

*Mpumalanga Decreases  
Easter Fatalities  
Page 2*

*Mec Intensifies  
Operations  
Page 4*

*Three Escape From  
Police Holding Cells  
Page 6*

*Boost for  
LSC  
Page 8*

## NEW STLM EXECUTIVE MAYOR TO FOCUS ON SERVICE DELIVERY

**BY ERIC MATOME KGOMO**

**HENDRINA:** The newly inaugurated Executive Mayor of Steve Tshwete Local Municipality (STLM), Cllr Diphale Motsepe, has vowed that he will be serving all citizens, regardless of their political affiliation. Motsepe was speaking during his inauguration ceremony held at Eco-Park in Hendrina on Thursday 8 April. Motsepe, who served different portfolios in the municipality for the past ten years, was appointed executive mayor following the passing of Bagudi Tolo, who succumbed to Covid-19 complications earlier this year. "History has taught me that through collaborative, robust and engaging debate as a collective, we can build realistic plans that are achievable and can be delivered to our people. This is a cause I personally have advanced and I still subscribe to," he said. Motsepe said it is high time that employees in the municipality prepare to continue delivering on the promises made by the previous and current council. "We are also willing to accelerate the pace of delivery. I want to assure the residents of Steve Tshwete that, we will be a government for every single one of you," informed Motsepe. The executive mayor emphasized that their clarion call to the people is to encourage them to participate in the affairs of the municipality, so that they can influence and add value to the IDP and service delivery initiatives. Highlighting some of service delivery successes, Motsepe indicated that they have constructed a multi-purpose community centre in KwaZamokuhle, in response to the pleas of residents. The centre will be a one stop shop that caters for a variety of needs. "We are developing Kwa-Zamokuhle Stadium as one of our legacy projects. Hundred beneficiaries have been relocated to serviced sites in Extension 9," explained Motsepe. Furthermore, the executive

mayor said they have built another multi-purpose community centre in Rockdale, to cater for the growing community. "All our community parks have been upgraded with ablution facilities. We have finished building a taxi rank in Middelburg, our sporting facilities in Eastdene have been upgraded and we are also upgrading the facilities at the Middelburg Dam," detailed Motsepe. He added that the construction of the Reabota Flats by the department of Human Settlement is also underway. "The premier is also set to visit Steve Tshwete Municipality for the sod-turning ceremony of the Middelburg Hotel and Conference Center, as all preparations for the construction of the establishment have been finalized," he said. The executive mayor said they have finalized work regarding the allocation of Denesig South stands and plans are at an advanced stage for the servicing of Middelburg Mall and surrounding mines with regard to waste management by the municipality. "Precinct plans to reduce space between Mhluzi and Middelburg town in order to create an alternative area are in final stage, which will serve as a Social hub for job creation. Furthermore, we have set our goals very clear on the achievement of five critical pillars of our strategy to deliver services," he said. Motsepe said they have developed service delivery strategies and have improved on what worked well for the municipality in the previous years. "A budget has been set aside for the replacement of asbestos water pipes and the infrastructure that is aging," he said. The executive mayor encouraged people to adhere to Covid-19 protocols during the midst of this deadly pandemic. "We dare not let our guts down, as we continue to face a serious possibility of a third wave that can cause a recurrence of infections and fatalities," he said.



The newly inaugurated Executive Mayor of STLM, Cllr Diphala Motsepe, has vowed to serve all residents and accelerate service delivery



## SASOL DONATE FUEL STLM

BY DAN MDLULI

**MIDDELBURG :** Since the announcement of the country's lockdown last year during March month by President Cyril Ramaphosa following the massive outbreak of novel coronavirus in the country, livelihoods of South Africans and the running of government institutions as well as businesses have been adversely affected. As a responsible and active corporate citizen, Sasol has been supporting its fence-line communities since the announcement.

The move by the energy utility is part of government's call for everyone to provide a helping hand as the battle to contain the impact of COVID-19 pandemic continues. While the country was on lockdown Alert level 5, Sasol made a commitment to donate fuel to the Steve Tshwete Local Municipality and three other municipalities in Mpumalanga to aid community outreach activities. Today, Mashudu Ndou, Sasol Energy Operation's Vice President on community affairs was accompanied by team of colleagues to honour a commitment that they made to Steve Tshwete Local Municipality by officially handing over 15 000 litres of ULP93 fuel and 400 litres of hand sanitizer "we are here today to do what we do best as the organization, especially during

this time of uncertainties, our current situation is uncertain and the future is uncertain however as the organization we want to be part of our communities in uncertain times. Our partnership with Steve Tshwete Local Municipality has been going on for some time now, today we have extended our helping hand without being asked to do so. We are handing over 15000 litres of fuel and 400 litres of hand sanitizer to help the municipality to fight against Covid-19" concluded Ndou

The donated fuel will be used towards assisting the municipality optimise its service delivery to communities as the pandemic continues to impact negatively on people's lives.

The services that the donated fuel will aid include water provision, waste management, emergency services and transportation of essential needs to communities.

Speaking to the paper, Acting Steve Tshwete Local Municipality Executive Mayor, Cathy Mkhuma, expressed appreciation on the gesture by Sasol said the donation would go a long way in assisting communities.

Mkhuma added that it would augment services and help the local municipality to push on the level of service delivery.



