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# THE DEMAND FOR BOULDERS MALL TO ACCOUNT FOR THE DISCRIMINATION



*The Ndebele Traditional fanatics and leadership came out in numbers to protest against the Centre Manager of Boulders Mall Jose Maponyane who belittled Thando Mahlangu for wearing isiNdebele's traditional garments. Picture Credits Mologadi Kekana*

**BY MOLOGADI KEKANA**

**MIDRAND** : The Ndebele nation and various cultural groups took to Boulders Shopping Centre to demand that the Centre Manager must be fired following his utterances to isiNdebele Cultural Activist Thando Mahlangu saying his traditional attire is indecent. This follows a video that went viral from Tuesday 23 March showing the Centre Manager Jose Maponyane telling Thando Mahlangu that he should not enter the Centre in his traditional attire saying it was "indecent". This discriminatory treatment to Mahlangu spiked curiosity and concern amongst most cultural groups particularly Amandebele who took to Boulders Mall to demand that Maponyane be fired immediately or else the shopping should shut down its business operations. The shopping centre was flooded with Cultural activists, various Amandebele chiefs from Delmas, Phola, Ogies, Witbank, Midrand, Tembisa and KwaMhlanga, political parties and civic movements organisations most dressed in traditional attire to bring to the shopping centre's attention

that all citizens have the right to wear traditional regalia when and where they wish to. "We are here today to bring the message to this Shopping Centre's management that we will not back down after the disgusting way in which their manager treated one of our own and that we have the right to be recognised as Amandebele and the right to wear our traditional regalia", said Ndabezitha Siphohle Mahlangu from Phola. The GAUTENG MEC for Sports, Arts, Culture and Recreation Mbali Hlophe was part of the discussions on the way forward following the incident. The new Acting Centre's manager Howard Kekana announced that Maponyane was suspended following an internal investigation. ekana was in the company of his colleagues from Redefine properties Leon Khor, Chief Operating Officer for, Marijke Coetzee, Marketing and Communications Manager and the Executive droom Clicks Thabo Khebane. Khor apologised for the behaviour of the suspended manager, "What has happened is clear that it is wrong... All of us need to see the way forward... Our differences in

race, class and culture should not make us behave differently. As the centre's management, we are here to listen and receive feedback from all of you", he said. MEC Hlophe expressed her relief following the Centre's apology saying that she was worried coming to this meeting on the values of the Centre in terms of diversity. "We come from an apartheid system which has caused division amongst indigenous groups... the Manager obviously has self-hate. It is clear that he sees his black skin and his black culture as something that is wrong". "As government we are worried about the rehabilitation measures that the Centre employs... He himself is imprisoned", said Hlophe. "It's no longer the issue of black on white. We have a problem that even amongst us black people some of the languages are given more preferences than others. Languages that are viewed as below others should be uplifted", added Hlophe. Leaders of various organisations' demands were tabled by most organisations such as the African National Youth League through the Secretary for the Greater Midrand

Bongani Sibisi, South African National Civic Organisation (SANCO) represented by various leaders from Delmas, The Greater Johannesburg, Midrand and the Tshwane Region, the South African Communist Party (SACP) through Meshack Mdlalose. Midrand ANCYL's Masibi said: "We had a meeting with the leadership of the youth league. Our demands include that Mr Maponyane be fired because he is not fit to be centre manager. We are the buyers in this mall therefore if we decide that we will not buy this building will be useless" Other demands from the ANCYL included that the Centre pays fees to at least five isiNdebele speaking students studying at the University of the Witwatersrand and a cultural and art exhibition to be hosted and sponsored by the Centre giving youth entrepreneurial opportunities. In closing of the discussions the various Ndebele chiefs requested that the Centre management visit the Royal Chieftaincy for proper discussions and negotiations on 30 March which the centre's management welcomed.

# EXPIRED FOOD FOUND IN TAFELKOP SHOPS

BY ERIC MATOME KGOMO

**TAFELKOP:** Tafelkop Home Based Care, together with volunteered health specialist have recently begun a crackdown on the sale of expired food in the village, following a wave of complaints about foreign national owned shops selling perishable goods. During the crackdown, that visited ten shops around the village, it was discovered that more than half of the goods were expired and not in line with the required health and safety standards. Jeffrey Walker, member of the Tafelkop Home Based Care, told the Timeless News that they pounced to the shops after receiving complaints from community members who had to return goods to the shops after finding out that they have expired. "Most of the shops were found to be selling foods that expired in 2020 and are still on

the shelves. Some have passed their expiry date for about a year and they are still sold," he said. Walker said most of the perishable foods included soft drinks, biscuits and maize meal. "Some of the shops kept fruits and vegetables on the floor while surrounded by flies. The owners didn't see anything wrong about that," he said. Walker indicated that all the expired foods were disposed, but no fines were issued since they don't have the authority to issue fines. "There is a need to inspect these shops regularly to ensure if they comply with consumer rights. This is a serious health compromise of our citizens and it has been too long now while the government is doing nothing about these issues," he said. Walker said similar inspections will be conducted until all shops abides to compliance.



Some of the expired food that was found at one of the shops by members of the Tafelkop Home Based Care and volunteering health specialists

# ENDLESS OUTCRY FOR WATER SHORTAGE IN MOUTSE

BY ERIC MATOME KGOMO

**MOUTSE :** It seems like there is no end in sight in the struggle to get potable water for residents of Moutse, with the long standing acute shortage of water still standing, subjecting the majority resorting to nearest streams and rivers to fetch drinking water. Previously, residents staged a number of protests including shutting down Moutse several times with hopes of sending a message to government, however, relevant authorities turned a blind eye in their plight. Residents accuse Sekhukhune District Municipality and Lepelle Northern Water of wasting R143 Million, commissioned by Minister of Water and Sanitation Lindiwe Sisulu, early last year to provide water in the draught stricken Moutse Villages, through the implementation of Moutse Draught Relief Projects. Lepelle Northern Water was appointed as implementing agent of the Moutse Draught Relief Projects. The projects were mainly to provide 20 Water tanker trucks, provision of 2000 water storage tanks with stands, drilling and equipping new boreholes and refurbishment of old ones to be enable them to be fully functional and provide water to the people. According to residents, there is still inadequate water supply in the area as the projects progress in a snail pace. A community member, Bushy Mamaba from Lusaka in Moutse, said the communal water storage tanks, which were installed in the villages, were not provided with a single drop of water since November 2020. "We haven't had water for many

years and were hoping that the tanks will end our misery of drinking water with animals but it seems like is far from over. It was not a permanent solution but it could have helped a lot," he said. Mamba said it has been many years now since Sekhukhune District Municipality has been struggling to meet the demands for water, despite interventions by Minister Sisulu.

