

1. Introduction

Yesterday Monday was our rest day. On this day we had a free day to tour. There were many different types of tours you can go on. I decided to do the Wieliczka Salt Mine Tour. The historic site is the only mining facility in the world, active continuously since the Middle Ages to the present age. It stopped mining in 1996 and is now a tourist attraction. On 8 September 1978 it was included on the First Unesco List of World Cultural and Natural Heritage among the first 12 sites from around the world.



Chapel of St Kinga

We explored the mine on foot. the route was approximately 3.5km, and was 2 to 3 hours long with an average temperature of 17 to 18. We had a nice guide called Christopher. He informed me that they do a diploma to enable them to be guides. The underground route is at a depth of 64 to 135 metres and leads through 22 chambers. We went down the mine via the Danilowicz Shaft by approximately 380 wooden steps to level 1 (64metres).

We learnt about many of the legends of the mine and saw some fantastic sites how they mines 800 years ago! We met the Treasurer of the good spirit of the mine, dwarves and many sculptures made of salt. We also heard the sounds of the mine working while listening to Chopin's music.

We also admired landscapes unique on the surface: brine lakes and beautiful underground chambers, including the unique huge Chapel of St Kinga, Patron saint of Wieliczka saltminers. Holy Masses and sometimes weddings are held in this largest chamber in the mine.

It was a unique experience and i shall write more about it one day. There were many unique features that needs retelling!

KOPALNIA SOLI „WIELICZKA” “WIELICZKA” SALT MINE



2. Poland

With the decline of the Jagellonian line, Polish kings were selected from the Swedish Vasa dynasty, starting with Sigismund the third. However tensions grew between the Catholic Poland the Protestant Sweden, and the Swedes finally invaded in 1648. Poland fought back but was left weak. The country was increasingly under the influence of Russia who engineered the first Partition in 1774. Following two further Partitions in 1793 and 1795, Poland was completely swallowed up by its neighbours.

3. Museums as a reflection of Humanity by Dr Lyndon Bouah

Krakow has about 19 Museums. There is even a Torture Museum here.



Krakow Torture Museum

I have recently started an article on Museums which I will publish in a forthcoming book of mine. This is an extract of the chapter on museums.

I have always been fascinated by museums. At primary school in Nelson Mandela Bay (then Port Elizabeth) we were often taken to the Port Elizabeth Museum complex which consisted of the oceanarium and the museum. The dinosaurs and other artefacts were very interesting to behold.

Years later I have been a frequent traveller internationally for sport, work and leisure. One of the first stops in my visits is always the museums. I started travelling internationally in 1992 and one of my first memories of museums overseas was the ones in Moscow which I visited in 1994. The museums were exquisite, and it was clear to me that the Russian people took great pride in their history. I will now concentrate on recent visits.

In 2008 I attended a two-week course in London and was fortunate to be booked into a hotel in central London. On my way to the course, I had to pass the British Museum every day. After the first day I made a point of it that I would visit the museum. The museum is huge and of course very interesting, and I had to choose which sections to visit. I visited many interesting sections and ended off at the Rosetta Stone which I will visit again upon my return to London.

In November 2012, I visited Siberia and Moscow again. In Siberia the weather was too cold to go out much but in Moscow I again visited some of my favourite places. One of those places was the Vodka Museum. I had paid a visit to it in 1994 and was hoping it would still be there. A fascinating story about the origins of vodka and its importance to Russian society was revealed in the museum. In the interest of scientific research, I, of course, had to partake in the museum's product!





In July 2013 I visited China on an exchange visit to the Chinese province of Shandong. We travelled via Beijing and I decided that a visit to the Chinese national museum would be appropriate. There are several floors build below ground level as the museum is housing 5000 years of Chinese history. Due to time pressure, I could not complete the entire tour, but I decided to end in the year 1421 when the Chinese sailed around the Cape of Good Hope! So, whenever I am next in Beijing I will start again in 1421.

In August 2014 I visited Tromso, one of the northern most cities in Europe and the world, as I was captain of the South African Protea chess team. I visited the Polar Museum in Tromso. The polar museum was officially opened on 18 June 1978. This was the fiftieth anniversary of Roald Amundsen fateful flight aboard the Latham. The building dates back to 1830 and was used a warehouse by customs officials.

