

PINELANDS PAPARAZZI

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Address

PO Box 428 Howard Place **Pinelands** 7405 **Meeting Venue** Helen Keller Society **Pinelands Meeting** Time 17h45 for 18h15 Face book page Pinelands Rotary, Cape Town Facebook



Chartered 6th October 1992

Editor:

Tanya Stone

Rotary Club of **Pinelands**



Dear fellow Rotarians, family and friends

24th July 21st Edition

I hope everyone is well and healthy.

For those avid Paparazzi readers, you have probably noticed that there has been a break from the Paparazzi news and updates last week. Well, I managed to sneak away to McGregor with my mother for a week. This is the first time my mother has ventured out since the lockdown. Travelling for leisure was allowed last week. Subsequently, this has now banned (very confusing to all).

Anyway, the weather was fantastic and the break soothed the sole. No internet connection, which was a blessing, no news, no stress.

I was stopped at a roadblock just outside McGregor, the day I was departing the quaint little town.

After producing my driver's licence, they noticed my car registration licence has expired. Well, I don't think I am alone....the municipalities closed during lockdown and have now reopened. I have placed an article on the new driver's licence and vehicle disc expiry dates in South Africa. There is an extended grace timeframe in order to renew. If you don't like queues, who does?? You can renew on line.

RENEW ONLINE

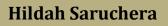
Happy reading..

Have a wonderful weekend! Keep safe and take care.

Tanya



Birthday's Celebrated up to now for July





18th July (On Mandela Day)



A REMINDER....

Rotaract Conference 2020 to Register for the Conference <u>Click Here</u>



Rotary 🥘

The updated My Rotary is coming soon...

An updated My Rotary that's faster, easier to navigate, and accessible on your mobile devices launches later this month. What can you expect from this improved site? Quite a bit.

Here are five ways the new My Rotary will make your job as a club officer a bit easier:

- 1. Streamline accounts with ease. The updated registration process makes it possible to match existing records and eliminate duplicate accounts for the same person.
- 2. Quick access to your club pages. When a member signs in, their home menu will provide access to pages that display information about their club, including its finances, goals, and reports. As a club officer, you can easily update meeting information, add club officers, and make changes to your club's roster right from your homepage.
- 3. Add detailed meeting information. Not only can you add the time, place, and format of your club meetings, you can also list the many ways your club interacts. This level of detail makes the new meeting search capabilities more robust.
- 4. Find members and clubs quickly. Looking for a Rotarian you met at the Rotary International Convention? Thinking of visiting another club's meeting during your vacation? You can use My Rotary to search for a member or club. Member profiles may include a person's name, club, role, and contact information, depending on their settings. Club profiles, which are displayed on a map, include meeting times, locations, and the meeting language.
 - Secure your personal information. When you create your member profile, you determine what information you want to share and with whom.



Pinelands Rotarian Marcus Karlein and his family provided a mammoth amount of sandwiches to *Ladles of Love* for the sandwich drive on Mandela Day, 18th July



A fantabulous job - many thanks to the Karlein family!!

5.



UPDATED FIGURES: 24th JULY 2020

Statistics from Worldometer and WHO on COVID-19 PLEASE NOTE: Figures are time of publish and fluctuate constantly

Confirmed cases **15,747,057**

Updated: 24th July

Confirmed deaths

638,278 Updated: 24th July

ACTIVE CASES

5,508,889

Currently Infected Patients 5,442,665 (99%) in Mild Condition 66,224 (1%) Serious or Critical

CLOSED CASES

10,238,168

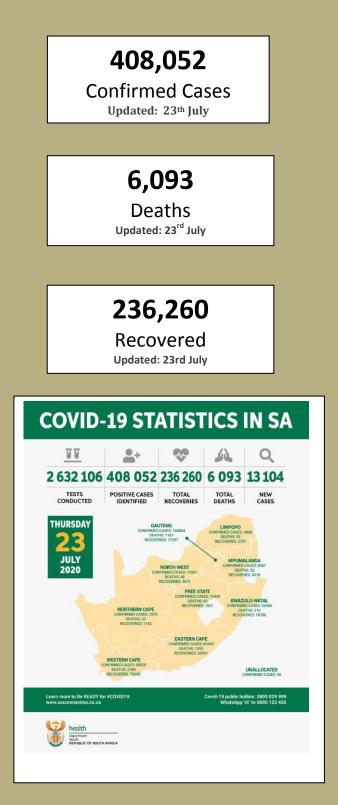
Cases which had an outcome: 9,599,890(94%) Recovered / Discharged 638,278 (6%) Recovered 9,599,889 Updated: 24th July



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

The Statistics below have been recorded on Thursday 23rd July *The Updates* for Friday 24th are at midnight

Please note: Figures are time of publish and fluctuate constantly



AFRICA COVID-19 UPDATE



Statistics from African Arguments Covid-19

Statistics were recorded on Thursday 23rd July *The updates* for Friday 24th are at midnight

Please note: Figures are time of publish and fluctuate constantly

789,797 Confirmed Cases Updated: 23rd July 16,722 Deaths Updated: 23rd July

448,012

Recovered Updated: 23rd July

SOUTH AFRICA NEWS



Important things happening in South Africa today

Staff Writer BusinessTech

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

(Click on links for further information)

Coronavirus: Global infections have passed 15.2 million with the death toll at 623,000. In South Africa, infections have passed the 400,000 mark, currently sitting at 408,052, while deaths have also passed a grim milestone, now over 6,000 at 6,093. Recoveries have increased to 236,260, leaving a balance of 165,699 active cases.

Excess deaths: Heath minister Dr Zweli Mkhize has acknowledged the findings by the South African Medical Research Council that there have been 17,000 excess deaths recorded over the last few months, pointing to perhaps more Covid-19 casualties than the current data shows. He said this could be because people have died before being tested for the virus, or people dying from things unrelated to the virus, or simply bad tracking. He said government would keep analysing the findings. [Daily Maverick]

SAA stumble: Despite a commitment from government to mobilise" the funding of the new SAA, the airline is not in the clear yet. It all boils down to a letter: the business rescue practitioners say all conditions for the rescue plan to be adopted have been met, except for a satisfactory letter from government around commitments to cover the loans provided by guaranteed lenders. These lenders are owed R16.4 billion by government. A creditor meeting has been set up to extend the deadline for government to send the letter. [Moneyweb]

Corruption clampdown: Along with the closure of schools, president Ramaphosa also announced a corruption clampdown, setting the Special Investigation Unit loose to find those who are defrauding government through tender inflation, etc. However, this comes at the same time as opposition parties taking on the Justice department and NPA for having seemingly done nothing much in prosecuting high profile players who have been central to corruption accusations in the recent past. [MyBroadband, TimesLive]

Markets: The local interest rate cut and China's anticipated response to the Houston consulate ultimatum issued by the US, are causing some uncertainty and caution within markets. Subsequently, the rand has given up some ground on the back of the cautiousness, and starts Friday at R16.65 to the dollar, R19.33 to the euro and R21.23 to the pound. Commentary by Peregrine Treasury Solutions. [XE]

Rates: The South African Reserve Bank's Monetary Policy Committee will announce its rates decision this afternoon, with economists and analyst split on where things will fall. Predictions cover a wide range of anywhere from a hold at 3.75%, to a cut of 100 basis points to 2.75%. Most economists believe the SARB will take a cautious approach and go for a 25 basis point cut to 3.5%, leaving room for another possible cut later in the year. Rates have been cut by a cumulative 275 basis points so far this year. [EWN, BusinessTech] **New loan**: The African Development Bank has approved a roughly R5 billion loan to the South African government to help it fight the Covid-19 pandemic and support its budget. The bank said that the loan was to protect lives and promote access to essential medical equipment, to protect livelihoods by preserving jobs, and to support companies in the formal and informal economy. South Africa's economy was in recession even before the Covid-19 crisis hit, with current projections putting annual GDP decline between 7% and 11%. [Reuters]

No savings: South Africa's savings, which are already extremely low due a poor saving culture in the country, are expected to hit record lows in 2020 due to the Covid-19 pandemic, a new report shows. Global savings average at 25% of GDP, whereas in South Africa, this reached lows of 14.4% and 14.6% in 2018 and 2019, respectively. Experts said the Covid-19 outbreak and lockdowns put severe pressure on households, and this rate is likely to be significantly lower in 2020.[Moneyweb]

Trucking: The trucking strike has entered into its third week as organisations in the sector keep pushing for foreign workers to be booted out of the industry. Incidents of violence and intimidation related to the strike are happening in Mpumalanga, Cape Town and KwaZulu Natal. The organisations leading the strikes say that, with exemption to special circumstances (like cross-border freight), local companies are breaking the law by hiring foreign drivers, which is costing local drivers their jobs and livelihoods. [Daily Maverick]

Happiness: The latest happiness index shows that South Africans are really worried about job losses in the country – while general sentiment has dropped significantly due to a continued ban on cigarettes and alcohol. The researchers noted that while the 'stay at home' aspect of lockdown initially made people unhappy, sentiment around this has actually shifted and is starting to trend upward. This means people are becoming more content staying and working from home. [702]

See article below

See also – article by Melanie Verwoerd further down

Legal challenge: Government is facing yet another legal challenge related to its lockdown regulations, but the first one stemming from the alcohol industry. Around 120 wine farmers have filed court papers challenging the latest reintroduction of the alcohol sales ban, on the basis that it is irrational, arbitrary and unreasonable. The farmers say jobs and livelihoods are being lost because they are unable to do wine tastings, or to operate their on-site restaurants at full capacity. [Moneyweb]



Schools will close for four weeks: Ramaphosa

BY JESSICA LEVITT Times Live



After weeks of fierce debate on both sides of the school issue in SA, President Cyril Ramaphosa on Thursday night announced that public schools would close for four weeks from July 27 to August 24.

There are, however, exceptions: the president said grade 12 learners would have a one-week break and return on August 3, while grade 7 learners would have a two-week break and return on August 10.

Ramaphosa said it was a "deliberately cautious" move by the government.

He said the "health and wellbeing" of pupils and educators was critical - and that a "major and lasting disruption to learning would have a devastating impact" on pupils.

"It was difficult to find consensus on the best approach. What everyone does agree on though is that the health, the academic and social development of the learners must remain our foremost concern."

Debate about the opening of schools has dominated SA in recent weeks. Some argued for schools remaining open, while others insisted that they must close.

