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KGABO MOKGABUDI WEDS HIS LONG TIME SWEETHEART IN A GLITTERING CEREMONY



Kgabo Phogole Mokgabudi and his wife Shooky moments before they tied the knot on Saturday

BY THULANE MADALANE

JANE FURSE : Social Media Influencer Kgabo Phogole Mokgabudi married his long time sweetheart Shooky Manasoe over the weekend. The glittering ceremony was attended by family, friends, Tenderpreneurs and Social Media Influencers key amongst them was the ever trending Thabang "Skomota" Sefala, Moruti Wa Dikota, Moruti Gucci and many others. Percy Moagi presided the wedding celebration as the Master of Ceremonies. The nuptials were held at Manasoe's family home in Madibong. The couple completed an eventful white wedding at the stunning Mokgabudi's family home in Madibong. The glitzy event saw the couple rocking two different looks for the different parts of the wedding celebration. On Saturday the groom was spotted wearing a designer label black

and white tuxedo and Sunday he rocked a black tuxedo which was complimented by his best men. Kgabo looked suave as ever in both of his tuxedos. The patrons were served with best dishes and alcohol was free flowing. Percy Moagi who is an experienced MC categorized Kgabo's wedding as the wedding of the year, "guided by the A-Listers on the guest lists, I can safely say this wedding has all the ingredients to be termed the wedding of the year, how often do you get Skomota, Moruti Gucci and Moruti Wa Dikota under one roof at the wedding?" concluded Percy. Kgabo's wedding will be a talk of the town for some time to come because the ceremony united the people of Jane Furse in one place and long lost friends came together and exchanged pleasantries over glass of whisky or a puff of a cigar.



Kgabo Phogole Mokgabudi flanked by his friends Ranti Dikgale and Moruti Wa Dikota at an after party on Sunday which marked the end of the wedding celebration

MPUMALANGA HEALTH SERVICES ARE READY FOR FESTIVE CONTINGENCIES SAYS MEC

By Montsho Matlala

MBOMBELA: It is all systems go for Mpumalanga medical and health services including ambulance crews to tackle any medical emergency situation during this hustle and bustle of festive period so much so that staff leaves are discouraged. Provincial health MEC, Ms Sasekani Manzini advises people in distress to dial emergency e toll-free number 112 which can be accessed from any public telephone line, house telephone line or any cellphone network.



Mpumalanga Health MEC, Ms Sasekani Manzini advises people in distress to dial emergency e toll-free number 112 which can be accessed from any public telephone line, house telephone line or any cellphone network

“Staff annual leave during this period will be approved only if the applicant’s facility has proven that the leave will not cause the under staffing or would not have insufficient human resources in our hospitals, Community health centers, clinics, and emergency service centers.

“Emergency Medical Services (EMS) will operate with ambulances and rapid response vehicles complemented by the Air Ambulance which situated in Mbombela. I am pleading with all employees to put the life of the people before their planned festive season,” she says.

Private ambulance services would also be brought in should there be situations where such backups are required.

Mpumalanga has 37 permanent Emergency Medical Service stations, complimented by three communication centers that are based within the three districts Ehlanzeni, Nkangala and Gert Sibande that will remain active to manage an expected high number of calls.

Manzini explains, “Furthermore, we will ensure that our healthcare facilities are well equipped and staffed to handle any potential surge in cases. This will include having sufficient medical

supplies, trained personnel, and efficient communication systems.” While injuries due to road crashes, pedestrian vehicle accidents, violence, domestic accidents, and environmental emergencies are common during this period, health authorities urge people to also take care of mental health.

“While it is a time of celebration, it can also be a time of increased stress and loneliness for some individuals. We need to provide support and resources for those who may be struggling emotionally and encourage a sense of community and togetherness,” the MEC advises.

Manzini cautions, “The festive season brings with it an increase in social gatherings, travelling, and indulgence in food and drinks. While these activities are enjoyable, they also pose potential health risks if not managed properly.”

