

VZ1

WE ARE ONE

IS HERE TO STAY

STORIES

DURING THE PANDEMIC



P2

The BMC CSR team shared a helping hand during the COVID-19 screenings.

5TH YEAR WITH PINKDRIVE



P8-9

VZI concludes the 5th consecutive year with PinkDrive.

SIMULATING AN EMERGENCY



P10

Swartberg performs first-time safety simulation.

UITBREIDING VAN KWEKERY VIR 'N VOLHOUBARE TOEKOMS



DIE GAMSBERG KWEKERY HET ONTSTAAN OM AAN DIE OMGEWINGSBESTUURSPLAN (EMP) SE VEREISTES VIR 'N GEÏNTEGREERDE FLORA-PERMIT WAT OP DIE BMM: GAMSBERG-SINKMYN GEPLAAS IS, TE VOLDOEN.

Die DENC Geïntegreerde Flora Permit verplig BMM om gelysde plantspesies op te spoor, te merk, veilig te verwyder en te hervestig na die Gamsberg Kwekery en ander geïdentifiseerde areas.

Plante in die Gamsberg Kwekery word versorg en gemonitor terwyl saadjies deur die Suid-Afrikaanse Nasionale Biodiversiteit Instituut (SANBI) versamel sal word vir skenking aan die Millenium Saad Bank in Londen om oorlewing te verseker indien iets by Gamsberg Kwekery sou skeefloop. Plante en sade word in die Gamsberg Kwekery en die plaaslike saadbank bewaar.

Die kweek van addisionele plante vanaf saadjies, steggies en ander vegetatiewe maniere afkomstig van die moederplant in die kwekery, die saadbank asook saad soos wat deur SANBI geoes sal word, sal uitgevoer word om plantgetalle op te stoot om aan die permit vereistes te voldoen vir die bewaring van die plante van die omgewing. Plante wat gekweek word, sal in die kwekery bewaar en versorg word vir rehabilitasie, navorsingdoeleindes en as 'n opleidingsentrum vir die jeug en die plaaslike gemeenskap.



Read more on page 4. *Lees meer op bladsy 4.*

DURING THE PANDEMIC

During the National Lockdown, BMC has worked closely with various stakeholders to assist our host communities in Health and Safety. As part of our value of care, BMC did the following:



May 2020

- Provided volunteers with snack packs during the district mass COVID-19 screening campaign, conducted by the Department of Health (DoH), in conjunction with the Namaqua District and Khâi-Ma municipalities.
- Donated hygiene packs to the Namaqua District municipality.
- Engaged with members throughout the Khai-Ma municipal area to produce masks. The BMC CSR team in conjunction with the BMC Peer Educators distributed the masks to the Khâi-Ma communities and schools.

June 2020

- Donated COVID-19 PPE to eight schools and five clinics in the Khâi-Ma municipal area:
 - Hand sanitiser and disposable gloves to each school.
 - Hand sanitiser, disposable gloves, face shields and masks to each clinic.
- Created road safety awareness amongst the learners of Aggeney.
- Donated food parcels consisting of various meat products to the Pofadder Old Age and Children's homes.



July 2020

- Donated food packages to the Soup Kitchens and Missions in the Khâi-Ma municipal area.
- Donated a screen to the Pofadder Hospital to enable them to have digital (Zoom) meetings.
- Donated thermometers to the schools and Early Childhood Development Centres (ECD) in the Khâi-Ma municipal area.

OUR ENVIRONMENT/ONS OMGEWING

Otocyon megalotis

BAT-EARED FOX

APPEARANCE: The bat-eared fox's name comes from its enormous ears, which are 114 to 135 mm long. The body is generally yellow-brown; the throat and underparts are pale; the outsides of the ears, raccoon-like 'face-mask', lower legs, feet, and tail tip are black. It has more teeth than any other heterodont placental mammal with a total between 46 and 50. Their ears are able to pick up the movements of insects underground. The legs are relatively short.

HABITAT: Bat-eared foxes are found in arid grasslands and savannas, preferring areas where the grass is short. They are capable diggers and live in dens that are dug by the foxes themselves or those left by other animals such as aardvarks. Dens have multiple entrances and chambers. A family may have several dens in its home range.

Source: South African National Biodiversity Institute

BAKOORJAKKALS

VOORKOMS: Die bakoorkakkalse naam is afkomstig van sy enorme ore wat 114 tot 135 mm lank is. Die liggaam is oor die algemeen geelbruin; die keel en die borskant is vaal; die buitekant van die ore, wasbeeragtige 'gesigmasker', onderbene, voete en stertpunt is swart. Dit het meer tande as enige ander heterodont plasentale soogdier met 'n totaal van tussen 46 en 50 tande. Hulle ore kan die bewegings van insekte ondergronds optel. Hulle bene is relatief kort.

