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# POLICE COMMISSIONER CONDEMNS MASOYI VIOLENT PROTEST



Residents of Masoyi blockade roads with different objects during a service delivery protest that saw a number of vehicles looted and torched

**BY NOTHANDO MAKHUBELA AND ERIC KGOMO**

**MASOYI:** The police in Mpumalanga condemn a violent behaviour displayed by the community during a protest at Masoyi in the early hours of Monday 29 March 2021. During the poor service delivery unrest, the community went on a rampage, looting thousands of bread before torching a bakery truck and a bus as well as damaging windows of another bus that was passing the village. Mpumalanga Provincial Police spokesperson, Brigadier Leonard Hlathi, said the police were notified about a protest action carried out by Masoyi

residents in the early hours of Monday 29 March. "The public order policing members were since deployed to deal with the prevailing and unfortunate situation. Whilst in the area, police received information about protesters who barricaded the road at Nkanini in Masoyi where the bakery truck was reportedly stopped by these individuals who then instructed its driver to alight from the truck. It is said that they then looted about 12 000 loaves of bread from the said truck before burning it," said Hlathi. He added that later in the day, a bus driver also became under attack at Mahushu, where protesters are said to have barricaded the road with

different objects and ordered him to get off the bus then torched it. "Another bus was also not spared as its windows were smashed. The drivers were however not harmed during the incidents," Hlathi explained. Hlathi said the police continue to monitor the situation and that arrests are eminent. The Provincial Commissioner of police in Mpumalanga, Lieutenant General Mondli Zuma, has strongly condemned the violent protest and said there will be no room for lawless behaviour. "When people decide to protest due to challenges that they are faced with in their communities, whether as a result of poor service delivery or any other matter, they

should know that their actions must be conducted within the ambit of the law," said Zuma. He urged that the community must also not allow a situation where some unscrupulous individuals with ulterior criminal motives hijack their course, take advantage of community challenges and use such opportunity to steal and destroy property. "Our country is governed by formidable laws and people cannot do as they wish," he said. Zuma has since assembled a task team of investigators to probe this lawlessness behaviour with a view to bring those responsible to account.

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# OFF-DUTY POLICE OFFICER GOES ON SHOOTING RAMPAGE

BY ERIC MATOME KGOMO

**DENNILTON** : The Independent Police Investigative Directorate (IPID) is investigating three counts of murder and attempted murder cases. This is after an off duty police constable attached to Dennilton Police Station, went on a shooting rampage at a tavern in Moteti Village in the early hours of Monday 29 March.

Three victims died instantly and one was rushed to hospital for medical attention after he was shot by the police man.

According to witnesses, the cause of the shooting was a result of a heated argument between the victims and the police officer's niece.

"The argument started at the tavern when a group of men playing a game of dice, wherein apparently the three victims threatened the police officer's niece who rushed home to call his uncle. The uncle who is a police, arrived and a heated argument ensued within the cycle and subsequently, the police officer produced a firearm and started shooting," said a community member who witnessed the incident.

He said the officer went on a shooting rampage until four men were hit and lie on the ground.

"No one wanted to intervene in the commotion as bullets were flying to different directions. Everyone was running for cover to save their lives," he said.

IPID National Spokesperson, Ndileka Cola, said the directorate has taken over the scene after three people were allegedly killed by a police officer.

"The directorate has taken over the scene of crime in Dennilton, Limpopo, to investigate death as a result of police action incident which occurred earlier on Monday 29 March. It is alleged that a police officer has shot dead three people in Limpopo. IPID's investigating team has been dispatched to map out what transpired in that scene," Cola said.

Cola said preliminary investigations alleged that the police officer fatally shot three people whilst the fourth one survived gunshot wounds and is currently in hospital.

However, Cola said the police officer was acting on a tip-off tracing suspects who were coming from Pretoria when the incident happened.

