



Incorporated under section 21, Reg. No. 1998/019868/08
Public Benefit Organisation Ref. No. 930008897
For the residents of Randpark Ridge, Ext. 1, 3, 16, 41, 45

28 March 2020

COVID-19 Corona Lockdown

A personal message from the RRVA Chairperson

Dear Residents,

Yesterday marks an unprecedented time in SA history. South Africa is locked down for the next three weeks in an effort to contain the spread of the Covid-19 pandemic, in an attempt to flatten the curve.

The RRVA fully supports this bold Government initiative to safeguard our community and our nation's inhabitants as a whole, and we urge each one of you to abide by the lockdown rules that are in place.

Randpark Ridge is usually a bustling hub of activity as our families, learners, employees and other active residents go about their everyday lives, and now it is eerily quiet and peaceful, with no dogs barking, almost no vehicles on the roads, and no planes flying overhead.

None of us has any control over the current situation, so we should do our best to accept things as they are, and to be grateful for this pause in our hectic routines, and for this gift of extra time. We urge you to make the most of the next three weeks and to use this bonus time with your families wisely and productively. Even if you are able to continue your normal work from home, you will have your normal commute time as a bonus.

Two of the best time investments we can all make during this time are our families and our community. How often do we get an opportunity like this to relax and self-reflect? To be able to chat to our children uninterrupted by work demands? To read a good book? To put together a business plan for our new and exciting small community-based business? To get some decent sleep? To think about our neighbour and the needs they might have? Cherish this time. Use it wisely.

Please also make some time to better understand the nature of the pandemic and how to fight it. One of the very best internet sources I know of is Chris Martenson of PeakProsperity.com. Chris is a very smart man with a PhD in Pathology as well as an MBA.

About 12 years ago Chris opted out of the rat race by ditching a top CEO position, for a more sustainable and honest way of life. He now teaches others how to do likewise. Chris makes a video almost every day about the current status of the COVID-19 pandemic

where he does a good job of interpreting and explaining the latest findings and research in a way that ordinary people can understand and interpret. Yesterday's overview was brilliant - see https://www.peakprosperity.com/coronavirus-the-high-cost-of-being-wrong/?utm_medium=web_push&utm_source=onesignal

One of the points Chris has repeatedly made is that the wearing of face masks is the best thing we can do to prevent infection. N95 masks are ideal, but any other mask will otherwise do, including home-made masks made from old clothing or vacuum cleaner bags. In the Czech Republic people are mass producing face masks from their living rooms and donating them to health care workers and others in need, and this appears to be making a noticeable improvement in their communities. My wife Christine, a qualified Home Economics teacher and experienced seamstress, is currently experimenting with different mask patterns and various materials and will soon make these available on Facebook – hopefully both sewable and non-sew versions.

The Peak Prosperity videos also cover other related and pertinent aspects of a lockdown, such as how to manage domestic family conflict, plus how to manage one's own reluctance to accept our new situation, based on the five stages of grief by Elizabeth Kubler-Ross. They also cover how to better and more fully realise and understand the economic consequences of a lockdown, including the loss of personal savings.

Our RRVA office will remain closed for the full shutdown, however our administrators, Donne Hutchinson and Kirsten Louw, will be working remotely from home, and can be contacted on their mobile phones (Donne - 071 598 0866 and Kirsten - 081 898 0382), and by email on info@rrva.net.

CSS (Community Support Services) will continue their 24/7 vehicle security patrols as permitted by law, although we do hope for a reduction in organised crime during the lockdown, since these criminals will be very conspicuous travelling to and from crime scenes (with the possible exception of criminals posing as security personnel to get past law enforcement officials). However, there may be an increase in unorganised crime by vagrants who may be hungry and desperate. Therefore, we urge residents to continue to be vigilant, cautious, and to report suspicious activities to CSS (011 791 7917) and/or SAPS (Tel. 10111).

You may not be aware that the RRVA has a Care Committee in place now. This dedicated team of local residents was formed to nurture and support our local families and/or individuals within our community who are under some form of distress, irrespective of whether they are RRVA members. If you know of, or suspect, a local household in this category, please contact our admin on any of the above contacts and we will do our very best to assist, albeit remotely.

If you would like to assist the Care Committee, please contact one of our administrators. One way to assist would be to offer to pre-prepare, a hot meal for a family (perhaps to keep in your freezer) and to let the Care Committee keep your contact details on their speed dial for when such a meal is needed in a hurry. Timing and preparedness is crucial in times of need.

If you are a social worker or have been trained as such, we could certainly make use of your valuable skills too. There are of course numerous other ways that communities can support each other and we will no doubt need all the help we can get.

Lastly, please be considerate and mindful of your neighbours. Many of us are bound to be feeling anxious and concerned about our diminishing prospects and a prevailing sense of insecurity is inevitable. Under such circumstances people may become intolerant and liable to over-react with hostility. Please try to be respectful of others and refrain from playing loud music and/or allowing your dog/s to bark unnecessarily. If your neighbour reacts in hostile manner, please do your best to avoid a hostile response. Rather temper your response by focusing on the facts and trying to find a mutually acceptable solution to the problem.

I remain hopeful that this crisis will prove to be the catalyst we all need to create a better, more caring society, and that by working together towards a common purpose, we will defeat this pandemic, and emerge stronger and more resilient than ever before.

As always, we value your feedback and ideas. Stay home, stay safe.

Yours faithfully

A handwritten signature in black ink on a grey rectangular background. The signature is stylized and appears to read 'Rod Rankine'.

Rod Rankine
RRVA Chairperson