Confusion: So, what about private schools?

No doubt, tomorrow news will shred light on this...

Happiness levels in SA took a dive after alcohol ban reimposed - study By Riaan Grobler

News24



- **Researchers say South Africa's happiness** levels have improved since the beginning of the lockdown.
- However, the ban on the sale of alcohol led to an immediate decrease in happiness levels.
- Other factors that affect happiness include job security and financial uncertainty.

Researchers analysing South Africans' moods say we are generally displaying higher happiness levels since the beginning of the national coronavirus lockdown, but reimposing the ban on the sale of alcohol led to an immediate decrease.

The research is being done by Gross National Happiness, which is the first index of its kind and measures the real-time sentiment of a country by analysing tweets.

Initial research had seen happiness levels increase since the beginning of the lockdown, but the reimposed ban on alcohol, the prolonged ban on tobacco products, as well as a fear of job losses and economic uncertainty, have had an averse effect on South Africans' happiness.

On 26 March, South Africa went into lockdown. These lockdown regulations were implemented to curb the spread of Covid-19 and prepare health systems to cope with the expected increased burden of Covid-19 cases.

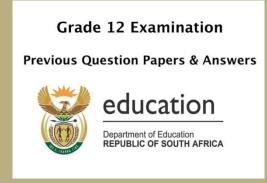
Though lockdowns minimise the spread of the virus, there is conclusive evidence of substantial happiness losses due to the lockdown.

In South Africa, happiness decreased from an average of 6.32 before Covid-19 to a low of 5.35 with the announcement of the lockdown regulations - a happiness loss of more than 15%.

The team found that as the lockdown progresses (115 days under lockdown by 20 July), people are adapting to the changed circumstances, and happiness levels are recovering, notwithstanding the lockdown regulations.

The Gross National Happiness team comprises Professor Talita Greyling of the University of Johannesburg, Dr Stephanié Rossouw of the Auckland University of Technology, in collaboration with Afstereo.

CONTINUE READING



These are the links for all Grade 12 Previous Question Papers and Memos (Answers). It will help Matric Learners to catch up on the time lost.

Mathematics Link: http://bit.ly/2MiAghT

Mathematics Literacy Link: https://bit.ly/2w8TmS7

Accounting Link: https://bit.ly/2yqPsVr

Business Studies Link: https://bit.ly/2X7ACNR

Consumer Studies Link: https://bit.ly/345dLEa

Economics Studies Link: https://bit.ly/39ExQCr

Physical Sciences Link: https://bit.ly/39GCDU6

Life Sciences Link: https://bit.ly/2UFcOzy

Geography Link: https://bit.ly/2wPBUTh

PLEASE FORWARD TO PARENTS, LEARNERS AND TEACHERS

History Link: https://bit.ly/3bR3E8T

Agricultural Sciences Link: https://bit.ly/2UX9Hlo

English First Additional Language (FAL) Link: https://bit.ly/2UVGg3b

English Home Language (HL) Link: https://bit.ly/2JBY1iQ

Sepedi Leleme La Gae (HL) Link: https://bit.ly/2UF9cO0

IsiZulu Ulimi Lwasekhaya (HL) Link: https://bit.ly/2URpEcA

IsiXhosa Ulwimi Lwasekhaya (HL) Link: https://bit.ly/3bTqgpj

Xitsonga Ririmi Ra Le Kaya (HL) Link: https://bit.ly/39GxTxM

Tshivenda Luambo Lwa Hayani (HL) Link: https://bit.ly/2ynwYVR

Siswati Home Language (HL) Link: https://bit.ly/2yyJVwp

Setswana Puo Ya Gae (HL) Link: https://bit.ly/3dSUUAU

IsiNdebele Ilimi Lekhaya (HL) Link: https://bit.ly/3dTWP87

SA's ban on alcohol will prove more damaging than alcohol itself

By Mpiyakhe Dhlamini Daily Maverick



A government's actions must be seen to be reasonable and fair from the point of view of any law-abiding citizen. Any responsible administration has to consider various perspectives and balance the need to minimise the economic damage, minimise the extent to which our constitutional rights are limited, and help to save lives in the Covid-19 pandemic.

The reintroduction of the alcohol ban tests those limits. Before the pandemic, the alcohol industry in South Africa was a law-abiding, tax-paying industry. Inasmuch as the government has to take different perspectives into account, at the very least the people involved in the alcohol industry deserve to be consulted before any restrictions are put in place.

This is important for the industry at large, but more so when it comes to small business owners operating in the townships and rural areas. The two organisations that are most representative of this group, the Gauteng Liquor Forum and the Liquor Traders Association of South Africa, have already expressed their opposition to the latest ban.

They argue that the R18-billion in lost alcohol sales – due to the original nine-week ban – put these smaller establishments under significant pressure early on in the pandemic. Furthermore, the loss in R3.4-billion in excise taxes should be a source of deep concern for the government. There does not seem to be any doubt as to whether the alcohol ban encourages the black market. Indeed, the industry has gone to the extent of asking the government to come up with an effective implementation plan for the ban, so that the legal industry does not suffer further harm.

In addition, the industry has conceded governments' point about the increased hospital admissions due to alcohol consumption. Regardless, the fundamental point is that any blanket ban amounts to a punishment of the responsible and legitimate part of the industry and market. Indeed, the World Health Organisation itself proposes a range of evidence-based measures for reducing alcohol consumption without recommending a total ban.

Every reasonable drinker had been willing to make this sacrifice to aid in the larger goals of flattening the infection curve and getting the public health system ready for a Covid-19 surge. That the ban was extended by a further six weeks was a violation of the terms of an implicit, but no less important, social contract.

Representatives of the alcohol industry have signalled their willingness to accept some of the WHO measures, such as setting a new blood-alcohol limit of 0% for drivers, stricter regulation of times when alcohol may be sold, and so on. While none of these measures are likely to impact on black market sales, total supply would likely be reduced since the legal industry is preferred by consumers.

The black market for alcohol will not replace the legal market in the short to medium term, but there's a real danger of losing market share and consequently a permanent reduction in tax revenues from the industry. There are a few factors driving this gain in market share, apart from the fact that the tax-paying industry is currently prevented from trading and therefore defending their market share.

Ten Cape Town restaurants challenge lockdown regulations in court

By Francesca Villette and Sipokhazi Vuso Cape Times



Ten Cape Town eateries have lodged a notice of motion in the Western Cape High Court, challenging the regulations banning the sale of alcohol in licensed restaurants. They also want a declaratory order to include that the 9pm curfew be relaxed to 11pm for patrons.

The restaurants, Nelson's Eye Restaurant, Reuben's Restaurant & Bar, Reuben's & Co Café, Chefs Warehouse Canteen & Wine Bar, Chefs Warehouse At Beau Constantia, Chefs Warehouse Maison At Franschhoek, Thali, Jewells At Spice Route, The Karoo Art Hotel and the Racine Bistro are arranging for their case to be re-enrolled for a first hearing tomorrow.

The ministers of Co-operative Governance and Traditional Affairs; Tourism; Trade, Industry and Competition are respondents in the matter.

In the founding affidavit, William Tomlin, for five of the 10 restaurants, said the main purpose of the application was to prevent the permanent closure of licensed restaurants. "The applicants wish to make it clear that the crux of their urgent high court application is focused on preventing a bloodbath of permanent restaurant closures in South Africa; and a concomitant, unprecedented permanent loss of tens if not hundreds of thousands of jobs in the restaurant sector. The application is not so much about alcohol," Tomlin said.

The departments did not respond to requests for comment yesterday.

President Cyril Ramaphosa said on July 12 the alcohol ban - the country's second this year - would take pressure off the national health-care system.

Meanwhile, several restaurants, coffee shops and takeaway outlets said they were set for the "million seats on the streets" protest against Covid-19 trading restrictions tomorrow. They are planning to drag tables and chairs from their empty restaurants into the street to highlight the plight of the industry.

Restaurant Association of South Africa's Wendy Alberts said: "We have invited Cyril Ramaphosa to take a seat in any of our restaurants and have a conversation with us. We feel that the government hasn't engaged with us and hasn't given us any regard.

"We really just want to get our voices heard and we encourage everybody to put their voices out there and to come in unity and speak from their hearts," Alberts said.

Grub & Vine's Chef Patron Matt Manning said they needed the government to hear their desperation.

"We need them to find a way to work with us and allow us to operate Most restaurants have now been closed for more than three months with zero income.

"The curfew is only restricting our dinner trade further, and the alcohol ban means a huge chunk of our revenue is lost," said Manning.

UIF Covid-19 payouts have been extended into August

Business Insider SA



The UIF's scheme for special Covid-19 payouts - of up to R6,730 a month - has been unexpectedly extended until mid-August.

The so-called TERS payments were supposed to end after June. The UIF has faced criticism for the TERS process.

In a surprise move, government has extended the Covid-19 Temporary Employer/Employee Relief Scheme (TERS) until the middle of August.

Workers who are put on leave, have been laid off temporarily, or whose employers can't afford to pay their full salaries due to the coronavirus crisis were entitled to payouts in April, May and June. Previously the UIF and government confirmed that the scheme would end after the June payments were made.

"Following due diligence and consultation with the Unemployment Insurance Fund actuaries, and in line with the President's decision to extend the life of the Disaster Management Act until 15th August, we have taken the decision to similarly extend the Covid-19 Ters benefit until 15th August 2020," deputy minister of employment and labour Boitumelo Moloi <u>announced on Tuesday</u>. Minister Thulas Nxesi is currently in hospital with Covid-19 related illnesses.

But Moloi added that the department is considering closing the April, May and June applications at the end of July 2020. So far, the UIF paid out R31 billion in 6.9 million payments.

The maximum a worker will get is R6,730 a month (if you earn more than R17,700) – while the minimum amount is R3,500.

The UIF has faced huge criticism about the TERS process. Many companies have complained to Business Insider SA, citing applications that have not been processed or paid, to some applications being denied without explanation and a general failure to get a response from the UIF.

A survey among the 10,000 members of the National Employers Association of South Africa (NEASA) showed that 88% of companies still haven't received TERS payments for June. Of the companies which did get money, only 68% were paid in full.

READ | <u>Thousands of dead people 'claimed' for the</u> <u>UIF's coronavirus payouts</u>

Grapes of wrath: South Africa could lose 90% of its wine producers due to Covid-19 ban, expert warns

Penelope Mashego FIN24



- The wine industry could lose up to R7.5 billion if the ban on alcohol sales continue for six to eight weeks.
- Small and medium enterprises make up around 80% of the industry and many are struggling.
- The wine industry is sitting on a 300 million litre surplus.