The museum has permanent exhibitions as well as temporary ones. The first room depicted winter trapping in the Arctic. Norwegians started very early in their history hunting for walrus, seals and reindeer. The Arctic life was hard as the cold temperature was harsh, but it seems that many enjoyed nature and did not hesitate to go on these hunting expeditions.

The second room in the museum showcased the geographical area. The area depicted is Svalbard which literally means the land with the cold coast. It appears for the first time in Icelandic writings in 1194. In the early 17th and 18th century Englishmen and Dutchmen started an intense hunt for walrus and bowhead whales. Large land-based stations were built where the whale blubber was boiled and barrelled.

The third room depicts how sealing was carried out in the Arctic. Each boat had a crew of three or more. The rower sat aft (seamen language). The rifleman sat in the bow, in the middle was the man who pushed the ice away and the one who did the actual killing of the seal.

There are 32 species of seal seven of which occur in Norwegian waters, they are: the walrus and the grey, harbour, harp, hooded, bearded and ringed seals. Skins and stuffed animals of all seven species are shown in the museum. Seals often find their food at great depth. Some species can dive to 200 metres.

My favourite room was room six which belonged to probably the most famous Norwegian at that time Roald Amundsen. He was the first man to reach the South Pole. The room chronicles his life. He was indeed a man's man as he was constantly on the lookout for new things to explore and do.

The museum is a three-level building and houses the achievements of other great explorers and particularly those that explored the North Pole. I was in awe as these guys literally spent months researching the fauna and flora as they had to stay there when it was winter, and temperatures plummeted.

I then decided to visit the Tromso city museum. The first excitement was seeing a display of the various board games including chess that was played in Norway throughout the ages. It seems the sea-faring folk invented many games to while away the winter and the sea journeys.

Then the next wonderful surprise was seeing the Anatoly Karpov stamp collection on display. Many countries around the world have issued chess stamps. In Africa the following countries have issued chess stamps, Mozambique, Madagascar, Mali, Gambia, Congo and a few others but nothing from South Africa.

In September 2016 I visited Baku the capital of Azerbaijan. The country is located on the Caspian Sea and was part of the former Soviet Union. It has a rich history as the land of fire. I visited one of their museums which is called the Museum of Miniature Books. The books are replicas of normal books but for some reason these books have been popular in Soviet times. The Baku Museum of Miniature Books is the only museum of miniature books in the world and started its operations on 2 April 2002.



In 2015 the museum was presented the certificate of the Guinness Book of Records as the largest private museum of miniature books.



In November 2016 I travelled to Switzerland to address the International Olympic Committee. I took the opportunity to visit the Olympic Museum in Lausanne. They had many fascinating tales of Olympism that showed the Olympic cities and the modern-day Olympics in particular. There were South African artefacts in the museum as well which I was very happy to see.





This outfit belonged to one of the athletes that participated in the 1996 Atlanta Olympic Games.

In June 2017 I visited Livingstone in Zambia. I of course had to visit the Livingstone Museum in Livingstone. It was nice seeing references to South Africa and other parts of Southern Africa as well. We saw how important fauna and flora are to Zambians and that they should be respected. In the olden days it was believed that an elephant is composed of different meats (snake, dog, lion, chameleon, owl, baboon, mouse, etc) and therefore was not eaten by all for the fear that one may end up eating one of the above animals. In this way elephants were protected but once

in a while the chief gave permission to kill an elephant for special ceremonies or rituals and only the elders could eat such meat.

I found the David Livingstone segment of the museum very interesting. He was an explorer, missionary, doctor, and an anti-slavery advocate. He was born on 19 March 1813 and died on 1 May 1873 in Zambia. He was also the first European to explore Zambezi and to see Lake Malawi. He spoke several African languages and also suggested that there is a link between malaria and mosquitoes. He was outspoken against slavery and his letters, journals and books stirred up public support for the abolition of slavery. Livingstone lost contact with the outside world for six years and when journalist Henry Stanley located him in late 1871 he uttered the famous words "Dr Livingstone, I presume?" According to Google the phrase may actually be a fabrication because neither Stanley nor Livingstone confirmed it. The words are famous because of their tongue-in-cheek humour: Dr Livingstone was the only white person for hundreds of miles! His heart is buried in Africa but his remains are buried at Westminster Abbey.

