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Chartered 6th October 1992



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Meeting Venue
Helen Keller Society
Pinelands

Meeting Time
17h45 for 18h15

Face book page
Pinelands Rotary, Cape
Town Facebook

Friday
20th MARCH
2020

Message from:

Tanya Stone

Paparazzi

Editor

Pinelands Rotary Club

Friday 20th March 2020



Dear Fellow Rotarians

The virus is unforgiving and is spreading like an inferno.
Numbers of global cases/deaths are rising every minute. It is a horrific ripple effect.

Please see updated news for today. I make sure to provide accurate news from reputable sources at time of publication.

Those of you who are working from home for the first time, there is an article on how to work from home effectively to survive and keep sane.

If you choose not to receive the daily Paparazzi, please send me an email and I will take you off the mailing list. I do understand that it is distracting while working from home and you are probably bombarded with all other kinds of communication.

Take care and stay safe

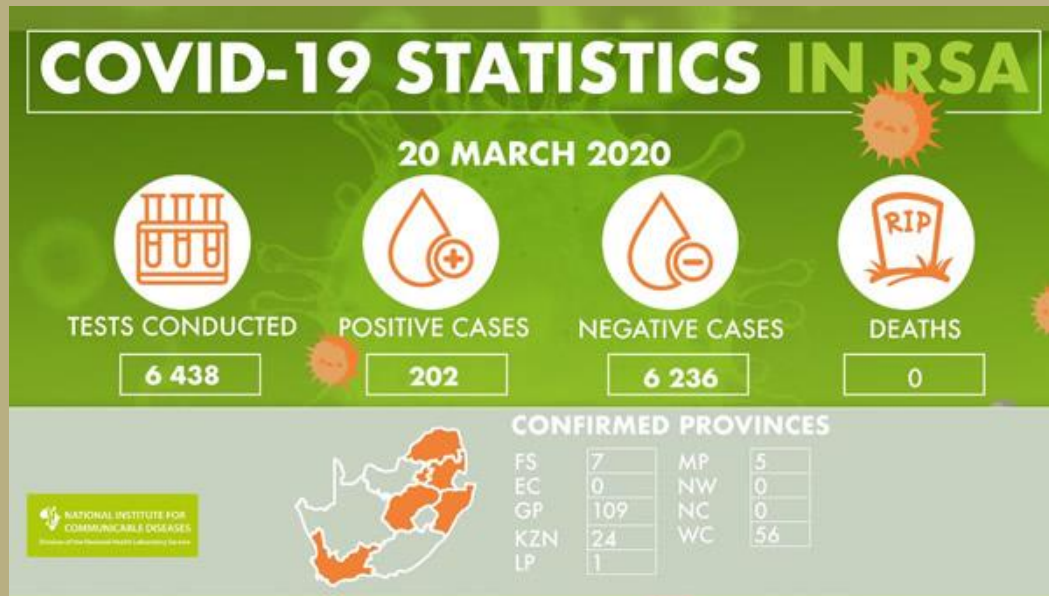
Tanya



COVID-19 VIRUS

SA STATISTICS UPDATE

Today's latest statistics in South Africa, Friday 20th March
South African coronavirus positive cases at 202

