

**PRESIDENT**

*Frank Matose*

*fmatoose@gmail.com*

**SECRETARY**

*Peter Sharples*

*petershrpls@gmail.com*

**TREASURER**

*Dez Jansen*

*dez@vuyainvest.co.za*

**EDITOR**

*Tanya Stone*

*Chartered 6<sup>th</sup> October 1992*



**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

**THURSDAY**

**23 APRIL**

**2020**

**8<sup>th</sup> Edition**

**Editor:**

Tanya Stone  
Rotary Club of Pinelands



## Rotary District 9350

**Joint letter from DG David Holtzhausen and DGE Carl-Heinz Duisberg**



### Rotary: Life after Lockdown

*(A joint letter from DG David and DGE Carl-Heinz)*

Dear Fellow Rotarians

As we approach the end of the formal lockdown and await details of what happens next, we as Rotary need to take stock of the current situation and plan ahead.

The future is still very uncertain, and about the only thing the experts agree on is that this is just the beginning – the scenario Alan Winde's office is working on predicts up to 80 000 cases by August this year in the Western Cape alone (i.e. more than 80 x where we are today). Whether this is just a worst-case scenario is still to be seen.

What this means is that we will not go back to life as before after the lockdown ends – the impact and restrictions are likely to be in place for a long time to come. Provisional plans show schools return to the classroom over the next two months – not all at once. Universities are gearing up for more distance learning for the remainder of 2020. And we can go on....

### ***What does this mean for Rotary and Rotary clubs?***

The impact is likely to be widespread. Beyond the impact on members businesses, the impact on clubs is likely to be:

- a) Social distancing is going to be part of our lives for at least the rest of 2020.
- b) Restrictions on meetings are likely to be in place for a further period of time after lockdown.
- c) Fund raisers involving large crowds will not be able to happen this year.
- d) Our youth camps are not likely to happen until 2021.

At a district level we are busy with plans to run POETS as an on-line event (webinars), and will run most other events on-line until further notice. How we do the formal induction of Carl-Heinz as your DG for 2020/21 is also under discussion. Plans for future events (conference/mini conference) are on hold until we have clarity on when these will be possible.

This means clubs are going to have to come up with innovative ways to continue their important work over the next few months/ remainder of 2020. Each club needs to put their members heads together and come up with a plan that will work for the club, as well as making (keeping) the club attractive for prospective members. Among the issues you need to consider:

**1. Presidential inductions.** The chances are that meeting restrictions will make our traditional presidential inductions impossible this year. Start working on plans for a virtual induction – so that the majority of members can watch what happens from their homes. Why not turn the

event into a fundraiser and ask members to donate what they would have spent on attending on a donation to a feeding scheme?

**2. Fundraisers.** We cannot rely on existing fundraisers – as these generally involve getting people together for an event and they pay to participate. Be it golf days, concerts, sporting events – it will be some time before we can look at these again, and even once approved, people will be hesitant to participate. New and innovative ideas are needed.

**3. Club meetings.** What has worked during lockdown? What did we learn that can be applied afterwards? Many clubs have found they get good attendance and feedback from an on-line meeting – so you may wish to continue with these, or alternate with physical meetings (when allowed) or have a hybrid meeting – those who can do so meet physically and everyone else logs in. In case some members are struggling with their businesses or have to rebuild them, offer them leave of absence. The choice is up to your club, but each club needs to find a plan that works!

**4. Projects.** Each club needs to look at their projects and prioritise those addressing the key needs of the community – food security and employment being two critical areas in the months ahead. With limited resources we will need to identify where we can make the greatest impact in our community. And we recommend you focus on working with partners that you already have a great relationship with to ensure fast delivery to those in need.

We know we don't have all the answers as this remains a developing situation, but it is important that clubs start planning for the various scenarios that face us as Rotary, and be flexible as we see how our community is affected and be ready to adapt to a changing environment in the months ahead.

Carl-Heinz' schedule for club visits has come to a complete hold, as we don't know when travel to club meetings and the organisation and implementation of these will be allowed. His idea was (and still is) to visit the smaller clubs and the ones which are not located in the centre of our District, like the Southern Cape, Namibia and Angola, first. He will publish his itinerary once the restrictions are lifted.

Our various district committees are looking at ideas that clubs can adopt in the months ahead, and will communicate these via newsletters, emails and webinars over the next few months.

We will keep in contact as new information becomes available and remain committed to supporting all clubs in District 9350 in the months ahead.

Yours in Rotary

**David Holtzhausen**  
District Governor 2019/20  
Rotary District 9350

**Carl-Heinz Duisberg**  
District Governor Elect 2020/21  
Rotary District 9350



**Coronavirus disease (COVID-19) outbreak situation  
THURSDAY 23 APRIL 2020**

**PLEASE NOTE:** Figures are time of publish and fluctuate constantly

**2,710,089**

**Confirmed cases**  
Updated: 23 April

**190,100**

**Confirmed deaths**  
Updated: 23 April

**743,510**

**Recovered**  
Updated: 23 April

**211**

**Countries, areas or  
territories with cases**  
Updated : 23 April

# UPDATE



## SOUTH AFRICA Thursday 23 April 2020

South Africa now has **3,953** confirmed cases.  
South African statistics from Worldometer and Department of Health SA  
on COVID-19

**3,953**  
**Positive Cases Identified**  
Updated: 23 April

**1,473**  
**Recovered**  
Updated: 23 April

**75**  
**Deaths**  
Updated: 23 April

# NEWS SOUTH AFRICA



## NEWSFLASH

23 April 2020 - 21:27

### SA moves to level 4 lockdown from May 1, this is what life will look like



By Jessica Levitt  
*Times Live*

President Cyril Ramaphosa on Thursday night outlined a five-stage lockdown plan that will be implemented from May 1.

He said the plan was a risk-adjusted strategy based on a “deliberate and cautious approach to easing of lockdown restrictions”.

Ramaphosa said that because much about the coronavirus is unknown, action must be incremental. SA is now in a level 5 lockdown, which requires drastic measures to save lives.

### President Cyril Ramaphosa's speech on Monday 20 April on R500bn rescue package and Covid-19 lockdown ending in phases

BY TIMESLIVE

My Fellow South Africans,

It is 25 days since South Africa began a nation-wide lockdown to contain the spread of the coronavirus. It has demanded of you great fortitude and endurance. It has caused you much suffering and required much sacrifice. Once again, I salute you and I thank you.

Level 4 allows some activity to resume while levels 3 and 2 ease restrictions and promote social distancing. Level 1 means that most activities can return to normal.

