

Five (5) Life Sentences Page 2

Surge in Waterborne Diseases Page 4

Dire Situation for Flood Victims Page 6

A Green Light Page 8



A 36 year old man remanded in custody for the murder of a 86 year old woman

## MURDER SUSPECT DENIED BAIL AND REMANDED IN CUSTODY

BY NOTHANDO MAKHUBELA

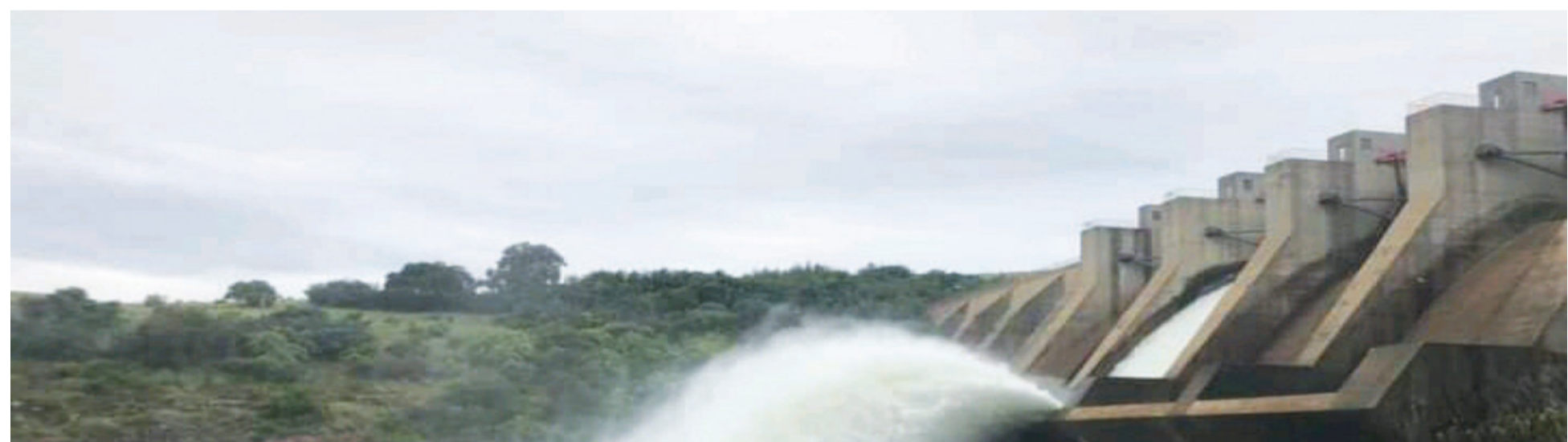
**EMALAHLENI:** Tersuis Du Plessis ,age 36 facing the charges of allegedly murdering a 86 year old woman, he appeared before the Witbank Magistrate court to apply for a formal bail application. Du Plessis allegedly killed 86 year old women from Eden Park old age home in Witbank last week Sunday. After three days of

search, Du Plessis confessed and handed himself to the police. Talking with Timeless News, Witbank police station spokesperson Captain Eddie Hall said "The man was arrested after he handed himself over to the authorities at Mondeor police station Gauteng on Wednesday, 3 February 2021. This was after a manhunt was launched by the police following an incident in which

the elderly women was murdered. "said Capt. Hall.Capt. Hall he further explained said " investigations revealed that the deceased vehicle (White Honda Jazz) and her belongings were stolen during the incident, and the her car that was found abandoned in Krugersdorp that led to positive routes and trails of finding the suspect, as police officials strongly believed that

the suspect could be around Gauteng. Gauteng police from Mondeor station informed the Mpumalanga police that the suspect they are looking for has handed himself over." Explained Capt. Hall. Du Plessis been denied bail. Du Plessis remanded in custody facing the charges of murder and his case has been postponed to 8 April 2021 for further more investigations.

## WITBANK DAM REPORTED AT 97 % CAPACITY



Residents in Siyanqoba they're not pleased with the fact that the Municipality has reported Witbank Dam to be at 97 % capacity

BY NOTHANDO MAKHUBELA

**EMALAHLENI:** Water is still a challenge in Emalahleni. Yet the Emalahleni Local Municipality has reported that Witbank Dam is at 97% capacity rate, which means Emalahleni dam is full due to the recent rainfalls and residents will be having water. Residents in Siyanqoba, have been complaining that the Municipality is not supplying them

with purified water running from the taps. Siyanqoba residents demand the Municipality to stop supplying them with dirty water coming from the tankers. During the Interview with Timeless News, a resident in Siyanqoba been staying for three years ,Thembi Zwane said "our Municipality is failing us. They love to update us about Witbank Dam but we go days nor weeks without water" she said. Sibusiso Ntuli

said " if Witbank Dam has reached 97 % full capacity ,why do we still get water from water tankers? Zweli Shungube said " the Municipality should give us clean and healthy water." Said Shungube.