"According the information received thus far, the police constable from the Crime Intelligence Unit in Dennilton Police Station, received a tip off that certain people from Pretoria would be



The IPID has taken over a crime scene at Moteti Village after a police constable stationed at Dennilton fatally wounding three people at a tavern

arriving in Dennilton on Sunday the 28 March, the officer allegedly sought the necessary approval from the police commander to act on the tip off, the commander advised him to get his colleague to go with him, but due to other challenges his colleague could not join him," she said.

Cola indicated that it is alleged that the officer then went to White House Tavern

on the same Sunday with his niece.

"Later an argument ensued between the officer and other people in the tavern. The police officer allegedly fatally shot the three people and the fourth one sustained serious injuries and is currently in hospital," she said.

Cola said IPID is investigating three counts of murder and one attempted murder case.

# DR JS MOROKA MUNICIPALITY UNVEILS NEW PLANT MACHINERY



Dr JS Moroka Local Municipality Executive Mayor Cllr Rhoda Sazi Mathabe checking on one of the TLBs unveiled by the municipality



Dr JS Moroka Local Municipality councilors and officials standing next to the newly unveiled fleet that will be used to improve service delivery in the municipality

BY ERIC MATOME KGOMO

**SIYABUSWA** : In concerted efforts to improve service delivery to the people, the Dr JS Moroka Local Municipality has recently procured three plant machinery, consisting of three TLBs. According to the municipality, the new fleet was acquired in an effort to improve service delivery, due to limited resources.

The municipality stated that the consignment will make a very positive impacts as it has been struggling due to the shortage of the necessary equipment, while utilizing aged machines for all the affected departments which in many instances has a negative impact on delivering services to the communities.

Speaking during the unveiling of the fleet at the municipality's Technical Services Offices in Siyabuswa, the Executive Mayor of the Dr JS Moroka Local Municipality, Cllr Rhoda Sazi Mathabe, said she believes that the new plant machinery will make much improvement to deliver services,

wherein they will assist in digging graves, in roads and water projects.

"This move will make queries to be resolved speedily and subsequently improve the services we deliver to our communities, and eventually make a positive impact, as the current ones are old, broken and some not in a good condition and that impacted negatively on service delivery, Mathabe said.

The executive mayor urged the municipal officials to ensure that the fleet is used to improve service delivery to the communities served by the municipality.

"The fleet will capacitate the municipality to deal with the service delivery. The new fleet is an answer to the municipality's quench to deliver excellent services to its residents.

They will be used within all the service delivery units, such as Waste Management, Cemeteries Sub-Unit, for digging of graves, Water, Sanitation and Roads and Storm Water Units," she said.



# NDM CONDUCTS MAYORAL OUTREACH PROGRAMME



*NDM Executive Mayor Cllr Sarah Masilela led the Mayoral Outreach Programme that visited all six local municipalities for community engagements in budget and planning*

**BY ERIC MATOME KGOMO**

**NKANGALA:** With the aim of working with the people to improve service delivery in the communities, the Nkangala District Municipality (NDM) carried out a Mayoral Outreach Programme in all six local municipalities. The outreach led by NDM Executive Mayor Cllr Sarah Masilela and conducted throughout the month of March. The programme that interacted with various stakeholders, kick-started earlier last month at Thembisile Hani, Dr JS Moroka, eMalahleni, Emakhazeni, Steve Tshwete and eMalahleni Local Municipalities. According to the district municipality, the community outreach program was done in line with the Local Government Municipal Systems Act, 2000 (Act 32 of 2000), which requires municipalities to encourage participatory governance and create conditions for the local community to participate in the affairs of the municipality.

"It was also aimed at affording the community of the local municipalities an opportunity to guide the planning and budgeting process of Nkangala District Municipality, through highlighting needs important for the development of their respective wards

and municipality at large, which must be the focus of the 2021/22 Financial Year," said SDM Spokesperson Mhletjwa Masombuka.

