

TEXT 1**Poetry and the aftermath of war in Africa**

By Lynn Lipinski

- 1 Imagine arriving with your partner and three young children at the Abidjan airport in Ivory Coast after 16 hours. All your possessions are squished into 10 suitcases limited to 23 kg each.
- 2 Now you must find a place to live.
- 3 Sound stressful? It is, but that uncertainty is all part of the adventure for Todd Fredson, poet and PhD student, and his family.
- 4 Fredson and his partner, Sarah Vap – also a poet and PhD student – and their three sons started their journey in September. They will spend nine months in Abidjan's environs as part of Fredson's Fulbright fellowship.
- 5 Not that Fredson, who is studying in the PhD in Literature and Creative Writing Programme, is a stranger to Africa. He volunteered for the Peace Corps in Ivory Coast for more than two years in the early 2000s.
- 6 But much has changed in the years since he left western Africa. Violent rebellion by the Ivory Coast Patriotic Movement began two months after Fredson departed in 2002, culminating in a brutal civil war between the Muslim north and the Christian south weeks later.
- 7 Fredson, too, has changed, though in less revolutionary ways. At 39, he's happily co-parenting his sons (ages 2, 6 and 9), wedging his poetry and studies into as many waking hours as he can get.
- 8 The adventure and discomfort of travel abroad feeds the couple's creative streaks. They document a previous journey through South America in their co-written poetry chapbook, 'Echolalia'. Fredson's poetry and writing, particularly his latest collection, 'Century Worm', draw heavily – nearly claustrophobically, he said – on his earlier time in Ivory Coast, infused with earthy images of poverty and hardship and the humanity found within each.
- 9 *I was an expert at sleeping on dirt floors
and drinking from gourds. Expert at severing the palm root,
pushing over the trunk, and draining the pith for wine.*

['Waking, Midlife', Todd Fredson, *Lingerpost*, Issue 3, January 2012]
- 10 With Ivory Coast's return to stability and the cushion of Fulbright funding, Fredson and Vap will tutor their sons in West African culture and French, while Fredson immerses himself in studying the nation's literature and sociopolitical background.

- 11 War's aftermath underlies Fredson's own story. His grandfather fought in World War II, and his father in Vietnam, but neither spoke of what they endured. Seeing Ivory Coast grapple with violence after a failed military coup granted him a greater understanding of his father and grandfather. He has followed the nation's power struggles and civil unrest for years, and now he wants to see how violence is expressed in Ivorian poetry.
- 12 Through the electronic threads of the Internet, he connected with three poets in the southern region who will form the centre of his study. He hopes to travel to the rural and less-developed north to meet others.
- 13 'The Fulbright brings me to a completion of this really special time and place in my life', Fredson said. 'I'll be able to transition that desire beyond the nostalgic and see what life is like there now, as an adult, as a father, and to view it through a professional lens'.
- 14 Like most of western Africa, Ivory Coast has a strong storytelling and music tradition. While written poems and books are common in the country's south, the northern region's verses and narratives are less available in written forms. Fredson hopes to meet and build relationships with storytellers and other language artists once he is in the north.
- 15 He'll begin his study and translation with the written works of three Ivory Coast poets: Azo Vauguy, Josué Guébo and Tanella Boni. Each tackles the country's civil unrest, but their styles are different.
- 16 By translating their work into English, Fredson aims to amplify their voices, as well as the experiences of the nation's people. It's a legacy he wants to leave for the writers and the war-weary Ivorians, as well as for his sons.
- 17 The University of Nebraska Press will publish one of the books, and Action Books, affiliated with the University of Notre Dame, will publish another.
- 18 'I want to shatter the silence that structures trauma and pain, even if just in the most personal sense', Fredson said. 'I had to go far away to experience trauma and terror on my own, unwittingly — but there it was. And now I hope to snuff out that line of trauma, which seems to keep manifesting, before my sons feel they have to find a way to understand it experientially. I want to start giving it expression, in my own poetry and through these translations'.

[Adapted from: <<https://dornsife.usc.edu/news/stories/poetry-and-the-aftermath-of-war-in-africa/>>]

Penguin on the Beach – Ruth Miller

Stranger in his own element,
Sea-casualty, the castaway manikin
Waddles in his tailored coat-tails. Oil

Has spread a deep commercial stain
Over his downy shirt front. Sleazy, grey, 5
It clogs the sleekness. Far too well

He must recall the past, to be so cautious:
Watch him step into the waves. He shudders
Under the froth, slides, slips, on the wet sand,

Escaping the dryness, dearth, in a white cascade, 10
An involuntary shouldering off of gleam.
Hands push him back into the sea. He stands

In pain and silent expostulation.
Once he knew a sunlit, leaping smoothness,
But close within his head's small knoll, and dark 15

He retains the image: oil on sea,
Green slicks, black lassos of sludge
Sleeving the breakers in a strain-spread scarf.

