

SAWID

20-YEAR CELEBRATION DIALOGUE

Advancing Peace And Development



20
Years



SOUTH AFRICAN

WOMEN IN DIALOGUE

"We are the ones we've been waiting for..."

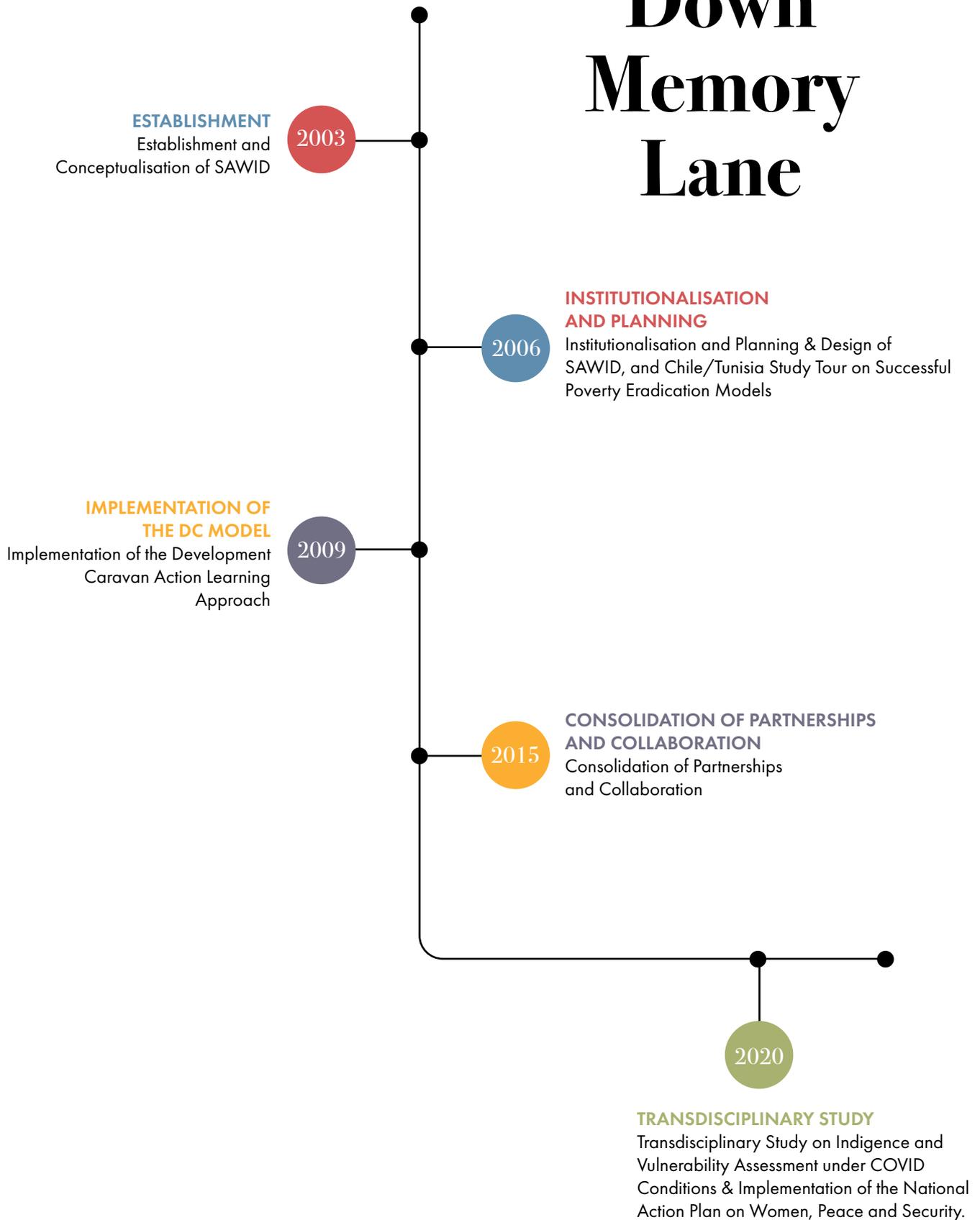
Thank you, dear SAWIDIANS...

We thank you for your vibrant participation and engagement during this week. After months of brainstorming, planning and preparations, the SAWID 20-Year Celebration Dialogue has come to an end. The Trustees and the Planning Team hope that you have enjoyed your time here and benefitted greatly from the healing and training courses and all the other inputs you were exposed to. We also hope that you had a week of celebration and reflection. Our team of volunteers sought to make your stay as comfortable and possible. We hope that you are leaving feeling somewhat renewed and invigorated. Your participation was vital to this process, and we sensed a recommitment to the values, ethos and objectives of SAWID.

We hope that you are leaving with a greater connection to our growing network of collaborators, and that you have connected with as many as you can, swapped notes, and caught up. Most of all, let the week be one of taking stock of how far you SAWIDIANS have come. Whilst we are together, we will create our next 20 years.

We wish you a wonderful and fruitful time!

Down Memory Lane



SOUTH AFRICAN
WOMEN IN DIALOGUE

"We are the ones we've been waiting for..."





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FOREWORD

SAWID's Trustees together with the 20 Year Celebration Conference Planning Team under the able leadership of Vatiswa Moea put together a packed programme. Here is a brief overview: Over the five days, the early risers (or the aspiring ones!) met for morning meditation and physical exercises hosted by Noviwe Qegu. Some delegates who were not resident in the conference venue arrived daily for the start of proceedings. Each day opened with SAWID's signature multi-faith devotions.

There was a daily line-up of song, poetry and dance in the plenary sessions.

In plenaries, SAWID's partners, friends, and well-wishers shared their reflections on our 20-year journey.

The fireside chats brought together the pioneers of SAWID, its first members and the full splendour of the generations of inspirational women that make up SAWID. These intergenerational dialogues captured where SAWID started, its reason for being; and how SAWID has sharpened its actions while reaffirming its values.

The conference was enriched by a trusted group of panel speakers led by talented moderators. They were selected to help delegates engage with the most current topics of the day.

The week showcased SAWID's evolution in healing – confronting our woundedness so that we can reach even higher towards more impactful action all the while grounding ourselves in our Africanness.

SAWID's rich store of bright, young, energetic – and oh so beautiful YSAWIDIANS met each day after dinner to ... paint and re-paint our organisation's great next steps.

The wide-range of training sessions occupied Day 3. In this conference, delegates had the option of using Q-R Codes to make choosing a bit easier.

By Thursday evening, delegates were ready for the birthday celebrations!

After the party – it was time to round off the week. Teams were ready to share their plans.

A great feature of the conference was the use of technology and social media. We were in the company of a wide audience as proceedings were being live-streamed. A great social media team helped the conference reach a much wider audience. Check out X, Facebook and Instagram. It is a brave new world just as we like it in the SAWID Universe.

It was an enriching and invigorating week. Do chat to us and/or drop us a line. We serve you better when you give us SAWIDIAN-style feedback.

20 Year Celebrations Planning Team



FACES BEHIND SAWID



MS ZANELE MBEKI,
SAWID PATRON AND FOUNDER



DR BRIGALIA BAM,
SAWID FOUNDER

“I never founded programmes alone. It is always with the sisterhood. I am always a participant in collective thinking and doing.”

Ms Zanele Mbeki

SAWID is comprised of a volunteer Board of Trustees, a National Council of 24 women, and professional Advisory Commissions. Amongst those, there are powerful women who also hold higher positions in the corporate industry which speaks to the huge change since the dawn of the democracy that brought about gender equalities.



MS THOKO MPUMLWANA,
SAWID TRUST CHAIR



MS MPHO LETLAPE,
SAWID TRUST DEPUTY CHAIR



DR CRISELDA KANANDA,
TRUSTEE



**MS NONKQUBELA
MAYATULA, TRUSTEE**



DR SITHEMBILE MBETE,
TRUSTEE



MS JODY LEE FREDERICKS,
TRUSTEE



REV. BAFANA KHUMALO,
TRUSTEE



AMB. THENJIWE MTINTSO,
TRUSTEE



MS NONTOBENKO NDHLAZI,
TRUSTEE



**MS LESLEY DONNA
WILLIAMS, TRUSTEE**

HONORING DEPARTED SAWID ICONS

DEPARTED SAWIDIANS, REST IN ETERNAL PEACE!



DR. FRENE
GINWALA



DR. VUYO
MAHLATI



THEMBI
NWEDAMUTSWU



PROF LULAMA
MAKHUBELA



NTOMBEZINTLANU
DWANE



DR THANDI
NDLOVU



SIBONGILE
MASANGWANE



PROF HLENGIWE
MKHIZE



SIZANE
NGUBANE



DR ELLEN
KORNEGAY



AMB LINDIWE
MABUZA



LINDIWE
MYEZA



LAURA
MPAHLWA



YOLISWA
MEMELA



PROF. HARRIET
NGUBANE



MA GRACE
MASUKU



SISTER BERNARD
NCUBE



MME TSHEPO
KHUMBANE



DR LYDIA
MESHOE

MESSAGE OF SUPPORT



ELLEN JOHNSON SIRLEAF, PREVIOUS PRESIDENT OF LIBERIA

“

Actually today, I would have preferred to be there in person, but my schedule did not allow that. I first came to South Africa during the presidency of President Nelson Mandela as a senior official of the United Nations. My tour of parts of the country and meetings with women of different walks of life, including joining a demonstration, gave me a particular fondness for you, my South African sisters. Indeed, your struggle against the apartheid system inspired some of us to interrogate our own governance systems and seek fundamental change.

In the 20 years since its inception, SAWID has sought to deepen ties between South African women and others across the continent, as well as to create a shared vision of a united and strong Africa built on a new partnership. This is aligned with the African Women Leaders Network plan, of which I am the patron. We believe, like you, that the foundation of a new partnership is an increase in women's leadership.

It is the only way we will see real change. I join many others to congratulate Madam Zanele Mbeki, for spearheading this dialogue, and look forward to continuing the process of forging greater solidarity between the women of the continent and finding common solutions to our pressing problems. Thank you and have a great celebration.

”



SADC COUNTRY FLAGS



VIVA YOUTH CHOIR, MAMELODI

MESSAGES OF SUPPORT



UNWAVERING SUPPORT FOR SAWID'S 20-YEAR CELEBRATION

BY THOMAS LETHOBA, KGOSANA MOEKETSI,
HAWA MAYERE, LINDOKUHLE MABENA,
LEBOGANG MATHEBULA



Over 1 000 women leaders, activists, and advocates of change from across the Southern African Development Community (SADC), gathered to mark and celebrate the 20th anniversary of the South African Women in Dialogue (SAWID). The action-packed programme reflected its journey from its inception in 2003. It was a mix of all generations – from the visionaries who founded SAWID to first time participants. All came together for a week-long, soul-stirring experience. Early in the programme, partners, supporters, well-wishers and funders delivered their messages of unwavering support and congratulations.

Addressing the delegates convened at the Birchwood Hotel & OR Tambo Conference Centre in Boksburg, on Monday, September 18, 2023, the representative of the United Nations Women South Africa Multi-Country Office (SAMCO), Aleta Miller, joined

several renowned women activists congratulating SAWID for reaching a vicennial.

A vital part of the first day's proceedings included congratulatory messages from various beneficiaries and stakeholders of South African Women in Dialogue (SAWID). Women from all walks of life shared their well wishes and words of support towards the revolutionary organisation.

"The United Nations Women supports you; we support you globally. It has been an honour to accompany SAWID in their movement, and you have huge congratulations from us at the UN. We are all SAWIDians. We join you in saluting the mothers, the leaders who walked before us," said Miller.

HAPPY BIRTHDAY, SAWID! WE ARE THE ONES WE HAVE BEEN WAITING FOR! WE HAVE THE POWER, YOU, ALL THE WOMEN IN AFRICA AND AROUND THE GLOBE.

SAWID is a feminist force for good, our struggle is the same across the world and as feminists we are one," Miller said, adding that SAWID has done incredible work for marginalized communities, most particularly women.

Miller also remarked that the United Nation's Sustainable Development Goals (SDGs), a collection of seventeen interlinked objectives designed to serve as a "shared blueprint for peace and prosperity for people and the planet" are at a potential risk.

