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THURSDAY
4th JUNE
14th Edition

Editor:

Tanya Stone
Rotary Club of Pinelands



Fellow Rotarians

World Environment Day takes place tomorrow (5th June).

You can find more information under the Environmental Topics further below.

The beginning of lockdown Level 3 (from Mon 1st June) has been an interesting one. Court cases, restrictions, decisions (back and forth), crime, “unconstitutional and invalid” are the hot words in the press.

Let’s look after ourselves FIRST. It is quite distressing to hear all the negative news globally and especially closer to home.

I have included a video from our front-line workers at Karl Bremer hospital uplifting their spirits by dance, to make you smile.

PLEASE SEE DG David Holtzhausen’s message and invitation below on the virtual District Assembly

Take care and stay safe

Tanya

ROTARY DISTRICT 9350
VIRTUAL ASSEMBLY
FROM DG David Holtzhausen

While COVID-19 keeps us at home, Rotary and District 9350 continues with its work supporting our Communities and planning for the year ahead.

You are therefore invited to join us at the Online District Assembly Webinar on the 6th of June from 09H00 to 15H00, in preparation for 2020-2021, and learn how Rotary Opens Opportunities for your Club and your Community.

Please see Zoom Webinar Link below. ***When you enter the link, you will be asked to register - just your name, email address and club name***

Join Zoom Meeting

<https://us02web.zoom.us/j/81695794248?pwd=QnNMcytSKzVINDdlM2FQak91d2Zodz09>

Meeting ID : 816 9579 4248

Password : 217863

We are limited to 500 participants - on-line registration will be open from 8am

DG David Holtzhausen

District Governor 2019/20

Rotary District 9350

082 780 2010



**Coronavirus (COVID-19) outbreak situation
THURSDAY 4th JUNE 2020**

Statistics from Worldometer on COVID-19

PLEASE NOTE: Figures are time of publish and fluctuate constantly

6,625,675

Confirmed cases
Updated: 4th June

389,099

Confirmed deaths
Updated: 4th June

3,199,673

Recovered
Updated: 4th June

215

**Countries, areas or
territories with cases**
Updated: 4th June

UPDATE



SOUTH AFRICA THURSDAY 4th JUNE 2020

South Africa now has **37,525** confirmed cases.
South African statistics from Worldometer and Department of Health SA

37,525
Positive Cases Identified
Updated: 4th June

792
Deaths
Updated: 4th June

19,682
Recovered
Updated: 4th June

UPDATE AFRICA



THURSDAY 4th June 2020
Africa now has **163,907** confirmed cases.

163,907
Positive Cases Identified
Updated: 4th June

4,618
Deaths
Updated: 4th June

70,997
Recovered
Updated: 4th June

NEWS

SOUTH AFRICA



5 important things happening in South Africa today

Staff Writer
Business Tech



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

Coronavirus: In South Africa, the number of confirmed cases jumped by 1,713 to a total of 37,525, with deaths increasing to 792. Recoveries have also risen to 19,682, leaving the country with 17,051 active cases.

Constitutionally speaking: Legal experts are not convinced by the High Court ruling against South Africa's lockdown regulations, which declared them unconstitutional and invalid. Former Public Protector Thuli Madonsela said the ruling lacked clarity, accuracy and persuasive reasoning, and would likely not withstand the scrutiny of a higher court. Constitutional law expert Pierre de Vos, meanwhile, said that the sweeping judgement, invalidating all regulations, would likely be overturned.

Backlog: South Africa's Covid-19 test backlog continues to sit at around 80,000, with no indication from the national laboratory service on when it will be resolved. The labs have for months denied any backlog, only to admit in a recent presentation that it was feeling the pressure of the testing numbers. A large number of the backlog are reportedly in the Eastern Cape, which health minister Dr Zweli Mkhize has warned is facing a similar infection pattern to the Western Cape, needing more interventions.

Contempt: COGTA minister Nkosazana Dlamini-Zuma could face a contempt of court order for missing a deadline to submit an answer to one of the many legal challenges she and her department are facing surrounding the nationwide ban on tobacco. The minister had until close of business on Wednesday to submit the documents in her battle against fair trade group FITA. The case is due to be heard next week.

Unbundling: Eskom says that it may miss its 2022 target to unbundle the group into separate companies, noting that the legal processes involved may take longer than expected. CEO Andre de Ruyter said that the process is complicated, and some deadlines have been 'aggressive', but he had no doubts that the outcome would be achieved. Eskom is splitting into three different units to better manage operations and finances, and to help get a grip on its over R450 billion in debt.

Markets: South Africa's rand extended gains to a fresh 11-week high on Wednesday in a broad emerging market rally spurred by investor bets that a global economic recovery was taking hold after the coronavirus fallout. The rand's gains this week are around 4%, in-line with majority of emerging market currencies, with rising appetite for risk assets outweighing signs of an ailing local economy. On Thursday the rand is at R16.98 to the dollar, R21.29 to the pound and R19.05 to the euro. Commentary by Reuters.

School blocks: If tenderpreneurs blocking deliveries of PPEs to schools wasn't enough of a burden on government's plans to reopen schools, the Department of Basic Education is now facing several court challenges trying to prevent learners from getting back to class – while criminals in KwaZulu Natal are targeting school districts as a source of face masks and sanitisers, further delaying the process. Schools are expected to welcome learners back on 8 June 2020.

Unbanned: Helping the poor is legal again, after the Gauteng government withdrew a directive which effectively banned non-profit groups from distributing food to the needy in the province. The directive was facing a court challenge from NPO Cradle of Hope, which only wanted to give sandwiches and soup to the poor, but was blocked from doing so. Following the withdrawal, the Gauteng government was ordered to pay the group's legal costs – and those in need can now get a warm meal.

Alcohol abuse: Alcohol has just gone back on sale and some hospitals are already reporting a surge in trauma cases related to alcohol abuse. Retailers experienced massive queues when sales opened on Monday, but now report that things have settled. It is also expected that the illicit trade, which blossomed during lockdown, will now also start to decline – however, there are supporters out there for government to rethink the unbanning of alcohol sales altogether.

Minister Motshekga could have avoided confusion, instead she showed disrespect

By Greg Nicolson
The Daily Maverick



Basic Education Minister Angie Motshekga has apologised for the last-minute announcement that schools would not reopen on Monday 1 June. She failed to justify her general disrespect.

[READ MORE](#)

Here is what the High Court said about the various lockdown regulations

by Jeanette Chabalala
News24

- High Court Judge Norman Davis has given Minister Nkosazana Dlamini-Zuma 14 days to amend lockdown regulations, however, the national state of disaster is set to lapse before that deadline.
- Davis has slammed some of the regulations, saying there are millions of South Africans who operate in the informal sector, who have lost their livelihoods.
- Davis says in the case of hairdressers, a single mother and sole provider for her family is stripped of her rights of dignity, equality, to earn a living and to provide for the best interest of her children.

[READ MORE](#)

Ballito mother facing charges of premeditated murder of six-year-old daughter appears in court

By The North Coast Courier

According to investigators, Alexia was found wearing the blue dress the night she disappeared, with no shoes and with a pink jersey covering the top half of her body.



The mother of six-year-old murdered Umhlali Preparatory School pupil Alexia Nyamadzawo, has been charged with premeditated murder.

Making her first appearance at the Umhlali Magistrates Court on Wednesday morning, Fugele Nyamadzawo (42) of Ballito was represented by her counsel, Rakesh Maharaj.

The state prosecutor, Sanesh Rambarun requested a bail postponement till June 10 pending a bail investigation, citing the accused being of foreign nationality. Nyamadzawo is a Zimbabwean national.

She was not asked to plead to the charges.

Magistrate Van Heerden, who was presiding over the hearing, granted the state's request for bail postponement, which was not opposed by the defence.

The husband of the accused, who appeared calm and contained, was present at the hearing.

His daughter's body was recovered by SAPS investigators in a remote sugar-cane field in Rietvalley, inland of Shakaskraal, on Tuesday afternoon.

The cause of death has yet to be established but, according to a well placed source, one side of her body was covered in bruise-like marks.

'Tygerberg Hospital non-compliant to occupational health and safety'

by Barbara Friedman
Cape Talk

Hospera's Gerald Lotriet says a meeting with WC Health HOD on Thursday will determine whether hospital should be shut down or not.

