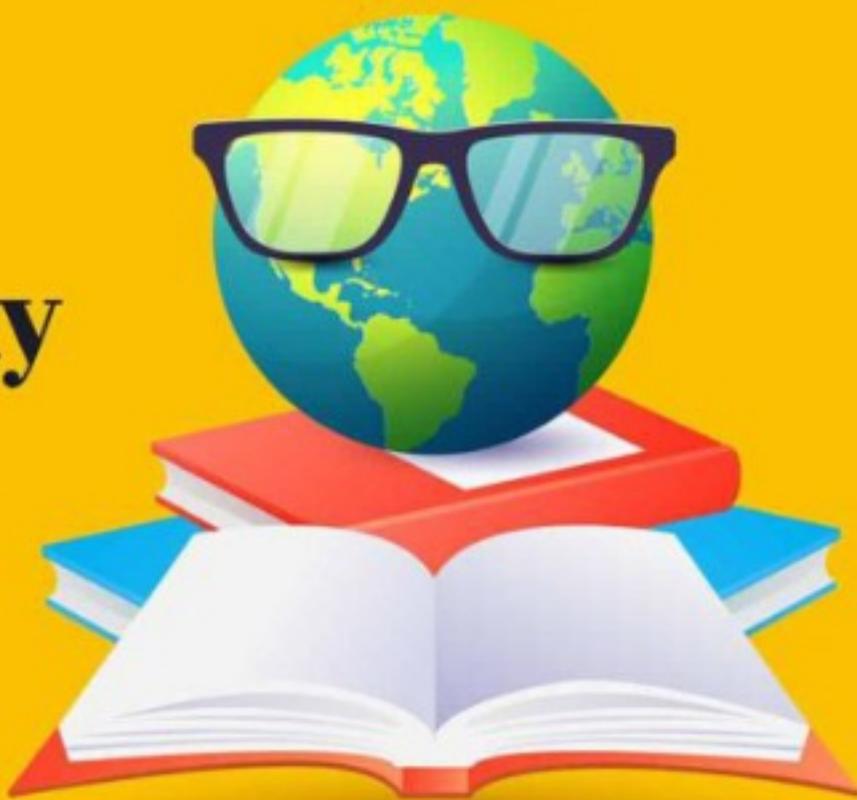


INTERNATIONAL
Literacy Day

8 September





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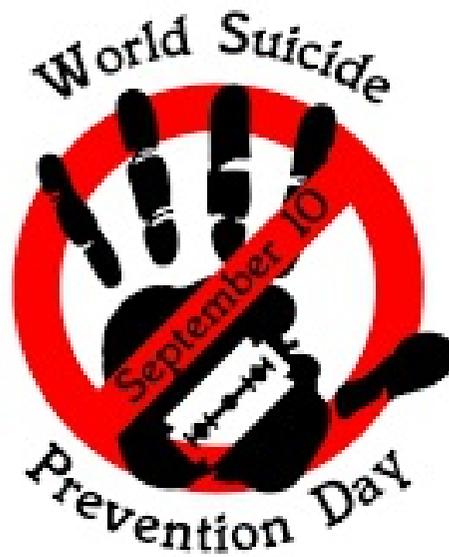


BEAUTY OF AFAR

COVER FEATURE, PG. 16-20

The Afar is an ethnic group in the Horn of Africa, mainly in Eritrea, Djibouti and the Afar Region in Ethiopia, Africa. The Afar people are known as the toughest people in the world. For ages, they have lived in a place called the Magma chamber. This is a part of the earth that is very very hot and constantly witnesses volcanic eruptions.

CONTENTS



AWARENESS KEY , PG 15

World Suicide Prevention Day is an awareness day observed on 10 September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003.



International Literacy Day, PG 7

International Literacy Day is an international observance, celebrated each year on 8 September, that was declared by UNESCO on 26 October 1966 at the 14th session of UNESCO's General Conference. It was celebrated for the first time in 1967.



AFRICA'S TABLE PG 11

According to an Indian saying, eating food with your hands does not only feed the body, but it also feeds the mind and spirit. In Western and Central Africa, a dough ball, fufu, serves as a spoon when eating soups and stews.



