

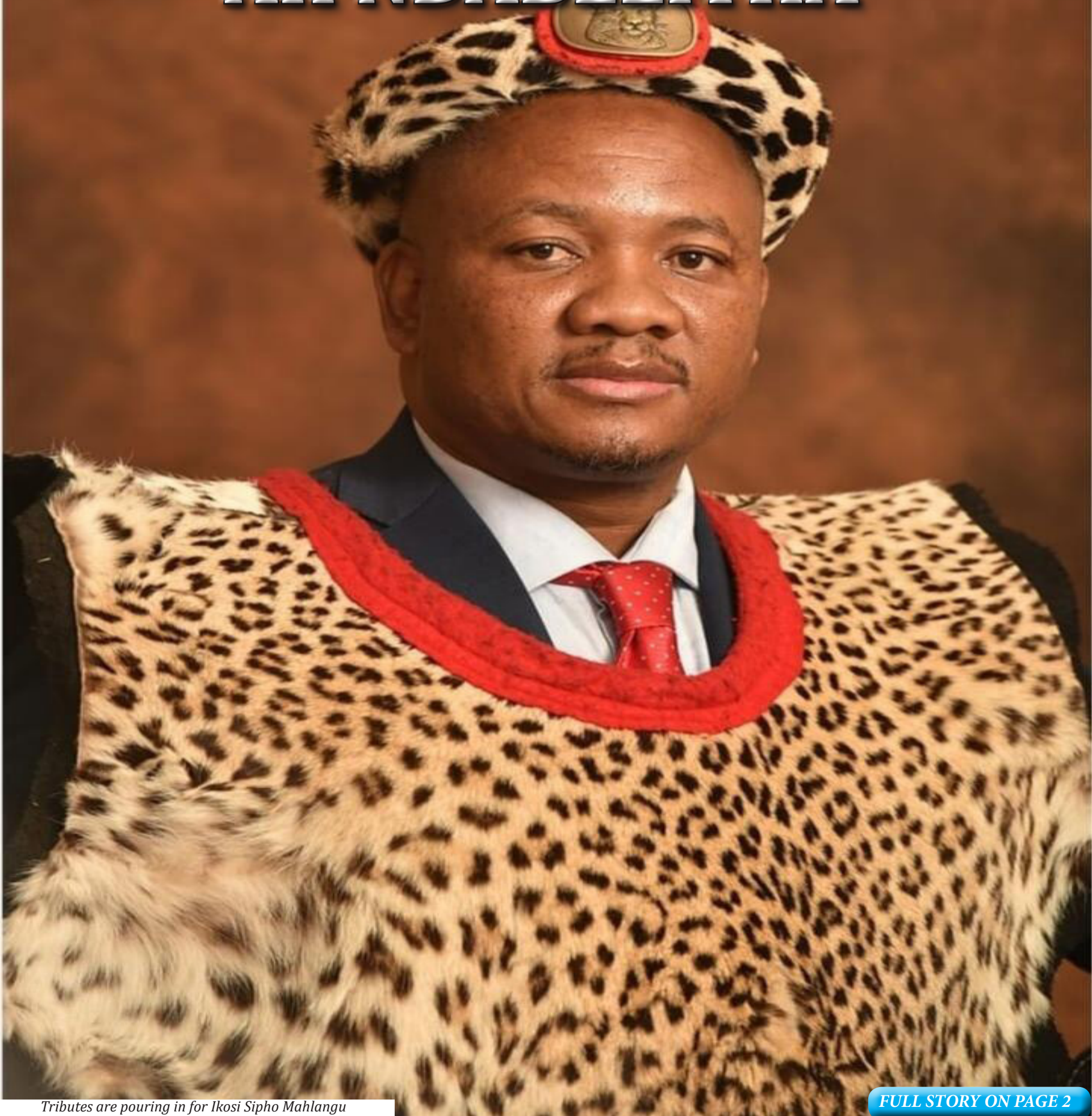
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THE NATION MOURNS THE DEATH OF IKOSI MAHLANGU, AH NDABEZITHA



Tributes are pouring in for Ikosi Siphohlehlani Mahlangu

FULL STORY ON PAGE 2

DIRTY AIR FROM COAL FIRED POWERSTATIONS A DANGER FOR RESIDENTS OF HIGHVELD

BY STAFF REPORTER

South African Green Revolutionary Council (SAGRC), has raised concerns about high death rate in Highveld area which is still plagued by dirty air. The Highveld area is home to coal burning power stations, mines and industries.

However a report published by Centre for Environmental Rights with its allies, the groundWork Rights and Highveld Environmental Justice Network in October 2017 after assessing the Highveld Priority Area (HPA) revealed that high levels of pollution were responsible for more than 22000 deaths per year because of chronic, respiratory and heart diseases.

As a result environmental activists said it was worrying that the quality of air in Highveld was still the same 14 years after the area was declared a disaster. Chairperson of eMalahleni based SAGRC Matthews Hlabane said this was detrimental to the lives of people living in the area.

"There are increased coal mining operations in this area with most producing dust day and night. Unfortunately there is no attempt to reduce the dust levels which has led to high death rates," Hlabane said. Hlabane said in 2007 the then minister of Environmental Affairs declared the 31000 square kilometer area a priority because of the toxicity of the air and its impact on the people.



The future does not look good for the Highveld area infested with coal-fired powerstations.

