

RAIN can help reduce anxiety

From page 16

She also shared some real progress in making creative contributions and connecting with others.

Asking yourself “what am I unwilling to feel?” can open you to deep spiritual healing.

Fear is the feeling that something is wrong and that, rather than facing it, we need to act to protect ourselves.

When, instead, we have the courage to pause and meet fear with the mindfulness and compassion engendered by practising the RAIN meditation, our awareness and wisdom enlarges.

If we need to respond to a real threat, we'll do so

– with increased balance, presence and creativity.

But often we'll see: It's just anxiety, it's okay... this belongs – and begin to unhook from a lifetime pattern of reactivity.

While fears continue to arise, we have access to a heart space that is open and free. Anxiety and fear, when worked with in this way can be a portal to greater self-awareness and insight. It has the potential to awaken us to living fully in the here and now and allows deeper connection to ourselves and others.

● Carin-Lee Masters is a clinical psychologist. Write to her at helpmecarin@inl.co.za or send a WhatsApp message or SMS to 082 264 7774.



SA Military Ombud • Private Bag X163 • 0046
Eco Origin • Block C4 • 349 Witch-Hazel Avenue
Highveld • Centurion • 0146

INDEPENDENT AND IMPARTIAL

THE SOUTH AFRICAN MILITARY OMBUD PROMOTES GOOD GOVERNANCE AND HUMAN RIGHTS IN THE DEFENCE FORCE



Lt Gen (Ret) V.R. Masondo

The Office of the Military Ombud is mandated by the Military Ombud Act 4, of 2012, in section 4 (1) (d) to investigate complaints lodged in writing by the current or former members of SANDF concerning their condition of service.

We are also mandated to promote the fundamental rights of soldiers.

The Office investigates complaints by the members of the public concerning the official conduct of a soldier on duty. As such, members of the public have 90 days to lodge a complaint with the Office, from the date the incident occurred.

We are committed to serve independently and impartially. We do not represent the complainant, the Department of Defence and Military Veterans or any other government authority. Our investigations are conducted in a fair and objective manner to ensure an accountable and transparent governance.

The Office may allow late submissions of grievances after careful consideration, depending on the reasons given.

Upon receipt of the complaint, the investigator will initiate an investigation process which includes interviewing of the complainant and all relevant

parties, looking at the policies and applicable laws before a final investigation report.

Recommendations made are submitted to the Minister of Defence & Military Veterans for implementation.

For more information please contact us:

Tel: +27 12 676 3800

Fax: +27 12 661 2091

Toll Free: 080 726 6283 (080 SA OMBUD)

E-mail: intake@milombud.org

Find us on social media:

Facebook & Instagram: South African Military Ombud

Twitter: @Mil_OmbudSA



■ Nozibele Kweyama, left, paints Shaqeel Ajam's face. **More pictures on facing page.**

Kids enjoy Read Aloud Day festivities

NABEELAH MOHEDEEN

Children from all over the city, including Manenberg, took part in a storytelling festival in the Company's Garden on International World Read Aloud Day, February 5.

World Read Aloud Day was started in 2010 by LitWorld – a non-profit organisation, which rallied more than 1 million people to participate in local events in more than 100 countries.

The day included storytelling, singing, dancing and face painting and about 400 children from schools in Manenberg, Sir Lowry's Pass, Bishop Lavis, Mitchell's Plain, Durbanville and in the CBD attended. The annual event is supported by the City of Cape Town, Nal'ibali, Read2Rise and schools.

Manenberg library volunteer Michale Meyer read a story, based on Tarzan, about animals protecting each other and working together to overcome challenges.

“In my area, Manenberg, it's sad to see friends drifting apart and going astray. If more people can be friends and unite we will have a better Manenberg, so I want to teach them this from young,” he said.

Mayco member for community services and health Zahid Badroodien said children should read every day.

“The benefits of reading to children daily, no matter how young, cannot be over emphasised. Apart from the boost to literacy skills and language acquisition, reading helps them improve memory and concentration. It's also a fun way to entertain them as they learn.”

Reading also reduced stress, strengthened the bonds between children and parents, built confidence and helped children develop positive relationships with books, dr Badroodien said.

Retired librarian Fadeela Davids said the aim of the day was to read to children in their mother tongue.

She said many children struggled to read because they hadn't learnt to love books.

“I am very passionate about books and about getting children to read for enjoyment. When they go to school, it's seen as a lesson; it is not made exciting for them. That is because many of the schools still don't have libraries, so they only read in class, and it's seen as a chore. We encourage children to read as many books and a variety thereof.”

who says money can't buy happiness?

CAPE TIMES
FRESH AIR FUND
CENTENNIAL
1919 - 2019

CAPE TIMES
FRESH AIR FUND

For 100 years, Cape Times readers' generous donations have bought happiness for thousands of underprivileged children! The Cape Times Fresh Air Camp, at Froggy Pond near Simonstown, provides a wonderful, fun filled holiday for children. They learn life skills, swim in the sea, play games and enjoy hearty meals and lots of treats. An experience that will live with them forever. **So go ahead - buy a little happiness for a deserving child today!**

For further details contact Lenore Hasse 021 488 4197 | lenore.hasse@inl.co.za
or Sandy Naude 021 488 4047 | sandy.naude@inl.co.za

Registration Number IT244/2001 | NPO number 003269NPO | PBO number 18/11/13/139



YOUR CONTRIBUTION IS DEDUCTABLE FROM YOUR TAXABLE INCOME

PLEASE MAKE YOUR DONATION TO:

Account Name: The Cape Times Fresh Air Fund

Bank: Standard Bank

Account Number: 070413665

Branch code: 020909