The future of South Africa's wine industry has been plunged into uncertainty as the alcohol ban continues to impact businesses that were beginning to recover from a decade-long decline.

The industry has been voicing its concerns about the impact of the ban on the sale of alcohol on businesses and the economy, following the government's decision to re-institute it last week, citing an increase in alcohol-related trauma cases at hospitals. South Africa's Covid-19 cases are approaching 400 000 and the country now has the fifth-largest caseload in the world.

On Wednesday, Rico Basson, managing director of Vinpro - which represents 2 500 wine producers - said the industry had moved from crisis to disaster.

"We lost a third of the producers in the last 10 years; we saw a marginal business and then we had two years of drought, so we were just about coming into some recovery and now we deal with a pandemic," Basson said at the Landbouweekblad and Distell's Crisis Town Hall meeting on the fate of the wine industry. He said the wine industry, including tourism, had lost about R5 billion in the year to date in local sales and exports as a result of the ban.

That number could climb to R7.5 billion if the ban continued for another six to eight weeks. Basson added that alcohol producers have been losing about R300 million a week in local sales. The figure excludes input suppliers such as bottling and labelling companies, as well as brandy producers, who were also affected. He estimated that thousands of jobs were at stake.

Basson was joined by Neva Makgetla, senior economist at the research institution Trade & Industrial Policy Strategies (TIPS). While the industry questioned the reasoning behind the ban, Makgetla said the factors behind the ban were "blindingly obvious" following the sharp rise in Covid-19 cases in Gauteng, the Eastern Cape and KwaZulu-Natal, after the country introduced the Level 3 lockdown.

CONTINUE READING

South Africa's restaurant industry has written another open letter to the president: here's what it says

Staff Writer Business Tech



The sit-down restaurant industry is in crisis following the government's decision to ban the sale and distribution of alcohol in South Africa for a second time, something it says already has, and will continue to destroy businesses and jobs.

Grace Harding, spokesperson for lobby group, The Restaurant Collective (R|C), has penned an open letter to president Cyril Ramaphosa, in which she outlines a 'blueprint for recovery' in the face of an epidemic that has decimated the industry locally in recent weeks.

Restaurant Collective's 12 members – which include Tashas, Signature Restaurants, Sakhumzi restaurant of Soweto's Vilakazi Street, Piza e Vino, Ocean Basket and Doppio Zero – have a combined 512 sit-down restaurants around the country.

READ WHAT THE LETTER SAYS

Owner James Charton talks about the heartbreak of shutting South Africa's oldest tavern and the impact on staff.

By Barbara Friedmanpe

CapeTalk

South Africa's oldest pub is no more. 'The Percy' has been trading since 1808, founded by Johannes Blesser on Buitenkant Street. Refilwe speaks to the current owner of the Perseverance Tavern James Charton.

He explains they close just before the hard lockdown began in March due to the restrictions on selling alcohol and the curfew.

"Given that we are a pub and serving alcohol is everything to us, we told our staff to stay home, stay safe and we would look after them. At that stage, we had hoped for maybe a month or two." James Charton, Owner - Perseverance Tavern

Charton says they got through the first three months with the help of the UIF and felt that things were moving in the right direction.

"The announcement then, at the end of last week, that alcohol sales would be stopped altogether, really put us in a bit of a pickle." James Charton, Owner - Perseverance Tavern

Adderley Street fountain switched on after 3 years

By Cape [town]etc.



The Adderly Street fountain which has been out of commission out for years has once again been switched on.

Executive Mayor Dan Plato, along with Ward 115 Councillor Dave Bryant and city officials involved in the rehabilitation project, switched on the refurbished fountain.

"The Adderley Street Fountain is an iconic feature in the Cape Town CB, which is well-known and loved by Capetonians and visitors to our beautiful city.

"After a lengthy period of not being in use, we are pleased to once again see it being enjoyed. I am thankful to the officials who have worked to restore this landmark within the CBD. This fountain should serve as a reminder to everyone of what can be achieved when we work together to overcome hardships," said Executive Mayor Dan Plato in a statement.

"A long-term goal is being developed to make the fountain sustainable through the use of an underground spring water source. Currently potable water has been used to refill the fountain, which is recirculated through its pump system and in due course we intend to replace this with water from the underground springs.

"The Cape Town CBD prides itself on being the number one CBD in the country and with the current economic challenges presented by the COVID-19 restrictions, we must do all we can to make the CBD as attractive as possible for all stakeholders. I'm very proud to have motivated for these repairs via a motion I submitted last year," said Ward Councillor, Dave Bryant.

READ MORE

It's official: Stay out of office till October, and SARS will let you claim home office

costs

Business Insider SA



- Amid some uncertainty, SARS has confirmed that fulltime employees will be able to claim home-office expenses during lockdown.
- But you have to work from home for at least six months of the tax year.

Amid some recent uncertainty, the SA Revenue Service has confirmed that full-time employees will be able to claim homeoffice expenses during lockdown.

Typically, people who earn commission and independent contractors claim these expenses.

But full-time employees can also claim if they work from home for at least six months of the tax year. This means that you would have to work from home at least until the end of September, if you left the office at the start of the national lockdown.

If an employee's duties are mainly performed from their home, they will be able to claim some expenses, a SARS spokesperson confirmed to Business Insider SA.

"To take a simple example, if an employee works normal office hours for a single employer for the tax year from 1 March 2020 to 28 February 2021, this requirement will be met if the employee performs their duties from the home office for more than half the year," the spokesperson said.

However, your home office must be specifically equipped for work - and "regularly and exclusively used" for such purposes, he added. This means that you must have a dedicated work area – you can't just use your dining room table for work.

This will take into account the floorspace of your home office, compared to the total floor area of your house. If, for example, your home office is 20 square metres and your house is 200 square metres then you can deduct 10% of the qualifying expenses such as rates and taxes or interest payable on bonds. You can't deduct all your expenses.

These are some of the expenses you can claim for a home office:

- Part of the interest on your bond, or part of the rental of the home - as well as municipal rates and taxes, including water and electricity. This will take into account the floorspace of your home office, compared to the total floor area of your house. If, for example, your home office is 20 square metres and your house is 200 square metres then you can deduct 10% of the qualifying expenses such as rates and taxes or interest payable on bonds. You can't deduct all your expenses.
- You can also claim for stationery, and data costs.
- Wear and tear on office equipment.

Importantly, if you own your home, claiming home office expenses could cost you in extra capital gains tax (CGT) when you sell.

For primary residences, the first R2 million of any capital gain on selling is not taxed. But if you tell Sars that part of your home isn't a residence, but an income-generating office, that part of your home is excluded from the capital-gains tax break.

So if you claim 10% of the floorspace of the home as an office, then 10% of the eventual selling price could be liable for CGT, at a rate of 40%. However, the CGT calculation also takes into consideration the length of time over which you use your home office.

In addition, if your employer reimbursed you for data costs, stationery or other expenses - you may not have to pay tax on these payments.

"(An) employer's reimbursement of an expense incurred by an employee is not taxable if the expense has been incurred at the employer's instruction, for the employer's trade, and the employee must account for it to the employer to prove that it has only been used for that purpose," the SARS spokesperson said.

Examples of reimbursed expenses that would not be subject to tax would be data bundles purchased to work from home and stationery used for work purposes.

Here are the new driver's licence and vehicle disc expiry dates for South Africa

Staff Writer Business Tech



The Department of Transport has published a new directive outlining the new validity periods for licences in South Africa.

While the country's licencing centres have been open for several months, services have been greatly impacted as a growing number of employees test positive for Covid-19 and centres are forced to close.

To address these issues, the department has extended the validity period for some expired licences until the start of 2021.

These dates are outlined in more detail below.

31 August 2020 – All motor vehicle licence discs, temporary permits and roadworthy certificates that expired during the period that commenced from 26 March 2020 up to and including 31 May 2020 are deemed to be valid and their validity period is extended for a further grace period ending on 31 August 2020;

30 November 2020 – Motor trade number licences that expired during the period that commenced from 26 March 2020 up to and including 31 May 2020 are deemed to be valid and are extended for a further grace period ending on 30 November 2020;

31 January 2021 – All learner's licences, driving licence cards, temporary driving licences and professional driving permits that expire during the period that commenced from 26 March 2020 up to and including 31 August 2020 are deemed to be valid and their validity period is extended for a further grace period ending on 31 January 2021.

It should be noted that motorists visiting licencing centres should follow the gazetted health and safety guidelines. These include:

- Covid-19 screening at the entrances;
- Limited number of customers allowed in at a time;
- Social distancing is required and must be adhered to;
- Limited daily transactions, please visit early in the day. Ticket numbers are issued and if a service limit is reached for the day, bring the same ticket number with you the next day if possible;
- Longer queues due to reduced staff;
- Only your ID is needed for motor vehicle licensing and registration renewals.

To avoid the queuing, renew your licence disc online:

RENEW ONLINE

South Africa's cigarette ban could backfire spectacularly: research

Staff Writer Business Tech



The University of Cape Town's Research Unit on the Economics of Excisable Products (REEP) has published a new report on smoking behaviour during South Africa's coronavirus lockdown.

The sale and purchase of cigarettes and other tobacco products has been prohibited in South Africa since the start of the country's lockdown at the end of March.

The ban has been in place to protect the health of South Africans, according to submissions from government, and cigarette producers have failed to convince the country's courts that the sale of tobacco products is a necessity.

However, according to the REEP, current regulations have opened up loopholes for illicit products to be distributed in South Africa, and have created an environment that will likely encourage smoking once the ban has been lifted.Being able to produce cigarettes legally for the export market, but not able to sell cigarettes in South Africa, has created a loophole and an incentive to sell illegally in the very lucrative local market, the REEP said.

"Manufacturers will find it difficult to resist this temptation, especially because so many companies are selling cigarettes, despite the sales ban. Given the tobacco industry's long record of involvement in illicit trade, it is likely that they will divert cigarettes, ostensibly destined for the export market, to the local market," it said.

It added that multinationals have been the biggest losers during the lockdown period, and as a result, may enter into a price war to make quick gains after the ban is lifted.