"The SDGs are in trouble, not just in South Africa or Africa but globally. There's no country on earth where we are on track," elaborated Miller.

In a video-recorded message, extending her message of gratitude for SAWID's milestone, South African singer and songwriter Dr. Yvonne Chaka Chaka said, "SAWID, what a great day, the discussion is still going on... We are still having this dialogue, I want to say to all women here, 'Malibongwe igama lamakhosikazi' – Praise the name of the queens.

"Let us not rest until all women and every girl is safe in Southern Africa," she concluded.

Prof Mehabo Magano, the chairperson of UNISA's Women's Forum (UWF) gave an electrifying speech of encouragement to the hundreds of women passionate about change to stand up against the challenges of life. She spoke to the strong relationship between UNISA and SAWID which began in 2016. She further indicated that the relationship would endure into the future. Together, she noted, UNISA and SAWID have and will continue to implement programmes that have changed the lives of many women in South Africa for the better.



“SAWID and UNISA have focused mainly on women skills development in agriculture and handwork. The programme began in Gauteng, then spread to Limpopo with bee keeping, which will also soon be introduced in KwaZulu-Natal. In the Eastern Cape however, GBV was identified as a major issue, hence the implementation of school-based programmes to educate young boys about GBV and how to treat women, to mention but a few,” Prof. Magano informed the audience.

Dr Michele Ruiters, representing the University of Pretoria, congratulated SAWID, acknowledged its achievements and wished SAWID continuous support for the coming years. She explained how important their relationship with SAWID was to the institution. In her two decades of experience with SAWID, Dr Ruiters said SAWID’s selflessness has played an important role in ensuring their strong relationship.

“On behalf of Gender Links, it is with great pleasure and profound admiration that I extend our heartfelt congratulations and

unwavering support to the South African Women in Dialogue (SAWID) as they celebrate an incredible 20 years of dedicated service, commitment, and advocacy.” Ms. Tabetha Malinga, Programme Manager, Gender Links.

“It is with great honour that I give this message of support on this special occasion of the 20th year Celebration dialogue of SAWID’s existence, as we are the women’s movement.” Ms. Regina Molokomme

The Minister in the Presidency Responsible for Women, Youth and Persons with Disabilities, Dr Nkosazana Dlamini-Zuma, attended the celebration and had this to say, “I want to quote from Diane Mariechild, and it defines women in a very interesting way. She says a woman is the full circle. Within her is the power to create, to nurture and to transform. That’s a full circle. Look at us here, look at the creation by our founder who had the vision to create SAWID.”



Ms Riah Phiyega, recently-appointed Executive Director of the Women’s Development Bank (WDB) Trust, the official sponsor of the event, shared her appreciation for being part of the 20-year celebrations, which she affectionately named the ‘Emerald Anniversary’. She went on to congratulate SAWID on their 20th years of profound existence and ground-breaking dialogues which not only helped to grow individuals but also helped the WDB Trust to remain focused and deliberate in their mission through the years.

“Our sponsorship and support of the 2023 20th celebration of SAWID’s 20th Anniversary is our unequivocal and explicit commitment to the work you do.” She rounded off by wishing the team well for the week and for another fruitful 20 years.



MS. JESSICA MBANGENI, IMBONGI



COMEDIAN: CELESTE NTULI



MULTI-FAITH DEVOTION SETS THE TONE AT SAWID'S 20-YEAR CELEBRATION

By: Nkhensani Nkhwashu



Rev Nonqaba Mosunkutu



Sister Pratiba Daya



Ms Fatima Domingo

On the second day of the SAWID 20-Year Celebration Dialogue, the atmosphere was imbued with serenity and inspiration as the multi-faith devotion session took centre stage. The tone for the day was set by two remarkable women who left an indelible mark on the audience. Pastor Rose Moses, hailing from Tanzania, began the session with a heartfelt message of encouragement. She highlighted why it is important for women to participate in such events. Then, following Pastor Rose's powerful opening, Pratiba Daya, representing the Brahma Kumaris, took the stage and mesmerized the crowd with her sensational meditation. With her soothing voice and serene presence, Pratiba guided attendees on a meditative journey, inviting them to connect with their inner selves and find inner peace. Her meditation session provided a moment of tranquillity during a busy conference, allowing participants to pause and reflect.

The multi-faith devotion session not only set a harmonious and inclusive tone for the day but also showcased the diversity of perspectives and beliefs present at the SAWID 20-Year Celebration Annual Dialogue. It highlighted the importance of respecting and embracing different faiths and spiritual practices as a means of fostering unity and understanding.



Ms Lorato Scerpenhuyzen



Dr Criselda Kananda



Ms Ntsiki Sisulu



Dr Sithembile Mbete



Ms Thabiso Sikwane



Ms Debbie Edelstein

PROGRAMME DIRECTORS

Ms. Lerato Mbele



CONFERENCE HIGHLIGHTS

By: Jessica Jaymes Capazario

FIRE-SIDE CHAT 1: HEALING WOMEN TO HEAL AND EMPOWER THE NATION



Following the messages of support, the celebration continued with a performance by the one and only praise singer Jessica Mbangeni, who encouraged all delegates to join in song and dance. Jessica emphasised that “we are the ones who come together in the name of South African Women In Dialogue.”

The conference transitioned into a pivotal discussion on intergenerational trauma and its impact on women today, led by Professor Pumla Gqola.

Veteran Wendy Tlou, a seasoned reputation management and corporate affairs executive, then ably moderated an inter-generational fire-side chat between Dr. Brigalia Bam, Professor Thuli Madonsela, and two younger women, Felicia Goosen, and Hope Mulder, harvesting their wealth of knowledge and expertise

to add to this important discussion. Delegates, too, were given a platform to engage in the conversation, demonstrating the depth of the challenge and showcasing the urgency of addressing it.

In this thoughtful exchange, women from many different walks of life bravely shared their personal experiences, creating a safe haven for open dialogue. The day was filled with a sense of mutual understanding and empathy, as the weight of intergenerational trauma and gender-based violence was acknowledged collectively. It was a moment of empowerment, where voices once silenced found resonance. The atmosphere was not only one of discussion but also of transformation, as women left the room with a renewed sense of purpose and determination to break the cycle of trauma for future generations.



Professor Pumla Dineo Gqola is Professor of Literary and Cultural Studies and the NMU-DSI-NRF SARCHI Chair in African Feminist Imagination.



Wendy Tlou consults to business, individuals and not-for-profit organisations.



Dr. Brigalia Bam is the Chancellor (education) of the Walter Sisulu University and is currently a member of the International Elections Advisory Council.



Professor Thuli Madonsela is the Law Trust Chair in Social Justice and Law Professor at the University of Stellenbosch.



Felicia Goosen is a Youth Wellness Counsellor, Certified Life Coach, Author and motivational speaker.



Hope-Lynn Mulder is a professional who combines creativity with a strong sense of purpose, leaving a meaningful impact in her field and the causes close to her heart.

CONFERENCE HIGHLIGHTS

PANEL DISCUSSION 1: FOOD SECURITY: ADDRESSING WASTE AND INEQUALITY

Following lunch, the day unfolded into a series of important discussions. Led by the insightful Ms. Mohau Pheko, our attention was drawn to a pressing concern in South Africa - the stark disparity between national food production and widespread hunger. Shockingly, nearly half of our food supply is discarded by production companies, leaving countless mouths unfed.

This realisation was a heavy one to bear, yet a ray of hope emerged through the presence of Mr. Andy Du Plessis from Food Forward. His organisation works to bridge this gap, redirecting surplus food to those in need, ensuring no one is left behind.



Ms. Ayanda Mvimbi from UN Women brought to light the profound impact of climate change on food security, a pressing issue for everyone around the world. Ms. Nomonde Buthelezi then navigated the pathways towards addressing this food crisis, offering practical solutions that could make a real difference. In a sombre moment, Ms. Caroline Peters from the Callas Foundation shed light on the painful intersection between food insecurity and gender-based violence, a struggle that affects countless women across Africa. Our fellow delegates added their voices to the conversation, sharing their unique perspectives on food security.



Mohau Pheko is a futurist & trend analyst currently engaged in smart agriculture with a network of sustainable engineers. She has 30 years of progressive professional accomplishments in areas of economic planning, agriculture, international relations and trade, sustainable development, and many more.



Andy Du Plessis is the Managing Director of FoodForward SA, an organisation using a unique model called Foodbanking to address short-term hunger – by recovering quality edible surplus food from the supply chain, and redistributing this food to 600 credible charities across the country addressing hunger in needy communities.



Ms Ayanda Mvimbi is a Programme Management Specialist at UN Women in the South Africa Multi-Country Office. She leads UN Women’s work on Women Economic Empowerment in this area and holds a master’s degree in political science from the University of the Witwatersrand.



Nomonde Buthelezi is an urban farmer based in Cape Town, cultivating organic crops in her township for sale to the local community. She is the co-founder and head of the Food Agency Cape Town (FACT), and collaborates with the Heinrich Boell Foundation (HBF) in Cape Town on food justice research.



Caroline Peters is an African feminist and human rights defender, and award-winning activist against gender-based violence. She is the Executive Director and founder of Callas Foundation, Coordinator of the Cape Flats Women’s Movement and the Provincial Coordinator for South African Women in Dialogue.

CONFERENCE HIGHLIGHTS

PANEL DISCUSSION 2: GENDER-BASED VIOLENCE AND THE PATH FORWARD

Later in the day, our attention shifted towards the urgent issue of Gender Based Violence (GBV), sparking an impassioned discussion on South Africa’s Women, Peace, and Security National Action Plan. Guiding us through this important conversation was the Moderator, Ms. Mmabatho Ramagoshi, together with her esteemed panel, featuring Ms. Corlett Letlojane, Ms. Bosa Ledwaba, Ms. Emma Kaliya, Ms. Chigedze Chinyepi, and Dr. Lithhare Rabele. It was inevitable that we would dive deep into the heart of this matter. Together, we explored the far-reaching impact of GBV on women across Africa, uncovering insights that illuminated the path forward.

As we continued forward, we had the opportunity to collectively brainstorm strategies to combat this pressing issue. We exchanged ideas, drawing upon the wisdom of our collective experiences and the resilience that courses through our veins. The atmosphere was filled with the shared determination to dismantle the oppressive forces of GBV.

In these moments of shared vulnerability, we find the heart of our collective strength. Together, we are a force to be reckoned with, ready to bring about transformative change for African women. Let us carry this momentum forward, each step bringing us closer to a future defined by equality, security, and undeniable support for one another.



Ms. Mmabatho Ramagoshi, recently, was a special advisor to the Minister in the Presidency for Women, Youth and Persons with Disabilities. She is a Director at Ditebogo Enterprises and Development.



Corlett Letlojane holds an LLB degree from UNISA and a B. Luris Dip. from the University of the North-West. She is the Executive Director of the Human Rights Institute of South Africa (HURISA).



Bosa Ledwaba. A Teacher, Humanitarian, Gender Activist & Consultant, Researcher, Life Coach, and above all a Multiple Cancer survivor.



Emma Kaliya is a Human Rights, Gender/Women rights Activist. The past 25 years, she has worked on several local and international portfolios and societies across the world.



Chigedze Virginia Chinyepi is the Alliance focal person for Botswana. She has served as a SADC Gender and Development Protocol Alliance member from 2009.



Dr. Lithhare Rabele is the Gender Program Manager at the Foundation for Human Rights, responsible for implementing the organisation’s Masibambisane program (Community intervention on Gender Based Violence).

CONFERENCE HIGHLIGHTS

80TH BIRTHDAY CELEBRATION FIRESIDE CHAT



The day kicked off with a discussion between two powerhouses, literary giant Dr. Sindiwe Magona and Ms. Siki Dlanga, a conversation that ignited inspiration for all of us. Their exchange of wisdom as well as experiences set the stage for a day filled with insightful discussions and forward-thinking problem-solving.



Dr. Sindiwe Magona is one of the internationally prominent South African literary writers whose work is informed by her biographical experiences.



Ms. Siki Dlanga writes thought pieces on gender, race, faith, politics and social issues in her own capacity. She works for Indigenous Languages Action Forum.