Masombuka added that the outreach was also providing a platform for the community to participate and inform the IDP of the district, assessing the extent to which the current programmes/projects' initiatives implemented by local municipalities, NDM and provincial sector departments. "The programme addresses local developmental needs and concerns affording the municipalities an opportunity to present to their communities programmes and projects, that seeks to strategically address the developmental needs and concerns of our communities as identified in the proceeding engagements and IDPs," explained Masombuka.

He said the platform was affording the municipality as well as the community an opportunity to appraise the implementation progress and challenges, in terms of all projects that are implemented in local communities. "Given the prevailing Covid-19 crisis that is confronting the country and the world, NDM was conducting the community outreach meetings through virtual and radio platforms," he said.

# MPUMALANGA TRUCK DRIVERS CONCERNED ABOUT GOVERNMENT GIVING MORE JOBS TO FOREIGN NATIONALS

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*Truck drivers wants to be hired by big companies in Mpumalanga*

**BY NOTHANDO MAKHUBELA**

**EMALAHLENI:** Minister of Employment and Labour in Mpumalanga, Thulas Nxesi visited and held a meeting with ATDFASA ( All Truck Drivers Foundations Alliance representing truck drivers and other stakeholders to discuss the concerns raised by truck drivers in giving more jobs to foreign nationals, on last Friday 26 March in Emalahleni.

The truck drivers in Mpumalanga have recently raised concerns with trucking industry for employing foreign national truck drivers with fraudulent documents such as Identity Document, Permits and drivers licences. Truck drivers expressed their grievances to Minister Nxesi as they felt neglected and let down by government, as they deploy more foreign nationals because they are cheap and felt used by government during voting elections. During the stakeholders meeting, speaking on behalf of the truck drivers, branch chairperson of a trucking company in Emalahleni, Thulani Ngwenya said " The big challenge in South Africa as truck drivers is

that the companies employ foreign nationals because they are cheap labour. As citizens of the country, we don't participate in the economy of the country, it looks like our government only need us to vote. It is very painful to us," said Ngwenya.

Minister Nxesi during stakeholder's meeting indicated that since 2018 ,there have been ongoing discussions to influence policies to address some of the concerns raised.

" In terms of our own Constitution and international conventions ,they also have rights. In whatever solution we are coming up with , we must also respect their rights , all of us have rights and obligations to deal with this matter," said Minister Nxesi

Truck drivers also raised concerns about how the covid-19 had affected them.

Minister Nxesi said "We had to use a lot of our resources above R50 billion in order to deal with what we call a 'temporary relief scheme ' , slot of our inspectors got sick because they were working during that period," he added.



# STATE-OF-THE-ART CLINIC DONATED TO BOOST FIGHT AGAINST COVID-9

BY ERIC MATOME KGOMO

**GRASKOP:** South African Forestry Company Limited (SAFCOL) has donated a state of the art clinic to the Mpumalanga Department of Health to fight Covid-19. The donation was handed-over on Friday 26 March at Glory Hill Clinic in Graskop, Thaba Chweu Local Municipality. The donation comes after Glory Hill Clinic came into spotlight of SAFCOL during Mandela Day activity conducted in the where an old community hall was utilized as a clinic. During the Mandela Day event, SAFCOL CEO Tshepo Monaheng, made a commitment to donate a decent clinic to the community of Graskop. An estimated amount of R3 Million was invested in the construction of the clinic, which consisting of seven consulting rooms with modern finishes, air conditioning, adequate onsite parking, a reception area with modern finishes a spacious dispensary. With the public-private partnership, the donation seeks to improve excess adequate healthcare services for people of Graskop and surrounding places. Mpumalanga Department of Health MEC, Sasekani Manzini, accompanied by Thaba Chweu Local Municipality Executive Mayor, Cllr Fridah Nkadimeng, received the donation. Speaking during the hand-over, Health MEC Sasekani Manzini said the donation came at the right time as the province was commemorating World TB Day and the gesture will also help in the fight against Coronavirus. "This is a major boost to our ongoing fight against Covid-19, which has changed the world as we knew it, and become a dominant factor in our lives. Covid-19 is not a problem of government alone, we would never win this fight alone. We need the involvement of private sector, for us to defeat this invisible but deadly enemy. Today's handover demonstrates the power and tangible results of the public and private sectors working together for the transformation and development of our economy," she said. Manzini indicated that the involvement of SAFCOL in donating the clinic is a clear sign of the commitment of the private sector to work with government in improving the life of the citizens. "This clinic offers a highly effective solution to fulfil our critical need of objective of ensuring that we deliver quality health services to our people as it says in our bill of rights. Everyone has the right to have access to health care services, including reproductive