"There are rumours that the money provided by the minister is finished without completing the projects, which is mainly taken by corrupt officials in the municipality," he said. Mamba said they are forced to drink water from unprotected streams and those who have money resort to buying water from residents who own boreholes. "We spend R2 for a 25 litres to fill a 25 litres container. For some the money is nothing but for others who are not working the money is too much and they can't afford to pay it. Some have to go days without taking a bath because they have to save the little water they have to cook and drink. They have to save the little water they have as taking a bath has becoming a luxury for them," he said. Mamba said apart from the struggle of water, there are other poor service delivery issues affecting the community. "Our roads are in a very bad state and being maintained only when there is a funeral. Is like they are waiting for us to die before they can fix our roads," he said. Sekhukhune District Municipality Mayoral Spokesperson, Isaac Mahlakwane, said all Moutse villages are in the same scheme and were getting water from the dried up



Bushy Mamba, a community member from Lusaka Village in Moutse, standing next to the empty water storage tank that was installed in November 2020. Sekhukhune District Municipality haven't provide water in the tank since its installation

Mkhombo Dam which was the only water source in the area. Mahlakwane did not rule out allegations that the Moutse Draught Relief Project is currently on hold and said it is due to disputes between Lepelle Northern Water and Department of Water and Sanitation. "The long-term solution to provide water involves completion

of Moutse Bulk Water Project from Groblersdal Water Treatment Works, which is a separate project from the R143 allocation," he said. Mahlakwane said Lusaka is part of Ward 7 in Elias Motsoaledi which is scheduled to be provided with water every Thursday through water tankering as part of short-term intervention.

# DELEGATIONS OF POWERS FOR WATER USE LICENSES SIGNED INTO EFFECT

BY TULANI NGWENYA

**DELMAS :** The delegation of power to issue water use licenses from the Department of Water and Sanitation (DWS) head office in Pretoria to its regional offices and to catchment management agencies was signed into effect by the acting Director-General of the DWS, Ms Deborah Mochotli, on 16 February 2021. This key strategic measure will speed up the turnaround time for the finalization of water use license applications from 300 to 90 days. In accordance with the Vulindlela Programme established by the presidency and following a critical announcement by the minister of human settlements, water and sanitation in 2020, expedited water use licensing processes was identified as key reform towards unlocking economic growth in South Africa. The delegation allows for low risk and low volume

applications for water use licenses to be finalized in the respective regional offices of the DWS, as opposed to such applications having to be dealt with in Pretoria only. Applications that are of national importance and that pose a high risk to water resources will continue to be dealt with at the DWS's head office. Agri SA has welcomed the signing into effect of critical delegations to fact-track applications for water use licenses. "Agri SA welcomes this critical step by the DWS towards the fast-tracking of water use licensing applications," says Janse Rabie, head of Agri SA's Natural Resource Centre of Excellence. WaterAid an international non governmental organization has pointed out that, "Growing industrialization, and emerging economies increases demand for water, placing pressure on domestic and agricultural needs." "We hope that, as the largest user of South Africa's water



Want change a turnaround time for the finalization of water use license applications from 300 to 90 days. Picture Credit Sharples Environmental Services

resources, the agricultural sector will benefit from this development," said Janse Rabie. He went on to say that, "We also wish to extend our thanks and congratulations to the South African Association of Water Users' Associations, in particular Mr Nic Knoetze, for their invaluable work in

this regard over the past two years." WaterAid has warned that, "The existing climate change scenario predicts by 2030, water scarcity in some arid and semi-arid places will force between 24 million 700 million people to leave their homes."

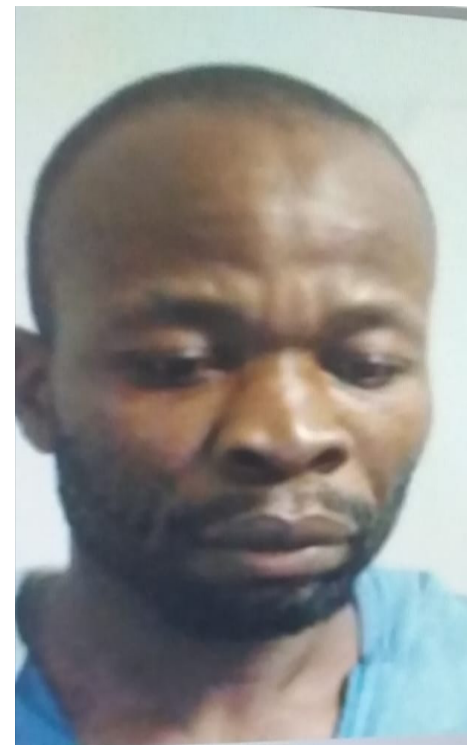
# SERIAL RAPIST SENTENCED TO SEVEN LIFE TERMS

BY ERIC MATOME KGOMO

**TONGA:** A 36-year-old serial rapist has been sentenced to seven life terms at the Division of the High Court which was sitting in Mbombela, on Thursday 25 March 2021. Bongani Mthandazo Msimango, was sentenced for raping seven women in the Nkomazi area between 2013 and 2018. Brigadier Leonard Hlathi, Mpumalanga Provincial Police Spokesperson, said the court heard how Msimango made the lives of defenseless women difficult by terrorizing them thinking that he will get away with it. "The accused shamelessly preyed on a 78-year-old pensioner on 2 August 2013, where he viciously assaulted her, tied her hands and robbed her of her personal belongings before brutally raping her. Again in Tonga, on 22 November 2013, he took advantage of an 83-year-old elderly woman where he reportedly raped her," said Hlathi. He added Msimango is said to have continued committing these heinous acts where on 13 December 2014, he assaulted and raped a third elderly woman, aged 70, before robbing her of her personal items including cash. "Msimango's violent acts against women did not stop but continued where on 20 January

2015, he viciously assaulted a 35 year old woman, robbed her of her personal belongings and raped her as well. On 28 September 2015, Msimango continued his reign of terror by attacking and raping a 66-year-old woman and further robbed her of her personal items as well," Hlathi explained. Hlathi said amongst the victims, that Msimango traumatized, is a young girl who was 15-years-old at the time, who was raped at Mangweni near Tonga on 17 December 2015, who was said to be threatened with a knife and assaulted before the ordeal. "Another woman suffered a violent attack by Msimango as he repeatedly raped her in Tonga on Christmas day in 2018. All these matters were brought to the attention of the police where rape cases were registered and the suspect sought," detailed Hlathi. He said the accused was arrested on 5 December 2019 in Tonga following tirelessly work by a dedicated team of investigators. "All his bail attempts were unsuccessful until his trial and sentencing," informed Hlathi. Hlathi said on the two counts of assault with intent to inflict grievous bodily harm, Msimango was sentenced to three years imprisonment for each count. On the two counts of robbery, he was sentenced

to three years imprisonment for each count and on the seven counts of rape, he was sentenced to life imprisonment for each count. "The accused was also declared unfit to possess a firearm and his particulars will be entered into the National Register for Sex Offenders. He was also found to be unfit to work with children and his particulars will be entered in the National Child Protection Register. The Acting Judge of the High Court, Jansen van Rensburg, has ordered that all sentences to run concurrently with the life sentences," he said. The Provincial Commissioner of SAPS in Mpumalanga, Lieutenant General Mondli Zuma, is delighted over a hefty sentence. Zuma has further thanked members of the Family Violence, Child Protection and Sexual Offences Unit (FCS) for their hard work and relentless efforts in preventing the accused from preying on more victims. "The seven life sentences handed down to Msimango will definitely help victims to find closure and heal from the trauma that they went through as a result of this man's heartless deeds," said Zuma.