The Western Cape remains the province with the highest number of SA's Covid-19 infections and deaths in the country. Gerald Lotriet is the provincial chairperson of the Health and Other Services Personnel Trade Union of SA (Hospera) which represents more than 60,000 private and public health-care sector workers.

He speaks to Refilwe Moloto about their concerns around staff safety at both Ceres and Tygerberg hospitals following Health Minister Zweli Mkhize's visit to the province this week. Lotriet comments on the new provincial policy preventing those under the age of 55 from being tested in the public health system for Covid-19, unless they have specific comorbidities.

"That is still a sore point at this specific stage."

Gerald Lotriet, Provincial chairperson – Hospera

He says Hospera Western Cape is objecting to this specific policy noting the implications it can have towards not only its members but the community as well.

"Our members are saying that there are already so many undiagnosed hypertensives, diabetics, TB, HIV and Aids, so if we are saying that the members of the public should not get tested if they have not been diagnosed with any comorbidities, that could have a massive effect."

Gerald Lotriet, Provincial chairperson – Hospera

He says it could also impact the credibility of the Covid-19 statistics.

"The stats would then not even be a true reflection."

Gerald Lotriet, Provincial chairperson – Hospera

Hundreds of health care workers in the province have tested positive for Covid-19.

In Ceres, Hospera members at the hospital had a tools down on 16 May,

"Members refused to enter the facility due to some occupational health and safety challenges after a staff member tested positive. The staff members indicated the place was not deep cleaned or fumigated."

Gerald Lotriet, Provincial chairperson – Hospera

Since then he says during his visit to the hospital last Wednesday, the Infection Prevention and Control (IPC) team was sent in to comply and ensure the facility is safe.

Is this enough?

He says since the minister's visit on Tuesday, Hospera has received further complaints from members.

"We have already received some concerns from our members. I cannot say anything further at this stage but we will have to go back and do a preliminary investigation."

Gerald Lotriet, Provincial chairperson – Hospera

[READ MORE](#)

Health officials in the Cape Metro will now only test for Covid-19 in people with comorbidities that are older than 55.

By Kabous le Roux
Cape Talk



Health officials in the Cape Metro will now only test for Covid-19 in people with comorbidities that are older than 55.

Everyone who accesses a health facility will get screened but only those who have symptoms and fall in the following categories will be tested:

- **People already in hospital with Covid-19 symptoms.**
- **Health care workers with Covid-19 symptoms.**
- **People who are older than 55 with diabetes or hypertension and Covid-19 symptoms.**
- **People who are younger than 55 with underlying conditions and Covid-19 symptoms.**
- **People who live in a care home or an old age home with Covid-19 symptoms.**

Pippa Hudson from Cape Talk, asked Dr Keith Cloete (Head of Health at the Western Cape Department of Health) why the approach to testing has changed.

"We want to reduce mortality... our focus turns away from people least at risk... we want to preserve tests for where it makes the most difference..."

"If you're younger than 55 and you have symptoms, assume you have Covid-19... After 14 days, you'll be fine... There's no purpose in getting a test."

*"Department of Health
Screening is vital..."*

"In other areas, you can still get tested. In the Metro, we're at the point that we're [only] looking at the vulnerable."

**Dr Keith Cloete, Head of Health - Western Cape
Department of Health**

Level 3: Trauma cases rise at 2 Cape Town hospitals just days after easing of regulations

By Murray Williams
News24



Trauma cases at two Cape Town hospitals have spiked substantially since the easing of lockdown regulations under Level 3.

The Western Cape Department of Health confirmed to News24 that at least two hospitals already witnessed significant increases in admissions this week, and at one of them, the majority of cases was alcohol-related trauma.

At Groote Schuur hospital: "We have seen an increase in trauma patients since [Monday]. Last week, we saw, on average, eight patients per day and [on Monday] alone this increased to 20," spokesperson Mark van der Heever said.

Helderberg Hospital reported this on Monday: "100% increase. [Previously,] in a 12-hour period, we saw 28 patients. On Monday, in a 12-hour period we saw 50 patients of which the majority was alcohol-related trauma," van der Heever said.

On Monday, [three people, including two children](#), were shot in separate incidents in Manenberg, News24 reported. On Wednesday, [a two-year-old boy was shot and a man killed](#) in Bonteheuwel.

One Cape Town activist, who is against gender-based violence, has damned the legalisation of the sale of alcohol under the Level 3 lockdown, amid her community's first case of domestic abuse on day 1 of Level 3.

And a leading alcohol research expert has also suggested the government should reconsider the increased access points to alcohol under Level 3.

Lucinda Evans, speaking on behalf of non-governmental organisation Philisa Abafazi - "Healing the Women" - told News24 this week from her base in Lavender Hill, on the Cape Flats: "I'm livid. We had our first emergency case in our community. A woman sat for six hours in a police station. She was badly beaten, and she refused to leave the police station because she knew her husband would be drunk if she returned home."

Evans said it was common practice, in her experience, for some men with social grant cards to leave these cards at alcohol sellers "as collateral".

"When Sassa pay day comes, someone from the shebeen will then accompany the person to get their grant, and ensure they are paid back," she explained. "So, ultimately: What is the difference between the 'dop system' and now? Pay becomes alcohol."

Evans said she believed the alcohol sales ban from 27 March to 31 May had yielded positive results and she called on the government to "reverse its decision".

[READ MORE](#)

Seven die from home-made alcohol in Masiphumelele



By Lisa Isaacs and Athandile Siyo
Cape Times

Cape Town – Authorities have warned of the potential consequences of drinking home-made liquor as seven people died and five others were hospitalised after consuming alcohol tainted with methanol.

Southern/Western Sub-structure health department spokesperson Natalie Watlington said of 20 patients with methanol poisoning admitted to False Bay Hospital, seven had died.

Five of the patients have been transferred either to Victoria Hospital or Groote Schuur Hospital.

“The cause of the methanol poisoning was due to the consumption of alcohol tainted with methanol. It is alleged that the patients admitted all attended the same party on Sunday, May 31. “All patients affected were from Masiphumelele and we would like to encourage the community to be vigilant,”

Manhunt for West Rand's cash-in-transit robbers

By Staff reporter
IOL



Johannesburg – Police have launched a manhunt for the armed cash-in-transit (CIT) criminals that robbed a money van in Kagiso on the West Rand on Wednesday.

A video circulated on social media shows Kagiso residents were close to the hit helping themselves to notes left scattered on the road after the robbery.

Security company, G4S confirmed that one of its cash management vehicles was the target of a cash-in-transit robbery.

The security firm said there have been a number of critical arrests of CIT criminals over the past few months.

“G4S congratulates and thanks General Zulu and her CIT Initiative Special Task Team, the Directorate for Priority Crime Investigation, as well as SAPS Crime Intelligence for their dedication, professionalism and speed in addressing the scourge of CIT attacks in South Africa.”

Police spokesperson Brenda Muridili told Jacaranda FM that the suspects, travelling in more than one vehicle, managed to flee with an undisclosed amount of money.

“The suspects used explosives to gain access to the cash,” she said.

Probe into ‘racist’ comments at Pretoria Boys High School



By Sakhile Ndlazi
IOL

Pretoria - Pretoria Boys High School has launched an investigation following the emergence of a video on social media showing some of its learners making racist statements.

The 12-second video shows a Grade 12 learner allegedly using racist and offensive language while smiling and laughing. The others also laughed afterwards.

The first part of the video is unclear because of the background noise, but it later becomes clearer as the learner makes the offensive remarks. It is not clear when the incident occurred.

The learner who posted it on social media said he was initially scared to post it for fear of being expelled from the school. But the school later posted a statement reassuring him “we noticed you feel you may be expelled for posting racially offensive posts by some learners. We wish to assure you this is not the case. We are taking the necessary action against those concerned. Stay safe and we look forward to your return to school”.

Steve Mabona, Gauteng Department of Education spokesperson, said the matter had been reported to them. “The governing body has launched an investigation and necessary disciplinary action will be taken accordingly,” he said.

The school said the matter was brought to the attention of the headmaster, Tony Reeler, late on Sunday. He had then referred it to the department the next morning. The investigation into the posts were conducted and parents of the boys contacted. Meetings with parents were also held within 24 hours of the matter being brought to the school’s attention.