Mpumalanga Health Department MEC Sasekani Manzini (Left) and the Executive Mayor of Thaba Chweu Local Municipality Cllr Fridah Nkadimeng (Right), cutting the ribbon to officially open the Glory Hill State-of-the-art Clinic



Mpumalanga Health Department MEC Sasekani Manzini (Left) and the Executive Mayor of Thaba Chweu Local Municipality Cllr Fridah Nkadimeng (Right), unveiling the Glory Hill State-of-the-art Clinic at Graskop

health care and no one may be refused emergency medical treatment," Manzini explained. The MEC praised SAFCOL for the donation and said it was encouraging when business society gives back to their communities. "These patriotic gestures from SAFCOL suggest that, when the department constantly seeks for assistance, our requests will not fall on deaf ears. It is these relations that bear fruitful partnerships. The department is highly appreciative of SAFCOL's donation of a clinic to the people of Graskop and Thaba Chew in general, our people can now receive proper quality health services in a dignified structure," she said. The MEC emphasized that the

health sector programme is coupled with serious commitments that could be measured through similar donations, towards the provisions of equal access to healthcare services for better life. "This clinic must ensure that Graskop community receive regular access to health services. We are alive to the fact that there are challenges or barriers to the access of quality health services. However, the successful implementation of our health care programs depends on effective partnerships with institutions such as SAFCOL in improving access," detailed Manzini. She said the donated health facility will relieve a burden of overcrowding in local clinics that were seeing an average of 2432

patients per quarter. "I believe that now that the services are in the new structure the usage will increase for the improvement of our health outcomes and increase life expectancy of our people. I wish to encourage the community of Graskop and Thaba Chweu in general to make use of this facility correctly. Our collective resolve to respond to the plight of the poor and needy communities, should serve as rallying point for our partnership to make a difference and change the lives of the people of Mpumalanga for the better," she said. The clinic will benefit approximately 4 500 people from Graskop and surrounding places.

## MEC ACCELERATE SANITATION AND INFRASTRUCTURE PROJECTS

BY ERIC MATOME KGOMO

**BUSHBUCKRIDGE:** The Mpumalanga MEC for Education, Bonakele Majuba, embarked on a schools' sanitation and infrastructure projects monitoring programme at the Bushbuckridge area. Majuba visited Saile Primary School, E.S Malele Secondary School, Kufakwezwe Secondary School and Ntsie Primary School to monitor progress made in the construction of sanitation and infrastructure projects. The projects are in line with the department's intentions to completely eradicate pit latrines within the 2021/22 financial year. The MEC was satisfied with the work done, which included the construction of ablution facilities, drilling of boreholes, provision of water tanks and installation of hand washing fountains. According to the department, there are 189 projects that are underway in this financial year and every effort is being made to ensure that they are completed

within their stipulated time frame. During the monitoring programme, the principal of E.S Malele Secondary School, Ms Salome Timba, could not hide her excitement for the school infrastructure improvement. "Today our school has 12 enviroloos constructed. Indeed that has shaped the mind set of our learners, teachers and the community at large to forge ahead focused on teaching and learning delivery. Today we have someone who is specially hired to take care of our precious assets, our rest rooms. To show our pride and excitement, we sing when we are in there, we treasure and appreciate what the department has done for us. As for us now there are no more tears, no more sickness and we are now safe from cracked and dilapidated buildings. We thank you MEC and your team," she said. Majuba urged all role players to accelerate the process where possible