*The Division of the High Court in Mbombela sentenced Bongani Mthandazo Msimango (36) to seven life terms for rape*



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-  **Anonymous Reporting Line:** +27 (0) 13 247-3272

## POSITION: MAINTENANCE SHIFT MANAGER

### Person Specification

- Must have a Mechanical/Electrical National Diploma (S4 or N6) and a valid Millwright Trade Test with 5 years' of relevant experience in heavy steel manufacturing.
- Must have sound technical knowledge and reasoning to perform tasks/assist with breakdowns.
- Mechanical, Electrical, Instrumentation, Hydraulic and Pneumatic knowledge is essential.
- Must be able to do Root cause failure analysis.
- Previous acting experience in a Shift Manager position will be advantageous.
- Computer literate (MS Office).
- Completion of the Team manager development course will be advantageous.
- Be able to communicate at all levels (oral & written).
- Must have the ability to cope well under pressure with high attention to detail.
- Must be prepared to work shifts.

### Job Specification

The key function of the Maintenance Shift Manager at Hot Products is to perform a wide variety of tasks related to the maintenance of electrical-and mechanical equipment in the heavy steel manufacturing environment in order to achieve maximum plant availability and efficiency.

- Take full responsibility for all after-hours maintenance, breakdowns, inspections and repairs on shift for the Hot Mill and Plate area.
- Liaise with production Team Managers and operators on problem areas and do investigations.
- Ensure that Safety regulations are adhered to.
- Supervise and manage all breakdowns effectively.
- Organise spares or repairs from outside suppliers.
- Manage human resources effectively.
- Ensure shift handover meetings are held and concise feedback is given to the relevant people.

## POSITION: METALLURGICAL ENGINEER

The Engineer Process Metallurgy is responsible for aligning products and processes to customer needs. The incumbent sets standards and implements systems to support product realization (Process parameters and procedures)

### Person Specification:

- \* BSc or B Eng. in Metallurgy with minimum of 4/6 years' experience
- \* Knowledge of steel/stainless steel product and/or Smelting/Refining of other materials,
- \* Working experience in heavy/large manufacturing processes related either to pyro-metallurgy, casting and hot rolling/forming), quality assurance and control, project

management.

- \* Experience with POLC principles and QCDSM.

### Job Specification:

- \* Determines product characteristics based on customer or specification requirements
- \* Develops process parameters to meet these requirements
- \* Sets the standards for product realisation (rules, procedures)
- \* Monitor the product and process for quality and throughput
- \* Setting up process parameters for new products to be made
- \* Do disposition decisions on non-conforming product
- \* Implement business systems to support the above
- \* Optimise product throughput (quality, yield, volume, cost)
- \* Training of metallurgical EITs(Engineers in Training) for the business
- \* Solve technical, system and metallurgical problems arising from the above

## POSITION: FITTER & TURNER (Central Work Shop – Machine Shop)

### Person Specification:

- Be a qualified Fitter & Turner with a relevant N3 or Technical Matric.
- Have CNC machining experience, Mazak experience will be an added advantage
- Have worked as a CNC machinist for a minimum of 3 years in a Machine Workshop environment.
- Have programming experience of CNC, Lathe and Milling machines
- Previous conventional turning and ability to work on a variety of machines such as Boring Mill, Conventional Mills and Lathes, Surface grinders and radial arm drill will be an added advantage.
- Have ability to understand Machine drawings & customer requirements
- Have knowledge of material types & ability to produce good tolerances and finishes on various material types and hardness's
- Have the ability to prioritize and apply sound judgment when on standby
- Crane driver's license will be an added advantage

### Job Specification:

- Operating the following machines: Milling – Horizontal & Vertical, Conventional centre lathe turning, Boring mill, Surface grinding, CNC turning, CNC milling, Slotting and Drilling
- Calibration and quality assurance
- General safety and housekeeping.
- Scheduled inspections on CMMS generated tasks
- Stock take, labelling, sorting and ordering
- Occasional in plant measuring where it is not feasible to get an assembly into the workshop

**CLOSING DATE: 9 April 2021**

# REPORT INDICATES FALLACIES IN DELIVERY OF BASIC SERVICES FOR THE POOR



MEC Lebogang Maile says he will study the report and formulate a workable plan for consideration by the Gauteng's Executive Council: Picture Credits Twitter

BY DAN MDLULI

The South African Human Rights Commission (SAHRC) has on Tuesday, 23 March 2021, released a report which showed the poorest record of progress compared to the one Metro in the provision of basic services towards targeted poorer communities. The report, titled "Towards Ensuring the Right to Adequate Housing through the Upgrading of Informal Settlements" was noted by MEC for Human Settlements, Urban Planning and CoGTA, Lebogang Maile. Its broad trust was looking at the upgrading or formalisation of informal settlements located in the three Metros in Gauteng

province. It was commissioned in lieu of Urban Settlement Development Grant (USDG) budgets given to three Metros in Gauteng namely the City of Johannesburg, Tshwane and Ekurhuleni for the financial year 2020/2021.

MEC Maile will in the interim study the report, including its findings in order to formulate a workable plan for consideration by the Gauteng's Executive Council (Exco). The report amongst others highlights uneven project targets not being met by Tshwane and Johannesburg. Ekurhuleni has demonstrated good progress in providing basic services. MEC Maile said the report was not only timely,

but glaringly reflected their persistent concerns regarding spending patterns and service delivery records by their municipality. Gauteng has the highest number of informal settlements concentration as a result of in-migration and economic opportunities. Its government will use the report as an instrument to measure its strength and capabilities to meaningfully improve the conditions of communities living in informal settlements and accelerate the provision of basic services. Since 2016, in Gauteng alone, there has been an upsurge of informal settlements in Tshwane and Johannesburg, accompanied by illegal invasion of

private and public owned land.