HABITAT: Bakoorkakkalse kom in droë grasvelde en savanne voor, en verkies gebiede waar die gras kort is. Hulle is bekwame delwers en woon in kuile wat deur die jakkalse self of deur ander diere soos erdvarke agtergelaat word. Die kuile het verskeie ingange en kamers. 'n Gesin kan verskillende kuile in hulle gebied hê.

Inligtingsbron: Suid-Afrikaanse Nasionale Biodiversiteit Instituut



IN THE MEDIA

PREMIER, DR ZAMANI SAUL MEETS VEDANTA ZINC INTERNATIONAL

Northern Cape Premier, Dr Zamani Saul, together with the MEC, Abraham Vosloo, met with VZI ManCo in July 2020. Moving forward, Vedanta has indicated that operations at Gamsberg and Black Mountain are ready to operate at 100%.

The Premier received a briefing on the measures that have been put in place to ensure that the mines adhere to the safety protocols in the workplace as set by the World Health Organisation (WHO).

Read the article at:

https://www.facebook.com/story.php?story_fbid=3327198697341997&id=108481929213706

VZI AND PINKDRIVE RESUMES SCREENING

COVID-19 has dramatically impacted the screening and treatment of non-communicable diseases such as cancer, diabetes, HIV/Aids and TB. While the lockdown bought some time to bolster health resources, it is also setting South Africa up for an even greater mortality rate from non-COVID illnesses.

About 105 000 people are diagnosed with cancer in South Africa every year. It is estimated that due to the lockdown, a third of people are not reaching cancer screening services. If a third – or about 35 000 people – are not picked up through screening and referred for treatment, the cost of COVID-19 will be far greater than the number of people who die from it.

Read the article at:

<https://www.pinkdrive.co.za/pinkdrive-and-vedanta-zinc-international-resumes-screening/>



SILO N SONS GAAN STERK VOORT ONDANKS PANDEMIE

Vervolg vanaf bladsy 1...

Plaaslike kontrakteur Silo N Sons was getaak met die uitbreiding van die bestaande kwekery om meer plantspesies te akkommodeer. Onder die leiding van Mnr Allistair Silo (eienaar van Silo N Sons) is die volgende verrig:

- vervanging van die skadunet volgens aanbeveling van die kwekerybestuursplan;
- vestiging van die verhardingsarea;
- h bykomende 60 opgehewe beton plantbeddings;
- die bou van voortplantingsbanke om die plantgetalle te verhoog deur middel van voortplanting uit saadjies en steggies uit moedervee;
- installasie en konstruksie van 'n behoorlike besproeiingstelsel;
- installasie van h weerstasie by die kwekery;
- installering van 'n vloeimeter om die water wat in die kwekery gebruik word, te meet;
- installering van h omgekeerde osmose-aanleg om probleme met watergehalte aan te spreek vir suksesvolle voortplanting; en
- die installering van sifdraad om voëls uit te hou en toegangsdeure na die kwekery areas.

Sedert Oktober 2019, was daar 12 000 plante gekweek met 379 verskillende spesies. Na die opgradering gaan daar h totaal van 129 000 plante gehuisves word in die kwekery.

“VZI het h wonderlike besluit geneem oor hoe om inheemse plantspesies met sorg te behandel,” sê Silo. Silo N Sons is sedert 2018 deel van die VZI familie as h besigheidsvennoot en werk nou saam met die BMC omgewingspan om die kwekery op te gradeer.

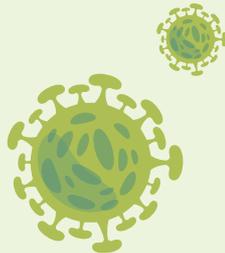


CORONAVIRUS – FREQUENTLY ASKED QUESTIONS

What does being a close contact mean?

Close contact means that you had face-to-face contact within 1m or were in a closed space for more than 15 minutes with a person with COVID-19 (in these instances no masks are used).

This contact happened while the person with COVID-19 was still infectious, i.e. from two days before to 10 days after their symptoms began. It is possible that you have been in close contact with someone who has confirmed coronavirus disease but you do not have any symptoms yourself.



How does the coronavirus spread?

The coronavirus is spread by droplets:

- When an infected person coughs, exhales or sneezes, they release droplets of fluid containing virus particles into the air.
- Other people can become infected by breathing in these droplets if they are standing within a few metres from the infected person.
- The larger droplets can also fall on nearby surfaces and objects. The virus can survive on a hard surface (e.g. plastic and stainless steel) for up to 72 hours. Other people can become infected when they touch the contaminated surface, then touch their eyes, nose or mouth.
- People cannot be infected through the skin.