27 MOTORISTS ARRESTED SO FAR FOR DRINKING AND DRIVING IN MPUMALANGA



MEC for Community Safety, Security and Liaison Mr Vusi Shongwe says law enforcement officers must reign in on any lawlessness and disregard for road rules. Picture Credit: Supplied

MBOMBELA: year ago, the 2021/2022 festive season saw 189 people lose their lives in road accidents in Mpumalanga. According to statistics released by the Mpumalanga Department of Community Safety, Security and Liaison, this number decreased by 23.8% and stood on 144 fatalities between December 1, 2022, and January 11, 2023. This year as part of implementing the Festive Season Road Safety Campaign that was launched by Mpumalanga MEC for Community Safety, Security and Liaison, Vusi Shongwe, law enforcement officers have so far stopped and checked over 83 000 vehicles in various operations across the province since 01 December 2023. Over 36 000 vehicles also went through various weighbridges. About 36 motorists were arrested for various offences committed, and this included the arrest of 27 suspects for drinking and driving. Seven more motorists were nabbed for excessive speeding. The alleged transgressors are expected to appear in various courts soon.

The officers also discontinued about 244 vehicles due to defects. Once the owners have rectified defects, they will be expected to retest their vehicles. Upon

being certified as roadworthy, such vehicles will be put back on the road. The officers went on to impound about 465 vehicles. The impounded vehicles include overloaded trucks and light delivery vehicles (LDVs). Once the owners and drivers of impounded vehicles correct their loads, they will be allowed to continue with their journeys.

Over 12 000 motorists were also issued with summonses for various transgressions, which include disregarding the rules and defects on their vehicles. MEC Vusi Shongwe lauds traffic officers for the hard work that they have put so far to ensure law and order.

He says that although some deadly crashes occurred, they should not despair but instead continue working harder.

“Our law enforcement should continue working harder. They must reign in on any lawlessness and disregard for road rules. We are also confident that our plans will bear fruits. We are content with the collaboration we have with other role players this holiday season. Our motorists and other road users must obey the rules. We must all play our part,” said Shongwe.



TIMELESS NEWS
"Thought Leaders in Community News"

MERRY CHRISTMAS

**BEST WISHES FOR A
HEALTHY, HAPPY, AND
PEACEFUL NEW YEAR FROM
ALL OF THE MANAGEMENT
TEAM.**

WISHING YOU A
SAFE HOLIDAY SEASON.

FOOD SAFETY

Wash hands often to avoid getting sick and spreading germs to others.

Prevent food poisoning by keeping hot foods hot and cold food cold.

SUN SAFETY

Drink lots of water to stay hydrated.

Apply sunscreen at regular intervals.

Do not leave kids or pets unattended in a hot car.

TRAVEL SAFETY

Park in well lit areas and be aware of your surroundings.

Don't drink & drive.

ALWAYS BUCKLE UP.



Steve Tshwete
Local Municipality



FESTIVE SEASON MESSAGE FROM THE EXECUTIVE MAYOR

As 2023 draws to a close, the festive season of Christmas and new year is upon us, a time widely recognised for family gatherings, joyous festivities, and the exchange of gifts.

Despite the challenges faced throughout the year, particularly in the economy and persistent power disruptions, the harsh realities of poverty and unemployment continue to impact our communities, hindering some individuals from fully enjoying the Christmas holidays.

I implore all residents of STLM, especially those with the means, to embody compassion during this season. Extend a helping hand to those who are vulnerable, underprivileged, and elderly in our communities. Let us create a holiday season filled with warmth and togetherness for our loved ones to cherish, fostering peace and celebration as we embrace the upcoming year with hope and enthusiasm.

As we approach the festive season, let us remain mindful of the potential sorrows that the holidays can bring, particularly in terms of road safety. Tragic accidents, including fatalities resulting from speeding and the consumption of alcohol while driving, are a sombre reality.

I earnestly urge all road users to adhere to traffic regulations, abstain from speeding, and avoid drinking and driving.