### Here is what life will look like under a level 4 lockdown:

- Borders remain closed to international travel, except for repatriation of SA citizens and foreigners to their countries
- There will be no travel between provinces, except for transport of goods and exceptional circumstances such as funerals
- Public transport will continue but within limits and certain hygiene guidelines
- People can exercise, but under strict public health Provisions
- Sale of cigarettes will be allowed
- Elderly and those with underlying conditions must stay home
- Range of goods that can be sold will be extended
- Work from home if you can
- People encouraged to stay home
- Bars, clubs, theatres remain closed

Ramaphosa said ministers would elaborate on details soon.

The coronavirus pandemic has disrupted your lives and damaged our economy. Its severity will continue to take a heavy toll in the weeks and months to come.

The pandemic has resulted in the sudden loss of income for businesses and individuals alike, deepening poverty and increasing hunger. The urgent and dramatic measures we have taken to delay the spread of the virus have been absolutely necessary.

**LISTEN TO President Ramaphosa's full speech  
below:**

[IN FULL | President Cyril Ramaphosa's speech on R500bn rescue package and Covid-19 lockdown ending in phases](#)

## Solidarity fund 'overwhelmed' by calls for hunger help

By Estelle Ellis  
Daily Maverick



**The Solidarity Fund created to assist in South Africa's response to the outbreak of coronavirus has reached R2.6bn in pledges, procured millions of rand in medical equipment and protective gear, but admit that they were overwhelmed by the sheer number of calls for assistance to help address the growing hunger problem in the country.**

The first 20,000 of a promised 250,000 food parcels have been distributed by the Solidarity Fund after officials were "overwhelmed" by requests for assistance.

Nicola Galombik, who is heading up the humanitarian response of the fund, said they were overwhelmed by requests for assistance with food.

"These are extreme, difficult times," she said. She said their immediate response to the food crisis was to make food parcels available to most vulnerable communities. The plan, she explained, was to provide emergency relief to 250,000 families before the end of April.

"Our goal is to act rapidly and to reach people facing severe food crises," she said.

She said they were partnered with several organisations with 25% of their distribution being handled by the Department of Social Development and their implementing agents, 50% by four large NGOs, Islamic Aid, Africa Tikkun, Food Forward and the Lunchbox Fund and 25% by small community organisations.

"We have made a deliberate effort to find communities who are underserved. The most important thing is to ensure that the food reaches the right people."

She said they wanted to make sure that as much value as possible goes to beneficiaries and not to organisations doing the distribution.

"We are making allocations across all provinces," she said, adding that they have mapped the wards with the highest levels of poverty.

Galombik emphasised that there will be active and robust monitoring of the fund's food distribution with daily progress reports.

"We really only got off the ground this week with 20,000 parcels delivered across five of the provinces. But the remaining ramp-up will happen very fast. We hope the rest of the parcels will reach all households by the end of April," she said.

## Cape Town cops have hands full with public violence and looting - several arrested

By News24

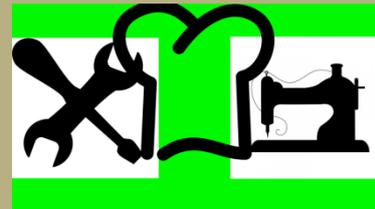


Police from various station precincts in Cape Town, supported by Public Order Police members, had their hands full quelling sporadic incidents of public violence and theft as stores were looted on Wednesday.

[Read more here](#)

## The SA Defence Force is looking for seamstresses and chefs among reserves to help with Covid-19

By Business Insider SA



The SA National Defence Force (SANDF) [says it has already called up "a large number" of its reserve members](#) across the army, navy, air force, and military health service, while others have been told to prepare to be called up at 25 hours notice.

All other reserve force members have been asked to confirm their availability for deployment in [what will be the biggest military operation in South African history](#), as the entire defence force is put to help combating Covid-19. The deployment is expected to cost some R5 billion.

The Reserve Force comprises around 10,000 people, and many are expected to help directly with tasks such as supporting the SA Police Service (SAPS).

But the SANDF is also still looking for specialist skills, and asked reserves to get in touch if they fall into one of six categories.

Those are:

- Health care practitioners (especially nurses and doctors)
- Qualified chefs
- Qualified mechanics
- Qualified engineers (technical and mechanical)
- Pilots, or anyone with aviation experience
- Qualified seamstresses

The SANDF has said it expects to be used ["in support of other government departments to deal decisively with contingencies that might arise"](#) - mostly to provide backup in engineering, logistics, and healthcare.

But under current guidelines troops will also require cloth masks, and the SANDF may be called on to supply field hospitals and kitchens.

# Western Cape has recorded 22 deaths with 1 068 Covid-19 cases

By Staff Reporter  
Cape Argus



**Cape Town** - The Western Cape has now officially recorded over 1 000 Covid-19 infections since the first case was detected on March 11.

The Western Cape also recorded five new deaths, which include three men, aged 43, 49 and 79 and two women, aged 54 and 95, respectively.

Premier Alan Winde has extended his condolences to all their loved ones at this time. He said the Western Cape had 1 068 confirmed cases of Covid-19 and 22 deaths to date. Here is the full breakdown:

Total recoveries - 229

Total deaths - 22

Total active cases (currently infected patients) - 817

Patients in hospital - 43 of which are 19 in ICU

Total tests conducted - 20 268

"As the Western Cape government and the Department of Health work around the clock to ensure that we are prepared for the peak of infection, every single resident has a role to play in stopping the spread. Hand washing, hygiene measures, keeping a physical distance of 1.5 metres and wearing a clean, cloth mask out in public are simple things we can all do that will ultimately pay huge dividends and help us to save lives," Winde said.

"The province has now also recorded its 20 000th test for Covid-19. Screening and testing are among the tools we can use to fight this pandemic, showing us where we need to concentrate our efforts.

"We thank all of those who have gone to get screened or tested, as well as the thousands of doctors, nurses and community health care workers who are part of our community screening and testing efforts," he said.

The premier is however deeply concerned that the screening and testing teams continue to come under attack in communities.

"These teams are vital in our response to Covid-19 and any attack on them hinders our ability to respond effectively to this pandemic," Winde said.

The Western Cape government's scenario planning shows that at its peak, the province expects approximately 80 000 people to be infected and symptomatic. About 90% of these will recover at home but we still anticipate a shortfall of 1 000 beds in acute and 750 beds in critical care.

"We are planning field hospitals to account for the need for acute beds, but even in the best-case scenario and with private beds, we will have a shortfall in critical care beds, which is driven by a shortage in critical care nurses.