Spokesperson for the Department of Water and Sanitation, Sputnik Ratau said " We are aware with the crisis faced by residents of Emalahleni. The Department of Water and Sanitation is

responsible for ensuring bulk supply. The responsibility for reticulation lies with local government which is eMalahlani Local Municipality in this regard. Therefore it is important for local government to provide reticulation that will source water from the bulk, that is the dam. This is the ultimate solution to the challenge at hand" said Ratau



## DRUG SYNDICATE SENTENCED IN BALFOUR



Henry Nwagu, a Nigerian national, was sentenced to an effective 27 years behind bars for being in the country illegally, manufacturing and dealing with drugs

BY ERIC MATOME KGOMO

**SECUNDA:** Two drug syndicate Henry Nwagu (38) and Nolubuyo Sali (32), were handed hefty sentences by the Balfour Regional Court on Friday 5 February 2021. The suspects were arrested in connection with drug manufacturing and dealing on 9 February 2015, during the search and seizure operation of the Hawks Serious Organized Crime Investigation Secunda assisted by members of Secunda Crime Intelligence, Secunda SAPS and Secunda Bike Squad at Toon Van Der Heever street in Secunda. "On the arrival at the house, the team found a fully equipped

operational drug lab. There were chemicals, ephedrine, weighing scales, fans, big fridges, cash and drugs valued to an estimated R380 000. The total value of the equipment and chemicals was estimated at R1.5 Million. Three accused were arrested during the operation," said Captain Dineo Lucy Sekgotodi, Mpumalanga Provincial Hawks Spokesperson. Sekgotodi added that the three accused remained in custody from 2015 until in 2017 when the court finalized the case and accused number two Arinze Collin Ngene, was not found guilty and he was released. "In 2019 Sali was released on bail



Nolubuyo Sali was given 25 years direct sentence for manufacturing and dealing with drugs

pending sentencing while Nwagu remains in custody and their case was remanded to 5 February 2021 for sentencing," she said. Sekgotodi said accused number one, Henry Nwagu, who is a Nigerian national, was sentenced to 27 years direct imprisonment. "He was sentenced for ten years imprisonment for manufacturing of drugs, 15 years for possession of drugs and two years for being an illegal immigrant. The accused was found to be having four passports. Two Lesotho passports and two Nigerian passports," detailed Sekgotodi. She said accused number three,

Nolubuyo Sali, a South African citizen, was sentenced to 25 years direct imprisonment. "She was sentenced to ten years direct imprisonment for manufacturing of drugs and 15 years for dealing and possession of drugs. Both accused were declared unfit to possess firearms. The court forfeited the cash and the equipment to the state," she said. The Provincial Head of the Directorate for Priority Crime Investigation, Major General Zodwa Mokoena, applauded the team and Judiciary for the successful conviction and hope it will serve as an a warning to those who are still involved in such type of crimes.

## FIVE LIFE SENTENCES METED AGAINST FARM RESIDENTS MURDERER

BY ERIC MATOME KGOMO

**OGIES:** The Mpumalanga Division of the High Court, based in Middelburg, has on Tuesday 9 February sentenced Teboho Thokoane (38), to five life terms for the horrific crimes he committed in Ogies outside eMalahleni. During the sentencing, the court heard how Thokoane, notoriously known as "Maphoshane", was on 12 October 2017, involved in a horrifying shooting spree which occurred in Ogies outside eMalahleni, where five people sadly lost their precious lives. The court heard that on that fateful day, four armed men hired a vehicle, drove from Evander and proceeded to Steyn Farm in Ogies whereupon arrival, they opened fire, instantly killing four farm residents before fleeing the scene. Other two victims who happened to be at the massacre, were rushed to hospital with gunshot wounds also where one, unfortunately succumbed to his injuries meanwhile the other victim fortunately survived. "The matter was then brought to the attention of the police and a case with five counts of murder was opened as well as an additional charge of attempted murder," said Brigadier Leonard Hlathi, Mpumalanga Provincial Police Spokesperson. This heartless incident prompted the Provincial Commissioner of Police in Mpumalanga, Lieutenant General Mondli Zuma, to issue an instruction that a tracing team be assembled to investigate this horrendous act. "The relentless, sharp as tack members of the team worked tirelessly and followed all possible leads which led

to the arrest of Thokoane, where he had sequestered himself at Evander near Secunda. Unbeknown to him that the dignified men and woman in blue will blow the covers of his villainous activities and bring them to the plain," explained Hlathi. Hlathi added that whilst looking for the remaining suspects, the investigation team was notified of a fight that took place in Evander where unfortunately the other three remaining suspects involved in the matter were fatally wounded. "The remaining suspect, Thokoane, who is a Lesotho National, was trialed and on 15 December 2020, he was found guilty on all the murders as well as attempted murder, one count of illegal possession of a firearm and ammunition respectively," explained Hlathi. He said the accused was given five life sentences for the five murders he committed and ten years imprisonment for attempted murder. "He was further sentenced to seven years to languish in prison for the illegal possession of firearm and two years for the ammunition. The attempted murder and illegal possession of a firearm as well as ammunition charges, will run concurrently with the five life sentences. The accused was also found to be permanently unfit to possess a firearm," he said. Hlathi said the police management believes that the sentence will send a strong warning to criminals that their unlawful actions will eventually land them behind bars for a very long time just like Thokoane.