MATRIC EXAM MARKING COMPLETED IN MPUMALANGA

BY ERIC MATOME KGOMO

The Mpumalanga Department of Education said it has completed the marking of thousands of combined May and June Senior Certificate and National Certificate (SC & NSC) exam papers, despite challenges brought by the Covid-19 pandemic.

The marking process started on 10 July 2021 and completed on 17 July 2021. Mpumalanga Education Department Spokesperson, Jasper Zwane, said they are satisfied with the manner in which the marking of the scripts progressed. "We finished ahead of time. Judging by the way the marking progressed, the department is impressed that it completed ahead of time without serious challenges," he said. Mpumalanga experienced the least number of marker withdrawals, as a result of Covid-19 cases reported at the marking centres.

According to Zwane, five marking centres were established throughout the province with a total of 1 286 marking personnel consisting of 15 managers, 772 markers, 146 senior markers, 25 deputy chief markers, 61 chief markers, 61 internal moderators, 37 admin officials and 169 examination assistants. "To this end, the marking of subjects has been completed already and all other processes such as moderation and quality assurance are done in keeping to the policy framework that governs these examinations," he said. "What is more encouraging is the adherence of all role players to the Covid-19 health and safety protocols," Zwane said. Education MEC, Bonakele Majuba, expressed his gratitude to all the personnel who were involved in the marking process. "We are quite encouraged by the meticulous manner in which the marking process unfolded



June exam marking is completed in the province

within the province. This will enable those who pass the examinations to continue to study further in institutions of higher learning, participate actively in the growth and development of our province," he said. Majuba said they are pleased by the fact that the marking centres, have not turned out to be super spreaders of the Covid-19 infections.

"We wish to extend our sincere appreciation to everyone who played a pivotal role towards this achievement," he said. The department has encouraged candidates to collect their statements of results from 24 August 2021, at their respective examination centres, including schools where they wrote the examination.

NATION MOURNS THE DEATH ...

STORY FROM PAGE 1

BY STAFF REPORTER

The country is mourning the death of Ikosi Siphoh Mahlangu who succumbed to covid 19 complications. His death was announced by President Cyril Ramaphosa on Friday when he was addressing the nation.

Ikosi Mahlangu is the first born son of late Ikosi Senzangakhona James Mahlangu who was the son of late Ikosi Mabusabesala David Mabhoko of AmaNdebele wakwaNzunza Community. He hails from eMthambothini kwaSimunyembiwa, KwaNzunza-Mabusa Traditional Council. He was also the chairperson of the national house of Traditional and Khoi San leaders (NHTL).

Dr Nkosazana Dlamini Zuma, minister of Cooperative Governance and Traditional Affairs (Cogta) said Mahlangu's passing came at a time when the sector was coming to terms with the losses of other prominent leaders to the pandemic which has taken lives of loved ones and

disrupted communities. "We acknowledge and value his contribution in ensuring that traditional leaders work with government in containing the spread of Covid-19 and create conditions suitable for stopping the spread in communities.

"We have lost a gallant and a selfless servant of the people who spared no effort in striving to build a united, effective and efficient institution of traditional leaders which served communities and has at its heart their development," Dlamini Zuma said. She described Mahlangu as someone who loved and believed in education as a key to success of communities. "He led by example when he matriculated in 1992 and went on to obtain a Bachelor of Administration in 1995 from the University of the Western Cape and then further completed a Business Management Certification Course in Unisa 1999. ANC's spokesperson Pule Mabe said

Ikosi Mahlangu played a significant part in strengthening the role of traditional leadership at the local sphere of government as well as deepening the values of constitutional democracy and the principles of co-operative governance.

"The nation has indeed lost one of its committed servants who dedicated his life to the service of the people of South Africa. Ikosi Mahlangu will be remembered for his tough stance against Gender-Based Violence as well as the administration of land rights," Mabe said. He described Ikosi Mahlangu as an active leader who strived to transform the posture of the institution of traditional leadership from that of an inward to an outward looking one. Premier Refilwe Mtshweni-Tsipane said Mahlangu will be remembered as a champion of rural development. "Ikosi Mahlangu advanced the cause of rural communities by ensuring

that their aspirations find space in the developmental agenda of the country. The Agrarian Revolution, the Sustainable Comprehensive Rural Development Programme and the Rural Development Strategies designed to intensify the fight against the high levels of poverty and food insecurity in rural areas, introduced during his tenure as chairperson of the NHTL, attest to this. This endeared him as the mouthpiece of the previously marginalized communities," Mtshweni-Tsipane said. The Manala Mgibe Traditional Authority thanked Ikosi Mahlangu for the role he had played in the development of the nation of AmaNdebele and the people of SA. Prince Thulani Mabena of the Manala Mgibe Traditional Authority said Ikosi Mahlangu appreciated that the only way they were going to transform living conditions of rural people was for them to make sure that land is returned to its original owners.

A MUCH NEEDED RECONSTRUCTION FOR VOOTREKKER ROAD IN EMALAHLENI

BY KUTLWANO MOFOKENG

The road closure on Voortrekker Street in Emalahleni CBD has been met with mixed emotions by motorists. This comes after Emalahleni local municipality announced that there was an urgent rehabilitation and reconstruction which will take place at the visibly decaying state of roads. Clinton Skhosana, 32, from Klarinet said he was worried about massive traffic. "That's the road I use to get to work and I am worried about the traffic it will cause. We have very impatient drivers out there. However I hope it will be completed on time," he said. Municipality spokesperson Lebo Mofokeng said the municipality was embarking on roads repair and maintenance program to improve mobility and accessibility into the city centre. "The municipality is doing this with the help of Nkangala district municipality. The affected portion of roads is on Voortrekker Street espoused between Christian De Wet Street and O R Tambo Road and scheduled to be completed on October 30. The execution and implementation of these works will result into travelling time delays, interruptions and access to properties



Voortrekker street will receive the much needed facelift

and dwellings," Mofokeng said. He said the works currently undertaken of rehabilitation and resealing are aimed at prolonging the road life expectancy and improve road safety within the municipality.