MEC for Education in Mpumalanga Bonakele Majuba monitors a sanitation project at Saile Primary School in Bushbuckridge

to complete the projects within the set time frame. "The provision of ablution facilities is a human rights issue that was supposed to have been long addressed. I am satisfied with the

progress made today, however, I expect that we work around the clock to deliver on this mandate. We must ensure that the pit latrines are eradicated within the stipulated time frames," he said.





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##### Job Specification:

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- \* Develops process parameters to meet these requirements
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- Have ability to understand Machine drawings & customer requirements
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- Have the ability to prioritize and apply sound judgment when on standby
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##### Job Specification:

- Operating the following machines: Milling – Horizontal & Vertical, Conventional centre lathe turning, Boring mill, Surface grinding, CNC turning, CNC milling, Slotting and Drilling
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## MHRF TO CONTEST WARD 22 BY-ELECTION

BY ERIC MATOME KGOMO

**MIDDLEBURG/HENDRINA :** The Middelburg and Hendrina Resident's Front (MHRF) will be contesting the upcoming by-election in Steve Tshwete Local Municipality (STLM) Ward 22. This was revealed by the organization Convener and Spokesperson Thato Mathunyane. The election will be held on 19 May 2021. The organization's activist, Jomo Segage, will be standing for MHRF as candidate in the ward. Segage was elected as candidate during MHRF municipal executive committee meeting, which is the highest decision making body in conference.

"MHRF is anticipating to run positive election campaign and we are very proud to be associated with an organisation that does not rely on celebrities to attract votes but genuine leadership to defend the heritage of the municipality," said Mathunyane. He indicated that the MHRF leadership and its members, are proud to have fought the challenges of the establishment of the organization that's having the interest of the community and will continue fighting for what's right without any favour or sponsored resources. "We are asking the residents to mobilize each other and cast their votes for MHRF, the only alternative

that will have a non-violent campaign," explained Mathunyane. He assured that the organization will be campaigning peacefully towards the by-election and urged residents from Middleburg to Hendrina, to cast their votes for MHRF candidate for better services. Hailing from Mhluzi in Middleburg, MHRF candidate, Jomo Segage, has been a political activist since the young age. Segage started schooling at Mhluzi Primary School in 1980, then proceeded to Elusindisweni Higher Primary and completed matric at Mphanama Comprehensive School. He went on to further his studies at Middelburg College. Segage started his political career at Elusindisweni in 1986, as a member of Mhluzi Youth Congress, a body of the South African Youth Congress (SAYC), which was an affiliate to the United Democratic Front. The activist was also a student under the banner of the Congress of South African Students (COSAS), until he completed secondary school. Segage was the first Student Representative Council (SRC) President at Mphanama Comprehensive School until he completed matric. Upon arriving at Middelburg College, he became the first South African Student Congress (SASCO) Chairperson and the first SRC President.



MHRF activist, Jomo Segage, will be standing for the organization in the STLM Ward 22 by-election

In the early 90s he was part of the Youth who re-launched the ANC Youth League after the unbanning of the party and later became the Chairperson. In 2001, Segage left South Africa for Denmark to study International Relations and came back to work with

environmental NGO. In 2003, he left the NGO to work at the power utility, Eskom in 2003, where he became a NUMSA Shop steward and Full Time Shop steward. He was elected MHRF president in 2020 at the organization's founding Conference.