Today the Acting Executive Mayor of Steve Tshwete Local Municipality Cllr Cathy Mkhuma, Council Speaker Cllr Andries Mabena and Sasol Vice President on Community Affairs Mashudu Ndou cutting the ribbon during the hand-over of 15 000 litres of fuel and 400 litres of hand sanitizer to the local municipality

## MPUMALANGA DECREASES EASTER FATALITIES



Vusi Shongwe, MEC for DCSSL in Mpumalanga, is happy about the decrease of roads fatalities in Mpumalange during Easter holidays

BY ERIC MATOME KGOMO

**NKANGALA:** Mpumalanga MEC for Community Safety, Security and Liaison (DCSSL), Vusi Shongwe, has welcomed the decrease in fatalities in the province as compared to the same period in 2019. The province has recorded 18 deaths as compared to 31 people losing their lives in 2019 during the Easter holidays. Seventy three people sustained serious injuries while 132 more people escaped with minor injuries. Out of 18 people who were killed, nine of them were pedestrians. The district with the most fatalities is

Ehlanzeni with nine deaths, followed by Gert Sibande that recorded five fatalities and Nkangala District saw four people losing their lives on the road. Routes with the highest number of deaths are R40 and N4 toll road that recorded eight and five fatalities respectively. During operations, the provincial traffic officers have stopped and checked 32 303 vehicles on various roads across the province. Of the vehicles checked, about 6785 summonses were issued to motorist for various offences ranging from dangerous overtaking, skipping stop signs or red lights to overtaking dangerously, driving without wearing

seatbelts and excessive speeding. Over 100 vehicles were also discontinued for defects with regards to lights, brakes, indicators and tyres among others. The traffic officers at various weighbridges impounded 114 vehicles that were overloaded and these were mostly trucks. In 2020, during the same period, only seven people lost their lives, however, in the same year, the country was on lockdown at alert level 5 and during that period, there was no inter-provincial movement, as borders were closed and there were more restrictions in terms of movement

as churches were not operating along with restaurants and entertainment facilities. After the release of the Easter weekend road crashes report by Transport Minister Fikile Mbalula in Gauteng on Thursday 8 April, Shongwe attributed that the decreases was achieved after an impact made by the department to enhanced law enforcement visibility and increased cooperation among stakeholders.

Shongwe welcomed the fatalities decrease and said more still needs to be done to drastically reduce deaths and crashes. "We need to do more to make our roads safer, it cannot be right that many families are made dysfunctional as a result of losing their loved ones. Motorists must also play their role by using the road responsibly. One death on the road is one too many. That is why we continue to advocate for harsher punishment for those who are found guilty of breaking the rules," he said. Shongwe indicated that the statistics are not just numbers, but represents lifetime changes to many families that are affected. Furthermore, the MEC applauded all law enforcement officers who worked hard during the Easter holidays. "Had it not been for them, the situation could have been worse. We are encouraging them to remain focused on their work and spare no efforts in bringing to book reckless and negligent drivers," he said. Shongwe emphasized that he is pleased about motorists and road users who heeded the call to use the road safely and he is appealing to everyone to be active participants in government's road safety initiatives by using the road cautiously. The MEC also indicated that the department will continue to prioritize routes with higher traffic volumes during peak periods, saying that monitoring will be strengthened in such routes. Shongwe committed to mobilise for increase in budget for traffic law enforcement in order to acquire tools of the trade such as vehicles and payments for overtime, particularly during peak holidays seasons. He has also sent his condolences to the 18 families who have lost their loved ones during the long weekend. "I wishes those who may still be in various hospitals across the province a speedy recovery," he said.

# MOB KILLS MAN IN BARBERTON HOSPITAL



*The remains of a vehicle that was burned by the community after shooting its owner at Barberton Hospital*

**BY ERIC MATOME KGOMO**

**BARBERTON:** The police in Barberton are in search of a group of people who allegedly attacked and fatally shoot a man in Barberton Hospital premises.

According to Mpumalanga Department of Health Spokesperson, Dumisani Malamule, two gun shot patients were admitted in the hospital on Sunday 4 April to be treated. Apparently, a group of community members came to the hospital for revenge against one of the patients who sustained gun shots wounds. "On arrival, they found that the gate was locked and jump the palisade fence and went to the casualty. Fortunately, casualty bugler door was locked and they could not gain access to the hospital building. The police

were already inside the hospital and the community could not force entry," he said. Malamule said the attackers then went to the parking area and shot the driver of the car who was escorting one of the gun shot patients. "The man has since died and the community also set his car alight. The Police handled the incident well and no staff members were injured in the incident," he said.

MEC for Health in Mpumalanga, Sasekani Manzini, strongly condemned the incident. "It is very sad that our people resolve to take the law into their hands. It is also not acceptable that our people now force their entry into our health facilities and seek revenge. This incident has seriously affected the staff and patients in Barberton

Hospital. We want to plead with our communities that they should not enter our health facilities and seek revenge as this endanger the lives of our staff and patients," Manzini said. The MEC applauded the police for their swift response on the incident and for handling the situation well, ensuring that none of the staff members is harmed. The attack on health facilities seems to be prevalent lately as another incident occurred at a medical facility in Mabopane on Wednesday 31 March.

According to Netcare 911, during the incident a receptionist was fatally wounded, where a doctor and an employee are in critical condition, after an attack by unknown gunmen.

