



March 2021

COVID ~19 *PAPARAZZI*

Editor:
Tanya Stone
Rotary Club
of Pinelands

Dear Fellow Rotarians, Friends and Family

This is now the closing of a chapter for me. This is the last edition of the COVID-19 Paparazzi.

I started the newsletter when lockdown began last year in March. I thought to myself, wow, what am I going to do to keep myself busy besides baking bread, trying to figure out how to fold a fitted sheet and finding ways to be arty and crafty with toilet paper rolls.

I had great fun compiling the newsletter and I learnt a lot in the interim.

Now, it has been a year, and a difficult year it has been for all, in some form or another.

It is now time to concentrate on other important things and move forward. I am sure most of you agree – it is enough now... and so over it....

I will still be sending out our Pinelands Club's Paparazzi newsletter fortnightly and concentrate on Rotary activities, news, zoom webinars, environment, community gardens, etc.

A real thrill, which came out of lockdown, is that I started my own veggie garden (I am sure a lot of you did this as well). There is nothing like eating a freshly picked baby tomato or fresh basil, picked from the stalk. You cannot compare the taste!

I hope you have enjoyed reading the newsletter as much as I have enjoyed compiling it.

Keep well, stay safe and look after yourselves

Tanya

"Cultivate an optimistic mind, use your imagination, always consider alternatives, and dare to believe that you can make possible what others think is impossible."

~ Rodolfo Costa

Statistics from
Worldometer
and WHO on
COVID-19

PLEASE NOTE:
Figures are time of
publish



The Statistics below were recorded on
24 March 2021

The coronavirus COVID-19 is affecting 219 countries and territories. The STATISTICS is reset after midnight GMT+0.

Confirmed cases

Updated: 24 March 2021

125,178,140

Recovered

Updated: 24 March 2021

101,109,500

Confirmed deaths

Updated: 24 March 2021

2,751,777

ACTIVE CASES

21,316,864

Currently Infected Patients

21,225,288 (99.6%)

in Mild Condition

91,575 (0.4%)

Serious or Critical

CLOSED CASES

103,861,277

Cases which had an outcome:

101,109,500 (97%)

Recovered / Discharged

2,751,777 (3%)

Deaths



Latest Statistics
 Figures recorded on
 24 March 2021

Confirmed Cases

Updated: 24 March 2021

1,538,961

Recovered

Updated: 24 March 2021

1,465,204

Deaths

Updated: 24 March 2021

52,251

The cumulative number of COVID-19 cases identified in South Africa is 1,538,961

Province	Total cases for 23 March 2021	Percentage total
Eastern Cape	194903	12,7
Free State	82308	5,3
Gauteng	411777	26,8
KwaZulu-Natal	333122	21,6
Limpopo	62921	4,1
Mpumalanga	73929	4,8
North West	62970	4,1
Northern Cape	35670	2,3
Western Cape	281361	18,3
Unknown	0	0,0
Total	1538961	100,0

The cumulative total of tests conducted is 9 665 664 with 16 445 tests completed since the last report.

Sector	Total tested		New tested	
PRIVATE	5 426 423	56%	8 985	55%
PUBLIC	4 239 241	44%	7 460	45%
Total	9 665 664		16 445	



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

Please note: Statistics
are time of publish

Latest Statistics
Figures recorded on
24 March 2021

Confirmed Cases

Updated: 24 March 2021

4,150,541

Recoveries

Updated: 24 March 2021

3,707,205

Deaths

Updated: 24 March 2021

110,550

African Countries affected
with Covid

47

Vaccine roll-out

**Almost 7 million doses have been
given in Africa to date**

SOUTH AFRICA ***NEWS***



Important things happening in South Africa

Staff Writer

BusinessTech

[\(click on links for more information\)](#)

Pay back the money: As of 31 January this year, municipalities owed Eskom R35.2 billion, which has been described by CEO Andre de Ruyter as an “unsustainable situation”. The power utility said that it was working with government to get the money back, moving into districts in arrears to help install prepaid metres, assist with collection, and implementing ‘load reduction’ in areas where the system is overloaded due to illegal connections. [\[EWN\]](#)

Shut down: Student protests in South Africa continue, after the government dug in its position that there is simply no money to write off billions of rands’ worth of historic debt, and provide free education. Student leaders said they are not backing down from their demands, and have promised to render university districts ‘ungovernable’. Protests are expected to continue for the rest of the week, with students threatening to continue for the rest of the month until demands are met. [\[TimesLive\]](#)

Defiance: The State Capture Commission wants Jacob Zuma to be found in contempt of court, and to face a sentence that is ‘appropriate’ for his act of public defiance. The commission told the court that Zuma’s refusal to abide by its ruling that he appear before it as a clear act of contempt, and said it “appears calculated to undermine public trust in the judiciary and the administration of justice as a whole”. 40 witnesses have implicated Zuma in wrongdoing around state capture. Zuma has refused to appear. [\[Daily Maverick\]](#)

Under attack: The police are coming under literal attack from criminals and communities as they attempt to perform their duties. After reports of several police being killed in the line of duty over the past month, the latest is that police officers were assaulted by members of the community while trying to shut down illegal shebeens. Police minister Bheki Cele has told officers to defend themselves with ‘deadly force’. One person was killed by police during student protests this past week after being shot with rubber bullets. [\[News24\]](#)

Third wave: Experts from the Nelson Mandela University in the Eastern Cape have warned that their statistical modelling shows that the third wave of Covid-19 could hit even sooner than expected – now projecting an increase in infections at the end of March and early April. This is sooner than the late April / early May projections previously published. The current modelling is based on data and scenario planning that correctly predicted the first and second peaks in the country, the experts said. They warned South Africans to do everything they can to avoid spreading the virus. [\[TimesLive\]](#)

Ballooning costs: New research from the CSIR revealed that Eskom produced less electricity in 2020 than it did in 2010, but the cost to produce this electricity has tripled. In 2010 Eskom’s primary energy costs came in at R29.1 billion. Fast forward ten years and primary energy costs have ballooned to R112 billion. In its latest annual report, Eskom blamed an “unsustainable increase in the average purchase cost per ton of coal” for the rapidly primary energy costs.

[\[MyBroadband\]](#)

Chinese vaccine: China’s coronavirus vaccine manufacturer Sinovac Biotech says it is able to supply South Africa with 5 million doses of its Covid-19 vaccine “within weeks”, however, local regulators have yet to approve it for use. Phase 3 trials for the vaccine have been conducted in four countries, and overall efficacy came in at just over 50%, rising to 65% for severe disease. This jumped to about 90% for hospitalisation and very severe disease. Authorities are still assessing it. [\[702\]](#)

Strike action: SA Federation of Trade Unions (Saftu) leader Zwelinzima Vavi says labour must get ready to mobilise and join students in their protest action for free education in the country. He said that the commodification of education during a time of austerity causes major problems, as it traps the poor and disadvantaged in that state. He said that working class parents cannot afford fees, and government has cut subsidies and funding. He called for workers to stand behind students, and to join them in the streets, if necessary. [\[Daily Maverick\]](#)

Tourism fund: Tourism minister Mmamoloko Kubayi-Ngubane wants to clarify that government’s R1.2 billion Tourism Equity Fund is not only for businesses in the sector that are 100% black-owned, but open to any business that is majority black-owned (51%+). She said that the fund has drawn interest across racial groups, with white business owners partnering with black businesses – which is serving government’s transformation agenda. [\[News24\]](#)

Disappointing: South Africa's vaccine rollout has been disappointing, according to Wits University professor of vaccinology Shabir Madhi, who says the government lacks a clear rollout strategy. He said the goal of 40 million vaccinations by the end of the year is unlikely to happen, especially at the current rate of inoculation – while the country has to still contend with coming waves of the virus. The vaccine should still be focused on high risk individuals, as they pose the greatest threat to overfilling hospitals and putting strain on the healthcare system. [702]

Crisis: Harrowing investigative reports have uncovered hospitals and healthcare workers in crisis in the Eastern Cape, which faces legal claims of over R40 billion, and shortages of staff, equipment, facilities and specialists. This has been an ongoing crisis for at least the last three years, that has been ignored by national government. The long list of issues has been exacerbated by infrastructure problems around electricity, red tape and bureaucracy, and inaction from provincial government. [Daily Maverick]

Fuel: Oil prices crashed on Tuesday, following news that major economies, like Germany, would re-enter hard lockdown amid rising Covid-19 infection numbers. Oil prices were on a march to \$70 a barrel before the lockdown news hit, with prices currently at \$58-\$60 a barrel. For South Africans, if lower prices persist, this could lead to a slight reprieve in terms of fuel prices – however with higher taxes and a weaker rand, it is unlikely to reverse increases expected in April. [EWN]

Markets: The rand continued its see-saw battle during most of Wednesday. It started on the back foot, gained during European trading and weakened again after hours in moves that were mostly flow driven. Today sees the release of local PPI data and US GDP and payroll data while local interest rates are expected to remain unchanged during today's interest rate announcement. The rand is trading at R14.92 to the dollar, at R17.65 to the euro and at R20.45 to the pound. [Citadel Global]

Global travel bans on South Africa extended

Staff Writer
BusinessTech



UAE-based airline Emirates has announced that it will extend its ban on flights from South Africa until at least the first week of April.

In a notice sent to passengers, Emirates said that flights from the country will remain **suspended until 8 April 2021**, in line with government directives that restrict the entry of travellers originating from South Africa into the UAE.

Daily passenger flights to Johannesburg will continue to operate. The airline added that customers who have been to or connected through South Africa in the last 14 days will not be permitted on any Emirates flights bound for Dubai. "Emirates remains committed to serving our customers in South Africa, and we look forward to resuming passenger services when conditions allow," it said. "We continue to work closely with all relevant authorities in this regard, and will endeavour to provide our customers with needed support to adjust their travel plans."

British Airways has also suspended its **flights between Johannesburg and Heathrow until 17 May**, while **flights between London and Cape Town are only expected to resume in June**.

Data published by travel website Skyscanner and the International Air Transport Association (IATA) shows that South Africa is now one of the most travel-restricted areas in the world, with more than 120 'major restrictions' from other countries in place.

This means that a country has suspended travel, may be closed to entry, or that entry may only be possible if you are a citizen/meet strict entrance requirements.

By comparison, there are currently 97 moderate restrictions in place on South Africa, where travel is possible, but only if travellers meet certain entry requirements which can include taking Covid-19 tests. Just eight countries have 'low-risk restrictions' meaning that travellers likely won't have to face enforced quarantine periods.

A number of countries have also indicated that travellers from South Africa will be barred from entering – a sign that the country could be facing reputational damage as a result of the 501Y.V2 variant of Covid-19, which has been referred to as the "South African variant" abroad.



COVID-19 vaccination messaging guidelines

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

COVID-19 Vaccination Messaging Guideline
developed by the Communication Work Stream of
the Technical Committee of the Inter-Ministerial
Committee on Vaccinations

1. Introduction

2. COVID-19 vaccine

3. Why are vaccines important

4. Vaccine safety

5. Sourcing the Vaccine

6. COVID-19 surveillance and research

7. Funding the Vaccine Rollout

8. Vaccines for the COVID-19 501Y.V2

variant

9. Vaccine rollout

10. Key communication issues related to

COVID-19 vaccines

11. Addressing COVID-19 Vaccine

Misinformation

12. Busting Vaccine Myths

13. Conclusion



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

More J&J doses delivered to Western Cape in third batch, new vaccine site opens



by Qama Qukula
CAPE TALK

The province received 5,300 doses of the Johnson & Johnson vaccine over the weekend and two more deliveries are expected this week as part of the third tranche.