The Livingstone room shows his journeys throughout South and Central Africa. It shows Port Elizabeth and Cape Town with both leading to Kuruman. He had three journeys: the first the missionary and Trans Africa journey from 1841 to 1856 and then the Zambezi expedition from 1858 to 1864 and then the search for the Nile from 1866 to 1873. After visiting the museum I now understand the role that Livingstone played throughout the missionary and exploratory period.



I was glad to see that he was an anti slavery advocate and the museum does a good job showing this stance. It also shows him as a real person of religion. It has his hymn book that that was captured during one of the Anglo Boer Wars. So now I have come to appreciate Dr David Livingstone. I was actually born in David Livingstone hospital in Port Elizabeth. There are of course many schools named after him both in Port Elizabeth and Cape Town. The Cape Town one is known as of the most progressive schools in South Africa with a very rich history and many outstanding leaders in our society.

In May 2018 I visited Venice, Italy with my wife, Denise. While we were meandering through the streets of Venice we came upon the newly established Casanova Museum. Everyone of course has this notion of Casanova being very fond of woman. Casanova was born in Venice on 2 April 1725. The museum pamphlet describes Giacomo Casanova in the following manner " bold and dissolute, hungry for culture, beauty and all that life could offer from his childhood Giacomo's life was a succession of adventures and misadventures, in changing moments of his life, how to adapt to luxury and indulgence, with thieves and crooks and also with aristocrats and courtiers and men of culture. The museum chronicles his life and numerous amorous adventures and explores fashion and his writings. The Casanova Museum made use of interactive audio in ten languages and also made use of VR 360 (it has a Samsung cellular phone and a virtual reality headset) to enjoy a glimpse of the life Casanova enjoyed. The museum certainly had many modern features that we could learn from.



While in Europe we also visited Austria. In a little town called Murau we visited the Wood Museum. The area is famous for its trees and wood. The town has decided to dedicate part of its area to a wood museum that chronicles the importance of wood in its area. The museum has been opened since 1988. It has over 10 000 square metres of area. The museum presents wood through the ages and has many interesting exhibitions.



We travelled to Vienna where we of course had to visit the famous Museum Quarter. The quarter has many different museums, and you really need to have time to explore all of the interesting museums. We decided to visit the Museum of Natural History. It has over 30 million objects that catalogue history and life. I was not at first impressed with it as I didn't realise that it was dedicated to science but then suddenly it started having artefacts relating to Africa and South Africa in particular. I now had a huge interest in the museum and took a number of pictures that illustrated South Africa. One of the intriguing questions that I have is the following: the first picture states that the dinosaur bones were found in Tamboerfontein, Western Cape. Do we know more about it?



In November 2019 I visited Singapore as part of the team bidding for the Netball World Cup! (We won!) After our presentation I stayed on for a few more days and visited some of the museums in Singapore. On the foreshore next to the statue of Sir Raffles the Asian Civilisations Museum is located at 1 Empress Place. I decided to visit the museum because I wanted to know more about Asia. As I had time, I decided to wait for the guided tour. We started the tour by looking at different religions in Singapore. All the world's major religions have found resonance in Singapore through the ages. Fascinating statues and paintings adorn the various rooms of the museum.

The most fascinating discovery however was the Tang Shipwreck which was discovered in 1998 just off the Beitung Island on the edge of the Java Sea. It contained a remarkable cargo of more than 60 000 ceramics produced in China during the Tang Dynasty (618-907) as well as luxurious objects of gold and silver. The ship was bound for Iraq and Iran and provides early proof of the strong commercial links between China, South East Asia and the Middle East.



The guide explained to us the ceramics and porcelain and what it meant at that time. One of the important discoveries for me was that there existed a maritime Silk Route as well as an overland one. We always associate the overland Silk Route with China and Central Asia. Now the Tang shipwreck provides evidence of the important role of the sea route as early as the 9th century. The map in the museum showed the importance of the sea routes

The sheer scale of the cargo aboard the shipwreck shows the great popularity of Chinese ceramics in foreign lands in the 9th century, the ability to mass produce thousands of nearly identical ceramics, an internal shipping network that gathered products from all over China at one port, and a financial system that invested and shared profits from the cargo.