"Reports alleged that an unknown

number of armed suspects stormed a doctor's rooms, demanding cash. A shooting ensued and an adult female receptionist was shot, sadly sustaining fatal injuries," said Netcare 911 Spokesperson Shawn Herbst. Herbst said an adult female, believed to be an assistant in the doctor's rooms, sustained serious injuries after being shot and was treated on scene by advanced life support paramedics.

"The doctor, an adult male, had also been shot and was rushed to hospital in a private vehicle from where he was airlifted by Netcare 911 helicopter ambulance to a specialist facility. Circumstances leading up to the incident will be investigated by the relevant authorities," said Herbst.

## MAN SENTENCED TO LIFE FOR RAPE OF 10 YEAR-OLD NIECE

**BY DAN MDLULI**

**KWAMHLANGA :** A 35 year-old man was on Thursday, 08 April 2021, sentenced to life imprisonment for rape of a minor by the Mkokobola Regional Court. The man's hefty sentencing by the court emanated from the rape of his 10 year-old niece on Christmas Eve in 2019. The sentencing came after details were heard on how the minor became a victim at the hands of a man who was supposed to protect her. It is said that on 24 December 2019, he preyed on the little girl at the time when her mother and grandparents were not home and he was entrusted with looking after her. The court heard that the girl was playing in the veranda when the uncle called her to his room at the back of the main house. The girl reportedly refused. The uncle then dragged her to his room, tied her with a rope and repeatedly raped her. The girl later escaped after begging him to let her go get food. The court further heard that her mother came back worried and when she could not find her daughter in the main house as well as her uncle. She then went to her neighbours to look for her without success. The mother got back to the house and was shocked by the sight of her daughter walking in a strange way. The girl then related the story to her mother. The minor was taken to the doctor where it was confirmed that she was raped. The uncle tried to convince the girl's mother not to lay charges

against him but the matter was reported to the police. The uncle went into hiding at one of his family members. However, his family sought justice and handed him over to the police. He was sentenced to life imprisonment for rape and his particulars will also be entered into the National Register for Sex Offenders. The court found him to be unfit to work with children and he will also be entered into the National Child Protection Register. Mpumalanga police management said they noticed with concern the moral decay in the society where adults entrusted with a responsibility to protect and care for children, molest them instead. The management further thanked the family for handing him over and applauded the work done by the Family Violence, Child Protection and Sexual Offenses Unit (FCS), the prosecution as well as the judiciary for their resilience in the case which saw the uncle getting a hefty sentence.



*A 35 year old man has been sentenced to life imprisonment for raping his 10 year old niece*

OPPORTUNITY

ASPIRING  
JOURNALIST

TIMELESSNEWS

Get your article published at Timelessnews!

- Write an Article
- Create 1 min video story
- Photograph depicting story

SEND HERE TIMELESSNEWS371@GMAIL.COM

## FOUR PERISH IN HORRIFIC ACCIDENT

BY ERIC MATOME KGOMO

**DENNILTON;** A fatal accident has claimed live of three people at Dennilton on Saturday 3 April. The head on collision accident involved a VW Polo and a Mahindra on the D856 Road near Philadelphia Hospital.

Limpopo Department of Transport and Community Safety Spokesperson, Mike Maringa said one passenger sustained serious injuries while four people died instantly.

"Drivers of both vehicles and two passengers were certified dead on the scene. One passenger sustained serious injuries and was rushed to the hospital," he said.

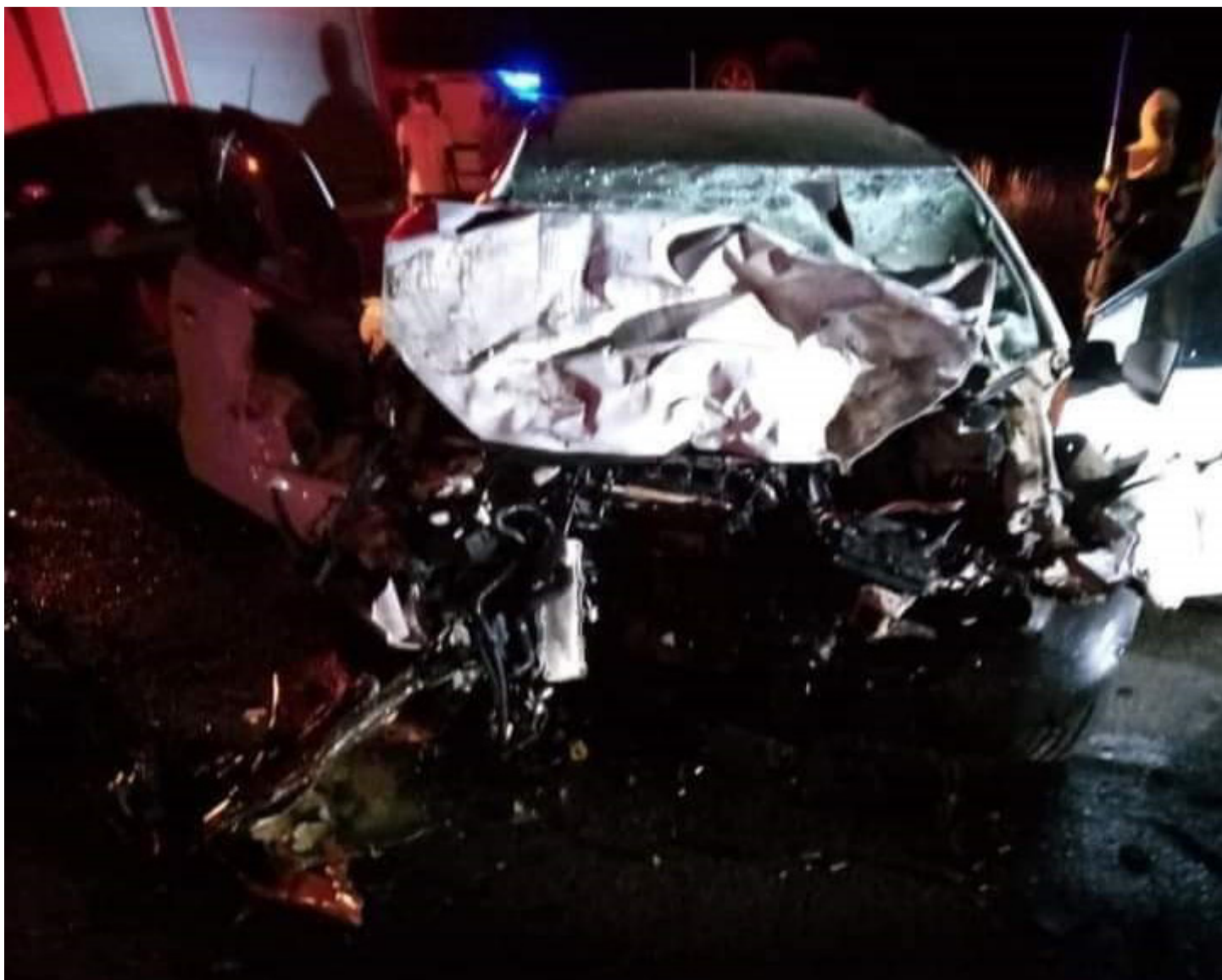
Maringa said reckless driving will not be ruled out as a possible cause of the accident.