“The disciplinary hearings will be carried out by the disciplinary sub-committee of the school governing body consisting of three parents and one school teacher. In addition, the disciplinary committee will be representative in terms of race and gender.

“The disciplinary process is governed by the South African Schools Act. The committee will present its findings to the Gauteng Education Department in due course,” the school said.

[READ MORE](#)

Author, publisher and recovering addict Melinda Ferguson on why she's taking government to court over the tobacco ban.

by Sara-Jayne King
Cape Talk



For weeks government has been under fire from smokers over its decision to criminalise the purchase of tobacco products during lockdown.

Many of the country's 8 million or so smokers have signed petitions, participated in protests, and taken to social media calling for the ban to be lifted.

Additionally, a group led by British American Tobacco South Africa (BATSA) has begun legal proceedings to challenge the regulations, although government on Wednesday sought to have the matter delayed for a second time.

Author, publisher and recovering addict Melinda Ferguson is one of the 10 co-applicants in the Batsa case. She joined Lester Kiewit to explain why she feels so strongly about the issue.

*"I speak as a recovering addict. Someone who used tobacco when I needed to get clean of heroin and crack cocaine."
"For five years after getting clean I smoked obsessively...and I don't know if I'd have been able to stay off heroin if I didn't have that fix."*

Co-operative governance & traditional affairs minister Nkosazana Dlamini-Zuma previously explained the reason for the justification for the continued ban saying it would result in a "sizeable number" of South Africans quitting the habit.

But Ferguson says very little thought was put into the prohibition and the impact on smokers' mental health, financial sanity, and bodily autonomy.

"The cigarettes were taken away in a very brutal way...we were told in level four that we would get it back and all of us just had enough to the first of May."

"My mental health is at the centre of my plea for the regulations to be overturned."

*"It's my right as a human being, as an adult, to have autonomy over my own body to choose what I decided to ingest."
Melinda Ferguson, Publisher - Melinda Ferguson Books*

On Tuesday the Pretoria High Court declared the regulations promulgated for lockdown levels four and three as unconstitutional and invalid, however, for now, the judgment changes nothing.

As South Africans look for ways to make extra cash, Gumtree South Africa has warned consumers not to fall prey to online fraudsters.

by Qama Qukula
Cape Talk

A Cape Town woman was recently scammed after posting her brand new laptop for sale on Gumtree.

Mia from Kraaifontein says a man wanted to buy the device urgently and told her to remove her advert from the popular resale site.

He said that he would send "one of his IT guys" to fetch the laptop, who later turned out to be an Uber driver.

The fraudster sent a fake SMS from his bank, confirming payment and Mia handed her laptop to the Uber driver.

"He wanted me to take the ad down immediately and he wanted to transfer the money to me via EFT, which I was first skeptical about."

"He sent me screenshots of him about to transfer the money into my account, but he never sent me a screenshot of him confirming the payment."

"He wanted me to be with the driver, with the laptop as he confirmed the money and put it into my account. I just went with it... He sent through a fake FNB [payment notification] message."

Mia, Kraaifontein resident

After some challenges, Mia has opened a case of fraud with the police, but consumer journalist Wendy Knowler says cases like hers are hard to crack without identifying information.

Claire Cobbledick, General Manager for Gumtree SA, warns that consumers always need to stay alert for scammers.

"It's not the first time that we've heard of this fake proof of payment."

"The modus operandi of these fraudsters is creating urgency... Don't be bullied into rushing along."

Claire Cobbledick, General Manager - Gumtree South Africa

Here are some tips from Gumtree on what to watch out for:

- Potential buyers who ask you to delete your ad or communicate only via Whatsapp.
- Potential buyers who claim to work offshore.
- Anyone who does not want to meet in person
- Anyone hounding you constantly or 'overcommunicating' about

While the country grapples with the Covid-19 pandemic, Cobbledick adds that consumers need to be mindful of taking safety precautions when arranging a face-to-face meeting. She says consumers need to think ahead and prepare for the exchange accordingly.

Always wear a mask. Carry a packet or envelope if you're accepting cash and follow the necessary waiting time to ensure that the money is decontaminated, Cobbledick explains.

"If you're going to follow the EFT route, make sure that the money has actually cleared."

"There are many cases of Gumtree users being scammed – from selling laptops to buyers who don't pay, to paying deposits for pets that never arrive."

Claire Cobbledick, General Manager - Gumtree South Africa

Knowler and Cobbledick both reiterate the importance of vigilance to avoid falling prey to these scams.

"Gumtree, OLX, and the others do fulfill a great role, but you have to know what you're doing."

Wendy Knowler, Consumer journalist

Here's the new normal for flying in South Africa as airports reopen

Staff Writer
Business Tech



Transport minister Fikile Mbalula has outlined how domestic air travel will work under South Africa's coronavirus lockdown. Limited domestic air travel for business purposes is allowed under level 3, subject to restrictions on the number of flights per day and authorisation based on the reason for travel.

The resumption of domestic flights will be rolled out in three phases, the minister said, with additional airports added in each phase as follows:

Phase 1

OR Tambo International Airport;
Cape Town International Airport;
King Shaka International Airport;
Lanseria International Airport.

Phase 2

Kruger Mpumalanga International Airport;
Polokwane International Airport;
Bram Fischer Airport.

Phase 3

Kimberley Airport;
Upington Airport;
East London Airport;
Umtata Airport;
Port Elizabeth Airport.

Airports

The limited domestic air travel means that flights will only be allowed to depart and land at selected airports in a phased manner, the minister said.

He added that only passengers will be allowed inside the terminal buildings and that temperature screening will be conducted at terminal building entrances before any passenger is allowed entry. No passengers will be allowed inside the terminal buildings without masks.

"All the airports will have markings on the floor for social distancing of 1.5 metres. This will be applicable at check-in counters, security checkpoints and airport lounges.

"All airline check-in agents will wear face shields and the counters will be installed with protective screens. Check-in counters will also be frequently sanitised," he said.

Mbalula said that passengers are encouraged to use self-check-in to avoid queues at the airport and that boarding will be staggered and prioritized in terms of the number of passengers to board.

The check-in process is as follows:

- Passengers should check-in online before going to the airport;
- Online check-in can be done at the screens in the terminal building;
- A limited number of check-in counters will be open and physical distancing rules will apply in these queues;
- Using a check-in counter will take longer.

The security checkpoint process is as follows:

- Passengers will scan their own paper-based or mobile device-based boarding pass to the scanner at the security checkpoint.
- Passengers should remove any metal and electronic items from their person before entering the security queue. This includes mobile devices, watches, jewellery, wallets, keys and so on.
- These items must be placed in the tray at the security scanner.

This process will minimise the need for security officers to conduct physical pat-downs at the checkpoint.

The boarding process is as follows:

- Physical distancing rules apply for queues to board an aircraft;
- Passengers must scan their own boarding pass at the boarding gate;
- Boarding will be done in a controlled manner with passengers travelling in the rear seats of the aircraft boarding first. Passengers with tickets for Row A, for example, will board last;
- Masks must be worn for the duration of the flight.

Flying

Mbalula said that inside the cabin, full capacity will be allowed.

He added that the risk of Covid-19 infection onboard a commercial passenger airliner is lower than in many other confined spaces.

"All our commercial aircraft are fitted with the High-Efficiency Particulate Air (HEPA) filters. These are manufactured to the same standard as those used in hospital operating theatres and industrial clean rooms, with the same efficacy of 99.97% in removing viruses," he said.

"While the total air supply inside the cabin is essentially sterile and particle-free, the biggest risk is if someone enters or remains in that environment, while unwell with a viral infection. This risk will be mitigated through the adoption of effective sanitization and personal hygiene protocols."

He said that the following measures will apply inside the cabin of the aircraft:

- No catering will be allowed;
- No magazines on board;
- The last row will be reserved for isolation of suspected cases.
- All aircrafts must be disinfected before entering into service and after each flight.

The disembarkation process will be as follows:

- Masks must continue to be used when disembarking and moving towards the baggage carousels;
- Physical distancing rules will apply at the baggage carousels;
- Crowding close to the baggage carousels will not be permitted.

"Loading capacity for all airport buses must be limited to 70%. These buses must be disinfected after off-loading. Drivers, baggage handlers and ground handlers must be fully equipped with appropriate personal protective equipment (PPE)," Mbalula said.

"On arrival, all passengers must be screened as they enter the terminal building. Suspected cases must be referred to Port Health."