Maile has committed to feature the report in his monthly schedules with mayors in order to turn the situation around and find workable solutions.

"The findings of the report will more importantly invoke consciousness amongst public representatives to put aside their party affiliation in the best interest of our communities. Inevitably, our success and failures will be measured based on our actions post this report. We are confident acting collectively we can deliver on our constitutional mandate," said Maile.

## A CLEANING DRIVE BY MP WOMEN

BY ERIC MATOME KGOMO

**DENNILTON:** Mpumalanga Party (MP) Womens' League have organized a cleaning campaign that was undertaken on the streets of Elias Motsoaledi Local Municipality Ward 8 and Ward 11 in Dennilton. The women swept and cleared the garbage, cleaned ditches and unoccupied stands around the wards as part of the drive. Campaign organizer, Happy Pheladi Tau, said they saw a need to do something about the untidiness of their surrounding in a bid to change Dennilton's image as one of the filthiest places in the municipality. "As Mpumalanga Party women, we have taken a pledge to tidy up our surrounding while we also educate people about the importance of cleanliness," she said. Tau said the impact of the initiative was positive as residents complimented their efforts when walking on the newly cleaned roads, something that did not happen before. "We have people who were appointed to clean our roads but nothing changes. This is the reason we decided to do it ourselves. We knew we will be doing it properly because this is our place and we care about it," informed Tau. She encouraged people to use proper dumping sites and also follow in their footsteps and organize mass cleaning awareness campaigns and end the practice of throwing rubbish everywhere and defecation. "Our aim is to stop the growing menace



Mpumalanga Party Womens' League members during a cleaning campaign conducted at Elias Motsoaledi Ward 8 and Ward 11 villages in Dennilton

of throwing rubbish everywhere, especially plastic litter and used disposable baby nappies that are seen everywhere. Something must be done about this, we need to educate ourselves and try to minimize the effects of pollution because it is hazardous to our health," she said. Tau said they are worried that some of unoccupied yards are now turned into dumping sites. "Throwing trash in other people's

unoccupied property seems to be our practice because people are lazy to walk distances to use proper dumping site, which seems to be an insult to all of us. We need to educate each other that it is no longer acceptable and everyone has a responsibility to play a part to ensure that the environment is tidy," explained Tau. Tau said the programme is continuing and will be expanded to other places and spread the

awareness campaign while highlighting the importance of a clean environment to the public. "The constant littering with trash piling up on our streets is worrisome and affect all places. We are aiming for a bigger cleaning campaign awareness that will change the perception of the community and probably saving our environment," she said.

# CPF RECEIVES CRITICAL SECURITY EQUIPMENT

BY ERIC MATOME KGOMO

**WITBANK/MIDDLEBURG:** eMalahleni and Steve Tshwete Local Municipality's Community Policing Forums (CPF) members, have received a much needed boost of security tools and equipment to the value of about R500 000, thanks to the donation made by South32 South Africa Energy Coal. The donated equipment includes reflective jackets, caps, shirts, LED torches, whistles and branded masks to an estimated 1 100 CPF members. The CPF clusters that benefited from the donation constitute local SAPS members from Witbank, Vosman, Ogies, Phola, Kriel, Middelburg, Blinkpan, Lesedi, Jooma and Dunusa.

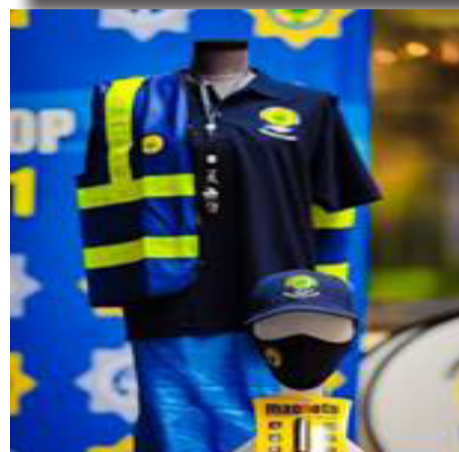
According to SAEC, the gesture was handed in line with a plea from the South African Police Service (SAPS), urging to forge reinforcements with relevant stakeholders and companies to donate to make CPF members to be easily identified. The mining company indicated that the main purpose of the donation was make to ensure that local CPF members are fully compliant to the SAPS requirement. SAEC President, Kgabi Masia, said the donation will help create a safer neighborhoods for the residents within the municipalities and surrounding areas in Mpumalanga.

"As a company we always strive for a safer working environment for all our employees, but equally important is the safety and security of our community members. This is a proud moment for

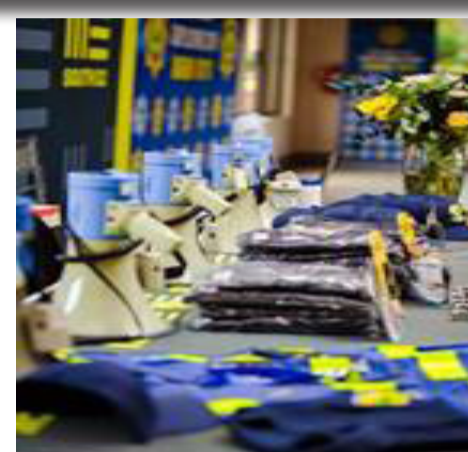
us as a company and quite encouraging to see what can be accomplished when we work together with our key stakeholders in the eMalahleni and Steve Tshwete Local Municipalities," Masia said. Masia added that SAEC has deliberately geared up its social investment efforts to help address challenges faced by communities in the Mpumalanga area. "The company undertakes thorough processes to understand the unique social, cultural and legal contexts in the area where we operate. We endeavour to have regular, open and honest conversations to better understand what our stakeholders need and expect," explained Masia. Masia hinted that the only way to contribute towards winning the fight against crime is to support to the police and other law enforcement agencies through the disposal means. "This is a battle that requires active participation from various community stakeholders as well as businesses. We believe that this contribution will go a long way in helping restore peace and stability, as well as creating a safer environment for our communities especially for women and children," informed Masia. South32 owns 100 percent of South Africa Energy Coal (SAEC) with operations consisting of primary coal mining at Khutala Colliery, Klipspruit Colliery, Middelburg Mine Services colliery as well as three processing plants.



(From left to right) CPF member Madelon Troskie, Treasurer in the Mpumalanga Provincial CPF Board Jupiter Malomane, and Khutala Colliery General Manager Eldoreen Van der Wath during the hand-over of the donated security tools and equipment



A display of the security equipment handed over to the CPF by SAEC



# STLM CELEBRATES WATER WEEK

BY ERIC MATOME KGOMO

**MIDDLEBURG:** To raise the awareness about the importance of water conservation in the communities, Steve Tshwete Local Municipality (STLM) has recently joined the bandwagon of National Water Week campaigns celebrated in the month of March.