Maringa added that in another accident, one person died in a head on crash on the R81 Road outside Giyani Town.

"It is alleged that a Hyundai Sedan driver was overtaking on a barrier line and collided with an oncoming Toyota Sedan. The Hyundai driver was killed instantly and the passenger escaped with minor injuries," explained Maringa. He said the driver of the Toyota Sedan and the passenger sustained serious injuries and were also taken to Khensani Hospital.

More than 100 people have been killed across the country during Easter weekend, with the highest number of fatalities reported in Limpopo with 27 people, followed by KwaZulu Natal with 26 reported deaths.

The lowest number of fatalities were reported in Northern Cape and Free State, where only two people died on the roads in the provinces.



*The VW Polo that collided with a Mahindra on the D856 Road in Dennilton where three people lost their lives*

## DCSSL MEC INTENSIFIES OPERATIONS

BY ERIC MATOME KGOMO

**ERMELO:** MEC for Community Safety, Security and Liaison (DCSSL), Vusi Shongwe, says law enforcement officials including traffic authorities will continue to conduct various road and community safety operations across the province in an effort to save lives of road users and public, post Easter weekend. Shongwe said the operations are intended enforcing the law while also promoting law enforcement in identified areas.

The continual operations saw a number of places being visited and major roads and freeways being monitored to ensure a safer festive season.

As part of these operations, MEC Shongwe led an "Overall Friday Operations" which was conducted at Ermelo on Friday 2 April.

During operations, several taverns and eateries were visited to ensure compliance with the lockdown regulations. The operation was conducted by Tactical Response Team (TRT) from the Traffic Intervention Unit. "What remains is a huge outcry, so far most people who were at these establishments did not have their masks, displayed lack of social distancing and there was overcrowding," stated Shongwe.

The MEC appealed to the people in liquor trading and entertainment industries to be mindful that Covid-19 has not ended, and advised them to be fully compliant with all Covid-19 health protocols.

Shongwe said the operations are still underway at undisclosed areas and will also be visiting other places to ensure compliance.

Meanwhile Shongwe and law enforcement team raided the Mbombela CBD where scores of businesses were closed because owners were not complying with Covid-19 health protocols. Among others, some shops did not have



*MEC for DCSSL in Mpumalanga, Vusi Shongwe (Right), conducting an Overall Friday Operation at a church service in Ermelo*

temperature scanners and register for visitors on site.

The MEC encouraged business owners to take Covid-19 health protocols seriously by ensuring that customers are scanned and there was social

distancing.

"Communities are once more advised to observe the Disaster Management Act. Everyone should keep their masks on in public places, wash hands with soap or sanitize on regular basis, keep social

distancing and avoid crowded places," detailed Shongwe.

The MEC reminded travellers to ensure that they plan their trips in such a way that they arrive at their destinations before the curfew starts at midnight.

