

## The **SHIELD** model Regeer ®

**S** Sophisticated

**H** Healthy

**I** Intelligent

5 **E** Ending

**L** Limit

**D** Disease-escalation(s)



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I explicitly advise the reader to take note of:

10 de **SHIELD** METHODE REGEER ® *update 00.2 volgt snel in juli 2020*

SHIELD : **S**ophisticated **H**ealthy **I**ntelligent **E**nding and **L**imitation of **D**isease -escalation(s).

- 15
- 1) How better and broader advice can be met on all human dimensions now and in the future and
  - 2) How the maximum possible safety can be guaranteed medically, ethically and socio-economically for the population in the event of a virus outbreak.

# July 7 LET'S BREATHE AGAIN by Leo Regeer Black 2020

## Life Matters ,about RACISM & Discrimination during SARS-Cov-2(CoVid-19)

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Summary (see my justification in 1st document OUTLOOK April 2020)

20 In this document I describe from my point of view about the backgrounds of racism  
and discrimination, especially in this period when people are afraid of unknown  
consequences of a virus. Racism and discrimination are two completely different  
concepts that are described in my Radar Method Regeer®. I also explain the  
various concepts of fear and anxiety that underlie worldwide demonstrations of  
25 Black life matters right now during this period. Here, too, I believe that  
governments and political leaders do not respond correctly, where there is a feeling  
of unsafety among all citizens involved, political leaders should take their  
responsibility to ensure safety for all those citizens. The examples Black life matters  
(USA), the "Mohren strasse" (D) and the Zwarte Piet (Black) discussion (NL) are  
described comparatively, so hopefully the reader can understand the connection  
30 between these different situations in countries.

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### **Human Behaviour: American Wild West Cowboy Mindset?**

45 A long time ago, in the late 1970s, I became department head in a small nursing home in The Hague, where about 40 nurses / health care workers worked. About 10 employees were of Dutch origin and the majority about 30 employees of Surinamese and Antillean origin. So the colored employees were in the majority. And what happened? During the coffee and lunch times there was total 'discrimination': the Antillean and Surinamese employees were together in the same group, not speaking in Dutch but speaking in their own language, laughing and gossiping /  
50 joking about the Dutch colleagues, who felt severely discriminated against by their colored colleagues. Many work and private conflicts followed and the working atmosphere was not very pleasant. Ali, a wonderfully sweet and sympathetic Turkish man, always spoke (broken) Dutch, the friend of both groups. The solution: I arranged for "evenly mixed" break times, I discussed a strategy with Ali and Ali had breaks in both groups. I took a break myself and sat  
55 demonstratively with my Sur / Ant colleagues. And a lot of communication about respect to each other, exchanging work experiences with our old fellow human beings and within three months there was mutual understanding and respect, all employees felt safer and the working climate improved considerably.

60 What can you learn from this? Groups, individuals, who are either different and / or who are either in the minority, are likely to be discriminated against by the majority. Discrimination is of all times and of all people, whether it is about what skin colour, sexual orientation, male or female, rich or poor, intelligent or less intelligent, different views or walking with the masses, difference between cultures and countries, differences in religion, whether or not they have disabilities, and so on ..... The first reaction of (not) every person and many groups of people  
65 is unfortunately the discriminatory reaction instead of trying to accept each other by simply to talk to each other!

The old American Wild West cowboy mentality still prevails: shoot first, talk later?

### **Discriminate, distinguish and accept**

#### **DISCRIMINATE**

70 Well, what is the meaning of the word discriminate? I give some examples that you can find in dictionaries and criminal law:

- Discrimination means making an unjustified difference in the treatment of people.
- Discrimination or discriminate means any kind of distinction, exclusion, limitation or preference, the object or effect of which is the recognition, enjoyment or exercise on an equal basis of

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75 human rights and fundamental rights freedoms in the political, economic, social or cultural spheres or in other spheres of social life are nullified or affected. "

In my outlook opinion paper of April. I have described a few things based on the four dimensions of man, now these dimensions indicate exactly how one or more people (s) can be discriminated against by other people:

### 80 **The 4 human dimensions**                      **Examples are forms of discrimination**

1) The physical dimension    - Skin colour, disability, hair colour, appearance, height, gender,

2) The psychological dimension    - Intelligence, level of education, language, gender identity, financial ability, social class, place of birth, nationality

85 3) The social emotional dimension    - Sexual behaviour and orientation, name, age, social behaviour,

4) The spiritual dimension    - Religion, political preference, subculture, belief, meaning of life

90 In contemporary society, discrimination has a negative meaning (emerged after World War II), because the distinction between people is abused by excluding people and / or depriving rights on improper grounds. These negative behaviours that lead to discrimination show great similarities and are more or less equal to the definitions of mobbing and terrorization. Fear and underlying fear (Anxiety) play a major role in our society when negative discrimination occurs.

The concept of RACISM is based on the idea that one people is subordinate to another. Racism is of all times and of all people, slavery arose in ancient times from Roman times, early Islam and early Christians.

95 Both concepts, racism and discrimination, are based on incorrect prejudices.

Unfortunately, many people and some world leaders / politicians often display undermining behaviour in the context of these terms, such as:

- Aggressively blame others, act scornful and criticize instead of feedback
- Narrow minded, blocking, obstructing

100 • Wanting to be the best at the expense of the other, take over the conversation /or interrupt continuously others

- Lobbying outside to win others over to your idea

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- Playing the clown, being funny at the expense of the other

105 More constructive behaviour is desirable, such as communicating with open mind, giving feedback to each other, listening to each other, providing insight into each other's motives and seeking solutions together.

When situations of racism and / or discrimination occur, the professional attitudes of world leaders and politicians should be grounded in an open attitude to the function they should perform in their state and for which they are elected:

110 Creating the terms and conditions for their citizens to develop on an equal and mutual respect basis in freedom to build a better and happily meaningful existence, one that can contribute constructively to a healthy and prosperous state for all citizens.

See the definitions below from my Radar method Regeer:

115 **Definition Bullying - "mobbing"** - is the systematic conduct of aggression, intimidation and / or physical or sexually violent behaviour by one or more persons. This bullying usually happens against one person, who is no longer able or able to defend himself;

120 **Definition Terrorism** in society is the systematic exercise of terrifying aggression, intimidation and / or physically violent behaviour with weapons by one or more persons from group (s) in society towards usually one person or group in the same society, who does not ( more) capable or capable of defending oneself;

**Definition of severe fear** is an uneasy feeling with a *source usually unknown* to the person, coupled with an expected threat;

**Definition of anxiety** is an uneasy feeling with a *source identifiable* for the person, linked to an expected threat;

125 Today's great economic "Corona crisis", brought about all over the world by the (medical model) science and political leaders in all countries, developed from tunnel vision in their obsessive fear and panic of SARS-CoV-2, has more or less also resulting in fear, anxiety and aggression / violence. From the Lockdowns, the resulting limitations and the deprivation of normal social interaction for all people, actually causes the underlying and longer-standing problems and  
130 conflicts between people to emerge at an accelerated pace and higher intensity.

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135 Demonstrations and protests that start in the USA as “I can't breathe” and “Black Lives matter” are seen and heard all over the world THROUGH THE SOCIAL AND MAINSTREAM MEDIA, the whole world comes (partially) out of the lock down and people feel connected, because the discrimination problems, although in various forms, are recognizable in many countries. And ... all people have been brought into a state of great terror by governments by fearing the consequences of SARS-CoV-2.

That fear has been triggered by the unknown; people think they have a high chance of dying from the virus.

140 Maurice de Hond recently performed a statistic in the Netherlands, how much higher the Dutch estimate their risk of dying from a SARS-CoV-2 infection than it actually is (Not counting the chance of being infected at all).

145 Dutch people under the age of 45 are estimated to be more than 425 times as likely. For people aged between 55 and 64, this is a factor of 65. And for Dutch people between 65 and 80, it is 15.

How big do you think the damage is (in all kinds of areas) that Dutch people estimate their risks as bad AND IMMEDIATE TOO HIGH?