"The works will include road lane closures, traffic accommodation and stoppages. Motorists, pedestrians and road users are urged to be patient and accommodative of each other to avoid road rage and possible incidents by

planning their travelling arrangements," he said. Mofokeng said alternative routes within the Emalahleni CBD can be used to access and traversing the CBD thereby avoiding traffic congestion.

PRIMARY SCHOOL PUPILS TO RETURN TO TRADITIONAL ATTENDANCE IN AUGUST 2

BY KUTLWANO MOFOKENG

Grades R to 7 are expected to return to traditional and daily attendance on August 2. This is according to the amended directions on the closing and re-opening of schools that were gazetted by basic education minister Angie Motshekga on Thursday last week. "Primary schools (for learners in Grades R to 7) must return to the traditional and daily attendance timetabling model from 2 August. Also schools for learners with special education needs for grades R to 12 must return to the traditional and daily attendance timetabling model from August 2," Motshekga said. Motshekga said this was provided that the risk adjusted differentiated strategy is implemented. She said the usual winter vacation

learner support or catch-up programs for grades 11 and 12, as organised and implemented by the provincial departments of education, districts and schools, will continue under strict compliance with the minimum health, safety and social distancing measures on COVID-19. Motshekga said these had been extended by a week until 23 July. "Schools will reopen as contemplated in direction on July 26 and the principal, school management team, and non-teaching staff in primary schools and schools for learners with special education needs (Grades R to 12), must utilise the week commencing on 26 July to finalise the preparations for the return to the traditional and daily attendance timetabling model on 2 August," Motshekga said.



Basic Education Minister Angie Motshekga

POLICE BRIBERY ACCIDENT STORY

BY ERIC MATOME KGOMO

A pedestrian died and three others sustained minor injuries when a speeding truck collided with a minibus taxi along the N4 toll route outside Waterval Boven, on Frida. According to an eyewitness, who asked to remain anonymous said the taxi which was travelling from Maputo in Mozambique to Johannesburg was about to approach the toll gate when the accident occurred. "The taxi which was in the middle of the road was stopped by a police officer who was driving an unmarked vehicle. A speeding truck approached and hit the trailer of the taxi before driving to the taxi. It then ran over a pedestrian who died immediately," he said. The witness alleged that the police officer stopped the taxi to demand bribe. "It is a norm that police demand bribe from taxi drivers who are coming from foreign countries. They ask for bribe even when the driver did not commit any offense. The taxi driver was on the right side of the law when the police stopped him. They just saw the registration plate and ordered him to stop on the middle of the road," he said. Mpumalanga Provincial Police

spokesperson, Brigadier Leonard Hlathi, said initial reports from the accident scene indicate that the police, who were on their normal patrol duties, noticed a taxi driving very slow on the freeway and ordered the driver to change to low gear to get the taxi off the road. "Preliminary investigations indicate that just before getting out of the road, the taxi driver saw truck coming towards him and collided with the trailer just before hitting the taxi. Three pedestrians were injured during the accident and unfortunately the fourth one died on the scene," he said. Hlathi said the truck driver, who is a Namibian national, alleged that he was disturbed by the sun at the time when approaching the taxi and unfortunately, he was too close to can avoid the accident. He said only pedestrians were injured and no other casualties were reported. "We are not aware of the allegations of bribes, however, we are requesting anyone who has knowledge or information about the allegations of bribes against police demanding bribes at any place including at the toll gate, should report such police officers to the management of the nearest police



A pedestrian was killed and three other injured after a minibus taxi collided with a speeding truck on the N4 toll route

station," pleaded Hlathi. He indicated that wild allegations without substance should be avoided as they mislead the public and adversely dent the image of police. "While we acknowledge that there are bad cops within our ranks, it will be appreciated if not all cops are

painted with the same brush. Let us work together to single out bad cops, isolate them and subject them to lawful processes," he said. Hlathi said said police were investigating cases of culpable homicide, reckless and careless driving.

UNIVERSITY OF MPUMALANGA CELEBRATES ITS FIRST MASTER'S DEGREE

BY DAN MDLULI

Confidence Ndlovu made history as the first student to graduate with a Master's degree in developmental studies at the University of Mpumalanga (UMP).

Last week the institution hosted a virtual graduation ceremony to celebrate the achievements of 647 students who completed their qualifications during the past academic year.

According to UMP, Ndlovu was the only student to enrol to that level since its inception six years back.

The 25 year old from Mkhuhlu Bushbuckridge local municipality who was one of the 27 students who were awarded their qualifications with a Cum

Laude said she was excited about her achievement.

"A Cum laude was anticipated even though it was not an easy journey. However I managed through multitasking and consistency. Some days, sleeping felt like a privilege, my goal was to complete this degree on record time and with distinction. I am the first to graduate with a Masters in my family and couldn't have done it without their support," she said.

Ndlovu shared that her journey was a challenging one.