"This is why it is so important that every person continues to play their part in flattening the curve, so that our healthcare system can manage with the increase in Covid-19 patients. Every single person has a role to play," he said.

Nomafrench Mbombo, Health MEC said: "In flattening the curve, we need your co-operation – government cannot do this alone. I cannot emphasise this enough, stay at home and leave your house only when necessary. When you enter a clinic, hospital, shop, office, petrol station, bus, or taxi or any other place where there are people, rub your hands with an alcohol-based hand-sanitizer and make sure that you keep distance between yourself and anyone else.

"It's the little things we do that will ensure we succeed in flattening this curve."

## KZN Spar temporarily closes after worker tests positive for Covid-19

By Nivashni Nair  
Times Live



Tiffany's SuperSpar on the KwaZulu-Natal north coast temporarily closed on Tuesday after a staff member tested positive for Covid-19.

Owner Charles Wilson said the supermarket in Umhlali would reopen when it was granted permission to do so.

"We will keep you informed. The health and safety of customers, the community and all staff remain the highest priority at Tiffany's SuperSpar. Our store, along with all Spar stores, has been unfailingly diligent in implementing measures to limit the risk of Covid-19 transmission during the lockdown.

"We can confirm that one staff member tested positive for Covid-19 at our store, but the rigorous preventive health and safety protocols implemented, including daily temperature checks, social distancing, the use of masks, deep cleaning, sanitiser and Perspex sheet protection at tills, have ensured that the risk of infection has prevented transmission to anyone else."

He said a full decontamination and sanitisation exercise was being conducted at the store.

"As a precautionary measure we are testing all staff members who were in contact with the Covid-19 patient," Wilson said.

## South Africa's Dis-Chem found to have increased face mask prices by 261 percent



Source **Al Jazeera**

South African pharmaceutical group Dis-Chem has been referred to the Competition Tribunal after an investigation following complaints from consumers about its pricing of dust and surgical masks, the commission said.

"This referral [to the Competition Tribunal] follows an investigation by the Commission which found that Dis-Chem has charged excessive prices on essential hygienic goods to the detriment of customers and consumers," the commission said in a statement.

The competition body said the average price increases between February and March on the products ranged between 43 percent and 261 percent.

## Covid-19 lockdown: Western Cape has so far spent R7m on feeding schemes, parcels

By Staff Reporter  
IOL



**Cape Town** - The nationwide lockdown has put economic pressure on households and families across the country.

With many not able to work and earn a salary right now, the need for humanitarian and food relief is urgent. Over the weekend, Premier Alan Winde was part of the President's Coordinating Council where the need for food relief was discussed as a matter of deep concern.

"We welcome President Ramaphosa's commitment in his newsletter today that national government will scale up welfare provision to help households living below the poverty line," he said.

"In the Western Cape, we are currently using the data that we have available to us to map where the greatest need exists, and to ensure that relief efforts from all spheres of government and the NGO and private sector do not overlap."

"As part of these mapping efforts, we have determined that municipalities in the Western Cape have so far spent R7 million on feeding schemes and food parcels during the lockdown. Many municipalities are however unable to afford this in the long run," Winde said.

He said the Western Cape Government is currently working on proposals in order to further support feeding schemes at a municipal level.

Emergency feeding has also continued at schools in the province.

"These meals have allowed us to meet some of the nutritional needs of thousands of our youngest citizens at a time when they are most in need of it.

"I would like to extend my thanks to the teachers and volunteers who are helping the Western Cape Government to feed our vulnerable residents, as well as to the many NGOs, businesses and individuals who are responding to the needs of our communities right now with donations, meals and food parcels. Your kindness and selflessness at this time are valued," Winde said.

# Expect 45,000 deaths and two to three years of intermittent lockdowns, says expert

BY Tanya Farber  
Times Live

Up to 45,000 South Africans are expected to die from Covid-19 over the next two to three years, says one of the eminent doctors advising President Cyril Ramaphosa.

This is a shocking number, but it is much lower than an earlier estimate of between 120,000 and 150,000 fatalities. Also, we should prepare ourselves for waves of the epidemic over that period and accept that intermittent lockdowns will become part of life.

"We are not returning to normal for the next two to three years," said Prof Shabir Madhi, of Wits University, who heads the public health subcommittee advising Ramaphosa and his cabinet.

In a webinar on Tuesday, Madhi said new information showed that between 50 and 80 times more people are infected than we thought, but they are asymptomatic. This, in turn, showed that the mortality rate would be lower than expected.

"The only information we had in the early days from China was that a vast majority would be symptomatic," Madhi said. "Based on that modelling, we felt at least 120,000 would die in SA because of Covid-19."

Since then, studies in the US, China and Iceland have shown that at least 50% of infected people are asymptomatic and that "changes the numbers completely".

Madhi said the estimate of between 120,000 and 150,000 deaths has been revised to 45,000, "a huge jump down".

He added: "This is not necessarily going to take place in a single wave but more likely in several waves.

"We can't go into perpetual periods of lockdown [but] the reality is that this is going to cause many epidemics at least for the next two to three years."

Mass gatherings would not come back, physical distancing would stay, and the "way we engage with people will require caution".

## Antibody of evidence: is this study the big virus game changer?

A new study tells us a great many more South Africans than we realise have been infected with SARS-CoV-2 and are asymptomatic.

NEWS

1 day ago

## Claiming money from the UIF: Everything you need to know

Who can claim from the UIF at this time? How does the new coronavirus benefit work? How much will I get?

[All your UIF questions answered here](#)

Madhi said: "This is not a short-term crisis that is going to be sorted out in the next few months. We might see a huge upsurge in cases and at least three to four epidemics over the next few years."

The winter months of May, June, July and August were likely to be the worst, but far fewer people would get "severe" forms of the disease and herd immunity could start to kick in. "But the bad news is we don't know who is spreading it".

He said the new information had "huge implications in terms of quantifying the number of infections" and also had implications for lockdown.

Lockdowns would need to be "strategically phased out", he said, adding that those most at risk - for example the elderly and people with pre-existing respiratory issues and diabetes - would need to continue isolating themselves even as others returned to work.

Madhi said the lockdown had been a "serious decision" and had affected the economy. But it had reduced the number of community transmissions, had bought the country time in terms of scaling up "our ability to take on a larger number of admissions once there is a peak in number of case", and most importantly, had made the rollout of a mass surveillance programme possible.

## Antibody of evidence: is this study the big virus game changer?

By Tanya Farber  
Times Select



A new study tells us a great many more South Africans than we realise have been infected with SARS-CoV-2 and are asymptomatic.

And that the infection's mortality rate is much lower than we thought.