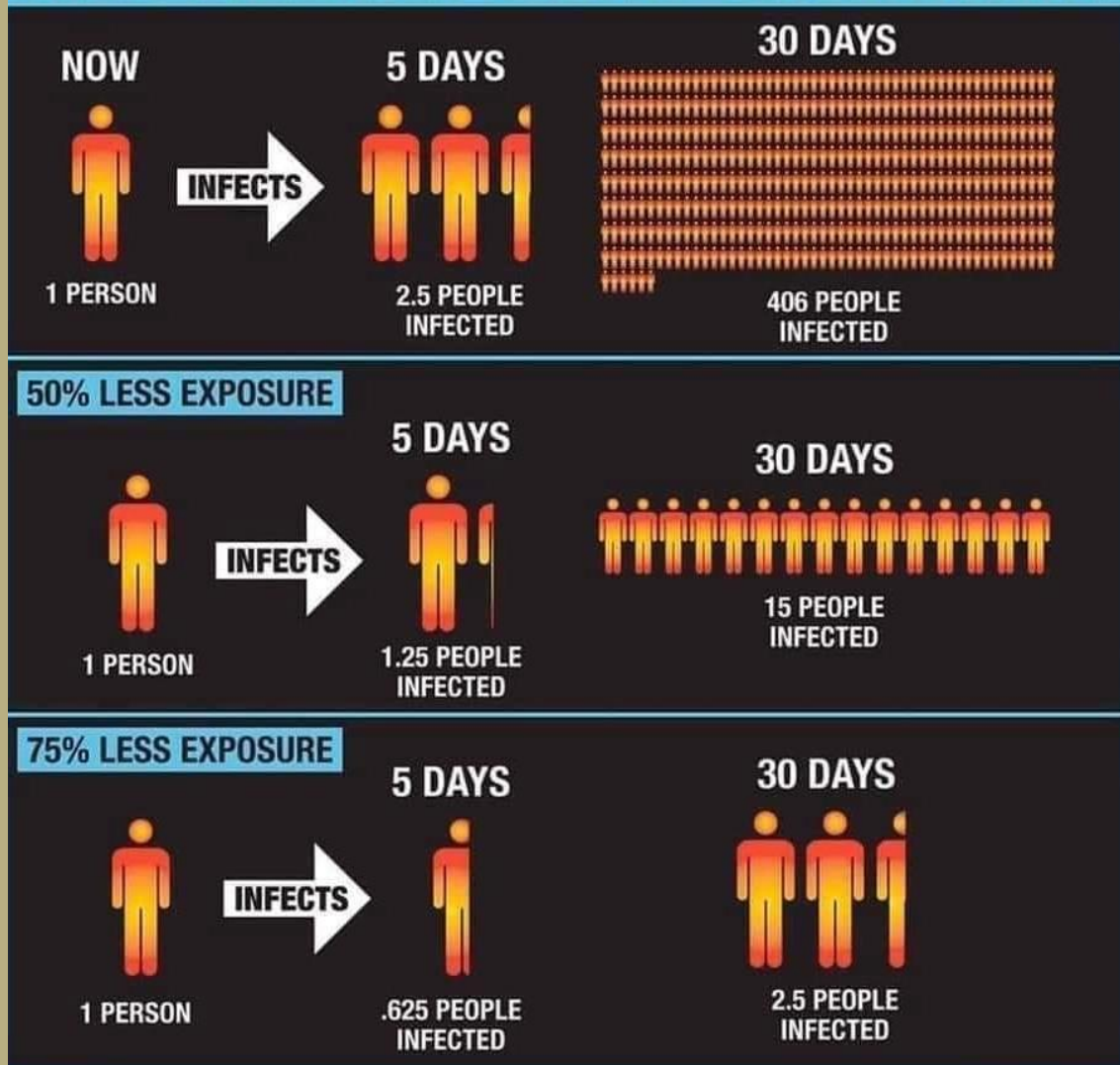


Updated Global numbers - Friday 20th March

WORLD HEALTH ORGANISATION (WHO)