AFRICAN EDUCATION, PG 9

Schooling runs from grade 0 (the reception year also known as grade R) through to grade 12 (known as matric). Grades 1 to 9 are compulsory and are classified as General Education and Training. Grades 10 to 12 are considered to be Further Education and Training.



AFRICAN EARTH, PG 13

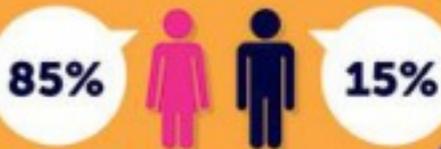
Africanized Honey Bees (=Killer Bees) are dangerous because they attack intruders in numbers much greater than European Honey Bees. Since their introduction into Brazil, they have killed some 1,000 humans, with victims receiving ten times as many stings than from the European strain.

SADAG'S ONLINE SURVEY FINDINGS ON COVID-19 AND MENTAL HEALTH

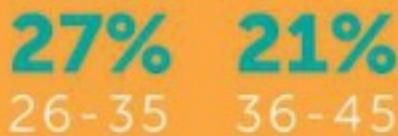


In an effort to combat the spread of COVID-19, the South African government announced a lockdown which commenced on 26 March 2020. Given this historic and unprecedented occurrence, SADAG wanted to investigate the mental health impact of COVID-19 and the lockdown. SADAG launched an online survey which was shared via various online platforms from the 2 - 15 April and received a total of 1214 responses.

BIOLOGICAL SEX

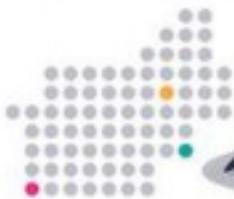


AGE



PROVINCE (TOP 3)

GAUTENG: 60%
WESTERN CAPE: 17%
KWA-ZULU NATAL: 10%



CURRENT EMPLOYMENT STATUS



HOME LIFE

How many people live in your home (including you)?



MENTAL HEALTH BEFORE THE LOCKDOWN

MH challenges diagnosed PRIOR to lockdown



59%

were diagnosed with a MH condition prior to lockdown



DEPRESSION



GENERALISED ANXIETY



BIPOLAR



INTERNATIONAL LITERACY DAY

The 8th of September was proclaimed International Literacy Day by UNESCO in 1966 to remind the international community of the importance of literacy for individuals, communities and societies, and the need for intensified efforts towards more literate societies. The issue of literacy is a key component of the UN's Sustainable Development Goals and the UN's 2030 Agenda for Sustainable Development.

The UN's Sustainable Development Agenda, adopted by world leaders in September 2015, promotes universal access to quality education and learning opportunities throughout people's lives. Sustainable Development Goal 4 has as one of its targets ensuring all young people achieve literacy and numeracy and that adults, who lack these skills are given the opportunity to acquire them. Although much progress has been made in improving literacy rates in the more than fifty years since the first International Literacy Day, illiteracy remains a global problem. There are thought to be more than 750 million adults around the world who cannot read.

The scourge of Illiteracy spares no nation or culture on earth, including the United States, where an estimated 32 million American adults are illiterate. What exactly is literacy? Merriam-Webster Dictionary defines literacy as "the quality or state of being literate: educated...able to read and write." Because you are able to read this post and no doubt spend a lot of time reading online, it may seem incredulous to learn there are people living and working in your own community who not only cannot read this post, but are unable to read a book, a restaurant menu, a road sign, a voting ballot, an instruction manual, a prescription bottle label, or a cereal box.



African Education : South African Educational System



Schooling runs from grade 0 (the reception year also known as grade R) through to grade 12 (known as matric). Grades 1 to 9 are compulsory and are classified as General Education and Training. Grades 10 to 12 are considered to be Further Education and Training. Grade 12 is the year of matriculation, which is required (with certain minimum conditions) for tertiary education. Some private schools also offer a post-matric “sixth form” year which allows students to sit for A-level examinations. For public schools, the only documents parents are required to supply when applying to admit their child to school are:

- The child’s birth certificate;
- The child’s immunisation card; and,
- The child’s transfer card or last school report, if the child has already been to another school.