"Their markets have been captured by local companies and, to a lesser extent, by imported cigarettes, significantly reducing their market share. We predict that, once the sales ban is lifted, there will be a price war, in which the multinationals will aim to get some of their market share back and the non-multinational companies will aim to hold on to their markets."

Ironically, this will lead to lower prices, making it a lot cheaper to smoke, pushing sales. Government's stated goal of keeping South Africans healthy – and encouraging them to quit smoking – could be undone."The resulting price decrease will be detrimental to public health," the researchers said.

The REEP investigated the current prices of cigarettes being sold illicitly in South Africa, based on an online survey conducted between 29 April and 11 May 2020, with 23,631 usable responses considered. It found that the average price of cigarettes, as reported by respondents to the second survey, is nearly 250% higher than prelockdown prices, averaging R5.69 per stick. This equates to around R114 for a pack of 20 cigarettes. However, the group also noted that there are substantial interprovincial differences in the price increase.

READ FURTHER

Days after suspending load shedding, Eskom again warns power grid is under 'severe pressure'

By Sibongile Khumalo News24



Less than a week after suspending its first bout of load shedding since the national lockdown, Eskom has pleaded with customers to switch off geysers, pool pumps, unnecessary lights and any unused appliances.

The power utility - which has in recent weeks been implementing rolling blackouts - on Wednesday evening warned that its power system is under "severe pressure".

The winter months have seen the state-owned power utility battle with increased consumption which has in some cases led to the overloading of its system. Earlier in the year, CEO Andre de Ruyter had expressed the hope that the utility might be able to restrict load shedding to just three days during the winter.

Eskom has said the overloading of networks leads to damage to the electricity infrastructure through explosions in overloaded transformers and mini-substations. As a result, some high-density areas, which are said to be prone to illegal connections, have been placed on rotational "load reduction" in recent weeks.



Gwede Mantashe is not dead: ANC By Nonkululeko Njilo

Dispatch Live



The ANC on Thursday dismissed rumours that mineral resources and energy minister Gwede Mantashe had died after contracting Covid-19.

Minister of minerals and energy Gwede Mantashe is alive and well. This was confirmed by the African National Congress (ANC) on Thursday, which dismissed online claims that he had died.

Mantashe was recently diagnosed with Covid-19 and hospitalised. ANC spokesperson Pule Mabe said the rumours doing the rounds on social media were "heartless, inhumane, untrue and insensitive".

"To pronounce a person dead while they are still alive is not only insensitive and evil, it also goes against the spirit of ubuntu," he said.

The party's deputy secretary-general Jessie Duarte reportedly spoke with Mantashe, who gave an update to his condition. "He is recovering very well," said Mabe.

South Africans have since been urged to refrain from "deliberately spreading fake news which infringes on the dignity and privacy of others".

Melanie Verwoerd | What really makes us happy?

By Melanie Verwoerd News24



Results of the Gross National Happiness study show that South Africans appear to be happier to be at home than they were at the start of lockdown, but there were other perplexing findings, writes Melanie Verwoerd.

On Monday, I heard a radio interview with Professor Talita Greyling that at first really surprised me. Greyling researches South Africans' happiness - or if social media is anything to go by unhappiness levels.

Ironically, she actually uses social media and specifically Twitter to gauge the national mood. Since I am of the view that Twitter is the medium of choice for the super-moaners, I assumed her research would show that South Africans are at the highest possible level of miserableness at the moment.

Not so. Yes, overall we are now unhappier than we were before lockdown, but it is showing an upward trend. It seems particularly that people are happier to be at home now than they were earlier under lockdown.

I would have thought that people would be taking more and more strain as the lockdown progresses and thus become more unhappy – not happier - so I phoned a friend of mine who has a very busy psychology practice. I wanted to check if he agreed with Greyling's findings.

My friend's practice seemed to confirm the Gross National Happiness study. According to him, about 80% of his patients are now more content to be at home than a few months ago and are firm in their commitment to make big changes to their lives particularly to slow down.

This makes sense to me.

As Carl Honore, the author of "In Praise of Slow" points out, modern society values speed. We speed read, speed walk, speed date and speed dial. Apparently, there is even such a thing as speed yoga. Seriously?

Honore says: "It often takes a wake-up call such as an illness to alert us to the fact that we are hurrying through our lives instead of actually living them."

Creating illness on a global scale, Covid-19 has been the ultimate wake-up call.

It seems that this pandemic has helped people to look critically at the ever-accelerating treadmill of life. More and more research is showing that, after the initial shock, people are appreciating the slower pace of life imposed by lockdown.

They are re-evaluating what it means to live an authentic life and want to reconnect with that which is important to them.

In addition, people are increasingly questioning the never-ending race for more possessions, which underpins our economic framework.

Of course, this is not completely new.

The slow food movement started in 1986 and grew rapidly. That gave birth to the slow city movement (Cittaslow) and apparently there is now even a "slow sex movement" (unsurprisingly, it started in Italy).

As much as I want to celebrate the slowing down and reflectiveness of people during this time, it does seem to me that this would only apply to a fairly small section of our society – those who can buffer the economic fall-out to some extent and have comfortable home surroundings.

I can't imagine that the millions of South Africans, who are increasingly fighting for survival, are experiencing an increase in their level of happiness.

There were a few other findings from the Happiness study that troubled me.

According to Greyling, the few hours after the second alcohol ban was announced showed the biggest slump in happiness ever recorded in South Africa.

According to the professor, this is not only because people need the actual substance, but because it is so integral to our social engagement with others (of course, that is one of the reasons why the government brought back the ban).

I was also troubled by her finding that people's happiness level was not really affected by the infection, or death rate of the Covid-19 virus, but more by how likely they are to get infected themselves.

So I'm wondering what it says of us as a nation if we are happy aslong-as-it-is-not-in-my-backyard, and that nothing can make us more unhappy than not being able to dop?

Hopefully a lot more than can be deducted from Twitter.

- Melanie Verwoerd is a former ANC MP and South African Ambassador to Ireland

93-year-old among latest to recover from Covid-19 in Western Cape

By Sesona Ngqakamba News24



- Katherine Newman is no longer deemed infectious and is now at home.
- She tested positive in June and after experiencing breathing difficulties, was admitted to hospital.
- Western Cape Premier Alan Winde says Newman's recovery is one of the many inspiring stories of recoveries recorded across the province.

A 93-year-old from Cape Town is among the latest people to recover from Covid-19 in the Western Cape, Premier Alan Winde has announced.

Katharine Newman, a resident at Claremont Old Aged Home, was one of many inspiring stories of recoveries in the province, he said.

Newman developed a cough in early June and tested for the virus. She was later hospitalised at Groote Schuur before being moved to the CTICC Hospital of Hope after having breathing difficulties.

"When we named the CTICC Hospital of Hope, it was with the vision that it would be a space where people would receive the treatment they need to recover. On the sign bearing the bed number above each bed, there is also a line that reads 'a beacon of hope and recovery'.

"So, I was so pleased to hear the story of Mrs Katharine Newman, one of the province's oldest Covid-19 survivors, at age 93. "Despite her age putting her at an increased risk of serious illness, Mrs Newman was discharged earlier this month, is no longer deemed to be infectious and is now back home," Winde said.

ALSO READ | Defence Minister Mapisa-Ngakula and her husband recover from Covid-19

Durban to open public spaces for exercise

as ...

By Suthentira Govender **Dispatch Live**



Durban will open its public spaces for walking, running, cycling and yoga from Monday, under strict Covid-19 conditions

The city's parks, recreation and culture department announced on Friday that residents would have access to parks, botanical gardens, nature reserves and sports grounds strictly for exercise purposes and not for social gatherings.

The department's deputy head Sibusiso Mkhwanazi said the municipality "is mindful of the increasing number of Covid-19 infections, thus will ensure that strict precautions are implemented as people use the facilities".

"The lives of our residents are a priority to us, therefore access to these places will be limited to avoid overcrowding ... "This is to ensure that while residents are enjoying themselves, they are also vigilant," said Mkhwanazi. He said some parks had not been maintained "as usual" because the municipality was operating with limited staff.

Mkhwanazi said a single entrance would be used to enter nature reserves and botanical gardens.

"Screening procedures for Covid-19 and temperature checks will be mandatory for all residents wishing to enter the facilities. "The municipality is urging the public to be very cautious as they will be using these public spaces and the onus to prevent the spreads of the virus is in the hands of the residents and everyone using these facilities.

"Residents are urged to avoid going to these facilities if they feel unwell or have flu-like symptoms and avoid parks that have a lot of people."

In addition to mandatory social-distancing and mask-wearing, Mkhwanazi urged park-users to carry their own hand sanitisers and to refrain from sitting on benches, using the gym equipment and ablution facilities.

He said the use of play equipment for children was also restricted and that residents must only exercise with those within their household, which was limited to a maximum of five people.

Pictures of the day

The two NGOs, Ubunto Beds and Together We Bloom donated flowers to thank the hard working healthcare workers who save lives at Charlotte Maxeke Hospital.





VISIT THE WEBSITE OF *Ubuntu Beds:* <u>UBUNTU BEDS</u>

Linkedin.com Together We Bloom



To all the frontline workers, we salute you! Thank you so much!



Latest News..

(Click on links for further information) The Guardian,

- An eatery on the White House grounds has been temporarily closed after a cafeteria employee tested positive for the coronavirus, <u>according to an email</u> <u>viewed by CNN</u>. The email cautioned that the risk of transmission was low due to precautions like gloves and masks.
- <u>Trump says he's holding solo news conferences</u> instead of joint briefings with White House coronavirus task force members because it is a more "concise way of doing it." <u>Another explanation</u>: It means they can't immediately fact check him.
- UK <u>UK Prime Minister Boris Johnson has called on the</u> <u>British military</u> to prepare for a potential four-way winter crisis: A second coronavirus spike, a seasonal flu outbreak, winter flooding and disruptions caused by Brexit.
- <u>The annual United Nations General Assembly meeting in</u> <u>September</u>, featuring high-level country officials, will be virtual this year amid the pandemic.
- <u>Southwest Airlines</u> says its planes will carry only masked passengers -- making yet another tightening of US airlines' pandemic safety rules this week.
- <u>The US Food and Drug Administration Commissioner</u> said Wednesday that the Covid-19 pandemic has exposed vulnerabilities in the US food supply.
- <u>The NFL</u> announced Wednesday that fans who attend games will be required to wear face coverings. Meanwhile, <u>the NBA</u> tipped off the league's first competition since March last night at Disney World.
- **U.S.** coronavirus cases topped four million on Thursday, with more than 2,600 new cases every hour on average, the highest rate in the world, according to a Reuters tally.
- Infections in the United States have rapidly accelerated since the first case was detected on Jan. 21. It took the country 98 days to reach one million cases. It took another 43 days to reach two million and then 27 days to reach three million. It has only taken 16 days to reach four million, at a rate of 43 new cases a minute.
- <u>A study by the Centers for Disease Control and</u> <u>Prevention</u> (CDC), published earlier this week in the Journal of the American Medical Association, said that based on antibody tests, total case numbers between March and May were likely multiples higher than the official count.
- U.S. deaths from the novel coronavirus rose by more than 1,100 for a second day in a row on Wednesday, including a record one-day rise in fatalities in Alabama, California, Nevada and Texas.

