



FOREWORD | PREMIER DR. ZAMANI SAUL |

We woke up to the news of the passing of the last surviving Rivonia Trialist, Ntate Andrew Mlangeni, on Thursday, 21 July 2020. Ntate Mlangeni was part of a special generation of leaders within our country who laid down their lives in pursuit of a free and just South Africa.

The numerous sacrifices made by this colossus leader will be remembered for many years to come. He served South Africans with great pride, humility, sacrifice and dignity. A true servant of the people, Ntate Mlangeni leaves behind a great legacy of a true fighter who fought for the liberation of his country. On behalf of the people of the Northern Cape, I convey our sincerest condolences to the friends, family and South Africans on the passing of Ntate Mlangeni.

We have, as a Province, seen an increase in the number of COVID-19 cases and regrettably deaths over the last month. We convey our sincerest condolences to the family and friends of those who have passed on due to COVID-19 and would once again like to reemphasize the

importance of adhering to the hygiene protocols as set by the World Health Organisation. Sadly we are now witnessing the devastating effects of not adhering to these protocols whilst we have the ability to stop the spread of this virus, only if we could stay at home, only leave the house when absolutely necessary, wash our hands with soap and water and wear a cloth mask.

Although there have been some fatalities, many in our Province have recovered after being infected. In this edition, we share with you the story of local Epidemiologist, Ms Gloria Hottie, who shares with us some tips to treating this virus from home.

Provincial Government has made sure that through our reprioritised budget we intensify the fight against this invisible enemy and we remain committed to the fight. We will continue to, together with communities and the private sector, make sure that we cushion the most vulnerable during this time. **#PLAYYOURPART**, make sure you stay home and stay safe.





EPIDEMIOLOGIST, **GLORIA BOITUMELO HOTTIE** SHARES COVID-19 RECOVERY TIPS AND TRICKS



Epidemiology is the study and analysis of the distribution, patterns and determinants of health and disease conditions in defined populations.

It is a cornerstone of public health, and shapes policy decisions and evidence-based practice by identifying risk factors for disease and targets for preventative healthcare.

Gloria Boitumelo Hottie, an Epidemiologist at the Department of Health in the Northern Cape, tested positive for **COVID-19** and has recently recovered. She shares some of the methods that got her through her recovery.

Q: What were the worst symptoms you experienced and how did you treat them?

A: The persistent headaches were the worst. I've had headaches before, I've even suffered from migraines as a teenager but what I experienced during my **COVID** infection were the worst headaches ever. I also had uncomfortable chest pains at night as well as early in the morning. I used **Myprodol** for my headaches and I used one disprin a day for the chest pains.

Using a humidifier with Eucalyptus oil and **Vicks** in my bedroom throughout the night assisted in humidifying the air, which reduced the chest pains as well as the headaches. After two days of constant humidifying at night, the headaches and chest pains disappeared.

Q: What does it mean to be asymptomatic and how should you go about treating yourself if you are asymptomatic?

A: Being asymptomatic means not having any symptoms during your **COVID** infection. If you are asymptomatic, you do not use any treatment as you do not have any symptoms. I also had a blocked nose which meant a loss of smell as well as a loss of taste.

For my blocked nose I used **Sinutab** and continued to steam with Eucalyptus oil. I gargled with salt water to activate my taste buds. I am currently still taking my multivitamins, immune boosters and my ginger tea.

Another really helpful concoction is drinking lemon (**with the peels on**), garlic, ginger, mint and honey in hot water at night and in the morning just after waking up. It is very important to drink as many hot liquids as possible and to avoid cold liquids.



ANNOUNCEMENT



In order to support government's calls during the challenging times of the Covid-19 Pandemic, as an agency of State, SASSA has decided to separate the Old Age Grant beneficiary payment date from the that of the Disability recipients.

To this end, the first beneficiaries to be paid will be the elderly on 03 August, followed on 04 August by people with disabilities, thereafter all the other grants on 05 August and cash pay points to be serviced from 06 August 2020.



MESSAGES OF CONDOLENCES TO THE LATE

Mate Andrew Mlangeni



REST IN PEACE

Mate Andrew Mlangeni

SUNRISE: 1925 - **SUNSET:** 2020



MRS. DESIREY FIENIES

MEC for Sports, Arts and Culture

He played an indelible role in both the liberation and development of our country and to his generation we owe an immeasurable debt of gratitude. He leaves behind a proud legacy of integrity, honesty, steadfastness, resilience and selflessness for his exceptional and outstanding contribution and sacrifice to the liberation struggle. His legacy is engraved in the minds and societal fibre of our people and our nation which he served tirelessly, passionately and with transparency.

His deep understanding of the plight of the poor and his unwavering desire to play a role in achieving an equal society and eliminating poverty will be sorely missed by those who have worked with him.

MR. BENTLEY VASS

MEC for COGSHTA

Baba Andrew Mlangeni has been an embodiment of the liberation struggle, an epitome of selflessness. An activist par excellence, his colossal contribution towards the realization of a truly free South Africa remains a bold imprint upon which all can draw inspiration.