The Mpumalanga Division of the High Court sentenced Teboho Thokoane to five life terms for the murder of five farm residents in Ogies outside eMalahleni



# AWAITING TRIAL ESCAPEES REARRESTED

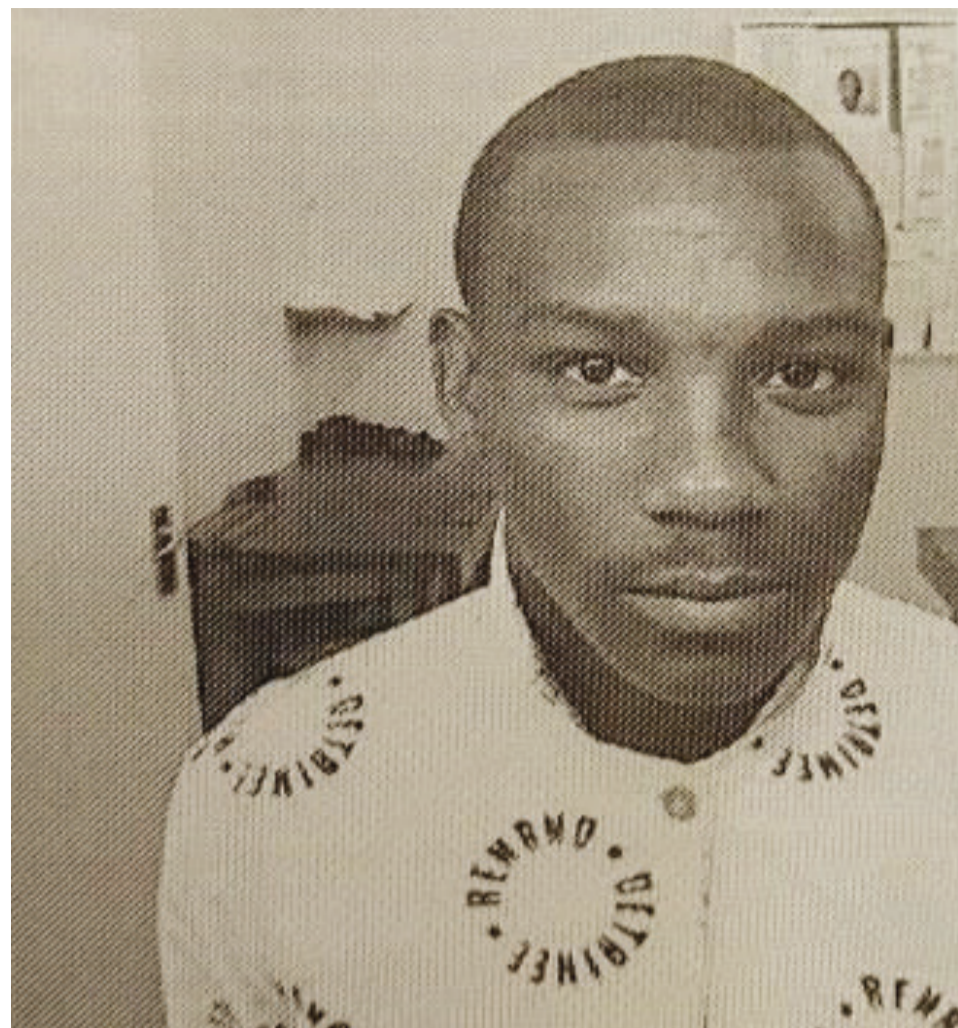


Sabelo Nkosi, was recaptured after escaping from a police van in Ermelosome parts of Mpumalanga Province

**BY ERIC MATOME KGOMO**

**ERMELO:** The police in Mpumalanga appreciated the public for their involvement in making sure that the second suspect, who escaped from lawful custody in a police van near Ermelo Correctional Centre on 26 January 2021, is rearrested. According to the police, the second suspect, Sabelo Nkosi (24), was arrested on Friday 5 February 2021, from his hiding place at a certain house in Khayelisha Township near Ermelo. "He was then apprehended and he subsequently appeared before the Ermelo

Magistrate's Court on Monday 8 January 2021, facing a charge of escaping from lawful custody adding to his initial charges," said Brigadier Leonard Hlathi, Mpumalanga Provincial Police Spokesperson. Hlathi said another escapee, Njabulo Nsibande, appeared before the same court on Thursday 4 February 2021, following his re-arrest on 27 January 2021. "The case of having escaped from lawful custody against Nkosi and Nsibande was postponed to 22 February 2021, for further investigation," said Hlathi. He furthered said that the duo also appeared before



Njabulo Nsibande, was rearrested after escaping from lawful custody of the police Mpumalanga Province

the Mpumalanga Division of the High Court sitting at Breyten on Monday 8 February 2021 on their initial charges of murder, attempted murder, two counts of rape, two counts of robbery with aggravating circumstances and their matter was postponed to Monday 15 February 2021, for trial whilst both remain in custody. "The arrests emanate from a clarion call made by the police on 26 January 2021, through various platforms and the media came on board where they published pictures and information of the villains accordingly hence the desired outcome,

therefore, the police would like to express gratitude to the media houses accordingly and respectively," he said. Hlathi said the management of the police in the province is grateful to the community members who displayed continuous support in the fight against crime, and for the excellent collaboration depicted between the community and the police through the SAPS's Crime Intelligence members, who relentlessly collected and coordinated information that led to the rearrests of the two suspects.