• **FREE TO READ: GET THE FULL STORY**  
IN TODAY'S [TIMES SELECT](#)



## SA googles home brewing to beat the booze ban

By Suthentira Govender  
Sunday Times



The two-week extension has given rise to a new movement of home brewers, who are making pineapple beer, apple cider alcohol and even dabbling in a bit of wine-making.

Google SA reported that searches for “alcohol ban South Africa” spiked 500% as the national lockdown entered week two.

High levels of search interest were also seen for the terms “how to get alcohol” and “homemade alcohol”.

The Free State, North West, Mpumalanga and Limpopo all showed high levels of search interest for “homemade alcohol”.

Related search queries for “homemade alcohol” included “homemade beer recipes South Africa”, “can homemade pineapple beer make you drunk”, “homemade gin”, “homemade alcoholic pineapple beer” and “how to make alcohol at home fast”.

Scores of South Africans are concocting their own blends in the absence of their favourite drinks, with many sharing recipes on social media platforms like Twitter.

One home brewer, who did not want to be named for fear of reprisal, told the Sunday Times he started making pineapple beer because he needed an alternative.

“Firstly, in the absence of alcohol, those of us who partake in the inebriating liquids need alternatives to help us hold a nerve or two in this extended lockdown period. So this establishes the need to drink,” he said.

“Pineapples are easily accessible where I’m from and the ingredients to turn innocent pineapple juice to treacherous liquid are inside every home.” The process involves fermenting pineapple pulp in a container with sugar, water and yeast for about a week.

“The amount of time to craft a perfectly smooth product is relatively short and the fermentation process can be controlled and assessed for quality brew,” the man said. Another said he was also making home-made alcohol and had no plans to stop.

“I’m not going to stop. I’m also making an apple cider for when the pineapple beer runs out. It’s not illegal. Show me the law that says I cannot make it for personal consumption.”

Home-brewed beer is not illegal in SA provided it is made only for personal consumption and not to be sold for profit.

National police spokesperson Brig Vish Naidoo said the Disaster Management Act “did not necessarily” prohibit the making and consumption of home-brewed alcohol.

“This is governed by the Liquor Act,” he said. But he added that he didn’t know exactly “what the act says on this”.

## Action taken...

### Say cheerio to home-brewed beer as manufacturer cuts yeast supply

By Kgaugeto Masweneng  
Times Live



### Supplies of brewers yeast have been discontinued during the lockdown.

Southern Africa’s leading yeast manufacturer, Anchor Yeast, is immediately halting supplies of its 20g “Inkunzi malanga” brewers yeast which can be used to make beer at home.

A message about the withdrawal sent to retail shops by the company has made its way into the online public domain.

Joanne Clarke, director of consumer relations at Anchor Yeast, said on Tuesday that not all of the company’s yeast products would be absent from shelves.

She said the move affects a specific product used to make home-brewed beer, and which is regarded as non-essential under the lockdown regulations.

“We have stopped supplying this product given that it may be used to make products that are non-essential foods. Both Anchor and Gold Star are proudly baking brands and we continue to supply the market so people can bake to feed their families or for pleasure.

“We have a number of products and are only temporarily stopping the supply of one. We are doing this to support the call by government to flatten the curve of Covid-19 infections,” said Clarke.

In the letter circulating online, the company said: “We have reviewed our position on the sale of Anchor Brewers 20g and believe it is not an essential good as defined by our government. Although it is yeast, it may be used to prepare offerings that fall outside the scope of essential foods.

“We will, therefore, stop supplying with immediate effect until the end of the lockdown, or until the brief from President Cyril Ramaphosa or the government changes.”

## PSG's Mouton: SA does not have 'the luxury' to remain in lockdown

By Londiwe Buthelezi  
Fin24

The PSG Group, which owns companies like Capitec, Curro and private higher education group, Stadio, says South Africa does not have "the luxury to remain in lockdown".

"I just think we've got to go back to a normal cause of action as quickly as possible. We have written a letter to government stating that we don't have the luxury to remain in lockdown," said PSG CEO, Piet Mouton, speaking to Fin24 after the release of the group's financial results on Thursday.

In the letter, the PSG Group Board said it "lies awake at night" thinking about the impact of the current lockdown, because the company has to protect the livelihood of its over 20 000 employees, and it has other financial obligations to honour.

### Silence 'no longer an option'

"To remain quiet during this crisis is unfortunately no longer an option for us and silence will certainly not be of benefit to anyone," read the letter.

The group said from the various medical opinions it has seen in the media, South Africa has potentially bought enough time to be as ready to end the lockdown. It said the extension of the lockdown, which President Ramaphosa announced on 9 April, effectively keeping most businesses shut for two more weeks than initially anticipated, is causing severe damage to what is left of SA's fragile economy.

"The longer it takes to come out of the lockdown, the worse it will be going forward for every citizen of South Africa."

**READ | [Silence 'no longer an option': Read PSG boss Piet Mouton's letter calling for an end to lockdown](#)**

## Eastern Cape conducts over 7 000 Covid-19 tests, 400 000 screenings

By News24

More than 7 000 people in the Eastern Cape have been tested for Covid-19, while a further 400 000 have been screened to date as the province faces a rapid rise in confirmed cases.

In a statement on Thursday, the provincial Department of Health attributed the increased testing to the mass screening and testing campaign the province had embarked on.

Department spokesperson Sizwe Kupelo said while the numbers would likely continue to increase, the department would be testing as many people as possible so that those who needed to be treated could get medical help when needed.

On Wednesday evening, Health Minister Zweli Mkhize announced 377 people have tested positive for the virus.

[Read the full story here](#)

## WATCH | Laugh and learn: Suzelle DIY shares three ways to make a face mask

By Khanyisile Ngcobo



South Africans looking for creative ideas on how to make their own face masks are in for a treat: DIY guru Suzelle has released a fun new video tutorial showing you three easy ways to do just that.

The hilarious handy woman explains on YouTube that she had been inundated with e-mail requests for this sort of video, and then a well-known politician called.

"Hi Cyril [Ramaphosa]," Suzelle enthuses as she relays the conversation she had with the president.

"Jokes. It wasn't Cyril. It was Alan Winde. He's the premier of the Western Cape."

After getting Covid-19 safety tips from Winde and his adviser, Nick Clelland, a stern Suzelle issues a warning to her fans: "First things first people. A mask is not an excuse to disregard any of the other rules. Wash your hands. Second to that, do not touch your face."

She then gets down to business, demonstrating different ways to make a DIY face mask, step-by-step.