The guide then showed that the cups had a straw like feature which was used to drink wine. The wine was not drunk conventionally but was drunk through the straw like feature through the nose! Chinese poets and writers wrote about this and I quote

“Su, oh Su

Sing me the Song of the Willow Branch,
And I will pour you wine in that golden cup,
And take you with me to the Land of Drunkenness”.

-Bai Juyi, “Song of Past Feelings” (around 840)



The museum showed all the various countries in South East Asia. It also has a brief history of the Dutch East India Company who also played a significant role in South Africa. The museum notes “that the Verenigde Oost-Indische Compagnie (VOC) flourished for nearly two centuries (1602-1795). A commercial venture, given free reign by the Dutch government, the VOC developed into one of the biggest and most powerful trading and shipping firms of the 17th and 18th century.”

My last day in Singapore left quite an impression on me. I decided to make the early journey to Sentosa Island. On Sentosa Island there is a myriad of activities from Universal studio replicas to the maritime museum. I decided to dispense with Universal Studios and rather go to the Maritime Experiential Museum and S.E.A Aquarium. When I entered the museum I was greeted by four larger than life characters, Ibn Battuta from Morocco, Zheng He from China, Marco Polo from Italy and Sang Nila Utama from Indonesia. Now I was very excited because almost everyone knows Marco Polo, but the other three characters are largely unknown.



The museum stated that it believes that “Maritime history refers to the study of human activities at sea from past to present. These activities include fishing, designing and building sea vessels, developing tools and methodologies in the fields of navigation, oceanography, cartography and hydrography; naval engagements, sea explorations and the development of trade and sea related communities. By knowing maritime history, one learns about the progress of humankind, the rise and fall of civilisations, how different cultures and people interacted with one another, and the origins of many of the things, we eat and use today. Most of all maritime history tells us more about who we are as a species.”

The museum starts off with holograms where the four explorers tell us about their journeys. San Nila Utama (ruler from 1299-1347) was a Srivijayan prince from Palembang who is said to have founded Singapura in 1299, Marco Polo, a merchant of Venice released a book about his travels and life in China, Ibn Battutua (1304-1369) is an African Berber Muslim Sea farer, scholar and explorer who travelled widely in the medieval world. Over a period of thirty years, Ibn Battuta visited most of the Islamic world and many non-Muslim countries including Central Asia, South East Asia and China.

The fourth explorer Zheng He tells us about his journeys and I was intrigued when I explored the maps in the surrounding rooms. He was a Chinese mariner, explorer, diplomat, fleet admiral during China’s early Ming Dynasty. The map shows Zheng He travelling to Mogadishu (Somalia) and no other journeys.

I knew this couldn’t be correct because I have a copy of the book 1421 by Gavin Menzies (2002). Let’s have a look at Menzies book. He states “On 8 March 1421, the largest fleet the world had ever seen set sail from China. The ships, some nearly five hundred feet long, were under the command of Emperor’s Zhu Di’s loyal eunuch admirals. Their

orders were to 'proceed all the way to the end of the earth'. Admiral Zheng He sailed on this day as well. Menzies found a map drawn in 1459 by Fra Mauro that showed the Cape of Good Hope (Cap de Diab). The author goes on to show that Admiral Zheng he travelled all the way to the Cape Verde Islands. This is of course astounding because of course we only learnt about Diaz and Vasco Da Gama at school and yet in 2021 the 600th anniversary of China rounding the Cape will be upon us! I enjoyed the museum because it showcased the Maritime Silk Roads of the oceans and they had many references to Africa. The Chinese National Museum in Beijing also has references to Zheng He rounding the Cape in 1421.



Museums are indeed an important reflection of humanity. It does not matter where you travel to, museums allows one a glimpse into the life of a country and community. People have established museums for everything from wood to maritime matters to natural history. We need to protect and nurture our history, traditions and customs. It is only by using museums that we can safely nurture and promote our history. Humanity is reflected in museums whether you are in Beijing, Venice or Livingstone. We are all connected to one another. The maritime museum in Singapore showed that they are connected to the Diaz museum in Mossel bay as that museum also speaks about the trade route to the east that was so important as well. Thank you to the museum community for protecting our treasures!

