



UNITED WE STAND: Personal transformation means waking up to our true identity that transcends and includes our identities of race, tribe, religion, politics, gender, language and geography, says the writer. PICTURE: TRACY ADAMS

Tavern of the Seas



By David Biggs

Board games can take the edge off current woes

I WAS interested to see a full-page newspaper advertisement for the board game Scrabble recently. The simple message just said something like: "You can still be entertained when the lights go out."

Scrabble has always been a favourite of mine and of course it offers a perfect way to keep entertained when the Eskom turns on the darkness.

I love it when a company takes advantage of the current (get it?) situation to promote its products. Scrabble requires little more light than that provided by two candles and it's rather pleasant playing in a little pool of light when all around you is darkness.

I hope the Eskom power outages are turning more people to board games. I'm sure they are better for us, mentally and socially, than mindlessly watching soaps on TV or checking to see what your Facebook friends had for supper.

For one thing, you have to communicate with the other players, even if it's just to say: "It's your move."

The best board games (chess is probably the greatest board game in the world) require a good deal of thought and decision-making.

In Scrabble you're often torn between setting out a long and clever word that doesn't score very highly, or a short one that lands on a triple word space and boosts your score by a huge amount. It depends on whether you are playing to win or to show off your vocabulary.

When I saw the Scrabble advertisement I went to scratch through my cupboards to see what other board games I have lurking in there. I found rather an exciting one called *Orbello* and an old favourite, *Rogge*. Haven't played them for years. It's time to dust them off and start playing again.

I've never appreciated *Monopoly*, although I know many people enjoy it. Actually, I've never played a *Monopoly* game right to the end. It seems to go on forever until one player ends up with all the houses.

At that stage the losing players start borrowing from the winning one and getting into worse trouble.

Maybe it's a little too close to reality for me. Scrabble is less aggressive.

**Kale again**

Some time ago I wrote about the strange leafy vegetable called kale and wondered whether many readers knew about it.

I was delighted to receive a genuine, hand-written letter from Mrs Tine Durr, who was born in Holland and says she is "nearly 90". Mrs Durr writes in that letter that she had kale on a farm next to her diet.

Apparently it is known in Holland as "boerenkool". She has never heard of massaging it, as one author recommends. She simply stripped the leaves from the stalks and boiled them in salted water for about two hours, then chopped them and mixed them with mashed potato. She says it's delicious served with Hollandaise sauce.

That sounds like a good supper dish for Tavern cooks to try – if you find kale on your supermarket shelves – and if Eskom keeps the power on for two hours at a stretch.

**Last Laugh**

The secretary came into the boss's office and said: "You look very worried, sir. Is anything wrong?" "Wrong" said the boss. "Everything's wrong. In fact, I have so many worries right now that if something catastrophic happened today I wouldn't be able to worry about it until the middle of next week."

*The Wanderer*

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# Maximising our continent's potential through unity

As we celebrate Africa Day, we must work towards one identity

**D**URING this Africa Month, it is time to reflect on the state of our continent, looking back where we are coming from and where we are heading. My own reflections began about five years ago as the continent began to show economic growth not experienced before.

The world woke up to the realisation that the continent is the future investment destination. With this also came the realisation that the economic future of the continent also depended on the integration of the economies of Africa's countries. This is when it occurred to me that all efforts at geographical integration of the continent are bound to fail unless this was accompanied by a shift in the mindsets of Africans towards one African identity.

Africans need to reflect on the vision of our forebears who fought against slavery, colonialism and apartheid in South Africa, how the liberation from colonial rule led to unwavering commitment of the liberated countries towards total liberation of the continent.

Africans waited with bated breath for the liberation of South Africa, the last of the countries to be liberated. South Africa held promise for future development of the continent as a result of its economic strength and modern infrastructure. Whatever one may say about the challenges still facing the continent and slow pace in progress, South Africa has, since 1994, immersed itself fully in the activities of the AU and plays host to the Pan-African Parliament.

When "Agenda 2063", the AU vision document for the continent, was drafted in 2013, I was further convinced of the dedication of the AU towards the integration and development of the continent. South Africa's contribution to the vision was obvious, but since then, the document has remained unknown to the average African in

Shadrack Mazaza

South Africa and possibly the continent. It is encouraging to see that South Africa has dedicated this year's Africa Month to unity of the people of Africa. I had the honour of attending the pre-budget public lecture by the deputy minister in the Department of International Relations and Co-operation, Nomandla Mfekiwe. She dedicated her lecture to "Agenda 2063" and the common destiny of all people of Africa.

The message to South Africa is clear. We all need to think "One Africa" and if there ever was any doubt about this, it has been dispelled by the recent so-called xenophobic attacks.

The tragic events in KwaZulu-Natal and Gauteng were by far overshadowed by the overwhelming condemnation of the events by South Africans

and people all over the world.

There is a great need for cultural-educational programmes to remind all Africans at home and the diaspora to "think Africa" and dedicate ourselves to undergo the personal transformation required, preparing us to meet the challenge of co-creating the Africa that is emerging.

Personal transformation means waking up to our true identity that transcends and includes our identities of race, tribe, religion, politics, gender, language and geography. Awareness of our authentic selves as Africans enables us to know ourselves, be ourselves, and appreciate ourselves as Africans. It is about continually developing our personal effectiveness and maximising our individual and collective potential in order to maximise the potential of Africa as a whole.

The self-worth, self-esteem and self-confidence so cultivated is what is required for us as a people to continue with the revolution from political emancipation to economic liberation and our self-determination. This is an "inside-out revolution" which is aligned with the universal evolution of self, nature and technology.

In undergoing this mindset we will be moving Pan Africanism from academic institutions and AU offices to the people of Africa. This is the journey we must undertake until all Africans, young and old, are aware of our common purpose and our common destiny.

Let us all sing, "I am African first" from today going forward. Happy Africa Day 2015.

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He is president of the African Consciousness Institute, an organisation dedicated to personal transformation of Africans, transforming the continent from the inside-out.

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