There's a no-sew mask fashioned by folding a bandana, and an upcycled mask that requires very little stitching — it is made from the cuff of a pair of old jeans and shoelaces. You'll need to be fairly confident with a needle and thread to attempt the third mask, which is made by pleating fabric.

Ever-generous, Suzelle then shows viewers how to make their own plastic face visor "for an extra layer of protection" by using an empty two-litre cold drink bottle.

Suzelle's video has garnered thousands of views on YouTube, with people taking to the platform to thank her for sharing it.

**WATCH THE VIDEO BELOW**

<https://youtu.be/axrg8l0FwMw>

# WHAT'S HAPPENING AROUND THE WORLD



## CHINA

### 300 drones light up sky to honour Covid-19 medical workers

By Timeslive Multimedia

Three hundred drones staged a stunning light show in Zhuhai City, in China's Guangdong province, on Saturday.

The drones lit up the night sky in Zhuhai after 54 members of the Zhuhai medical team offered their services in Hubei province. The coronavirus pandemic first appeared in Wuhan, the capital of Hubei.

More than 30 members of the medical team were present to enjoy the drone performance.

Watch this amazing show below:

<https://youtu.be/6tsr-QEKxbc>

### German-funded mobile virus testing labs land in East Africa

Source Al Jazeera

Uganda and Rwanda have taken delivery of two mobile diagnostic labs to help fight the coronavirus pandemic, the first in a network of German-funded units for East Africa, public investment bank KfW said.

While the project to procure the labs and train staff has been underway since 2018, "they're arriving at exactly the right moment to help with fighting," the virus, KfW board member Joachim Nagel said in a statement.

More of the mobile units "for speedy and modern diagnosis of infectious disease" will arrive in the six countries of the East African Community (EAC) region in the coming days, KfW said, for a total of nine in the first phase.

### Singapore confirms 1,037 new COVID-19 cases



Singapore's health ministry said it had preliminarily confirmed 1,037 new coronavirus cases on Thursday, taking the Southeast Asian city-state's total infections to 11,178.

The health ministry said the vast majority of the new cases were migrant workers residing in dormitories, many of which are under government-ordered quarantine due to mass outbreaks.

**Zimbabwe** is struggling to deal not only with the coronavirus, but with a [fresh outbreak of malaria](#), which has killed at least 131 people in the country.

**Peru** deployed [riot police to block a highway](#) and fire teargas into crowds of unemployed workers trying to flee the capital for their rural hometowns. Across Latin America, the [poor face an impossible choice](#) between staying at home and staying afloat.

**Singapore**, which appeared at first to have its outbreak under control, now has the highest number of cases in south-east Asia, with [a surge of 3,000 new infections](#) in just three days.

## Australia

### Stricken Ruby Princess ship departs Australia, with hundreds of crew aboard

By Lara Pearce and Sarah Swain

9News



The [Ruby Princess](#) has since been linked to more than 700 COVID-19 cases in Australia – more than 10 per cent of all cases in the nation– and 21 deaths.

Eleven more crew members with coronavirus were taken off the ship in the final hours before she left, believed to be bound for Manila in the Philippines.

The 11 cases are in addition to the 21 crew who had already been confirmed to have coronavirus. A total of 13 are in Sydney hospitals and the rest are in hotels for quarantine.

Over the past three days, 550 crew disembarked to be flown to their home countries including Brazil, Canada, France, Germany, Mexico, New Zealand, Philippines, Poland, Republic of Ireland, Republic of North Macedonia and Romania.

## The Trump administration's coronavirus whistleblower

*The Guardian*

Vaccine expert Rick Bright claims he was fired after resisting the president's push for an unproven Covid-19 treatment.



*The controversial malaria drug hydroxychloroquine, which Trump had pushed - without evidence - as a possible treatment for the coronavirus.*

A top US government doctor has turned whistleblower after he says he was pushed out of his role in the search for a coronavirus vaccine. Rick Bright told the New York Times he believed he was dismissed as director of the US health department's Biomedical Advanced Research and Development Authority [because he resisted Donald Trump's push to use an unproven malaria drug, hydroxychloroquine](#), as a treatment for Covid-19.

Contrary to misguided directives, I limited the broad use of chloroquine and hydroxychloroquine, promoted by the administration as a panacea, but which clearly lack scientific merit.

Trump and his cheerleaders at Fox News have recently [backed away from promoting the possible benefits](#) of hydroxychloroquine, after a trial of the drug in US veterans hospitals went badly. The president told reporters on Wednesday that he had "never heard of" Bright.

**The studies so far.** There have been several scientific studies of hydroxychloroquine and Covid-19, writes Julia Carrie Wong – but [none have produced evidence](#) that the drug works.

## Pakistani doctors warn of catastrophic consequences of easing lockdowns.

*Source Al Jazeera*



Pakistani doctors have warned the government of the possibly catastrophic consequences of easing a countrywide lockdown, asking that restrictions be enforced for several more weeks to avoid a collapse of the country's healthcare system.

The appeal comes as Pakistan registered its highest single-day rise in cases for the second time in three days, with 765 new cases taking the country's tally to 10,513. The pace of the spread of the virus has increased in the last five days, with more than 500 new cases registered each day, according to government data.

Addressing a press conference in the southern city of Karachi, senior doctors called for a continuing ban on all public gatherings, including those at shopping malls and at mosques.

## 'I'd love everything open' Las Vegas mayor's coronavirus interview sparks ire

*The Guardian*



*Las Vegas mayor Carolyn Goodman attracted widespread criticism for saying she wants the city's businesses to quickly reopen.*

Carolyn Goodman, the independent mayor of [Las Vegas](#), has said she wants the city's casinos, hotels and stadiums to quickly reopen in an interview that attracted widespread criticism.

"I want our restaurants open. I want our small businesses open. I want people back in employment," Goodman told CNN's Anderson Cooper, who was clearly flabbergasted, in an interview on Wednesday.

"I'd love everything open because I think we've had viruses for years that have been here," the mayor added. "I want us open in the city of Las Vegas so our people can go back to work."

Cooper asked Goodman if the city would have more than the 150 deaths it has tallied had it not imposed social distancing measures.

"Well, how do you know unless you have a control group?" she said, adding that she had offered to let Las Vegas be a control group but was rebuffed by statisticians.

Cooper pressed Goodman on how she would ensure coronavirus was not spread at the city's hotels and casinos, describing the tourist attractions as a "Petri dish" for possible infection.

She hedged when Cooper asked if she'd be willing to spend nights on casino floors alongside other visitors. "What's the purpose of that? First of all, I have a family," she said. Goodman said it should be up to casinos to weigh the odds of spreading the virus.