Will I be tested for coronavirus disease as a close contact?

You will only have a laboratory test performed if you developed symptoms within 10 days of your last close contact with a person with COVID-19 who was considered infectious, i.e. able to transmit infection.

A person with COVID-19 is considered infectious from two days before to 10 days after they became ill.

Will I be tested again after the 10-day isolation period?

After a 10-day isolation period, you are considered to no longer be infectious, i.e. you are very unlikely to transmit the infection to others.

No follow-up laboratory tests will be done during or at the end of your home isolation period. Laboratory tests that only look for coronavirus genetic material in specimens cannot tell us whether you can still transmit the infection to others because a positive test may only pick up pieces of dead virus.

How long will I need to isolate at home?

You can end your home isolation 10 days after your illness begins. Count your illness as having begun on the day that you first developed symptoms, not on the day that a specimen was collected or on the day that the laboratory test was reported to be positive.

If you were tested with no symptoms and had a positive test result, you can end your home isolation 10 days after the positive specimen was collected.

Will other members of my household be tested for coronavirus disease?

Other members of your household (who are considered among your close contacts) will only have specimens collected for laboratory testing if they develop symptoms consistent with COVID-19.



TEAM OF THE MONTH

A big congratulations goes to the Gamsberg Finance team for being awarded Team of the Month for August 2020.

The Gamsberg Finance team believe that a collective effort is much better than the individual and therefore tend to learn from each other every day and with every interaction.

They strongly believe that hard work pays off and that collaboration and interactive learnings with other functions in the organisation only brings out the best in them and allows for learning. The one thing they always strive for is delivering better service and quality reports as pointed out by the Chief Financial Officer, Pushpender Signla.

They believe in the core values of Vedanta Zinc International (VZI) especially that of respect, excellence, diversity and trust in one another. They always try to push themselves to the next level and draw from one another's strengths when weak and that is what compliments them as a team.

Their goal is to deliver on user-friendly, quality financial reports, strict cost saving initiatives and achieve the FY21 business plan target with zero harm and in good faith.



The team: Corretti Cloete, Anupama Dhami, Kristen Visser, Sylvester Visagie, Marlon Awkes, Daniella Hoffmann, Jessica Groenewald and Anand Dubey

LUXSANT KONSTRUKSIE EN PROJEKTE VIR DIE MENSE

BMC-sakevennoot, Luxsant Konstruksie en Projekte, het hul benadering van "ons gaan hierdeur kom as ons dink as 'ons' en nie as 'ek' nie (dink aan ander)", nagekom deur 60 kospakkies te skenk ter waarde van R27 000 aan die Departement van Maatskaplike Ontwikkeling (DMO) in Pofadder.

Hulle het bevind dat baie mense in die Khâi-Ma-omgewing veral voedsel benodig gedurende hierdie tyd.

Baie dankie aan Luxsant vir hulle toewyding aan ons plaaslike gemeenskappe.



PEOPLE DOING GREAT THINGS!



THE SHAFT ENGINEERING TEAM

The Black Mountain Mining (BMM) Overland Conveyor had a structural failure caused by excessive plastic deformation due to overloading and metal fatigue.

BMM consulted technical experts on the cause and repair process and the Shaft Engineering team did the repairs themselves.

In order to minimise the cost of the structural repair, it was decided to modify the old broken Hill Pad Conveyor structure to replace the damaged gantry portion. This resulted in a cost saving on steel purchased and on the amount of hours worked on the repair.

MAWANDE THEMBANI

Mawande Thembani practised good housekeeping at the Level 45 Station Area. The shaft signs were clean and visible and the material cars were properly blocked.



DEEPS TEAM CYCLE A&B

The Deeps Team Cycle A&B followed Leading Parameters from 13 to 15 June 2020:

1. Good and safe production.
2. Follow up on daily target during the shift – good communication.
3. Safe and Quality Production Execution – follow up.
4. Outcomes – 50+ trucks on three consecutive days.

CLIFFORD CLOETE

Clifford Cloete designed and built a hands-free hand-sanitiser stand with the goal to limit the spread of germs and ensuring safe hygiene practices in an attempt to help stop the spread of COVID-19.

He was inspired by the measures that are in place at BMM and wanted to assist the mine in flattening the curve.

Well done and thank you to these employees for doing great things at the workplace. Together we can make it happen!





VZI HOSTS 5TH ANNUAL PINKDRIVE

Vedanta Zinc International, Black Mountain Mining (Pty) Ltd (BMM), proudly sponsored the 5th annual PinkDrive outreach programme to the Namakwa District (Khâi-Ma and Nama-Khoi local municipalities).

The COVID-19 pandemic has placed tremendous strain on health services across the country and it is for this reason that BMM is proud to solidify their commitment to the local host communities in health and safety.