May his soul Rest In Peace.





MESSAGES OF CONDOLENCES TO THE LATE

Ntate Andrew Mlangeni



MR. ABRAHAM VOSLOO

MEC for Finance, Economic Development and Tourism

"On the field of battle when the sounds have faded and the battle is done, brother must tend to brother, a comrade must tend to comrade, to honour and respect the one who has fought the good fight. The soldiers tools of battle are simple and basically remain unchanged through the years. It is unique even to soldiers that the very tools of battle will mark their final resting place."

May the Revolutionary Soul of Isithalandwe Tata Mlangeni Rest in Peace

MR. MAC JACK

MEC for Education

Like Ntate Mlangeni committed himself, we want to encourage all children not to abandon school despite the challenges they encounter in their livelihood, hence the democratic government has made a commitment to intervene where needs be. Despite his poor childhood background and the unfair apartheid lifelong imprisonment, Ntate Mlangeni never gave up on educating himself. We wish to send our heartfelt condolences to the Mlangeni family, comrades, friends and all South Africans.

May the Revolutionary Soul of Ntate Mlangeni Rest in Eternal Peace.



MS. MASE MANOPOLE

MEC for Agriculture, Environmental Affairs, Rural Development and Land Reform

Today, as South Africans, we are all united not only in our desire to pay our last respects to Ntate Andrew Mlangeni, but rather in solidarity and appreciation for the love he had for the people of our country and the diaspora.

Ntate Mlangeni was a symbol of selfless humanity; a standard-bearer for the rights of the oppressed and a liberator of note. Today, it is our opportunity to say thank you, Rre Mlangeni, for your unmeasurable contribution in our liberation and for leaving behind a legacy difficult to match





MESSAGES OF CONDOLENCES TO THE LATE

Ntate Andrew Mlangeni

MS. FUFU MAKATONG

MEC for Roads and Public Works

In paying tribute to Bab'Mlangeni we need to renew our resolve to deliver services to our people, without fail, by de-tenderising the state machinery and insourcing services that are in the reach of the state. By doing that we will be increasing the economic fortunes of our people through real empowerment, especially for the poor and the marginalised. Most importantly, we need to continue his fight against any corrupt practices with vigour, wherever it raises its ugly head. If we can just accomplish that, I am sure that Bab'Mlangeni will have a restful sleep as he joins the ancestors of his glorious movement; the ANC, who laid down their lives in a quest to build a democratic, none racial, none sexist, free and prosperous society



MS. NOMANDLA BLOEM

MEC for Transport, Safety and Liaison

Extends her deepest condolences to the family and friends of liberation icon and visionary leader Cde Andrew Mlangeni. One for personifying and instilling, unwaveringly, values of integrity and fatherly care to our nation - a sagely voice and dynamic presence has left us.

The legacy of his influence, the selflessness of his sacrifice and his dedication to freedom and equality can only be affirmed through our own unwavering commitment to be co-creators of a just and caring society.



MS. NONTOBEKO TOPSY VILAKAZI

MEC for Social Development

Baba Mlangeni your death is not a tragedy because your life realized its full potential and more. As we lay your mortal remains to its final resting place today, we are only happy to say, yours shall not enrich the graveyard with dreams that never came to pass. As we bid you farewell, we feel strengthened by your unrelenting vigour, with which you fought corruption and greed. Yes we bid you good bye great patriot Ntate Mlangeni, but you will forever occupy your rightful place among the front ranks of the heroes and heroines who brought us our freedom.





MESSAGES OF CONDOLENCES TO THE LATE

Mate Andrew Mlangeni



MR. MARUPING LEKWENE

MEC for Health

"Our deepest condolences to the family, friends and comrades of the late stalwart; Isthalandwe - Baba Mlangeni. His loss is immense and we will always remember his kindness, endearing humour and sacrifices in the political struggle against colonialism and apartheid

May his soul rest in peace. Hamba Kahle."

-  Northern Cape Provincial Government
-  @NCPProvGov
-  Northern Cape Provincial Government
-  066 203 8229
-  Northern Cape Provincial Government

GBV CONTACT DETAILS

Know and share these contact details:

- GBV Command Centre:**
0800 428 428 / *120*7867# from any cell phone
Persons with disabilities, SMS 'help' to 31531
- Women Abuse Helpline:**
0800 150 150
- Child Line:**
0800 055 555
- SAPS Crime Stop:**
0860 10111
- GBVF-Related Service Complaints (SAPS):**
0800 333 177/complaintsnodalpoint@saps.gov.za
- National AIDS Helpline:**
0800 012 322
- National Human Trafficking Helpline:**
0800 222 777
- Suicide Helpline:**
0800 567 567
- National Department of Health:**
<https://www.health.gov.za>
- National Institute of Communicable Diseases:**
<https://www.nicd.ac.za>
- World Health Organisation:**
<https://www.who.int>