According to the local municipality, the campaign have a focus on creating awareness about the value of water within the communities through all possible means while adhering to the Covid-19 protocols. Held under the theme: 'Valuing water', Water Week campaign was declared by the United Nations in 1993, with a focus on the importance of fresh water and to raise awareness of the billions people living without access to clean and safe water.

During the awareness, led by Executive Mayor Diphala Motsepe, the municipality visited all its water and sanitation projects for three days, kick starting the campaign with inspection and visit to Middelburg and Mhluzi Water and Sanitation Projects in Boskrans Waste Water Treatment Plant, where replacement of old water pipes has been effected, including in Graspan Reservoir. The municipality proceeded to visit Hendrina and Kwazamokuhle Water and Sanitation Projects where the entourage paid homage

to Kwazamokuhle bulk waterline and reservoirs. The municipality inspected the Rural Areas and Agri Villages projects at the construction of elevated water tank in Somaphepha. "The National Water Week comes at an opportune time, when the country and the globe is still faced by the deadly coronavirus pandemic. This pandemic has asked serious questions about the state of water infrastructure in many countries, including South Africa," said STLM Municipal Manager Adv. Bheki Khenisa. He said STLM National Water Week campaign is co-convened with the World Health Organization (WHO), to encourage people to regularly wash hands which is a most effective way that plays a major role in the fight and reduction of the Covid-19 pandemic. Khenisa said the inspections of the projects was part of the ongoing oversight policy that both the political office headed by the Executive Mayor Cllr Diphala Joseph Motsepe, MMC's and the administration entourage headed by himself, educated communities on water and sanitation prescripts. "At the same time we showcased to the community the quality water services that have been delivered in their respective areas. The municipality is alive to challenges of aged infrastructure and the low water pressure in Mhluzi Ext 5, 6, 7 and Middelburg Ext 23," he said.



STLM Executive Mayor Diphala Motsepe, during the Water Week Campaigns that visited various water projects in the municipality

According to Khenisa, in addressing these challenges, replacement of old asbestos water pipes with PVC pipes and the construction of an elevated water tank is currently well underway. "Water Week could not have come at the better time than this in Steve Tshwete Local Municipality. The Covid-19 outbreak need stable water supply for the communities to wash

their hands regularly and clean their environment. The municipality has lived up to expectations in the fight against Covid-19 in their continued efficiency on quality water provision for communities to conform to the main protocol against Covid-19 in washing their hands with clean water for 20 seconds," he said.

# EFF RESTORES THE DIGNITY OF A GIRL CHILD

BY MOLOGADI KEKANA

**DELMAS:** The Economic Freedom Fighters Nkangala Region Gender Violence Desk has embarked on a drive to donate dignity packs to female learners in various schools in the region. The much needed dignity packs consisting of sanitary towels and a roll-on, are donated to Grade 7 female learners in rural schools and less privileged backgrounds. On 12 March the GBV Desk made a visit to the Victor Khanye Subregion at Mdumiseni Primary School to donate 80 Dignity Packs. The regional EFF GBV Desk Coordinator Dimakatso Phaahlamoraswi, EFF Victor Khanye

Cllr Ellen Johnson, Cllr Lizzy Somnazi from ward 6, Doris Mbonani from ward 3 lead the handover with other honourable members of the EFF. The mandate of the GBV desk under the #RestoreTheDignityOfAGirlChild aims to reduce missing school or the drop-out of female learners in schools due to lack of sanitary towels during their menstruation periods. "The reason we are here is to educate them about GBV from helping them identity signs such as being inappropriately touched by people who do not have the right or permission to do so. We want to further encourage them to report such cases to the school principal so that we may

help them tackle them. As there is no GBV subject in schools we are willing to educate them on this subject", said Phaahlamoraswi. In the company of the School Governing Body, Mdumiseni Primary School Principal Mrs Khumalo expressed gratitude to the efforts of the EFF GBV Desk. The Dignity Pack has been taken to Ilanga Secondary School at Tasbert Park and Hlangu Phala primary School at Phola on 10 March. According to a study by Douglas George Murray Trust: Background Document and Review of key South African and International literature on school dropout, conducted in 2017, "For poor families, female learners may be forced

to be habitually absent or even drop out due to lack of access to sanitary pads during their menstrual cycles and which is a common problem throughout Africa. The GBV desk plans to continue with the drive throughout the year and is calling on businesses and sponsor to help with donations to keep a girl child in school. The Victor Khanye subregion Lizzy Somnazi can be contacted on the mobile number: 073 916 9291. 8 March was International Women's Day dedicated to the Cultural, political and socioeconomic achievements of women. The month of March is further dedicated to the rights of women in the global society.

# HUMAN RIGHTS ACTIVIST SIBUSISO INNOCENT ZIKODE AWARDED THE PER ANGER PRIZE FOR 2021

BY TULANI NGWENYA

**MBOMBELA** : Sibusiso (S'bu) Innocent Zikode's work centres on the right to home, land, and survival for the most impoverished inhabitants of the country's shack settlements. The prize from the Swedish Government is awarded by The Living History Forum on April 21. This year's Per Anger Prize winner Sibusiso Innocent Zikode works for the rights of the poor in South Africa, one of the world's most unequal countries. He fights for the right to home and land for society's most marginalised members, highlighting the difficult living conditions for shack dwellers. "A shack without water, electricity, and sanitation is not worth calling a home. On the contrary, it means life threatening circumstances that are particularly harsh towards women, children, and minority groups. The injustice is even more apparent now that the pandemic affects those who are already disadvantaged," said Sibusiso Innocent Zikode. Sibusiso Zikode organises his struggle for the poor through the movement Abahlali

baseMjondolo, which he co-founded 15 years ago when he himself lived in a shack settlement in Durban. Today, the movement has 82, 000 members. They all help to shine a light on corruption, power structures, and violence against those living in shacks, for example by initiating legal action and reaching out through media. Sibusiso Zikode has been subjected to threats and violence because of his struggle. Within his movement, 18 members have been murdered for their commitment over the years. This year, the Per Anger Prize goes to a man who revolts against poverty. He fights for the most vulnerable in South Africa's shack settlements and for their rights to a home and a dignified life. He is a true human rights defender, says Ingrid Lomfors, Superintendent of The Living History Forum. The Per Anger Prize is the Swedish Government's international prize for human rights and democracy. The prize was established in 2004 in recognition of diplomat Per Anger's efforts during the Second World War, when he saved Hungarian Jews from



*Sibusiso Innocent Zikode conducting interviews with journalists on their oversight visit to Khenana informal settlement*

**Picture Credits: Tulani Ngwenya**

the Holocaust. The Living History Forum is commissioned by the Swedish Government to award the annual prize.