<p>Total (new) cases in the last 24 hours Globally 209 839 confirmed (16 556) 8778 deaths (828)</p> <p>Western Pacific Region 92 333 confirmed (488) 3377 deaths (20)</p> <p>European Region 87 108 confirmed (10 221) 4084 deaths (591)</p> <p>South-East Asia Region 657 confirmed (119) 23 deaths (14)</p> <p>Eastern Mediterranean Region 19 518 confirmed (1430) 1161 deaths (150)</p> <p>Region of the Americas 9144 confirmed (4166) 119 deaths (50)</p> <p>African Region 367 confirmed (132) 7 deaths (3)</p>	<ol style="list-style-type: none"> Seven new countries/territories/areas (African Region [3], Eastern Mediterranean Region [1], European Region [1], and Region of the Americas [2]) have reported cases of COVID-19. The number of confirmed cases worldwide has exceeded 200 000. It took over three months to reach the first 100 00 confirmed cases, and only 12 days to reach the next 100 000. A new protocol to investigate the extent of COVID-19 infection in the population, as determined by positive antibody tests in the general population has been developed. The protocol is titled the Population-based age-stratified seroepidemiological investigation protocol for COVID https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/early-investigations
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THE POWER OF SOCIAL DISTANCING



CNN News

Australian cricket legend's distillery stops producing gin, so it can make hand sanitizer

Australian cricketer Shane Warne announced on Instagram that his gin distillery, SevenZeroEight, will temporarily halt gin production and start making hand sanitizer for hospitals in Western Australia.

California governor orders all 40 million residents to stay at home to limit outbreak

All 40 million residents in the state of California have been ordered to stay home to prevent the spread of coronavirus.

The state is one of the worst affected in the US after Washington and New York. There are now 910 coronavirus cases in California, including 19 deaths. New York has at least 5,298 cases, while Washington has at least 1,376 confirmed cases.

California is the most populous US state and is the country's largest state economy.

Hong Kong confirms largest single day increase in cases

Hong Kong has confirmed 48 new cases of coronavirus Friday in the largest single day increase there since the outbreak began.

Thirty-six of the new cases have recent travel history to countries including Singapore, the UK, the US, Canada, Thailand and Switzerland, according to Dr. Chuang Shuk-kwan of the Center for Health Protection.

Cape Town - UCT

Another UCT staffer tests positive for coronavirus. This is the 2nd staff member who has been tested positive for the virus.

Man arrested for breaching coronavirus self-isolation rules on Isle of Man

A 26-year-old man has been arrested on the Isle of Man for breaching coronavirus self-isolation rules, according to a police spokesman.

The man was detained after refusing to self-isolate upon arriving from England by boat, and could face a three-month jail sentence or a £10,000 (\$11,800) fine, an Isle of Man Police spokesman told CNN.

Anyone who travels to the Isle of Man - a small British crown dependency that sits in the Irish Sea, between Britain and Ireland -- must self-isolate for 14 days under rules designed to stop the spread of coronavirus introduced Monday. You can't currently be arrested for not self-quarantining in the UK.



Remember to:

1. Wash your hands properly and well, for 20 seconds every half an hour
2. Cough or sneeze into a tissue or the crook of your arm, and bin dirty tissues straight away
3. Keep a distance between yourself and others
4. Do not touch anyone, and do not touch your own face unless you have just washed your hands
5. Stay at home if you can, and especially if you feel any signs of illness

ONLINE SHOPPING
during the Covid-19

WOOLWORTHS

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A Notice from Woolworths

As the Covid-19 (coronavirus) situation continues to develop, the safety of our customers, our employees and our delivery partners remains our primary concern.

For all online orders, Woolworths is taking precautionary measures to reduce the risk of virus transmission.

Here are some changes that are taking effect from 16 March 2020.

No contact delivery

When our drivers arrive at your delivery address, they have been instructed to ring the bell, and stand back at a safe distance.

As a precaution, during this time we will package your order in bags so that you don't need to handle any delivery containers.

The drivers will place the bags at your door and wait for you to answer.

The driver will then record your name, with the date and time of delivery in front of you, so you won't need to sign any paperwork.

You then collect your items and head back indoors; the driver will take any delivery containers and head off.

How else can you help?

Please remember to wash your hands regularly, before and after receiving your delivery. Please avoid direct contact with drivers, such as handshakes.

Stock and availability

We have seen a large increase in orders during this period. We are doing everything we can to restock items that are selling fast, adding quantity limits for certain items, and opening up more delivery slots where possible. Thank you for your support and your patience.