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# HEALTH DEPARTMENT WARNS OF SURGE IN WATERBORNE DISEASES



Mpumalanga MEC for Health, Sasekani Manzini, warns the public about possible widespread of waterborne and vector diseases

BY ERIC MATOME KGOMO

**NKANGALA:** Following heavy rainfall emanating from Tropical Cyclone Eloise, the Mpumalanga Department of Health is sending a stern warning against widespread of waterborne and vector diseases. The department has noted that, considering the current situation, there is high anticipation of outbreaks related to waterborne diseases like watery acute diarrhea such as cholera, typhoid fever, dysentery and vector borne diseases including malaria and Rift Valley Fever. Dumisani Malamule, Mpumalanga Health Department Spokesperson, cited that they have activated outbreak response teams at all levels that will provide public

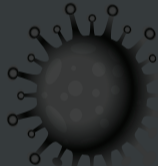
health response. "Among others, the team will be conducting environmental surveillance to identify communities at risk on matters relating to unsafe water supply, inadequate sanitation and malaria breeding sites. They will also ensure that there adequate resources for management of acute watery diarrhea and malaria," Malamule said. He added that they will also ensure that all patients presenting with flu-like symptoms are tested for both malaria and Covid-19, as malaria symptoms are mimic to those of Covid-19. Health Department MEC, Sasekani Manzini, cautioned residents to consume healthy foods and clean water. The MEC advised the public to avoid foods and water

where there is high probability of infections. "Practice personal hygiene by washing your hands before eating any food, eat fresh foods and always ensure that they are covered and consume cleaned and boiled water," said Manzini. Manzini indicated that as the malaria season is still on, it is expected that the incidence of the disease will be on sharp increase in the next coming days. "The community is requested to be aware of flu-like symptoms including fever, headache, chills, sweats and muscle pains. We therefore encourage people to visit their nearest health facilities if these symptoms are available it is our duty to ensure that people are safe and to prevent the loss of life by all

means," said Manzini. The MEC revealed that the province has experienced a decline in malaria infections in the 2020/2021 financial year. "To date, a total number of one thousand and ninety eight cases were reported compared to 2019/2020 where three thousand and ninety three cases were reported which translate into 35% decline," detailed the MEC. Manzini said eleven malaria related deaths were reported in three districts in the current financial year compared to 13 cases reported in the 2019/2020 financial year. "The current total malaria cases for this financial year is two hundred and twenty eight compared to two hundred and eighty five reported by this time last year," she said.



## COVID-19 SYMPTOMS: WHAT TO DO



### What to do when you have these symptoms?

If you have a fever, cough, sore throat or have difficulty breathing, seek medical attention and follow the instructions of your local health authority.

#### WHY?

- Your local health authorities will have the most up-to-date information on the situation in your area.
- Calling in advance will allow your health care provider to quickly direct you to the right health facility.
- This will also protect you and help prevent the spread of viruses and other infections.

**Take Care – We Need You!**

## DCSSL DONATE TO HEIGHTEN CPF DUTIES

BY ERIC MATOME KGOMO

**MIDDLEBURG:** The Department of Community Safety, Security and Liaison (DCSSL) has started with the three phases of handing-over reflector jackets and flashlights to members of Community Police Forums (CPF), at all police stations across the province. The first phase of the hand-over has kick started at Ehlanzeni District Municipality in Mbombela on Friday 5 February. The second phase has taken place at the Nkangala District Municipality on Friday 12 February, at Middleburg Rugby Stadium with the third and final phase of the initiative organized at Gert Sibande District Municipality on Friday 26 February. DCSSL Spokesperson, Moeti Mmusi, told Timeless News that about 500 material will be donated in all Mpumalanga police stations. "The donation of material depends on the number of CPF members the police station have. Our aim is to donate to every CPF member available to keep the communities safe," he said. Mmusi added that the donation is also meant to rid criminal activities through the department's support to the crime prevention structures. "We support all crime prevention structures and know that most of our CPF members are nearly unemployed and performing their duties on voluntary basis. We donate as we don't want them to struggle and to be visible at night when preventing crime on the streets," he said. The MEC for DCSSL, Gabisile Shabalala, highlighted the importance of the donation and said it will play a big role in the fight against criminal activities. "It is important that we all work towards a better world, a better continent and a better South Africa. This can be achieved through, among other

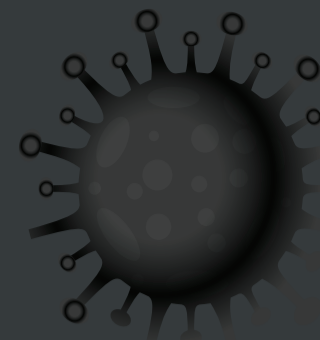


DCSSL MEC in Mpumalanga, Gabisile Shabalala, during the hand-over of the reflector jackets and flashlights to CPF members in the province

things, ending crime in communities," said Shabalala. She emphasized that all efforts to eradicate crime must be supported by all, which is why she welcomed the initiative of assisting the CPFs. She stated that perceptions on crime by the outside may affect prospects of investments from the prospective investors. "That is why more efforts should be made to enhance the security of the country's borders," said Shabalala. The MEC thanked TRAC Company for their continued efforts to nation building as they donated about 500 torches to the department for this project. She went on to applaud the Mpumalanga Provincial CPF Board under the leadership of Mr. Kevin Pillay for all the efforts in mobilizing communities against crime.