The nominating committee's selection of the recipient for 2021 has been carried out by nine internationally acknowledged organisations with wide-ranging contacts: Afrikagrupperna,

Amnesty International, Civil Rights Defenders, Diakonia, Individuell Människohjälp (IM), the Kvinna till Kvinna Foundation, Save the Children, Act Church of Sweden, and We Effect.

This year's prizewinner was nominated by the organisation Afrikagrupperna.

## APPALLING CONDITIONS AT PROVINCIAL HOSPITAL

BY ERIC MATOME KGOMO & NOTHANDO MAKHUBELA

**MBOMBELA**: The Democratic Alliance (DA) in Mpumalanga have called for an overhaul of state of maternity ward at Rob Ferreira Hospital in Nelspruit, at which the party say conditions are appalling. Rob Ferreira is a provincial hospital which supposed to have a satisfactory wide range of medical services for major health concerns.

According to the party, they have learnt with shock the dire state of the hospital after discovering that pregnant women admitted in the hospital sleep on the floor as a result of shortage of beds.

The party informed that mothers of new born babies have to endure visiting blocked stinky toilets in the ward which is a very testing unhygienic experience.

DA Leader in Mpumalanga, Jane Sithole, said this is not the first time such issue has been reported about the hospital and said the party has written to the South African Human Rights Commission (SAHRC), asking them to investigate inhumane conditions at the maternity ward of Rob Ferreira.

"According to information and pictures gathered by the DA, toilets at the maternity ward of Rob Ferreira, one of the biggest hospitals in Mpumalanga, are not working and patients must bring their own bedsheets and pillows. How can it be allowed that the toilets

in a maternity ward are not working? Mothers must leave their babies to go find a toilet somewhere in the hospital," said Sithole. Sithole indicated that it was also revealed that heavily pregnant patients are also forced to walk to casualties to open and collect files while visibly in labour. "The DA wants to know why files are not kept at the maternity ward to avoid a situation where these pregnant women could give birth while on the way to casualties to open files," she said. According to Sithole, a funding was set aside in 2014 to improve conditions at the maternity ward in the hospital. "Currently there is no enough beds in the maternity ward and patients are given plain mattresses with no linen, no sheets, no pillows, and no blankets. They sleep on the floor," Sithole said.

She said the crumbling conditions are taking the joy of giving birth away from parents who should be excited about meeting their newly born babies that they have been waiting anxiously for - for nine months. On Tuesday, 16 March 2021, the DA tabled a motion at the Mpumalanga Provincial Legislature asking the Health Portfolio Committee to conduct an oversight at Rob Ferreira Hospital, and come back to report to the house on their recommendations for immediate and long-term solutions to this problem. However, the ANC voted against the DA's motion.

## DISPOSAL OF WATER HINDERS ACCESS TO CLEAN WATER AS PROVINCE CELEBRATES WORLD WATER DAY

BY TULANI NGWENYA

**MPUMALANGA** : Municipalities in the province are failing to provide enough clean water for people's basic needs as the world celebrates World Water Day on 22 March. Disposal of dirty water and sewage is even more desperate in province's local communities.

WaterAid's latest report "Turn the tide: The state of the world's water 2021" shows how people are losing access to clean water. A retired Mbombela municipality worker who chose to be identified as Mr Mahlangu highlighted to Timeless News that, "Systems' for disposal and conservation of water are outdated and in a poor state in the province. Water systems are also too small for the growing needs of the province. Entire distribution systems are in urgent need of proper expansion and maintenance." "Without easy access to clean water, people's lives are blighted by sickness, poverty and the endless drudgery of collecting water," WaterAid said in a statement. Tim Wainwright, WaterAid's Chief Executive indicated that, "Unless communities have access to a reliable source of water, people's health will suffer, and they'll be burdened with spending more and more time searching for water, taking away the opportunity to create a better life and escape poverty." There have been imposing statements from public figures in the province on how water is life and how access to water and sanitation are essential for human dignity. Unfortunately, these sentiments mean very little to so many people living in Mpumalanga who are struggling to meet their basic water needs every day.

Ntandazo Majonga a Delmas local spoke to Timeless News on World Water Day saying, "These days the water is clear and tastes better but a few months ago it would come out brown and smelling. I now even suspect if it is indeed clean no matter that we see it clear when it comes out. Human Rights Day or World Water Day, it is all the same for us, the struggle for clean water continues."

A clean water activist and scholar Nancy Matema revealed to Timless

News that, "Fewer than 10% of the sewage treatment works under the care of municipalities in South Africa produce effluent that is of an acceptable standard, Mpumalanga included. That effluent is emptied into the nearest river. The poorly treated sewage of one town becomes part of the drinking water of the next town down the river."

Sophie Ntuli a Supervisor at Hosios Christian School in the town of Delmas commented on World Water Day to Timeless News saying, "Whether we are talking about rural Mpumalanga inhabitants or town dwellers, dirty water needs to be properly disposed of so as not to pose a risk to human life and the environment. Proper disposal of water also means proper water preservation." Ntuli went on to point out that, "One's first thoughts always turn to access to water to drink and prepare food, but the sanitation aspect of water is as important as access."

Access to clean water in the province influences most situations that contribute to cases related to and of waterborne diseases. Mpumalanga cannot afford to have potentially preventable cases of waterborne diseases inundating in hospitals and clinics when every health care worker needs to cope with the COVID-19 cases.

Dr. Jo Barnes, Senior Lecturer Emeritus in the Department of Global Health at Stellenbosch University, speaking with Timeless News on 22 March while celebrating World Water Day said that, "Water should be treated properly to remove disease-causing organisms and harmful chemicals before being distributed to consumers. This is so poorly done in so many places that water purification is becoming as bad as sewage treatment in a large number of towns." Vuyisile Ncube from Human Rights Watch pointed out to Timeless News that, "More needs to be done to ensure that marginalized communities in Mpumalanga, and other parts of South Africa have their right to water upheld. South Africa is a water scarce country and so water governance needs to take that into account and put the needs of people first."