# DOCTORS' GO-SLOW HIT MOST ON PATIENTS



Patients who need special treatment are turned away at Philadelphia Hospital in Dennilton as doctors are on a go-slow

**BY ERIC MATOME KGOMO DENNILTON/GROBLERSDAL;** Patients, who seek special medical attention at Philadelphia Hospital in Dennilton and Groblersdal Hospital are turned away as the doctors are on a go-slow. The two health facilities have since joined the provincial picketing which has started on 31 March across Limpopo health facilities. The doctors are complaining against the health department imposed Circular 43 of 2020 and Circular 4 of 2021, which will force the implementation of standardized rosters. Other staff members in the hospitals did not yet join the go-slow, however, there are rumours that they will follow soon if Limpopo Health Department MEC Phophi Ramathuba is not considering their demands. Doctors in affected hospitals are attending emergencies only and other patients, who seems not to be in serious conditions, yet in need to see doctors, are turned away. In a joint statement, released by organized labour unions in Limpopo,

the standardized roster will ignore the institutional circumstances and will take away the flexibility of doctors. One of the patients, Julia Madisa, who was turned away at Philadelphia Hospital on Wednesday 7 April, told the paper that she was visiting the institution since 1 April to see doctors without any success. "I had been to the hospital on 28 March and was told to come and see a doctor on 1 April. I was told the doctors were not working since then, no one is helping," she said. She said she visit the hospital everyday hoping that one day a doctor will see her. Neil Shikwambana, Limpopo Department of Health Spokesperson, said they are disappointed by the behaviour of some doctors in the province's hospitals, who are continuing to neglect patients despite an agreement reached with all healthcare unions in the province. "Earlier, unions threatened to embark on a strike action due to their dissatisfaction about certain circulars, particularly the once talking about shift rosters. Following an agreement with



A number of people is seen queuing unsuccessfully to see doctors at Philadelphia Hospital

the unions, the department has since suspended all circulars indefinitely. However, there are some doctors who continue to neglect patients in the name of being on strike," detailed Shikwambana. He added that recently, some of the doctors demanded to meet the MEC to submit the memorandum. "To the department's surprise, the issues contained in their memorandum

are the same issues that the department has reached an agreement with the unions about, including SAMATU which represented doctors," he said. Shikwambana said the department views this behaviour by the doctors as rogue and irresponsible. "The department would like to remind them of their ethical responsibilities towards their patients," he said.

## DEADLY CRASH CLAIMS THREE LIVES



A LDV bakkie that overturned at Hazyview, killing three women and injured fourteen others

**BY ERIC MATOME KGOMO HAZYVIEW:** Three women were killed in a horror crash as bakkie overturns on R40 Road near Hazyview on Friday 2 April. Seventeen people were allegedly on board of the bakkie when the accident occurred. According to Department of Community Safety, Security and Liaison Spokesperson (DCSSL), Moteti Mmusi, The crash occurred when a Light Delivery Vehicle (LDV) overturned on R40 Road between Hazyview and Marite around 08h00. Mmusi said fourteen more people, who were also in the bakkie, sustained serious injuries and were rushed to Matikeane and Tintswalo Hospitals respectively," he said. "Two victims were declared dead at the scene while

the third person died at the hospital," he said. Mmusi said the cause of the crash is still being investigated, however, earlier indications show that the driver may have lost control before the vehicle overturned. "It is also believed that the people were part of the funeral procession from one of the farming areas when the crash happened," he said. Mmusi said the department is busy with the process of identifying the deceased. Mpumalanga MEC for DCSSL, Vusi Shongwe, called on motorists to obey the rules and drive cautiously. "With increased caution, driving tragedies such as this are avoidable," he said. Shongwe sent condolences to the bereaved families and wishing those who were injured a speedy recovery.

## HEALTH MEC PAYS VISIT TO VACCINATION SITES

**BY ERIC MATOME KGOMO EVANDER/KWAMHLANGA:** The MEC for Health in Mpumalanga, Sasekani Manzini, has on Wednesday 7 April visited the Evander Hospital vaccination site. The purpose of the visit is to monitor progress on the vaccine rollout programme for the frontline workers. The MEC was accompanied by the hospital board and they were joined by organised labour. The visited vaccination site caters Evander Hospital, Bhetal Hospital, Medclinic, primary health care facilities and private practitioners in the Govern Mbeki Local Municipality. The MEC was impressed by the eagerness of the workers to take the vaccine. "I am happy that the vaccine site is doing well and the public private partnership is practical here, companies are forwarding their health workers to assist with the vaccination programme, I encourage other partners to come forward so that we fight the pandemic together," she said. Meanwhile Manzini has recently visited KwaMhlanga Hospital in the Thembisile Hani Local Municipality to monitor the vaccine rollout plan. The programme was focussing on protection of frontline healthcare workers to herd immunity and further reduce the risk of Covid-19 infections. Manzini took her Covid-19 jab at the hospital to encourage healthcare workers to follow in her footsteps. Over 14 000 healthcare workers has been vaccinated in Mpumalanga with less than 100 new Covid-19 cases daily. About 13.5 million people were



MEC for Health Department in Mpumalanga Sasekani Manzini (Right), during her visit at KwaMhlanga Hospital to monitor progress on vaccination rollout programme.

screened for Covid-19 in the province. The city of Mbombela is leading with over 16 000 recorded Covid-19 infections followed by eMalahleni with 11 000. Dipaleseng has recorded the least number of Covid-19 infections, with only 646 cases reported.