Doses of the Johnson & Johnson Covid-19 vaccine are being distributed across the country through the Sisonke implementation study.

The Western Cape government says it has received 31,260 vaccines and vaccinated 27,570 healthcare workers in the province to date (Wednesday 17 March 2021). That means approximately 88% of the Western Cape's allocated vaccine quantity has been used up since the start of the vaccination rollout during Phase 1.

As more vaccines arrive, more vaccination sites will be opened, according to provincial health authorities.

Mitchells Plain Hospital becomes newest vaccination site

Karl Bremer Hospital has vaccinated its full quantity and has since been replaced by Mitchells Plain Hospital as a vaccination site.

It was the first day of vaccinations at Mitchells Plain Hospital on Tuesday 16 March. The hospital managed to vaccinate 169 healthcare workers on the first day.

There are currently eight vaccination sites across the province consisting of both public and private vaccination sites.

The sites are Groote Schuur, Tygerberg, Khayelitsha District Hospital, Mitchells Plain Hospital, Gatesville Melomed Hospital, Worcester, Paarl, and George Hospital.

Growing concern over South Africa's vaccine programme ahead of expected third wave

Staff Writer
BusinessTech



Experts warn that South Africa is heading towards a third Covid-19 wave with no concrete vaccine rollout plan and some way off its target of vaccinating healthcare workers. Professor Glenda Gray, a co-lead investigator for the Johnson & Johnson (J&J) vaccine trial, told the Sunday Times that 500,000 healthcare workers will likely be vaccinated by the end of April – only a third of the 1.5 million target set by the government.

This was echoed by Martin Kingston, chair of the steering committee at Business for SA, who said that growing frustration over the slow pace of vaccination was understandable.

He said that South Africa will need to ramp up to 250,000 vaccinations each day over a three- or four-month period to meet its targets – but the country currently does not have the vaccines to do this, despite government deals to secure them.

Health minister Dr Zweli Mkhize said in a statement on social media on Saturday evening (20 March), that the total number of confirmed Covid-19 cases is 1 536 801, while the total number of deaths is 52,082, and the total number of vaccines administered is 182,983.

He said that the country recorded 1,378 new cases, having seen an average of around 1,400 new daily cases over the prior three days.

South Africa faces fragile recovery as a third Covid-19 wave is expected to hit in coming weeks

Staff Writer
BusinessTech



Statistical data shows that South Africa's economic recovery remains fragile – which has been reflected by a drop in business confidence, say economists from the Bureau for Economic Research (BER).

The group pointed to the RMB/BER Business Confidence Index (BCI) for Q1 which showed a renewed deterioration in confidence compared to Q4 2020.

"This is even with the majority of the survey responses received after adjusted level 3 regulations were loosened somewhat in February as the peak of the second wave of Covid-19 infections had passed," the BER said.

"The realisation that the economy's recovery remains fragile, with slow vaccine rollout implying an almost inevitable third wave of infections as well as unaddressed structural constraints, likely weighed on confidence."

Professor Shabir Madhi, executive director of the Wits Vaccines and Infectious Diseases Analytics Research Unit, told the Saturday Star that the country would likely see the first signs of a new wave in the next month or so.

"It is highly probable that it will start in May and June when we head into the cooler months, as people are more likely to gather indoors. But if people start gathering during that Easter period, then we might expect it to occur earlier," he said.

Madhi added that the severity of the new surge may be driven by a new variant of the virus that has mutated. "It also depends on what happens to the virus, if the virus undergoes further mutations, and if those mutations become resistant to the immune responses that are induced by the current variant and earlier variants," he said.

New restrictions

At the start of March, Tourism minister Mmamoloko Kubayi-Ngubane warned that a third Covid-19 wave could hit the country earlier than expected, which would bring additional restrictions.

"If indeed the third wave hit us, the level of restrictions will have to be commensurate to the risk level. The conclusion to be drawn from all of this is that the tourism sector will, for some time, have to operate alongside the virus."

"It also means that the sector is possibly facing numerous stop/start cycles as restrictions are increased or eased in line with the risk-adjusted approach that responds to the evolution of the virus," Kubayi-Ngubane said.

Kubayi-Ngubane said the stop/start cycles will continue to affect traveller confidence and place jobs and the survival of tourism firms at risk.

"They will further make the recovery highly uncertain. This means that flexibility as well as the adaptability of firms across the value chain will be critical in responding to the stop/start cycles."

This sentiment was echoed by the opposition Democratic Alliance, which criticised government's slow rollout of the Covid vaccines, and lack of transparency on how the inoculation programme is going.

Several analysts and research groups have pointed to South Africa missing its vaccination targets, with the current rate of shots being given meaning the country would only hit government's goal of 67% of the population being vaccinated in 18 years' time.

The health ministry initially planned for 1.5 million doses to be administered by the end of March; however, a bottleneck of vaccine supply means that there are not enough vaccines to even reach half that goal.

Meanwhile, the country would need to give 140,000 shots a day to hit the 67% target by the end of the year.

The DA said that if the government doesn't pick up its game in rolling out vaccines, the country will remain in an "endless loop of lockdowns and Covid-19 infections – which will cost lives and shove millions into an inescapable cycle of poverty".

"There has never been a greater imperative for the South African government than this. Silence on this can only mean the crisis is worse than anticipated. That is why we need an urgent update on this process," the party said.

South Africa's ex-president de Klerk diagnosed with cancer



By Reuters

Former South African president and Nobel Peace Prize winner FW de Klerk has been diagnosed with mesothelioma, a cancer that affects the tissue that lines the lungs, his foundation said in a statement.

"Mr De Klerk will start a course of immunotherapy next week. There is no immediate threat, and we are confident that the treatment will be successful," read the statement that was released late on Thursday.

De Klerk, 85, headed South Africa's white minority government until 1994, when Nelson Mandela's African National Congress party swept to power.

He shared the Nobel Peace Prize with Mandela, but his role in the transition to democracy is highly contested more than 20 years after the end of apartheid.

What rights does everyone have in South Africa?

Thanks to the constitution, everyone in South Africa today has the following rights:

Equality - Everyone has the right to equal protection and benefit of the law.

Human dignity - Everyone will have their dignity respected and protected.

Freedom of movement and residence - Everyone can reside anywhere in the country and has a right to freedom of movement.

Language and culture - Everyone can speak the language and participate in the culture of their choice.

Life - Everyone has a right to life.

HISTORY OF HUMAN RIGHTS DAY 21 MARCH



Human Rights Day is a national holiday in South Africa that is always celebrated on March 21st.

The holiday commemorates the establishment of the South African Human Rights Commission (SAHRC).

History of Human Rights Day

The aim of the SAHRC is to promote respect for human rights, promote the protection, development and attainment of human rights, and to monitor and assess the observance of human rights in South Africa.

The SAHRC was launched on March 21st 1996, marking exactly 35 years after the events of March 21st 1960 when anti-apartheid demonstrators in Sharpeville were gunned down by police.

The Native Laws Amendment Act of 1952 controlled the movement of Africans to urban areas and required all Africans to carry a reference book on them at all times. Failure to produce the reference book on demand by the police was a punishable offence. In 1960, the Pan Africanist Congress (PAC) proposed an anti-Pass campaign to start on March 21st. All African men were to take part in the campaign without their passes and present themselves for arrest.

Campaigners gathered at police stations in townships near Johannesburg where they were dispersed by police. At the Sharpeville police station, a scuffle broke out. The police opened fire, apparently without having been given a prior order to do so. Sixty-nine people were killed and 180 wounded.

During the apartheid period in South Africa, this day became known as Sharpeville Day, though it was never a public holiday.

The International Day for the Elimination of Racial Discrimination

In recognition of the events on this day, the United Nations has declared that March 21st each year is 'The International Day for the Elimination of Racial Discrimination'. Proclaiming the Day in 1966, the General Assembly called on the international community to redouble its efforts to eliminate all forms of racial discrimination.

Expect 5 more years of load shedding for South Africa – these charts show why

Staff Writer
BusinessTech



Eskom chief executive Andre de Ruyter has warned that South Africans can expect another five years of load shedding as the country faces a shortfall of 4,000MW. He added that this shortfall could increase, if the economy grows.

De Ruyter said that this threat of disruption means that South Africa will have to accelerate the addition of new capacity to the grid, and that the shortfall could be reduced as more renewable energy options are approved.

“We all want an economy that is not constrained from growing due to a lack of available electricity generation capacity and, therefore, we believe that bringing forward new generation capacity as soon as possible will be positive for the economy and will avoid a downside risk of further shortfalls in generation capacity.”

A report published by the Council for Scientific and Industrial Research (CSIR) this week shows a steady [downward trend](#) for the power utility, with 2020 the worst year on record for load shedding.

In summary, the country has faced:

- Declining energy availability over the last 5 years;
- Increased maintenance needed for ageing power stations – with breakdowns causing 21% of outages;
- A 9% reduction in energy production since 2010; and
- The worst year of load shedding in 2020, due to breakdowns.

“In 2020, load shedding occurred for 859 hours of the year (9.8%) with an upper limit of 1,798 GWh relative to actually achieved energy shed of 1,269 GWh,” the CSIR said.

The most intensive load shedding was seen before the Covid-19 lockdown, which accounted for 63% of all load shedding seen in 2020. Most of this was stage 2 load shedding, the research body said.

[READ FURTHER](#)

Eskom: Load shedding halted from noon on Friday

Marelise van der Merwe
FIN24



Load shedding will be cancelled, for now, from noon on Friday as generation units return to service, Eskom has said in a statement.

Earlier in the week, generation capacity had been lost at Medupi, Arnot, Duvha and Kendal power stations. The shortfall was partly attributed to boiler tube leaks, units tripping as well as an increase in demand, Eskom spokesperson Sikonathi Mantshantsha said.

Since Thursday, a generation unit each was returned to service at Duvha, Medupi, Kendal, Kriel and Kusile. A further unit each was expected to return to service at Camden and Mejuba on Friday.

"Although we have also lost other units at Tutuka, Camden and Hendrina Power Stations, we have managed to adequately replenish emergency generation reserves. Eskom will also be taking the opportunity over the long weekend, due to the lower demand, to conduct short-term maintenance and to further replenish the emergency reserves in preparation for the week ahead," Eskom said on Friday morning.

The utility currently has 7 193 MW on planned maintenance, while another 10 464MW of capacity is unavailable due to breakdowns and delays.

Check the [schedule](#) for areas and times affected for loadshedding.

Regulator sends warning over Bitcoin, Ethereum and other cryptocurrencies in South Africa

Staff Writer
BusinessTech



The Financial Sector Conduct Authority (FSCA) has issued a second ‘health’ warning to South Africans about cryptocurrency transactions in the country.

The authority said it has ‘noted with concern’ the increasing volume of crypto asset-related losses suffered by financial consumers in the past three months.

“The FSCA urges the public to be extremely cautious and vigilant when dealing with cryptos for any financial services business,” it said.

Crypto assets – including cryptocurrencies as they are commonly called – are digital representations of value that are not issued by a central bank.