## COVID-19: AVOID LARGE GROUP GATHERINGS



- **Indoor and outdoor gatherings are not permitted. This includes social gatherings, religious gatherings, political events, traditional council meetings and gatherings at sports grounds.**
- **The risks associated with gatherings are intensified due to enclosed spaces where there is no ventilation, large groups of people standing close to others, staying for a long time in one place, and loud talking and singing.**
- **At work, no gatherings of people or mass meetings are permitted. Teams are encouraged to have online meetings, and where not possible only small groups within venue capabilities, legal requirements and with necessary controls in place.**

**Take Care – We Need You!**



# DA CALLS INVESTIGATION ON NDM EXECUTIVE MAYOR

BY ERIC MATOME KGOMO

**NKANGALA:** The Democratic Alliance (DA) in Mpumalanga calling for probe by the Hawks against Nkangala District Municipality (NDM) Executive Mayor, Sarah Thembi Masilela, for alleged financial misconduct in relating to the irregular funding of trips she undertook, amounting to almost R450 000.

"The alleged investigation into financial misconduct relates to the mayors overstepping her administrative role when she misused her power as a mayor by securing R201 520 from municipal funds to fund a trip to the SAMSRA games. In addition to this amount, an amount of R248 000 was obtained from the municipality sponsors for the social event," said Joseph Sibanyoni, DA Councillor in NDM. According to Sibanyoni, Masilela allegedly violated section 10 (5) of the Municipal Cost Containment Regulations which stipulates that, "an accounting officer must ensure that social events, team building exercises, year-end functions, sporting events and budget vote dinners are not financed from the municipal budget or the municipal

entities budget or any suppliers and sponsors". "The Mayor has also allegedly violated section 52 (b) of the Municipal Finance Management Act No 56 of 2003 when she drafted letters to request sponsorships and holding of meetings with the Supply Chain Management department to secure sponsors for the SAMSRA games which were held in Durban in 2019, which she allegedly used for personal gain," Sibanyoni said.

Sibanyoni indicated as stipulated on Section (14) of the Municipal Cost Containment Regulations "failure to implement or comply with these regulations may result in any official of the municipality or municipal entity, political office bearer, or board of director who authorized or incurred any expenditure contrary to these regulations being held liable for misconduct or a financial offence as in the case of a political office bearer.

"Financial misconduct is a serious offence. This could mean the executive mayor has failed to comply with municipal regulations and will have to face the consequences.



The DA in NDM is calling for the Hawks to investigate Executive Mayor Sarah Thembi Masilela for using municipal funds to finance her trips amounting to almost R450 000

The DA will monitor the Hawks investigations into the matter and make sure Executive Mayor Masilela is brought to book if the investigation reveals that she is found guilty of any financial misconduct. No one is above

the law," Sibanyoni said.

NDM Spokesperson, Mhletjwa Masombuka promised the paper to comment through email which was not received at the time of going to print.

## SIYANQOBA COMMUNITY MEMBERS FIGHT OVER ELECTRICITY INSTALLATION

BY NOTHANDO MAKHUBELA

**EMALAHLENI:** Early morning on Tuesday 9 February 2021, a group of community members in Siyanqoba, Emalahleni overcrowded outside their yards RDP houses fighting over the installations of electricity. The divided community members, reported to have said that they all demand Emalahleni Local Municipality to supply all RDP houses with electricity at the same time than leaving the others out. According to reports, on Tuesday other angry community members, stopped the contractor who was already digging and putting electricity poles in Siyanqoba.

Explaining the whole situation faced in Siyanqoba, Emalahleni Local Municipality MMC for Technical Services, Mduduzi Nkosi said "All houses from where am seated must be electrified as per freedom charter and bill of rights. But due to Budget constraints we get very minimum allocation or grants from nationally

that's why we electrify in phases. Currently we will be doing 410 as the first phase this project that doesn't mean we are excluding others, the current phase will be completed in June and the good is that thing local residents have been employed and supplied with PPEs and induction has been done." Said Nkosi "As I speak the Contractor Omphile is on site already planted more than 40 poles in 2 days. The Councillor Mr Shongwe Eliot CLO and PSC are working hard to deliver this project so we can get more allocation if possible" He added.