# DEPARTMENT OF AGRICULTURE REFUTES ALLEGATIONS OF FARM EVICTIONS IN GERT SIBANDE DISTRICT

BY TULANI NGWENYA

**MPUMALANGA** : The Department of Agriculture, land reform and rural development (DALRRD) has refuted claims of alleged farm evictions in the Gert Sibande district of two farmers who are challenging the department's decision. The alleged farm evictions by DALRRD are said to have seen farmers being given 24 hour notice to vacate their land. Supposedly many of these farmers are said to be in possession 30 year land leases with the state, noted Annette Steyn MP the Mpumalanga Democratic Alliance (DA) Shadow Minister of Agriculture, Land Reform and Rural Development. Investigations by *Timeless News* on the farm evictions in Gert Sibande are ongoing however the publication got a response specifically in the alleged evictions of Thabane Nxumalo of Klipplaatdrift farm and John Mabasa of Goedehoop. The Department of Agriculture, land reform and rural development has indicated in a statement that, "No evictions are taking place in the state properties in the Gert Sibande District."

Allegedly Thabane Nxumalo had a three year lease agreement on the Ultkyk farm from 2013. In 2019 he moved to Klipplaatdrift farm. The following year, Thabane Nxumalo received an eviction order from DADLEA, despite making an undertaking to meet the requirements for renewing the lease. Commenting on Thabane Nxumalo's case of eviction, DADLEA pointed out that, a 2019 report from the department's internal Audit revealed that there were civil servants leasing state farms in the district. It was also revealed that Thabane Nxumalo was a civil servant working for Eskom and yet he had a state farm and had misled the state in his 2017 declaration in which he said he was not a public servant. In yet another case of an alleged farm eviction by DADLEA,



*Annette Steyn MP, the Mpumalanga Democratic Alliance Shadow Minister of Agriculture, Land Reform and Rural Development standing with some of the affected farmers in Gert Sibande district*

is John Mabasa's family. After having been a farmer for over two centuries it is said that after having submitted a land claim in 1998 to formalise his family's land holdings, DADLEA claimed that they had no records of the claim. In 2013, after a Public Protector finding instructed DADLEA to buy John Mabasa a farm, he was given caretakership on a portion of land. The award came with the condition that he should farm as part of a co-op. Allegedly, when Mabasa refused to pay R25 000 to ensure that a proposed business plan be approved by the Department, he later found out that his land had been advertised for occupation to interested new leases. Investigations on John Mabasa's status and case, DADLEA commented saying

that, "Mr John Mabasa is not a lessee of the Department but rather a farm dweller together with other 15 families on the Remaining Extent of Portion 2 of the farm Goedehoop measuring 1303.1636." The department has said that the farm was acquired by the State for land reform purposes. After several disputes between two groups on the farm DADLEA intervened on numerous occasions and later on conducted a Land Rights Inquiry (LRE) and tenure of grazing and ploughing rights were confirmed on 305 hectares and John Mabasa was part of the 15 beneficiaries of that land.

Allegations by farmers have surfaced claiming that, DADLEA officials kept records of contracts, however no

records of these lease payments were kept.

"Allegations started to emerge that some of the Department's officials were demanding bribes before contracts could be signed," said the DA in a statement.

Annette Steyn of the DA has also said that there is no response, one month later after writing to DADLEA Minister, Thoko Didiza to urgently intervene in the case of Mpumalanga farmers who are at various stages of being evicted from their farms.

DADLEA has since advertised both farms and others for new potential lessees to come and view the farms since it started its selective issuing of 30 year lease agreements in the district.

## THREE ESCAPE FROM POLICE HOLDING CELLS

BY DAN MDLULI

Three holding cell prisoners aged between 18 and 35 years-old escaped from lawful custody at the Kriel Police Station in the early hours of Wednesday, 07 March 2021, and an investigation into how the men escaped is underway. The suspects, Siyabonga Mlotshwa (18), Thabo Motaung (24) and Njabulo Nelson Khoza were initially arrested

for rape, robbery, possession of drugs, housebreaking and theft and contravention of the Immigration Act. Colonel Donald Mdhuli, Mpumalanga police spokesperson, said members who were on duty indicated that they heard a strange noise coming from the holding cells where the suspects were locked, and went to investigate. Mdhuli said that was when they discovered that

the trio made their way to an undue freedom. "A case of escape from lawful custody was immediately opened and an investigation regarding this matter is underway," added Mdhuli. Police are appealing to members of the public, including families of the suspects to assist with information that may lead to their re-arrest to contact Detective Sergeant Siphon Nkuna at 072 790 9238

or call the crime stop number 08600 10111.

Alternatively, members of the public can send information via MySAPSApp. All information received will be treated as confidential and callers may opt to remain anonymous.



*The 18 year-old Siyabonga Mlotshwa and the 35 year-old Njabulo Nelson Khoza who are two of the three that escaped from police holding cells at the Kriel Police Station*

# CUBAN EMBASSY MEETS LIMPOPO PUBLIC WORKS, ROADS AND INFRASTRUCTURE DEPARTMENT

**BY DAN MDLULI:** To take stock of how the eleven Cuban Technical Advisors have been impactful to the infrastructure delivery work of the Limpopo Department of Public Works, Roads and Infrastructure, the Cuban Embassy delegation recently paid the department a courtesy visit.

The Cuban Embassy Delegation was led by Secretary of Press and Culture, Dianelis Forestal Mejias on behalf of Ambassador Rodolfo Benites Verson. Limpopo Department of Public Works, Roads and Infrastructure MEC, Namane Masemola indicated that the relationship between Cuba and South Africa was an extraordinary one and that the expertise that the Cuban Technical Advisors (CATs) brought to the department was key in all the infrastructure projects.