"When I registered for masters in 2020, I was also appointed as the president of ENACTUS. I had to work extra hard to ensure the team delivers on 2020 ENACTUS nationals and meet all my

deadlines with my Masters supervisor.

"ENACTUS is a community of students, academic and business leaders who work together but take an entrepreneurial action to promote sustainable development in rural communities. It is a global Non-Profit Organization in most universities in South Africa," she said.

Her advice to other students is that discipline and respect goes a long way.

Another remarkable moment for institution was when twins, Noncedo and Ncedile Chiloane graduated at the same time. Noncedo graduated with an advanced Diploma in Agriculture in Post-Harvest Technology and Ncedile graduated with a Bachelor of Development Studies Honors.



Confidence Ndlovu became the first student of the University of Mpumalanga to graduate with a Master's degree

OVER A MILLION RANDS IN TOYS DONATED TO CHILDREN



R1.4 million worth of educational toys were donated by the team from Exxaro Belfast Coal to two Early Childhood Development (ECD) centres in Dullstroom, Emakhazeni Local Municipality. Beds, bedding and bedroom items worth over R80 000 were also donated to Mpumalanga and Limpopo branches of Epilepsy South Africa

BY STAFF REPORTER

Exxaro owned Belfast coal plant has made an investment in the education and development of the little ones by donating toys amounting to R1.4 million. The toys were on Friday delivered to two early childhood development (ECD) centres, at Dullstroom in Emakhazeni Local Municipality. Sifiso Khumalo of Exxaro Belfast coal told Timeless that the wonderful gesture was in honour of the legacy of the late world renowned statesman, Nelson Mandela who would have turned 103 years on 18 July. "As part of the Mandela

Month Celebration, Exxaro Belfast Coal donated a remainder of the toys to two ECD centres namely, Dullstroom Learning Centre and Siyasiza Creche at Dullstroom town," Khumalo said. "This drive, started in November 2020 donating to over 10 centres across the Emakhazeni Local Municipality." He said toys play a very important role in the development of a child as they are proven to build self-esteem as well as improve motor skills. Research psychologist, Kathleen Kremer once said, "children learn by playing and toys are the instruments". Khumalo also stated that the team

also visited Mpumalanga and Limpopo branches of Epilepsy South Africa and donated beds and bedding and bedroom items worth over R80 000.

"The centre takes care on daily basis 77 adults aged between 18 to 60 with epilepsy condition, neurological disorder marked by sudden recurrent episodes of sensory disturbance," he said. The Minerals and Petroleum Resources Development Act 28 of 2002 (MPRDA) gives rise to the Mining Charter which ensures that mining affected communities benefit from mining activity taking place on and around where they live. "Exxaro always

strives to provide the necessary support in the process of tackling social ills and ensuring sustainability within the communities in which Exxaro operates," he said.

Simphiwe Skhosana, Managing the center and a registered counsellor for the Dullstroom Learning Centre said thank you for the contributing towards the education of our learners in Sakhelwe. "We feel really blessed by your generosity. May Exxaro continue to prosper and give hope to those in need," she said in appreciation of the donation," said Skhosana.



BODY OF A WOMAN FOUND THREE MONTHS AFTER SHE WENT MISSING



The body of 64 year old Dudu Khoza was found three months after she went missing

BY STAFF REPORTER

The past three months have been difficult for Dudu Khoza's family who went missing three months back while on her way to visit her daughter in Brakfontein farm at Victor Khannye local municipality.

Philmon Vilane, a family member said Khoza, 64, left Tembisa in Ekurhuleni on April 24 but she never made it to

her destination. "It was shocking and painful for the family to receive a call that her lifeless body was found in Brakfontein," he said.

Khoza's body was found by Khosi Sithole's dogs last week. Sithole was out hunting when his dogs made the gruesome discovery. "My dogs were stuck in one place and I went to check what was happening. I was shocked

when I saw a human hand between huge rocks. On further investigation, I saw that the hands were tied with wires. I immediately called for help from women who were fetching woods," Sithole said. Delmas police spokesperson Warrant officer .. Nkosi said when police arrived at the scene it was a mission to remove the body that was squashed between rocks. "We requested the assistance

of the Mine Rescue Services of South Africa and nearby mines to help remove the body. A TLB tractor was used to shift the rocks in order to remove the body.

The body was successfully removed from under the rocks and was taken to the nearest forensic pathology laboratory to carry out a post mortem," he said.

ON THE MOST SERIOUS NOTE

The activities bordering on insurrection as recently observed unfolding in South Africa, have exposed the extent of vulnerability of the South African state and her people. Interestingly, a majority of commentators on the subject have been silent on the capacity of government and its commitment to the people. Listening to opinions from a variety of corners, one was left bemused as to how a few individuals would plan, incite and execute such an insurrection without any detection by the Intelligence agency. Though not expressed, the President was angry at how the Intelligence agencies together with the law enforcement agencies were absent when the country's defence capability was exposed by individuals who after the situation has calmed down, are yet to be arrested. This happening at a time when right next door, our neighbors are grappling with the Isil offensive. Previously in this very information line I wrote about acts of electricity theft which are continuing under the noses of Eskom, the municipalities, justice and the police. As is recorded, acts of electricity theft are costing the country billions in rands and on that alone, one would have expected that by now there would have been a multi-response initiative constituted by the DoE, Eskom, the municipalities, justice and the police. The fact that to date these criminal activities and there seem not to exist any plan to put an end to this criminal activity and to protect those law abiding citizens who as they pay for their consumption, unbeknown to them they are also subsidising those who continue to steal.