Last year, the King got R66.7m from taxpayers.

Clement Manyathela interviews the KZN Premier and the DA leader in the province.

by Kabous le Roux
Cape Talk

South Africa's long-suffering taxpayers will fund Zulu King Goodwill Zwelithini's lifestyle to the tune of R71.3 million in the 2020/2021 financial year.

Last year, King Zwelithini received R66.7 million.



Zulu King Goodwill Zwelithini.

KwaZulu-Natal (KZN) Premier Sihle Zikalala defended the large payment to Zwelithini, saying residents also benefit by way of cultural events and ceremonies.

"We can't keep on increasing the King's budget and yet we are saying we are facing an economic crisis," lamented the Democratic Alliance's (DA) leader in KZN, Zwakele Mncwango.

"If there is a budget cut for service delivery, why are there no cuts to the King's budget?"

Clement Manyathela interviewed Premier Zikalala and Mncwango.

"It's about ensuring the palaces are maintained. It is about ensuring that ceremonies and other cultural events that include the people, in general, are implemented"
Sihle Zikalala, Premier - KwaZulu-Natal

"We are frustrated with our government... There are service delivery budget cuts all over... They want to renovate the King's palaces..."

Zwakele Mncwango, leader - Democratic Alliance in KwaZulu-Natal

"Last year in July, the King went to the UK... and spent about R4 million, just on one trip!"

Zwakele Mncwango, leader - Democratic Alliance in KwaZulu-Natal

[LISTEN TO THE INTERVIEW](#)

Armed gang, dressed in PPE gear, rob Pietermaritzburg pension pay point

By IOL Reporter



Durban - A gang of armed men, dressed as healthcare workers, made off with an undisclosed amount of money following a robbery at the Checkers supermarket at the Scottsville Mall on Wednesday morning.

The men pretended to be Covid-19 health inspectors.

It is believed the gang entered the mall, wearing masks, face shields, gloves and white lab jackets, via the Alan Paton Avenue entrance.

They made their way to the store where they stole more than R200 000 from the pension payout point at Checkers. Pensioners were still standing outside at the time of the robbery.

No shots were fired and no injuries were reported. Meanwhile, pensioners have been advised to collect their monies at other facilities as the supermarket will not be making any pension payouts on Wednesday. Police are investigating further.

Meanwhile, investigations are still under way after PPE destined for three KZN districts went missing earlier this week.

Items valued at millions of rands, which were due to be delivered to circuit offices and schools in the Pinetown, uMlazi and Zululand districts, have "gone missing".

MEC for Education in KZN, Kwazi Mshengu expressed shock and dismay and called for an investigation into the matter.

(And now for something uplifting to make you smile - Tanya)

If anyone is at high risk of contracting the disease, it's hospital workers. Karl Bremer nurses know how to keep their spirits up.

by Paula Luckhoff
Cape Talk

Healthcare and other hospital workers are at high risk as they continue their work during the Covid-19 pandemic. Recently, nurses at the Karl Bremer Hospital in Cape Town made a video celebrating their own brave efforts.

Suiting up, sanitizing and masking up, they dance down a hospital corridor to the beat of the hit song *Jerusalem*.

The Western Cape Government posted the video with the caption: "Hats off (and masks on) to our frontline healthcare workers at Karl Bremer Hospital for staying positive and motivated during these challenging times."

Enjoy the video below:

www.facebook.com/watch/?v=613685542825022



South Africa
The Good News

ZOOM INVITATION

**CAPE TOWN'S CARNIVAL'S YEARLY
AWARDS**



Although Cape Town Carnival's main March event was cancelled because of lockdown restrictions, a huge amount of work and community preparation occurred beforehand.

We'd like to invite you to our first online event, where we'll recognise the contribution and creativity of those involved in the build-up, by honouring participants and announcing the recipients of our 'Yearly Awards'.

Date: 6 June

Time: 09h45 for 10h00 – 12h00

Location: Your home/your phone/your laptop

Join us via Zoom:

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***DRESS FOR A
CELEBRATION***

MONEY MATTERS



Virus wipes 20% off FNB customers' income In line with guidance from other South African lenders.

By Roxanne Henderson
Bloomberg



The average income of customers at South Africa's First National Bank plummeted by about 20% during the nation's lockdown as people took pay cuts or had less work to do.

FirstRand Ltd.'s retail banking unit also experienced a "major drop off" in transactional activity and credit-card spending as businesses closed and people stayed home, FNB's retail banking head Raj Makanjee said on a call with reporters on Tuesday. Credit growth suffered as South Africans opted to save, he said.

The slump in business is in line with guidance from other South African lenders that earnings for the first half of the year will probably decline by at least 20% as measures to curb the pandemic take their toll on the finances of customers. Unlike its main competitors, FirstRand reports annual results through June.

Banks have all extended relief to clients to help shore up their cash flows, including payment holidays and emergency loans. South Africa moved to alert level 3 from June 1 after being at level 4 for a month. That was preceded by five weeks of a strict level 5 lockdown that shuttered almost all activity except essential services. The central bank sees the economy contracting by 7% in 2020.

FNB has also adjusted its eBucks rewards programme to offer Netflix and Spotify Technology SA discounts as clients spend more time indoors, Makanjee said.

Pressure to outshine peers persists for South Africa's biggest banks, which have seen several new players enter the market in recent years, while intensified competition in the industry has also seen incumbents snatching some clients, Makanjee said.

"When the economy goes through this level of challenge we do expect a level of consolidation. It's going to be very difficult for all competitors to stand and cope with the magnitude of the impact," he said. "Certainly we want some of these new competitors to be strong but we think it's going to be tougher."

Pricey ATM fees back as lockdown eases to level 3

By Money Reporter
Dispatch Live



As more people return to work with the Covid-19 lockdown easing to level 3, the banks have reintroduced high charges for failing to get to your own bank's ATM to withdraw money.

If you draw from another bank's ATM, you will now again incur fees of up to R21.50 per R500 withdrawal.

South African banks, which agreed to waive ATM cash withdrawal and Saswitech network charges given the restrictions on travel during the coronavirus lockdown, will no longer absorb these costs, the Banking Association SA (Basa) said in a statement.

Normally, if, for example, you bank with Nedbank and make a cash withdrawal from say an FNB ATM, you would pay the usual withdrawal fees as well as a punitive Saswitech fee for using another bank's ATM. But these were waived while the country was under level 4 and 5 lockdown, helping individual customers save almost half of what they would have paid in withdrawal fees.

However, drawing money from a shop such as Pick n Pay or Checkers has remained much cheaper even than using an ATM affiliated to one's own bank.

Basa says its member banks have granted almost R14.5bn in total relief to customers since the lockdown started in late March to May 23, R3bn of which was extended in the last two weeks to May 23 to individuals experiencing financial distress.

"This amount will continue to grow as banks process applications for Covid-19 debt relief," it says. However, "prudent business practice now requires that banks recover the cost of maintaining and operating ATMs and point-of-sale (POS) networks to ensure the sustainability of these operations", Basa says.

[READ MORE](#)

Here is the official petrol price for June

Staff Writer

Business Tech



The Department of Energy has announced the official fuel price changes for June 2020, showing a sharp increase for motorists.

Following two consecutive months of significant decreases in the fuel price as a result of a significant drop in demand, fuel prices are now set to rise again in June.

These are the changes:

Petrol 93 and 95: R1.18 per litre increase

Diesel 0.05%: 22 cents per litre increase;

Diesel 0.005%: 21 cents per litre increase;

Illuminating Paraffin: 40 cents per litre increase.

The average international product prices for petrol, diesel and illuminating paraffin increased during the period under review, and the rand appreciated against the US dollar during the period under review, on average, when compared to the previous period.

The average rand/US dollar exchange rate for the period 30 April 2020 to 28 May 2020 was 18.1715 compared to 18.4771 during the previous period. This led to a lower contribution to the basic fuel prices on petrol, diesel and illuminating paraffin by 7.18 c/l, 6.90 c/l and 5.52 c/l respectively.

The increase for June is sizeable, but not unexpected, with the Automobile Association noting that a jump in price was anticipated in line with most of the world returning to more typical economic activity.

This has an effect on oil demand, which subsequently translates to movement in global petroleum costs.

“The global lockdowns under Covid-19 saw fuel demand plummet. The resulting oversupply left storage bunkers full, with the extraordinary outcome that oil prices in the USA briefly dipped below zero,” the AA said.