Masemola said that amongst others, the CATs were doing an excellent job of mentoring the professionals who still needed to qualify through the Engineering Council, mentoring



*Limpopo Department of Public Works, Roads and Infrastructure MEC, Namane Masemola (second from left) during a recent meeting with the Cuban Embassy delegation*

interns and were also paired with project officers to ensure that the core business of the department was properly executed to benefit the communities of Limpopo. The MEC

added that they remained committed to the relationship given the historical relations between the two countries and were singularly honoured to benefit from such vast expertise as they

delivered on the mandate that was so central to the socio-economic life of the people of the province. "Our mandate remains infrastructure provision and maintenance," concluded Masemola.

## 10 Signs It's Not Your Body But Your Soul That's Tired

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

Have you been feeling completely exhausted and burnt out lately? Have you been trying different solutions for physical and mental exhaustion but none of the solutions are working? It may be because sometimes our struggles are not just physical or mental in nature. Sometimes it's not just our body or mind but our soul that's tired. "Soul exhaustion" or "Soul sickness" can happen if we have been ignoring the cries of our soul for a long time and not paying proper attention towards our spiritual well being.

One of the most prominent signs of soul exhaustion is the desire to sleep longer than normal and inability to carry out even basic functions like eating or exercising on time. If we do not pay attention to these warning signals in the initial stages, it may lead to severe long-term health issues such as chronic anxiety or severe depression. When our soul is exhausted, we may also feel heightened sensitivity and irritability and experience a constant feeling on living on the edge. If we continue to live like this without taking the time to tend to our soul, we will undergo an emotional breakdown sooner or later.

**Most common signs and symptoms of soul exhaustion to watch out for:**

- 1) You experience unexplained pains and aches. Our mind, body, and soul are connected. If there is any imbalance in the one, it will affect the other. Therefore, if our soul or heart is tired, it may try to grab our attention by creating physical disturbances in our body. We may feel unexplained pains and aches, dizziness, nausea, migraine or tension headaches, blurred vision or gastrointestinal issues without any medical reasons.
- 2) You experience anxiety or panic attacks. When the soul is exhausted, we may find it difficult to find peace and the world may look all dark and confusing. We may try various means of cheering us up by trying the things that used to give us joy earlier but none of these works now and this may lead to a sense of dread and hopelessness causing anxiety or panic attacks.
- 3) Difficulty in coping up with challenges and struggles that come your way. Ups and downs are a part of life and we are generally equipped to deal with them but when our soul is

feeling weary we may not even have the strength to cope up with simple challenges or difficulties that life throws our way. It is very important to take a step back and take some time out to cater to our spiritual wellbeing whether by going for yoga, meditation, silence or spiritual retreats to gain the energy to cope up with life's challenges.

4) You suffer from insomnia

If we are not in a happy and peaceful state, it will become next to impossible to get a good night's sleep. Even if we manage to sleep a couple of hours, it will be filled with anxious thoughts or nightmares and we will wake up feeling tired and exhausted. And then we go through the entire day like a zombie, unable to give our attention to any task at hand.

5) You experience negative emotions like bitterness, anger, resentment or jealousy.

All of us feel negative emotions sometimes but when our body and mind is not in alignment with our soul, we will experience negative emotions like bitterness, anger, resentment or jealousy more frequently and vehemently. If we are feeling more negative emotions like anger, jealousy or bitterness recently whereas we were able to feel love, compassion, and joy earlier, it could be because our soul is weary and asking for our attention.

6) You may feel extremely lonely even while we are surrounded by people.

When we are out of sync with our soul, we may feel extremely lonely even while surrounded by people. We may feel like no one understands us and we may not be able to trust people around us. We may face an existential crisis and question the deeper meaning of life and how we are interconnected to each other. These are few questions that can be answered in solitude and therefore we have an overwhelming desire of being on our own than being in crowds.

7) You feel disoriented or out of sync. We may feel like our body, mind, and soul are out of sync with each other. When we are stressed and anxious, we live mostly in our heads and are bombarded with racy thoughts, it becomes very difficult for our bodies to catch up with our minds and we may feel extremely tired or disoriented. Also when we live more in our head, we live either in the past or worry about the future and in both the situations we are completely out of touch with the reality of present moment and we may feel like



we are operating in some other timeline and experience being spaced out or dissociation from the body. Mindfulness techniques like meditation and deep breathing can help to sync the mind and body and provide deep rest to our soul.

8) You may feel extreme physical and emotional exhaustion. When we are stressed or anxious, our breathing becomes shallow and we feel really low on energy, this is because breath is the most vital source of energy in our body. Our bodies and muscles feel weakened and any movement feels excruciatingly exhausting and all we want to do is lie down the whole day.

It is important to get back to track by incorporating breathing exercises and mild workouts in our routine to get the bold and oxygen flowing in our body. It can instantly lower our stress levels and increase our vitality.

9) You may feel anxious and insecure about your future and find it difficult to live in the present moment. If our soul is exhausted, we may not have the energy to plan for our future. We may just wander aimlessly without any specific goal or direction. This can create a lot of anxiety and insecurity about future and leave us feeling overwhelmed with no capacity to enjoy the present moment.

10) You feel our emotions very intensely. Soul exhaustion may lead to heightened sensitivity and we may experience all emotions intensely. We may get onto an emotional rollercoaster, one moment our heart could be so filled with love and compassion that we just burst into tears of joy, and next moment we could feel devastating heartache and sadness. Our soul may feel exhausted due to a variety of reasons. We may be going through a tough breakup that is taking a toll on our emotional and mental health.