Since the repeal of the Electricity Theft Act, it seems the government has not been able to introduce a legislation broadly focused on the activity of electricity theft and ensuring that perpetrators are arrested and prosecuted. To date, it has not been made known as to which extent are the illegal consumers a threat to the economy. Or this is another case of government saying "we can't do anything" as was the case when the police stood by and watched the looting and burning of strategic economic points? I had in the same piece made reference to activities of illegal mining in areas operating

mines. Notwithstanding the existing legislation, we've seen how these activities have been allowed to persist without any attempt to curb or stop them. Given that the illegal miners are usually armed with high caliber arms, communities have seen little or no attempts at all aimed at confronting the participants in the acts of illegal mining. As it stands, those who happen to reside in areas located next to the mining areas, would attest to the increase of participants of this crime. Of course had there been attempts to confront these activities, making it difficult for participants to engage in such, the numbers would not have increased. While acts of illegal mining it may seem, do not qualify as serious offences as when compared to looting, our law enforcement agencies seem to equally downplay the threat posed by illegal miners through their possession of unlicensed high calibre firearms. Over the years, we have observed how individuals in our localities have been amassing wealth through ill-gotten means. Many who have never had a steady employment in their lifetime becoming modern day role models through activities of card swindling. These individuals have gone to purchase expensive vehicles and houses while graduates remain in the hope that opportunities will one day come their way. These individuals happen to be former school mates and neighbors of members of the police force.

The above scenarios are but examples of criminal activities with a bearing on the economy which have been allowed to persist unabated.

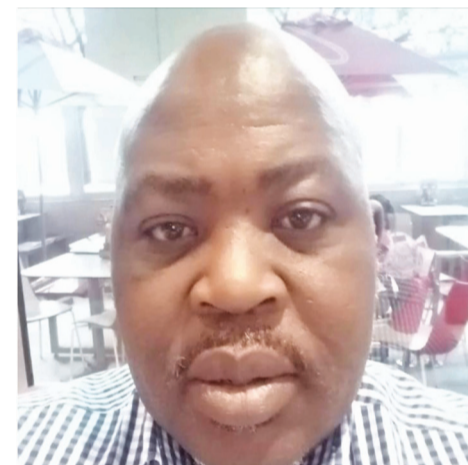
The admission by the Minister of Police of inadequate police personnel during the recent destruction of malls in townships, does explain why crimes as those mentioned above, have become recognised professions. Not just the President. But the entire South African nation must be disappointed at how the country was allowed to sink into such deep a hole of chaos.

Unless the President acts and acts fast, or risk our security being described as "a endless vista of false teeth with nothing to bite". It cannot be correct for Ministers to invoke the President's name while on the

one hand they are surrendering the nation's security and in their justification, formulate artistic rhetoric in "we have received names of instigators". Sounds like some fascination with power.

There is a saying which goes; "you cannot shake hands with a clenched fist". In a society such as ours, where 74% of our youth and 47.9% of Africans occupy the bracket of the unemployed, there clearly exist an affront to the Constitution. The recent activities sadly, are bound to lead to an increase of those falling within this bracket. The government's programme of social transformation needs to find the people's embrace and allow the 74% of unemployed youth and 47.9% of unemployed Africans to equally protect and advance its objectives which by their very nature, should be achievable for their benefit and in their lifetime. South Africa prides herself of a people whose patience has been evident since the dawn of democracy. That is the patience they displayed when notwithstanding poverty and unemployment which affects them, they chose a cause which is just which was to defend the local points of economic activity. Who should therefore fall for the situation we now find ourselves in as a country? The President was correct in calling for the arrest and prosecution of the instigators of these activities. In case of failure on our part to act as per the President's directive, we must accept that the bell has rung for our flag.

It is unfortunate that those members of the community who were arrested for looting now have to be tried as criminals. There is no nation that finds delight in burdening its citizenry with criminal records. Instead, nations find their strength in the number of patriots ready to lay their lives for the flag. While there seem to be an agreement on the prosecution of both the instigators and those found looting, speakers on the subject have shied away from commenting on steps to be taken against those shown to have been guilty of dereliction of duty by not foreseeing this occurrence and acting timeously to arrest it in defence of our democracy. For the masses of South Africans, this presented an opportunity for them to show



Phillip Darkie Mbanyana

the world the extent to which they are prepared to go in defending our democracy. Out of their love for their country and her people, they did rise and turned themselves into human shields protecting infrastructure in their respective localities. Their actions motivated government leaders including those whom when it was expected of them to act, had failed their constitutional obligations.

As the late former President of Zambia once said, that "The moment you have protected an individual, you have protected society". For this purpose, I find it proper to extend the line by adding; the moment you protect society you have protected democracy. Hence the question; what steps should be taken against those who failed in their duties to detect and prevent such occurrences. The beauty of South Africa is that while her people do not require persuasion towards harmonious living, still they find no harmony in living in poverty and with such levels of unemployment as these present an affront to the Constitution.

The people have confirmed their unsaid Oath to the country and had through that very act, confirmed their love of their country and respect for the constitution. As for those elected, some should fall by their sword.

Phillip Darkie Mbanyana is the Director of Darkie Mbanyana Solutions and also a former law practitioner and a community activist writing in his personal capacity.