He shudders now from the clean flinching wave,
Turns and plods back up the yellow sand, 20
Ineffably wary, triumphantly sad.

He is immensely wise: he trusts nobody. His senses
Are clogged with experience. He eats
Fish from his Saviour's hands, and it tastes black.

[Source: Anthology, *Clusters*, G de Villiers]

The wind begun to rock the grass – Emily Dickinson

The wind begun to rock the grass
With threatening tunes and low —
He flung a menace at the earth —
A menace at the sky.

The leaves unhooked themselves from trees — 5
And started all abroad;
The dust did scoop itself like hands
And threw away the road.

The wagons quickened on the streets,
The thunder hurried slow — 10
The lightning showed a yellow beak
And then a livid claw.

The birds put up the bars to nests —
The cattle fled to barns —
There came one drop of giant rain 15
And then as if the hands

That held the dams had parted hold
The waters wrecked the sky,
But overlooked my father's house —
Just quartering a tree — 20

[Source: Anthology, *Clusters*, G de Villiers]

We Are¹ – Gravity Shade

Empty

We begin our journey

Allowed to choose

Free

We are given life 5

Born to dream

Bound

To the past

The world of our ancestors

Blessed 10

With family and friends

Intelligence and emotion

Burdened

With endless want

Crippling fear 15

Granted

The power to be happy

Through setting or decision

Denied

Perfection 20

Each person unique and flawed

Given

Everything we have

What then should we do?

[Source: <<https://allpoetry.com/poems/about/being>>]**Glossary:**

¹We Are – the poem explores the human condition, focusing on the contrasts and complexities of life.

nobody loses all the time – ee cummings

nobody loses all the time

i had an uncle named
Sol who was a born failure and
nearly everybody said he should have gone
into vaudeville perhaps because my Uncle Sol could
sing McCann He Was A Diver on Xmas Eve like Hell Itself which
may or may not account for the fact that my Uncle

5

Sol indulged in that possibly most inexcusable
of all to use a highfalootin phrase
luxuries that is or to
wit farming and be
it needlessly
added

10

my Uncle Sol's farm
failed because the chickens
ate the vegetables so
my Uncle Sol had a
chicken farm till the
skunks ate the chickens when

15

my Uncle Sol
had a skunk farm but
the skunks caught cold and
died and so
my Uncle Sol imitated the
skunks in a subtle manner

20

25

or by drowning himself in the watertank
but somebody who'd given my Uncle Sol a Victor
Victrola and records while he lived presented to
him upon the auspicious occasion of his decease a
scrumptious not to mention splendiferous funeral with
tall boys in black gloves and flowers and everything and

30

i remember we all cried like the Missouri
when my Uncle Sol's coffin lurched because
somebody pressed a button
(and down went
my Uncle
Sol

35

and started a worm farm)

[Source: Anthology, *Clusters*, G de Villiers]

TEXT 2

Vivari, where refined Luxury meets Holistic Healing

VIVARI HOTEL AND SPA
BY MANTIS

**Vivari Hotel and Spa is anything but standard!
It is an environmental wonder that encourage wellness,
sustainable and authentic experiences!**

The Vivari Hotel is an award-winning hotel that has received recognition for its luxurious amenities, exceptional service and commitment to customer satisfaction. You can expect an award-winning experience that is unmatched in terms of luxury, service and customer satisfaction. Whether travelling for business or pleasure, guests can enjoy a luxurious and memorable stay at one of the best hotels in the region. We have been nominated for the World Travel Luxury Hotel award 2023 for the hotel and Spa

WORLD LUXURY HOTEL AWARDS
NOMINEE 2023

WINNER OF THE PRESTIGIOUS INTERNATIONAL WORLD SPA AWARDS

Wellness

VIVARI SPA & AESTHETIC CLINIC

Our state of the art facilities designed especially for YOU, offering specialised cosmetic treatments set within tranquil surroundings.

Luxurious

DINING & ACCOMMODATION

Recapture serenity with luxurious amenities and carefully crafted menus with emphasis on freshness, abundance and health.