Some of the more well-known crypto assets include Bitcoin (BTC) and Ethereum (ETH). Crypto assets are traded, transferred and stored electronically. They have been used for payments, investments and capital-raising.

The FSCA warned that crypto-related investments are not regulated by the Authority or any other body in South Africa. As a result, if something goes wrong, you are not likely to get your money back and will have no recourse against anyone.

“The high risks already inherent in crypto assets is further being compounded by scam activity, as well as unregulated firms targeting consumers with marketing material that highlights the rewards, but not the potential downside, of investing in crypto.

“It is for this reason that the FSCA is working at finding measures to regulate certain aspects and players in the crypto asset space.”

The FSCA said that these measures **will be rolled out during the coming months** and, the authority said it is working with other members of the Intergovernmental Fintech Working Group (IFWG) to better understand and regulate where appropriate crypto assets in South Africa.

“Retirement fund trustees must also remain vigilant in their fiduciary duties before mandating investment managers to expose their fund assets to risks associated with crypto assets.

“Consumer caution is strongly advised to avoid painful or catastrophic financial losses,” it said.

Here’s how much you need to earn to be considered middle class globally

Bloomberg



The global middle class shrank for the first time in decades last year because of the Covid-19 pandemic, with almost two-thirds of households in developing economies reporting they suffered a loss in income, according to two new estimates based on World Bank data.

In a study published Thursday, researchers at the non-partisan Pew Research Centre found that the ranks of the global middle class fell by 90 million people to almost 2.5 billion last year.

Middle class – those “middle income” and “upper-middle income” people – are defined as those earning between \$10 and \$50 a day.

Middle income: \$10-\$20 (R147 – R294) per day;

Upper-middle income: \$20-\$50 (R294 – R735) per day.

That helped swell the ranks of the poor, or those living on less than \$2 (R29) a day, by 131 million, Pew estimated. The Pew data on the middle class actually understates the impact because an estimated 62 million high-income people, or those earning \$50 or more per day, dropped into the middle tier as a result of the pandemic, said Rakesh Kochhar, the study’s author.

That suggests the number of people who went into the crisis as members of the global middle class and fell out actually topped 150 million last year, according to Pew’s estimates – more than the population of France and Germany combined. “In modern history it is hard to come up with examples where you saw such a sharp downturn in global economic growth,” Kochhar said in an interview.

The impact also may not be over. Concerns are growing about the potential consequences of a slower recovery in emerging economies and the continuing fallout from the crisis.

Brazil’s central bank on Wednesday announced its biggest increase in its policy rate in a decade in response to growing fears of inflation.

Economists are also watching the possible fallout for emerging nations of rising US Treasury yields and a strengthening dollar as the US economy accelerates.

[READ FURTHER](#)

Nando's is asking you to help feed SA by donating tinned food and they'll give you free chips

Unathi Nkanjeni

TIMESLIVE



Fast food chain Nando's is paying it forward by offering a free portion of chips in return for a donation of a tin of food for the needy.

The restaurant, best known for its witty adverts and clap backs, is asking customers to exchange their tinned food for free chips.

Under the initiative, "Tin for Tjips", Nando's and the non-profit organisation Joint Aid Management (JAM), will distribute the tinned food to those in most need through a network of charitable organisations that focus on taking care of preschool children through early childhood development centres.

"We suspect that Mzansi pantries are filled with tins of food we don't really need. So, we thought we'd offer a way to donate them to those that do in return for a portion of freshly prepared chips," said Doug Place, chief marketing officer for Nando's SA.

"We believe that all South Africans deserve a life well fed. We hope that Tin for Tjips will play its part in making that belief a reality. After all, the government isn't looking to put chips in you, but we are happy to."

So what do you need to do to get free chips? If you have food tins and want to exchange them for some chips, you'll have to order any Nando's meal through the app and select the "Tin for Tjips" option before checkout.

Just make sure that the tin contains actual food — and shoe polish doesn't count.

The tin must have its original label, not be expired and not expire for at least another three months, and must not be damaged in any way.

King Goodwill Zwelithini's burial site 'a top secret'

Penwell Dlamini

Sowetan News



The privacy that surrounded parts of King Goodwill Zwelithini's burial yesterday was normal protocol in how a king ought to be laid to rest as the leader of the Zulu nation. This is according to cultural experts who spoke to the Sowetan yesterday as Zwelithini was finally laid to rest.

The king's regiments accompanied his body from the local mortuary to KwaKhethomthandayo, in Nongoma, where he was laid to rest.

Maidens also formed part of the lengthy procession as locals in Nongoma came out from their homes to salute the longest-reigning king ever to lead the Zulu nation.

Zwelithini died on March 12 at the age of 72 after being in hospital for several weeks due to "several unstable glucose readings", the royal family said.

President Cyril Ramaphosa delivered the eulogy which was held on 18 March.

Cultural expert Dr Velaphi Othi Mkhize said the spot where the king is laid to rest cannot be revealed to the public.

"The king uses traditional medicine. He has traditional healers that he consults. These people are not known to the public. No-one can know who is the king's traditional healer. When the king is being laid to rest, his burial must be a top secret.

R5m donation in honour of King Goodwill Zwelithini sees 20 children undergo heart surgery

By Lethu Nxumalo
IOL



Professor Robin Kinsley, world renowned cardiac surgeon and founder of the Children's Cardiac Foundation of South Africa.

Twenty children on the waiting list for corrective heart surgery will have a second chance at life through a R5 million donation from the Sibaya Community Trust, in honour of King Goodwill Zwelithini.

The Children's Cardiac Foundation of South Africa, the recipient of the donation, is the brainchild of cardiac surgeon Professor Robin Kinsley and was established in 2018 in partnership with Lenmed eThekweni Hospital & Heart Centre.

Kinsley said there were about 500 children awaiting surgery. "It was not necessarily a waiting list but rather a death list as the only way to come off it was through death if corrective surgery was not performed," said Kinsley.

"This donation by Sibaya has enabled us to operate on at least 20 or more children in the memory of King Goodwill Zwelithini. I hope the contribution will be a starting point and that many others will come forward.

"My hope is that we have a tree of life that we will call the King Goodwill Zwelithini paediatric cardiac tree," he said.

Kinsley explained that paediatric surgery had not been a government priority and that was heartbreaking to witness. He said the foundation would concentrate on children from KwaZulu-Natal for now, but the goal was to operate on children from around the country.

"South Africa has done very well with TB and HIV but it is not the case when it comes to paediatric cardiac surgery.

Honouring the king's wishes, Reddy will also be building a shelter for victims of gender based violence. He said a team currently working with the Phoenix Child Welfare had been assembled and they had identified land and architects had been commissioned.

"We are going to have a marvellous building, we will make it special. I think it is important that more businesses and the government honour his majesty with naming buildings after him because he did so much, he saved the province." Construction will begin in the next month and Reddy is hoping to have the new king open the centre at the end of the year.

Donated hotel bed linen creates over 300 school shirts for Cape Town learners

By IOL



A collaboration with Marriott International and non-profit organisation Royal Kidz transformed hotel bed linen into school uniforms. Hotel bed linen may conjure up pleasant but also some abhorrent memories for most travellers.

But through a collaboration with Marriott International and non-profit organisation Royal Kidz, old bed linen helped a school in Cape Town.

About 320 children at Klipheuwel Primary school in Durbanville received new school shirts, jackets, shoes and socks made from repurposing hotel bed sheets.

Marriott International and Royal Kidz worked together over the past 18 months, handing over a total of 3 000 similar donations to date to schools in under-served communities.

The project began when Marriott was looking for local solutions to repurpose the large volume of bed sheets that are replaced frequently, before any wear and tear, by its hotels. The Sheets for Shirts initiative got off the ground when the founder of Royal Kidz Danolene Johannessen realised she could create a "circular economy" by fashioning kids school shirts from the white sheets.

To date, about 700 sheets were repurposed into 3 000 school shirts. This innovation led to R1.2-million funded by the Marriott International Cape Town office that enabled Johannessen to start Restore SA, a social enterprise employing local seamstresses and dedicating 40% of its profits to fund the Royal Kidz uniform project. Restore SA makes the school shirts for the programme, as well as other products for sale.

The latest donation to Klipheuwel Primary School also includes 320 pairs of new school shoes, made possible through the Shoes for the Future project run by the Marriott Business Council for South Africa. Hotel guests have been part of this drive by making donations. About €1 000 (R17 947) was raised by the Sheraton Frankfurt Airport Hotel for Shoes for the Future.

Restore SA has also been producing masks from Marriott International hotel sheets and distributing them in disadvantaged communities. This transformation of waste from the tourism and travel industry into tangible social benefits has opened doors for Johannessen, who has since secured funding from the Industrial Development Corporation to further develop her business and programmes.

Government wants to turn this small town in South Africa – with less than 8,000 people – into a major coastal city

SA News
Business Tech



Department of Cooperative Governance director-general, Avril Williamson, has emphasised the institutionalisation of long-range planning in the development of Port St Johns as a new coastal city. This, she said, could be realised through the District Development Model (DDM) as a key element to realising full potential.

Williamson made the remarks while delivering the keynote address during the Port St Johns local municipality strategic planning session on behalf of Cogta minister Dr Nkosazana Dlamini-Zuma.

In a statement, the department said the strategic planning session presented an opportunity for reflection on the performance of Port St Johns and to reimagine its future within the context of the DDM.

The municipality, said the department, is in an important position as it is located within the first pilot site launched by President Cyril Ramaphosa – the OR Tambo District Municipality – in 2019.

In her keynote address, Williamson reflected on the endowment of the Port St Johns, which is rich with pristine coastal line, complemented by fertile land. The municipality is home to diverse flora and fauna under state and communal ownership as well as a rich history and heritage.

She said: “Comparatively Port St Johns and the entire district have untapped potential and an unmatched potential for ecotourism and diversified marine biology”.

The director-general further spoke about the spatial construct of 600kms between eThekweni and Buffalo City, which does not have a city in between and could be an integral part of the coastal belt plan linking Alexander Bay to Kosi Bay with inland and other hub development.

The department said the director-general emphasised the institutionalisation of long-range planning through the DDM as a key element to realising the potential of a new coastal city.

She also emphasised the importance of Integrated Development Plans (IDPs), which are more central to people development service provision and good governance.

Here's what SA's remote working visa – to attract digital nomads – could look like

Luke Daniel
Business Insider SA



- **The City of Cape Town, voted as one of the “Best Places For Remote Working in 2021”, is calling on national government to introduce a new visa.**
- **The Remote Working Visa would favour digital nomads, and make it easier for foreigners to work and play in South Africa for longer periods than current options allow.**
- **But South Africa's stagnant eVisa programme remains a stumbling block in attracting visitors looking for a “workation”.**

If the City of Cape Town gets its way, South Africa may introduce a Remote Working Visa to attract digital nomads – especially to the Western Cape.

After being voted one of the “Best Places For Remote Working in 2021” and receiving a Safe Travel Stamp from the World Travel and Tourism Council (WTTC), Cape Town is looking to position itself as an ideal “workation” destination in the wake of the Covid-19 pandemic.

While the coronavirus and associated travel restrictions continue to devastate tourism, the City of Cape Town – which attracts the lion's share of South Africa's international visitors – has unveiled a new ten-point plan that includes a big international marketing campaign.

That, it says, will try to leverage its new status as a good place to work from, in an attempt to attract the suddenly swelled tribe of digital nomads who can work from home, no matter where in the world that home may be.