On behalf of the Councillors and staff of STLM, I extend my heartfelt wishes for a Merry Christmas and a happy new year.

Executive
Mayor,
Cllr Petros
Mhlonishwa
Masilela.



SASOP SPEAKS OUT AGAINST MENTAL HEALTH TRAUMA EXPERIENCED IN THE MIDDLE EAST



Dr Seape Sebolelo the President OF South African Society of Psychiatrists (SASOP) appeals to global leaders to put an end to the violence and facilitate humanitarian aid for the people of the Middle East

By Dr Seape Sebolelo

The South African Society of Psychiatrists (SASOP) appeals to global leaders to put an end to the violence and facilitate humanitarian aid for the people of the Middle East. The situation in the Middle East has evolved

into a severe humanitarian crisis. The ceaseless cycle of violence, destruction, and loss of life is taking a significant and continuous toll on the mental and emotional well-being of both Israeli and Palestinian populations, with a particularly devastating impact on the most vulnerable groups, including women, and children. Healthcare workers who are, in essence, frontline witnesses to this trauma and suffering, are vulnerable to experience burnout and trauma with long-lasting consequences. We are deeply disturbed by the immense trauma inflicted by the profound human suffering, loss of life, and deprivation of essential necessities such as water, electricity, sanitation, food and medicine. We find no justification for exposing civilians, especially children, to daily violence, displacement, fear and horror, while simultaneously denying them access to care and basic needs. Starvation and denial of access to medical care amount to gross human rights violations. As numbers of the injured rise, hospitals are battling the overwhelming inability to treat patients due to a shortage of fuel, food, water, medicines, and essential facilities. Doctors are forced to operate without painkillers, anesthetics or the resources to save premature infants. Our concerns extend not only to the physical well-being but also the mental health safety of those affected by the violence in Palestine

and Israel. Ongoing research consistently demonstrates the detrimental impact of trauma, violence exposure, anxiety, and fear on mental health, often resulting in long-term, even permanent, negative psychiatric outcomes for trauma victims. Trauma adversely affects their developing brains and emotional capacities, diminishing their creativity and flexibility. They are enduring unimaginable trauma that will leave indelible scars on their psyches, influencing their future development, relationships, quality of life, and perpetuating intergenerational trauma within families. The dire circumstances under which healthcare professionals are operating are profoundly stressful, impacting their mental well-being and rendering them unable to fulfill their oath to provide care. They work tirelessly in an environment where resources are scarce, infrastructure is destroyed daily, and their safety is constantly at risk. Functioning as medical professionals under these conditions is not only emotionally draining but also leads to high levels of burnout and trauma, often resulting in post-traumatic stress disorder (PTSD). Our concerns have grown daily as the bombardment and destruction of Gaza escalates, rooted in our understanding of the profoundly negative impact of trauma. It is crucial to emphasise that our concern

transcends one side or the other and encompasses all victims of unjustified, relentless brutality in the war zone. It is vital to recognise that the experience of being subjected to punishment and trauma can significantly affect the long-term consequences of such trauma. When victims feel helpless and trapped in situations from which there is no escape, they experience a profound sense of powerlessness, which can increase the risk of adverse outcomes, including depression, anxiety, and post-traumatic stress disorder. Individuals with pre-existing mental illnesses may also face an increased risk of relapses and a worsening of their symptoms. As psychiatrists, we must communicate with a language of care, compassion, and kindness. It is, therefore, our duty to speak out in the face of these widespread human rights violations. We must advocate for vulnerable, traumatised populations who have very limited voices of their own. This advocacy should not be constrained by considerations of religion, culture, or ethnicity. Our stance must demand respect for fundamental human rights and should not waver because it conflicts with any political agenda. This is what advocacy in the interests of humanity demands. Dr Seape Sebolelo is the President of the South African Society of Psychiatrists (SASOP) and she writes in her personal capacity.

STEVE TSHWETE CAPACITATE CPFs WITH REFLECTIVE TOOLS



PUBLIC NOTICE

CLOSURE OF MUNICIPAL OFFICES DURING THE FESTIVE SEASON

All Municipal offices will close at **12:00** on **22 December 2023** and will re-open on **2 January 2024**.