Perfection

CONFERRING & EVENTS

Sophisticated, intimate conference venues amidst breath-taking views of the winding walkways through our lush gardens

A whole lot of information in one little square

1 Riviera Lane, Featherbrooke Ext 8, Johannesburg
To make your reservation, contact us on: +27 10 594 4100
email: info@vivarihotel.co.za or visit us on: www.vivarihotel.co.za

SCAN ME

[Source: <https://issuu.com/contactpublicationsza/docs/business_events_africa_july_23_vol_43_no_7>]

TEXT 3

EXHIBITION & EVENT ASSOCIATION OF SOUTHERN AFRICA

EXSA EST 1980

CONNECT ENGAGE LEARN GROW

MEMBERSHIP

THE LIFEBLOOD OF OUR INDUSTRY

ADD VALUE - BE EXSA-LLENT

GET ACTIVELY INVOLVED • CONTACT THE EXSA OFFICE NOW FOR THE FULL RANGE OF OPTIONS :
+27 11 620 3089 / info@exsa.co.za / www.exsa.co.za

ZERO Rating of VAT to Foreign Clients

ACTIVE Monthly EXSA-CONNECT Dynamic **NET ZERO CARBON**
INITIATIVE SIGNATORY

representation on the **Sessions** **Networking Opportunities**

SA EVENTS COUNCIL Website directory listing with strong SEO kickback etc, etc...

[Source: <https://issuu.com/contactpublicationsza/docs/business_events_africa_july_23_vol_43_no_7>]

TEXT 4



ADVANCE THE EXHIBITION INDUSTRY BY JOINING AAXO

Access

to the biggest event organisers.

Credibility

Be a part of the trusted voice of Africa's exhibition industry.

Participate

As an informed player in the African exhibition industry.

Connect

with industry peers.

Drive

The future of Africa's exhibition venues.

“ It has been a very rewarding and gratifying experience being part of this committee dedicated to advancing the exhibitions industry in South Africa. As a venue representative, I have a great appreciation for this committees' commitment to advancing and promoting the local events industry. This sentiment is not only in regards to the Venue Committee but also being part of AAXO as a whole. ”

Charles Wilson
CEO, Gallagher Convention Centre
AAXO Venue Committee Chairperson



Become a member of AAXO today!

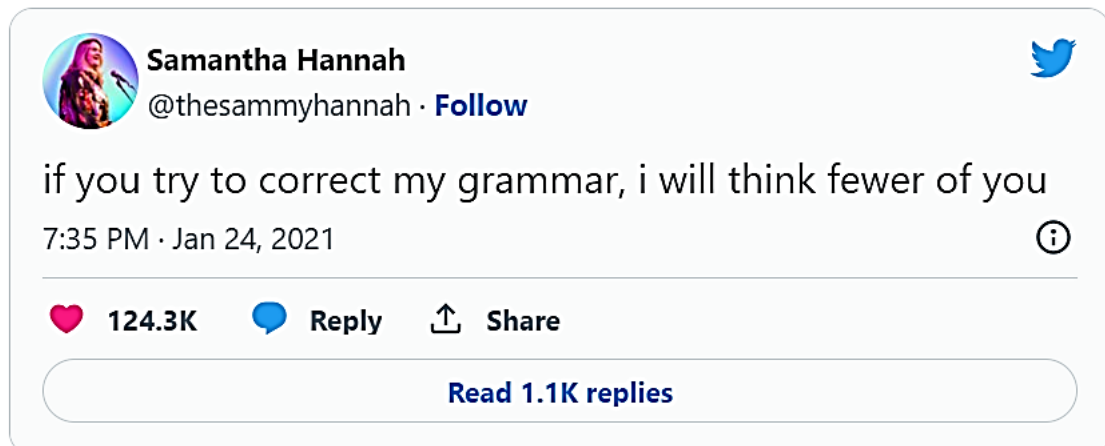


AAXO
ASSOCIATION OF
AFRICAN EXHIBITION
ORGANISERS

087 265 5840  aaxo@aaxo.co.za  www.aaxo.co.za

[Source: <https://issuu.com/contactpublicationsza/docs/business_events_africa_july_23_vol_43_no_7>]