## NEW HOUSE FOR DESTITUTE RESIDENT



The house beneficiary, Mr Matjila, was living in an old dilapidating house before NDM and DSD donate a four room fully furnished house to him



An entourage from NDM and DSD with the beneficiary during the official hand-over of the house at Katjibane Village

BY ERIC MATOME KGOMO

**KATJIBANE :** The life of a destitute family changed for the better after it was given a new house by the Nkangala District Municipality (NDM) and the Department of Social Development (DSD). The house recipient, Mr Matjila, from Katjibane Village in Dr JS Moroka Local Municipality Ward 27, has been living in an old dilapidated muddled house for many years before he was

identified as the house beneficiary. Matjila's long cherished dream of owning a house was realised recently when the district municipality, together with DSD donated him a fully furnished four room house, which consist of two bedrooms, a kitchen and a sitting room. NDM Communications Manager, Besabakhe "KK" Ntuli, told *Timeless News* that the predicament of the family was brought to the attention

of the executive mayor by the ward councillor and community members. "After the plight of the resident was highlighted to the district municipality, the Executive Mayor Cllr Sarah Masilela approached the Department of Social Development, where together took an initiative to make the man's dream of owning a house becomes a reality," he said. Ntuli said the house was furnished with a kitchen unit, couches, coffee

table, fridge, two beds and a two plate electric stove. "The executive mayor also presented the beneficiary with eight blankets to prepare for the coming winter season," Ntuli explained. Ntuli said the house donation initiative will be continuing as part of government's concerted efforts to care for the people. DSD also handed-over food parcels to the unemployed beneficiary.



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# YOUNG ENTREPRENEUR SHARES STORY OF TRIUMPH IN NEW BOOK

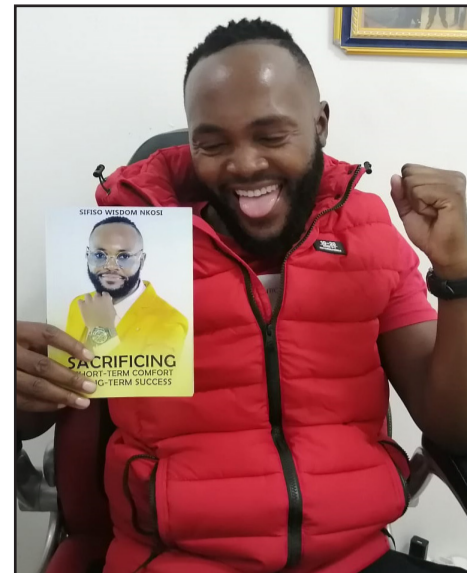
BY ERIC MATOME KGOMO

**MIDDLEBURG:** Middleburg businessman, Sifiso Wisdom Nkosi, has published his new book titled, "Sacrificing – Short-term Comfort, Long-term Success". The book is an autobiography of Sifiso's challenges he faced growing up, until his relentless character he built to become a successful businessman who is now living his dream. The 31-year-old entrepreneur from Mhluzi in Middleburg is the founding Editor of Xpress Newspapers and Printers, which is the fifth largest community newspaper in the country. Having been in business for over half of his life from a tender age, he has created employment to over 40 full time staff and Xpress continues to grow in leaps and bounds. The motivational 90 pages book consists of ten chapters, informing about a life of a young boy from the dusty streets of Mhluzi who grew up to be a successful businessman. Sifiso said it took him almost six years to write and publish his book, which marks the introduction of an inspirational and motivational

voice in the literature spaces. In the motivational book, the Sifiso is telling the story of sacrifice, vision and success in a manner that the book will capture attention of readers with its illustrative writing. "Nothing should stop you from dreaming, especially not your unfortunate circumstances, age or loss of support from those around you," said Sifiso. The author encourages the readers to start with what they have, where they are and gives amazing tips on how to start working towards their vision. "Growing up was tough but I was determined to make something out of my life. Your God-given abilities can do so much more for you than you could have ever imagined. This book is guaranteed to give you that little nudge you need towards the right direction and it will certainly provoke you to be the best version of yourself that you could possibly be," he said. Apart from being a full time businessman and author, Sifiso is also a motivational speaker, master of ceremony and social entrepreneur who always advice people not to be deterred by personal