The association noted that crude oil prices used to calculate South Africa’s fuel prices had fallen in lockstep with the reduction in demand, but are now inching up as economic activity begins to ramp up on a global scale.

“This is not unexpected, and South Africans should remember that the fuel price (in May) was around R4 per litre lower than it was before the Covid-19 crisis hit. Fortunately, the rand has strengthened during May, which has helped insulate the country from some of the rise,” the AA said.

This is how the prices will be reflected at the pumps:

<i>Fuel (Inland)</i>	<i>May Official</i>	<i>June Official</i>
95 Petrol	R12.22	R13.40
93 Petrol	R12.02	R13.20
0.05% Diesel (wholesale)	R11.08	R11.30
0.005% Diesel (wholesale)	R11.17	R11.38
Illuminating Paraffin	R4.49	R4.89

WHAT'S HAPPENING AROUND THE WORLD



Protests stayed peaceful amid Trump's 'normalised mayhem'

By Tim Walker
The Guardian

Protesters defy curfews in US cities, while Joe Biden set out vision for another kind of presidency.



Tens of thousands attended a memorial rally for George Floyd in his hometown of Houston on Tuesday.

The mayor and police chief of Houston marched alongside tens of thousands of people on Tuesday, at a memorial rally for George Floyd in his Texas hometown. Across the US, peaceful protesters defied the curfews and a sometimes forceful police response to turn out for an eighth day of demonstrations over Floyd's death at the hands of Minneapolis police officers.

In some cities, police have been filmed marching or kneeling with the protesters. On the Today in Focus podcast, former federal prosecutor Paul Butler discusses whether this wave of protest will lead to the policing reforms he believes are needed.

Yet the unrest has also led to deadly violence, with many of those killed being African American. In the US, writes Derrick Johnson, the expendability of black lives is just part of the system.

Across the country, large numbers of people from all walks of life have joined peaceful protests against racist police violence, offering welcomed solidarity in recognition of the searing frustration and anger of Black people who have seen too many friends and family die senselessly.

Minneapolis schools ended their contract with the city's police, whose officers had provided school security. "We cannot continue to be in partnership with an organization that has the culture of violence and racism that the Minneapolis police department has historically demonstrated," said a school board member.

JUST IN..

Officers to appear in court on day of first Floyd memorial

Fired Minneapolis police officers Alexander Kueng, 26, Thomas Lane, 37, and Tou Thao, 34, are due to appear in court this afternoon to face charges filed yesterday of aiding and abetting former officer Derek Chauvin in the murder of George Floyd on May 25.



The DC National Guard at the steps of the Lincoln Memorial

The controversy over Donald Trump's short walk to a Washington DC church on Monday continues, after it emerged that clergy linked to St John's – known as the "church of the presidents" – were among the peaceful protesters dispersed by police with teargas and rubber bullets to clear Trump's path from the White House. "They turned holy ground into a battleground," said the Rev Gini Gerbasi.

Yet some among the president's evangelical base saw the photo op – which was reportedly planned on the hoof, in response to negative media coverage – as "the coolest thing he could do".

George Floyd death: Liverpool footballers 'take a knee'

Gesture of support by players of English Premier League club following the death of Black man in US police custody.



The picture of 29 players from the English Premier League leaders was taken during a training session.

Liverpool football players took a knee around the centre circle at Anfield Stadium on Monday, in a gesture of solidarity as protests swept the United States following the death of George Floyd, an unarmed Black man, in police custody.

Squad members posted a picture of the act on their social media accounts with the caption "Unity is strength #BlackLivesMatter".

The move evoked memories of former San Francisco 49ers quarterback Colin Kaepernick kneeling during the US national anthem before NFL games in 2016 to protest against police brutality and racial inequality in the US.

The picture of 29 players from the English Premier League leaders was taken during a training session.

Star players Virgil van Dijk, Trent Alexander-Arnold and captain Jordan Henderson were among those to post the picture that was retweeted by the official account of Liverpool, which is owned by Fenway Sports Group - the US company which also controls the Boston Red Sox.

Autopsy report shows Floyd had tested positive for COVID-19

BY ASSOCIATED PRESS
CBS News

A full autopsy of George Floyd provides several clinical details - including that Floyd had tested positive for COVID-19.

The 20-page report released Wednesday by the Hennepin County Medical Examiner's Office came with the family's permission and after the coroner's office released summary findings Monday that Floyd had a heart attack while being restrained by officers, and classified his May 25 death as a homicide.

The report by Chief Medical Examiner Andrew Baker spelled out clinical details, including that Floyd tested positive for COVID-19 on April 3 but appeared asymptomatic. The report also noted Floyd's lungs appeared healthy but he had some narrowing of arteries in the heart.

Thieves using protests as cover for "smash-and-grab" thefts, police say

By Associated Press
CBS News

Police say many smash-and-grab thefts that coincided with protests have been carried out by caravans of well-coordinated criminals capitalizing on chaos. They use social media to communicate with each other and do things to distract and throw police off their trail.

The wave of crime has followed largely peaceful demonstrations, and law enforcement experts note that it has happened in big and small cities and in rural areas.

Thieves often target high-end shops as officers are assigned to prevent protests from becoming unruly and enforce curfews. In the San Francisco Bay Area, a band of thieves stole nearly 75 vehicles from a dealership.

Trevor Noah gets candid about #BlackLivesMatter & George Floyd

By CHRIZELDA KEKANA
Times Live



SA comedian Trevor Noah has slammed the police brutality and racism that has again reared its ugly head in America through a 18-minute video after the death of George Floyd and the Minneapolis protests.

The video of the brutal murder of George, who was unarmed, went viral across the world and pushed Americans, particularly, in Minneapolis, beyond their tipping point. While Trevor didn't join the physical riots, in an emotional video he expressed his anger and frustration about the continued loss of black lives at the hands of white police officers.

"How many George Floyds are there who don't die? How many men are having knees put on their necks? How many Sandra Blands are out there being tossed around? It doesn't make the news because it's not grim enough. It doesn't even get us anymore. It's only the deaths, the gruesome deaths, that stick out," Trevor said.

Trevor said he understood why the riots had to happen, saying the deaths that have happened in a short space of time combined with the systematic racism that has doomed black people to poverty was always a time bomb waiting to explode. The comedian said police officers in the US were essentially looting black lives and expecting black people to just helplessly watch.

"Try to imagine how it must feel for black Americans when they watch themselves being looted every single day. Because that's fundamentally what's happening in America. Police in America are looting black bodies. I know someone might think that's an extreme phrase, but it's not," said Trevor.

WATCH THE FULL MONOLOGUE BELOW:

https://youtu.be/KDy3e_VEWms

I know you guys haven't heard from me in a few days. I've been trying to process what is going on in the world. At a time I've been asking people to come together, work together and be united, we appear to me more divided than ever. People are hurting and people need answers.

Black lives matter.

Black culture matters.

Black communities matter.

We matter.

#justiceforgeorgefloyd

#justiceforahmaudarbery

#justiceforbreonnataylor

By Trevor Noah

By The Guardian

China's air pollution is back to pre-Covid levels, with scientists saying Europe [is likely to follow suit as lockdowns begin to lift](#).

A Wuhan doctor has died after four months fighting the virus. The death of 42-year-old Hu Weifeng, the sixth doctor to succumb to the disease from the city's so-called "whistleblower hospital", [sparked fresh anger at the authorities in China](#) for their failure to protect frontline medics during the outbreak.

At least 100,000 people have been evacuated in **India** – including some of the country's growing number of coronavirus patients – as the city of [Mumbai braces for its first cyclone in more than 70 years](#).

Mark Zuckerberg chose not to remove an incendiary Trump post following a ["pretty thorough" decision-making process](#), the Facebook CEO told staff in a video conference on Tuesday, despite widespread criticism from within the company.

Renewable sources surpassed coal in energy generation in the **US** in 2019 – [for the first time since coal surpassed wood](#) as the nation's favourite energy source, in the 19th century.

Cases are on the rise in 20 US states including California over the past five days, raising fears that reopening will increase the rate of transmission.

Mexico and Brazil recorded their highest daily death tolls even as the [Brazilian authorities push aggressively](#) to reopen the country's economy.

