

FOREWORD

PREMIER DR. ZAMANI SAUL |

uring the past week we received the terrible news of the brutal and senseless triple farm murder of a family in Hartswater. This heinous crime has once again placed farm killings in our province, in the spotlight.

The inhumane manner in which this family was murdered calls upon Provincial Government to look into ways in which we are able to together with the public and private sectors as well as the law enforcement agencies ensure that we fight the brutal and senseless killings of farm workers in the Northern Cape. I will, in this week, liaise with both the MEC for Agriculture, Environmental Affairs, Land Reform and Rural Development, Ms Mase Manopole and the MEC for Transport, Safety and Liaison, Ms Nomandla Bloem to look at ways in which we are able to intensify our safety programmes in these areas.

On behalf of Provincial Government, I would like to send our most heartfelt condolences to the family, friends and community in which the Brand family resided.

Last week the Minister of Police, Mr Bheki Cele, released the 2019/2020 National Crime statistics. Evident in the crime statistics is that with the easing of lockdown regulations, crime stats returned to their normal levels reversing the level 5 lockdown trends, where stats were fairly reduced. The easing of lockdown regulations unfortunately also saw murder figures on the rise. Provincial crime statistics will soon be released.

August sees us celebrating Women's Month, a month dedicated to commemorating and highlighting the many achievements women have made. Women have been the hardest hit by the **COVID-19** pandemic and in our province, approximately 41% of households are headed by women and almost 50% of households in our province live in poverty.

Many women across the province therefore bear the burden of fending for their families during lockdown, a plight that as Provincial Government, we do not take lightly. We are continuously working with different stakeholders to ensure that we cushion our communities against the effects of **COVID-19**.

COVID-19 in the Northern Cape is on the upsurge and we cannot as Provincial Government over-emphasise the health protocols necessary to protect oneself. It is vital that we wash our hands for 20 seconds with soap and water, use hand sanitizer, maintain social distancing and always wear a cloth mask in public. In this edition, we share with you the story of yet another COVID-19 survivor, we also share with you the inspirational story of Ms Elizabeth Pietbooi, a farmer in the Pixley Ka Seme District.

I trust that you will enjoy this week's offering.

PREMIER DR. ZAMANI SAUL |
NORTHERN CAPE





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BACK TO SCHOOL FOR LEARNERS IN THE NORTHERN CAPE

he Northern Cape Department of Education has developed learner support packages for learners in all grades, which will soon be distributed to all schools.

The Department is also busy preparing to incubate at least 3000 matriculants for a period of three months in different venues across the Province.

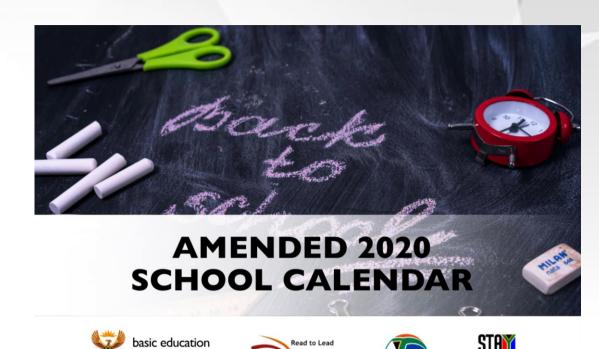
All the precautionary safety measures will be taken into consideration in implementing this incubation. This programme is planned to commence with at least 1300 learners and will gradually phase in the remaining learners.

These camps will function as normal schools where teaching, learning and assessments will be prioritised.

This will ensure that our Grade 12 learners will be ready for the 2020 National Senior Certificate Examinations.

The National Department of Education has also released a revised school calendar for the year 2020, which will see learners in schools until mid-December.

This means schools will resume on 24th August 2020. There are 163 actual school days for teachers and 156 for learners. It is important that we save what is left of the academic year.