"You're being an alarmist," Goodman told Cooper. As to how to protect the staff and visitors at casinos and hotels, she said: "That's up to them to figure out."

The interview quickly attracted criticism, with one veteran Nevada journalist calling it "the single most embarrassing thing" he had seen from a state politician in 35 years.

**I am speechless....**

Tanya

## IRELAND

### Ryanair boss says airline won't fly with 'idiotic' social distancing rules

**Michael O'Leary says business model will be in tatters if he is forced to leave middle seats empty**



By Rob Davies  
**The Guardian**

*(Last modified on Thu 23 Apr 2020)*

Michael O'Leary said Ryanair had told the Irish government that, if it imposes the restriction, "either the government pays for the middle seat or we won't fly".

**Ryanair** planes won't return to the skies if the airline is forced to leave the middle seat empty to comply with "idiotic" in-flight social distancing rules, its chief executive, Michael O'Leary, has said.

#### READ MORE

<https://www.theguardian.com/business/2020/apr/22/ryanair-boss-says-airline-wont-fly-with-idiotic-social-distancing-rules>

**This article was amended on 23 April 2020 to clarify that the seats being blocked out would be those between the window seats and aisle seats**

### Almost half of coronavirus deaths in Europe were in care homes, World Health Organization says

*From CNN's Sharon Braithwaite*



As many as half of the people who have died from Covid-19 in Europe were residents in long-term care facilities, according to estimates from the World Health Organization.

"This is an unimaginable human tragedy," WHO's Europe Director Hans Kluge said during a press conference Thursday.

### Digital video game spending hits record high under virus lockdown

*Source Al Jazeera*

Spending on digital video games hit a record high \$10 billion in March as people stuck at home under coronavirus lockdowns turned to gaming, market tracker SuperData reported.

Money spent on major console games leapt to \$1.5 billion in March from \$883 million in February, while spending on games played on high-performance personal computers climbed 56 percent to \$567 million in the same comparison.

Console and PC games tend to be popular in Europe and North America where restrictions on going out were ramped up in March due to the pandemic.

### Top UK adviser says social distancing may last until year-end

*Source Al Jazeera*

Professor Chris Whitty, the British government's chief medical adviser, has warned that social distancing measures in the United Kingdom may have to stay in place for the rest of the year.

"In the long run, the exit from this is going to be one of two things, ideally. One of which is a highly effective vaccine ... or highly effective drugs so that people stop dying of this disease even if they catch it," he says.

"Until we have those, and the probability of having those any time in the next calendar year are incredibly small and I think we should be realistic about that. We're going to have to rely on other social measures, which of course are very socially disruptive as everyone is finding at the moment."

Ministers will have to decide what mix of measures will have to remain in place once the UK goes through the peak of the coronavirus and beyond, he adds.

---

Kluge described the emerging picture of Covid-19 in long-term care facilities as "deeply concerning" and said it is a global problem.

"This pandemic has shone a spotlight on the overlooked and undervalued corners of our society. Across the European Region, long-term care has often been notoriously neglected. But it should not be this way," said Kluge, calling the workers employed in these facilities as "the unsung heroes of this pandemic."

Kluge said there is an "immediate and urgent need" to rethink and adjust how long-term care facilities operate.

## Which countries have made wearing face masks compulsory?



Source AL JAZEERA NEWS

Some governments have urged the public not to wear masks in order to ensure enough supplies for healthcare workers

In an attempt to slow down the spread of the novel coronavirus, an increasing number of countries have made wearing face masks mandatory in public spaces, with citizens facing a possible fine if caught without one.

There have been a number of [conflicting opinions](#) on whether face masks can prevent the new coronavirus from transmitting from one person to another. The World Health Organization (WHO) has recommended that healthy people do not need to wear a mask, but those who are feeling unwell and are coughing and sneezing, as well as caring for someone who is infected, should do so.

"Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water," WHO said.

The Robert Koch Institute (RKI) said despite there being no evidence for self-protection, covering the mouth and nose can trap infectious droplets that are expelled when the wearer is speaking, coughing or sneezing. That is, face masks are designed to protect people from the wearer.

Other governments, such as the **United Kingdom and Singapore**, have urged the public not to wear masks in order to ensure enough supplies and personal protective equipment (PPE) for healthcare workers.

Meanwhile, the **United States** Centers for Disease Control and Prevention (CDC) does not specifically advocate the use of surgical masks but does advise the use of "simple cloth face coverings" made from common household materials to slow the spread of the virus and prevent asymptomatic people from transmitting it to others.

In Asian nations such as **China, Taiwan or Hong Kong**, masks were relatively common before the coronavirus pandemic, which is credited to populations used to wearing coverings because of either pollution or previous experience with the SARS and H1N1 outbreaks.

The first European country to make wearing masks mandatory in supermarkets, pharmacies, and public transport was the **Czech Republic** on March 18.

**Slovakia** followed suit on March 25, and in an attempt to dispel away the stigma associated with face masks, President Zuzana Caputova wore a red one that matched her dress during the swearing-in ceremony of the new government.

On March 29, **Bosnia and Herzegovina** made it mandatory for its citizens to wear a face mask or a cloth covering their mouth and nose while walking in the streets or outside their homes.

On April 6, **Austria** also made masks mandatory in public spaces, with Chancellor Sebastian Kurz acknowledging that wearing them would require a "big adjustment" because "masks are alien to our country".

In North Africa, **Morocco** made wearing face masks mandatory on April 7, with the government warning anyone who fails to comply faces a prison sentence of up to three months and a fine of 1,300 dirhams (\$130).

On the same day, **Turkey** ordered all of its citizens to wear masks when shopping or visiting crowded public places. The country has surpassed Iran in becoming the heaviest affected nation in the Middle East, and the government said it will deliver masks to every family free of charge.

On April 16, the Ministry of Health in **Poland** made covering the face with either a mask or homemade piece of fabric such as a scarf mandatory. This applies to green areas such as parks and beaches as well as public places such as roads, squares, religious facilities, commercial facilities, and marketplaces.

On April 21, **Jamaica** imposed a series of new coronavirus restrictions such as a revised curfew and also made it mandatory for citizens to wear a face mask in public spaces.

On Wednesday, **Germany** became the latest European country to make the wearing of face masks compulsory when on public transport and while shopping in all of its 16 states.

