



Photos: pexels.com



Ways to help build resistance against racism

The Anti-Racism Network of SA (ARNSA) is encouraging residents to support Anti-Racism week 2017.

The week will be held from 14 to 21 March, culminating on Human Rights day, which is also globally marked as the International Day for the Elimination of Racial Discrimination.

This year will mark the second annual Anti-Racism week, hosted by the ARNSA, a network of some 60 organisations from various regions.

The ARNSA is spearheaded by the Nelson Mandela and Ahmed Kathrada foundations.

Last year, the ARNSA drew support from schools, religious institutes, sports organisations, government departments, businesses, civil society organisations, media houses and individuals across the country.

This year, it hopes to increase the effect of the campaign, which calls on all South Africans to #TakeOnRacism.

The basic idea is to encourage people to:

- Learn about racism.
- Talk about racism.
- Speak out against racism.
- Act against racism.

Tackling racism can be encouraged

through a number of practical means depending on the nature the institutions who want to get involved in the campaign:

Sports organisations

Dedicate sports games to anti-racism during the week.

Consider hosting diversity training courses for members of your sport club.

Host tournaments dedicated to anti-racism.

Let affiliated members or teams that are part of your organisations publicly support Anti-Racism week by wearing a particular colour armband during all their training sessions for the week, for example.

Get sports team members to have round table or informal discussions about issues of race.

Schools

Schools can host assemblies against racism. Encourage learners to present speeches or plays against racism, dress in South African flag colours, learn about racism in the life orientation classes, or host pickets against racism outside their schools.

Consider art or essay competitions against

racism. School newsletters or WhatsApp messages to parents can all communicate anti-racism messaging.

Religious institutes

Dedicate sermons to educating congregants about the importance of being anti-racist.

Host interfaith dialogues.

Discuss issues such as Islamophobia and anti-Semitism.

Religious leaders can attend the various activities underway in communities lending their support to the

campaign.

Host diversity training courses within religious institutes.

Pledge support

Individuals can pledge their support to the #TakeOnRacism campaign, by using social media to advocate anti-racism and create awareness.

Post a photo of yourself holding up a page with the #TakeOnRacism hashtag. Alternatively, take a photo of your thumbprint on canvas or a page with the words #TakeOnRacism.

Call out racism whenever you are faced

with it both in reality and on social media.

Communities and organisations

Host community dialogues, movie screenings, street dialogues and games all aimed at promoting anti-racism.

Host discussions about racial issues.

Posters and art

Put up posters against racism at your workplace, school or organisation.

Art competitions or public art or graffiti against racism could also be considered.

Movie screenings

Host a movie or documentary screening that tackles issues of race and xenophobia for a group of people followed by a reflective discussion.

Workplace discussion forums

Host a workshop or discussion during your lunch break at work addressing issues of race and institutionalised racism.

- We would like to know what you are doing, where, how and why.

Email editorial@rekord.co.za and include contact details that can be made available should residents require information.

Tweet us photos from your programme, or of yourself promoting Anti-Racism week to @RekordNewspaper or email them to editorial@rekord.co.za.

#TAKEONRACISM
www.arnsa.org.za

Dishing out skills, not food, is the motto of organisation

Teaching skills instead of merely dishing out food.

This has become the motto of an initiative dubbed POPUP that seeks to transform lives and uplift individuals.

Since the inception of POPUP at the end of 1999, their model changed with time and learned many lessons along the way.

"We started off as a shelter by giving food to the underprivileged, but soon realised that teaching people how to fish is far more beneficial," said POPUP spokesperson Nerésa Vogel.

Since 2012, POPUP was able to equip trained learners who attended one or more of the skills programmes by mentoring and coaching them how to start and run their own enterprises.

POPUP's core focus areas are aligned

with the National Development Plan and speaks directly to the critical and scarce skills listed in South Africa.

After piloting an initiative within the corporate sector for three years, POPUP rolled out a new concept to uplift companies' entry level to supervisory level workers at their own site, in a venue, day and time of their own choice while building an income stream for POPUP.

Under our harsh current economic climate and the pressure to companies to comply with the DTI gazetted Codes of Good Practice on Black Economic Empowerment which came into operation on 11 October 2013, effective date 1 May 2015.

Many companies feel "forced" to give. So, the "grudge tax" jargon emerged.

"POPUP has thus created a way for companies to benefit directly, taking the "grudge" out of giving," Vogel said.

Not having a skilled workforce was the largest business constraint, and a serious inhibitor of growth in the South African economy.

Skills transform lives and drive economies.

"Without adequate investment in skills, people languish on the margins of society, technological progress does not translate into economic growth, and countries can no longer compete in an increasingly knowledge-based global society.

"People with poor skills face a much greater risk of experiencing economic disadvantage, and a higher likelihood of unemployment and dependency on social

benefits."

In the past 16 years POPUP has built strong relationships with various South African companies.

"A number of our corporate social investment partners indicated that they are actually moving away from the hand-out concept and is now focusing on building partnerships with NPO's over longer periods (3 to 5 years) of time.

"POPUP firmly believes that transformation is to take place from a holistic point of view, impacting the heart, hand and mind of the individual in such a way as to transform him/her from the inside out, resulting in changed individuals who can positively impact their immediate surroundings, whether it be their households, communities or country at large."

Cheap eyewear at Kaleideo Eye Care

Your local optometric eye care clinic is now open Tuesdays and Thursdays in Pretoria at Sediba Hope, Cnr Bosman and Madiba Street, as well as on Tuesdays in Pretoria East.

The aim of the clinic is to determine the health status of the patients' eyes and then provide advice accordingly. Should the patients need spectacles, they would be able to make an informed decision regarding lenses and frames with the optometrists, Lourens Odendaal and Kristin Pretorius. Consultations include

a complete optometric examination, Glaucoma screening as well as blood sugar measurements, all for **ONLY R120**. Spectacle prices start at R380 for Single Visions, R895 for Bifocals and R1 195 for Multifocals. This price includes both the lenses and a guaranteed, new frame. There are more than 200 frames to choose from.

Kaleideo Eye Care can accommodate any of the patients' upgrade requirements as well, such as photochromic lenses, thinning and strengthening of lenses and coat-

ings like hard coats and anti-glare coatings. Kaleideo Eye Care can also provide you with various hard and soft **contact lenses**. We are able to claim from your medical aid should you wish (terms and conditions apply).

Kaleideo Eye Care Sediba Hope is open from 08:00 until 13:00. We also have branches in Pretoria East and in the East Rand. Call **012 809 0312 / 082 382 5215** during office hours for an appointment.

Advertorial

JUNIOR IT TECHNICIAN WANTED! REKORD

Job description:
Capital Media, publisher of Get It Pretoria magazine and Rekord newspapers, is looking for a junior IT technician to join our dynamic team in Pretoria.

Skills required:

- A+ and N+ qualifications
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- Inspecting and repairing hardware
- Setting up computers for new staff
- Controlling passwords, emails, telephones
- Supporting the IT department
- Valid driver's licence and car

Send a brief CV to HR@rekord.co.za

Closing date for applications: 10 March 2017. Only shortlisted candidates will be contacted.

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