Middelburg and Hendrina rates hall, Komati and Nasaret pay points will remain open on **27, 28 and 29 December 2023** from **08:00 to 12:00**.

Vending outlets and online services will be operational.

- Mhluzi Ext 4 Nkululeko Sasol Garage • Sasol Mhluzi
- Middelburg Maranata Engen Garage
- Middelburg Tosca and Middelburg Superspar Kanonkop
- Middelburg Midwater Engen
- Middelburg Total Garage next to Middelburg Mall
- Middelburg Kruger Park Total Garage
- Middelburg Mall Super Spar
- Eastdene Saverite next to GKK Supermarket
- Nictru Engen Garage • Blue Sand Mineralia
- Hendrina Burgers Garage • Komati OK Grocery Store
- Hlalamnandi OK Grocery Store • Sasol Doornkop

Online electricity purchases and payment of consumer accounts can be done via **Prepaid24** online service www.prepaid24.co.za

For Law Enforcement, Traffic, Water, Electricity, Solid Waste, Parks, Cemeteries, Vending outlets and Accounts please phone the 24-hour Call Centre: **013 243 1806 / 013 249 7714 / 013 249 7348 / 013 249 7349 / 013 249 7344 and 087 808 7430**.

Accidents, fire and snake removal: **013 249 7222 / 013 243 2222 and 087 164 5636**.

WhatsApp - 064 915 3362 • Facebook @officialstlm

All standby, emergency and disaster services will operate as normal.

#SPHUSH'ISERVICEDELIVERY

Mhluzi: On Thursday the Executive Mayor, Cllr Mhlonishwa Masilela together with MMC for Public Safety, Cllr Ernest Nkwana handed over reflectors and torches to Mhluzi Community Police Forum (CPF) at Mhluzi Police Station. The role of Community Policing Forums (CPF's) is to bring the police and community together, assist in bridging the gap between the public and the police to solve problems and challenges of crime. If they work together, they can make communities a safer place. CPFs are statutory bodies, given strong powers in the 1993 interim constitution – including monitoring the effectiveness and efficiency of the SAPS, advising police on priorities in the neighborhoods and promoting the accountability of the SAPS to local communities. CPFs were left out of the final constitution in 1996 but the 1995 Police Service Act refers back to the interim constitution, noting that the role of a CPF may include the functions listed therein. A new set of regulations in terms of the Act, which deals with powers and responsibilities for all CPFs, is currently under review. Its preamble notes that the SAPS is accountable to the communities it serves; it adds that the Act provides for CPFs



Executive Mayor Cllr Mhlonishwa Masilela handing over the reflective tools to members of CPFs in Mhluzi Police Station. Picture Credit: Supplied

to promote communication and co-operation between the SAPS and communities and to improve transparency and service delivery in the SAPS. It also refers to the partnership and joint problem-solving between communities and the SAPS. STLM Executive Mayor Cllr Mhlonishwa Masilela was delighted to see the CPFs members being empowered with the tools for the noble work that they do, "I am delighted to oversee the official handover of reflectors to enhance our community's safety efforts. These reflective tools and torches symbolize our shared commitment to fostering a secure environment for all," said Masilela. Masilela applauds CPFs for their dedication in keeping communities safe and he believes that these reflective tools will serve as a valuable assets in promoting visibility and ensuring our streets remain safe.

7 COUPLE BONDING EXERCISES TO STRENGTHEN YOUR MARRIAGE

When it comes to making your relationship stronger and more loving in the long run, there are a few effective bonding exercises for couples that will undoubtedly help you achieve that goal.