Brazil says the epidemic is under control. It's not.
Brazil's government has claimed that the local epidemic is "under control," even as the country reported its highest daily case count since the outbreak began and President Jair Bolsonaro tested positive again for the virus.

Brazil is in the eye of the storm as the crisis deepens in Latin America and the Caribbean. The region had recorded more than 4 million Covid-19 cases and nearly 175,000 deaths as of Wednesday, according to a CNN tally based on data from Johns Hopkins University's Coronavirus Resource Center.

- Cases are also spiking in Argentina, which has reported a record number of new cases for the second day in a row. And Mexico has clocked up another 6,000 new cases, as well as nearly 800 new deaths -- it now holds the fourth highest death toll from the virus worldwide.
- South Korea has entered a recession, recording its worst economic decline in more than 20 years as the pandemic battered exports.
- Australia announced its economy has been severely damaged by the coronavirus epidemic, with growth falling by more than 4% in the past fiscal year.
- The pandemic has plunged the global economy into a sweeping and severe recession, forecasted by the World Bank to be <u>the worst contraction since World War II</u>.
 While the magnitude of the shock will vary by region, the world is still waiting to see how the crisis will evolve.
- Australia Victoria reports record numbers of cases Victoria reported <u>a record 484 new cases</u> of coronavirus on Wednesday as the state marked two weeks since lockdowns were reimposed on Melbourne and Mitchell shire.

In the two days since, there was a small drop in numbers, with <u>300 cases recorded on Friday</u>.

In the more than two weeks since the second lockdown was introduced, there have been 4,513 new cases of coronavirus in Victoria and 37 deaths. Across Australia, there are now over 13,000 confirmed cases and 140 people have died.

• Disney delays blockbusters

Eased lockdown restrictions might have allowed cinemas to reopen - depending on where you live - but many have delayed cranking up projectors as they get to grips with the new trading environment. Now the industry has been dealt a fresh blow with news that **Disney is to delay the release of three major films,** amid a rise in US coronavirus cases and disruption to film production. The new Avatar and Star Wars films have been pushed back by a year. And Mulan - which it had been hoped would drive a rebound in cinema-going on its planned release in August - has been removed from schedules completely. "Nothing can be set in stone when it comes to how we release films during this global health crisis," a Disney spokesman says.

Covid-19 Vaccine Latest Update

By The Indian Express

Coronavirus (Covid-19) Vaccine Latest Update: Latest results from Oxford university and Moderna show that two doses of a vaccine may be better than one in getting protection from the novel coronavirus.



In this handout photo released by the University of Oxford, a doctor takes blood samples for use in a coronavirus vaccine trial in England.

While the promising results showed by experimental Covid-19 vaccines being developed by University of Oxford and Moderna Inc in early human testing have grabbed the spotlight in the past week, raising hopes of early availability in the market, a World Health Organization (WHO) expert said their first use cannot be expected until early 2021.

"Several vaccines are now in Phase 3 trials and none have failed, so far, in terms of safety or ability to generate an immune response. Realistically, it is going to be the first part of next year before we start seeing people getting vaccinated," Reuters quoted said Mike Ryan, head of WHO's emergencies programme, as saying.

Meanwhile, latest results from Oxford university and Moderna show that two doses of a vaccine may be better than one in getting protection from the novel coronavirus.

Presently, there are more than 150 vaccine candidates that are in various stages of trials against the coronavirus, according to the World Health Organisation. Out of them, about two dozen are undergoing human clinical trials.

Read more: Is it right to pin our hopes on Oxford COVID-19 vaccine?

Receptionist job in Manchester diner gets 1,000 applications in 24 hours

Bv Sarah Butler The Guardian



'Staggering' response to 20 Stories role highlights rising unemployment in UK hospitality sector

Thousands of roles have been cut by British restaurant groups because of the coronavirus crisis.

The Manchester restaurant 20 Stories, a popular hangout for the cast of Coronation Street, received nearly 1,000 applications for a receptionist post within 24 hours, in the latest indication of the dearth of hospitality roles available and the huge rise in unemployment.

Carol Cairnes, the director of people at the restaurant's owner, D&D London, said: "The sheer number of applicants is staggering, we've never seen such a large number come through in such a short amount of time.

"While it means we will have the pick of an incredibly large number of highly qualified candidates, it's very sad to see how many people are in need of employment."

New jobs in hospitality are at a premium as thousands of roles are being cut by restaurant groups, some of which have announced the closure of hundreds of outlets.

CONTINUE READING

'Are you jerking my bobber?' Lottery winner stuns friend by sharing prize



By Associated Press

Tom Cook honors pact made with Joseph Feeney in 1992Pair split \$16.7m Powerball jackpot winnings

The odds of winning the Powerball jackpot are about one in 292m.

A western Wisconsin man will share his millions in lottery winnings with a longtime friend because of a promise they made to each other nearly three decades ago.

Friends Tom Cook and Joseph Feeney shook hands in 1992 and promised that if either of them ever won the Powerball jackpot, they would split the money.

That promise came to fruition last month when Cook bought the winning ticket for a \$22m jackpot at Synergy Coop in Menomonie. When Cook called to give his friend the good news, Feeney couldn't quite believe it.

"He called me, and I said, 'are you jerking my bobber?"' said Feeney, an avid fisherman.

Cook retired after hitting the jackpot while Feeney was already retired. Neither has any extravagant plans for the winnings but each is looking forward to enjoying more family time.

"We can pursue what we feel comfortable with. I can't think of a better way to retire," Cook said. The pair said they were looking forward to some traveling.

The men chose the cash option of about \$16.7m, leaving each with nearly \$5.7m after taxes are paid.

The odds of winning the Powerball jackpot are one in about 292m.

Two wheels good: India falls back in love with bikes after Covid-19

By Amrit Dhillon **The Guardian**

> A bicycle boom has seen Indians swapping cars – the ultimate status symbol – for a more humble mode of transport



With cases of Covid-19 surging past the one million mark, Indians are shunning crowded buses and trains to travel on what has traditionally been regarded in this status-conscious society as the poor man's mode of mobility: the bicycle.

At Bike Studio in Bhopal, owner Varun Awasthi is almost out of stock. Sales are up by 30% and he expects them to rise to 50% once he gets more bicycles.

"It's a craze. I've never seen anything like it. People come in saying cycling is the best way to avoid crowded public transport and maintain a social distance. They don't want to risk car-hailing apps either – 90% are first timers who haven't ridden a bike since they were five or six," says Awasthi.

As in other parts of the world, India is experiencing a boom in bicycle sales caused by the virus. Atul Gupta in Chandigarh is extending his opening hours to cope with the influx of customers. "I'm running out of stock. There is a long waiting list for my next consignment," he says.

Indians want to get back to work but travelling on public transport is a huge fear. A survey in April and May by Deloitte showed that 77% of consumers want to limit the use of public transport and 70% plan to avoid ride-hailing options. About 79% want a car.

But not many can afford a car to remain isolated while travelling. The next best option is a bicycle. In June, when the lockdown was lifted, sales went up by 25% compared with the same month last year, says the All India Cycle Manufacturers' Association.

Suryanarayan Singh, a cycling enthusiast in Bhopal, says people are desperate to exercise after the lockdown. "Everyone is obsessed with boosting their immunity to ward off the virus and exercise is seen as vital. So while some are commuting on their bikes, others are buying them purely for exercise that can be done while avoiding human contact," says Singh.

In Delhi, two app-based bicycle companies are expanding their services in the capital. Electric bike rental start-up Yulu already provides bikes at 250 metro stations and plans to expand. SmartBike is setting up bike stations in 130 neighbourhoods this year.

Face masks mandatory in shops, takeaways and stations in England from Friday

By Sarah Butler and Simon Murphy **The Guardian**



Banks, post offices and airports will also be subject to new rules, government confirms

Shoppers must wear face coverings, but it will not be compulsory for shop or supermarket staff to wear them.

Face coverings will be compulsory in takeaways, banks and post offices as well as shops, supermarkets, indoor shopping centres and stations in England from Friday, the government has announced.

Coverings, such as cloth masks or bandanas, must be worn when buying food and drink to take away, but if sitting down and consuming their purchase in the same premises, a customer can remove their face covering in order to eat and drink there.

While shoppers must wear face coverings, the rules say it will not be compulsory for shop or supermarket staff to wear them. The government only says "we strongly recommend that employers consider their use where appropriate".

New government guidelines, details of which were published on Thursday afternoon, confirmed that coverings must be worn in shops, banks, building societies and post offices and "travel hubs" such as train stations and airports.

It will not be compulsory for customers to wear masks or similar coverings in hairdressers, gyms, dine-in restaurants and pubs or cinemas, concert halls or theatres.

Banks, post offices and other businesses will be able to ask people to remove face coverings for identification purposes.

The health secretary, Matt Hancock, said: "As we move into the next stage of easing restrictions for the public, it is vital we continue to shop safely so that we can make the most of our fantastic retail industry this summer.

"Everyone must play their part in fighting this virus by following this new guidance. I also want to thank the British public for all the sacrifices they are making to help keep this country safe."

However, there was some criticism over the measures, with the hospitality industry querying the timing of the news. Kate Nicholls, chief executive of the UK Hospitality trade body, said: "The announcement lacked clarity around many issues affecting outlets offering both takeaway and on-premises dining. Furthermore, with the announcement at around 2.30pm the day before the measures come into effect, it left those venues a very short time to properly brief staff, prepare signage and take steps to encourage compliance."

I couldn't resist this photo – what was she thinking?

Perhaps partaking in yoga after the race???