## ARTICLE

### OPINION

#### Gender-based violence during the COVID-19 lockdown

By Dr. Jill Ryan  
Southern Suburbs Tatler



*Dr. Jill Ryan is a guest lecturer at the Child and Family Studies Unit, UWC, and an alumnus and senior scientist at Cochrane South Africa.*

In South Africa, the saying 'breathing through the wound' indicates a very uncomfortable or difficult predicament – a saying aptly describing most SA citizens' quarantine sentiment shown on social media sites, but also expressed in the recent wave of unrest in Cape Town. However, this saying takes on a very ominous meaning in light of the recent statistics on gender-based violence (GBV) during the COVID-19 lockdown period.

Worldwide, countries such as France, Argentina, Cyprus, Northern Ireland, Singapore and Kosovo have all experienced a 17 to 33% increase in GBV since their respective lockdown periods, with Tunisia seeing a five-fold increase in GBV since its lockdown. Since quarantine, Canada, Spain, Germany, the USA and the UK have seen increased demand for shelters, with helplines experiencing double their calls in Lebanon and Malaysia, and triple call volumes in China. In places such as Australia, search engines like Google are seeing the highest amount of searches for GBV assistance over the past five years.

Within the first week alone of our current lockdown, South African Police Services (SAPS) received 2,320 complaints of gender-based violence (which are only the reported cases), with only 148 related charges laid. These statistics represent a 37% increase in the weekly average of South African GBV cases reported for 2019.

Separate to SAPS figures, our National Gender-Based Violence Command Centre has received triple the amount of calls, and among our first publicised cases, a 75-year-old woman, brutally raped and strangled by suspects posing as SANDF soldiers.

Emergency crises are known to cause a spike in GBV. In fact, during Hurricane Katrina there was a 98% increase in physical violence against women; from 2014 to 2016, school closures during the Ebola outbreak revealed spikes in child labour, neglect, sexual abuse and teen pregnancies. With school closures, restricted public gatherings, and caregivers more preoccupied with seeing to basic needs (such as getting food or looking after sick relatives), children do not partake in supervised play or activities. This demonstrates that our most vulnerable are at risk during times such as this.

Home-based quarantine, though necessary in reducing Covid-19 transmission, is known to impact individuals' socio-economic as well as psycho-social well-being. Feelings of depression, boredom, anxiety and worry are common during quarantine, yet these are compounded amongst victims of GBV. Abusers exploit the current pandemic and use misinformation about the virus to extend their power and control over victims, using the coronavirus as a scare tactic to further isolate victims from their children, family and friends for fear of infection.

Seeking aid during this time may be challenging due to restricted movement, but we must not feel it is impossible. The law is not suspended during the lockdown period, but it most definitely needs to be more responsive and sensitive to cases of GBV at this time. It is not enough to say that victims must reach out and notify whoever they can, be it a relative or the police (although this is vital!).

First responders need to know how to respond to GBV amidst the pandemic, and should connect victims with targeted support services and care, which must be supported and made available during lockdown.

Furthermore, it must be ensured that measures are put in place to prevent child-family separation, to support children left alone without adequate care due to the hospitalisation or death of a parent or caregiver as a result of the pandemic.

We need to work together as a society, and on every level, to ensure those in need are heard and helped effectively. If we do not, the plight of victims is overshadowed by the pandemic – victims who felt overlooked and underserved even before COVID-19 arrived. If the response is not adequate or effective, GBV organisations may be prophetic in saying 'it will not only be the virus that kills us'.

Anyone in need of GBV-related help can contact the National Gender-based Violence Command Centre on 0800 428 428, or use the 'please call me' option on \*120\*7867.

# ENVIRONMENT TOPICS AROUND THE GLOBE



## EARTH DAY Celebrated on 22nd April



By Earth Day Network

Earth Day is an annual event celebrated around the world on April 22 to demonstrate support for environmental protection. First celebrated in 1970, it now includes events coordinated globally by the Earth Day Network in more than 193 countries.

The theme for Earth Day 2020 is climate action. The enormous challenge — but also the vast opportunities — of action on climate change have distinguished the issue as the most pressing topic for the 50th anniversary.

Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable.

## Flake 'n Chips Carte Blanche | M-Net

When the popularity of the Australian fast food “flake” – which is in fact shark – decimated that country’s local shark population, suppliers turned their sights on the fishing waters off the Western Cape coastline.

As the sightings of Great White and other sharks have declined over several years, Carte Blanche investigates why experts say it will take 50 years for over-fished shark stocks to recover – and why the government has not heeded the dire warnings of its own scientists to implement safeguards. [www.sharkfreechips.com](http://www.sharkfreechips.com) has information on their campaign.

Carte Blanche documentary below:

<https://youtu.be/Ied3EBPtgGo>

## OUR MISSION?

To build the world’s largest environmental movement to drive transformative change for people and planet.

Earth Day Network’s mission is to diversify, educate and activate the environmental movement worldwide. Growing out of the first Earth Day in 1970, Earth Day Network is the world’s largest recruiter to the environmental movement, working with more than 75,000 partners in over 190 countries to drive positive action for our planet.

<https://www.earthday.org/>

“In the past weeks, several staff members at UNEP decided to pull together all their contacts to help kids learn about the environment while stuck at home. In cooperation with TED and others, they pulled off an amazing series of lessons that you can access here”

<https://ed.ted.com/earthschool>

“It was a completely voluntary initiative by concerned colleagues and UN partners launched yesterday, Earth Day, and runs till UNEP’s World Environment Day on 5 June”

Courtesy of Dr *Monika MacDevette*,  
*UN Environment Programme*

## Will Florida be lost forever to the climate crisis?

The Guardian

South Florida faces a convergence of climate challenges: increasingly frequent hurricanes, vanishing wildlife habitats – and the very real threat of sinking underwater by the end of the century.

Few places on the planet are more at risk from the climate crisis than south Florida, where more than 8 million residents are affected by the convergence of almost every modern environmental challenge – from rising seas to contaminated drinking water, more frequent and powerful hurricanes, coastal erosion, flooding and vanishing wildlife and habitat.

[READ MORE](#)

## This crisis could help us face the climate challenge

*The Guardian*

Greta Thunberg has said the global response to Covid-19 shows what can be achieved [when society listens to scientists](#).

New Zealand's climate minister, James Shaw, argues that instead of returning to normal after this crisis, we should [reset our economies to tackle the bigger challenge ahead](#).

If we spend the next few years restoring business as usual, we will have only a few years left to transform that business as usual into something else. It simply won't be able to be done.

## Is the pandemic good for the climate?

Source *EuroTopics*



A number of measures have been taken by both states and private individuals around the world to combat SARS-CoV-2, including major restrictions on travel, production and transport. This has led to a significant reduction in negative environmental influences in many places. But commentators don't believe the measures will stop climate change in the long term.