PREMIER REFILWE MTSHWENI-TSIPANE GETS HER FIRST VACCINATION JAB

BY STAFF REPORTER

Mpumalanga Premier Refilwe Mtshweni-Tsipane has urged residents to come out in numbers for their vaccination jab. Mtshweni-Tsipane on Monday visited vaccination sites in Middelburg to monitor the state of readiness and efficiency of the vaccination sites as people between the ages of 35 to 49 years old are to receive their vaccination jab. She was accompanied by health MEC Sasekani Manzini, Steve Tshwete Mayor Diphala Motsepe and department of health officials. "This is an opportunity that we cannot afford to miss as the community of Mpumalanga. Walala wasala," she said. She made her first stop at Iraqi Taxi Rank then moved to Eric Jiyane hall and Sydney Choma Banquet hall before rounding off the trip at the Lighuis Church in Aerorand. Mtshweni-Tsipane also received her Pfizer vaccine. "I have just been vaccinated and I don't feel anything wrong. I am still my normal self," she said as she encouraged those who had not registered to be vaccinated as yet. According to data provided by the national department of health on Monday, Mpumalanga had 114 667 confirmed cases, 8469 cases, 104 608 recoveries and 1590 deaths. "We have got the responsibility to curb the spread of Covid-19 and also to minimize the death toll with the province," she said on the same charge.



During her visit to Middelburg Mpumalanga Premier encouraged all citizens in the province not to miss the opportunity to vaccinate

5 MYSTIQCAL MEDITATION MANTRAS THAT WILL RAISE YOUR VIBRATIONS

BY MYSTIQ REFLECTIVE HEALING MIND, BODY AND SOUL:

Mantras are like lotus flowers that blossom from the depths of our minds, and boom into the purity of being. For years all throughout the ages, mantras have been used to quiet the mind, experience inner peace, encourage the development of qualities like empathy, and familiarity "God."

Although mantras are simple words and sounds repeated over and over again, are enormously powerful in its ability to raise our awareness. These words and sounds are not only a manifestation of energy vibrating on different frequencies; they are also carrying with them centuries of meaning.

By welcoming the influence of meditation mantras into your life, it would be wise to acknowledge the need or reason for the mantra.

5 MYSTIQCAL MEDITATION MANTRAS

We all are different and special in our own ways, therefore, when choosing a mantra it is important to choose a mantra that appeals to us personally. Here is a list of well known mantras and their meanings. Choose one that resonates with you on a more deeper level on that connects with your subconscious or unconscious mind. We would recommend experimenting with different meditation mantras. Don't feel obligated to choose a mantra from a different language, except if you resonate with it. In fact, creating your own mantra would be more powerful than any other as this would be your

purest desire.

1. OM
"Om" the first sound, the birth of all sounds, the sound of the universe (432 Hertz). This beautiful sound could be used in one of two ways, before any mantra or alone. The constant chant of this word itself brings purification and clarity to the mind, it helps one to focus.

2. OM MANI PADME HUM
An ancient Tibetan Buddhists mantra to invoke Avalokitesvara also known as the "One who looks with unwavering eye", the Bodhisattva incarnation of compassion. Therefore, this chant means to "Hail the jewel in the lotus" but it has been interpreted in the following way:
Om - This sound purifies pride
Ma - Purifies jealousy and the need for stimulation
Ni - Purifies passion and desire
Pad - Purifies ignorance and prejudice
Me - Purifies

possessiveness
Hum - Purifies hatred
The above mantra is a summary of Buddha principles.

3. LOKAH SAMASTAH SUKHINO BHAVANTU
The Hindu mantra translates to, "May all beings be happy. May all my thoughts, words and actions contribute in some way to the happiness of all beings." This mantra reminds us of our binding connection with all of life, and encourages us to open our hearts to love, compassion understanding, for others.

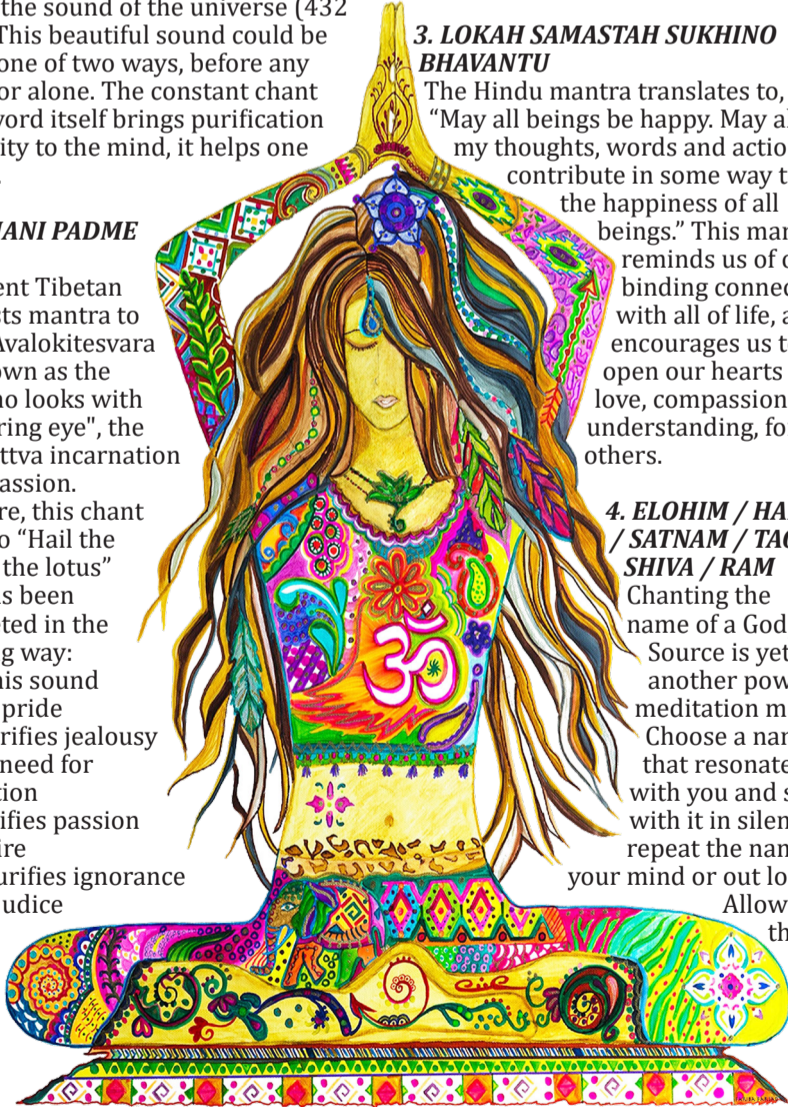
4. ELOHIM / HAMSA / SATNAM / TAO / SHIVA / RAM
Chanting the name of a God / Source is yet another powerful meditation mantra. Choose a name that resonates with you and sit with it in silence, repeat the name in your mind or out loud. Allowing the