A community member in Siyanqoba, Enock Fakude said " the reason why today Siyanqoba is divided is because, there is one group which has been first in awaiting list of houses electricity Installations but today everybody demands electricity in their houses without following the list which was registered for the people who came first to stay in Siyanqoba section." Said Fakude

## A DIRE SITUATION FOR FAMILIES AFFECTED BY FLOODS



The 4 year old deceased Zanakuhle Olwethu Twala who drowned in a man-hole. Photo credit: Buyisile Twala

BY MOLOGADI KEKANA

**ELUKWATINI:** The families who lost their minor children during the floods in Elukwatini in a flooded dug manholes may not receive compensation from the emergency fund as government as their situations are regarded an exception.

Two families in Elukwatini in Gert Sibande lost little ones in dug manholes flooded with the heavy rain water. The pits were meant to build toilets and in one of them had been dug since 2019 according to the neighbour. The Buyisile Twala, mother of the 4-year-old boy Zanakuhle Olwethu Twala who drowned in a flooded pit dug to construct a toilet gave an acpunn of tje devastating moment when she found out her child fell in a 7 meter flooded dug hole: "I was at a stokvel meeting when I received an urgent call to rush home, when I arrived I found the neighbour attempting to remove my son who had fallen into a flooded pit at the house in the next street", said Buyisile Twala. "When the police arrived they only helped me to call the ambulance again but they didn't help me to take the child to the hospital", she said. According to the neighbour Levi Shongwe, he was called

to the scene by another neighbour to come and assist with taling out the child who had fallen into the flooded pit. "What I heard is that the child was attempting to fetch his motorbike from the pit which was covered in water, the child obviously could not see that the bike was floating on top of a hole", said Shongwe. "Since the whole was very long I had to use a step ladder to get inside the whole, eventually we used buckets to strain water from the hole", he said. "By the time we took out the child, blood came out of his nostrils and water out of his mouth", he added. According to the mother of the deceased Zanakuhle, before she arrived in hospital the ambulance had just went out of the gate and it was too late then. "I carried my child and walked to the hospital and when I was about to arrive the ambulance. The Elukwatini South African Police Service Communications Officer Sergeant Mbokane said the police who arrived at the scene reported that the child was already dead so they couldn't take the child to hospital. The statement however differs from that of the mother who said the child was still breathing when she carried him to the hospital. According to the spokesperson of department of co-operative governance and traditional affairs (CoGTA) George Mthethwa that the emergency support from disaster management is only provided based on the extent of the need. "In Elukwatini... it is an unfortunate situation that a pit hole was left open. The Municipality will have to close it, if it is as dangerous as it caused a loss of life. However, it is the responsibility of the family concerned to build the toilet", said Mthethwa.

CoGTA has previously reported through a media briefing that in one incident, a one-year-old child drowned in a river while the mother was carrying attempting to cross it and this discovered to be untrue. When Timeless News spoke to the mother of the 1-year and 7 months child Prince Nkosi, he also drowned in a manhole meant to construct a toilet in their yard and that there is no river nearby. The local police also reported that through their investigations it was through a manhole flooded with water when the child drowned playing outside.



Siyanqoba community members divided over electricity Installation by Emalahleni Local Municipality



# NINE SUSPECTS INCLUDING POLICE OFFICERS ARRESTED FOR PETROL CARD FRAUD

BY ERIC MATOME KGOMO

**GROBLERSDAL:** Nine people, including five police Officers attached to Groblersdal Police Station were arrested by the Hawks on Monday 8 February on charges of alleged fraud and theft. Captain Matimba Maluleke, Limpopo Provincial Hawks Spokesperson, said suspects, Sergeant Tshepo Mogano (37), Sergeant Simon Maila (35), Constable Frans Makgati (29), Constable Thulani Skhosana (34) and Constable Elliot Leboho (40), were nabbed at the Groblersdal Police Station premises in relation to fraud and theft of fuel. Maluleke said the other four suspects who include two cashiers, Jappie Choma (30), Thabo Thaela (33) and two petrol attendants, Klaupus Magoro (31) and Richard Makena (51) were also arrested in the same offense. "In February 2020, the complainant, who owns one of the filling stations in Groblersdal area allegedly discovered that the cashiers, petrol attendants and police officials have colluded in using fleet cards (petrol

cards) for their own benefits including refueling their private vehicles," said Maluleke. He added that it is further alleged that, the suspects would wait for motorists who would pay cash and swipe the fleet card in return for money and share it amongst themselves. "The case was opened at the local police station and it was later transferred to the Hawks' Serious Corruption Investigation for further probe. The State has suffered a loss of over R100 000 due to these illegal activities," detailed Maluleke. He said the five suspects, attached to Groblersdal Police Station, appeared before the Groblersdal Magistrate's Court on Wednesday 10 February and remanded in custody. Maluleke said they will appear again soon for a formal bail application. "The sixth outstanding police official, age 29, handed himself to the police on Wednesday 10 February and he will be charged with the same charges as his colleagues," explained Maluleke. He said the other four suspects, that includes



The five police officers were arrested by the Hawks in Groblersdal Police Station, on suspicion of fraudulent use of state fleet petrol cards

two cashiers and two petrol attendants, still be in custody until Monday 15 February for formal bail application. The Provincial Head of the Hawks in Limpopo, Major General Thobeka Jozi has welcomed the arrests and commended the investigation team for its sterling work. "We will stop at

nothing to fight all forms of corruption in the province. We will continue to investigate without fear or favour. More investigations on similar offences around the province are underway and the arrests are imminent," said General Jozi.