I will now add the new museums to the list!

At night we do analysis of the games. We share ideas and in a sense we coach each other.

4 Lessons learnt from coaching teams and individuals

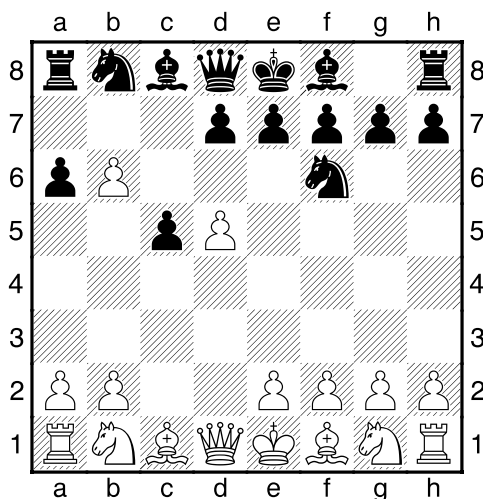
1. Understand what the player knows and what he/she does not know.
2. Appreciate the time that you have with the player. There may not be sufficient time to coach someone a complete repertoire.
3. The coach must understand the strengths and weaknesses of the player.
4. Openings and defences must be planned that will play to the strengths of the player.
5. Specific time must be arranged to analyse the games of each player. This will allow possible weaknesses that may occur in the event or subsequent events to be analysed and to take the necessary measures.
6. Check the time a player uses for different phases of the game. How confident is the player in the opening, middlegame and endgame?
7. Is the clock a friend or enemy? Determine what should be avoided to maximise the return.
8. Coaching requires patience.
9. One can learn from both lost games and won games. Analyse both.
10. A coach must allow a player to play their best. And if a player does not win a specific event, then the coach must take the lessons from that event and apply it to the next event. Sometimes you win, sometimes you lose but you always learn! (John Maxwell)

5 Impressions of Round Seven

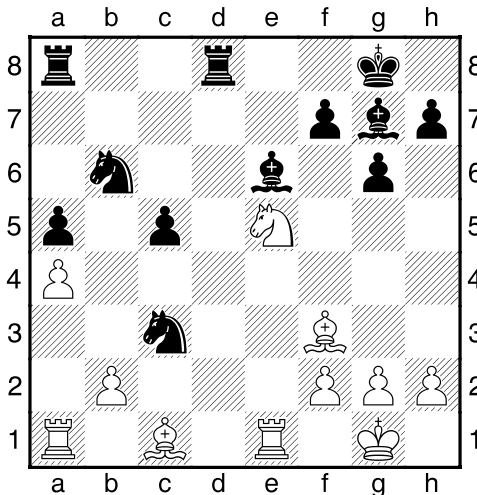
We had a mountain to climb. We were paired against USA 2. Their board one was a Russian born USA citizen. In our small talk before the game he mentioned that his wife had recently attended a wedding in South Africa. It was difficult to prepare for him as he practically plays everything. After about an hour I decided that we will play the normal lines whenever they appear.

**Bouah, Lyndon (2014) – Sokolin, Leonid (24545) [A57]
vs USA 2 (7), 09.07.2024**

1.d4 Nf6 2.c4 c5 3.d5 b5 4.cxb5 a6 5.b6 The Benko Gambit had made its appearance. I was happy as I as quite comfortable with the opening. Charles taught me well!