challenges. He has been voted one of the Top 50 influential young people in Mpumalanga for two consecutive years by "Get It Magazine" and was the best speaker at the Township Entrepreneurs' Alliance. Sifiso has shared stages with the likes of Linda Ntuli, DJ Sbu, Bulelani Balabala, Gareth Cliff, Minister Naledi Pandor and many others. In terms of community upliftment, Sifiso host Mister and Miss Xpress pageant and the Nkangala Business Indaba. His company donate food to underprivileged residents on monthly basis. His next mission is to build a multipurpose youth center for young people with different talents. Sifiso said his book will be launched on 1 May 2021 at Rastique Hotel in Middleburg.

**For those who will want to know more about the book and the launch, are welcome to contact Sifiso on 061 470 6980/ 076 940 9559.**



Middleburg young entrepreneur, author and motivational speaker, Sifiso Wisdom Nkosi, showing off his new motivational book

## How To Be *Happier* With/at Work

BY MYSTIQ REFLECTIVE HEALING  
MIND, BODY AND SOUL:

Work should be a place where people are able to find their passion. That is, they can feel challenged, develop their skills, achieve career goals, and along the way have a sense of camaraderie. Are you unhappy and thinking about how to be happier with work? In reality, a third of people are extremely stressed or burnt out, the vast majority of people are unhappy with their jobs, and a third are actively looking for a new job at any given point.

For many, alternative job options aren't available or people stay in their job because there are some aspects they enjoy but not others. When people stay it can make them unhappy or at worse, burnt out. So, **What can you do to feel happier in the job you are in?** First, you need to understand your own unique demands of your role. Then, you need to understand what resources are available to you. For example, resources can be the decision-making capability you have, tools, technology, supervisor support, coworker support, flexible working arrangements, etc.

**Then determine**  
**(a) if you are utilizing your resources**  
**(b) if you are utilizing them to their fullest, and**  
**(c) if you are utilizing them effectively.**  
**Next, determine where you can make changes on your own.**

**How can you adjust your demands or utilize resources better? Your ultimate goal should be to meet your needs.**

That is, you want to feel like you are  
**(a) capable, or even mastering, components of your job;**  
**(b) feel that you have a say in how the work is done and/or that your opinion is considered, and;**  
**(c) feel you have support from those around you when needed.**

If changes are large and you may need to change your job scope and that will require going to your leader or HR partner to collaboratively discuss how to adjust your role.

However, many changes will be small things that you can adjust on your own. Specifically, you are likely to adjust aspects of your role such as the tasks you are doing, the relationships you have at work, and/or the mindset you have surrounding work.

**How can you adjust to be happier with work?**

Adjusting your tasks, relationships, and



mindset to be more satisfied at work.

**Tasks**  
Ask yourself, what tasks do you enjoy? Rank your tasks from most to least liked. These are not necessarily the same things that you are good at, but they can be. Then, ask yourself "how can I do more of these enjoyable tasks?" This might mean you let go of other tasks by delegating, automating, redesigning them out, etc.

If you are unable to remove/delegate or adapt the tasks, try to change when you do them. Perhaps you save your enjoyable tasks for when you need a 'pick me up' to get out of stress. For example, if by Friday you are usually worn out, schedule Friday afternoons each week to do the enjoyable work.

**Relationships**  
Good work relationships are vital in helping you better achieve tasks and to help you solve future problems. If you are facing conflict with someone, take the time to mend that relationship. It's also important to build new or closer working relationships. Seek out

people in different departments that are interconnected to the work you do. Get a better understanding of their work and teach them about your work. This will help build mutual understanding and allow you to collaboratively determine how to make workflow go smoother. Additionally, making genuine friendships will help you get excited about going to work. Find people who have similar interests or with people that you think you will get along with so you have people to vent to when stressed.