The PinkDrive outreach programme, successfully conducted in the towns of Okiep, Nababeep, Bergsig, Pella and Pofadder, drew a significant response from the communities:

Annie Wilson, community member of Okiep:

“I think PinkDrive is a very good initiative, especially for us people who cannot afford to do these types of tests privately. PinkDrive’s staff always receive us kindly and provide very good services.”

Sarah Basson, Community Health Worker in Pella:

“I have been at the clinic in Pella for 10 years. PinkDrive is a good thing because some community members cannot afford to see doctors that do these types of tests. In future, I think the youth must be included in this PinkDrive initiative, especially young mothers.”

Lydia Basson, community member of Pella:

“This is my third time at PinkDrive and it is a very good organisation. I am very happy that Black Mountain looks after us every year during Women’s Month.”

The PinkDrive outreach programme was concluded in Pofadder on Friday, 21 August 2020, in partnership with the Departments of Social Development and Health. The Deputy Minister (Social Development), Hendrietta Bogopane-Zulu, joined VZI and the PinkDrive for a closing ceremony.

“We want to thank Vedanta for obeying their Social Labour Plan and working with PinkDrive to serve our people,” said Minister Zulu. Sean Jenniker, Black Mountain Mining General Manager, added that:

“VZI’s sponsorship is a commitment to our communities in bringing health services to them and together with PinkDrive, we can make it happen!”

PinkDrive results in 2020 include:

154	Mammograms <i>(including 25 in Upington)</i>
37	Ultrasounds
6	Pap Smears
159	Clinical Breast Examinations
27	Referrals made
1	Biopsy
150	Prostate-Specific Antigen (PSA) Tests
255	COVID-19 Screenings and Tests
48	HIV Screenings and Tests



Thank you to the communities that made use of this opportunity; thus making this campaign yet another success.



VZI BIED 5^{DE} JAARLIKSE PINKDRIVE AAN

Vedanta Zinc International, Black Mountain Mining (Pty) Ltd (BMM), het die 5^{de} jaarlikse PinkDrive-uitreikprogram met trots geborg aan die Namakwa-Distrik (Khâi-Ma - en Nama-Khoi plaaslike munisipaliteite).

Die COVID-19 pandemie het geweldige druk op gesondheidsdienste regoor die land geplaas en daarom is BMM trots om hul toewyding aan die plaaslike gasheergemeenskappe op die gebied van gesondheid en veiligheid te versterk.

Die PinkDrive-veldtog, wat suksesvol in die dorpe Okiep, Nababeep, Bergsig, Pella en Pofadder uitgevoer is, het noemenswaardige reaksie vanaf die gemeenskappe gelok:

Annie Wilson, gemeenskapslid van Okiep:

“Ek dink PinkDrive is ‘n baie goeie inisiatief veral vir ons mense wat nie kan bekostig om hierdie tipe toetse privaat te kan doen nie. PinkDrive se personeel ontvang ons altyd vriendelik en lewer baie goeie dienste.”

Sarah Basson, Gemeenskaps Gesondheidswerker van Pella:

“Ek is reeds 10 jaar by die kliniek in Pella. PinkDrive is ‘n goeie ding omdat mense nie by dokters kan uitkom om hierdie tipe toetse te laat doen nie, omdat daar ook baie geld daaraan verbonde is. Vir toekomstige veldtogte sal dit goed wees om ook die jeug te betrek, veral jong mammas.”

Lydia Basson, gemeenskapslid van Pella:

“Dis my derde keer by PinkDrive en dit is ‘n baie goeie organisasie. Ek is baie bly dat Black Mountain elke jaar gedurende Vrouemaand na ons omsien.”

Die PinkDrive-veldtog is op Vrydag, 21 Augustus 2020, in Pofadder afgesluit, in samewerking met die Departemente van Maatskaplike Ontwikkeling en Gesondheid. Die adjunkminister (Maatskaplike Ontwikkeling), Hendrietta Bogopane-Zulu, het saam met VZI en die PinkDrive aangesluit vir ‘n afsluitingseremonie.

“Ons wil Vedanta bedank vir die nakoming van hul maatskaplike arbeidsplan en dat hulle met PinkDrive saamgespan het om ons mense te dien,” het minister Zulu gesê. Sean Jenniker, Algemene Bestuurder van Black Mountain Mining, het bygevoeg: “Die borgskap van VZI is ‘n verbintenis tot ons gemeenskappe om gesondheidsdienste aan hulle te bring en saam met PinkDrive kan ons dit doen!”