150 So in other words, people around the world have been frightened of something unknown, they don't know what to expect. Then when a situation occurs, in which many people recognize themselves, in which dark and white people express their disgust and in which all people can convert their fear with an unknown source into fear of a well known to those people, then ... .... These people unite with the same goal in mind: they can express their fears in solidarity and together stand up for a better and fairer policy. Because see my definitions of mobbing and terrorism: usually groups that target the incumbent order are appointed by governments as terrorists, but see the definition: terrorism can just as easily be exercised by the incumbent order (governments, police and justice) as well by individuals / groups who oppose that established order.

### **DISTINGUISH**

160 Discrimination in the positive sense actually means learning to distinguish; the human being who is unable to distinguish the four different dimensions, that human being is also unable to view the human being as a whole individual.

**But ... the whole is more than the sum of its parts.**

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165 In addition to distinguishing human dimensions, it must also be possible to make the  
connection between those dimensions; man must learn how to integrate the dimensional  
differences. It must be understood that psychological disadvantages can influence the social-  
emotional dimension, that when both dimensions become threatened, it can also have  
consequences for the physical dimension and that people can therefore become ill. And if  
people become seriously ill, or seriously threatened in their existence, the meaning of life can  
also be threatened, that the four dimensions of man should be in balance as much as possible.  
170 If that balance is disturbed, people will have problems. It is very clear today that this balance will  
be severely disrupted for many people in many countries of the world this year.

### ACCEPT

The "Corona crisis" has an effect of acceleration on many fronts; the biggest change in my  
opinion is the uncovering of the large differences between people in many countries. I once read  
175 Alvin Toffler's book "Future Shock" (50s / 60s). He described the theory of acceleration, namely  
that man's environment can be subject to rapid change, but that man himself needs generations  
to change through evolution. Due to the changed environmental factors, people cannot cope  
with that change of environment and are in a state of fear and panic and therefore in (future)  
shock. He predicted that this will result in mass psychosis of humanity in the future. Well, that  
180 acceleration process has been wry enough just now started by the global lock downs, the world  
is standing still and that situation is exposing all the contradictions between people like thunder.  
People suddenly look at the world with different eyes, see the shortcomings in human action,  
the large differences between groups of people, become aware of nature, experience peace  
versus the rushed life, appreciate others in their environment, see how dependent we are each  
185 other ..... Only now see the exclusions of entire groups of people ..... It suddenly changes the  
view of the world by people ....

The "Corona crisis" makes it painfully clear that disadvantaged groups such as African-  
Americans in the USA have a relatively large percentage of SARS-CoV-2 victims compared to  
the rest of the USA population. When the umpteenth fatal incident occurs between the  
190 established order (white police) and African American dead person (s), it becomes very painfully  
clear how the discrimination in the USA system of society is still anchored. That makes the  
anger clear.

Furthermore, the "Corona crisis" causes many more painful things: the chronically ill in the world  
due to the SARS-CoV-2 situation with delayed treatment or no treatment in hospitals, who later  
195 experience the adverse consequences and / or victim turn into. That the millions of poor in this  
world lose their jobs and go hungry, that companies will not make it and that many millions of  
middle-class people will become poor. That the lockdowns worldwide will lead to much more

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200 domestic (sexual) violence, more suicides and more women and children who will regret victims.  
That the lock down puts older seniors at greater risk because of the imposed loneliness, that  
many people are at higher risk of all kinds of (threatening) diseases because of their reduced  
physical immunity. That due to the senseless schools closing down, too many children in the  
world are left with a great social-emotional disadvantage and a great learning disadvantage.....

205 The process of acceptance, which I described from the Radar method Regeer in my first  
document personal OUTLOOK (April 2020), starts with collecting all the data and then making  
an analysis. Well, that phase is far from being made; the only result is the many demonstrations  
conducted on the basis of anger, not accepting the situations. And hasty short-term ad hoc  
measures, which are not really going to work in the long run. In my opinion, people should  
bundle and analyze all the data collected, then a process of communicating, discussing and  
210 analyzing the best way to approach can be. If such a process does not take place and there is  
no concrete long-term plan of action to change the situation, try to change the systems, then  
nothing will change without the acceptance of the problems by all concerned. Then there will be  
demonstrations for days to come on new incidents.