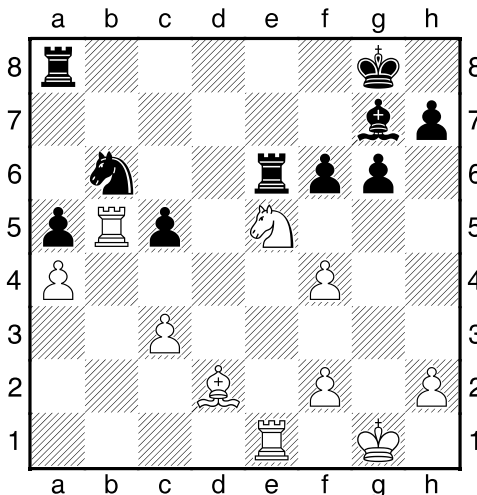


g6 6.Nc3 Bg7 7.a4 a5 8.e4 d6 9.Nf3 0-0 10.Be2 Nbd7 11.0-0 Nxb6 12.Re1 e6 13.dxe6 Bxe6 14.e5 dxe5 15.Qxd8 Rfxd8 16.Nxe5 Nfd5 17.Bf3 Nxc3 Black unbalances the position. If I should capture on a8 then Bxe5 will be the response and I will be in trouble. It is important to analyse all possible variations. You should be familiar with the tree of analysis of GM Kotov in Play like a Grandmaster, Think Like a Grandmaster and Play like a Grandmaster. I recommend these three books if you wish to improve.

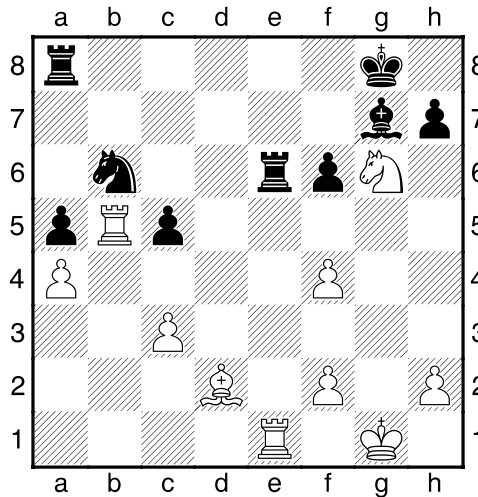


18.bxc3 Bd5 19.Bf4 Bxf3 20.gxf3 Nd5 21.Bd2 Re8 22.f4 Re6 23.Rab1 Nb6 24.Rb5 f6?

My opponent now wishes to undermine to knight. I felt something was wrong with the move. Can you guess what I played?



25.Nxg6! those ten to twenty puzzles a day now comes to the fore. The Re6 was defending Nb6 and once that was exchanged then the Nb6 and the pawns would be vulnerable. When I put my phone on my wife informed me that the silicon monster said I should have played Nxf7 on the previous move already! However, I had felt that Rb5 was active!



Rxe1+ 26.Bxe1 Re8 27.Kf1 hxg6 ½–½ My opponent offered a draw and I now accepted. It is not necessary to chance the game as after Rxb6 my opponent would play Re4. So, I decided that I did not want to risk it!

On Board four Andre Schutte lost early.I

Shabier was playing IM William Paschall. When we got to the board he informed us that he had played FM Deon Solomons, IM Watu Kobese and GM Kenny Solomon at the various editions of the First Saturday in Hungary. I told him I remembered him from 2009 when I also played there and was present when he played GM Kenny. IM William beat Shabs in a well played game.

Allister Metcalfe played against IM Mark Ginsburg. He became an IM in 1992 and was a PHD graduate in Information Systems. They played an interesting English. I thought that Allister may have drawing chances, but Ginsburg showed his class and secured the point.

We lost 3.5 to 0.5

| Bo. | 28 |  | South Africa | Rtg | - | 5 |  | USA Too | Rtg | ½ :3½ | PGN |
|-----|----|---|----------------------------|------|---|----|---|-------------------|------|-------|-----|
| 7.1 | CM | <input type="checkbox"/> | Bouah, Lyndon | 1996 | - | IM | <input checked="" type="checkbox"/> | Sokolin, Leonid | 2454 | ½ - ½ | PGN |
| 7.2 | FM | <input checked="" type="checkbox"/> | Bhawoodien, Shabir Hussain | 1990 | - | IM | <input type="checkbox"/> | Paschall, William | 2312 | 0 - 1 | PGN |
| 7.3 | | <input type="checkbox"/> | Metcalfe, Allister | 1889 | - | IM | <input checked="" type="checkbox"/> | Ginsburg, Mark | 2272 | 0 - 1 | PGN |
| 7.4 | | <input checked="" type="checkbox"/> | Schutte, Andre | 1832 | - | | <input type="checkbox"/> | Koganov, Mikhail | 2177 | 0 - 1 | PGN |

Regards Lyndon