We are assessing the unfolding situation constantly, and we will continue to keep you updated of any impact to your online orders and delivery. We're committed to maintaining the excellent standards of service you expect from Woolworths.

If you have any queries about your order, or any other online delivery queries, please contact us on 0860 100 987 or shop@woolworths.co.za.

Pick & Pay's 'pensioners shopping hour' initiative due to Covid-19

Pick n Pay has launched special shopping hours for those over the age of 65.

Former Joburg mayor Herman Mashaba has praised Pick n Pay for launching special shopping hours for pensioners older than 65 because of the coronavirus. On Tuesday, the chain store announced that all its supermarkets and hypermarkets will open an hour earlier every Wednesday for elderly customers to shop. According to Pick n Pay, this is to curb the elderly's exposure to Covid-19, as they are at higher risk of becoming infected.

"A special shopping hour for pensioners was a great suggestion by our online community and we very quickly worked with our stores to make this a reality," said the chain's retail executive marketer, John Bradshaw.

The stores will be open exclusively for these customers from 7am to 8am.

They will be asked to provide a valid ID to enter the store during this time and all Smart Shoppers over the age of 60 will earn double points in-store.



"All our actions are focused on supporting the wellbeing of our customers. We know that the coronavirus is more of a threat to older people.

"It is thus especially important that our older customers limit the number of times they are in busy spaces," said Bradshaw.

Applauding the initiative, Mashaba said it was a step in the right direction.

"I also see that many stores have limited the purchase of certain items in response to panic buying. Well done to Pick n Pay.

"Initiatives like this can only help in protecting South Africans. Let us all do our part."

10 TIPS ON HOW TO WORK FROM HOME, SELF-QUARANTINE AND TO STAY SANE



I am one of the lucky ones as I have been working from home for years and do not need any introduction to my routine.

This is a strange and scary time for all of us. Many of us will be working from home for the first time. Others, such as the retired or elderly, are also having to practice the new art of social distancing for the first time.

Whether you are part of a family or live alone, the strains are going to be enormous on us all.

Here are some basic rules and tips to ease the stress and lighten the mode.

DRESS UP.

Always get washed, put make-up on (if appropriate), brush your hair, put on scent/cologne and dress as though you are going to the office or a meeting. I do not mean a suit and tie!! Just make sure you are comfortable.

Dressing up makes you feel better. It's also a sure way to avoid making a fool of yourself being caught out in your pyjamas if a colleague or client suddenly wants a Zoom or Skype meeting and you have forgotten to turn off the video.

ESTABLISH STRUCTURE.

Give yourself the discipline of a start to a "working day" – whether it is six in the morning or at midday. When up and dressed, go for a walk if you can. That's your commute. Then go to your home office with a good strong cup of tea or coffee, big bottle of water, and settle down.

Nothing wrong about reading the news online, sipping your drink and idling away a few moments as you most of us do in the office. Then be bold, switch your mindset to work mode. And get started on the daily task.

No to sofa lounging. Get dressed. Your self-esteem is important. Be sure to give yourself a daily structure. Start your day with a walk in place of your commute. Set yourself a task, however small, and then reward yourself with a break or a cup of tea.

EXERCISE.

Get up every 40 minutes and do a few stretches. Deep breathing exercises or 5-10 minutes of meditative relaxation is a great thing to do to change the pace. There are numerous apps available online. Here's a great stretch that everyone should try: it's the Goddess pose in yoga.

You put your arms up in mid-air as though you've been caught by a sheriff demanding you put your hands up for an arrest. Place your legs apart, and bend your knees. Stick your tongue out, cross your eyes, open your mouth as wide as you can and exhale as loudly as you can. Do it a couple of times. Be as noisy as you can.

You will look demented but you will be amazed how much better you feel after doing the Goddess a few times. And don't forget to walk outside as much as you can as the fresh air boosts your immune system.