CONFERENCE HIGHLIGHTS

PANEL DISCUSSION 3: INNOVATION, TECHNOLOGY, AND AI: SHAPING SA'S DIGITAL DESTINY

As the day went on, the focus shifted to the plenary session, where the spotlight was on Innovation, Technological Change, and Artificial Intelligence. Ms. Shamima Vawda expertly moderated the conversation.

Ms. Siphokazi Simandla advocated for the role of women in driving South Africa's digital revolution. Her words resonated with us, affirming the power within every woman to shape our digital economy.

Shiraz Mangera spoke on how AI can benefit entrepreneurs and SMEs. His insights painted a picture of a future where technology becomes a catalyst for growth and innovation.

Dr. Melani Prinsloo's perspective on human-centric technology and citizen engagement was a reminder that even in this era of machines, the essence of humanity remains important.

Virtually joining us was Mr. Peter Anderson, who emphasised the power of technology for global collaboration. His initiatives, EarthCoop and OnePlanet, showcased the potential for technology, uniting us in a common purpose.



Shamima Vawda is the founder of Systems Approach, a research company that has conducted studies across various sectors and applied different data-gathering techniques. Currently, Shamima is pursuing a PhD at the University of the Witwatersrand.



Ms Siphokazi Simandla is an innovative, analytical, and strategic Business Advisor & Technology Specialist with 20 years' experience within Telecommunications, Broadcasting, ICT Governance, and Financial IT Systems, currently pursuing her MBA.



Shiraz Salejee is the founder of KiP, bringing over 20 years of experience in the creative industry leading projects and teams for global brand accounts. He is passionate about social upliftment and actively participates in community initiatives.



Mélani Prinsloo, Director of Helium.AI, leads future-focused research and development. Helium.AI's innovation, HeliumStream, redefines data-driven decision-making. She holds a PhD from Lulea University of Technology, and founded the Centre for Democratizing Information to empower marginalised communities to bridge information gaps and promote digital inclusion.



Peter Anderson is currently Head of Partnerships at OnePlanet.com, and has been working in the tech for social good space for over 20 years, developing a platform for local democracy.

CONFERENCE HIGHLIGHTS

THE FINANCIAL SUSTAINABILITY OF DRIVING THE WOMEN'S AGENDA



Ms Nonkqubela Noloyiso Mayatula is a SAWID Trustee and the Director of Lafarge, Wildlife Ranching SA, Miarestate. She is currently a Flexid Stiftelsen Advisor and Former Director of CEF, SFF, Tawana, and Coal of Africa. She began her career at Accenture.



Inspiration to Realization

SAWID's Programmes Trustee Ms Nonkqubela Mayatula tackled the complex issue of the financial sustainability of driving the women's agenda in a presentation she titled "Inspiration to Realization".

She initiated her intervention noting that she was seeking to

- arouse a feeling of excitement and hope
- trigger thought processes
- explore how to make changes in something established and introduce something new, or alternatively introduce it as if for the first time
- make those present grasp or understand clearly in order to give reality to our collective dream of financially sustainable feminist initiatives.

She then addressed the real thorny questions:

- Can women participate in the economy meaningfully?
- Can women find creative ways of building sustainable businesses?
- Can women capitalize their businesses in a way that delivers value to them?

And quoted Machiavelli to point out the pitfalls:

" There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success, than to take the lead in the introduction of a new order of things, because the innovator has for enemies all those that have done well under the old conditions, and lukewarm defenders in those who may do well under the new"

The Sustainable Development Goals similarly define minimum requirements for human wellbeing within planetary boundaries, from no poverty, zero hunger, to gender equality, quality education, reduced inequalities, strong institutions and partnership for attaining the goals (yet in no country in the world are we on track for attaining them).

It is indeed an almost impossible balancing act to take environmental, social and governance (ESG) considerations into account when making investment decisions, leading to more long-term investments in sustainable economic activities and projects.

How then do we, as civil society, government and business honour these ESG considerations while attaining the business goals of productivity, profitability, growth, stability, efficiency and survival? Is it not a fact that capital itself is amoral, and is not loyal, and how should this insight affect the financial sustainability of driving the women's agenda?

She reminded those present that fulfilling the social impact requirements in a genuinely deep, thorough and specific manner requires delving deep into the core of societal norms. Women have demanded an enabling environment in the form of a psycho-social, family-based poverty eradication model, reduction of violence against women, civil society coordination, and skills training, job creation and income generating programs in the areas of women's greatest challenges.

Given the reality of a profoundly unsustainable global macro-economic framework, however, the key questions remain:

- How can women participate in the economy meaningfully?
- Can we find creative ways of building sustainable businesses?
- Can they capitalize their businesses in a way that delivers value to them ?

Ms Mayatula pointed out that even in moving from a Social Context to a Corporate Translation of Maslow's needs, where we are capable of having a job and income, supported by HR policies, healthy work relationships, having a purpose and giving back, while earning the respect from supervisors, and enjoying status and responsibility, are we ensuring that the needs of all women and their families are being served equally? The reality of the lives of women in our country, our continent and the world demonstrate that they key questions above still beg sustainable answers...

She highlighted the many training topics at the 20-Year Celebration Dialogue dealing with issues of financial sustainability, and expressed a wish that women would find the solutions they were seeking in addressing these themes.

- Poverty and Food Security
- Building Financial Independence and Wealth Management
- Inner leadership to build resilience
- Entrepreneurship and Business Skills
- Bee Keeping

CONFERENCE HIGHLIGHTS

RESOURCE MOBILISATION AND SUSTAINABILITY OF WOMEN ORGANISATIONS



Ms Mankodi Moitse joined Kagiso Trust as Chief Executive Officer in November 2015. She also serves as co-chair at Kagiso Shanduka Trust (KST). An experienced group CFO, Ms Moitse has more than 20 years of experience with listed and private blue-chip companies as well as public entities.

Mankodi Moitse, CEO of Kagiso Trust

Ms Moitse noted that she was present on the final day to talk about money and the importance of resource mobilization and sustainability. Given the deficiency in meeting the sustainable development goals, there is a sense of urgency. She noted that as African woman there is an even bigger urgency because our continent has huge numbers of young people who we are risking as they are not reaching their full potential and capacity because of the challenges happening on the African continent.

She emphasized that not having the SDG's met will most affect "those women in this room, the women, our children and young people." "So," she noted, "if others aren't showing urgency, we must show urgency now, more than ever before, as we need to respond with courage to the social challenges in the country and on the continent."

In talking about resource mobilisation, she started by pointing out how taxes are and should be used. Taxes are the most important resource in a country to meet social and development needs, and civil society organisations should only be a plug-in.

Ms Moitse noted that she been in the private sector for many years and that she now has the privilege to work in a developmental organization. She explained that she can now clearly see the capacity that lies in social organizations, which, in many instances, are even superior to the capacities of government, and, "until we elevate that conversation that we are

equal partners here" and that private sector and government must listen to social movements, acknowledge their skills and networks and partnerships, and their ability to leverage these resources to empower their communities and make women-led organizations thrive.

As a case study, she explained that Kagiso Trust has evolved from a donor organisation to a self-funded organisation, primarily because of donor funds no longer being available. This became an opportunity for Kagiso Trust to commoditise their skills and assets, advocating for innovative financing like social impact bonds and to organise themselves for ESG (Environmental, Social and Corporate Governance) compliance, as the world is now looking at ESG impact financing.

Secondly, she suggested that women's organisations strengthen and beef up their partnerships. She noted that, in terms of financing and resource mobilization, there are 4 key considerations to change the economic landscape.

1. Let African women organise themselves by perfecting their crafts and skills to create products and platforms where African women can shine.
2. The mere numbers of African women consumers make them powerful. People study African women, “who take 3 taxis to get home and still have time for motherly duties” to sell products to them. Let African women become solutionists, not consumers.
3. Let African women become ready to supply the goods. Let African women position themselves to know about things, understanding the full value chain to be able to supply from the manufacturing process till the shop.
4. How about where organisations rely solely on organisational funding, that they have an Employee Value Proposition (EVP), the unique sets of benefits that an employee receives in return for the skills, capabilities and experience they bring to a company. In this way, African women can say, supports us, if you contribute X, you will receive Y, making sure that there is consistency in funding from organisation to organisation for growth.

In closing, Ms Moitse thanked SAWID for this platform, and noted that she admires the SAWID woman, and wished that she knew SAWID a long time ago. She urged women to take advantage of the networks that they have created, to adapt history, to build partnerships, and to advocate for woman funding and sustainability in Africa.

CONFERENCE HIGHLIGHTS



We are the ones we've been waiting for



CONFERENCE HIGHLIGHTS

DAY 3

THURSDAY 21 SEPTEMBER: FEEDBACK AND OPPORTUNITIES



Women Deliver: Dieketseng Diale

Dieketseng Diale – Known as Tseng and Lady D. Dieketseng is the Executive Director of the Lady of Peace Community Foundation (LOPECO). Prior to this, she was the spokesperson and Advocacy and Communications Senior Manager for the South African Human Rights Commission, the General manager at the Department of Co-operative Governance, Human Settlements and Traditional Affairs in Limpopo Province, championed women and girls, gender equality, and youth empowerment, as well as a keen advocate for quality education, poverty alleviation, and inclusive governance; for peace and development towards the achievement of the Sustainable Development Goals.

Dieketseng has spoken at many platforms including at churches, and community stokvels, and contributes to the peacebuilding architecture of South Africa and beyond; by facilitating the establishment and development of peace clubs at the local level through PEACEKONA COMMUNITY CLUBS.

She holds a Master's Degree in Business leadership from the UNISA School of Business Leadership.

PAWO: Bathabile Dlamini

Ms Dlamini holds a Bachelor of Arts Degree in Social Studies from the University of Zululand. She became an active member of the Idlangamabala Youth at Imbali's St Marks Anglican Church as well as the South African Students Congress. She worked with various structures including the Congress of South Africa Trade Unions. She became part of the interim leadership formed to build the ANC Women's League in the KZN regions in 1991, and became Deputy Secretary General of the ANCWL in 1993. She became a member of the NEC of the ANC as well as the National Working Committee in 2007. She has served as Minister of Social Development and Women in the Presidency



AWLN: Ms Mmabatho Ramagoshi

Ms. Mmabatho Ramagoshi was until recently a special advisor to the Minister in the Presidency for Women, Youth and Persons with Disabilities. She is also a Director and Independent Consultant at Ditebogo Enterprises and Development.

The Consultancy Provide services on Gender, Transformation and Diversity management, Corporate Governance; Organisational Development, and Public Sector Management.

She was previously a Deputy Director General at the Department of Women, a Chairperson of the National Film and Video foundation (NFVF), Acting CEO and head of the turnaround team, South African Heritage Resources Agency (SAHRA) and a Provincial General Manager at the South African Broadcasting Corporation.



CONFERENCE HIGHLIGHTS

IFWSA: Ms Irene Charnley

Irene Charnley is a successful business and social entrepreneur and is the President of the International Women's Forum South Africa, a global organisation of over 7 000 pre-eminent women of significant and diverse achievement across 36 nations and 6 continents, and Chairman of Gibela Rail Transport Consortium.

Irene's successful business career was preceded as a trade unionist and key negotiator for the National Union of Mineworkers, where she spent 13 years.

Irene also recently served on the board of the Public Investment Corporation. Irene is the Founder and former CEO and former deputy Chairman of Smile Telecoms, a Pan-African telecommunications group established in 2007, with broadband operations in Nigeria, Tanzania, Uganda and a presence in the Democratic Republic of Congo ("DRC").



UN Women South Africa: Mr Patrick Gomane

A Data Analysis Consultant at the UN Women South Africa Multi-Country Office- Women's Economic Empowerment division. Spearheading transformative data strategies across South Africa, Botswana, eSwatini, Lesotho, and Namibia, reaffirming my commitment to fostering positive change across borders.

Academic background: Rooted in scientific exploration and data manipulation, I earned my BSc Honours degree in Geospatial Information Sciences from the prestigious Wits University in Johannesburg.

Industry experience: Nearly a decade expertise in data management.

Domains: Retail, statistics, demography, civil engineering, and management consulting & development agencies.

