of my friend on the photo. What a blessing and a pleasure it is to be alive and to share this beautiful earth with you all! The future is bright when we shine our light." @lukeylove (Australia)*



# THE TENACITY OF TREES

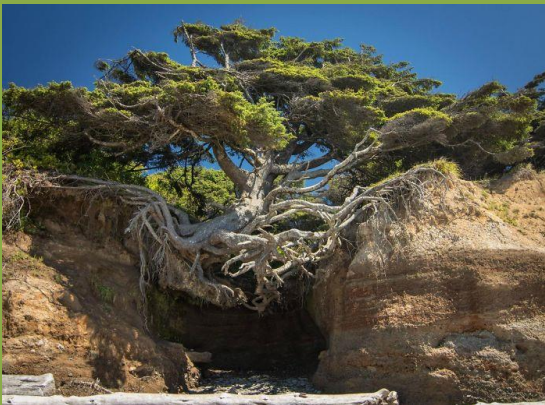
1. *A Place of Enchantment*



2. *This tree fell over & cloned four more trees*



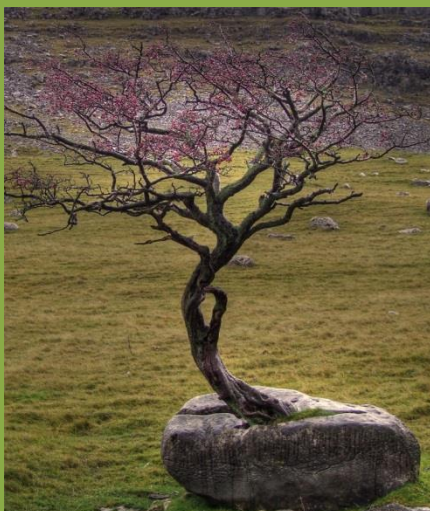
3. *Tree of Life - Olympic National Park, Washington*



4. *A tree's root spills over the sidewalk*



5. *An amazing tree grows out of a rock!*



6. *Tree roots extend all the way to the mainland for Nutrients*





7. Ta Promh Temple In Cambodia



8. A floating island grew at the end of a sunken tree



9. A lone tree found a way to live surrounded by rock



10. Trees will always find a way!



These are incredible photos. It goes to show, that when we are determined to survive and persist, despite the impediments, we can do it!

*Like birds, let's leave behind what we don't need to carry....grudges, sadness, pain, fear and regrets.*

*Fly light. Life is beautiful!*

# SMILE

By Stephan Pöltner



Last week I was sitting on the beach and a slightly bigger wave came and a bottle was washed up. Being curious I took the bottle and opened it.

To my big surprise a ghost came out and complained: “listen you horrible human, I was very comfortable in my bottle but now that I am out I will fulfil only one wish and then I want to be back in my bottle, quickly tell me your wish!”

I answered: “well, I want a highway from Cape Town to Mauritius because South African Airways .... But you know about this and being able to drive to Mauritius is much more secure!”

The ghost answered: “You must be kidding, a highway to Mauritius, not even I can do that, do you have any idea how much concrete and steel one needs to build such a highway? Give me a more reasonable wish.”

“Well, I don’t understand women; sometimes they laugh and I don’t know why, then they cry and I don’t know why, just make me understand women”

The ghost replied:” on this highway, how many lanes do you want?”

*“When your children are teenagers, it’s important to have a dog so that someone in the house is happy to see you.”*

**Nora Ephron**



*Stay safe, healthy and take care.*

**Till next time.... Tatiana**