01 January	New Year's Day		
21 March	Human Rights Day		
10 April	Good Friday		
13 April	Family Day		
27 April	Freedom Day		
01 May	Workers' Day		
I 6 June	Youth Day		
09 August	National Women's Day Public Holiday		
10 August			
24 September	Heritage Day		
16 December	Day of Reconciliation		
25 December	Christmas Day		
26 December	Day of Goodwill		

TERM	Duration	No. of weeks	No. of days	No. of public holidays	Actual no. of school days
ı	(13) 15 Jan – 18 March	10	(48) 46	00	(48) 46
2	(01 June) 08 June - 24 July	(08) 07	(40) 35	01	(39) 34
3	24 August – 23 October	09	45	01	44
4 02 November – 15 December	07	32	00	32	
	Total	(34) 33	(165) 158	02	(163) 156





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

CELEBRATING NORTHERN CAPE FEMALE FARMER, ELIZABETH PIETBOOI

Elizabeth Pietbooi

"is a 29-year-old farmer,
in ownership of over
600 livestock"



Starting her farming journey in 2009, with the assistance of the Northern Cape Agriculture, Environmental Affairs, Land Reform and Rural Development, Elizabeth is now the proud owner of a combination of White Dobre sheep, Black Dobre sheep, Rooikop bucks and Nguni cows.

"Farming has become my passion, I love every part of it," she excitedly explains, adding that, "It takes a lot of work, especially when it comes to the administration because you have to constantly count everything so that you are sure of your numbers".

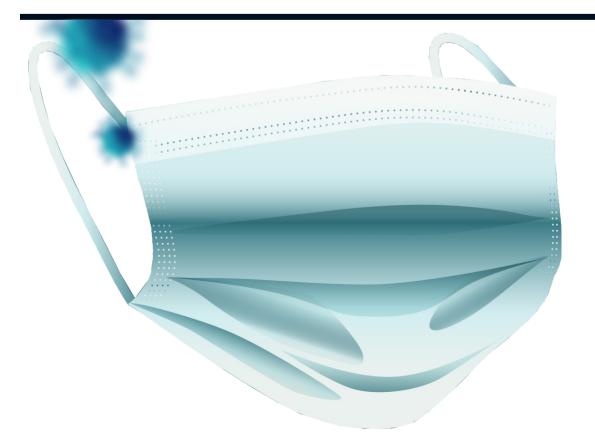


Elizabeth was assisted by the Northern Cape Department of Agriculture, Environmental Affairs, Land Reform and Rural Development as they helped her in acquiring land and the basics needed to start up her farm,

"I am the proud beneficiary of my farm, which is situated in Prieska. Besides assisting me with getting the land, the Department also equipped me with knowledge on how to run and manage my farm by sending me on all the relevant and necessary courses, covering all the costs. I am really grateful."

Female farmers, much like other male dominated working environments infiltrated by women, are scarce and far between. Elizabeth believes that because of the natural, caring nature women possess, they make for naturally, good farmers.

She urges other young women to step outside their comfort zone, grab the opportunities presented to them and enter the farming space, "What I love most is that I am my own boss and I can come and go as I please, I am independent and my hard work pays off every single day. In the Northern Cape, we need more young women to do the same."



CORONAVIRUS (COVID-19)