*You must use a deep crisis to learn for the future.*

215 People's behaviour in the present is determined by looking back at what the past has learned  
and what expectations stand for the future

**Experiences from the Past + Expectations for the Future = determines the Present**

Learning education and history is perhaps the best course of action in racism &  
discrimination

220 I read the news from Berlin in Germany: Right now people are going to remove the name of a  
station in the capital and replace it with a neutral name. The Berlin metro station is called  
Mohrenstrasse( Street of the MOORS). Politicians and activists have long considered the name  
"racist" ... and now in the Corona crisis / I can't breathe the name is being removed.

225 Well, anyone who knows his history has learned that the Moors - "Moros" as they called  
themselves - was the name of an Arab people. Initially to support the ruling Visigoths in 7<sup>th</sup>  
century, they became the conquerors in Spain of Cordoba. This people, coming from North  
Africa to Egypt, were more civilized than the Visigoths, Jews and Christians who lived there at  
the time, they also brought Islam to Europe and conquered and ruled Spain, Portugal and major  
cities in parts of southern Europe from the 7th century to the 14th century. A period of  
unprecedented prosperity and flourishing of the arts and sciences. The Moors also enriched the

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230 Spanish language (then called dirty Latin) with thousands of new words, imported sugar and  
spices that were added to food habits (then unknown products), the old Roman irrigation works  
and streets / roads were maintained and expanded enormously. The gigantic Moorish buildings  
and architecture can still be admired here and there, in the largest Mosque the Catholics later  
235 built a Cathedral in the interior! The Moors were accepting and tolerant. The condition of the  
lower classes and of the Jews improved. The unbelievers were not obliged to enter Islam and  
had freedom of religion. Christians and Jews were allowed to keep their own religion. However,  
they were not allowed to ring their church bells and they had to pay a special tax. In the end,  
many Christians and Jews converted to Islam. In the 10th century, Al-Andalus, name of the  
240 Moorish Empire, overshadowed all other cultural Centers in Europe and far beyond. In the 14th  
century, the Moors were chased away by the Christians / Catholics, after a series of very long  
bloody wars.

In much later times, the word "Moor" takes on a different meaning, now that the Arabs are  
appointed, who mixed on the African continent with Africans and Berbers as an ethnic group. So  
these Moros get a darker look.

245 Incidentally, this people, named as the "Moros" can still be found in parts in and around Africa,  
but for example there are also Philippine "Moros" who live in the Muslim part of the  
southernmost island of Mindanao in the Philippines.

250 So now, after the glorious days of the Moors up to and including the 14th century, the Moors are  
suddenly an ethnic dark (er) colored group of people and the word Moor can be seen as a racist  
(lesser valued people) or discriminatory (based on coloured people) expression!

Back to the beginning, the street in Berlin called "Mohren strasse" which literally means the  
street of the Moors. .

255 1. You can also consider the name Mohrenstrasse in Berlin against this historical background  
as a tribute out of respect. The Moors were an accepting and tolerant people, laying the  
foundations for prosperity in southern Europe.

2. Mohrenstrasse can also be associated with racism, but that does not do justice to history, it is  
called history falsification. Moors were not black, so no discrimination possible (also  
falsification).

Political alternatives:

260 1. Delete and change the street name, I think that's incorrect

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2. Briefly explain the history of the street name, add a placard with text, for example:

Mohren strasse

The tolerant Moors used to bring prosperity and civilization to Europe

265 And then the local politician with party members/supporters can discuss this proposal, then clarify it to the relevant action group, give publicity to it, for the long run teach the right history context in history curriculum in schools.