PinkDrive resultate vir 2020 sluit in:

154	Mammogramme (insluitend 25 in Upington)
37	Ultra-klank Skanderings
6	Papsmere
159	Kliniese Borsondersoek
27	Verwysings gemaak
1	Biopsie
150	Prostaat-Spesifieke Antigeen (PSA) Toetse
255	COVID-19 Siftingstoetse en Toetse
48	HIV Siftingstoetse en Toetse



Dankie aan die gemeenskappe wat van hierdie geleentheid gebruik gemaak het; dit maak hierdie veldtog weereens ‘n sukses.



COMMISSIONING OF FLEX 31

BLACK MOUNTAIN MINE METALLURGISTS AND TECHNICAL REPRESENTATIVES FROM CHARLES TENNANT & COMPANY (CTC) CARRIED OUT LAB SCALE FLOTATION TESTS USING FLEX 31 VERSUS SODIUM ETHYL XANTHATE (SEX) AND POTASSIUM ETHYL XANTHATE (PAX) CONVENTIONAL PLANT COLLECTOR.

FLEX 31 produced significant metallurgy improvement over all other combinations and improved selectivity against Pyrite and Cobalt. Improvement in recoveries for copper, lead and zinc were obtained with FLEX 31.

For May 2020, the recovery efficiency of copper and lead was 10% and 2% above target, respectively. Currently the operational team are busy with optimisation work on the zinc circuit to also get this added benefit in recovery.

The Metallurgy department and the representatives of CTC are working closely together in monitoring the performance of FLEX 31 at BMM.



SIMULATING AN EMERGENCY



Health and safety are guiding values and the prevention of emergencies are fundamental to providing healthy and safe workplaces across the Black Mountain Mining (BMM) operation. If an emergency should occur, preparedness and response plans must be in place for an effective response.

On 8 May 2020, a simulation of an emergency situation was conducted at the Swartberg underground section to ensure the Self Contained Self Rescuer (SCSR)'s breathable air is adequate to ensure the safety of any person in the case of an emergency arising in the lowest part of the mine at 595 Level to get to the nearest Refuge Chamber at 667 Level.

The simulation was initiated and conducted by Swartberg Safety Officer, Jenny Groenewald, accompanied by Deeps and Swartberg Ventilation Officer, Marius Magerman and two Mining Operators, JD Griffen and Joseph Isaacs.

Both JD Griffen and Joseph Izaacs were extremely brave to conduct this task, as it has not been done before. They shared their experience using the SCSR and provided valuable information to make further adjustments for the safety of their colleagues.

The purpose of the Emergency Drill Simulation was to ensure the safety of persons in case of a serious emergency underground and to ensure that the Self Contained Self Rescuer can provide sufficient breathable air to a person to the nearest Refuge Bay, when walking from the working place to a place of safety. Walking time and distance were documented.



FROM THE NEWSDESK

IN AUGUST 2020, THE VEDANTA GROUP WEEKLY NEWSDESK BULLETIN EXCLUSIVELY FEATURED VZI, SHOWCASING HOW IT PLAYS AN ESSENTIAL ROLE IN THE SOCIO-ECONOMIC DEVELOPMENT OF THE COMMUNITIES.

VZI, with its prime focus on sustainable mining through the implementation of high-end technology and digitisation, is committed to aiding South Africa in unlocking its potential, making it an investment destination.

“India has a technology culture, which I want to inculcate in South Africa, where we are developing one of the most digitally advanced mines in the world. Just as we are committed to being India’s premier natural resources company, Vedanta is committed to South Africa in equal measure. Looking forward, we must accelerate South Africa as a mining investment destination.” – Chairman at Vedanta Resources Ltd, Anil Agarwal

“Vedanta Zinc International has been one of the largest private sector employers in the Northern Cape and is committed to the overall economic development of the region. While the operations is world-class, it’s the focus on biodiversity and sustainable development that makes VZI truly special. We are proud of our employees who built the project on the ore body which was lying dormant for decades.” – Group CEO at Vedanta, Sunil Duggal

MAXIMISING WITH BACKFILLING

BACKFILLING OPERATIONS IS AN INTEGRAL PART OF BLACK MOUNTAIN, ESPECIALLY AT DEEPS MINING.

Underground mining creates voids which need to be filled. This provides opportunities for mining operations, like Black Mountain, to dispose of waste material underground, and provide support and stability to the surrounding rock mass.

In recent years, Black Mountain has adopted the long hole open stoping method. At Deeps the backfilling of long hole open stopes maximises ore extraction which adds value to the operation.

BREAKING THE PARADIGM

GAMSBERG HAS IMPLEMENTED A UNIQUE FLOTATION SYSTEM CALLED THE STAGED FLOTATION REACTORS.

They break the conventional flotation paradigm into individual, optimised reactors thereby drastically reducing energy and air consumption.