- 1. Intimate Staring**
Standing or sitting about two feet apart, look deeply into each other's eyes, attempting to see into the core of your beings. Do this for two minutes and then have a discussion about what they saw.
- 2. Aura of love**
Place your palm as close to your partner's palm as possible without actually touching it. Do this for several minutes, during which you will feel heat and, at times, sparks.
- 3. Allow Me to Look Inside**
Focus on each other while standing about four feet apart. Move a little closer every 10 seconds or so until, after several shifts, you are well inside each other's personal space (the boundary is about 18 inches). Get as close to each other as possible

without touching.

- 4. Secret Exchange**
Make a list of your deepest secrets, and have your partner do the same. Then trade papers and talk about what you have read. You can keep doing this until you run out of secrets. Save some of your secrets for another time.
- 5. Monkey Adoration**
Standing or sitting near each other, begin moving your hands, arms, and legs in any way you want—but in an exact imitation of your partner. This is both enjoyable and difficult. You will both feel as if you are moving voluntarily, but your actions are also linked to those of your partner.
- 6. The Game of Mind-Reading**
Write down a thought that you want to convey to your partner. Then spend a few minutes wordlessly trying to broadcast that thought to him or her as he or she tries to guess what it is. If he or she cannot guess, reveal what you were thinking. Then switch roles.
- 7. Two as One**
Embrace each other gently, begin to sense your partner's breathing, and gradually try to synchronize your breathing with his or hers. After a few minutes, you might feel that the two of you have merged (do not let it lead to sexual intimacy).



INTERVIEW

AGAINST ALL ODDS

This week we do a feature that promotes artists - the Mohlaletse born Poet and Royal Praise Singer Ngaka Morwangwato Hakudi who is a full time employee of one of the District Municipalities in Limpopo Writes Thulane Madalane

Thulane Madalane : who is Ngaka Morwangwato Hakudi and where were you born and raised?

Ngaka Morwangwato Hakudi: Ngaka Morwangwato Hakudi is born in and raised ga sekhukhune in mohlaletse village.I

TM: What kind of family do you come from ?

NMH: I come from a family of five children 4 boys and one girl, I am a third born child.

TM: Who was your childhood role model?

NMH: My childhood role model it has always been my father, i loved the way he is so family orientated, how he carried himself among other people and so open minded.

TM: What challenges did you face both at school and in your neighborhood as a young person and how did you overcome them?

NMH: My biggest challenges at school was bullying, i had to steal some money to provide for the bully up until my parents noticed and it was then addressed

TM: What was your dream career growing up and did you achieve that dream?

NMH: I always wanted to become a lawyer, and I did not achieve it as my high school offered the science and commerce stream and I ended up loving the accounting and business career.

TM: What is your current occupation?

NMH: I am currently employed by the sekhukhune district municipality as an expenditure officer.

TM: what advices would you give to someone who wants to pursue the same career as you?

NMH: Its a good career to follow and for someone to stand out you need to study more and acquired more degrees

TM: You do lot of community work how do you find a balance between and your work and these community initiatives?

NMH: I love doing community work, and ive realised that when you do something you love and passion about you will always find time to attend to it.

TM: Gender Based Violence is rife in our communities what do you think should be done to build safer communities for both women and children?

NMH: Gender based violence. To solve this problem we should first start by addressing the issue of our culture and tradition. Our culture always promoted respect for men and women for man and ubuntu. Secondly we should then start to build proper black African family structures where there is love respect union and oneness. This will lead to unified community and one nation.

TM: You are a Royal Poet and Praise Singer, tells how it all started?

NMH: Being a poet started long time ago, looking at my primary and high school performances and achievements. Growing up i saw the gap that our royal leaders are not being praised, promoted and celebrated enough though the have fought and protected this land before even political activists could wage war against our colonial masters. I usually say i am not a poet i tell stories of kings, queens and

warrior of Bapedi people who fought and died for this land. My praise poetry started to show during the reign of Kgošikgole Thulare Thulare III i think around 2016. Thats when people started to see and realise the beauty of Direto tša bagale Ba bopedi.

TM: Do you have any gigs lined up for these holidays?

NMH: I have a lot of gigs this holidays, events, wedding, poetry fetival and ya it's a busy december of 2023.