**Mindset**  
Lastly, sometimes we place undue pressures on ourselves that make us unhappy. Perhaps these are unrealistic expectations, a fear of failure, and/or avoiding change. Changing our mindset is difficult yet rewarding. For instance, are you a perfectionist who proofreads something three times before sending it? Maybe once or twice is enough. Or perhaps you feel a need to respond to emails immediately. Recognizing that, generally, if something is urgent people will call you, so an email

doesn't need an immediate reply, will free up the anxiety of constantly staying connected.

Alternatively, maybe the required mindset shift is something bigger. Perhaps you need to shift your whole conceptualization of your work. For example, maybe you feel your job is mundane because all you do is input numbers into a system. However, inputting information accurately and speedily may actually be about creating a positive customer experience who are the true lifeblood of the company. This shifts the task to be something bigger and way more fulfilling than data entry. Overall, to help you find more happiness at work determine what makes you happy and tweak your job as much as is within your control. Finally, remember that work and home spill over into one another (especially these days). So you can apply these same techniques at home to ease up your workday or vice versa.

**Are you ready to adjust your tasks, relationships, and mindset to be happier with work?**





# TIMELESS SPORT

## THE ROCKETS AIM FOR DOUBLE AGAINST CELTIC



*TS Galaxy striker, Mxolisi Macuphu, says he is confident that the Rockets will be victorious in their next PSL games*



*TS Galaxy FC is aiming to achieve a double when playing with Bloemfontein Celtic in their second round match at Dr Petros Molemela Stadium, on Sunday 4 April 2021*

**BY ERIC MATOME KGOMO**

**MBOMBELA:** Mpumalanga based PSL outfit, TS Galaxy FC, will be hunting for more points in the coming games to sustain consistency in the ABSA Premiership. After the Fifa international break, the Rockets will be playing against Bloemfontein Celtics at Dr Petros Molemela Stadium on Sunday 4 April 2021.

Before the Fifa break, the Rockets succumb to defeat at the expense of Maritzburg United at the splendid Mbombela Stadium. The Rockets will be looking to double their victory against Bloemfontein Celtic in the second round game. The team swept past Celtic in the first round and reigned as supreme

emerging as 1-0 winners in their last match against Celtics with a solitary strike by Lindokuhle Mbatha.

Already this season, the Rockets achieved a double over Black Leopards in the league by beating the Limpopo-based outfit home 3-1 and away 3-0. TS Galaxy talisman, Mxolisi Macuphu, has vowed to come back with the bang after this Fifa break.

"We have four games in April and I believe, it is possible to go for nine points. The mentality of the boys has been phenomenal moving from 16th position on the log to position number eight. That is an achievement. We have to appreciate those small achievements. That is what makes the team succeed,"

Macuphu said.

Macuphu does not doubt that we will bounce back against Celtic this coming weekend in what promises to be a pulsating encounter.

"We needed a break because we've been playing back-to-back games. I think we've exceptionally well going into this break. It will be difficult coming back from this game but it is all about mentality. Against Maritzburg United, we never put ourselves in a position of achieving a result. We want to come back strong," Macuphu said.

Macuphu said the team is now playing toward the goal they want to achieve as players.

"Our industry is all about pressure. The

defeat against Maritzburg didn't ease the pressure but it made us realize that we still in the race and the league is not over. We've set our goals and as players, we want to achieve them. Each and every game comes with its pressure. It is pressure all the time. As strikers, we have to score goals." Elaborated Macuphu.

Meanwhile The Rockets' Given Msimango has been called in the South African under-23 national soccer team to play in the Tokyo Olympics preparatory game against Golden Arrows, at Princess Magogo Stadium in Kwa-Zulu Natal on Thursday 25 March 2021. David Notoane's boys emerged with a 3-1 victory over Arrows.