A small Spanish town was one of Europe's worst hotspots. The outbreak in La Rioja led to [suspicion and recrimination among a tiny, tight-knit community](#), as Giles Tremlett discovered

South Korea and India have approved the emergency use of Remdesivir to treat people who have Covid-19.

On Monday, Gilead Sciences Inc. announced that the medicine provided some benefit for patients with mild Covid-19 and helped them to recover faster. While it shows promise, it is still not an internationally approved safe treatment for Covid-19. India plans to manufacture its own stock, but South Korea will have to contest with the United States and some European countries which are already racing to import and stock up.

WHO: No evidence that COVID-19 losing its potency

By Africa Brief
Africa's Medical Media Digest

World Health Organisation experts and a range of other scientists have found no evidence to support an assertion by a high-profile Italian doctor that the coronavirus causing the COVID-19 pandemic has been losing potency, Reuters Health reports.

Professor Alberto Zangrillo, head of intensive care at Italy's San Raffaele Hospital in Lombardy, which bore the brunt of Italy's epidemic, is quoted as saying that the new coronavirus "clinically no longer exists". But WHO epidemiologist Maria Van Kerkhove and several other experts on viruses and infectious diseases, said Zangrillo's comments were not supported by scientific evidence. There is no data to show the new coronavirus is changing significantly, either in its form of transmission or in the severity of the disease it causes, they said. "In terms of transmissibility, that has not changed, in terms of severity, that has not changed," Van Kerkhove said.

[READ MORE](#)

Trump tried to vote with wrong address while railing against voter fraud

Records reviewed by the Post found the president had to resubmit his application, despite railing against the vote by mail process

By Ankita Rao
The Guardian



Donald Trump has been railing against [vote by mail](#) for the past few months – falsely citing the potential for voter fraud, which is extremely rare. As it turns out, the president himself bungled the system.

Trump registered to vote in Florida last September under his White House address – 1600 Pennsylvania Ave, [according](#) to the Washington Post. But Florida does not allow people to register to vote without an in-state address, and one month later, Trump resubmitted his application with a Florida address and voted in the Republican primary.

On his registration form, Trump told Florida officials his legal residence was in Washington DC but on another day also said he was a "bona fide resident" of Palm Beach, [Florida](#), home to his Mar-a-Lago Club, according to the public records reviewed by the Post.

Other voters have faced significant consequences for the same mistake. In fact, as some Democrats pointed out, the same issue is listed on White House website as voter fraud.

[READ MORE](#)

Frankie & Benny's owner to permanently close 120 restaurants

Restaurant Group closures will also affect Garfunkel's with up to 3,000 UK job losses expected

By Sarah Butler
The Guardian



The owner of Frankie & Benny's and Garfunkel's is to permanently close up to 120 restaurants with almost 3,000 jobs losses expected as it accelerates plans to restructure under the shadow of the coronavirus pandemic.

The Restaurant Group, a British chain that also owns Wagamama and a number of pubs and concessions in airports, has about 600 outlets, nearly all of which closed in March under the government's plan to prevent the spread of Covid-19.

That month, the group issued a profit warning and said that 61 of its 80 branches of its Tex-Mex dining chain Chiquito would not reopen. It also said it would permanently close its 11 Food and Fuel pubs in London. The decision led to the loss of almost 1,500 jobs.

The majority of the latest round of closures will affect Frankie & Benny's outlets.

In an email to managers this week, first reported by the BBC, the company said: "Many sites are no longer viable to trade and will remain closed permanently."

It added: "The Covid-19 crisis has significantly impacted our ability to trade profitably, so we have taken the tough decision to close these restaurants now."

[READ MORE](#)

Has the UK just cancelled summer by imposing a 14-day quarantine?

By Joe Minihiane
CNN



Across Europe, beaches are getting ready for their first socially distanced foreign visitors, hotels are airing out rooms and restaurants are laying alfresco tables. With borders now open, the travel industry is trying to salvage as much of the peak tourist season as possible.

Right now, almost everyone's invited, but despite the alluring prospect of blue Mediterranean seas and bluer skies, one country isn't coming -- and people are getting very angry about it.

For the UK, it seems, summer vacations could still be cancelled.

Even as it appears to be emerging from one of the continent's worst coronavirus outbreaks, the country has decided to suddenly slam its borders shut by imposing a 14-day quarantine that critics say will torpedo the last shreds of hope for its travel industry.

Unless the rules change soon, millions of Britons who'd hoped to ease their post-lockdown blues with an escape to warmer climes will likely have to scrap their plans unless they want to endure enforced isolation on their return or risk a £1,000 fine - about \$1,250.

And for the UK's tourism industry, any prospect of soaking up some much needed foreign tourist dollars is vanishing fast. Britain has many charms, but two weeks' incarceration inside the same room is not why people visit this sceptered isle.

If that wasn't enough to stoke frustrations, it seems that far from being stringently enforced, the new regulations will only be lightly policed after they come into effect on June 8, with spot checks that may actually miss the virus carriers they're designed to keep sequestered.

That stands in contrast to much more stringent measures in Australia, New Zealand and Hong Kong, imposed much earlier in the pandemic.

There are claims that visitors or returnees may be able to make use of a "Dublin dodge," since arrivals from the Republic of Ireland will be exempt from the quarantine. In theory they could travel from anywhere and transit via the UK's near neighbour.

[READ MORE](#)

SPORT NEWS

Local federations await Level 3 clarity as world sport gradually resumes

By Craig Ray
Daily Maverick



After months of coronavirus lockdowns that brought the world's sporting schedule to an abrupt halt, some high-profile events have either returned or are set to return. But for South African sport, the immediate future remains unclear.

South Africa moved to lockdown Level 3 on Monday, which brings an easing of restrictions and the reopening of more businesses after two months of constraints under the National State of Disaster.

It means the limited reopening of churches, schools and liquor stores but, for the multitude of national sports federations, it is not enough.

Regulations announced by Co-operative Governance and Traditional Affairs Minister Nkosazana Dlamini Zuma on Thursday stipulated that: "All gatherings are prohibited except a gathering at a professional non-contact sports match, which may include players, match officials, journalists and medical and television crew, as per directions issued by the Cabinet member responsible for sport after consultation with the Cabinet member responsible for health."

This led to some premature celebrations on social media but, as always, the devil was in the details. Those details should be supplied by Sports Minister Nathi Mthethwa on Saturday.

In Germany, the Bundesliga returned to action two weeks ago with matches taking place behind closed doors. On Thursday, England's Premier League announced it would resume on 17 June, while golf's European Tour confirmed it would return to action in early July – initially behind closed doors.

In South Africa, rugby and football remain out of bounds under Level 3 and non-contact sports such as tennis, gymnastics and golf still need clarity.

A [joint liaison committee \(JLC\)](#) of the Premier Soccer League (PSL) and South African Football Association (Safa) are working on a document detailing how they could return to the play under Level 3 restrictions.

The JLC will meet on Monday to finalise the detail, which will then be presented to Sports Minister Nathi Mthethwa, who had asked Safa and the PSL to "guide" him in this process.

[READ MORE](#)

Andy Murray hopes for June return as plans to restart tennis gather pace

By Tumaini Carayol
The Guardian



Andy Murray will be hoping to compete in his first match since November when competitive tennis returns to Great Britain at the end of next month with a national tournament organised by his brother, Jamie.

Murray has not competed since his appearance in the Davis Cup Finals was followed by complications with his hip. He had returned to the practice courts shortly before the tour was suspended because of the Covid-19 outbreak. Details of the event in June, including venue and dates, are still to be confirmed.

[READ MORE](#)

Roger Federer unseats Lionel Messi as world's highest-paid sportsperson

By The Guardian
Guardian sport and agencies



Roger Federer is the world's highest-paid athlete for 2020 as the Covid-19 pandemic knocked soccer's Lionel Messi off top spot, according to the annual Forbes list released on Friday.

The Swiss tennis great, owner of a men's record 20 grand slam singles titles, earned \$106.3m in the last 12 months, including \$100m via endorsements, to move up four places and become the first player from his sport to top the list in the 30 years the business magazine has published the rankings.

Federer's sponsorship portfolio includes such brands as Credit Suisse, Mercedes-Benz, Wilson and a 10-year, \$300m deal with Japanese apparel brand Uniqlo.

Footballers Cristiano Ronaldo (\$105m), Messi (\$104m) and Neymar (\$95.5m) and American basketball player LeBron James (\$88.2m) rounded out the top five.