PHOTOGRAPH OF THE PAST

By **Daily Maverick** Defend Truth



ASCOT, UNITED KINGDOM - Racegoers arrive to attend the first day of Royal Ascot at the Ascot Racecourse on June 20, 2006 in Berkshire, England. The event has been one of the highlights of the racing and social calendar since 1711, and the royal patronage continues today with a Royal Procession taking place in front of the grandstands daily. (Photo by Scott Barbour)



Chapter closes for 'encyclopaedia of SA Rugby' TRIBUTE: PAUL DOBSON (1935 - 2020)

By Craig Ray Daily Maverick



Paul Dobson, a giant of South African rugby media and refereeing, died on Monday due to complications brought on by Covid-19. He was 84 years old.

If you were in a hurry, it was never a good idea to call Paul Dobson. Searching for a quick bit of information gleaned from his encyclopaedic knowledge of rugby, always left you in awe – and late.

One question would lead to two, and Paul's ability to tell a tale and fill in the history behind your question would lead to lengthy conversations that always ensured you would be making excuses at your next appointment. But it was worth it because you were much richer and more well informed than you had been before you spoke to him.

Paul Dobson did not have a job. Loosely, he 'worked' in rugby, but it was much deeper than that. He was a teacher, raconteur, coach, referee, journalist, author and historian. He was a mentor, a father, a grandfather and a husband. He was a friend and a fatherfigure to many.

Craig Marais, who was one of the few black and coloured boys that attended the prestigious Diocesan College (Bishops) in the dark days of apartheid, has only fond memories of Paul. "He was like a second father to me and (his wife) Margaret, my second mother," Marais recalled. "I arrived at Bishops in 1979, this little coloured kid from a school in Athlone... what a journey. "They were confusing times, but not because of Mr Dobson. I played under 14 B rugby until I got to under-15 where he was the coach... he put me in the A team even though I was really small. I never looked back, and would end up playing SA Schools and captaining the first XV.

"When my father passed away suddenly, Paul was there to help me through trying circumstances. Bishops meant more to my dad, who had a very poor and humble upbringing , than it did to me . "Paul organised the Bishops chapel. He was a rock and a pillar once again.

READ MORE

Mike Tyson to take on Roy Jones Jr. in exhibition boxing match this September By Brent Brookhouse CBS News



Tyson has booked an opponent for his return to the ring, and it's another boxing legend

After months of talk and training montages, Mike Tyson finally has an opponent for his return to the ring. Tyson will take on fellow boxing legend and former four-division world champion Roy Jones Jr. in an eight-round exhibition fight scheduled for Sept. 12.

Tyson, the former undisputed heavyweight champion of the world, has hinted for months at a comeback to the ring for an exhibition. Rumors swirled that he would step in with the man he's forever linked to in Evander Holyfield, but those talks never materialized. He was also adamant that any match he took would be against a legitimate boxer and not a celebrity or crossover athlete.

Jones is exactly that. As one of the greatest boxers in history, Jones began his career at 154 pounds and won titles at middleweight, super middleweight and light heavyweight before a historic move to heavyweight where he defeated John Ruiz to become heavyweight champion of the world in 2003.

Jones, 51, last fought in February 2018, picking up his fourth straight victory over middling competition. Tyson, 54, last fought in June 2005, retiring after refusing to continue after the sixth round of a fight with Kevin McBride.

"It is because I can do it. And I believe other people believe they can do it too," Tyson said during an appearance on ESPN's "First Take". "Just because we are 54. It doesn't mean that we have to start a new career and our lives are totally over. Not when you feel as beautiful as I do and I'm sure that other people feel the same way.

"I never took that many punches. After the last fight I had, I left and I lived my life, and I've been through some experiences and now I'm back here. I feel like I took better care of my body and my state of mind than most of the fighters before me that retired and came back."

READ FURTHER

Dressing room photos: Champions celebrate Premier League glory

By Chris Shaw Liverpool Football Club News



Fresh images of the dressing-room celebrations that followed Liverpool's Premier League trophy lift on Wednesday night have been released.

Our photographers joined the Reds inside their quarters at Anfield as they came together to toast their coronation as the 2019-20 English champions.

LOOK AT THE PHOTOS OF JOY

Springboks expect to meet well-drilled British and Irish Lions in 2021

According to Springbok coach Jacques Nienaber next year's tour of the British and Irish Lions to South Africa will pose a massive challenge to his team.



Springbok coach Jacques Nienaber has offered effusive praise for the British and Irish Lions and their coach Warren Gatland.

Gatland will coach the Lions for the third time when they tour South Africa in 2021, completing the traditional set having already taken the team to Australia and his native New Zealand.

Formerly the coach of Wales, Gatland has taken up a position with the Chiefs who will grant him leave to mentor the Lions. His time in Waikato has made a rough start with the team failing to win a match in Super Rugby Aotearoa to date.

READ FURTHER

Liverpool's Jordan Henderson named Football Writers' Association Men's Footballer of the Year

By BBC Sport



Liverpool captain Jordan Henderson has won the Football Writers' Association Men's Footballer of the Year award.

The 30-year-old midfielder, who led Liverpool to their first league title in 30 years this season, received more than a quarter of the votes.

"As grateful as I am I don't feel like I can accept this on my own," he said.

"I owe a lot to so many people but none more so than my current team-mates, who have been incredible and deserve this every bit as much as I do."

Liverpool team-mates Virgil van Dijk and Sadio Mane, Manchester City's Kevin de Bruyne and Manchester United's Marcus Rashford also finished in the top five.

On Wednesday Henderson, who is recovering from <u>a knee</u> <u>injury</u>, <u>received the Premier League trophy</u> from Reds legend Sir Kenny Dalglish at a near-empty Anfield.

Henderson added: "I accept [the award] on behalf of this whole squad, because without them I'm not in a position to be receiving this honour. These lads have made me a better player - a better leader and a better person.

"If anything I hope those who voted for me did so partly to recognise the entire team's contribution."

Henderson also<u>lifted the Fifa Club World Cup trophy</u> for the first time in December.

Off the pitch, Henderson has helped raise money for the NHS as part of <u>the #PlayersTogether initiative.</u>



On Saturday, cricketer Andile Phehlukwayo raises a fist and displays his Black Lives Matter T-shirt as he celebrates on the pitch.

Picture from AFP

Tokyo Olympics: Japanese excitement waning one year to Games

By Julian Ryall MSN News



As the number of days on the giant electronic clock outside Tokyo Station ticked over to exactly one year before the opening ceremony for the 2020 Tokyo Olympic Games, there was a palpable sense of excitement across the city.

A stunning new national stadium was taking shape on the site of the outdated concrete bowl that had been the centerpiece of the 1964 Games. The run-down Toyosu district on the city's waterfront was being transformed into the athletes' village. State-of-the-art venues for sports ranging from archery to slalom canoeing, swimming, tennis and equestrian events were visibly progressing. Also taking shape were new hotels, transport infrastructure and other facilities required to meet the needs of hundreds of thousands of visitors that would flood the city to experience the world's largest sporting extravaganza.

There were, inevitably, expressions of concern in some quarters, about likely cost over-runs, the involvement of Japan's underworld in construction projects, and, in particular, the effect of searing summer heat and humidity on spectators and athletes alike. Still, those fears were largely glossed over in the enthusiasm for the Games.

Sketchy reports in the first weeks of 2020 of a mysterious illness emerging in the Chinese city of Wuhan did nothing to dampen the overwhelming enthusiasm for the Olympics, set to begin on July 24, and the Paralympics, which were scheduled to start on August 25.

Friday was declared a national holiday to celebrate the opening of the 2020 Olympic Games. Now, the mood is quite different.

Waning excitement

With the coronavirus pandemic raging around the world, the International Olympic Committee and the Tokyo Organizing Committee announced on March 24 that the Games would be put off until at least 2021. In the weeks and months since then, infection and death rates have continued to climb, and experts say it is impossible to put a timeline on the development of a vaccine.

Among Japanese people, the excitement and optimism, the sense of being at the center of the world for the coming two weeks have completely evaporated. Now, the vast majority of people here do not want the Games to go ahead next summer. It is, they say, simply too dangerous.

"I think a lot of people were very excited when Tokyo won the right to host the Olympics back in 2013," said Kanako Hosomura, a resident of north Tokyo.

"Businesses like bars, restaurants and hotels believed they would be very busy with foreign visitors and I believe many Japanese people saw this as a good opportunity to show off Japanese culture, history, art, cuisine and so on," she told DW.

Francois Pienaar reflects on 3TC experience, predicts bright future By Cricket SA



3TeamCricket announced its arrival as the sport's newest format through the Solidarity Cup, presented by Rain, this past weekend in Centurion. The match which took place on Nelson Mandela International Day is just the beginning.

The organisers have hailed the new innovation – one that saw three teams participate in the same match for the first time – as one for the future but more importantly, were pleased with the outcome of the inaugural fixture for more than one reason.

This came after a total of R3-million was raised for charity. A sum of R500 000 is to be donated to three charities, nominated by the participating captains.

The three charities are the Kolisi Foundation, who receive R250,000 from the AB de Villiers-led Takealot Eagles, who won the title. The Temba Bavuma Foundation receive R150,000 from the Mr D Food Kites, headed by the batsman himself after the late withdrawal of Quinton de Kock, while the Imibala Trust will receive R100,000 donation from the OUTsurance Kingfishers, initially meant to be captained by Kagiso Rabada but replaced by Reeza Hendricks due to a family bereavement.

The balance of R2,5 million is to be given to the Hardship Fund, a joint Cricket South Africa (CSA) and SACA project aimed at providing relief to those within the cricket industry affected by the current COVID-19 pandemic.

"I am really humbled by what transpired and would like to thank our great sponsors for making it possible," Francois Pienaar, Chief Executive Officer of 3TeamCricket, said. "I can't recall any SA sporting code that has done this!

"There has been fabulous feedback and yes we have plans to grow 3TC globally."

The match at SuperSport Park marked a return to live sport in South Africa for the first time since March when the Coronavirus prompted a nationwide lockdown.

"We were hungry for live sport to resume in SA, so being part of the first live sporting event after such a long time was a bit of history that I will enjoy with a smile in my rocking chair one day," the Springbok legend stated. "It was started by Paul Harris and many people, too many to mention, who worked tirelessly to put the game together. A big thank you to CSA and the 3TC board."

While many people wondered about the format before the start of play, it became much clearer as the game progressed.