### **Zwarte Piet discussion in the Netherlands, UN human rights demands termination**

270 In the Netherlands there is a lot of discussion about Sinterklaas and Zwarte (black) Piet. Sinterklaas is the saintly man / child friend, with his servant Zwarte Piet. Saint Nicholas here was a figure, who lived in Spain around the 4th century, he did miracles for children and protected children. The Moors came to Spain in the 7th century. More or less this tradition also has its roots in Spain, the children's festival has been celebrated since the Middle Ages, especially by Catholics and from time to time fought by Christians, who detest patron saints. Around 1880 a Dutch teacher wrote a children's book, in which Piet was added as a servant to 275 St Nicolaas, Piet climbed through the chimney to put gifts in the shoes for the stove of the sweet children. Scrambling through the chimney, Piet thus became Zwarte (black) Piet while Sinterklaas rides on an Arabian white stallion horse over the roofs. During the liberation of the Netherlands in 1945, the Canadian liberators organized a Sinterklaas parade with an army of black Pieten. Sinterklaas and many Zwarte Pieten have arrived in the Netherlands on the 280 steamer from Spain for a number of decades. Until the fifties/sixties in the 20th century, the Sinterklaas celebration was considered an innocent children's party, many Dutch people still consider this children's party as a valuable tradition that we must keep. During the millennium The Netherlands became more multi-cultural, immigrants from all over the world live now in the country.

285  Well, our houses no longer have pot heaters, so central heating is everywhere, ready to put a shoe in front of the chimney? That is no longer possible, so Zwarte (black) Piet no longer goes black through the chimney, also no soot sweeps ..

You can also explain the association with the Moorish time in Spain and thus the dark-colour assistant of St. Nicholas with the Zwarte Piet ... well, the Moors were Muslim Arabs in that 290 Spanish time, and they were also very prominent, so those shape can also be chosen..

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□ So the Moorish Arab Pieten, add Islam Pieten, Jewish Pieten, Christian Pieten and make Sinterklaas (the Catholic) an exchange role and then it is a great history lesson for the solidarity of religions at schools for the children.

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Well, what shall I say ... the world and the Netherlands has changed, in the 1960s many new nationalities came to live in the Netherlands and at the moment the Netherlands counts literally all nationalities of the world, multi-cultural Netherlands among its inhabitants. Critics' from around the world, that the country maintains a racist, discriminatory, self-slavery past \* tradition, a tradition that must cease.

\* Already in the Greek and Roman times, the centuries before Christ and in all centuries afterwards, whole nations were enslaved and forced into slavery. For a long time, this principle was regarded as the "spoils of war" to which the victors were naturally entitled. For the defeated people were subordinated. Even in the laws of early primitive peoples, these principles applied, which could even lead to cannibalism, which is racism throughout the ages. The practice carried out by all religions without exception and by (almost) all peoples, so here too, slavery is of all times and of all peoples. Until 150 years ago. But even in the 20th century, during the Second World War, in Nazi Germany, the conquered and thus subordinate peoples were still enslaved as forced labourers and millions of people murdered in concentration camps.

Throughout the year the Netherlands is divided by demonstrations pro - and contra Zwarte Piet, the theme also played a part in the "Black life matters" demonstrations in the country.

There is an important role here for politics, which actually says to the citizens, Sinterklaas is a tradition of the citizens, we are not about that, you are to decide that yourself..

NO, I DON'T AGREE ... here are feelings of threat from perceived racism / discrimination from the opponents and feelings of threat from 'taking tradition away' from the advocates, and both groups are (to put it that way) both white and coloured people.

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Whether you are for or against tradition, the real problem here is, that the central theme of PSYCHOLIGIC UNSAFELY plays a major role in both pro and contra groups, weather with different motivations.

330 *In all demonstrations about Black Lives matter. Lesson to learn –*

**Discrimination and racism always bring psychological insecurity and unsafely feeling to everyone (pro & contra) involved.**

I believe that politicians should take the lead in the possibilities for interventions:

- 335
1. Citizen safety & security in a country is always a political responsibility, political leaders must take a clear role to ensure adequate and congruent greater security for citizens;
  2. To this end, politics must be able to offer the confidence to deal with diversity;
  3. Politics provide insight into the pro and contra motives and want to jointly find solutions;
  4. Politics providing clear frameworks and decision-making to change unwanted behaviour into desired behaviour and evaluation of results in society;

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