Career overview: Innovative expertise has illuminated paths to success, driving results-driven solutions that resonate.

At the heart of my current role as a data consultant for UN Women, I shoulder the responsibility of leading the "Buy From Women" platform (a WECONA initiative) – an initiative spotlighting and supporting female entrepreneurs across South Africa. I help bridge the gap between data-driven insights and meaningful empowerment, underscoring my commitment to fostering economic inclusivity and gender equality.

So what? In a world where data shapes decisions, my role represents an instrumental figure in shaping data-driven futures and championing women's economic empowerment across South Africa.

SAWID 20 - YEAR CELEBRATION ANNUAL DIALOGUE: BUILDING MENTAL RESILIENCE TOWARDS HEALING

Considering the depth of trauma, stress, anxiety and grief that South Africans have gone through in the past few years, there is a profound need to create safe spaces for building mental resilience and promoting healing. During the SAWID 20-year Celebration Annual Dialogue, this was done through a plenary presentation on "Creating Spaces for Mental Resilience and Healing" on the first day and through facilitating Mental Resilience Circles on the second day.

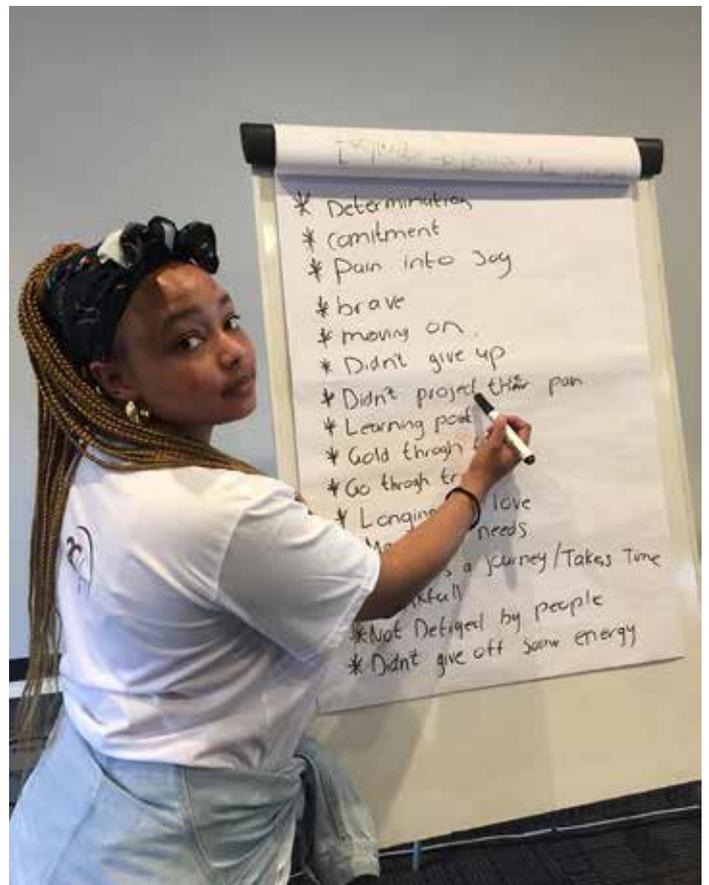
The plenary session cultivated a space for participants to collectively reflect on why mental resilience and healing is such an imperative for the country and to collectively identify what this task entails. The plenary session also prepared participants for the Mental Resilience circles.



The Mental Resilience Circles provided a space for pausing, reflection and emotional containment. Each mental resilience circle had around 40 participants, and during the mental resilience circles, participants will be given an opportunity, through the tool called "river of life", to reflect on how their woundedness has shown up. They will then share their experiences in small circles. The sessions was facilitated using a methodology involving four components:

- Sharing personal stories of "how woundedness has shown up for you"
- Reflecting back the emotions/feelings heard in the stories
- Identifying what was needed (what an advocate would have done in that moment)
- Identifying the learnings (that can be extracted from all that was heard)

SAWID 20 - YEAR CELEBRATION ANNUAL DIALOGUE: BUILDING MENTAL RESILIENCE TOWARDS HEALING



SAWID, A LONG JOURNEY:

In 2003, 10 years into the country's democratic journey, women from all spheres of society were expressing their concerns about still being too economically disadvantaged to access the opportunities presented by the democratic dividend. Today, SAWID continues to drive the women's agenda because this is the people's agenda.

A group of inspirational women, including Mrs Zanele Mbeki, Dr Brigalia Bam, Mrs Thoko Mpumwana, the late Prof Hlengiwe Mkhize and others, came together in 2003 to support the women of the Democratic Republic of Congo (DRC) to find their voices and their roles, in the peace process being brokered by South Africa. The South African women aimed to ensure that their counterparts in the DRC would be able to play an integral role in the country being shaped during the peace process.

Over the 20 years since its establishment, SAWID has put its voice and advocacy behind the following programmes:

Addressing systemic issues towards poverty eradication:

Through, among others, longitudinal research to understand the root causes of poverty and identify the systemic issues that perpetuate it, including examining economic policies, social structures, discrimination and inequalities.

Development Caravan model of poverty eradication:

SAWID has undertaken rigorous research to study successful initiatives from around the world to look at the effectiveness of poverty eradication strategies and policies. This included especially Chile and Tunisia, but also took lessons from Brazil, Cuba and other countries. Lessons learnt were used to advocate for evidence-based policies and interventions and the design of an integrated poverty eradication model that addresses the access needs of the marginalised, while empowering their families.



SAWID 20-YEAR CELEBRATION
18-22 SEPTEMBER 2023

ADVANCING PEACE AND DEVELOPMENT

follow us

Managing a dialogue platform: More than 20 000 women have participated in and have been empowered by the dialogue platform to access training and information to establish organisations and build supportive networks.

Facilitating peace missions in the country and in Africa: SAWID intervened in the 2008 attacks against other African nationals in Alexandria, facilitated many peace dialogues in the country, and worked with Liberia, Sudan, Zimbabwe, Burundi, Tunisia, the DRC, and Congo Brazzaville, among others, to encourage the participation of women in peace processes while sharing best practices in governance and gender equality.

Building collaborative partnerships: SAWID has built strong partnerships with local communities, NGOs, governments, and international organisations to foster a united front against poverty and injustice. SAWID has a memorandum of understanding (MOU) with the University of South Africa (UNISA) to research the manifestation of poverty, indigency and vulnerability in communities and families; with the University of Pretoria on Peace and Security and the broader development agenda; with the South African Local Government Association on capacitating women councillors; with the Women’s Development Banking Trust on dialogue platform management; and with Gender Links on women’s rights. SAWID’s partnerships also include the Institute of Justice and Reconciliation on Peace and Security, a reconciliation and healing programme aimed at creating spaces for reconciliation and psycho-social healing and popularising the National Action Plan on Women, Peace and Security. Other partnerships include those with Kagiso, Wiphold, Nozala, the Foundation for Human Rights and the Foundation for Professional Development.

Developing an enterprise development model: SAWID has developed an incubator-like model of enterprise development to support piloting micro businesses. It was designed with scalability and replicability in mind. SAWID previously piloted four sites for bee-keeping and honey marketing enterprises in North West, Gauteng and Limpopo, in partnership with JDC and the Mineworkers Development Agency, and poultry farming, apparel making and agricultural micro businesses in Daveyton, in partnership with UNISA.

Providing will and estate planning for women: Annually in September, SAWID, in partnership with several legal institutions, hosts awareness activities to educate women about wills and estate planning.

Continuously building the next generation of women leaders: SAWID actively supports the participation of women in leadership by nominating women to leadership and decision-making positions.



SAWID'S TWO DECADES: MARTHE'S STORY

As an 11th or 12th generation Afrikaner in Africa, (depending on which family line one follows) I have been a beneficiary of the largesse of SAWID's leadership and its ethos of inclusivity and diversity these past 20 years. As a Trustee between 2004 and 2006, a Documentation Manager between 2006 and 2010, and as COO between 2010 and now, I have also been privileged with a unique insight into the wisdoms of the collective servant leadership that defines SAWID, and, of what the patron and founder of SAWID termed the "formidable powerhouse of women who can change the face of this country, and together with our sisters on the continent, can change the face of Africa for the better."

I was but one of the pool of rapporteurs during SAWID's first Annual Dialogue in July 2003, (having been invited through my then boss, Mr Colin Hall, a former WDB Trust Board Chair) but I was fortunate enough to be called to the stage during the SAWID Gala Dinner in July 2003 to participate in a candle-lighting ceremony between 3 generations of women, of which I, then 41, was to represent the middle generation. The ceremony was performed by High Commissioner and poet Dr Lindiwe Mabuzza, and Prof Harriet Ngubane represented the older generation of women.

Both these enormously accomplished women have now passed on, and it is on those of us who once represented the middle generation, and who are about to become the elders, and the generations of vibrant and inspired young women following us, that the mantle has now fallen to continue to change the world until it has, as Steve Biko prophetically proclaimed, "a human face."



Pool of Rapporteurs SAWID July 2003

When I see the many Khoi San delegates present this year, I am reminded of the impossible task that Krotoa, the Khoi San translator of Jan van Riebeeck, had to bridge cultures, and the role women have often played to advance planetary culture.

The world as we have made it with our poor collective decision-making is no longer sustainable. Recent literature on social sustainability notes that the minimum values for social sustainability are life, quality of life, growth and equality, with love, compassion and empathy, and that these values should be used for every decision we make. It emphasizes that there are seven dimensions to human development, the physical, the mental, the emotional, the intellectual, the cultural, the social and the spiritual, and that the single most important aspect of personal sustainability is stillness practice and any of the many methodologies in diverse cultures that promote and facilitate Conscious Contact with the fragment of Divinity that Indwells us.

"Woman, however, has always been the moral standard-bearer and the spiritual leader of mankind. The hand that rocks the cradle still fraternizes with destiny." Urantia Book

For over twenty years SAWID has focused on the multi-faith diversity of women, has identified the family as a central unit of development, and has insisted on the productive self-reliance of women. Its methodologies have been dialogues with healing and training components, and action research and piloting of best practices to advance family development.

What we saw happening over the past few days was the beginning of an implementation plan for the African Renaissance. May all of us be guided to heal ourselves so that the implementation plan of the African Renaissance, through its women, can continue to unfold.

We are indeed the ones we have been waiting for...



Candle ceremony, Gala Dinner, SAWID July 2003

HEALING THROUGH ART

POETRY AS A TOOL TO EXPRESS FEELINGS AND HEALING

BY JESSICA CAPAZARIO

Dialogue and poetry are powerful tools to bring peace and healing individuals and societies, they can foster empathy, connection and understanding among people who come from different backgrounds.

It can also serve as a foundation for growth and self-realization, promoting well-being and healing. Poetry therapy, a form of expressive arts therapy, uses poetry to promote well-being and healing. Its power lies in its ability to touch hearts, change perspectives, and inspire positive change in oneself and others. The South African Women in Dialogue actively worked for 20 years to date, to promote peace and healing through meaningful dialogue, the events from past years to date saw women engaging in meaningful conversations, share their experiences and learning from one another. They allowed for exchange of

ideas, perspectives, and knowledge which in turn led to growth and transformation.

During the two-decade celebration, delegates got to listen to succinct, vivid, and intense language that gave voice to feelings, images, and ideas. While Lebohang Masango gave a To-do list for Africa, a poem that questioned the “self-hate” amongst the black society, Jessica Mbangeni praised and celebrated SAWID as a vehicle that gave African women a lift to realizing their dreams and self-worth. Mbangeni commended SAWID’s involvement on aspects where women had been marginalized and some used for prostitution and emphasized that the body of a women is, un-institutional and non-denominational, but a pillar that has bridged the gaps for years.



To-do list for Africa

POEM BY: LEOGANG NOVA MASANGO

When you no longer hate who you are
and the circumstances that brought you here,
undress yourself. Reclaim your wizard body without fear.
Stand naked at your Nile and hold your reflection, dear.
Behold a brilliance. You cracked a riverbed, rainforest,
desert, monsoon, Savannah Swamp, Almighty, hometons,
spectacle of sand dunes are the wander of the earth. Cleanse yourself.
Bath in still waters and while contemplating the future,
flip the chip off your shoulder, treat yourself to a makeover.