“We are seeing innovation within the tourism sector to accommodate the changed behaviour of remote working by offering affordable long-term stays, including other benefits required to work remotely and we will expand this message through the broad range of products and businesses who can use a leg up in this challenging time,” says the City's mayoral committee member for economic opportunities and asset management, James Vos.

[**READ FURTHER**](#)

Netflix partnership injects R28m into SA's lockdown-battered film industry

CAPE TALK



Thursday brought good news for a creative industry battered by the impact of hard lockdown regulations.

A partnership between Netflix and the National Film and Video Foundation (NFVF) will result in a R28 million boost for local film makers. The foundation falls under the Department of Sport, Arts and Culture.

Have a great story to tell? The NFVF and [@NetflixSA](#) have the funding for you!

We're calling all filmmakers with stories in development to submit applications for their stories to be fully-funded. Call opens 1 April 2021. The partners will each provide R14 million to fund six "micro-films".

Four feature films will be allocated a budget of R4 million each (emerging filmmakers) and two feature films R6 million each (established filmmakers).

The NFVF... is excited to form this partnership as it looks to create new opportunities for emerging filmmakers in the local film industry after many productions locally and internationally had to be halted/postponed due Covid-19 global lockdowns.

Micro-films are small-budget films that are produced within a limited amount of time as well as with minimum budget, minimum cast and minimum crew. This is a way of resuscitating the creative industry... It's about creating an opportunity for emerging talent... especially looking at above-the-line creators, directors and producers. The six films will premiere on Netflix. The submission portal goes live on 1 April and will stay up "for around five weeks".



Drive-in movie locations in Cape Town

Kirsten Jacobs
CapeTownetc



No matter how much things change, one thing stays the same: the magic of cinema. Watching a movie is a special experience, one that cannot be beat.

Amid the COVID-19 pandemic, a throwback experience has resurfaced – drive-in movies. Patrons spend their evening in the safety of their car while enjoying a movie under the stars. If you're wanting some fun entertainment while still maintaining social distancing, check out one of these drive-in offerings:

The Galileo

The Galileo Open Air Cinema has been a popular go-to date night for many Capetonians over the years, and now you can enjoy it in a covid compliant manner too. They offer three styles of cinema: Royale, Picnic & Drive In in locations across the Mother City.

Ticket prices range from R75 – R125 per person depending on how many people are in the car.

For more information, visit their website [HERE](#).

Go Drive In

GoDriveIn Movie and Roadhouse in Salt River is the perfect place to gather the kids for a fun night out, or slip away for a romantic date night with your significant other. Movies are projected onto a nine-metre screen and the sound is shared directly into your car via FM radio.

The venue is located at 346B Victoria Road in Salt River. On drive-in nights, doors open at 6pm and movies start at 8pm. Tickets can be purchased online and at the entrance for R190 per car (includes five people per car).

Outdoor seats can also be purchased for R90 each including FM headphones for those without a car. For those without a car radio, FM radios can be hired for R100 a unit.

For more information, visit the [website here](#) or [buy tickets here](#).

Boschendal

Picturesque views, delicious market-style food stalls and family-friendly entertainment are on the cards every Saturday at Boschendal. The popular wine farm hosts a drive-in movie every week on the Werf Helicopter Pad. Doors open at 6pm for the 8.15pm movie start time.

Be sure to book your spot ahead of time. Tickets cost R250 per vehicle – max 4 people per vehicle, and R100 per additional person.

Booking your tickets [HERE](#).



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

ATLANTA SHOOTING

Mike Jordan
The Guardian

Eight people were killed at three massage parlours in Atlanta and nearby Cherokee County on Tuesday. The suspect in the shootings, Robert Aaron Long, has been charged with eight counts of murder and one count of aggravated assault. Six of the victims were of Asian descent and two were white. Seven were women.

[‘We need to cry out’ Atlanta’s Asian American community reacts to shootings](#)

France is locking down several regions, including the Paris area, as it struggles to contain a third wave of the coronavirus epidemic.

By Ania Nussbaum and William Horobin
DAILY MAVERICK

Only essential businesses and schools will stay open, Prime Minister Jean Castex announced on Thursday. The measures will start from midnight on Friday and will remain in place for four weeks.

“It’s not good news and I know how tired you are with the succession of restrictions,” Castex said during a press conference. “These measures are vital and balanced. They aim to put the break on the virus without locking us down.”

[READ FUTHER](#)

Volcano erupts near Reykjavik, Iceland

By Nikolaj Skydsgaard, Jacob Gronholt-Pedersen
Reuters

COPENHAGEN (Reuters) - A volcano erupted near Iceland’s capital Reykjavik on Friday 19 March, shooting lava high into the night sky after thousands of small earthquakes in recent weeks. The eruption occurred near Fagradalsfjall, a mountain on the Reykjanes Peninsula, around 30 km (19 miles) southwest of the capital.

Some four hours after the initial eruption at 2045 GMT - the first on the peninsula since the 12th century - lava covered about one square kilometer or nearly 200 football fields.

[READ MORE](#)

Coronavirus live news:

Cases in Netherlands rise by 7,400 [in biggest increase since early January](#); [German health authorities warn](#) of ‘exponential’ rise in cases

[Europe still uneasy about AstraZeneca jab despite EMA green light](#)

[‘Things are desperate’: Brazil’s intensive care units almost all at capacity](#)

[Doctors suggest Covid-19 could cause diabetes](#)

[Norwegian PM Erna Solberg investigated for Covid rules breach](#)
[UK coronavirus updates – live](#)

Tanzania’s Next Leader to Face Predecessor’s Covid Denialism

By Bloomberg



By Fumbuka Ng’Wanakilala
Daily Maverick

Tanzania’s response to the coronavirus will be one of the key issues facing the successor to deceased President John Magufuli, whose unorthodox response to the disease elicited international consternation.

Magufuli, who died on Wednesday, dominated policy making in the southeast African nation after taking office in 2015, centralizing control in his office and appointing allies to key government posts. His death could create a power vacuum in the ruling party, delay or scupper key projects and foreshadow a rethink on the government’s handling of the pandemic.

[READ: John Magufuli, Tanzanian Leader Who Scoffed at Covid, Dies at 61](#)

Covid: France and Poland increase lockdown measures as infections surge

BBC News



France and Poland have reintroduced partial lockdowns as both countries battle a sharp rise in Covid infections in recent weeks.

Some 21 million people in 16 areas of France, including the capital Paris, are affected as the country fears a third wave.

In Poland, non-essential shops, hotels, cultural and sporting facilities are now closed for three weeks.

The country has the highest new daily rates of Covid cases since November.

Coronavirus cases are also rising exponentially in Germany, with Chancellor Angela Merkel warning it is likely that the country will now need to apply an "emergency brake" and re-impose lockdown measures.

Covid wave intensifies in Central Europe

Why is the EU having vaccine problems?

The vaccine rollout across the European Union has been hindered by delayed deliveries, as well as the suspension in several countries of the use of the Oxford-AstraZeneca Covid-19 vaccine, over fears of possible side effects.

Meanwhile demonstrations against coronavirus restrictions have affected several European cities.

In Amsterdam, police fired water cannon to clear protesters from Museum Square, a frequent venue for unauthorised demonstrations. Online footage showed a police dog handler prodding a woman in the chest with his baton and twice hitting a man who tried to protect her.

And in the central German city of Kassel, police said they used pepper spray and batons to disperse demonstrators who tried to break through a cordon. Video footage posted on social media showed water cannon also being deployed.

"This is not what a peaceful protest looks like," police tweeted (in German).

Protesters were also detained during an anti-lockdown protest in Hyde Park, London, and several thousand people gathered to protest against Covid restrictions in the small Swiss town of Liestal, near Basel.

Demonstrations were also reported in Berlin, Helsinki and Vienna.

UK on verge of passing 50% of adults given first dose of Covid vaccine

Prime Minister Boris Johnson received his first dose of the Oxford/AstraZeneca vaccine on Friday evening



The UK is on the verge of reaching the major milestone of giving more than 50% of the adult population their first dose of coronavirus vaccine.

Government data up to March 18 suggests that 49.9% of the population aged 18 and over have received a first dose, with an estimated 73,000 more jabs needed to pass the halfway mark.

It comes after Prime Minister Boris Johnson received his first dose of the Oxford/AstraZeneca vaccine on Friday evening. Meanwhile, a rise in coronavirus infections has led to countries across Europe imposing tougher restrictions, with UK scientists concerned about outbreaks of the South African variant.

Fears Europe's third wave will spread to UK 'within weeks'

Faye Brown
METRO News



A surge in coronavirus cases across Europe is threatening a new wave in the UK and makes holidays abroad increasingly unlikely, government scientists fear. Senior figures in Whitehall are becoming extremely concerned by an increase in infections that is forcing some countries, including France and Poland, back into lockdowns. They fear a rise in cases in Britain within weeks with some calling for tougher travel restrictions, according to The Times.

A government source told newspaper that the rise in Europe was being watched closely, adding: 'It's a fact that when waves one and two hit Europe they hit us afterwards.'

Covid vaccine side-effects: what to know and why you shouldn't worry

by Jessica Glenza and Alvin Chang
The Guardian



Side-effects have been reported for all three vaccines approved for emergency use in the US but most are mild and short-lived

As more people become eligible to receive a coronavirus vaccine many are asking what side-effects they should expect, and if there are differences between the side-effects of the vaccines. The short answer to both questions is yes – the details are below – though any discomfort pales in comparison with contracting Covid-19.

We used clinical trial data gathered by the US Food and Drug Administration (FDA) to explore the kinds of side-effects most commonly associated with the three vaccines currently authorized for emergency use in the US. Those vaccines were developed by Pfizer and BioNTech, Moderna and the National Institute of Allergy and Infectious Disease (Niaid) and most recently by Johnson & Johnson.

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

[What are the common side-effects?](#)
[Are Covid-19 vaccines safe?](#)
[Moderna vaccine side-effects](#)
[Pfizer vaccine side-effects](#)
[Johnson & Johnson side-effects](#)
[What causes the side-effects?](#)
[Why should I trust this data?](#)

Is there a link between the AstraZeneca vaccine and blood clots?

Dr Amir Khan
Aljazeera



Dr Khan explains why the European Medicines Agency has declared AstraZeneca's vaccine to be 'safe and effective'; examines why we must change our relationship with nature in light of the pandemic; and helps a patient with 'long COVID'.

The global effort to roll out COVID vaccines suffered a blow this week when 11 European countries paused the use of the Oxford-AstraZeneca jab, after a number of people developed blood clots soon after receiving a dose. Outside of Europe, Indonesia also announced it would delay administering the vaccine while it awaits a review. The health authorities in these countries stated that the halting of the vaccine was merely a precautionary measure.

Four people developed blood clots a few days after having the Oxford-AstraZeneca vaccine in Norway in early March. Then, another person in Austria was admitted to hospital with a blood clot on the lung and died, 10 days after being vaccinated. Another death involving a blood clot has also been reported in Denmark.

On Thursday, after a few days of investigation, however, the European Medicines Agency stated that it was satisfied the vaccine is "safe and effective" and not, after all, linked to a higher risk of developing blood clots. It will continue to conduct research. Those countries which halted the use of the vaccine can now resume.

This should put the issue to rest, but the scare has caused understandable anxiety for those who have already had their Oxford-AstraZeneca vaccine, or who may be waiting for their second dose. So, what are blood clots and what causes them?