[READ MORE](#)

COVID-19 ARTICLE

(Very worthwhile reading. Click on links for additional information – Tanya)

OPINION

Sarah Buitendacht: Wanted: antidotes to Covid-19 anxiety

In an attempt to mitigate my own worries, I've found respite in nature and books

By SARAH BUITENDACH
Financial Mail



A woman helps a relative with a face mask during a food distribution organised by a charity, in Vrededorp, Johannesburg.

There have been moments in the past week where I've wondered whether there's anything good left in the world. I know I'm not alone.

Between the escalating Covid numbers (now 35,812 cases and 755 deaths), businesses closing all around us, people starving and the US igniting in flames of anger and hurt, I've muttered, more than once: "Come on, universe – enough already." It turns out the universe was awfully busy shepherding Elon's guys towards the space station, so I am yet to get a response. Chances are, many of you reading this will have had similar iterations of anxiety, fear or depression recently.

Last week polling company [Ipsos released the results of a poll](#) aimed at figuring out South Africans' behaviour and mental state during the lockdown. It polled more than 1,000 people online, even if it wasn't as robust as it could have been as respondents weren't asked if they'd experienced those problems before the pandemic.

Still, whatever way you skin it, the findings are pretty glum. We ladies are taking more strain, it seems: 40% of the women who answered said they'd suffered from anxiety as a result of the pandemic and lockdown. This levelled out to 30% once the menfolk were included.

Ipsos also found that some of us have been grappling with insomnia, eating too much and exercising too little during the pandemic. Up shoots my hand for all three.

Now that our world is opening up (ever so slightly), might things improve?

I wouldn't bet on it. Consider the stress of potentially sending children back to school; the fear of having to be in close quarters with colleagues; using public transport; and not knowing what the future holds. You realise pretty soon that we're not magically delivered from Covid-19; we're just dealing with a different kind of problem.

The Brits might be in a different situation to us, but [this piece](#) by Telegraph writer Celia Walden sums up how I think a lot of us are feeling about level 3. Her thesis is that the easing of the lockdown is causing anxiety precisely because "suddenly we're not all in this together anymore".

Blissful escapism

In an attempt to mitigate my own worries, I've found respite in nature and books. The golden winter rays blanketing Joburg right now are a balm, and so are whodunnits, set 80 years ago and featuring dames with moxie.

It's an enchanting combination, and it's for this reason that I loved [this visual story](#) by The New York Times. The newspaper's photo editor scoured the archives and found a series of images dating back to 1962 of people reading in the sun. It's a blissful antidote to the anxiety rippling at the edges of our society right now.

As for other soothing elixirs, [these tips from The Conversation](#) are practical and comforting. The writers raise an excellent point about being kind to yourself and others: cut yourself some slack and stop with the vitriol.

It's easy to be snappy, rude, and basically awful when you're under pressure – especially on social media – but pretty much everyone is in a bad way, so that's not going to help. Martin Luther King Jr put it eloquently: "I have decided to stick with love. Hate is too great a burden to bear."

HOW IS COVID-19 IMPACTING PEOPLE?

	 AU	 BR	 CA	 CN	 DE	 ES	 FR	 IN	 IT	 JP	 MX	 RU	 KR	 UK	 US	 ZA
Insomnia	12%	26%	17%	16%	14%	25%	18%	14%	22%	6%	38%	17%	10%	16%	15%	25%
Anxiety	23%	41%	30%	23%	7%	26%	19%	20%	25%	6%	35%	32%	15%	28%	28%	31%
Depression	17%	11%	17%	4%	8%	10%	5%	19%	12%	5%	15%	18%	13%	16%	19%	20%
Migraines	7%	14%	7%	6%	5%	10%	7%	11%	11%	6%	14%	8%	8%	7%	9%	10%
Over eating	19%	39%	29%	14%	10%	23%	9%	19%	19%	9%	30%	23%	14%	25%	19%	29%
Under eating	4%	8%	4%	8%	1%	6%	2%	14%	4%	1%	9%	4%	5%	4%	7%	7%
Increased smoking	7%	10%	7%	7%	9%	13%	6%	10%	11%	5%	12%	14%	9%	7%	9%	8%
Over exercising	2%	4%	3%	5%	2%	10%	3%	14%	11%	2%	5%	2%	3%	3%	5%	4%
Under exercising	20%	35%	29%	31%	25%	29%	17%	18%	34%	39%	30%	30%	38%	25%	19%	29%
Increasing alcohol use	10%	9%	13%	8%	8%	9%	6%	10%	6%	9%	5%	9%	9%	13%	10%	3%
Decreasing alcohol use	5%	6%	4%	9%	3%	5%	3%	11%	5%	1%	13%	4%	4%	4%	4%	17%
None of these	43%	22%	36%	37%	53%	29%	52%	37%	27%	44%	22%	28%	37%	38%	41%	30%
Prefer not to answer	6%	5%	4%	6%	4%	5%	4%	11%	3%	6%	6%	7%	4%	4%	5%	3%

Q: Are you suffering from any of the following as a result of COVID-19?

16,038 adults polled in 16 countries from May 7-10, 2020




The **physical effects** on those infected and the **mental trauma** and the fear, which almost everyone faces.

The fear of not knowing how this pandemic is going to play out, in terms of our **economic, physical** and **mental well-being**.

ENVIRONMENT TOPICS AROUND THE GLOBE

World Environmental Day

Friday 5th June 2020



The foods we eat, the air we breathe, the water we drink and the climate that makes our planet habitable all come from nature.

*Yet, these are exceptional times in which nature is sending us a message:
To care for ourselves we must care for nature.*

It's time to wake up. To take notice. To raise our voices.

It's time to build back better for People and Planet.

This World Environment Day, it's Time for Nature.

[READ MORE](#)

[WATCH VIDEO](#)

WORLD OCEAN DAY

MONDAY 8TH JUNE



World Ocean Day is a global awareness event celebrated on every 8th of June since 2009. This day is an opportunity to highlight the role of oceans in our everyday life and also to take action to protect our ocean and the sustainable use of marine resources. In 1992, the idea of World Oceans Day was first introduced in Rio de Janeiro at the Earth Summit as a way to commemorate our world's common ocean and our intimate connection with the oceans and to increase awareness about the vital role played by the ocean in our lives and how important people can help to preserve it.

[MORE](#)

A lesson in conservation, from the coronavirus

By The Guardian



The celebrated primatologist Jane Goodall has warned that [humanity will be “finished” if we fail to learn the lessons](#) of the coronavirus and the climate crisis, and do not make drastic alterations to our food systems. Speaking at an online event organised by the campaigning group Compassion in World Farming, Goodall blamed the pandemic – thought to have originated at a “wet market” in Wuhan – on the over-exploitation of the natural world.

What is biodiversity and why does it matter to us?

By The Guardian



[READ MORE](#)

AUSTRALIA

Woolworths reveals new 'old school' bag option at checkout



By KNOWLEDIA

au.news.yahoo.com

The new bags are more expensive than Woolworths plastic bags and were introduced after a trial that was 'well received' by shoppers in selected stores.

Woolworths shoppers across the country from Wednesday will now have an additional option when choosing how to get their groceries home.

At checkouts nationwide customers will now be able to pick up a fully recyclable paper bag for 20 cents – five cents more than reusable plastic bags rolled out following single-use bags being withdrawn.

The supermarket trialled the paper bags at select stores in NSW, Victoria and Queensland, where they were well-received, Woolworths Supermarkets Managing Director Claire Peters said.

These are the recyclable paper bags now available in Woolies stores across the country.



"While the vast majority of our customers bring their own bags, we know customers sometimes drop by a store unplanned or can forget their bags when they're on the run," she said.

"For some time, customers have told us they'd like the option of a strong paper bag option, so we're pleased to now offer that choice at our checkouts, alongside our existing reusable plastic bags."

Sixth mass extinction of wildlife accelerating, scientists warn

Analysis shows 500 species on brink of extinction – as many as were lost over previous century

By Damian Carrington
Environment editor
The Guardian



The Sumatran rhino is on the verge of extinction, with fewer than 1,000 individuals left.

The sixth mass extinction of wildlife on Earth is accelerating, according to an analysis by scientists who warn it may be a tipping point for the collapse of civilisation.