syllables to vibrate through you and fill your mind, heart and soul with meaning, power and awareness.

5. HAM-SA
Ham and Sa translates to "I am that," i.e. identifying oneself with the universe. Hence, reaffirms our conscious existence and infinite state of complete Being. Whilst breathing in say "ham" (affirms your "I am-ness") and breath out saying "sa" (connecting the gap between self and other, creating wholeness).

- Thoughts to consider:**
1. Choose a meditation chant that's short and sweet (you will remember it).
 2. Choose words that having meaning to you personally.
 3. When choosing a mantra ensure that it is done with a clear and positive frame of mind this helps the unconscious or sub-conscious mind process it
 4. Repetition is key - Repeat which ever mantra you have chosen as often as possible. Many give up after a few days of practice expecting a huge materialistic change to happen almost instantly. One should remember that a habit changes after 21 days and thus when something is good for your higher self and your well being it takes time for its effects to take place.
 5. Start off slowly, meditate for 15 minutes a day, every day and you will see a change. People around you will see a change. You will feel the change.

It all starts with you!



BRIEFS

Community of Vosman is reeling from shock after the body of Bhara Christopher Ratau was found in Thabo Mbeki on Sunday morning. Police spokesperson Captain

Elizabeth Mkaudi said Ratau, 38, was covered with a blanket and he was verified dead by paramedics when they arrived at the scene. "Police discovered that Ratau who was identified by a family member had an

open wound on his upper body. It is suspected tha he was murdered at a different area," Mkaudi said. Mkaudi said the motive behind the murder was unknown. "Thw police request anyone with

information that may plead to the arrest of the perpetrator/s behind Ratau's death to call Colonel One Thobejane at 0823722195," he said. Mkaudi said police were investigating a murder case - **Kutlwano Mofokeng.**

ENTERTAINMENT NEWS



DENNILTON MAN NOMINATED FOR “BEST INTERNATIONAL AUTHOR

BY ERIC MATOME KGOMO

Dennilton born young author, actor, motivational speaker and musician, Vusi Mabena, secured two nominations in the National African Print Author’s & Poet Awards (APAPA).

Mabena was nominated in the “Best International Author” and “Book of the Year” categories. Both nominations are for his book titled; “Tears of Pain”, which was released earlier last year.

The 29-year-old will be competing with four nominees in the “Best International Author” category and nine nominees in the “Book of the Year” category.

The nominees were selected among best young writers across the country and the voting will be opened on 1 August 2021.

Mabena said he was delighted and felt honoured because he did not expect to be nominated twice in one book.

“Honestly I am still shocked, I never saw it coming and can’t believe I was nominated in both categories in the big awards in the country,” he said.

Mabena, who described his successes as a living dream, said he has realized that

his hard work is finally paying off.

“My passion for writing, dates years back when I was still in primary school and I knew that one day I will go places with pen and paper,” he said.

Apart from writing, Mabena is a part time actor, musician and motivational speaker.

“Currently, I am busy with my hip hop album titled, ‘Vusi and Friends’, set to be released early next year,” he said.

Mabena is also finalizing his fifth book, ‘Scars and Tribulation of My Journey Volume 5’, featuring well-reckoned writer, Nompumelelo Mthunzi.

“My publishing company is busy with final touches and the book will be released soon,” he said.

Mabena has been featured in a book review called, “Vula incwadi noVusi, on Ikwekwezi FM midday show with Bobo Dabeat Mthombothi. The show is aired every Tuesday at 14:15.

He also appears on popular TV soapias including Gomora, The River, Skeem Sam, Generations The Legacy and The Queen and Isibaya.



Local author, Vusi Mabena, was nominated twice in the National APAPA Awards

NYC CHORISTERS SCORES BERKLEE COLLEGE ENROLMENT



NYC members (from left to right) Thulisile Masanabo, Sandile Majola, Lungelo Masango and Sipho Hleza have enrolled with Berklee College of Music in Boston, Massachusetts, United States of America (USA)

BY ERIC MATOME KGOMO

Four members of the renowned South African mass choir, Ndlovu Youth Choir (NYC), have taken truly taken the Nelson Mandela phrase, “Education is the most powerful tool you can use to change the world”, to the whole other level.