TEXT 6



Samantha Hannah
@thesammyhannah · **Follow**

if you try to correct my grammar, i will think fewer of you

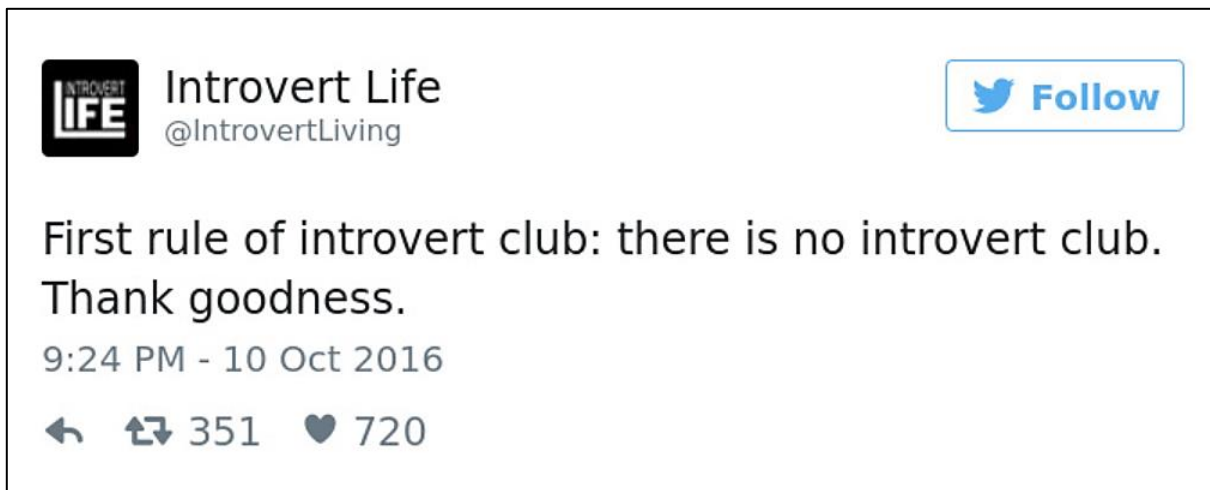
7:35 PM · Jan 24, 2021

124.3K Reply Share

[Read 1.1K replies](#)

[Source: <https://www.huffpost.com/entry/grammar-tweets_l_608f578ee4b046202708f9b9>]

TEXT 7



Introvert Life
@IntrovertLiving

Follow

First rule of introvert club: there is no introvert club.
Thank goodness.

9:24 PM - 10 Oct 2016

351 720

[Source: <https://www.boredpanda.com/funny-introvert-tm_source=google&utm_medium=organic&utm_campaign=organic>]

TEXT 8**How Travel Affects Mental Health**

When life starts to feel like each day is repeating itself, you may start thinking about travelling. Maybe you have a place you like to go to once a year, or maybe you enjoy exploring new places. Getting out and travelling can have many benefits for both your mental and your physical health. Exploring new places and immersing yourself in new cultures is mentally stimulating. Doing this regularly can have great effects on your mental health.

Travelling to new places is good for everyone. If you're feeling stressed, a vacation can be the best solution. Travelling can improve your mental health.

Taking time from work to see new places releases the stress you have been holding onto. Relieving the tension and stress of your work life lets your mind relax and heal. Being under pressure at work not only stresses your mind and body, but also hurts your physical health.

Making time for regular travel can have a better impact on your mental health. Going to different places regularly can improve the benefits you get from vacations. Some people can feel the positive impacts of their vacation for up to five weeks after their return.

Getting out and exploring the world can boost your creativity. People who travel more can come up with diverse ideas. Exposure to new cultures, making international friends, studying new languages, and taking in different types of food and music have been linked to better problem-solving skills. Travel helps you see the world in a new way.

Having new experiences is beneficial for improving brain function and boosting your mental health. Travel has been linked to stress reduction and can alleviate symptoms of anxiety and depression. Whether you're going to another country or escaping for a long weekend in a nearby town, travelling can have a strong impact on your mental health.

Preparing and looking forward to travelling are also helpful to your mental health. If you want to plan an international trip, try practising the language beforehand.

There are lasting effects of a vacation. People who travel regularly experience those effects for longer. After travelling, you're more likely to feel clearheaded and ready to take on whatever's waiting for you at home. This is why people are more productive after a break. Try to visit a new place occasionally, to help your mental health.

If you have chronic stress, your memory and goal-setting abilities are negatively affected. Taking time to go somewhere and get away from work can help you feel more productive and focused when you get back. This is because your brain needs to rest.

You can make your travel plans big or small, but you must prioritise yourself.

[Adapted from: <<https://www.webmd.com/mental-health/how-travel-affects-mental-health>>]