GOALS AND REWARDS.

Set yourself small, achievable goals. Do not try to do too much at once. Focus on one issue at a time, then reward yourself with a coffee break or hanging the washing out.

Stick to your working hours, only focus on a task at a time and get it done. Outside of working time, be good to yourself and others. We all complain how busy we are. Now is the time to learn that instrument, or read the book you have promised yourself you will read for years.

Learning a language used to be top of everyone's list and maybe it is not so relevant now that travel is a distant dream. But the discipline is great for the brain and fun too.

FOOD.

Don't let yourself get hungry. Have a proper breakfast and lunchtime and don't let it stretch into the afternoon. You need regular sustenance.

That's when you can put on the radio, listen to your favourite music or TV on and take a proper break. If you have a garden, go for a walk.

Look at the plants, put out food for the birds, play with your pets, dig a bit, or whatever...

KEEP IN CONTACT.

Stay in touch with colleagues, even if you don't have to. Many companies are holding regular daily online meeting times even if they don't need to talk. These chats are constructive and creative, and inspire a new kind of camaraderie during this period of the unknown. Video when you can.

We are so lucky to have brilliant technologies that allow us to communicate with our friends and family wherever they are. Call all your friends and family whenever you can. Don't talk business or virus. Talk about everyday things.

ALTRUISM.

Humans are a highly social species so need social contact. Use Zoom, Skype and FaceTime to talk regularly to friends and family who are in the same position.

Don't talk too much about work or the crisis but have a laugh. This is an anxious, and indeed, frightening time for us all.

Make a list of everyone you know in your circle and broader network and ask yourself how you could be helping out – in however a small way. Do online shopping. Make a call. Write a letter. Doesn't matter what. Just do something.

This is a great time to escape the tyranny of the ego. Do something that is tangibly unselfish and for others. It can be tiny – giving them a call or doing the shopping. Helping others is known to be beneficial to overall health and boosts oxytocin levels."

CHILDREN.

If you are a parent working from home for the first time and have young children running around and screaming outside the door, get yourself some top noise cancelling earphones.

Set rules, and get them to help you out. Explain to them carefully that you are in your "new" office and that you will play with them at lunchtime: or when you are "home" from the office.

Don't ever tell children off for being noisy. They will sense these are strange times and will need to feel secure too. Put a sign on the door maybe, saying 'My Office' and ask them to knock first. Make this new norm fun for them.

Treat yourself as you would treat someone you care about. Be kind to yourself, and be strict about stopping work at a certain time. Set yourself deadlines at the beginning and end of the day. Separate your work and family life: for everyone's benefit. Remember nothing is constant in life but change, so this unwelcome period will pass.

INDOOR AND OUTDOOR ACTIVITIES

Have a family braai on weekends

Walk the dog

Read a variety of books

Have family dinners around the table and discuss other things away from the news

Play cards and board games

Start practising on your culinary skills, tackle a new recipe- bake bread, rolls, biscuits, make mosbolletjies, doughnuts, brandy tart, whatever...have fun.

Start investigating new recipes which include staple foods non-perishables.

Start gardening - if you don't have a garden, plant in pot plants - it is so rewarding seeing plants grow!

Try yoga and self-meditation

Find a good TV series to watch every evening

Have a glass of wine and relax after work

Dance with your kids

DIARY.

Keeping a diary is known to help emotional health and give us a sense of continuity and history. Skip writing the book about pandemics, for now anyway: there will be hundreds of them.

Humans forget quickly so having a record of this extraordinary time will be fascinating and valuable.



BRING FUN INTO YOUR HOME DURING THIS UNKNOWN PERIOD

Experts recommend keeping your daily rituals even while working from home



LIFE ALWAYS WAITS FOR SOME CRISIS TO OCCUR BEFORE REVEALING ITSELF AT ITS MOST BRILLIANT.

- PAULO COELHO -