The NYC choristers, Sandile Majola, Sipho Hleza, Thulisile Masanabo and Lungelo Masango enrolled with the best music college in the world, Berklee College of Music in Boston, Massachusetts, United States of America (USA).

Majola is studying towards a degree in music Business Management and Hleza is doing Live sound recording and mixing degree. Both Masanabo and

Masango are studying music production fundamental for song writers degree. According to Majola, who is also NYC Manager, the enrolment is the start of a musical partnership journey between the NYC and Breklee College.

“The agreement with Berklee College is that we will be sending more of our members to further their studies in various fields of music, to forge on to global success in the industry. The long-term plan is for the college to open a campus in South Africa,” he said.

Majola added that they were encouraged to study different courses as they have different interests in the music industry per choir member.

“We want to form a team that will make

an impact in the music space, which is the reason making us to follow different careers in music with the college.

Everyone should contribute differently in the group, that’s what we want,” he said.

Despite enjoying being part of the best music college in the world, Majola said they are still facing biggest challenges including different time zones and the never ending power cuts in the country. “We are ahead to the USA with about six hours, meaning you have to attend online courses throughout the night which is challenging sometimes. But we have adapted to the system and coping. The difficulty is when we are caught by load shedding, you can’t do anything at

the time,” he said.

Majola added by stating toil and turmoil brought by the impact of Covid-19, saying they have severely impacted the livelihoods of their members. “The past year and a half has been difficult to our members because there is no income as the shows are currently prohibited. The choir comprises of the orphans who are breadwinners supporting their siblings and their situation is worsening since we no longer have performances these days,” he said.

NYC is became the first African participants to reach the finals of America’s Got Talent and finished in the bottom five of the top ten in the biggest stage talent search show in the world.



TIMELESS SPORT

AL AHLY CAF CUP CHAMPS

BY STAFF REPORTER

A 74th minute strike by Amr El-Solia saw Al Ahly lifting the CAF Champions League trophy for the tenth time when they beat Kaizer Chiefs 3-0 in Morocco on Saturday evening.

The Pitso Mosimane charges, in the second stanza, put the game beyond measure for the Stuart Baxter boys when they fired 3 past goalie Daniel Akpeyi to seal the CAF final at Stade Mohamed V.

Mohamed Sherif put the Red Devils in the lead 1-0 in the 53rd minute followed by Mohamed Afsha who made it 2-0 in the 64th minute before El-Solia hammered the final nail into Amakhosi's coffin to make the score 3-0.

The teams went to half-time break with a 0-0 stalemate after their attempts to get an early lead could not materialise. Chiefs Samir Nurković watched in

disbelief his shot landing straight into the hands of keeper Mohamed El Shenway 15 minutes into the game while Mohamed Afsha's shot 4 minutes later sailed over the bar.

Chiefs were reduced to 10 men when Happy Mashiane was given his marching orders for a late dangerous tackle on Akram Tawfik seconds before half time. The referee first flashed a yellow card which, after thoroughly checking the VAR monitor, changed to red.

Chiefs advanced to the finals by defeating Wydad Casablanca 1-0 on aggregate on 19 June while Al Ahly beat ES Tunis 4-0 on aggregate.

Al Ahly won the CAF Champions League last season for the ninth time when they defeated Zamalek of Egypt 2-1. In South Africa, Orlando Pirates won the league in 1995 and Mamelodi Sundowns in 2016.



Al Ahly of Egypt, led by South African coach Pitso Mosimane, were crowned champions of the CAF Champions League for the tenth time when they trounced Kaizer Chiefs 3-0 in Cassablanca, Morocco

ARNEL "THE HOPE" LUBISI FOLLOWS IN HIS FATHER'S FOOTSTEPS



Arnel "The Hope" Lubisi from Middelburg vies for the the top in the J4Joy boxing tournament

BY STAFF REPOTER

The saying that an apple does not fall far from its tree has lived up with Mpumalanga junior bantamweight boxing champion, Arnel "The Hope" Lubisi, son of former featherweight SA champion, Abram Lubisi. Lubisi is currently preparing for a win in the J4Joy boxing tourname Lubisi, 23, was scheduled to fight this month end at a tournament sponsored by eMalahleni businessman Jacob Mnisi.

However the match was postponed as a result of adjusted level 4 restrictions announced by President Cyril Ramaphosa three weeks back. Lubisi said he was training very hard to win the tournament.

"In boxing we are taught to always be ready. I am ready physically and mentally for the tournament to resume when the lockdown restrictions are lifted," he said.

Lubisi an Information Technology student at Richfield College is rated

amongst the top 20 boxers in the country and he is occupying a 14th spot in SA boxing arena. He has seven fights, five wins and two loses. His hardwork also earned him a long sought sponsorship courtesy of Untouchable Boxing and Fitness in Sandton, Johannesburg.

"I am now working hard to be in the top 10." Lubisi also used the death of former world champion Lehlonolo Ledwaba to warn other young boxers to take

extra precautionary measures to keep themselves and their families safe. Ledwaba succumbed to covid-19 related complications at the beginning of this month.

"I appeal to my boxing compatriots and everyone out there to be very carefull and make sure that they follow all Covid-19 safety protocols and restrictions. It is only through our actions that we can stop it," Lubisi said.