*Mothers of new born babies are subjected to use untidy stinky toilets at Rob Ferreira maternity ward in Mbombela*



*The shortage of beds at Rob Ferreira hospital in Mbombela lead pregnant women to sleep on the floor*

# ON THE MOST SERIOUS NOTE

When the National Party was defeated in the first democratic election in South Africa in 1994, many thought it meant also the death of their oppressive ideals and programme. How wrong we were. Instead, we've come to realise how strong their policies were embedded in the social and economic structure of the South African political landscape. As for the aspirations of the millions for whom poverty was their middle name, these became a permanent subject of policy formulation and improved policy. I am writing this piece during what has been coined the "Human Rights Month" in South Africa. I am writing at a time when students in higher learning centers have been engaged in protests against the exclusion of students on the basis of their financial status. This took me back to my years at university where with each year, I had to apply for financial assistance with TEFSA. Coming from a family where we all depended on my father's meagre weekly wage, he could not have afforded the required costs. As a result, upon completion it took me six years to complete the student debt before I could

buy myself a vehicle to look the part. The protests as they are happening today, are the same as those I was involved in during the mid-90s where we had to discuss why students should not be excluded on the basis of being unable to pay. The month of April 2021 will see us celebrating 27 years of freedom. The celebrations will be taking place at a time when the question of access to higher education has not been resolved with politicians eager to make us believe 'all is well'. Certainly the consciousness of freedom has long deserted them as William Hazlitt once wrote that; "The love of liberty is the love of others while the love of power is the love of ourselves". This quote does find expression in the current goings if one were to examine the question of access to higher learning. Looking at who are the participants in these protests, one gets more convinced that the past still enjoys a virtually undisturbed dominance in the space of higher education which over the decades, had sought to further strengthen white supremacy. The difference though, is that this time it is

the democratically elected who bears the justification of the inherited policy of financial exclusion. A difficult call it is to lead a people who still desire and yearn for change. The question therefore becomes; is it the love of liberty or love of power that drives the new elite? The love of liberty comes with responsibility which has to be nurtured all the time to realise results. While the love of power comes with deceit and greed. On the former, it seems as if we have failed in our duty of caring for students and thus ensuring their access to higher education. On examination of the latter, we've clearly acted it with all the commitments made throughout the year while in truth and in fact, the plight of students at higher learning institutions has been abandoned in favour of the status quo. As once said by John Spencer Bassett, "Politics indeed make strange bedfellows". As pointed out supra, the National Party's ideals and programmes did not die with the collapse of the name. The thesis of white supremacy can still be seen in the construct of democracy as viewed in the eyes

of the Democratic Alliance and the Freedom Front Plus. These parties in their rhetoric, have embraced freedom and by extension, equality. However the arena in which they play, is for the preservation of rights and interests as well as accumulation by a minority group. Since education is a human rights subject, the exclusion of African and Coloured students becomes victory to be celebrated by a minority with guided and learned justifications by the African political leadership. Indeed "politics make strange bedfellows". The characterisation of the access to education struggles lies at the belly of the struggles fought and were never won. In furtherance of our desire to realise and enjoy complete human rights, the democratic state should cease being apologists of a system which was forced down our throats.

*Phillip Darkie Mbananya*

*The writer is the Director of Darkie Mbananya Solutions, a community activist, and a former law practitioner*

## The 11 Emotional Energy Centers In Our Body: How They Affect Us

### BY MYSTIQ REFLECTIVE HEALING MIND, BODY AND SOUL:

The mind and body are the same. But what does that mean? The notion that our minds and bodies are not separate means your body influences your mind and your mind influences your body. And your emotions have an important role to play in here as well. Our thoughts and feelings can greatly impact how we feel physically. And in turn, how we feel physically can greatly affect our thoughts and emotions.

#### Problems of the mind and body

Addressing the problems of the body can actually help us in healing the problems of the mind. Most of us believe that stress and anxiety occur completely in the mind. Although that may be partially true, when you have anxiety or fearful thoughts & emotions, your body shows certain physiological symptoms as well, like...

- Sweating
- Increased heartbeat
- Shortness of breath or rapid breathing
- Nausea
- Stomach pain
- Headache
- Fatigue or weakness
- Muscle tension
- Shaking & trembling
- Insomnia

These physical symptoms are a manifestation of your anxiety. Your anxious thoughts and feelings lead to a very specific physiological state. The same is true for depression and other mental disorders. All mental health issues are manifestations of a functional disruption in the entire system. Our minds and bodies are integrated and linked on a fundamental level. And it is only by addressing the problems of the mind, we can heal the body and vice versa. If we believe that mental illness is separate from the body and emotions, then we will be grossly mistaken. Our mind, body and spirit miraculously operate together as a whole unit, which science has only recently started to understand.

#### The mind-body-emotion connection

It is pretty clear that our minds and bodies are not separate. However, the mind and body are not separate from

emotion either. All of us feel certain emotions like grief, anger and anxiety. However, when we do not allow ourselves to feel these emotions, they become suppressed in the body and the mind. As these hidden feelings find no other way out, they move down into the energy system of our physical body. When these emotions are stored in the body, your body tells you about it. Suppressed emotions often manifest themselves through headaches, chronic pain, digestive issues, throat problems etc. Our body tells us what we need to know and how unreleased emotions affect our emotional energy.

#### Understanding emotional energy

As we begin to understand more about the relationship between the analytical brain and the emotional brain, we realize that the emotional brain has certain administrative power over our mind. It affects our experiences, memories, thought processes, and even decision making. Our bodies offer us a constant supply of valuable information regarding our experiences through bodily sensations. Emotional and sensory information is stored and recorded first in the memory and later in our thoughts & perceptions. Thus, the sensations we feel in the body can help us understand who we are inside, how our experiences have shaped us and how we can transform our lives.

#### Emotions are energy

The word "emotion" is derived from the Greek term "emotere", which translates to "energy in motion". Emotional energy is usually neutral by itself. It transports a wide spectrum of feelings and moves energy throughout our bodies. Emotional energy centers of the body. Energy creates life. Our thoughts, beliefs, intentions and attention, teamed with our emotional energy, aura and chakras creates our life. Our emotions and thoughts are always manifested through our body. However, when we ignore and suppress emotional energy, it gets stored in the physical body. Identifying the different emotional energy centers of the body can help us understand the mind-body-emotion connection and experience life in a more profound way. Let us take a look at the different emotional energy centers in our body :

**1. Burden area** - This energy center relates to different burdens and responsibilities we face in life. This

includes:

- Carrying a heavy load
- Weight of the world on our shoulders

**2. Throat Center** - The throat center or the communication center is related to your creative identity. It is the body's emotional energy center for self expression issues. It may comprise of:

- Lack of trust
- Inability to speak about feelings
- Lack of nurturing

**3. Heart center** - This specific area is the center for grief, sorrow, sadness & loss and is associated with your social identity. It consists of the following issues:

- Emptiness of heart, lack of love
- Helplessness, loneliness, disillusionment
- Embarrassment, shame, humiliation
- Repressed feelings, disappointment
- Genetic or ancient memory
- Cruelty & meanness

**4. Fear center** - Also known as the power center, this is the emotional energy center of our body for our fears and phobias. It is related to our ego identity. It includes:

- Dominance & timidity issues
- Fear of losing control or loss of control
- Giving our power to another person
- Relationships