READ MORE

How does one actually boost happiness during a global pandemic?

By TODAY All Day



It's certainly not as simple or tactile as washing one's hands — but there are actions we can take to manifest joy.

Here's what experts recommend- 7 ways to feel happier:

1. Double down on physical self-care — especially

exercise. <u>Gretchen Rubin</u>, author of numerous books including "The Happiness Project" and host of the weekly podcast "Happier with Gretchen Rubin," says that the first step in boosting happiness is to take care of your body. "Your physical experience will always influence your emotional experience," she says. "And exercise is the magical elixir of life." Even light yoga or <u>taking a quick walk</u> can do the trick, Manly says, adding: "<u>Research shows that a mere 12</u> <u>minute walk</u> is sufficient to create an upbeat, happy mood."

2. Meditate. "You'll actually foster inner joy by slowing to

<u>meditate</u> for even five minutes at a time," says Manly. "Meditation increases feel-good neurochemicals, as it reduces stress hormones such as adrenaline and cortisol."

3. Improve sleep hygiene. A good night's sleep is hard to come by when you're self-quarantined in a global pandemic, but rest is crucial to both physical and mental wellness. Take extra measures to at least try to regulate your sleep. "I recommend setting an alarm to go to bed, just as you set one to wake up in the morning," says Rubin.

4. Connect with other people. "Ancient philosophers and contemporary scientists agree that connecting with people is truly important," Rubin says, adding that even if we're alone in quarantine, we mustn't deprive ourselves of social interaction. "We're fortunate that we have so much technology we can use to connect with people who aren't nearby. Now's also the time to look out for our loved ones who may not know how to use these technologies. Make sure they're not left out or isolated."

5. Make your bed and declutter your space. "A lot of people feel more inner calm and happiness when their outer surroundings are more clutter-free," says Rubin, who wrote the book, "Outer Order, Inner Calm." "Decluttering can be difficult now, with more people home and a heavier load on your household, but whatever you can do can help give you a sense of control over your life. <u>Making your bed</u>, for instance, actually can make you feel better."

6. Experience nature — even if that's just looking at a photo. We may have to work a bit harder to access nature right now, with many county and state parks closed, but if you can put that extra effort in, you'll likely be happy you did. "Exposure to natural environments has been linked with better general health and less stress," says <u>Allison Buskirk-Cohen</u>, associate professor and chair of the psychology department at Delaware Valley University. "<u>Studies have shown that natural environments are associated with lower brain activity</u> in the frontal lobes and low frequency brainwaves. In other words, our brains relax more. For those who are unable to get outside, there's also some research indicating that <u>looking at photographs of natural environments</u> (like pictures of the beach or the mountains) can have similar effects."

7. Say thank you. "Rather than noticing what you don't have, pause to give gratitude for what you do have," says Manly. "For example, if you are unable to take your regular yoga class, focus instead on the freedom you have to enjoy the myriad classes [online]." The trick here is to really immerse yourself in gratitude not only by say, writing down a list of things you're grateful for, but by thanking everyone who crosses your path, including yourself. "Whether you thank the delivery person for the load of boxed groceries, your partner for bringing you a cup of tea or yourself for finishing a work project, your happiness level will increase when gratitude flows," Manly says. Participating in acts of gratitude that are larger than yourself are also highly recommended. For instance, Rubin, who is located in New York City, feels joy each evening when at 7 p.m., she and her family cheer on healthcare workers from their window. "One of the best ways to make yourself happy is to make others happy. So ask yourself, 'How can I lift other people's spirits?""



Environment

July 2020 Plastic-Free Month

Greta Thunberg gives €1m award money

to climate groups

The Guardian



Influential climate campaigner says Gulbenkian rights award gave her 'more money than I can begin to imagine'

<u>Greta Thunberg</u> has been awarded a Portuguese rights award and promptly pledged the €1m (\$1.15m) prize to groups working to protect the environment and halt climate change.

"That is more money than I can begin to imagine, but all the prize money will be donated, through my foundation, to different organisations and projects who are working to help people on the front line, affected by the climate crisis and ecological crisis," the Swedish teenager said in a video posted online on Monday.

She was awarded the Gulbenkian prize for humanity for the way she "has been able to mobilise younger generations for the cause of climate change and her tenacious struggle to alter a status quo that persists", Jorge Sampaio, chair of the prize jury, said earlier.

The first €100,000 of the prize money will go to the "SOS Amazonia" campaign led by Fridays For Future Brazil to tackle the coronavirus outbreak in the Amazon.

Another €100,000 will go to the Stop Ecocide Foundation "to support their work to make ecocide an international crime", Thunberg <u>said on Twitter</u>.

The €1m is the largest prize won by the 17-year-old environmental campaigner who has also won Amnesty International's top human rights prize and the Swedish Right Livelihood Award, often presented as an alternative Nobel.

She said on Monday she was "extremely honoured" to receive the annual Gulbenkian prize.

Thunberg and three other young climate activists on Thursday launched an appeal to EU leaders to "face up to the climate emergency", in an open letter signed by 150 scientists and a host of celebrities.

Greta Thunberg donates €1m prize money to climate groups

WATCH one minute video: https://youtu.be/aRODijtf29g

One of Greta's book's – summary:

I KNOW THIS TO BE TRUE - BOOK



A small indigenous group offers an example of how to save the world By ROELIE KLOPPERS African Arguments



In South Africa, the Gumbi have not only conserved essential biodiversity but created plenty of jobs in the process.

When it comes to biodiversity, South Africa offers some cautionary tales. The country is the world's third most biodiverse – containing, fully or partially, three of the earth's 36 <u>biodiversity hotspots</u> – yet it has lost more than 18% of its natural habit and nearly half its terrestrial ecosystems are threatened.

However, South Africa also offers some invaluable lessons in how biodiversity can be protected. For that tale, we should look to the Gumbi, a small clan of Zulu-speaking people in northern KwaZulu-Natal. Their story underscores the wisdom of conserving large areas of biodiversity and, in the words of the Gumbi leadership, finding ways to "share life with nature". Here's what they did.

In 2005, the South African government returned 20,000 hectares to the Gumbi. In the 1960s, the apartheid government had seized this land and forced most of the community to vacate. Upon getting it back, the chief and his council decided to re-settle on only a quarter of it. They set aside the remaining three-quarters for conservation. Much of this protected land – called Somkhanda – had been degraded by overgrazing. It was therefore only marginally suited for agriculture but was ideally suited for a game reserve after some minimal restoration.

Somkhanda became the first community-owned reserve under the Protected Areas Management Act, meaning the land was committed to be used for conservation for the foreseeable future. Many Gumbi gained employment in the initial land restoration process. Now, many have jobs as game rangers, trail guides, lodge receptionists, chefs, drivers and anti-poaching staff.

In addition, the community has benefited from increased access to water and game meat as well as from having a place where their children can learn about biology, ecology and the wonders of the world. The reserve also protects the Gumbi people's cultural heritage – including their sacred sites – and offers travellers, explorers, students and tourists a space to reflect, relax and experience the power of the natural world.

Somkhanda provides a roadmap not just for protecting nature but for benefiting the local community, especially where land is not suited to agriculture and where conservation is the best form of development. Restoration employs large numbers of people in South Africa, demonstrating the potential for the "green economy" to scale up. And it can lead to increased tourism, an industry that directly accounts for R139 billion (\$8.3 billion) annually or 2.8% of real GDP.

CONTINUE READING

Microsoft Makes First Climate Fund Investment, Joins Green Group

By Bloomberg



Microsoft said the first investment for its \$1 billion climate fund will be in venture capital firm Energy Impact Partners. The software maker also joined with Nike, Starbuck, Unilever NV and Danone SA in a new consortium devoted to sharing resources and tactics for slashing carbon emissions, bringing together the efforts of some of the biggest global companies that have pledged to take action against climate change.

The software giant's \$50 million investment will bolster the VC firm's backing of new technologies for greener energy and transportation systems. New York-based EIP, a utility-company backed fund with \$1.2 billion in assets under management, has invested in companies that make software for improving underlying energy networks and in Urbint, an artificial intelligence company that has a methane-capture technology.

Microsoft announced in January that it plans to be carbon negative — removing more carbon dioxide from the atmosphere than it emits — by 2030, and the software maker allocated \$1 billion to a climate-innovation fund to invest in ways to reduce and remove carbon emissions, one of the most aggressive corporate plans. By 2050, the company plans to remove the equivalent of all of its emissions since Microsoft's founding in 1975. Amazon.com Inc. has also made a carbon-neutral pledge and recruited other companies to join. Both technology giants have come under fire from climate activists for continuing to provide cloud-computing services to large oil and gas producers.

Redmond, Washington-based Microsoft also said it will partner with Sol Systems, a renewable energy developer and investor, on 500 megawatts of solar energy, Microsoft's biggest renewableenergy portfolio investment. That will include at least \$50 million in investments in parts of the U.S. most impacted by environmental issues— regions hurt by pollution, for example.

Projects will prioritize businesses owned by women and minorities and will include money for jobs and skills training and habitat restoration. That amount of solar energy is enough to power about 95,000 homes, according to the Solar Energy Industries Association.

The group, called Transform to Net Zero, also includes automaker Mercedes-Benz AG; Danish shipping giant A.P. Moller-Maersk A/S; Indian information-tech firm Wipro Ltd; and Natura & Co., the Brazilian cosmetics firm that owns Avon. The alliance, which plans to recruit other members, will work with the nonprofit Environmental Defense Fund and will share information on cutting emissions, investing in carbon-reduction technology and coordinating on public policy goals.

In addition, Microsoft will stop using diesel in its data centres by 2030. The fuel is typically used as a backup power source for cloud data centres.

Apple promises to become fully carbonneutral by 2030

By Alex Hern The Guardian



Tech firm says its commitment covers entire supply chain and lifecycle of all its products

Apple has pledged to become a carbon-neutral operation by 2030, a commitment that covers its entire supply chain and the lifecycle of all its products, including the electricity consumed in their use.

The company is aiming to achieve the goal by means including: Low-carbon product design, using recycled materials where possible, and developing new techniques such as a carbon-free aluminium smelting process.

Use of renewable energy, including projects funded by and built for Apple directly, which in total provide 1GW of capacity to the company's corporate operations.

Carbon removal, through forest planting in Colombia, China, Kenya and the US.