Dress in all your splendor just like the days of old. Adorn yourself in the armor of oil, diamonds,
and gold. Destroy the robe of martyr once and for all.
Deprive the stain of colonialism any relevance or meaning.
Pack your throat full of a narrative that truly believes in healing.

Let it be your son.
Son through centuries, decades, eras, and echoed by possibility, echoed by possibility, echoed by possibility.
The son will forever speak highly of me.
Take the sandstorm of my skin as testament to the survival of Timbuktu
to manuscript and the creation of Egyptian architects.
Our blood carries the same power of angels.

How solar rays cast exact shadows was our version of quarter to nine.
So, forget African timing. We exist in a time before time.
The sun is our culture. Take this to do list as lesson and once again,
let love be our nature. Africa, I am begging with all of my brownness.

unlearn the word pirate when speaking of poor Somali people actively controlling the destiny of
their seed against European greed.
They are protectors unlearn the wrath of fire, the way hatred burns down shacks and
Khayelitsha beats down bodies in deep blood and rapes.
In Alexandra, lives the devastation of desperation in its wake.
Poor against poor and nothing is being done by the stake.
Never forget, haram. Unlearn your blemishes unlearn idi, amin, mobutu, bashi, menistu.
Unlearn civil wars, coupes, blood diamonds, cryptocracies, xenophobia, genocide, child
soldiers, and casualties. Unlearn your ugly.
Africa, my love for you is a broken mirror, sits heavy in the cavity of my chest among dusty
boxes full of fallacy tea songs and a history bloodied by regret.
Between these nervous conditions, things fall apart yet still we rise, unapologetic for our breath.
Occupied with survival and sky and light is what we reflect through the pieces and pieces of

turmoil, disasters, and diseases.
A whole continent overlooked by the mercy of Jesus.

I need us to love ourselves a whole lot louder, even when the first world cant see us.
When it cuts to tell the truth. When the ignorance of our tongues lick salt into each other's

wounds, when it hurts to heal,

when the taste of freedom is not yet as familiar food like abused Africa.
I promise I will no longer throw your name around like an old excuse.
I vow to reclaim all that honours the origin of we without fear.
Bloody but never broken. We are still here.

SAWID EMPOWERS AFRICAN WOMEN THROUGH DIALOGUES

BY: ITHABELENG QHASHO

JOHANNESBURG- Almost 1000 women from 16 African countries joined the South African Women in Dialogue (SAWID) 20 - Year Celebration Annual Dialogue hosted in Johannesburg from the 18-22 September 2023. In her welcoming remarks SAWID Trust Acting Deputy Chairperson Dr Criselda Kananda said South African Women in Dialogue is an inclusive, non-partisan and non-profit making organization aimed at representing and amplifying the voices of African women on all platforms where decisions are made that would impact their lives. "Fellow Sawidian's, I invite you to journey with us for five days, as we continue to fulfil the agenda of advancing peace and development through empowerment of women and united in our diversity we act for a better future" she said. On behalf of UN-Women Ms. Aleta Miller lauded the hard work

SAWID has been doing to empower and nurture young feminists at all costs while also acknowledging a dire need to strengthen capacity to fight gender inequality. She noted that SAWID's 20th anniversary celebration happens at the right time when the United Nations is having its general assembly in New York to review the Sustainable Development Goals (SDG) reports from different countries which are badly lagging behind. "The SDG'S are in trouble, not just in South Africa, not just in Africa, there is no country on Earth that is on track" Miller emphasized. During the dialogues, Ms Nomfundo Mogapi emphasized that there is a need for everyone to create a space for mental resilience and healing to avoid inter-generational trauma which hinders the better South Africa everyone is looking for. It is during these sessions where different women were disbursed to sessions which equipped them with knowledge on a number of topics including

entrepreneurship and business skills, African feminism, and women in conflict with the law to mention a few.

Attesting to how SAWID transformed her life the first time she joined its annual dialogue, Lesotho feminist Lintle Ramatla indicated that as much as women's issues are close to her heart, she felt pressured to work harder and that's when she embarked on various campaigns which includes advocating for free and safe abortion for women and Girls in Lesotho, which is illegal. "I became the first Lesotho feminist and radio personality in 2018 to create conversations about sexual and reproductive health and rights, safe abortion advocacy and rape awareness and that earned me a chance to attend the high-profile meetings like a SADC meeting hosted by Ipas for the stakeholders to make presentations about these status of abortion in Lesotho, African women in dialogue (AFWID19) that was hosted in South Africa, as well as educating girls and boys about unintended pregnancy in high and primary schools. Lintle Ramatla shared that she got raped at the age of 7 for 3 years by a relative she trusted so much, who also abused her other family members. It is after this turn of events that she embarked on a feminist journey. She indicated that she got the courage to tell her story after being part of AFWID19 where various women were relating their past experiences to heal.



Picture: Ms Nomfundo Mogapi at SAWID conference in Johannesburg

Picture: Audience at SAWID's conference in Johannesburg

ROOTED IN HEALING: A SERENDIPITOUS ENCOUNTER

BY: ELSIE POINTE SEYCHELLES

On November 22, 1965, a bright-eyed baby girl was born in Bushbuckridge, also known as Mapulaneng, in the small Mpumalanga Province in eastern South Africa, the place where the sun rises. Twenty-eight years later, some 3,500 km away, in a country travel guide often describe as the Garden of Eden, another daughter was born to two young parents. Mmane Joannah Ngoasheng, 58, and Elsie Pointe, 29, from Seychelles, could have spent their lives never knowing each other existed, never sitting down on a bench at the Birchwood Hotel, never sharing their experiences. But with serendipity being a fickle being, the two women's paths crossed earlier this week thanks to the 20th anniversary of the Southern African Women in Dialogue conference. "I started the journey to find myself by reading; I researched how the mind works—the analytic mind and the suppressive mind. I also studied a lot about psychosomatic illness," Mrs Ngoasheng explains as she taps her fingers on a motivational book, she first published in 2015. *Break the chains and get moving*. This journey started in 2011. She traces her emotional wounds back to being a foetus in her mother's womb, innocent, not knowing that she would be inheriting generational trauma. "If the mother does not want a pregnancy; if she is always talking about how she does not want this child, the baby is affected," Mrs Ngoasheng expands. Mrs Ngoasheng's mother had her at the adolescent age of 13, with the mother unfortunately being a product of abuse. She had this psychosomatic illness but was unaware of it. "I also did not understand why my mother acted the way she did."

"The cycle repeated itself and I had a child at the age of 15. So, I had all these trauma- from social to trans-generational and more," Mrs Ngoasheng explains. The author residing in Limpopo recounts how being a product of severe abuse during her upbringing, including child labor, translated into physical symptoms as an adult, whereby she now has to take chronic medications daily. "I suffered from stress that went borderline; it came to a point where something told me I had to start finding myself. So, I started uprooting myself and finding my identity. Getting to the root of the problem made me realise it is a generational thing." As a motivational speaker, Mrs Ngoasheng has often held talks with chains tied to her body, underneath her clothes, as a testament to the many hidden chains we carry around. Her book, *Break the chains and get moving*, cites that Mrs Ngoasheng's passion for helping others and the many challenges she faced pushed her to put pen to paper.

"I destroyed my chains, and I got moving, and my dreams are so good now. I do motivational talks, I am transforming the youths, I am teaching girls the basics of exponential thinking so that they can know and accept themselves," she exclaims passionately. As the two women compare notes on the pervasive situations that lead to trauma in both countries, "violence against women in South Africa," the eldest lady shares, "father-absent homes in Seychelles," the youngest says, they realize that a lot of the challenges are the same but so are the solutions.

"You have to use the NPK 2 (a fertilizer that encourages early root development and helps plant cell formation, increasing resistance towards diseases) to treat the problem from inside, from the roots, to give the grass life," Mrs Ngoasheng says. "The grass also needs manure; it needs to be nurtured because one day this grass in your yard will belong to your child. Whatever you are doing now, passes down from the first generation to the seventh generation."

If there is a problem in Seychelles, it potentially dates back generations, Mrs. Ngoasheng says, mirroring the words of Professor Pumla Gqola on the impact of historical trauma on a society such as from slavery and colonialism. With healing from trauma taking centre-stage in a conference in Southern Africa, for perhaps the very first time, Mrs Ngoasheng rejoices but also notes that we now need to bring these discussions and awareness to our homes, our provinces, and our countries. For multi-dimensional change to take effect, more people need to be heard, taught, and healed.

WHY TRAUMA VICTIMS CAN BECOME VICTORIOUS

BY: LYDIA SHEKIGHENDA



Picture: Ms Tracy Kotzen at SAWID conference in Johannesburg

People with trauma have been urged not to deny the opportunity to get healed because their strength lies in the parts where they have been wounded. According to experts, trauma is a term used to describe the challenging emotional consequences that living through a distressing event can have for an individual. Speaking during a training session on Healing Unresolved Trauma to delegates of the SAWID 20 –Year Celebration Annual Dialogue on Wednesday, Mental Wellness Initiative Chief Executive Officer Ms. Tracey Kotzen said people who experience trauma can be healed and live a fulfilling life. She explained that some people who had traumatic experiences tends to reject healing under the pretext of that they are living normal life, adding that they are so reactive to what is currently happening and don't want to talk about the past.

She said such decision make them deny the reality that they are living in pain, but simply take it that they are living an ordinary, normal life. "In fact, it is important to recognize that their strength lies in the places where they have been wounded because if they have survived that initial wounding they are incredibly strong and powerful," the CEO said.

She said that such strength cannot be activated if they deny the trauma and the opportunity to heal. The CEO insisted that the way to the best vision of such people is to go through the Centre of the thing that hurt them most. "If they could just capture the idea that their strengths lie there instead of trying to push out trauma aside for the idea of being normal then they will never get to see how incredibly strong and powerful they are but once they recognize their strengths and power then, they are unstoppable that any dream, achievement, and goal is within reach," she said.

Ms. Kotzen further said that "healing is not just a necessity so that we feel better, it is a necessity so that humanity improves, so that we are not burdened by our trauma, but we are in fact

released into great power because we have healed from those traumas. She further said that one of the most profound impacts of unresolved trauma is that it strangles one's potential because a person spend so much time, energy and effort into trying to avoid the pain he feels and numb by watching television for eight hours in a row, engaging in unfunctional and addiction things such as sex, drugs and pony work "I would even say that someone who spending six to seven hours at a jam in one sitting is trying to numb something.

She said when trauma is not resolved it reduces the person's ability to function, creativity, to think and live in fight of flight mode. Ms. Kotzen said the victims also try to escape the pain by running away, creating conflict in their environment by sleeping or trust anything to avoid feeling it as a way it reduces one's potential as human being.

The CEO further said that unresolved trauma takes a lot of energy to keep all that pain at bay and that is energy that a person is not putting into living his best life. In another development Ms. Kotzen said people who work in Gender Based Violence sector need to be supported because according to her organization's latest research findings at least half of the respondents who said they are sexually abused survivors also work in the gender-based violence responsive sector, She said that "it is a clear cry we need to support people who work in this sector otherwise they will be constantly triggered by the working trauma at their Centre which means healing for them is almost always a delayed thing. Ms. Kotzen noted that, they delay their own healing because they must be there for the clients. "It is vital that healing and psychological safety and emotional containment is provided to people who work in human right space, and it shouldn't be a nice to have but it should be crucial to have otherwise we can lose a lot of people in the sector," she said.

10 WAYS TO HEAL AND COPE WITH TRAUMA

1. Practice mindfulness.
2. Cultivate a daily routine for selfcare, rest, and connecting with yourself.
3. Ask for help. Get a coach, counseling or therapy.
4. Off-load. Get caring, supportive spaces where you can talk.
5. Seek social support. Connect with other people, especially caring, loving, supportive company.
6. Engage in physical movement. Trauma is stored in the body. Find a physical movement routine like yoga, exercise, or daily walks.
7. Get a massage. When stressed and traumatised, our muscles become tense. Massage helps with unlocking trauma in our bodies.
8. Process your emotions. Find spaces to work with your feelings, e.g. , journaling or drawing.
9. Rest, rest, rest! Permit yourself to take a break and rest. Never under-estimate the power of play and rest in your mental health.
10. Engage in creative arts. If you can, engage in creative activities to activate your cortex.