A child may be registered provisionally if these documents are not immediately available, and the parents must be given a reasonable time to submit them. If you are not a South African citizen, you should also include a copy of your study permit or your temporary or permanent residence permit. If you do not yet have a permit, you will need to submit evidence that you have applied for permission to stay in South Africa. No student may be refused admission to a public school on the grounds that his or her parent or caregiver is unable to pay, or has not paid, school fees. It is also illegal for a school to refuse to allow a child to take part in the school’s sporting, cultural or social activities – such as the matric dance – on the grounds that fees have not been paid, or to retain the child’s report. All public schools, parents may apply for a reduction in or even exemption from school fees. If both parents’ annual earnings are less than 10 times the yearly school fees (before tax), the child

qualifies for a full fee exemption. Partial exemptions can also be made for parents with financial problems. This generally requires some kind of proof of income. Schools are encouraged to form a school fees committee, which should assist parents in applying for exemption. Forms for fee exemption should be available at the school office; otherwise contact your provincial department of education. In the poorest areas of all, parents are completely exempt from paying school fees. These schools are called no-fee schools that receive all their required funding from the government. For the first three quintile groups, the government’s allocation for schools per child is R1 116. In quintile four, R559 is paid per child, and for quintile five the allocation is R193. No-fee schools will be published in the Provincial Gazette and the criteria to determine no-fee schools will be based on the economic level of the community around the school. There are several challenges facing the South African educational system, including a large percentage of school aged children who still do not attend school beyond the primary level (currently 87 percent attend at the secondary level and only 20 percent at the tertiary level).





AFRICA'S TABLE : HANDS & FOOD



Hand-to-mouth eating is a time-honored tradition in many cultures across the world, and it's often a reflection of a community's hospitality and cultural identity. In the Middle East and North Africa, people eat from communal dishes, while in India it is customary to share food from each other's plate. East African cuisine has the injera (flatbread), a piece of which is broken and eaten with hands after rolling sauce into it. Ethiopians have the ritual of gursha — a practice of feeding another with one's hands; the bigger the morsel the greater the friendship. Throughout much of Africa, and in the Middle East and so on you get this thing - you eat your food with your right hand, and you cleanse your body and do the unclean parts with your left hand. Traditionally, before the advent of the toilet and toilet paper, you used your left hand to clean yourself after obeying a call of nature, and your right hand was reserved for eating food and interacting with others. When you eat with your hands, the flora in the fingers is swallowed. It is beneficial for health and

for various body parts such as the mouth, throat, and intestine, and it promotes healthy digestion in the gut. It is not harmful to humans, it, in fact, protects us from many damaging microbes in the environment. Africans still practice the eating with hand method across the world, and whether they will opt for the hand-to-mouth method or use cutleries will depend on the occasion or the particular dish. but some Africans will prefer to save the embarrassment of being the odd one out and simply go with the cutleries method.





AFRICAN EARTH : African Bee



African honeybees are much more hostile than European varieties, as their natural environment has far more predators looking to destroy hives for honey. Coordinated defensive manoeuvres enable African bees to better fend off these attacks. Africanized "killer" bees look so much like domestic honey bees that the only way to tell the two apart is by measuring their bodies. Africanized bees are slightly smaller than their counterparts. They are golden yellow with darker bands of brown. The African honeybee is one of these subspecies, native to most of the central and southern parts of Africa. Its sting is no more dangerous than other bees, but its behavior is unusual: It is much more aggressive than other bees, with a tendency to pursue and send many attackers after any perceived threat. Sometimes, bees can be cranky for a few days following a more thorough inspection or hive manipulation. So, when going into the hive, consider the time of day. Optimal time to enter the hive is later morning until early afternoon during times of good weather. Biochemists have tracked down the

brain chemicals that make so-called killer bees such ferocious fighters. The compounds, which seem to be present in higher levels in the much-feared Africanized honey bee, can make less aggressive bees turn fierce, according to a new study. Killer bee is a type of bee created in a laboratory in Brazil by mixing European honeybees with African bees. They are also known as Africanized bees. Scientists wanted to create a bee that will produce more honey, but unfortunately they created less effective and highly aggressive species.