We may be going through an unexpected loss or turn of events that have altered our reality beyond recognition or we may be surrounded by toxic people or we may not be living our truth or our life purpose and putting people before ourselves and struggling to say no. Or we have been following unhealthy lifestyles with no exercise and suffering from host of addictions like drugs or alcohol. Whatever be the reason, it is important to take out some time for self-care to get our body, mind, and soul in alignment.

**Here are a couple of tips that can help to heal our tired souls:**

- 1) Prioritize self-care over everything else.
- 2) Take as much rest as you need. Switch off from technology, go off-grid and take out time to do your favorite things: reading, arts, dancing, painting, singing, hiking or anything that makes your soul sing.
- 3) Takeout time for your spiritual well-being, be it going for yoga, meditation, or spiritual retreats or nature bathing, forest walking or moon gazing.
- 4) Go on a detox fast or try alternative healing methods like Ayurveda, reiki, or massages.
- 5) Avoid being too hard on yourself and embrace yourself with patience and loving-kindness.
- 6) Focus on breathing exercises and grounding techniques.

Our souls are very powerful and resilient and can bounce back from any pain or grief. Just be patient with yourself and let your intuition guide you on your healing journey. It will automatically eliminate any unwanted or negative factors from your life and replace it with loving, positive, meaningful experiences and coincidences.



# TIMELESS SPORT

## SEKHUKHUNE UNITED SHARE SPOILS WITH ROYAL AM

BY ERIC MATOME KGOMO

**CHATSWORTH:** Sekhukhune United FC played a goalless draw with Durban based side, Royal AM FC at Chatsworth Stadium at eThekweni on Wednesday 7 April. In the early minutes of the match, Babina Noko pressured and were awarded a free kick in a promising position. Their winger, Siyabulela Shai, took a shot that deflected on the goalkeeper's hands who conceded a corner kick that United made nothing out of it. Towards the 10th minute, both teams attacked looking to create scoring chances but were denied by defenders.

Babina Noko got another chance by Sibanyoni in the 20th minute and denied scoring by the goalie who made a good save. United continued on hammering Royal AM door, applying pressure searching for their first crucial goal but could not find the back of the net as their shots went off target.

A dominant display was shown by Babina Noko towards the end of the first half, forcing two saves by Royal AM outstanding goalkeeper who denied them goal scoring opportunity. In the second half Royal AM gave it all out and started dominating with hard tackles, shots and challenges on the ball that resulted in an unfortunate opportunity that hit the cross bars and go back into action. Towards the 70th minute, Babina Noko made substitutions to seal their defense as visitors could not show remorse and attacking



*Sekhukhune United on the attack during their match with Royal AM at Chatsworth Stadium in Durban*

constantly. During the 3 of the referee's additional time, both teams were playing defensively to secure a single point instead of allowing mistakes that

will cost them a game in last minute. The teams played 0-0, placing Sekhukhune United on top of the GladAfrica Championship League with 35 points in

21 games played. Royal AM is sitting in the fifth position with 32 points in 20 matches.

## MEC MORAKA'S MEGA BOOST FOR LSC MEDIA GIG

**POLOKWANE** – Just hours before the breath-taking media launch of Limpopo Sports Confederation Golf Day on the afternoon of Friday 09 April 2021 at Fusion Boutique Hotel in Schoeman Street Polokwane, Limpopo MEC for Sport Arts and Culture Mme Thandi Moraka announced her attendance of the media gig.

According to the President of Limpopo Sports Confederation (LSC) Mr Malesela Ally Pole the news of MEC's attendance are on their own a game-changer. He enthused that her attendance of the Media Launch will go a long way in ensuring that Limpopo Sports Confederation Golf Day to take place on 22 May 2021 at Euphoria Golf Estate in Waterberg become a known, appreciated and recognised sporting event in the Limpopo media landscape. "MEC Moraka's attendance does not only help LSC to gain credibility through telling our story of excelling through excellence. It helps us, as a controlling body for sport in the province, to establish our authority in the public domain through various media channels. This is also a great opportunity to communicate our message thereby dishing out more information, links, popularising our website, plans and all the supporting content that would ordinarily not reach media practitioners" explained President Pole

Pole added that the Media Launch which will start at 15h00 on afternoon of 09 April 2021 is an excellent way to garner press coverage, which will contribute to LSC brand awareness and improve the Golf Day publicity in the fledgling Limpopo media landscape.

"The media coverage footprint for the LSC and the Golf Day will solidify our provincial sports confederation's positioning and brand name. We have been silent for so long and I must say it's time we ride on the wave of support from our MEC and the media fraternity to build credibility and expose the messages of LSC to the relevant audience; starting with media practitioners themselves as our target audience" added Pole

Pole concluded by pointing that Limpopo Sports Confederation is in the process of building a good relationship with stakeholders including member federations and prospective ones. And that the local and mainstream media participation in sport events in the province is mission-critical in ensuring that the media get balanced, high quality and cost-effective news content from the sporting community in the province. "We are looking forward to a positive working relationship and that as we get to know each other through the Media Launch, we will do so aware of the irresistible mutual benefits for both our institutions" concluded Pole



*MEC for Sports, Arts and Culture in Limpopo has announced that she will be attending a media launch of Limpopo Sports Confederation Golf Day today in the afternoon*