**5. Old stuff center** - This particular energy center deals with relationship, family, sexual issues. It is also known as the sexuality-creativity center and is associated with emotional identity. This energy center comprises of :

- Childhood conditioning
- Violation of body or personal space
- Something done to us or something taken from us without permission
- Molestation, abuse & rape
- Impotence, frigidity

**6. Survival center** - The energy center for survival is related to the feeling that we may not survive a life threatening incident. It is related to our physical identity and includes:

- Violations related to surviving (accidents, abuse, violence, rape)
- Impotence, frigidity
- First year of life, basic creativity

**7. Anger center** - This particular area is the center for anger and rage. This emotional energy center on the body consists of the following feelings

- Anger at others
- Anger at self
- Jealousy
- Resentment

**8. Guilt/shame/unworthiness center** - This energy center generally includes the following thoughts, perceptions and feelings:

- Nonacceptance
- Self judgment, self criticism
- Not deserving of the good that life offers us
- Inability to accept and receive

**9. Support area** - This energy center is located on both sides of the body and includes these specific issues:

- Lack of financial support
- Lack of emotional support

**10. Rejection center** - The rejection center is the body's emotional energy center for abandonment issues. It may consist of the following

- Criticism, judgment by others
- Self rejection
- Abandonment, pain in the heart/heartache

**11. Betrayal center** - This energy center usually comprises of the following feelings and issues

- Betrayed by someone we trusted
- Self betrayal

#### The mind, body & emotion are inseparable

Our body often tries to talk to us. A gut feeling when something is wrong; a lump in the throat when we feel down; a sudden pain in the torso or maybe suddenly realizing that our shoulders feel heavy. The truth is, the physical, mental and emotional aspects of our being are not separate at all. However, when we believe the mind and body are separate and ignore what our bodies are telling us, emotions become hidden, stored and stuck in our body, affecting our mind. The next time you have a random pain in your body, try to listen to what your body is saying and identify the emotion related to it. It will guide you towards the path where you can heal yourself and achieve lasting mental, emotional and physical well being.



# TIMELESS SPORT

## LSC VISION ENDORSED IN SPORTING WORKSHOP

BY ERIC MATOME KGOMO

**TZANEEN:** The Limpopo Sport and Recreation Stakeholders' workshop, hosted at Tzaneen Country Lodge, has endorsed the idea of Limpopo Sport Confederation (LSC) leadership. The workshop was the first opportunity for the member sport federations of LSC from all district municipalities in the province, the Department of Sport Arts and Culture and Limpopo Academy of Sport to meet under one roof to share the vision of the new LSC leadership.

The workshop took place on Saturday 13 March 2021, just over a week after LSC celebrating 100 days in office on 2 March since election into office on 22 November 2020, at Boeketlong in Jane Furse. The workshop was organized a week after the Executive Committee Induction Workshop, and all the leadership learnt from the induction saw it fit to quickly cascade to constituency through the stakeholder workshop without any further delay.

Among the key highlights of the stakeholders workshop was the unveiling of the 'Vision Statement' adopted by the executive committee, that reads 'To Champion a winning province through sport development and elite excellence'. Furthermore, LSC told delegates that its mission statement is to be the controlling body that promotes sports development

programmes and elite participation for sports federations in Limpopo Province.

LSC President, Ally Pole, outlined that the values of the confederation are based on commitment, perseverance, respect and integrity, equality, loyalty, professionalism, efficiency, transparency, accountability and responsibility, and innovation.

The workshop also presented an opportunity to introduce the LSC executive members, their roles and responsibilities. Among the key roles highlighted in the workshop are the driving of the LSC vision and policy, which resides in the office of the President Pole, the sport transformation steered by the first Vice President Leon Bannau and the support for federations and Limpopo Academy of Sport, which is championed by the second Vice President Phuti Kgomo. Kgomo's portfolio includes overseeing and monitoring the implementation of academy programmes and the functioning of the academies in the five districts of Limpopo. The office of the secretary-general of LSC, Clarika Strydom, is entrusted with the coordination of Limpopo Sports Awards and general administration. The Deputy Secretary Louise Blignaut heads the coaching and athlete commission, coordination of associate members such as school sport. Gezani Joseph



LSC President Ally Pole, outlined the values of the confederation during the stakeholders' workshop

Khoza, in his capacity as treasurer of LSC, is entrusted with the overall sound financial management of the confederation. The first additional member, Tlou Langa, is designated for disability sport, women in sport and school Sport while Atang Segodi is heading the coordination of the five districts' sport confederations. Tsakani Hlungwani was co-opted to the LSC executive committee to serve in the legal advisory capacity while

Puleng Mmotla, serves in the marketing and communications portfolio which includes networking with the media and stakeholders through mediated platforms such as social media activations and general marketing of the provincial sports confederation.

The primary programmes of the LSC includes flagship programmes such as the provincial fundraising golf day and the establishment of Limpopo Games were also endorsed by the stakeholders.

## TAFELKOP FUN RUN IN FULL SWING

BY ERIC MATOME KGOMO

**TAFELKOP:** About 70 road running enthusiasts, including athletes from Tafelkop Village partook in the first annual Tafelkop Fun Run sporting event. The event took place on Sunday 21 March, with a different age group participants gathered at Kgoshi Rammupudu Sports Grounds in the morning. Mandla Mahlangu, Doctor Manyaka, Sello Motlale and Nelly Skhosana, organized the fun run. Participants in the activity were catered in 10km, 21km and 42km distances. Elias Motsoaledi Local Municipality Ward 28 Councillor, Girly Motlale was among the participants. Speaking to the Timeless News, Mahlangu said the event was open to all people with a strict compliance to Covid-19 health and safety regulations. "We needed to make it a fun filled and family orientated programme to draw interests of all age group," he said. He said the aim was to encourage the community to walk to stay healthy and fit, on the other side putting the community together and encourage them to take part in sporting activities. "We want to promote running as a competitive sport and send competitors from our village to partake in big marathons, probably in the provincial and national levels. We created this platform to unleash talent to our community," he said. Mahlangu indicated that they feared that people will not be interested in the drive



Road running enthusiasts showing off their medals after participating in the Tafelkop Fun Run event

because of Covid-19. "The attendance was impressive, people are getting used to the new normal. We need to get fit even though we are facing with this indestructible enemy," he said. Mahlangu said more sponsors will be approached to keep the initiative going

in the near future. "We have realized the fact that some of the participants lack sporting attire which is worrisome. This is the reason we will be approaching local businesses to donate for those people to keep their involvement in the fun run programme, which is something

they will look forward to and a motive to exercise," he said. The winners were showered with gold, silver and bronze medals. Vleismark, Waltloo Meat and Chicken, Sweet and Snack, Pat Tolo Fruits and Vegetables and Monamudi G Manyaka sponsored the sporting event.