Blood should normally flow smoothly through blood vessels uninterrupted. Its main job is to carry nutrition and oxygen to our organs. To maintain this smooth flow of blood, it needs to move continuously and not stand still (which is why long periods of immobility can increase your risk). It also needs the chemicals or "factors" that control blood clotting inside us to stay in balance and for the inside of our blood vessels to stay smooth so the blood doesn't catch on anything as it flows by, which is why inflammation inside of blood vessels caused by illnesses including COVID-19 can increase the risk of clots.

KEEP READING

[What will it take to stay one step ahead of a mutating COVID-19?](#)

[How dangerous are the new COVID variants?](#)

[Why you must still wear a mask after having a COVID-19 vaccine](#)

[What are 'vaccine passports' and should we have them?](#)

COVID: The pandemic almost didn't happen, a new genetic study shows

Maggie Fox
CNN

(CNN) — The [coronavirus pandemic](#) almost didn't happen, a new study shows.

Researchers working to show when and how the virus [first emerged in China](#) calculate that it probably did not infect the first human being until October 2019 at the very earliest. And their models showed something else: It almost didn't make it as a [pandemic virus](#).

Only bad luck and the packed conditions of the [Huanan seafood market](#) in Wuhan — the place the pandemic appears to have begun — gave the virus the edge it needed to explode around the globe, the researchers [reported in the journal Science](#).

"It was a perfect storm — we know now that it had to catch a lucky break or two to actually firmly become established," Michael Worobey, a professor of evolutionary biology at the University of Arizona who worked on the study, told CNN. "If things had been just a tiny bit different, if that first person who brought that into the Huanan market had decided to not go that day, or even was too ill to go and just stayed at home, that or other early super-spreading events might not have occurred. We may never have even known about it."

The team employed molecular dating, using the rate of ongoing mutations to calculate how long the virus has been around. They also ran computer models to show when and how it could have spread, and how it did spread.

"Our study was designed to answer the question of how long could SARS-CoV-2 have circulated in China before it was discovered," said Joel Wertheim, associate professor in the Division of Infectious Diseases and Global Public Health at the University of California, San Diego School of Medicine.

"To answer this question, we combined three important pieces of information: a detailed understanding of how SARS-CoV-2 spread in Wuhan before the lockdown, the genetic diversity of the virus in China and reports of the earliest cases of COVID-19 in China. By combining these disparate lines of evidence, we were able to put an upper limit of mid-October 2019 for when SARS-CoV-2 started circulating in Hubei province."

The evidence strongly indicates the virus could not have been circulating before that, the researchers said. There have been reports from Italy and other European countries of evidence the virus may have infected people there before October. But Thursday's study indicates only about a dozen people were infected between October and December, Worobey said.

From a handful of cases "sputtering" along at the end of 2019, the virus exploded around the world. According to [Johns Hopkins University](#), it's been diagnosed in 121.7 million people and it has killed nearly 2.7 million. The US has been the worst-affected country by far, with close to 30 million diagnosed cases and nearly 540,000 deaths.

The study doesn't show which animal was the source of the virus. Genetic evidence shows bats carry a closely related virus, and also suggests another, intermediate species of animal was likely infected and transmitted the virus to a human being somewhere.

This happens. The US Centers for Disease Control and Prevention regularly tracks and reports on cases of new strains of influenza infecting people who attend county fairs and interact with pigs, for instance. But so far, none of these infections has led to an epidemic or even an outbreak.

[READ FURTHER](#)

Coronavirus: The Indian factory making 6,000 syringes a minute

BBC News



BBC News

Rajiv Nath, who heads India's largest syringe factory, says he is turning down as many as 40 requests for syringes from across the world.

Mr Nath's Hindustan Syringes & Medical Devices (HMD) is in huge demand now as countries try to ramp up vaccination against Covid-19.

The factory is currently producing some four million syringes a day but Mr Nath says that's still not enough given that the world needs 10 billion syringes to vaccinate just 60% of its population.

He hopes that better coordination between the WHO, governments and syringe makers will smooth the way going forward.

Trump's Washington hotel echoes to silence of missing MAGA crowd

David Smith
The Guardian



Once the hub of Trump World in the US capital, with the former president gone it is in danger of becoming a white elephant.

Once it was like a second White House for the MAGA crowd. Now it is in danger of becoming a white elephant. Clobbered first by the coronavirus pandemic, then by its owner's election defeat, the [Trump International Hotel](#) in Washington is reeling from a huge loss of income and prestige. For critics of the former US president, it is welcome proof of how quickly the city is moving on without him.

"It used to be the hub of Trump World but I can't imagine who goes there now," said Sally Quinn, a local author and journalist. "We don't even have tourists yet in Washington. I can't imagine most people staying there when they come. I don't know anybody who goes there or has gone there."

The hotel opened amid protests in the historic Old Post Office building on Pennsylvania Avenue, between the White House and US Capitol building, in September 2016 as Trump campaigned for the presidency.

For four years its opulent lobby thronged with diplomats, lobbyists and Trump family members. It was one of the few places in the US capital where "Make America great again" hats were bountiful. But one recent afternoon it seemed more reminiscent of the haunted hotel in Stanley Kubrick's film [The Shining](#).

[READ FURTHER](#)

Pope Francis's historic visit to Iraq

BBC News



The Pope Francis visited parts of northern Iraq once held by Islamic State (IS) militants on the third day of his historic trip to the country.

Christians were among those targeted by IS when they seized the region in 2014, carrying out human rights abuses. On Sunday the Pope prayed among ruined churches in Mosul, the former IS stronghold, before meeting Christians.

Celebrating Mass at a stadium in Irbil, the last big set piece of his visit, he said Iraq would remain in his heart.

Thousands of people attended the service despite Covid-19 concerns.

Iraq, which has seen more than 13,500 deaths with Covid-19 and more than 726,000 cases, has recorded a sharp rise in infections over the past month.

The 84-year-old leader of the Catholic Church and his entourage have all been vaccinated, but Iraq only received its first batch of doses last week.

['Pope's visit gives Christians a message of hope'](#)

The four-day trip, which began on Friday, was the pontiff's first international excursion since the start of the pandemic more than a year ago, and the first-ever papal visit to the country. He flew home on Monday morning.

Remote Work Visas Are Transforming the Future Of Work And Travel

Mike Swigunski
FORBES



If you are in the industry of remote work, then you might have heard about remote work visas recently. One of the biggest benefits of having a remote job is the massive perk of living and working wherever you want. The remote work environment has advanced extremely fast due to the state of the world pandemic. Millions of workers now have the flexibility to work from anywhere they desire. With a huge portion of people working from home already, remote work is the present, and flexible working is the actual future of work.

Travel Shifts: Remote Work And Travel

As a result of the changing work industry, many people who secured one of the original remote work jobs soon realized the substantial perks of this career path. In addition to making money from home, you can travel worldwide and live a sustainable lifestyle with a fraction of the costs of living in a major US city. The increase of remote jobs has created a wave effect both domestically and worldwide in both the travel and professional work sectors.

What Are Remote Work Visas And Why Are Governments Creating Them

While remote workers travelled worldwide and shared details about their lifestyle, people gradually started to get intrigued. As word travelled, more and more people joined the remote work movement and traveling lifestyle. It didn't take long for governments also to notice how sustainable this lifestyle is and that they need to attract a new type of traveller.

Remote Jobs Make Location Independence More Popular

It wasn't long ago that the average traveler would only be interested in going on a trip abroad for a week or two. Short trips were previously necessary to go back to an office job after using all your vacation time. With remote jobs, location independence has allowed full-time workers to look for countries with the longest visas, indirectly creating remote work visas.

People Are Moving Out of Expensive Big Cities in Droves

The past few years have left us with a growing trend of people moving out of big cities like New York City and Los Angeles. The reasons why are straightforward: exorbitantly-high costs of living, decaying infrastructure and increased crime rates. This mass exodus has put extra pressure on foreign governments to help accommodate remote workers that moved from the big city.

Remote Work Visas Easily Let Governments Reap Benefits of Foreign Money

Whether an expat travels to a new country and spends a few months there buying local products and supporting the tourism industry or making a full-out business investment, governments have learned how valuable these types of travelers are. By adding remote work visas, they can attract more sustainable tourism spending and increase the overall revenue that they receive from foreign remote workers in their country. It is truly a win-win for everyone involved.

How Will Remote Work Visas Impact The Future of Work?

Although it is difficult to predict the future and the exact implications that the growing trend of remote work visas will have on the overall industry, it is reasonable to expect more flexibility and freedom in our day-to-day lives.

Consider Geoarbitrage

Geoarbitrage is a considerable benefit for remote workers. Imagine maintaining a New York City salary but living in Missouri or even Mexico. Essentially, it means relocating to a new city or country to take advantage of much lower costs of living while maintaining a higher quality of life.

More Time To Enjoy A Country

Previously, remote workers would purposefully seek out countries with more lenient visa policies to spend some time working while they are there. With remote work visas, it provides workers with a lot more security. Remote work visas will probably lead to workers establishing a home base and increasing the overall spending in foreign countries, all without taking away any jobs from the local workforce. Overall, remote work visas will hopefully create a much more sustainable form of tourism and transform how the world works and travels.

THIS DAY IN HISTORY – 21 March

2006



Twitter cofounder Jack Dorsey sent the first public tweet, which read “just setting up my twttr.”

1990



After 106 years of German and South African rule, Namibia became independent.

1980



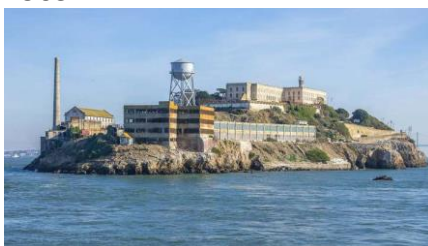
U.S. President Jimmy Carter announced that the United States was boycotting the Summer Olympics in Moscow to protest the Soviet invasion of Afghanistan.

1965



American civil rights activists led by Martin Luther King, Jr., began a protest march from Selma to Montgomery, Alabama.

1963



The U.S. federal prison on San Francisco Bay's Alcatraz Island, which had held some of the most dangerous civilian prisoners—including Al Capone and Robert Stroud, the “Birdman of Alcatraz”—was closed this day in 1963.

1960



About 70 black African demonstrators were killed by police in Sharpeville, Gauteng province, during a protest against South Africa's pass laws.

1918



The Second Battle of the Somme began during World War I.

1880



German painter Hans Hofmann, an influential art teacher and a pioneer in the use of improvisatory techniques whose work paved the way for American painters to develop Abstract Expressionism, was born.

1768



French mathematician Joseph Fourier, who exerted strong influence on mathematical physics through his *The Analytical Theory of Heat* (1822), was born in Auxerre.

1685



German composer Johann Sebastian Bach, who is generally considered the greatest composer of all time, was born.

1556



Thomas Cranmer, the first Protestant archbishop of Canterbury, was burned at the stake for violating heresy laws revised under the Roman Catholic queen Mary I, known as Bloody Mary.

1474



St. Angela Merici, born March 21, 1474, Desenzano, Republic of Venice Founder of the Ursuline order, the oldest religious order of women in the Roman Catholic Church dedicated to the education of girls.



Proteas women make history in India

Kass Naidoo
Daily Maverick



A three-match women's T20 International Series between South Africa and India gets underway in Lucknow on Saturday.