## OPINION

### Global warming calls for a different approach

By François Gemenne  
*Euro Topics*

Measures for tackling global warming must be different to those designed to fight the coronavirus pandemic, write François Gemenne, member of the Intergovernmental Panel on Climate Change, and health expert Anneliese Depoux in *Le Monde*:

"Climate change requires us to show solidarity across borders, and not just within them. One can question the usefulness of closing borders to slow the spread of the virus, but what is certain is that greenhouse gas emissions won't stop at border crossings. And above all, coronavirus control measures are imposed out of necessity: we didn't choose them, we're subjected to them. Measures to combat climate change will have to be chosen."

## OPINION

### Pandemic and climate change not comparable

By Die Welt  
*Euro Topics*

People are wrong if they think that these measures could provide a model for climate policy, Ralf Fücks of the think tank Zentrum Liberale Moderne writes in *Die Welt*:

"The analogy between the corona crisis and climate change is simply untenable. ... A virus pandemic has just one cause. Climate change, on the other hand, is a highly complex issue. ... Restrictions imposed in the fight against the pandemic are temporary. We accept them in the hope of returning quickly to the normality of modern life. Applied to climate change, they'd have to be imposed permanently: not for months but forever. Anyone wanting to sell this as a vision capable of winning a majority has another thing coming."

## OPINION

### Coronavirus won't bring about a change

By De Morgan  
*Euro Topics*

It would be premature to expect a lasting change in consumer behaviour to bring about a fundamental change in the climate, warns De Morgen:

"Will we succeed with the principle of 'less' if it enables us to keep the climate viable? This sounds good, but the opposite is more likely to be the case. Many people are now experiencing first hand how much they need to change their behaviour in order to make any difference at all. And many will decide [when it comes to climate protection later] that they are not prepared to make this sacrifice. ... A strategy that counts on solving the climate change problem simply by changing people's behaviour is doomed to failure."

## In other news ...

### An IVF toad offers hope in an age of extinction.

Olaf, a critically endangered Puerto Rican toad, is one of more than 300 toads born via IVF in the US.



Olaf, from an endangered species of Puerto Rican toad, recently hatched at Fort Worth zoo in Texas. As [the first amphibian to be born from frozen sperm](#), his example shows that scientists could bank frozen sperm and eggs to protect the genetic lineage of threatened species.

Cute, hey?

Tanya

## ***With fishing fleets tied up, marine life has a chance to recover***

Laura Millan Lombrana  
Bloomberg News



Plummeting global demand for fish and seafood as a result of the coronavirus crisis is likely to create an effect similar to the halt of commercial fishing during World Wars I and II, when the idling of fleets led to the rebound of fish stocks.

The closure of restaurants and hotels, the main buyers of fish and seafood, together with the difficulties of maintaining social distancing among crews at sea have caused hundreds of fishing vessels to be tied up at ports around the world. Marine scientists have already started investigating the effects this will have on marine life.

"Studies after the first and second world wars showed a spectacular recovery," said Carlos Duarte, a research chair at the Red Sea Research Center in Saudi Arabia. "We are hoping that this unintended closed season between February and June or July will accelerate the recovery of fish stocks and allow us to reach conservation objectives faster."

The Covid-19 outbreak has decimated the restaurant trade and wreaked havoc with food supply chains. Demand and prices have collapsed [in Asia](#), home to some of the world's largest seafood and fish markets. In Spain, which has the largest fleet in the European Union, half of the ships are staying at port.

The EU enacted emergency measures last month to allow member states to give financial aid to help the fishing and aquaculture industries through what it called a "dramatic slump" in demand for seafood. The downturn adds to uncertainty for EU members such as Spain and France over future access to UK waters as a result of Brexit.

The marine environment can only benefit from the reduced pressure on stocks, however. While evidence of a recovery in marine life is still anecdotal, increases in the presence of mammals such as killer whales, dolphins and seals have been recorded in areas where they hadn't been seen in decades, said Duarte, who is part of a consortium of scientists in the UK, Canada, Spain and Saudi Arabia compiling data.

"The noise and the activity on the water have diminished," Duarte said. "These animals have a culture that is passed through generations and the young ones are probably feeling curious about areas that were part of their territory decades ago."

Signs that marine life is recovering include reports of turtles nesting in now-abandoned beaches in Brazil, he said. The same phenomenon could happen in the Mediterranean coast later this year when breeding season arrives.

### **Recovery**

As well as the Mediterranean, the lockdowns are likely to help marine species in the Atlantic, which breed between April and June. The impact will be seen within one or two years, though it will probably be less dramatic than the recovery after the world wars, which halted fishing for three to five years depending on the region, Duarte said.

In Spain, where fishermen are allowed to work during the lockdown because they're considered essential workers, the sector is struggling, said Javier Garat, secretary general of industry group Cepesca. Small boats going back to port at the end of each day are now selling what they catch at "reasonable" prices in local markets after prices initially halved, he said.

The seafood sector in the country's north is completely halted, while Spanish trawlermen involved in fisheries off western Africa are freezing everything they catch as they wait for restaurants to reopen and demand to pick up.

Long distance fishermen catching cod, shark or swordfish in the northern Atlantic or the Indian ocean face great uncertainties. They work on shifts of up to four months, some of which have been extended, but the solution is not permanent.

"These crews are unloading the fish without stepping on the docks – right now they're probably one of the safest places in the world," Garat said. "But this can't go on forever, eventually they'll have to rest and flying replacement crews to places as far as Seychelles is almost impossible right now."

To be sure, the recovery of diversity and fish numbers is a slow process and the experience in marine protected areas shows a full recovery can take as much as two decades, said Nick Graham, a professor at Lancaster University in the UK and co-author of a study analyzing fish populations in over 1 800 tropical coral reefs in 41 countries.

The study, led by Professor Joshua Cinner at the James Cook University in Australia, classified the reefs according to their fish stocks, the biodiversity and the state of the ecosystem. Only 5% of reefs analyzed were in the top "A" category, all of them in remote locations with little human pressure, showing the importance of marine reserves and fishing restrictions to help reefs in lower categories recover.

"The most direct impact on fish is fishing," said Graham. "Where there's more people it tends to be more fishing pressure to meet the demands of larger human population, and if a reef is less fished then more fish will survive."

**Stepped on my scale  
this morning and it  
said: Please use social  
distancing, one person  
at a time. 🥲 🥲**



**I'M SO EXCITED IT'S  
TIME TO TAKE THE  
GARBAGE OUT.  
I WONDER WHAT I  
SHOULD WEAR?**

Stay home, safe, healthy and take care.

**Till next time....**

*Tanya*