Ask for help. Get help

Compiled by Nomfundo Mogapi, Centre for Mental Wellness and Leadership

Some resources include :

The South African Depression And Anxiety Group (SADAG)

Mental health service

Open 24 hours

KALIYA: THE FUTURE OF AFRICAN FOOD SECURITY LIES WITH THE YOUTH.

BY: RUTH BUTAUMOCHO- ZIMBABWE

The world has been under siege from severe effects of climate change that has upended lives of millions of people across the globe in recent years. Natural disasters such as floods, torrential rains and droughts have resulted in an increase in droughts, causing severe food shortages. The United Nations estimates that 690 million people — just under 9 percent of the world population — is undernourished. Severe food shortages are being reported in most parts of Africa, leaving state leaders with no option but to encourage increased food production.

A renowned human rights activist from Malawi, Ms. Emma Kaliya, believes that the future of Africa's food security lies with the youth. "Youth have become a vital cog in ensuring food security, not only in Malawi where I come from, but across Africa and the results are there to see," Ms. Kaliya revealed during an interview at the sidelines of the South African Women in Dialogue (SAWID) 20th anniversary celebrations held in Johannesburg. Sharing experiences on how the youth in Malawi were contributing meaningfully towards food security in her country through



farming, Ms. Kaliya said the practice can be replicated across Africa. "Youths will need to understand that they will not find formal jobs all the time. The jobs are simply not there, and they would need to innovate around agriculture and feed nations. "In Malawi, the youths have seen the beauty of farming and are venturing into farming, soon after graduating from universities, although they are farming at a small scale. "We have seen some youths who are committed to farming and are making a difference. I know five youths in Malawi who are committed and have done extremely well, in farming and are inspiring their peers. One of them an Economics graduate has since started an Entrepreneurial hub to train graduates on how best they can run farming as a business."

Ms. Kaliya said while she appreciated efforts by the youths, she urged them to collaborate to maximize output. "The youth should join hands, form cooperatives and come up with mega farms, where governments will come up with resources to sponsor these farming projects." Ms. Kaliya said to support the youths-driven initiative, the government of Malawi have since put up a fund, the National Empowerment Fund which funds groups of youth or women who want to embark on different income-generating projects, with farming being one of them. "Such funds are common in most countries across Africa.

I know Zimbabwe have one such fund. I may not have full information on how these funds are being managed, but I can safely say funding farming activities of the youths across Africa is the way to go in ensuring continental food security in the long run.

PASSING ON THE BATON: MY VOLUNTEER'S EXPERIENCE

BY NTHABISENG SELEKE

As an experienced conference volunteer, this certainly was not my first rodeo but as this was my first assist at a SAWID conference, I had no idea what to expect because no two conferences are ever the same. When I heard that SAWID was looking for volunteers for the 20th instalment of the conference, I knew that I had to put my hand up. One thing that I kept in mind was the impact that I as a volunteer could have on the experience that the delegates have of the conference and as a result, endeavoured to always do my best throughout conference week to make it a pleasant experience for everyone I came across.

While people often attend conferences to network and make connections that will aid in their professional development goals,

it can often be an unnerving experience for me. So, I kept it simple instead. I had so many spontaneous conversations in hallways and dining halls with women from all over the continent and one thing was for sure; that we are more alike than we realize. Throughout the conference, women gathered around to share their stories of both deep pain and great triumph. In such moments, we ceased to be women who wanted to grow their professional network and, in the moment, became women who more than anything, just wanted to connect and develop genuine relationships with one another.

Overall, it was beautiful to witness women heal and this was truly the highlight of my week here.



Picture: Volunteers at the SAWID conference in Johannesburg

The conference would have not come together without the energy, the hard work and service of many conference volunteers. They were led by Mbali Gexa and Samantha Sibanda.

A HEARTY THANK YOU TO ALL THE VOLUNTEERS AS LISTED BELOW:



- Nkhensani Nkhwashu
- Muthige Pfarelo
- Thomas Lethoba
- Gugulethu Mayisela
- Lebogang Mathebula
- Lindokuhle Maindy Mabena
- Hawa Mayere
- Akhona Valashiya
- Kgosana Moeketsi
- Esther Khoza
- Thato Hlatshwayo
- Athenkosi Mdashu
- Neo Mkhondo
- Michel Remanda
- Tashinga Murombedzi
- Shanelee Lewis
- Thivhulawi Nethengwe
- Linet Muhati-Nyakundi
- Beatrice Akala
- Enia Nhachengo
- Nthabiseng Setlhako
- Precious Muhadi
- Tandezile Zwane
- Sthembisile Bhembe
- Lihle Tshabe

- Nyiko Khoza
- Noel Chikonga
- Nkuna Krishna
- Sanele Thambo
- Joy Mashapa
- Sibusiso Gwala
- Felix Gomera
- Hape Mkhwanazi
- Nthabiseng Seleke
- Vhutshilo Mokwena
- Thato Precious Konopi
- Matamela Mokwena
- Nawaal Demaar
- Koketso Shongwe
- Sibusiso Khanyile
- Bonolo Thulare
- Lethuxolo Mthembu
- Nonkululeko Noxolo Muravha
- Masesi Tshabalala
- Philiswa Turdon
- Nokulunga Gexa
- Amyas Mabusela
- Banyana Kobedi
- Thabo Ramokolo
- Bongo Hlongwane

- Nyeleti Thuketana
- Kino O'Shea
- Rhowen Ozoh
- Mfundu Makhubu
- Tshepiso Pele
- Clifford Pele
- Lebo Leballo
- Artika Demaar
- Jessica Capazario
- Onthatile Malaka
- Kaamila Makan
- Amirah Khan
- Rochelle Peters
- Terri-Lee Naidoo
- Marcelle Teresa Heath
- Montgomery Heath
- Chandler Alves
- Elliott Naidoo
- Caeghan Oates
- Morgan Lloyd
- Aliah Aboullah
- Molebatsi Semanya
- LaOne Tawheeda Setlhoke
- Makhosazana Nkosi
- Uthandokazi Mahlati

Voices from the Sawidians

“At the end of the day, all we have is each other.”
Mpilo Khodi.

“Everything we need to thrive is already within us!”
Letago Kgomoewana

“Your biggest contribution to the world is a healed you.”
Lerato Sanele Mazibuko

“Healing is possible, one must look within the pain to find healing.”
Felicia Goosen

“Alone we can do so little; together we can do so much.”
Nombuso Makhathu

“From dialogue comes action, from action comes change, from change comes renewal.”
Irene Charnley (International Women’s Forum)

“We do not have the luxury of complacency. We must as a matter of urgency actively shape the trajectory that our nations are taking. Rise. Move.”
Lebogang Mahlalela

“Every day is a new beginning, a new chance to do the right thing. Maybe you are not quite there yet. But as the sun rises, you can start over.”
Katlego Marema (YSAWID Gauteng Marketing and Communications officer)

“Sometimes you must make a decision that will hurt your heart BUT will heal your soul.”
Mathapelo Makhubela

“It is because of the challenges that I faced in life that I decided to write this book, my passion of helping others also pushed me to the right direction.”
Joanah Ngoasheng

“Everywhere we go, we are healing, and we are making peace and promoting development. The most important thing that we do in SAWID is to make South Africa a safe space for everyone.”
Bosa Ledwaba

Voices from the Sawidians

“ Our constitution work can't be the only instrument that we're anchoring on. ”
Dr Brigalia Bam

“ Resilience is a double-edged sword for African women. ”
Prof Pumla Gcola

“ Adult children with autism must also have a place in the sun. ”
Gernia van Niekerk

“ Your why cannot only be because you are hungry. ”
Madumezulu Girlie Silinda

“ Understanding intergenerational transmission is crucial for healing and breaking the cycle of trauma, as it helps individuals gain insights that can help their present and future self. ”
Dr Brigalia Bam

“ WIPHOLD would like to congratulate SAWID on this auspicious 20 years. The transformative work that has been done over these years cannot be praised enough. To each and every woman who has been part of SAWID from Mam'Zanele Mbeki to the Chair and the Board of Trustees (past and present), the women in the SAWID office and the many, many women who volunteer – We want to say thank you for your selfless work. We are proud to have supported you and will continue to support you and we will strive to amplify the voices and better the lives of women in this country. ”

“ Dear Martha, would you be kind enough to convey my warmest congratulations and wishes to Ma'am Zanele and the entire SAWID team on a most incredible achievement. 20 years have flown by and so much has been achieved. I remember like it was yesterday, the first one we had, the freezing cold, the search for blankets sponsored via Wendy Lucas Bull and FNB. The tents and the tears as well as we all began the healing journey. The laughter, friendships made and the connections which last a lifetime. I wish you all well as you celebrate the SAWID journey. Please accept my sincere apologies in being unable to join you. I wish I could join you. Warm SAWID greetings, ”
Mike Boon

REFLECTIONS FROM PROVINCIAL DELEGATES

EASTERN CAPE

By Akhona Valashiya

Song and dance were the order of the day at the Eastern Cape Provincial SAWID discussions venue, the energetic ladies broke out in song as they remembered and honoured one of their own, the late Ms Yoliswa Memela, who passed away this week.

This celebration of the life of a fallen icon, a friend and a fellow SAWIDian was followed by a moment of silence as her colleagues remembered her humble and lively spirit. Led by Ms Busisiswe Luwaca, the session under the theme: Restructuring and Reviving, served as a platform for SAWID Eastern Cape to discuss, dissect, and tackle issues affecting the province.

Under the theme of Restructuring and Reviving, the agenda was the History of SAWID in the Eastern Cape. The values of SAWID, the issues and challenges facing the province and its SAWID organisations, and what is working, as well as what can work and the way forward. Ms Thoko Mpumlwana, SAWID Trust Chairperson, graced the session with her presence as she came to offer her condolences and support to the Eastern Cape for the loss of one of their own, in her message of support she said "As one of your own myself who grew up in the province since grade 11, I'm sure you would agree with me that the Eastern Cape needs to pull up its socks, things are not good".

She reiterated that a lot has been done to bring change, but a lot still needs to be done to win the battle. The primary goal for the Eastern Cape is to use the platform, knowledge and support afforded to them by SAWID to connect and unite as they restructure and revive the province to pluck its people out of poverty and destitution.

"When women first came together for SAWID in 2003 in Pretoria, they were crying tears because it was the first time that women felt that their voices mattered and were heard", said one of the Eastern Cape SAWID veterans. The delegates gave themselves the mandate that going back to their respective communities, they have the task of mobilising resources, continuing to serve their people and being the change they want to see

FREE STATE REFLECTIVE SESSION

By Lebo Mathebula

Day four of the dialogue saw the ladies of different provinces, countries and generations break up into their respective groups in order to reflect on the challenges and experiences back home.

The following key issues were highlighted as obstacles to women's agency in the province:

- Lack of sponsorship and funds
- Lack of inclusiveness of other districts
- Unemployment
- Poverty
- Dilapidated buildings
- Inclusion of people living with disability
- Teenage pregnancy
- Abuse in all its forms
- Lack of care for the elderly
- Unregulated transport which poses a threat of human trafficking

The strengths of the province were articulated as follows:

- Memorandum of understanding (MOU) with various organizations within the province.
- Partnerships with NGO's and Correctional Services
- Sharing of skills, practices, and ideas
- Rehabilitation programs for former convicts which assist them in acquiring skills and employment
- Working closely with churches, social workers, and schools

Ideas and suggestions for best way forward

- Raise funds through media and communications
- Train and mobilize youth to join SAWID
- Make use of technology for outreach programs
- Identify dilapidated buildings within the province that different districts can use as offices.
- Request donations from bigger companies for things such as laptops etc. in order to better equip their offices and events.
- Ensure that administration of the organization and databases are up to date in order to make it easier to request funding from other entities.