The footprint in the plant gets reduced by 50%, operations become easier and maintenance costs are lower. VZI is the first company in Africa to adopt Staged Flotation Reactors.



OUR 67 MINUTES

Amidst the COVID-19 pandemic, the Black Mountain Complex employees spent their 67 minutes distributing donated winter clothing, blankets, grocery hampers, snack packs for kids and warm food in the Witbank community.

May we all continue to draw inspiration from Nelson Mandela during this extraordinary time where the need for help is more acute than ever.



TOGETHER, AGAINST GBV

DID YOU KNOW IN SOUTH AFRICA, 1 IN EVERY 5 WOMEN OVER THE AGE OF 18 HAS EXPERIENCED PHYSICAL VIOLENCE?

The BMC employees took a stand and made their voices heard by coming together and raising awareness for the survivors of Gender-Based Violence.

Gender-Based Violence is more than just physical abuse:

What is relationship abuse?

Abuse in relationships can manifest in many different ways. Family law website identifies four main types of abuse:

1. **Physical** – hitting, choking, pushing, etc.
2. **Sexual** – rape, trafficking, etc.
3. **Emotional** – name calling, obsessiveness, insults, etc.
4. **Economic** – limiting access to resources so the victim is forced to depend on the abuser.

What are the signs of abuse?

Signs vary depending on the nature of the abuse. However, Helpguide.org says to look out for the following if you suspect someone you know is being abused.

The victim:

- Is anxious around the suspected abuser.
- Receives frequent harassing phone calls from the suspected abuser.
- Frequently misses work, school or social occasions.
- Has frequent injuries, such as bruises.
- Has limited access to money or transport.
- Shows dramatic personality changes.
- Is anxious, depressed or suicidal.

What can you do if you think you are being abused?

You can apply for a protection order at your nearest police station or at a magistrate’s office.

You can find out more about protection orders on the South African Police Service’s website: <https://www.saps.gov.za/>

What can you do when you think someone you know is being abused?

Helpguide.org suggests talking to the person in private without being judgemental. Allow the person to make their own decisions, but offer emotional support so he or she doesn’t feel alone.

Say NO to:

Inappropriate and unwanted touching or groping, rape, sexual abuse, sexual assault, sexual violence, sexual misconduct, domestic abuse, physical abuse, sharing of indecent images, stalking and harassment, sexual exploitation or denial of resources.



For confidential assistance on psychological matters, contact your CAREWAYS EMPLOYEE WELLNESS HOTLINE on 0800 004 770 or SMS 31581.

5 THINGS YOU NEED TO KNOW IN A DANGEROUS SITUATION



It's especially important to be prepared if you feel threatened in any way. Although assessing your immediate circumstances before you take any kind of action is vital, you can still arm yourself with the following critical pieces of advice recommended by Des Brown, Director and Chief Instructor at Elite Defence Academy International.

1. Be aware

Practise being vigilant in order to minimise your risk. The easiest way to become more aware and spot danger before it happens is to play the 'what could happen?' game to train your subconscious mind, says Des. He explains: "For a few days, make a habit of asking yourself 'what could happen?' or 'what could a criminal do?' every time you leave your home, enter a building or drive into a new area. Do this to recalibrate your subconscious to easily spot something that appears suspicious or out of place. With your intuition telling you something is wrong, you are more likely to avoid danger and get away before anything happens.

"Additionally, by being more aware, your body language changes, you become more confident, and a predator is far less likely to pick on you in the first place," says Des.

2. Survival is your priority

Every situation calls for a different response. For example, if you are being hijacked, and the only thing the hijackers want is your car, hand over your car or belongings and don't put up a fight, then get out of danger as safely as you can. Physical resistance should only be used as a last resort, so if your or a loved one's life is threatened, act decisively with all your strength to defend yourself.

"Use common sense, and try not to let your emotions (like fear or anger) cloud your judgment. Each situation is unique, but if you make the decision to fight back then do so with all your strength and do not stop until the threat is over. Make the decision to have 20 seconds of courage, do whatever is necessary, attack with all your might and be determined to win," says Des.

3. Attack the eyes, throat and groin

"In a hand-to-hand self-defense situation where you have to fight for your life, look for these three target areas and attack any way you can, for example by striking, clawing, ripping, squeezing, etc," says Des. He explains that these points on the body are linked directly to the nervous system and will cause an attacker (no matter how big or strong) to stop immediately, if only for a short while. "Techniques do not matter – just injure one or more of these areas with anything at your disposal."

4. Use a weapon

"A weapon does not need to be a gun or a knife," says Des. Use whatever you can find nearby, within reach, such as a pen or your cellphone. "Throw sand into the attacker's eyes, hit them with any solid object that you can swing, spray deodorant into their face, slam them into a wall... These are not pleasant things to think about, but they could save your life." Des explains that thinking about the measures you might take can help put you in the right mindset before anything happens.