The chief executive, Tim Cook, said: "The innovations powering our environmental journey are not only good for the planet, they've helped us make our products more energy-efficient and bring new sources of clean energy online around the world.

"Climate action can be the foundation for a new era of innovative potential, job creation, and durable economic growth. With our commitment to carbon neutrality, we hope to be a ripple in the pond that creates a much larger change."

The majority of the progress, Apple says in <u>its 2020 environmental</u> <u>progress report</u>, will be made by cutting its carbon emissions directly. But the last 25% will come from "carbon removal solutions" such as forest planting and mangrove swamp restoration.

The company is investing some of a recently announced \$100m (£78.5m) fund for a racial equity and justice initiative on minorityowned businesses that can help clean up its supply chain. "Systemic racism and climate change are not separate issues and they will not abide separate solutions," said Lisa Jackson, Apple's environmental lead.

In January, Microsoft announced a plan to become carbonnegative – removing more greenhouse gases from the atmosphere than it emits – by 2030, and a goal of erasing all of its historical emissions by 2050.

In doing so, the company committed to deploying carbon capture and sequestration technology, a more hi-tech – but untested – approach than tree planting.

Microsoft will be carbon negative by 2030

By Brad Smith Microsoft .com



Microsoft President Brad Smith, Chief Financial Officer Amy Hood and CEO Satya Nadella preparing to announce Microsoft's plan to be carbon negative by 2030.

The scientific consensus is clear. The world confronts an urgent carbon problem. The carbon in our atmosphere has created a blanket of gas that traps heat and is changing the world's climate.

Already, the planet's temperature has risen by 1 degree centigrade. If we don't curb emissions, and temperatures continue to climb, science tells us that the results will be catastrophic.

As the scientific community has concluded, human activity has released more than 2 trillion metric tons of greenhouse gases into the Earth's atmosphere since the start of the First Industrial Revolution in the mid-1700s. Over three-quarters of this is carbon dioxide, with most of this carbon emitted since the mid-1950s.

This is more carbon than nature can re-absorb, and every year humanity pumps more than 50 billion metric tons of additional greenhouse gases into the air. This isn't a problem that lasts a few years or even a decade. Once excess carbon enters the atmosphere it can take thousands of years to dissipate.

The world's climate experts agree that the world must take urgent action to bring down emissions. Ultimately, we must reach "net zero" emissions, meaning that humanity must remove as much carbon as it emits each year. This will take aggressive approaches, new technology that doesn't exist today, and innovative public policy. It is an ambitious – even audacious – goal, but science tells us that it's a goal of fundamental importance to every person alive today and for every generation to follow.

While the world will need to reach net zero, those of us who can afford to move faster and go further should do so. That's why today we are announcing an ambitious goal and a new plan to reduce and ultimately remove Microsoft's carbon footprint.

By 2030 Microsoft will be carbon negative, and by 2050 Microsoft will remove from the environment all the carbon the company has emitted either directly or by electrical consumption since it was founded in 1975.

We recognize that progress requires not just a bold goal but a detailed plan. As described below, we are launching today an aggressive program to cut our carbon emissions by more than half by 2030, both for our direct emissions and for our entire supply and value chain. We will fund this in part by expanding our internal carbon fee, in place since 2012 and increased last year, to start charging not only our direct emissions, but those from our supply and value chains.

TRIBUTE: ANTHONY HITCHCOCK Farewell to a fynbos legend and great conservator

By John Yeld Daily Maverick Our Burning Planet



Colleagues have praised Anthony Hitchcock as an 'an active botanical horticulturist, prolific plant gatherer, compulsive seed collector, accomplished gardener, and unstinting mentor'.

The international flora conservation community is mourning the loss of botanist, horticulturist and plant restoration specialist Anthony Hitchcock – widely acclaimed as one of the true fynbos fynmense.

This phrase derives from clever Afrikaans word-play to describe those "fine people" who help protect South Africa's rich biodiversity while also making it work for the economic benefit of communities.

The 60-year-old Hitchcock, who was the Nursery, Living Collections and Threatened Species Manager at Kirstenbosch National Botanical Garden before taking early retirement in 2019, died on Tuesday 7 July of Covid-19 complications that he contracted while in isolation in a Cape Town hospital receiving chemotherapy and a bone marrow transplant.

A "plantsman" with a very intimate connection with the Earth, Hitchcock spent his professional life steeped in the soil, collecting, growing and rescuing plants and having a special affinity for the restoration of threatened fynbos – particularly plants in the Erica genus with its 840 species. But he was just as happy burrowing deep underground when, particularly in his youth, he'd spent much of his leisure time pursuing his love of exploring and documenting cave systems, including all the known caves in the Table Mountain system.

Hitchcock grew up in Kalk Bay where he was introduced by his father at an early age to the local mountainside with its rich fynbos vegetation and many caves.

After achieving a BA in ancient history (his degree included one year of botany in his first year), he studied horticulture at the then Cape Technikon before joining Kirstenbosch, now one of the suite of national botanical gardens falling under the auspices of the SA National Biodiversity Institute (SANBI).

READ FURTHER

A Siberian snack – like an ice-lolly version

of sashimi

By Tatiana Nikolaevna, Central Siberia



It is raw, frozen fish or meat, shaved thin with a sharp knife so that it curls off the blade. Hurry – you have to eat it before it thaws for the best flavour and texture.

The tundra at dusk looks like the open ocean, waves of shades of blue, grey and white.

Indigenous reindeer herders traverse this terrain, eking a nomadic living out of the barren land. The biting cold this time of year keeps their provisions perpetually frozen, but they sometimes lack the time – or the firewood – to cook them.

So, when Mikhail Khudi, a reindeer herder, is hungry, he likes to take a bit of raw, frozen fish or reindeer meat from his sled-top pantry and dunk it in mustard before it disappears, chewy then creamy, in his mouth.

Travel thousands of miles across <u>Arctic Siberia</u> – from the oil-andgas heartland on the Yamal Peninsula just east of the Ural Mountains, to the nickel smelters of the lonely city of Norilsk, to the gulag-haunted banks of the Kolyma river as you approach Alaska – and you will encounter Khudi's snack: stroganina.

It is raw, frozen fish or meat, shaved thin with a sharp knife so that it curls off the blade. Hurry – you have to eat it before it thaws for the best flavour and texture, dipping the frozen shavings into a salt-and-pepper mix or your favourite sauce, then chewing lightly as they melt on your tongue, like an ice-lolly version of sashimi or carpaccio.

You'll rarely find stroganina on the menu in <u>Moscow</u>. But I am convinced this is one of Russia's greatest delicacies. In Siberia, you'll find people who are stroganina connoisseurs, critiquing the mustiness of frozen whitefish from smaller lakes or praising the clean leanness of the catch from the Gulf of Ob.



For what to dip stroganina in, the possibilities are endless. Nellya Motysheva, who also lives on the peninsula, plans to collect her recipes in a book. What she calls "mom's sauce" is vegetable oil, mustard powder and reindeer blood.

Wildlife photo pic of the day By National Geographic Wild Bird trust



Oriental Dwarf Kingfisher



TOO FUNNY NOT TO PASS ON !!

How Do Court Reporters Keep Straight Faces?

These are from a book called Disorder in the Courts and are things people actually said in court, word for word, taken down and published by court reporters that had the torment of staying calm while the exchanges were taking place.

ATTORNEY: What was the first thing your husband said to you that morning? WITNESS: He said, 'Where am I, Cathy?' ATTORNEY: And why did that upset you? WITNESS: My name is Susan!

ATTORNEY: What gear were you in at the moment of the impact? WITNESS: Gucci sweats and Reeboks.

ATTORNEY: Are you sexually active? WITNESS: No, I just lie there.

ATTORNEY: What is your date of birth? WITNESS: July 18th. ATTORNEY: What year? WITNESS: Every year.

ATTORNEY: How old is your son, the one living with you? WITNESS: Thirty-eight or thirty-five, I can't remember which. ATTORNEY: How long has he lived with you? WITNESS: Forty-five years.

ATTORNEY: This myasthenia gravis, does it affect your memory at all? WITNESS: Yes. ATTORNEY: And in what ways does it affect your memory? WITNESS: I forget. ATTORNEY: You forget? Can you give us an example of something you forgot?

ATTORNEY: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning? WITNESS: Did you actually pass the bar exam?

ATTORNEY: The youngest son, the 20-year-old, how old is he? WITNESS: He's 20, much like your IQ.

ATTORNEY: Were you present when your picture was taken? WITNESS: Are you shitting me?

ATTORNEY: So the date of conception (of the baby) was August 8th? WITNESS: Yes. ATTORNEY: And what were you doing at that time? WITNESS: Getting laid

ATTORNEY: She had three children, right? WITNESS: Yes. ATTORNEY: How many were boys? WITNESS: None. ATTORNEY: Were there any girls? WITNESS: Your Honour, I think I need a different attorney. Can I get a new attorney? ATTORNEY: How was your first marriage terminated? WITNESS: By death. ATTORNEY: And by whose death was it terminated? WITNESS: Take a guess.

ATTORNEY: Can you describe the individual? WITNESS: He was about medium height and had a beard ATTORNEY: Was this a male or a female? WITNESS: Unless the Circus was in town I'm going with male.

ATTORNEY: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney? WITNESS: No, this is how I dress when I go to work.

ATTORNEY: Doctor, how many of your autopsies have you performed on dead people? WITNESS: All of them. The live ones put up too much of a fight.

ATTORNEY: ALL your responses MUST be oral, OK? What school did you go to? WITNESS: Oral...

ATTORNEY: Do you recall the time that you examined the body? WITNESS: The autopsy started around 8:30 PM ATTORNEY: And Mr. Denton was dead at the time? WITNESS: If not, he was by the time I finished.

And last: ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse? WITNESS: No. ATTORNEY: Did you check for blood pressure? WITNESS: No. ATTORNEY: Did you check for breathing? WITNESS: No. ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy? WITNESS: No. ATTORNEY: How can you be so sure, Doctor? WITNESS: Because his brain was sitting on my desk in a jar. ATTORNEY: I see, but could the patient have still been alive, nevertheless? WITNESS: Yes, it is possible that he could have been alive and practicing law.

> ONE WAY TO FIND OUT IF YOU ARE OLD IS TO FALL DOWN IN FRONT OF A LOT OF PEOPLE. IF They Laugh, you're still Young. If they panic and Start running to you, You're old.

Stay safe, healthy and take care. **Till next time.... Tanya**