10TH SEPTEMBER

WORLD
**SUICIDE
PREVENTION**
DAY

AWARENESS KEY:

World Suicide Prevention Day

We observe World Suicide Prevention Day each year on September 10. It's a growing problem and the numbers tell a shocking story. Every 40 seconds someone takes their own life according to the World Health Organization (WHO). That's about 800,000 people worldwide every year — although some estimates put that number closer to 1 million. Suicide is the leading cause of death for people aged 15 to 29 and for every suicide that results in death, there are as many as 40 attempted suicides. What we know for sure is that there's a lot to live for. Events and activities on World Suicide Prevention Day include conferences, seminars, and discussion forums; formulating new policies for suicide prevention; the use of media as a tool for promoting awareness; memorial ceremonies to remember those who lost the battle to mental illness; educating adolescents on suicide and who to reach out to if needed; and establishing support groups and special facility centers as resources for depression and suicide awareness and treatment. The day is co-sponsored by the World Federation for Mental Health and World Health Organization. The aim of the day is to research and collect data on suicidal behavior, determine the various causes and why its signs go unnoticed, and developing sound practices and policies for suicide prevention. The majority of these occur in underdeveloped and developing countries. These figures are startling, considering that suicide is preventable. Undiagnosed and untreated mental illness is the biggest reason behind suicide.

Photo By Gaston Saladoana



COVER FEATURE :

BEAUTY OF AFAR

The Afar people are believed to have existed since the 13th century. The Afar principally reside in the Danakil Desert in the Afar Region of Ethiopia, as well as in Eritrea and Djibouti. They number 1,276,867 people in Ethiopia (or 1.73% of the total population), of whom 105,551 are urban inhabitants, according to the most recent census (2007). The Afar make up over a third of the population of Djibouti, and are one of the nine recognized ethnic divisions (*kililoch*) of Ethiopia. The Afar consist of two subgroups: the *Asaemara* ("red ones"), who are the more prestigious and powerful nobles living primarily in the area of Assayita; and the *Adaemara* ("white ones"), who are the commoners living in the desert areas. Those who live in the desert inhabit one of the most rugged regions in the world, known as the Afar Plain or the Danakil Desert. The *Danakil Desert* is a desert in northeast Ethiopia, southern Eritrea, and northwestern Djibouti. Situated in the Afar Triangle, it stretches across 100,000 square kilometres of arid terrain. The area is known for its volcanoes and extreme heat, with daytime temperatures surpassing 50 °C. The Danakil Desert is one of the lowest and hottest places on Earth. It is inhabited by a few Afar, who engage in salt mining. Local geology is characterized by volcanic and tectonic activity, various climate cycles, and discontinuous erosion. The Afar people mine for a day more until the camels are fully loaded with the salt tiles. It will then take two or three days to get to the nearest town, with guards watching the camels and guarding them from bandits. Very unique is their traditional hairstyles—the “dayta” hairstyle. The hairdo is styled and maintained by butter application. They use loads of cow fat and butter to style their hair. The curls are obtained with sticks (something like a mini flexi rod set) and the butter keeps it in shape for days and protected from the heat of the sun. Afars speak the Afar language as a mother tongue. It is part of the Cushitic branch of the Afro-Asiatic language family, and is spoken by ethnic Afars in the Afar Region of Ethiopia, as well as in southern Eritrea and northern Djibouti. However, since the Afar are traditionally nomadic herders, Afar speakers may be found further afield. The Afar are traditionally pastoralists, raising goats, sheep, and cattle in the desert. Socially, they are organized into clan families and two main classes: the *asaimara* ('reds') who are the dominant class politically, and the *adoimara* ('whites') who are a working class and are found in the Mabila Mountains. In addition, the Afar are reputed for their martial prowess. Men traditionally sport the *jile*, a famous curved knife. They also have an extensive repertoire of battle songs. Islam is the predominant religion of the Afar, who are Sunni Muslims. The practice of Islam is rather unorthodox, particularly among pastoral Afar, in comparison to other groups (e.g., the Somali). Islam is believed to have been first introduced into the Afar by migrant Arabs as early as the ninth century or earlier.

Photo By Trevor Cole





The Afar live in a region often referred to as the “Afar Triangle.” A large part of this triangular area is made up of the Danakil Desert, one of the earth's hottest, driest, and most inhospitable spots. The terrain is characterized by desert flatlands. There is little vegetation and limited wildlife.

Photo by
Eric Lafforgue