5. Do not stop

Commit your full strength and determination to winning, and focus on attacking rather than defending. Continue attacking until the attacker is lying down or running away and there is no longer a threat. As soon as you can thereafter, run away, attract attention and get help.



A LASTING CAREER



Gerhard is grateful for all the opportunities that Black Mountain has given him.

GERHARD JOHANNES SWARTBOOIJ STARTED HIS CAREER IN MINING IN 1980 AT O'OKIEP MINE AS A MINER ASSISTANT. IN JANUARY 1988, HE GOT HIS BLASTING TICKET AND WAS ULTIMATELY APPOINTED AS A MINER.

In 1998 he started as a Miner Assistant at Black Mountain Mine where he moved to Aggeney's with his wife and four children. In October 1999, he was appointed as a Cut and Fill Miner and became a Shift Boss for Cut and Fill on 7 March 2006. In 2018 he was moved to the Blasthole where he worked for the last two years of his career (2018-2020).

He is looking forward to his retirement at his home in Okiep where he will enjoy playing with his grandchildren, watching documentaries on TV and dedicating his time to the church.

Thank you, Gerhard, for your dedication and hard work over the years. We wish you all the best for the new chapter in your life.

LEAVING A LEGACY BEHIND

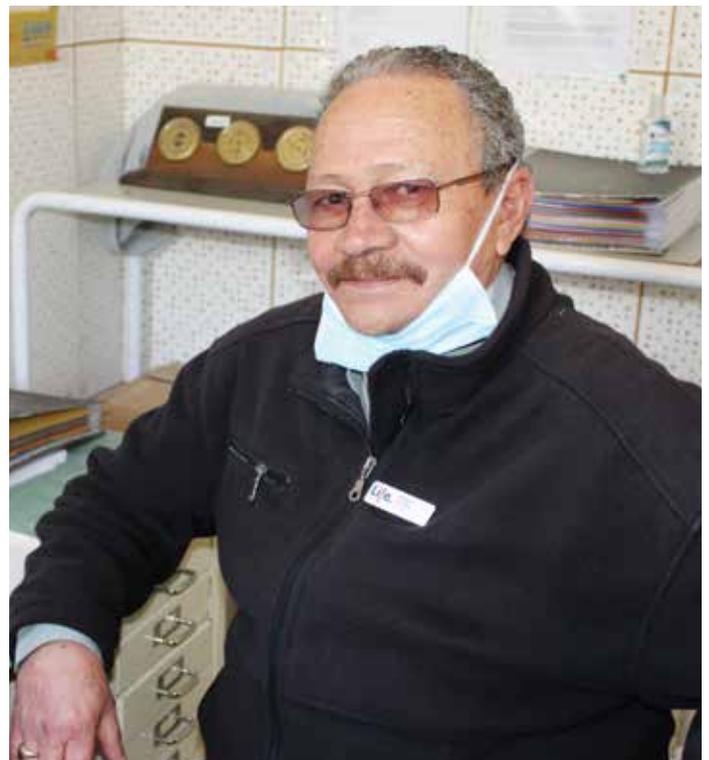
ANTON RUTLEDGE (AUXILIARY NURSE AND TECHNICIAN), AFFECTIONATELY KNOWN AS "OOM ANTON" BY THE LOCALS, BIDS FAREWELL TO BLACK MOUNTAIN MEDICAL CENTRE AFTER 42 YEARS.

Oom Anton completed his training in 1974 at Nababeep Hospital, thereafter he worked in Copperton (Prieska) for two years. In 1978, he became part of the Aggeney's Medical Staff, in the then 'ou dorp', until they moved to their current premises. His last day of service was on 28 August 2020.

He retires to the town of Okiep and looks forward to spending his days with his wife, Sylvia and to spend more time with his children and grandchild.

Magda Barnard, Unit Manager for Life Occupational Health at BMM Clinic, notes: "Thank you for your willingness, help and support, through the years. Your broad knowledge of Aggeney's and its people and your kind mannerism and friendly smile towards every patient will be missed."

Thank you, Oom Anton, for your service. We wish you well in your retirement and may you forever prosper.