## INSPIRATION AND MOTIVATION

BY MYSTIQ REFLECTIVE HEALING

**MIND, BODY AND SOUL:** Do you lack the enthusiasm to live the life you want? Do you keep setting new goals but never see them through?

If you lack the zest for pursuing your goals, then you may be facing problems with self-motivation. You need to stop looking for permission and help if you wish to achieve greatness. Getting inspired and being motivated empowers you to work towards accomplishing your goals and objectives. However, we cannot feel motivated all the time. Life happens and we often lose the drive that keeps us focused. With the right amount of motivation, we can transform an idea into instant action. It helps you turn positive thoughts into effective efforts that can impact your world in a positive way. Below, you can find all the inspiration and motivation you will ever need to be the best you can be.

### 15 New Skills To Learn For Rapid Self-Improvement

When it comes to experiencing rapid self-improvement in your life, there are quite a few important skills that can help you achieve this goal and stick to them permanently. Personal development doesn't just happen. You can't expect to be bitten by a radioactive arachnid and wake up the next day with new skills. Self-development requires hard work, dedication, and an ever-growing skillset. So, what new skills do you need to power forward? There's no one-size-fits-all answer, but these 15 new skills are great places to start. All skills have value, but some are more helpful than others when it comes to your self-development. Adding these to your arsenal will increase the pace of your growth.

#### 1. Goal Setting

On your journey toward your best self, you need to set goals. The key is balance: If your goals are too lofty, you'll get discouraged when you fall short. Start too small, and you'll become satisfied with your progress too early and stop pushing yourself forward. The better approach is to think about milestones. If you want to be a novelist, don't set a goal to finish a book in a week. Focus on getting a couple of pages done each day, or on writing a chapter each week. This measurable progress is more sustainable and fulfilling.

#### 2. Stress Management

Personal growth can create a lot of stress. "Growth and comfort do not coexist." — Ginny Rometty, former CEO of IBM

To keep going when times are tough, you have to learn how to manage your stress

levels. If brisk walks help you keep your head on straight, schedule one for your lunch period every day. If you need to take Sundays off to recharge for the next week, it's more than acceptable to do so.

#### 3. Organization

Organization is a skill that comes more naturally to some people than others. If you're a naturally messy person, start small. Otherwise, you'll get overwhelmed. Focus on the places where you spend the most time. Clean up your bedroom or vacuum your car. If physical cleaning is stressful, start by culling files from your computer. Believe it or not, one clean space can set the tone for the rest of your life.

#### 4. Problem Solving

On the road to personal development, you'll run into some barriers. Nobody but you can remove these from your path. That's why problem-solving is a vital skill for self-development. Perhaps anxiety is keeping you from doing your best work. Instead of struggling through it, quietly take a mental health day. "You absolutely don't need to disclose why you're taking a sick day. Don't let personal challenges stand in the way of your growth. If you can solve them, do — and don't let anyone give you flak for it.

#### 5. Time Management

To master yourself, you must master your time. You only get so much of it, and every minute wasted is a minute you'll never get back. The good news is, time management is a skill that transcends every situation. Time management is about the power of routine. You can use an online calendar to give your day more structure. You can develop morning and nightly rituals to promote better sleeping habits. When in doubt, replace idle time with projects geared toward new skills. If your goal is to learn to bake, spend an hour making muffins rather than scrolling through social media.

#### 6. Work Ethic

You can wish for something all you want. But if you're not willing to put in the work, you won't actually achieve it. The first step is acknowledging the work you need to do for personal development. The second is actually getting your hands dirty. If you want to squat a certain amount of weight, you have to spend hours in the gym. Simply imagining yourself becoming stronger will do nothing.

#### 7. Accountability

You are responsible for your own actions. Hold yourself accountable to them. The sooner you do, the quicker you can get back on track after making a mistake. If

your personal development slows down because you opted to sleep in instead of getting up early to work out, don't blame the cold, grey morning. You made that choice.

#### 8. Networking

The fast track to self-development is through networking. By connecting with other professionals in your field, you gain access to the wisdom of those with more experience than you. The internet makes networking incredibly easy. Social media sites like LinkedIn allow you to connect with workers and leaders from all corners of the globe. Make meaningful connections, and they'll give you not just something to aspire to, but a helping hand along that path.

#### 9. Empathy

The people around you impact your self-development more than you might realize. Treating them with empathy cracks the door not just to compassion and understanding, but to all sorts of mentorship opportunities. Remember, mentorship is a two-way street. Mentors benefit just as much from the arrangement as mentees do. One study of CFOs who mentored others found the top benefit they cited was improving their own leadership skills.

#### 10. Self-Control

Self-development is no walk in the park. In challenging times, you'll be tempted to find comfort in relaxing activities, such as playing video games or scrolling through social media. In order to truly progress, though, you have to learn self-control. Smartphones in particular are a threat to self-control. The average person spends hours per day on their mobile devices. If you fall into that bucket, ask yourself: How could you use that time more productively?

