



8 August 2023

Dear HITSA Members

HITSA Newsletter August 2023

Firstly, I need to acknowledge and send a heartfelt apology that this newsletter is later than usual. Being tasked with writing a newsletter, a blog or a “think-piece” for the month of August is strangely challenging. In South Africa, August being Women’s Month, one assumes it will be an easy task to write on any topic related to women’s rights, emancipation and the many strides that women have made in society. After numerous drafts and discarding a number of ideas, I decided, perhaps a better strategy is to write on a topic unrelated to Women’s Month.

However, I still could not translate any of my thoughts into words. I attributed this to poor morale brought on by what I felt was “lack of good news” and the stinging cold of the winter season. Have I unwittingly fallen victim into “doom-scrolling” and absorbed all that is bad news in the world?

As if on cue, our incredible sportswomen produced performances on the sporting field to remind us of the fighting spirit and endurance that we as South African possess. The women’s football team (Banyana-Banyana) on the brink of elimination from the FIFA Women’s World Cup in New Zealand, produced a stunning performance to earn a historic victory against Italy and thus progressing to the knockout stages of the tournament. The Proteas, at the Women’s Netball World Cup in Cape Town pulled a stunning performance to earn a draw against New Zealand and keep their chances of progressing to the semi-final alive. In the words of former president Nelson Mandela:

“Sports have the power to change the world. It has the power to inspire, the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sports can create hope where there was once despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all types of discrimination. Sports is a game of lovers.” – Nelson Mandela.



Team sports are a reminder of what can be achieved when the efforts and strengths of each individual player are used to strengthen the entire team. In any area of healthcare, the principles of team effort can be used to better our services and staff morale.

In a newsletter that is neither related to healthcare nor operating room management, I hope you find something uplifting or inspiring to share with your team.

On **Tuesday, 5 September at 20h00**, please join us for our **AGM** ([click here](#) to register) and a reflection on the progress HITSA has made in the past year. For the AGM agenda [click here](#), for the previous AGM minutes [click here](#) and for the proposed updates to our constitution [click here](#). Your attention is drawn to the orange highlighted words, with accompanying comments.

Proudly South African,

Dr Vuyo November

HITSA Secretary and Committee Member