REFLECTIONS FROM PROVINCIAL DELEGATES

GAUTENG

By Lindokuhle Mabena

The Gauteng Region delegates gathered for a breakaway session on 21 September 2023 where they took some time to look back and celebrate a milestone as the South African Women in Dialogue turns 20 years old. The SAWID's Gauteng Provincial Coordinator, Ndivhuwo Sekoba said, "When things are dealt with in a political way, it therefore excludes a lot of people SAWID provides a sense of family and belonging." As a result, women swore to create a WhatsApp group chat with an aim to provide a quick response to those who need help. She added that one cannot call themselves a SAWIDian if they can still sleep while there are people who cry hunger, abuse and other social issues that affect one's well-being or self-development. Together with other coordinators who encouraged women to continue to make positive difference in their respective areas, the SAWID Chapter Coordinator in Alexandra said "SAWID is about discharging your expertise to help others."

KWA ZULU NATAL PROVINCE

By Hawa Mayere

Kwa Zulu Natal, located in the country's southeast, has a lengthy coastline on the Indian Ocean and is bordered by the countries of Mozambique, Zimbabwe, and South Africa. Swaziland and Lesotho are two African countries.

The moderate subtropical environment and warm sea water make it possible. EW3 Agricultural and tourism comparative advantages contributing to the provinces economic output. STATSA Quantic Research predicts that 2021 Kwa Zulu Natal contributes 16.0% of the country's GDP, primarily through leading in the Manufacturing, agriculture, forestry, and fishing, as well as wholesale and retail saleshotels and restaurants. Kwa Zulu-Natal faces a monumental uphill battle to revive its economy.

Economics of the province Floods in the last two years are believed to have caused R37 billion in infrastructure damage and lost business to the two-year Covid-19 shutdown. The SAWID delegation from Kwa-Zulu-Natal, on the other hand, moving forward, Natal had various problem-solving strategies. Education and skill enhancement. A summary of the Education system, as well as the need for additional healing sessions and intergenerational dialogue.

Family development and healing. An emphasis on gender-based issues Initiatives to combat violence, family support, and poverty elimination. Education for Poverty and Economic Empowerment. Economic Women empowerment and the right to land. Partnerships and structures at the local level. Advocating on behalf of rights of the LGBTI community and those living with disabilities.

LIMPOPO'S SAWIDIANS: UNVEILING THE CHALLENGES THEY FACE

By Pfarelo Mothige

The Limpopo chapter of SAWID started in 2003 to give women an opportunity to meet and share basic challenges they may be experiencing in their respective districts. The various gatherings allowed the development of women and to break communication barriers.

SAWID in Limpopo is represented by 5 districts, namely Sekhukhune, Mopani, Vhembe, Capricorn, and Waterberg. Royal Queens like Mrs Moloto and Mrs Mathale were the driving forces in the spousal offices. There are many women who walked this journey with SAWID including the elderly, young women as well as the youth. The vision has always been that women need to unite in their diversity for a better future.

As a dialogue platform the agenda is to ensure woman's issues are recognized, during the session the districts expressed the different challenges that they are facing like, teenage pregnancy, drugs and alcohol abuse, unused land, Gender based violence, poverty and many more that needs immediate attention. An action plan has been discussed and will be implemented. Limpopo SAWIDIANS also agreed that empowering women at grassroots brings confidence to women in the province.

REFLECTIONS FROM PROVINCIAL DELEGATES

MPUMALANGA

By: Nonkululeko Noxolo Muravha

The women of Mpumalanga province come from all different areas, both rural and urban. They collectively stated the problems that each area within the province is facing and came up with strategies on how to resolve the issues that each society face.

In most areas of Mpumalanga, there are mining businesses, because the area contains a lot of minerals, such as coal. So, the society faces a lot of land issues whereby mining owners buy claimed land and establish their business on the native land while society does not even benefit from these established mines.

So, women came up with strategies on how to reach out to the mine owners to work effectively with each other, whereby everyone will be happy and benefit, and not just the mining people, but also the society dwellers. The way forward was that, as the women continued with their discussions, each time a woman from a different area would stand up and be a representative for that region/district, and state all the issues that their region is facing, and thereafter all of the women would discuss ways on how to deal with with the stated problem. This would then be brainstormed and presented to those who had that issue.

So, we can say that there is a way forward, even with all the challenges that the women of Mpumalanga face daily, therefore there will be change.

NORTH WEST: REFLECTION ON SAWID'S 20 YEAR MILESTONE

By Thomas Lethoba

In celebrating its 20-year anniversary, delegates representing the Northwest province in the South African Women in Dialogue (SAWID), converged at the break-away sessions from the Dialogue on Thursday, September 21, 2023, to reflect on the objectives of the Northwest region and the SAWID's cardinal pillars. The provincial coordinator for SAWID in the province, Bosa Ledwaba – who is described as a community builder, peace maker, a gender activist and a cancer survivor, said as SAWID commemorates 20-year ground-breaking since its inception in 2003, it is time to reflect on the great strides that women have made to ensure that there's peace, personal development, economic empowerment, democratic vigilance and bridge the gap. "Everywhere where we go, we are healing, and we are making peace and promoting development. The most important thing that we do in SAWID is to make South Africa a safe space for everyone," Ledwaba said. Ledwaba explained that what delegates have learnt during this conference need to be the act of change in their societies and to uplift their communities.

"We are the who have been waiting for because we come up with programmes for development, empowerment, healing and for intergeneration, all of us as in this room you are the ones that your communities are waiting for," Ledwaba said during the discussion, emphasizing that the core objective of the Northwest group is to analyses and attend to the needs of communities.

The group unpacked programs such as gender-based violence, as GBV remains a grave concern. "It covers everyone. We got programs on violence against women specifically. Why do we do that? Because the most abused are women and children," Ledwaba said. According to Ledwaba, since the launch of the National Strategic Plan and the National Action Plan, SAWID has cracked the code to align their programs to the National Strategic Plan and to the National Action Plan. "By the way, remember the National Action Plan when we started, it was the Women Action Plan. So maybe I'll go this way, whatever program that you are having now, whatever program that you are going to do, whether it's an empowerment program, whether it a healing program, whatever type of program, we've got to align it to the National Strategic Plan.

"The most important thing is that when you start aligning with the government policies, then you can get funding from government," she said. The group further explored avenues of its pillars that are advancing in the societies.

These pillars comprise of:

- Building SAWID's institutional capacity.
- Inclusive dialogues with healing and training
- Agency, advocacy, and partnerships
- Research and knowledge management

REFLECTIONS FROM PROVINCIAL DELEGATES

NORTHERN CAPE'S COMPLEX CHALLENGES

By: Nkhensani Nkhwashu

Drug abuse has emerged as one of the biggest challenges facing the Northern Cape province. Other issues include trust issues with legal practitioners, teenage pregnancy, alcohol abuse, GBV to name but a few. However, amidst these difficulties, there is a glimmer of hope. During the provincial breakaway discussion, delegates representing various districts within the province came together to identify the issues plaguing their communities and to brainstorm innovative solutions for a brighter future.

1. Drug abuse and courier companies:

One of the most pressing issues discussed was the rampant drug abuse problem. Delegates noted that drug dealers often exploit courier companies to transport illegal substances. To address this, there was a consensus on the need for courier companies to adopt transparent packaging for their products. This would not only deter drug traffickers but also enable law enforcement agencies to identify and intercept suspicious parcels more effectively.

2. Kuruman's high crime rate:

Kuruman has been grappling with a high crime rate. A potential solution discussed was the establishment of community watch programs. Engaging residents in policing their neighbourhoods can act as a powerful deterrent to criminal activity and enhance overall safety.

3. Trust issues with lawyers:

The province also faces challenges with lawyers handling Road Accident Fund (RAF) money engaging in dubious practices. To address this, delegates recommended the establishment of a legal oversight committee to monitor and hold lawyers accountable for their dealings with RAF beneficiaries.

4. Police inefficiency:

The issue of police not taking cases seriously and missing dockets was raised. Delegates called for leaders to intervene in holding the police accountable to ensure that justice is served promptly and efficiently.

5. Gender-Based Violence (GBV) and teenage pregnancy:

GBV and teenage pregnancy are persistent concerns. To combat these issues, there was a consensus on the importance of comprehensive sex education in schools, providing young people with the knowledge and tools to make informed decisions about their sexual health.

6. Poverty and urgency in service delivery:

Delegates expressed concern about the lack of urgency in addressing service delivery issues and the pervasive poverty in the province. They proposed a task force dedicated to accelerating service delivery and promoting economic opportunities to uplift impoverished communities.

7. Alcohol abuse and consultation with traditional leaders:

Alcohol abuse leading to accidents and social issues has raised concerns. The Liquor Board was urged to consult more extensively with traditional leaders to establish responsible alcohol regulations and policies.

8. Ambulance call centre accessibility and child labour:

Issues related to accessibility to ambulance call centres and child labour were also highlighted. Improving the functionality of the call centre and strengthening child protection measures were deemed essential. During these challenges, it is heartening to see proactive solutions emerging from the grassroots level. Delegates from different districts, working collaboratively, have demonstrated that progress is possible when communities unite to address shared concerns. These ideas and recommendations serve as a beacon of hope for a brighter future in the Northern Cape province.

REFLECTIONS FROM PROVINCIAL DELEGATES

WESTERN CAPE: REFLECTION ON SAWID'S 20 YEAR MILESTONE

By Gugulethu Mayisela

The Western Cape province met to round up and reflect on the conversations they had throughout the week, but mostly they discussed that they will meet in a week's time, at Saartjie Baartman Centre, which is central to everyone.

The women spoke about the issues they face in their communities in the Western Cape, and about what they can do, as women in leadership to bring about change.

The women discussed how they wanted to encourage young women to stop depending on men and on the R350 the government provides for them. They agreed that their first meeting should cover such issues in detail.

The Western Cape Province now has district leaders although, the Cape Town Metro will continue to be led by Caroline Peters for now, until the first meeting.

Cape Winelands: Juanita Engelbrecht

Central Karoo: Yvonne & Fundiswa Ntanjana

Eden: Caroline Wagenaar

Overberg: Helen Kotze

Westcoast: TBC

Each region to appoint a SAWID & YSAWID Rep

REFLECTIONS FROM SADC

SADC countries continues to grapple with the impacts of GBV and rape - says Chigedze Chinyepi.

By Thomas Lethoba

Despite social efforts and enacted legislations to combat gender-based violence (GBV) and sexual violence, Botswana's gender activist Chigedze Chinyepi, says there has been a slow progress in redressing rapid rising GBV cases in the Southern African Development Community (SADC) countries.

Chinyepi took to the podium at the Birchwood Hotel on Tuesday, September 19, 2023, on panel discourse dubbed: 'National Strategic Plan on Gender Based Violence' and stressed that gender-based violence and sexual cases remains rampant in the region.

"There is a recent study that was conducted by the World Population Review. That study placed the three South African countries at the top of the world, and that is on rape. But we know that rape and GBV usually go hand in hand. So those countries are South Africa, Lesotho and Botswana," says Chinyepe.

Chinyepi pointed out that the rise of GBV in the mentioned countries is because of the nature of the conflict. "This is linked to conflict, but there are conflicts and wars in the region like we know Russia, Ukraine. Our conflict is at another level. It is the conflict in the region that is against women and girls, gender-based violence." She added that Botswana has the National Relationship Study, which was conducted by the government through the services of Gender Links. It indicated that 67% of women in Botswana have experienced GBV, almost the whole population of women."

Furthermore, Chinyepi said the COVID-19 pandemic has upended the labor market, with shrinking economies and loss of livelihoods, particularly for women. "And as we all know that COVID-19 caused a great loss of jobs especially for women, as now, they are unable to stand on their feet and go back to work," she said.

The businesswoman delved deeper into the discourse that there is yet an emerging trend of the online GBV - that encompasses cyber harassment, bullying, and hate speech. The panelists and audience unpacked the sexual violence challenges, and at the end provided working solutions within their experiences and expertise.

Chinyepi who joined a panel of experts in this discussion, is the Alliance focal person for Botswana, and has a long career span at SADC Gender and Development Protocol Alliance as a member from 2009 to date.