#### 11. Patience

"The journey of a thousand miles begins with a single step." — An old Chinese proverb

Remember no meaningful goal is achieved overnight. Be patient. Self-development is a process that can take years, even decades. Don't beat yourself up if you don't see immediate progress. Take pride and find joy in even your smallest accomplishments.

#### 12. Resilience

When the going gets tough, the tough get going. In other words, you have to push yourself through hard situations. Every time you throw in the towel, you lose the momentum that's difficult to get back. Resilience is a skill acquired through struggle. That may not sound

encouraging when looking for quick self-development, but you'll soon see the power that comes from never giving up.

#### 13. Balance

Spend all your time at your profession, and you'll become a master of your trade. Spend all your time with family, and you'll have wonderful relationships — but fewer skills and a much smaller bank account. The key to getting the best of all worlds is balance. If you're tired of working on one thing, take a break. You can always come back later when you're feeling more up to it.

#### 14. Self-Care

Self-care means different things to different people, as it should. But the overarching truth holds for everyone: If you don't care for your health, you won't see the self-growth you want. Make time to exercise regularly, either at home or at a local gym. Choose a diet that will supply you with the nutrients you need, and stay hydrated. Meditate at least once per day. And if you're having trouble managing your health on your own, reach out to a professional.

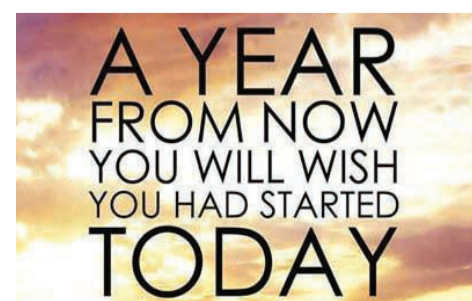
#### 15. Sacrifice

What do you have to give up to achieve your goals? When it comes to personal development, there's always something. When you're learning a new skill — especially if you also work full-time — you can't spend the night socializing with friends. You may even need to sacrifice your weekends. While it's important to find time to enjoy life, this isn't the same as indulgence. Too much of any good thing is bad. Be prepared to give up a few pleasures in service to your self-development.

#### For Best Results, Start Today!

Developing all of these skills is a tall order. You'll find, however, that in doing so you'll already have made a lot of progress. Use that progress to push even harder. Keep honing your skills, and you'll see just how life-changing self-development can be.

Look out for our next article on Motivation - If You're Looking For Change In Your Life, Start With Yourself







# TIMELESS SPORT

## A GREEN LIGHT FOR AMATEUR FOOTBALL



SAFA has given a green light for the resumption of amateur football with strict adherence to Covid-19 health regulations

BY ERIC MATOME KGOMO

**NKANGALA:** The South African Football Association (SAFA), has given non-professional football permission to start training immediately. The announcement was made on Tuesday 9 February. However, the football association advised that strictly safety and health directives as per government regulations should be followed. "While clubs can commence training with immediate effect, amateur football leagues and competitions will kick off at the beginning of March 2021," said SAFA Head of Communications, Dominic Chimhavi. He said the resumption of amateur football will resume in stages according to a SAFA NEC circular sent out on Tuesday, 9 February 2021.

"Clubs can commence training with immediate effect. However, the SAFA Covid-19 Health and Safety Directive must be observed at all times. Amateur Leagues to resume beginning of March 2021," Chimhavi said. He indicate that the association would like to appeal to clubs, SAFA Regions and SAFA Provincial Structures to adhere to the SAFA Covid-19 Health and Safety Directive at all times to mitigate the risk of spreading the virus. "The Association would like all amateur teams to develop registers for use during training sessions and matches. All teams must buy scanners for checking temperatures at all times and no spectators should be allowed at training sessions and matches," Mhimhavi said. The SAFA

Mpumalanga ABC Motsepe League is gearing up looking for resumption of amateur football, following about a-year-long prohibition period, amid the Covid-19 pandemic. The league stated that players' registration has now been extended up until 1 March 2021, with the league expected to kick-off on 6 March 2021. The league has held its draw on Zoom social media platform on Wednesday 10 February 2021 for the 18 teams that will be participating in the two streams in the province. The league's Stream A is scheduled as follows: Gembok Classic, Witbank C Lads, Kriel F Academy Barberton City Stars, Sivutsa stars, Kanyamazane All Stars, Passion, Mpumalanga United and Lekwa City. Teams to take in

Stream B will be: Bayern, Witbank Shepperd, Mbombela City Lads, VOC Unites, Secunda M Stars, Tjakastad Junior Shepperd, Mlambo Royal Cubs, Elshaddai United and Mpumalanga Young Eagles. To determine provincial winner, the number one teams from each stream will play each other in the provincial play-off matches. "SAFA and Club owners are currently grounded as to outline plan of action on how best and effective can the league start and be completed within the proposed deadline of May 2021," reads the SAFA Mpumalanga ABC Motsepe League statement.

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