SYMPTOMS

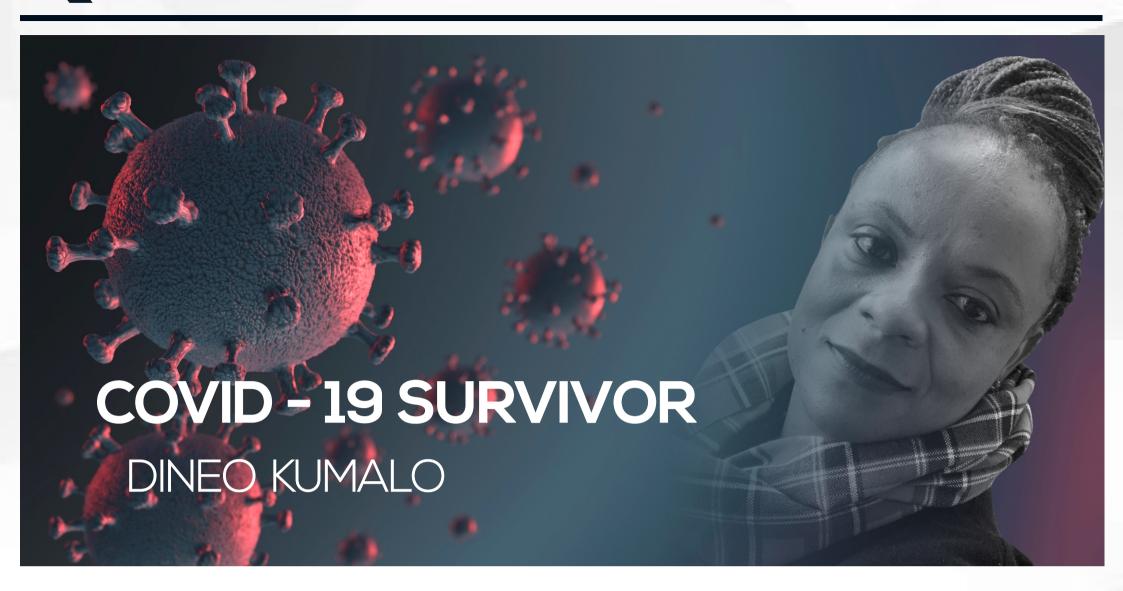
Respiratory Symptoms

Shortness of Breath

Cough

Fever

Breathing Difficulties



Dineo Kumalo, a 40 year old **COVID** survivor made the decision to take her positive result in her stride and stay mentally and psychologically positive through out her recovery journey. Here is how it worked out for her:

1. What were some of your worst symptoms and what did you do to treat them?

The worst symptoms for me, must have been not being able to smell and taste anything for almost 2 weeks. It was terrible, because under normal circumstances I smell everything before I eat it. So this was really the worst. I steamed my face every morning and night with either eucalyptus oil or Vicks.

2. Did you experience stigmatization from the community where you reside and/or from your colleagues/friends?

Not at all, my family and friends were amazing, I could not have asked for better. Even the re-intergration to my work environment was a pleasant process. I must say though, I had one incident at a chemist when the guy over-heard me speaking to the pharmacist and he moved away from me at the speed of light.

3. What were some of the psychological effects experiencing this virus had on you?

My best-friend and I always use to joke about being infected and we would laugh about it, because we have been working since **Lockdown Level 5**. We joked about it till the positive results came. My nose grew two sizes bigger because I really never thought I would test positive.

The first person I called was my best friend she could not believe it, I had to send her the results, she could not believe it because I was laughing about it so much.

I can confidently say that being infected with the virus has had no negative psychological effects on me, because I firmly believe that in time of sickness you cannot afford to be depressed and negative because you need to give your body a fighting chance, thus I continued to laugh and pray.

4. What are the things you have had to change in your household during your positive period? How did you manage your kids/spouse etc?

By the time, I realised something was not right and decided to test, I had been experiencing symptoms for about a week, and in that week I was with my family in the same house, so I stayed with them throughout the duration of my isolation. I figured that if I tested positive then all of them must have been positive. My four year old daughter, on an every day basis, is constantly smothering me with kisses just as my 25 year old sister likes to cuddle and be in my face.

My niece lives with me and she also enjoys being in my face. I was almost sure that they were positive as well. I decided not to test my daughter and niece because I don't think I would have been able to handle them testing positive and thank God they both had no symptoms at all. However my sister who had a normal flu which lasted for three days before I tested, did not experience any symptoms at all, even though she tested positive. I think the best decision I took for my family was to stay with them because then I could monitor them, while taking care of myself.

My best friend's mom organised people to come fumigate my house and we all just continued to do sun therapy, drink ginger, garlic and lemon water morning, noon and night. My sister brought me the Lengana plant from Kuruman and we drank that too. We ended up giving the virus a name, "Aunty Rona". So when my daughter hears anyone coughing she would ask, "Is it Aunty Rona Mommy?"

5. What are some of the things you wish you knew about the virus before you tested positive?

Maybe I wish I had listened more to stories of people who recovered than these clips that just show people being critically ill, that alone can damage you. I just wish that we could have a lot more stories of people who have recovered to take away the stigma because its really unnecessary to stigmatize this virus. I also wish we had known the importance of lockdown rules. Had we all stayed at home and maintained the social distancing requirement, I think we would have been in a much better position as a country