The history-making Proteas women are chasing back-to-back series wins against India in what has already been a successful tour on the subcontinent.

On 17 March, the Proteas beat India by five wickets in the final one-day international (ODI) to win the five-match ODI series 4-1 and rise to second in the world behind Australia in the latest International Cricket Council (ICC) Women's ODI team rankings, displacing England, who drop down to the third place. South Africa last won an ODI series in India in 2014.

Opening batting star Lizelle Lee displaced Australia's Tammy Beaumont to grab the global top spot for batters in ODI cricket and was named player of the series, though she was rested for the final game.

The team will complete the T20 series at the Ekana stadium. Venue fatigue may be challenging, but the prospect of back-to-back series wins in India present a strong motivation.

This trip to India is a vital tour as the team looks forward to two major ICC events — the 50-Over Women's World Cup in New Zealand next year and the South Africa-hosted Women's T20 World Cup in 2023.

South Africa's consistent success would not be possible if the team was not a professional unit.

In 2013, Cricket South Africa introduced its first-ever professional contracts for Proteas women's cricketers. Eight years later, and following this week's welcome announcement, the list of contracted athletes will increase from 14 to 15 with Western Province's Lara Goodall's inclusion.

There are now real expectations that a World Cup win could be around the corner for the Proteas women's team.

Palace's Wilfried Zaha becomes first Premier League player not to take the knee

By IOL



LONDON – Crystal Palace forward Wilfried Zaha became the first Premier League player not to take a knee in solidarity with the anti-racism movement before Saturday's match against West Bromwich Albion.

Ivory Coast international Zaha stood tall while the rest of his Palace team-mates and their opponents kneeled just before kick-off at Selhurst Park.

The 28-year-old revealed last month when speaking at the Financial Times' Business of Football summit he would no longer perform a gesture which has been followed by Premier League players, officials and staff since June.

"My decision to stand at kick-off has been public knowledge for a couple of weeks now," Zaha said in a statement released on Saturday. "There is no right or wrong decision, but for me personally I feel kneeling has just become a part of the pre-match routine and at the moment it doesn't matter whether we kneel or stand, some of us still continue to receive abuse.

"I know there is a lot of work being done behind the scenes at the Premier League and other authorities to make change, and I fully respect that, and everyone involved. I also fully respect my team-mates and players at other clubs who continue to take the knee.

"As a society, I feel we should be encouraging better education in schools, and social media companies should be taking stronger action against people who abuse others online - not just footballers.

"I now just want to focus on football and enjoy being back playing on the pitch. I will continue to stand tall."

Zaha joins Championship clubs Millwall, Derby, Bournemouth and Brentford in no longer taking part in kneeling before matches.

The gesture was brought in as a way to promote the anti-racism message after the death in police custody of George Floyd in the United States last May sparked a rise in Black Lives Matter protests.

Ole in or Ole out? Manchester United fan Usain Bolt gives his verdict on the season so far

By Matias Grez
CNN



Since hanging up his running spikes in 2017, Olympic legend Usain Bolt has enjoyed plenty more free time being able to watch his beloved Manchester United.

Although, given United's struggles in recent years, perhaps enjoyment isn't quite the right word.

Since Alex Ferguson retired as manager in 2013, the club has won just three trophies and is yet to mount anything close to something resembling a serious Premier League title challenge.

After a difficult start, this season has provided cause for optimism, with Ole Gunnar Solskjær's team going on a impressive run to climb to second in the table, but United's defensive frailties too often prove to be its undoing.

Those shortcomings saw the club fail to reach the knockout stages of the Champions League and drop into the Europa League, where it will now face AC Milan in Thursday's round of 16 second leg following the 1-1 draw at Old Trafford last week.

"It's not been the best season," Bolt admits. "In fact, I'm actually surprised we're in second place, you know what I mean, because it's been so up and down.

"So I'm just happy that we're in the top four. Now hopefully we get at least one trophy this year because I think we definitely need one. So I just got to cross my fingers and hope for the best!"

Tiger Woods is recovering at home after car wreck

By Jill Martin and Theresa Waldrop
CNN



Tiger Woods is recovering at home after several weeks in the hospital following his February car crash.

"Happy to report that I am back home and continuing my recovery," Woods tweeted on Tuesday. "I am so grateful for the support and encouragement that I have received over the past few weeks."

The golf legend was driving February 23 in Rancho Palos Verdes, near Los Angeles, shortly after 7 a.m. PT when his Genesis SUV hit a "Welcome to Rolling Hills Estates" sign, crossed a center divider and traveled more than 150 feet across the shoulder of the road through shrubbery and uprooted tree before coming to a stop on the driver's side, according to a Los Angeles County affidavit for a search warrant of the vehicle's black box.

He sustained injuries and cuts to his face and multiple fractures and compound fractures to his right leg, the affidavit said.

Initially, Woods was treated at Harbor-UCLA Medical Center in Torrance but was transferred to Cedars-Sinai Hospital in Los Angeles "for continuing orthopedic care and recovery," said Anish Mahajan, interim CEO/CMO of the Harbor-UCLA Medical Center said at the time.

Mahajan said Woods' right tibia and fibula, the two long bones directly under the knee, were fractured in more than two pieces.

Para-athlete Alwyn Uys opens up about his inspirational journey and becoming a professional para-athlete.



CAPE TALK

On this week's My Amazing Life Saskia Falken talks to professional Ultra Para-Athlete, Alwyn Uys, a 24-year-old student at Stellenbosch University and a budding rugby star for Maties who was involved in a horrific car accident that paralysed him from the chest down.

Four years later, Alwyn became the first South African Paraplegic to complete an Ironman, and he most recently was the first para-athlete to swim the Robben Island to Blouberg Ocean crossing. He also uses his time to inspire people to be their best selves on his [YouTube channel Alwyn Uys](#) and find him on [Facebook here](#).

He talks to Saskia about his accident and when he woke up later he was told he had hurt his back.

"I just couldn't get up. I just felt this cold sensation like pins and needles over my whole body and the first reaction is I thought it was shock, my body is in shock, I am just going to lie still, everything is fine."

But it wasn't fine. It was just the beginning of Alwyn's path to healing.

"Then the whole journey started for me of recovery and it has been a bit of a rollercoaster."

"The biggest impact when something like this happens to you is not the fact that I am in a wheelchair, it's not the fact that I can't walk, rather it is that your dreams and ambition get taken away from you and that is very scary. It is far more mental than physical."

He says it required a mental shift.

"I had to convince myself that life is not over and I can still do things."

South Africa's Harris Edges Shapovalov To Reach Dubai Final



Mercy Chukwudiebere
NewsNow

South Africa's Lloyd Harris rallied from a set and a break down on Friday to beat Denis Shapovalov 6-7 (5/7), 6-4, 7-6 (8/6) and earn a place in the Dubai final.

The 24-year-old Harris is the first qualifier to make the final at the tournament, having taken out US Open champion Dominic Thiem and Kei Nishikori in previous rounds.

He will bid for his maiden ATP title against Andrey Rublev or Aslan Karatsev. He lost to Rublev in straight sets last year in Adelaide in his only previous tour-level final.

SA's Justin Harding has his mojo back after flawless Kenya Open win

Lynn Butler
News24



- South African golfer Justin Harding is delighted with his win at the Kenya Open as he hopes to recreate his 2018/19 breakthrough season.
- Harding secured his second European Tour title this past weekend at Karen Country Club.
- He hopes to maintain his "mojo" this week as the European Tour plays at the same course for the Kenya Savannah Classic.

Harding banked a winner's cheque of €145 500 (**R2.5 million**) and moved to 14th on the European Tour's Race of Dubai Rankings

Six Nations: Last-Gasp France Try Cruelly Denies Wales Grand Slam Win

KIERAN SPRATT
The Sportsman



Saturday night's clash between France vs Wales served up one of the greatest Six Nations ties ever

It promised to be a 'Super Saturday' unlike any other and it's safe to say it delivered after an absolute barnstormer as France cruelly denied Wales the Grand Slam with a last-gasp try at Stade De France, leaving themselves in the title mix with a rearranged game against Scotland to come in Paris next week.

It's not over for Wales yet, they could still win the Six Nations Championship if France fail to beat Scotland with a bonus point next Friday and even if Les Bleus are victorious with a bonus point, Wales could still win on points difference. None of that will matter right now though, having been dealt such a cruel blow and so late on.

The game itself was an absolute delight for the neutral and will likely go down as one of the greatest Six Nations ties ever seen.

The first half set the tone for the upcoming thriller from the offset with Wales going toe-to-toe throughout a thrilling first 40 minutes. The score was deadlocked going into the break at 17-17, with both sides scoring two tries apiece with Romain Taofifenua and Antoine Dupont's being matched by Dan Biggar and Josh Navidi.

The second-half of the tie will most likely go down in Six Nations' folklore. Referee Luke Pearce was a busy man across the night but none more so than in the game's pivotal closing stages. First, France second-row Paul Willemsse red carded for touching the eyes of Wales prop Alun Wyn Jones, cancelling out Brice Dulin's try in the process.

Then the game was turned on its head when France finished with the man advantage for the final eight minutes after Taulupe Faletau and Liam Williams were both sin-binned and gave Wales' first two yellow cards of the entire tournament. Wales were defending a 10-point advantage, but tries from captain Charles Ollivon and Dulin's late intervention left Wayne Pivac's side stunned.

Can the Olympic Games succeed without overseas fans?

The Guardian

Organisers of postponed Tokyo Games ban foreign spectators in a bid to reduce coronavirus risks.



Overseas spectators will not be permitted to attend this summer's rearranged Olympic and Paralympic Games in Tokyo. An announcement was made after a meeting of the International Olympic Committee, International Paralympic Committee, Tokyo metropolitan government, the Tokyo 2020 organising committee and the government of Japan on Saturday.

The decision, which was not unexpected, is due to continuing uncertainty amid the Covid-19 pandemic, with international travel restricted and variant coronavirus strains emerging. Japan is unlikely to be open to foreign tourists by the summer and it was felt some clarification over this matter should be given now.

A joint statement from the five parties involved in the meeting read: "Currently, the Covid-19 situation in Japan and many other countries around the world is still very challenging and a number of variant strains have emerged, whilst international travel remains severely restricted globally. Based on the present situation of the pandemic, it is highly unlikely that entry into Japan will be guaranteed this summer for people from overseas.

"In order to give clarity to ticket-holders living overseas and to enable them to adjust their travel plans at this stage, the parties on the Japanese side have come to the conclusion that they will not be able to enter into Japan at the time of the Olympic and Paralympic Games. This conclusion will further contribute to ensure safe and secure Games for all participants and the Japanese public."

The Olympic Games, which were originally scheduled to take place last year, are due to begin on 23 July and end on 8 August. The Paralympics take place from 24 August-5 September. Tickets purchased overseas through official channels will be refunded.

Thomas Bach, the IOC president, said: "We share the disappointment of all enthusiastic Olympic fans from around the world, and of course the families and friends of the athletes who were planning to come to the Games. For this I am truly sorry. We know that this is a great sacrifice for everybody. We have said from the very beginning of this pandemic that it will require sacrifices.

ENVIRONMENT

News and Articles

In memory of Stephan Pöltner



It is with great sadness to announce that Stephan Pöltner, passed away peacefully on Monday 8th March, after a short illness.