More than 500 species of land animals were found to be on the brink of extinction and likely to be lost within 20 years. In comparison, the same number were lost over the whole of the last century. Without the human destruction of nature, even this rate of loss would have taken thousands of years, the scientists said.

The land vertebrates on the verge of extinction, with fewer than 1,000 individuals left, include the Sumatran rhino, the Clarión wren, the Española giant tortoise and the harlequin frog. Historic data was available for 77 of the species and the scientists found these had lost 94% of their populations.

The researchers also warned of a domino effect, with the loss of one species tipping others that depend on it over the edge. “Extinction breeds extinctions,” they said, noting that unlike other environmental problems extinction is irreversible.

Humanity relies on biodiversity for its health and wellbeing, scientists said, with the coronavirus pandemic an extreme example of the dangers of ravaging the natural world. Rising human population, destruction of habitats, the wildlife trade, pollution and the climate crisis must all be urgently tackled, they said.

“When humanity exterminates other creatures, it is sawing off the limb on which it is sitting, destroying working parts of our own life-support system,” said Prof Paul Ehrlich, of Stanford University in the US, and one of the research team. “The conservation of endangered species should be elevated to a global emergency for governments and institutions, equal to the climate disruption to which it is linked.”



“We are facing our final opportunity to ensure that the many services nature provides us do not get irretrievably sabotaged,” said Prof Gerardo Ceballos of the National Autonomous University of Mexico, who led the research.

The analysis, [published in the journal Proceedings of the National Academy of Sciences](#), examined data on 29,400 land vertebrate species compiled by the IUCN Red List of Threatened Species and BirdLife International. The researchers identified 515 species with populations below 1,000 and about half of these had fewer than 250 remaining. Most of these mammals, birds, reptiles and amphibians were found in tropical and subtropical regions.

Scientists discovered that 388 species of land vertebrate had populations under 5,000, and the vast majority (84%) lived in the same regions as the species with populations under 1,000, creating the conditions for a domino effect.

Known examples of this include the overhunting of sea otters, the main predator of kelp-eating sea urchins. A boom in urchins devastated kelp forests in the Bering Sea, leading to the [extinction of the kelp-eating Steller’s sea cow](#).



The researchers said their findings could aid conservation efforts by highlighting the species and regions requiring the most urgent attention.

Prof Andy Purvis, at the Natural History Museum in London, and not part of the new analysis, said: “This research provides another line of evidence that the [biodiversity crisis is accelerating](#). The hardest problem [the researchers] faced is that we don’t know more about the history of species’ geographic distributions. They only had that information for 77 of the species on the brink, and we can’t know for sure how typical those species are.”



Española giant tortoise.

“But that doesn’t undermine the conclusion,” he said. “The biodiversity crisis is real and urgent. But – and this is the crucial point – it is not too late. To transition to a sustainable world, we need to tread more lightly on the planet. Until then, we are essentially robbing future generations of their inheritance.”

Prof Georgina Mace, of University College London, said: “This new analysis re-emphasises some startling facts about the extent to which vertebrate populations have been reduced worldwide by human activities.” But she said she was not convinced that simply having a population less than 1,000 was the best measure of a species being on the brink. A declining trend for the population is also important and both factors are used in the IUCN Red List, she said.

“Action is important for many reasons, not least of which is that directly and indirectly we rely on the rest of life on Earth for our own health and wellbeing,” she said. “Disrupting nature leads to costly and often hard-to-reverse effects. Covid-19 is an extreme present-day example, but there are many more.”

Mark Wright, the director of science at WWF, said: “The numbers in this research are shocking. However, there is still hope. If we stop the land-grabbing and devastating deforestation in countries such as Brazil, we can start to bend the curve in biodiversity loss and climate change. But we need global ambition to do that.”

SOMETHING TO SMILE ABOUT

Written by Stephan Pöltner

Now to a very Viennese version of the Hungarian Gyulas: the FIAKER Gyulas.

A Fiaker is as essential a part of Vienna as are St. Stephan's Cathedral, 'Schönbrunn' (the Imperial Summer Palace), the Coffee Houses, the Wine Garden, Vienna Philharmonic Orchestra (THE Philharmonic Orchestra) etc. etc. etc.

A Fiaker is not only the person who guides the Fiaker.

Are you confused?

The Fiaker is the person who guides the horse-pulled chariot, called Fiaker.

All clear?

No?

Have a grappa and carry on reading.

Being a Fiaker (not the chariot of course) is not only a job. No, it is a profession, a calling, an institution; one is even tempted to say it is a way of life.

Sitting on the coach-box and directing the horses is not easy and it is a rather chilly position especially if the sun is not smiling.

On the other hand, in Vienna there is always sunshine, even if it is raining cats and dogs.

For a Fiaker being thin like a hop-stick is not only very dangerous, it is simply a disgrace.

One might catch a cold very quickly if there is some cool, light wind and that's the reason why a Fiaker must be well fed.

Hungarian Gyulas seems to be a favourite dish amongst the Fiakers, but Vienna is situated in Austria and not Hungary, therefore this delicious Hungarian Gyulas needs an Austrian touch by adding a hard-boiled egg, a sort of a smallish dumpling, a gherkin from Znaim and a fried 'Frankfurter', a very nice sausage (in Frankfurt it is called 'Viennas'), a small example of the culinary cosmopolitan touch of Vienna.

Let's take a Fiaker and ask the Fiaker



to take us from 'Schönbrunn' to 'St. Stephan's Cathedral', having a break at the "Bierlinik" ['Beer Hospital'] to sample:

FLAKER Gyulas

2 hard boiled eggs
4 sweet and sour gherkins
2 Vienna's (smoked) or 2 Debreciner (Hungarian version of Vienna's)

Serve the gyulas and add ½ boiled egg per person, one gherkin and ½ Vienna or Debreciner which you can either boil (not fast boiling!) or, if you want to outdo yourself, you can cut the ends first cross wise and then fry in pork grease or sunflower oil.

Serve with fresh rolls and cold beer.

As an Austrian, having been born in Vienna, one absorbs good Austrian cooking tradition already with mother's milk.

Vienna, being the World Capital of Music is not only the 'Mecca of Music' but the melting pot of multi-national cooking.

This becomes very clear if one knows that Vienna used to be the Capital of the Austrian-Hungarian Empire. An Empire which had 9 (in words: nine) official languages and where so many nationalities were living peacefully until the Empire was destroyed.

Descendants of Hungarians, Bohemians, Croats and Serbs are living in Vienna and if one looks at the Telephone Directory of Vienna, one finds lots of surnames which are not German at all.

These ethnic groups are, and it is no surprise, reflected in what is commonly known as 'Vienna Kitchen'.

Cevapcici with Djuvec Rice and Chillies Pepper 'Letscho' is one of those famous meals any decent 'Wirtshaus' (in England it's called 'Pub') will have on the menu card:

Cevapcici with Djuvec Rice and Chillies Pepper 'Letscho'

Cevapcici

Same ingredients as 'Stephanie' Roast (look there and take only half the amount from each item) but no hard boiled eggs, gherkins or unsalted butter. Add to the mix 4 medium sized well chopped chillies and form small rolls of about 1 cm in diameter and about 5 cm long. Fry in sufficient pork grease or sunflower slowly until one side is brown, then turn and fry the second half.

Djuvec Rice

Mix two tablespoons paprika thoroughly with one tablespoon of butter, add to the cooked rice and mix until rice is evenly red in colour

Chillies-Pepper "Letscho"

1 big onion
1 big red pepper
1 big green pepper
1 big yellow pepper
2 medium sized chillies
1 tablespoon sunflower oil
salt

take stems, the inner white and the pips from the peppers, cut the onion and the peppers into not too thick strips, chop the chillies in small pieces and fry all of it in hot sunflower oil. Once the onions are of a very light brown colour add a dash of salt, switch off the stove plate, add a few drops of water and cover the pan.

There is one thing you should know:
drink either beer or wine, but whichever you choose, make sure you have some 'Slivovitz' afterwards.

I don't say you'll need it, but you will, for sure, feel much better.



JOHN TRAVOLTA SUSPECTED OF HAVING CORONA VIRUS

JOHN TRAVOLTA was hospitalized for suspected COVID-19 but doctors now confirm that it was only Saturday night fever, and they assure everyone that he is staying alive.

Apparently he was diagnosed because he had chills that were multiplying

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