CELEBRATORY DINNER HONOURS SOUTH AFRICAN WOMEN IN DIALOGUE COORDINATORS

By Uthandokazi Nasiphi Mahlati

A joyous and heartfelt dinner was hosted yesterday evening to honour the dedicated provincial and country coordinators of the South African Women In Dialogue (SAWID). The event, held as part of The ongoing 20th SAWID dialogue, brought together exceptional women who have been pivotal in driving positive change for women across South Africa.

SAWID Founder, Mrs. Zanele Mbeki, called for the gathering to express her gratitude and appreciation for the tireless efforts of the coordinators in their respective regions. The celebratory dinner provided an opportunity for the coordinators to introduce themselves, share insights on this year's conference, and highlight the transformative impacts they have made in their communities.

The coordinators' initiatives encompass a wide spectrum of endeavors, including women's economic empowerment, urban farming, the creation of violence-free spaces, combating gender-based violence, and inspiring success stories like the production and exportation of honey in the North West region.

One of the evening's highlights was the presentation of certificates and awards to the coordinators, recognizing their unwavering commitment and dedication to the cause. Mrs. Zanele Mbeki led the presentation, underlining the importance of their role in advancing the objectives of SAWID.

"Thank you for your selfless dedication, volunteering your time, your energy and your resources. 20 Years down the line we can see the fruits of your labour. We hope you will be proud of yourself as much as we are proud of you. May the journey continue beyond 20 years." said SAWID Chairperson, Mrs Thoko Mpumlwana.

The event was graced by distinguished guests, including Dr.Nkosazana Dlamini Zuma, Seychellois Minister of Youth, Sports, and Family Affairs, Marie Celine Zialor, and Dr. Criselda Kananda, who also serves as SAWID's Deputy Chairperson. Their presence underscored the significance of SAWID's mission and the importance of collaboration in achieving meaningful change.



PIONEERING SOLUTIONS: FOCUSING ON EMPOWERMENT AND PROGRESS IN CHALLENGING TIMES

JESSICA JAYMES CAPAZARIO

The impact of SAWID's 20th celebration lingers on. The event was not just a commemoration, it served as a beacon of hope, a cry for positive change in our communities and beyond.

Empowering Action: What Our Nation Can Achieve

One of the pivotal discussions revolved around Gender-Based Violence (GBV). Instead of focusing on the statistics, SAWID focused mainly on solutions. Experts came together to share strategies, from community support systems to legal reforms, aimed at developing the environments where women and girls can thrive without fear.

Mental resilience took center stage as another important theme. SAWID emphasized the importance of mental well-being. Workshops and discussions centered on self-care, stress management, and building resilient mindsets. The message was clear. Our mental health is not a battle to be fought alone, but a collective endeavor. We focused on the practical steps we can take to support one another.

The Digital Economy focused on progress. Instead of merely just acknowledging the challenges, SAWID honed in on the opportunities. Discussions delved into how technology can empower women economically, from entrepreneurship to using the power of Artificial Intelligence. The emphasis was on practical strategies we can implement in order to ensure that women are not just consumers of digital innovation, but active contributors as well.

Intergenerational trauma was approached with a focus on healing. Instead of focusing on the scars of the past, SAWID emphasized the power of shared narratives and support networks. The goal is to break the cycle of trauma, replacing it with a legacy of strength and empowerment for future generations.

A special spotlight was on women in Africa, celebrating the remarkable achievements and contributions of women across the continent. SAWID recognized that Africa's progress is linked to the empowerment of its women. The conversations were not just about acknowledging the challenges, but about developing the path forward, where African women are not just participants, but the actual drivers of progress and success.



PIONEERING SOLUTIONS: FOCUSING ON EMPOWERMENT AND PROGRESS IN CHALLENGING TIMES

Our Own Path: The Power of Collective Action

At the heart of SAWID's 20th celebration, there was a clear message, we are agents of change, and solutions, we are the ones we've been waiting for. It was about turning adversity into opportunity, transforming the pain into power, and uniting in our shared mission for a brighter, equal future.

As we reflect on the celebration, let us carry forward this spirit of empowerment. Let us be the voices of change in our communities. SAWID's 20th celebration was not just an event but it was a call to action, a reminder that together, we can change the future and leave no one behind.

We are the ones we've been waiting for.



YSAWID IN CONTENTIOUS CONVERSATIONS: SPEARHEADING SOCIAL ISSUES YOUNGSTERS FACE.

BY: KGOSANA MOEKETSI

The revival of YSAWID started with the discussion of contentious topics by the young women in SAWID ahead of their 20th birthday next year. Throughout the SAWID 20th birthday celebration, the young SAWIDIans held daily summits, invited speakers from different industries and YSAWID veterans to discuss various social issues facing the South African (female) youth. These sessions provided a platform for young, bright minds to interact and engage each other, but most importantly to voice out political, social, economic, and personal issues that affect their daily lives. As a result, they were taught about the Four Pillars of YSAWID which consist of personal development, that is more about personal mastery; economic empowerment and activity; democratic vigilance as well as bridging the gap.

According to Kgomotso Moalusi, who is one of the YSAWID veterans, the best way YSAWID can be successful is when its members not only engage with each other, but to also learn from and support each other. "I met women who overcame many difficult situations, and I know it's possible for me to do the same because I can ask them for help, and I can ask them for guidance. But I know I can also emulate them and follow in their footsteps. So, I believe if these young women hang on that – knowing that

their unique experiences matter, and from them one can grow having learnt what other people are doing in their spaces," she added. Given that the youth often find themselves under-represented in policy and decision-making processes, Fonzani Mtembu who is a development economist and YSAWID member, believes that social issues need to be dealt with on a micro level, for youngsters to participate in enhancing their communities. "YSAWID should also empower youngsters to take the initiative in tackling these issues and prepare them to step on the platform to voice out their views," added Mtembu.

As part of bridging the gender gaps in business and various industries, YSAWID empowers and motivates young women to step into male-dominated industries. Moalusi says one first needs to be knowledgeable about the industry and innovation if they want to penetrate the market. Hope Mareka, who is an actress and CEO of Art Chive Media House, says the presence of artists and actresses can contribute to YSAWID in storytelling and help women better narrate their stories and help them voice out. YSAWID has proven to be one fiery youth-led movement that will soon take the country by the storm.



YSAWID EMPOWERS AND MOTIVATES YOUNG WOMEN TO STEP INTO MALE-DOMINATED INDUSTRIES



Picture: YSAWIDIANS at the SAWID conference in Johannesburg

YSAWID

On Wednesday, September 20th, the YSAWID group had the honour of hosting Liz Letsoalo, a distinguished Entrepreneur, Public Speaker, and the Founder of Masodi Organics. Liz Letsoalo is not only a successful businessperson, but also an alumni of Futurelect, a leadership program dedicated to empowering a new generation of ethical political and government leaders in South Africa. It's worth mentioning that Futurelect is closely connected to our trustee, Dr. Sithembile Mbethe, as she serves as the Director of Programmes there.

During her address to the young women of SAWID, Liz Letsoalo delivered a powerful message about the "duty of shaping your world" and the concept of power. She urged young individuals to aspire to possess the power to drive positive change in their world. Liz elaborated extensively on the importance of collective intensity, emphasizing that young people should identify and harness at least one form of power within themselves to mould their world.

Furthermore, Liz passionately encouraged young women to actively engage with their communities and become disruptive forces in various industries. She underlined the significance of ensuring that the women's agenda should never be relegated to being a mere afterthought.

In summary, Liz Letsoalo's impactful address inspired the young women of SAWID to embrace their power, actively participate in their communities, and assert their influence in various fields.



Picture: YSAWIDIANS and Liz Letsolo at the SAWID conference in Johannesburg

SAWID'S PIONEERING VETERANS - TWO DECADES OF DEDICATION AND IMPACT

BY: NKHENSANI NKHWASHU



In the heart of every enduring movement lies a core of unwavering dedication and steadfast commitment. In the case of the SAWID movement, this core is embodied by remarkable veterans who have been with the movement since its very inception. These veteran SAWIDIANS, whose passion and perseverance have fuelled the organization's journey over the past two decades, stand as living testaments to the transformative power of dialogue, collaboration, and a shared vision for a more inclusive and equitable society.

I had the honour of interviewing three stalwarts who passionately shared their SAWID journey with me. Given their age, one would expect them to have forgotten how their journey began, but no,

they remember it like it was yesterday. All three vividly recall the cold that day at the University of Pretoria grounds in 2003.

Among these remarkable individuals is Mama Ndivhuho Sekoba, the founder of the Braamfischer Hope Centre, dedicated to assisting the needy and victims of gender-based violence. Mama Ndivhuho, originally hailing from Meadowlands but residing in Mpumalanga at the time, vividly remembers her initial involvement with SAWID. She initially joined the movement as the provincial coordinator for Mpumalanga, focusing her efforts on addressing violence against women. She reminisces about the day of that pivotal event.



Picture: Ms Ndivhuho Sekoba at SAWID conference in Johannesburg

“It was cold that day, I remember Mike Boon was the healing facilitator. All women were dressed in their different cultural regalia. It was a huge gathering, all political parties were present, NGO’s as well as different church denominations. Even President Thabo Mbeki was in attendance. We had various healing workshops, and I must mention that the first time I used a computer was at SAWID. I am empowered today because of SAWID and my community is empowered because of SAWID.”

Upon her relocation to Gauteng, Mama Ndivhuho took on the role of coordinator, and her SAWID journey paved the way for her to become a successful businesswoman. “I got a chance to work with the Gauteng Department of Health providing bed linens throughout the province- all thanks to SAWID.”

She thanked SAWID for the continued support in enabling her to help her community and for the values and principles the organization has instilled in her. “Just last month our centre received some furnishings. In SAWID we are taught to care, respect and share with others.”

Listening intently to Mama Ndivhuho’s account, Mama Nomfundo Zokoza from Ekurhuleni nodded in agreement. “I agree with what Ndivhuho is saying. I was recruited to join the movement and I have never looked back since then. I am grateful to the Jewish people who used to give me chicken to give to the needy in Pimville.” Mama Nomfundo expressed her gratitude to the Jewish community, which generously supplied her with chickens to distribute to those in need in Pimville. She successfully garnered donors to aid the people of Vlakplaas, improving their living conditions by providing clothing. Mama Nomfundo says she was the first person to win a surprise prize during the conference. She jokingly said people said she bribed someone. “Pick n Pay and Woolworths have been some of our biggest donors,” she added.

Mama Mmalebaks, representing Northwest, had nothing but praise for SAWID’s impact on her life. Her journey with SAWID commenced in 2003 when she attended an Imbizo hosted by the Department of Agriculture, Conservation, and Environment Affairs under the leadership of Edna Molewa. This is where she was introduced to SAWID, a connection she cherishes deeply.

“When I joined SAWID I knew nothing about NPO’s but with their help we managed to register one. Our focus is knitting, sewing, embroidery and manufacturing cleaning products like bubble bath, dish washing liquid and pine gel.” She says SAWID has allowed her to have a close working relationship with the Social Development Department, the Ratlou Local Municipality, National Development Agency (NDA) and the Department of Education.

“We have received training from both the NDA and our local municipality, we now have machines and a bakkie because of

the NDA. We also have financial management and leadership skills. Today, the youth and the women in our communities in 14 different wards can change their home situations with the skills they received from us.” In 2019, they received a mobile Early Childhood Development (ECD) that serves 53 children per day. “We have trained two practitioners and two security guards who receive a stipend every month. We provide learners with fruit and snacks.

Mama Mmalebaks reflects on her journey with SAWID, acknowledging that when she first joined, she didn’t have a phone or know how to use one. However, thanks to the empowerment she found within the movement, she is now confident and equipped to embrace the technological age.

The stories of these remarkable SAWID veterans serve as powerful reminders of the enduring impact of dedication, collaboration, and the unwavering belief in positive change. Their journeys, spanning two decades, illustrate the profound transformation that can occur when individuals come together with a shared purpose and a commitment to making a difference in their communities.



Picture: women at SAWID conference in Johannesburg

Brenda Mtambo







ACKNOWLEDGMENTS

On behalf of the SAWID Trustees, SAWID thanks its partners and sponsors who have donated generously to enable the achievement of SAWID's goals. We also acknowledge the contributions of the hundreds of volunteers and resource people who have contributed their time and efforts towards the success of the organisation's initiatives.

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