Stephan was a member of the Century City Rotary Club, the District 9350 Environmental Sustainability Committee, and completed the Al Gore's Climate Reality Project Training and graduated to become a Climate Reality Leader.

He was a totally committed member to Rotary and extremely loyal towards family, friends and fellow Rotarians.

He contributed to our Pinelands RC's COVID-19 Paparazzi with his "Smiley's" as the tail end. His sense of humour had no limits!

He also cooked the BEST Wiener Schnitzel!

My deepest most heartfelt condolences, love and prayers go to his wonderful wife, Francois and family.

The District 9350 Environmental Sustainability Committee will be planting a tree in memory of Stephan.

We shall miss him.



INVITATION

TO OUR 2ND
FOOD GARDENS WEBINAR
"HOW TO....."

27 MARCH 2021 at 10H00

Dear Rotarians, Rotaractors and all interested in helping address the hunger security challenges facing us across all the areas within Rotary District 9350.



As promised, we bring you our second Food Gardens Webinar. This webinar will open opportunities to understand the step by step process needed to create new sustainable Food Gardens, either linked to existing Rotary projects or in partnership with communities and Food Garden NGOS.

1. **How to** maximize working with Govt departments such as Dept of Agriculture on land and water issues
2. **How to** set up community partnerships - Geraldine Nicol
3. **How to** identify the needs of the community - Stefanie Swanepoel
4. **How to** cope with land tenure issues – Stephen Young
5. **How** HSRC is approaching partnership selection – Anton Lubbe
6. **How to** train on technical issues – Leigh Brown (SEED)
7. **How to** support urban farming in the townships– Grace Stead (Abalimi)
8. **How to** access Food Garden information on District 9350's website - Anton Lubbe
9. **The Way forward** - Geraldine Nicol

Each presentation will be followed by a Questions and Answers Session

To Join the meeting please click on the link below:

<https://us02web.zoom.us/j/86957926200?pwd=K3QzUFGxREUrdWhUdGd1RmxrL09SQT09>

Meeting ID: 869 5792 6200

Passcode: 387294

For additional information contact: Anton Lubbe
lubbea58@gmail.com

About the RCAT Network



The Rotary Climate Action Team (RCAT) Network offers Rotary clubs a resource to: 1) foster Action Teams; 2) educate Rotarians about the crisis; 3) share projects and contacts; and 4) link to multiple resources across Rotary and with Rotary partners.

Rotary Climate Action Team (RCAT) Network recognizes that climate change is an unprecedented challenge to humankind. The more CO₂ in the atmosphere, the hotter our planet will become. The impacts of the climate crisis will affect the world's most vulnerable first and hardest, putting Rotary's good work in the world at risk. We know ACTION must be taken now to prevent further damage.

Having a safe, stable environment will be necessary for Rotary to continue to make progress in across all identified Areas of Focus: 1) Promoting peace; 2) Fighting disease; 3) Clean water, sanitation and hygiene; 4) Saving mothers and children; 5) Supporting education; 6) Growing local economies; and 7) Protecting the environment.

Many years ago, an individual Rotary club saw a need and took action to begin the eradication of polio, and a movement began. The same grassroots effort will be necessary to begin to tackle the climate crisis. We believe that Rotary is well suited to take on this effort because it has the presence and organizational structure to be able to work at a local and global level. Rotary International has recognized the threats to our environment with this seventh area of focus, Protecting the Environment! The reality is that none of the others areas of focus can exist in a world where we do not protect our environment.

The associated [Policy Statement](#) is extensive and aggressive. This new area powerfully supports the work of our partner, the Environmental Sustainability Rotary Action Group ([ESRAG](#)), as they address the broad topic of environmental protection while RCAT works to support the creation of climate Action Teams at the club level.

The Rotary Climate Action Team (RCAT) Network offers Rotary clubs a resource to: 1) foster Action Teams; 2) educate Rotarians about the crisis; 3) share projects and contacts; and 4) link to multiple resources across Rotary and with Rotary partners.

Please review the September 2020 [RI Policy Statement](#) to fully understand the challenge to all Rotarians to take action.

Start a Climate Action Team in Your Club

We invite you join other Rotary clubs around the world and become part of the Rotary Climate Action Team (RCAT) Network. Create an Action Team, utilize the Network's club presenters and support services, join the Network, start multiple projects, and share the results with other clubs. The suggested steps to ACTION might include:

1. Understanding Rotary International's New Area of Focus
2. Understanding Your Club's Position in the community
3. Developing your action team
4. Determining Specific Focus that Works for your Action Team
5. Outreach to other clubs and the district

Please visit their website **BELOW** which has extensive information:

[START A CLIMATE ACTION TEAM IN YOUR CLUB](#)

The Rotary Climate Action Team Network is available to assist with several of the steps in this implementation plan. Contact us using the [Request for Support Form](#) or at info@rcatnow.com.



"Climate change knows no borders. The international community has to shoulder a responsibility to bring about sustainable development."

— Angela Merkel, Chancellor of Germany

Share your Environmental Project on Rotary's Showcase and ESRAG!

Sharing project ideas, descriptions, and contact information in a searchable format facilitates and promotes Rotary partnerships.

- The projects you submit here will be posted manually to ESRAG's website after review.
- If you are looking for partners, please indicate the kind of help you are seeking.

[SUBMIT YOUR PROJECT ON THE ESRAG WEBSITE](#)

Have you posted your project to Rotary Showcase?

- To post projects directly to [Rotary Showcase](#), first make sure you are logged in!
- To download detailed instructions, [click here](#).

Environmental Sustainability Rotary Action Group (ESRAG)

www.esrag.org

ESRAG is a powerful support structure for Rotarian education and action. Some of the key resources include:

- Major ESRAG projects across Rotary International: <https://www.esrag.org/sustainability-projects>
- ESRAG Newsletter: <https://www.esrag.org/new-area-focus-announcement>
- ESRAG Blog: <https://www.esrag.org/news>
- Resources and partners in support of Action Teams: <https://www.esrag.org/resources>
- Join ESRAG as a member: <https://www.esrag.org/membership-overview>

THE GLOBAL GOALS For Sustainable Development



“When a flower doesn't bloom,
you fix the environment
in which it grows,
not the flower.”

-Alexander Den Heijer





Your climate solutions journey begins now

Climate Solutions 101—presented by Project Drawdown—is 100% free, full of hope, and streaming today. Filled with the latest need-to-know science and fascinating insights from global leaders in climate policy, research, investment, and beyond, this video series is the world's *first* major educational effort focused solely on solutions.

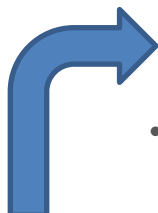
Rather than rehashing well-known climate challenges, Project Drawdown highlights game-changing climate action based on its own rigorous scientific review and assessment. This course, presented in a six-part video series along with in-depth conversations, combines our trusted resources with the expertise of inspiring thought leaders from around the world. Enjoy a brain-shift toward a brighter climate reality—and spread the word.

[Watch now](#)



We have the solutions to halt climate change

Humanity's greatest challenge is also our greatest opportunity. With Project Drawdown Executive Director Jonathan Foley as your co-pilot, explore the last 50 years of stunning change to see our current climate inflection point in context. Hear more about emissions sources and sinks, and take a step back to see the critical importance of centering human equality in the race to shift climate solutions to global action. What role will you play in building a better future?



- [Unit 1: Setting the Stage](#)
- [Unit 2: Stopping Climate Change](#)
- [Unit 3: Reducing Sources](#)
- [Unit 4: Supporting Sinks and Improving Society](#)
- [Unit 5: Putting It All Together](#)
- [Unit 6: Making It Happen](#)

Click the links above to watch the very informative videos

10 gardening dos and don'ts



By Terry van der Walt
Lifestyle/Green Living

Here are 10 top tips to avoid making mistakes that can undo all your hard work and leave you frustrated.

1. Don't over-fertilise your vegetables because in the long run it will reduce your crops, possibly stunt growth and burn tender plants.
2. Try always to use organic fertiliser since these are more environmentally friendly.
3. Avoid planting in shady areas because most vegetables thrive in direct and uninterrupted sunlight.
4. Improve your soil by adding compost and organic material throughout the season.
5. Avoid over-watering because you could kill your plants with kindness by turning their growing area into a soggy swamp.
6. Sow your seeds at the depth recommended on the packet to save yourself heartache – too deep or too shallow and they won't germinate.
7. Avoid planting your seedlings too closely because they will be competing for nutrients in the soil, sunlight and water. Stick to the guidelines on the packets.
8. Big is not always best, so in your enthusiasm to get growing, avoid being tempted into creating a large patch that you'll struggle to maintain – weeding, tending plants, zapping garden pests and general upkeep takes a lot of effort.
9. Avoid using broad-spectrum pesticides, which can kill beneficial bugs like ladybirds, and end up in your body.
10. Avoid sowing too many seeds at one time, because you won't have enough space for all of them when they start growing. You're not a commercial farmer.

You're probably going to make some mistakes as you set off on this new green-finger adventure but try to learn from them so that you don't repeat them.

And remember that it costs nothing to ask for advice from your local nurseryman.

Even neighbours and friends with a wealth of first-hand knowledge can give you tips to help you along the way.

Happy gardening!



The Gardner
By Tanya Visser

**Download the PDF Gardener's Survival Guide
here.**

[GARDENERS SURVIVAL GUIDE](#)

Articles in this ISSUE:

Tanya's lockdown lessons
10 tips to start a food garden
Vegetable sowing guide for the year
Seed sowing
Problem solving
Recycle and reuse
Winning with bokashi
The secrets to the perfect compost
Build a stackable composter
Earthworms to the rescue
Softwood cuttings
Hardwood cuttings
Root cuttings
Leaf cuttings
3 ways to grow more echeverias
Lego birdfeeder
Cake pan birdfeeder
Teacup birdfeeder
Tin can planter
Make your own wind chimes Kokedamas
Quick-sticks plant labels
Stone cactus garden
Can painting day
Sow microgreens
Grow bulbs in water
Routine matters
Grow your air clean
Houseplants for every room in the home
Greening your office
Our Top 10 indoor plants
Garden gym
Grow a square-foot medicine chest
Herbal teas
Garden creative
Perfect hedges
Pest patrol
Quick tips

ROWING FOR THE CLIMATE AND SUSTAINABLE ENVIRONMENT

Burger, chips and a Coke for SA solo paddler Zirk Botha as he makes it safely to Brazil

BY TIMESLIVE



Zirk Botha recuperating in Buzios.

A Coke, burger and chips were the first meal for extreme adventurer Zirk Botha, who rowed from Cape Town to Brazil.

The ex-naval officer completed his solo transatlantic ocean crossing on his boat "Ratel", from SA to Brazil in a record 70 days, covering a total distance of 7,200km. Botha was rowing for the **planet and sustainable development**.

After leaving Cape Town on December 19, Botha rowed into the small bay of Buzios, just north of Rio de Janeiro, at 3.45am on Saturday, SA time.

After recuperating in Buzios on Saturday, he rowed on to Cabo Frio on Sunday to receive a welcome at the original Rio de Janeiro Yacht Club. He was escorted in by a flotilla of boats and welcomed by locals, dignitaries and media. Ironically, none of Botha's SA family or friends could be at the finish, as South Africans were currently blocked from entering Brazil, due to Covid-19 related travel restrictions.

In completing the south transatlantic crossing, he has set world records as the first person to row the route alone and unsupported by any safety craft, and for the fastest row on the Cape to Rio route.