"Hold on to what you have, especially females, empower yourselves and keep moving onward and upwards." - Oom Anton

JUST FOR FUN

COLOUR FUN WITH SMARTY

Did you know SMARTY stands for:

- S** - Safety
- M** - Must
- A** - Always
- R** - Relate
- T** - To
- Y** - Yourself



TEST YOUR EYES BY FINDING THE FOLLOWING WORDS:

- | | | |
|-----------------|------------|-------------|
| Sanitise | Hand Wash | Clean |
| Social Distance | Lockdown | Pandemic |
| Mask | No Contact | Coronavirus |

W	B	F	F	A	H	T	K	T	V	M	L	V	V	U
P	X	E	L	K	N	H	E	B	D	G	N	X	T	T
C	M	C	O	R	O	N	A	V	I	R	U	S	U	U
G	S	A	N	I	T	I	S	E	O	B	H	A	X	L
M	A	S	K	E	W	X	C	Q	V	Y	J	D	H	O
V	Z	X	A	X	M	J	D	P	D	J	Y	M	L	C
S	O	C	I	A	L	D	I	S	T	A	N	C	E	K
Q	R	P	K	H	L	G	V	O	R	P	M	P	S	D
C	Q	D	B	O	M	L	J	J	Z	L	U	A	C	O
A	K	W	Y	V	M	J	H	G	C	Q	U	N	H	W
C	C	W	H	J	X	L	R	S	Q	E	V	D	Z	N
L	K	D	N	O	C	O	N	T	A	C	T	E	C	F
E	G	T	S	J	U	L	F	O	T	Q	X	M	M	V
A	L	K	H	A	N	D	W	A	S	H	L	I	Y	Y
N	R	P	C	Q	S	N	F	W	R	R	S	C	Z	O

COVID-19 KONTROLELYS VIR TERUGKEER NA SKOOL

- Hou ten minste twee lapmaskers in jou besit.
- Dra die lapmasker heeltyd.
- As jy eers jou masker aangesit het, moet dit nie aanraak voordat jy dit afgehaal het nie.
- Probeer om net aan die bandjies van die masker te raak.
- Moet nooit jou masker aftrek nie - nie eers om te praat nie.
- Was jou masker sodra jy dit tuis uittrek.
- Laat dit droog word in die son en stryk dit om kieme dood te maak.

ONTHOU:

- Betoon liefde aan vriende en onderwysers met behulp van die elmoog-, voet- of Japannese groet.
- Moenie drukkie gee, soen of hande skud nie.
- Was jou hande so gereeld as moontlik.
- Dit is belangrik om afstand van jou vriende te hou.
- Wys jou kind hoe 'n afstand van twee meter lyk.

Bron: www.sacoronavirus.co.za

COVID-19 BACK TO SCHOOL CHECKLIST:

- Have at least two cloth masks.
- Wear the cloth mask all the time.
- Once you put your mask on, don't touch it until you take it off.
- Try to only touch the straps.
- Never pull down your mask – not even to talk.
- Make sure your mask is washed as soon as you take it off at home.
- Dry it in the sun and iron it to kill germs.

REMINDERS:

- Show love to friends and teachers by using the elbow, foot, or Japanese greeting.
- Don't hug, kiss or shake hands.
- Wash hands as often as possible.
- Keeping a distance from your friend is important.
- Show your child what a two-metre distance looks like.

Source: www.sacoronavirus.co.za



OM TE BOER IN NAMAKWALAND

OP ONS PLAAS IN NAMAKWALAND LYK DIT SÓ... HIER MOET JOU GELOOF STERKER WEES AS 'N CLIMAX-WINDPOMP SE HOUTSTANG IN 'N STERK WIND. STERKER AS 'N 32MM-PYPLYN SE LASTE OP 'N KOUE WINTERSOGGEND. STERKER AS 'N LISTERENJIN WAT OP 'N SOMERSMIDDAG VAN 45° C DRINKWATER VIR DIE BOER SE DORPERS POMP.

Soms soek jou geloof rusplek in jou skaduwee, maar iets binne jou sê jy kan nie opgee nie. Dan kyk jy maar weer oor die kaal vlaktes en stuur 'n skietgebed op.

Dis jóú wêreld dié. Hier lê jou spore. So, jy staan op en gaan aan.

Hulp is skaars. Almal stoei om hul eie pot aan die kook te hou.

Maar een ding is seker. Ons is nie vergeet nie. Die reën sál kom. Dalk nie vandag nie, maar as hy val, sal jy my verseker hoor lag!

Hannes van den Heever

Baie geluk aan ons plaaslike inwoner, Hannes van den Heever. Sy wenbrief was in die *Landbou Weekblad* gepubliseer.

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VISIT OUR FACEBOOK PAGE FOR UPDATES ON THE BLACK MOUNTAIN COMPLEX:

www.facebook.com/Blackmountaincomplex

KEEP IN TOUCH

REMEMBER TO SHARE YOUR STORIES AND PHOTOS WITH SHANICE FRANKS AT:

SFranks@vedantaresources.co.za

BEHOU KONTAK

ONTHOU OM JOU STORIES EN FOTO'S TE DEEL MET SHANICE FRANKS BY:

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