A similar route was previously completed by SA duo Wayne Robertson and Braam Malherbe in 92 days, in 2017. Stepping off his boat "Ratel" onto Brazilian soil for the first time in Buzios after months at sea, Botha described his legs as very wobbly, and the experience as totally overwhelming.

"When I started planning this trip two years ago people said I was mad. I want to encourage everyone to dream big, do big and never to allow anyone to discourage you. Life is a great adventure," he said.

On his row, Botha had to deal with the multiple challenges of wild seas, sleep deprivation, isolation, and the risk of encountering ships.

"While I had near-perfect weather conditions to facilitate a record-breaking crossing, it has been intense, with only two calm days over the whole crossing. The relentless nature of the weather has been physically and mentally draining. I wasn't prepared for that type of challenge," he said.

Botha says he's most looking forward to eating fresh, unprocessed food. He's lost a significant amount of weight, an estimated 10kg, and is struggling to consume enough food to match his energy requirements now.

"The first thing I did on arrival was to eat a burger, chips and a Coke, which I was craving and it tasted amazing. I know I need to start rebuilding my body now, with healthy fresh food. I am physically exhausted."



The SA consul general in Brazil, Tinyiko Kumalo, congratulated Botha.

"One can only imagine the challenges you faced and had to overcome during your solo, unsupported journey as you navigated through the rough Atlantic Ocean for many days. What a brave man you are! The nation takes pride in your success. As representatives here in Brazil, we recognise the important role this initiative plays in strengthening the relations between SA and Brazil," Kumalo said.



Burger and Chips - Zirk Botha in Buzios.

66 Bonnievale crocs recaptured as search for the rest continues

Nicole McCain
News24



CapeNature staff set cage traps with a dead chicken to lure crocodiles that escaped from a Bonnievale farm.

Two weeks after an unknown number of crocodiles escaped from a farm in Bonnievale in the Western Cape, 66 of the missing reptiles have been recaptured or euthanised.

The crocodiles escaped from a breeding farm outside Bonnievale on Wednesday, 3 February. CapeNature and the police launched a massive search operation, including nightly patrols, to locate and recapture the animals.

The crocodiles – ranging in size from 1.2m to 1.5m – escaped through a hole in a fence enclosing the camp they were kept in, Western Cape Local Government, Environmental Affairs and Development Planning MEC Anton Bredell said.

Of the 66 crocodiles found, 34 crocodiles have been euthanised.

Bredell added that CapeNature had already started an investigation into the escape of the animals. This would include determining whether the owner was in breach of any permit regulations.

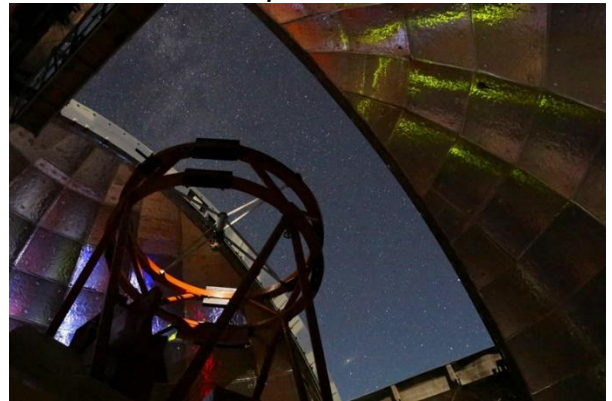
CapeNature continues to patrol the river but the overgrown river and dense vegetation makes the conditions difficult, Bredell said.

"The traps remain in place and the patrols will continue until further notice. I want to thank the various role players who mobilised immediately to assist in the operation to recapture the crocodiles," he added.

No threat to Earth as huge asteroid zooms past

Al Jazeera

Asteroid 2001 FO32 makes its closest approach to Earth, giving astronomers the chance to study the rock as it passes.



The view from inside the dome of NASA's Infrared Telescope Facility during a night of observing

The largest asteroid to pass by Earth this year has made its closest approach, posing no threat of a cataclysmic collision but giving astronomers a rare chance to study a rock formed during the beginning of our solar system.

The asteroid was two million kilometres (1.25 million miles) away at its nearest, according to NASA – more than five times the distance between the Earth and the Moon but still close enough to be classified as a "potentially hazardous asteroid".

NASA tracks and catalogues such objects that could potentially slam into Earth and unleash enormous destruction, like the massive asteroid that wiped out 75 percent of life on the planet 66 million years ago.

Asteroid 2001 FO32, discovered 20 years ago, was too far to be that dangerous even as it reached its nearest point to Earth at around 14:00 GMT on Sunday, according to the Paris Observatory. NASA said it was travelling at about 124,000 km/h (77,000 mph).

"Oh yes, friends! Do you see this dot of light? This dot of light is the asteroid," exclaimed astrophysicist Gianluca Masi of the Italy-based Virtual Telescope Project, which had trained its lenses on the rock on Monday soon after its nearest approach.

"How happy I am, how proud I am, how I excited I am... to bring this to you live," said Masi as he displayed a grainy image of a pale dot during a YouTube broadcast.

[READ MORE](#)

KEEP READING

[Largest asteroid of 2021 to make closest approach to Earth NASA probe leaking asteroid samples due to jammed door NASA's OSIRIS-REx grabs rocks from asteroid in historic mission](#)

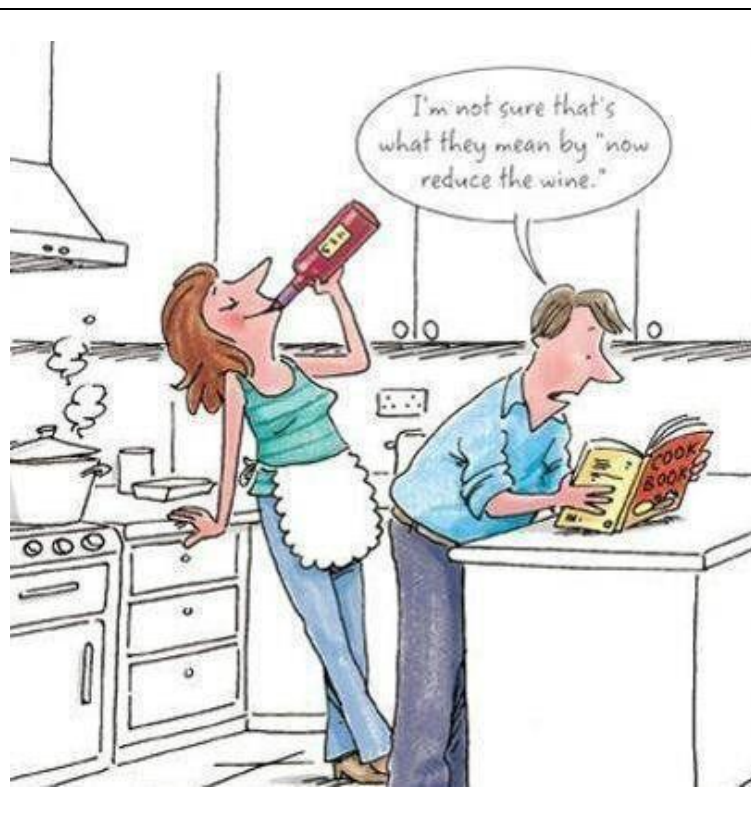
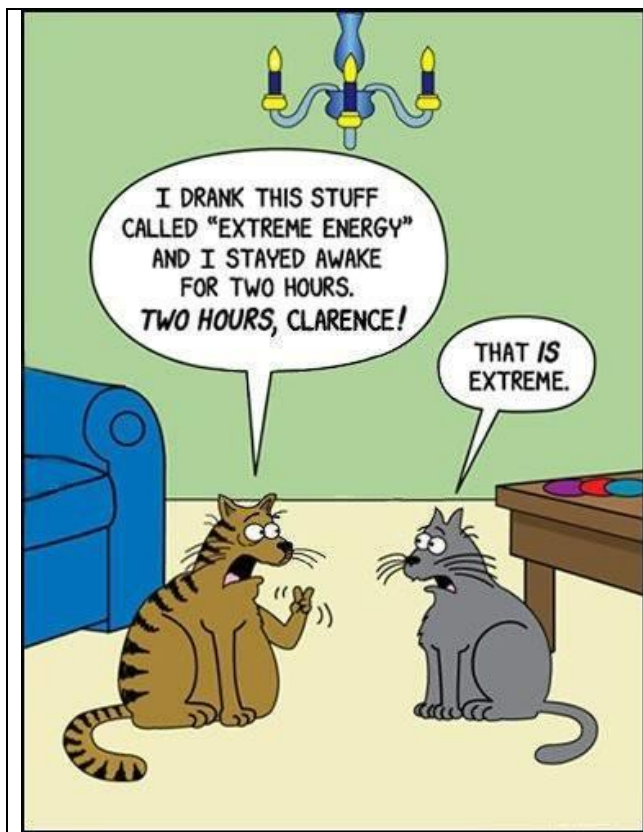
Wishing you all a fantastic Easter weekend!



"Easter tells us that life is to be interpreted not simply in terms of things but in terms of ideals."

LAUGHTER IS THE BEST MEDICINE



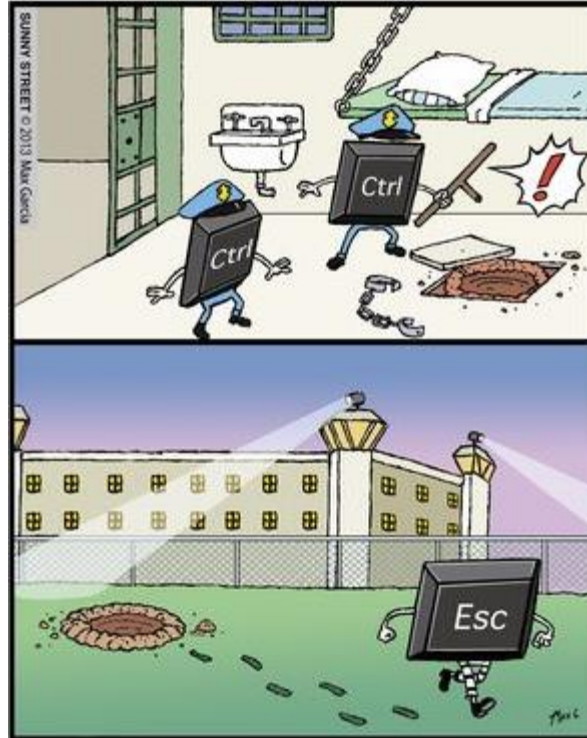


off the mark.com

by Mark Parisi



SUNNY STREET



Zoom meeting,
audio only



Zoom meeting
with video



I bid you farewell from the Rotary Covid-19 Paparazzi "Newsdesk" BUT do not despair, I am still very much around in the editions of the Pinelands Rotary Club Paparazzi (our Club's fortnightly newsletter).

Stay safe, healthy and take care.

Tanya



Goodbye *See you later* God be with you
TTFN Farewell *Ciao* Cheerio chin-chin
Gotta go! So long **BYE-BYE** Au revoir
Toodle pip Catch you later
SEE YOU ROUND Take it easy Until ...
Must love and leave you
slater alligator Adieu *Peace out!*
SAYONARA God speed TA-TA Hang loose

Goodbye – origin: "God be with you."

Farewell – origin: Fare = to go, to travel + well

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