TM: You recently collaborated with Maleboo tell us about that project?

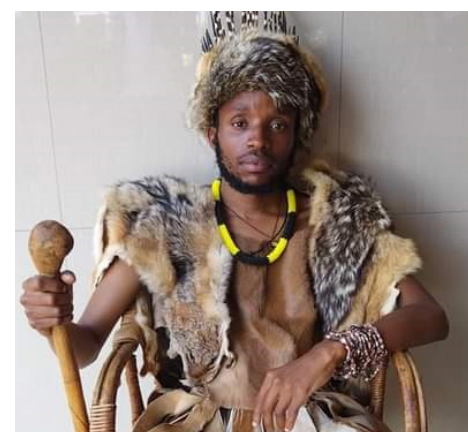
NMH: Our projects with Maleboo. He realised the potential first time when I introduced king Thulare Thulare III in 2016 and he fell in love with my poetic prowess. Ever since he has been trying to locate me, we couldn't meet due to our busy schedules, yeah finally we met. We produced an intro and a song called megobo. And I am very grateful for this opportunity all thanks to Maleboo for having faith in my talent.

TM: Your other name is Ngaka, are you a healer?

NMH: I am an initiated african spiritual healer, since 2018 to date. Ke ngaka ya ditaola, ke alafa, ke thwasiša. I advice on traditional and cultural issues. Hahahaha ake ntšhe baloi.

TM: You are an advocate for preservation of African culture, do honestly think that as Africans we are drifting away from our cultural beliefs due to modernization?

NMH: We were drifting away from our culture, but I think we are slowly progressing towards regaining our cultural consciousness . we are transitioning to a good direction.



TM: South African entertainment calendar has many big events like South African Traditional Music Awards, Metro FM, Miss South Africa and many more, which one do you aspire to be featured on in the near future?

NMH: I am inspired, I am inspired to leave a mark and make a change, make the world realize that we are born by kings, queens and warriors of Bapedi people through telling stories by praise poems . Any event or platform for me to fulfil this inspiration I would be grateful.

TM: We are in a festive season and people are using their finances unscrupulously ,what will be your advice to those who have just received their 13th cheque?

NMH: My advice is that people should just prioritize, January is in two weeks to time.

TM: Lastly how can your prospective clients get in touch with you ?

NMH: People can call me on 0712015317.I am on facebook as Ngaka Morwangwato Hlakudi and my email address mnhlakudi@gmail.com.



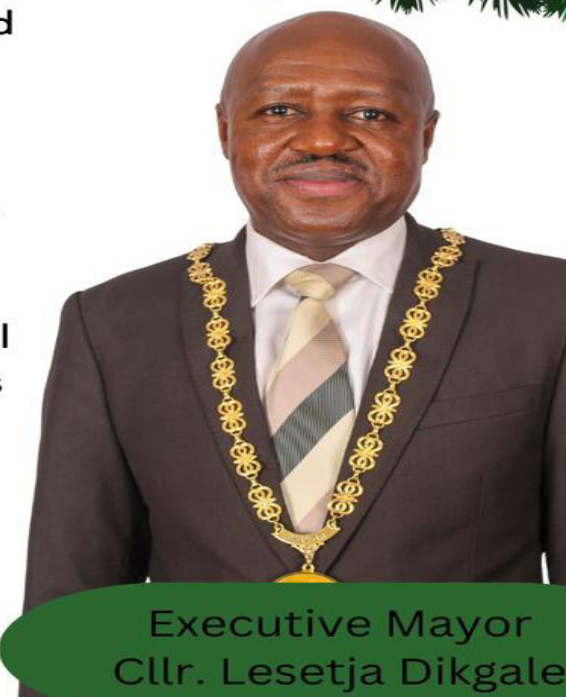
We cordially extend warm and festive season greetings to each and every citizen of our glorious Municipality.

As the curtain draws down on the year that has been, we wish to indicate that we have had substantial challenges in terms of our core constitutional mandate, which is to deliver basic services to the citizens of Thembisile Hani Local Municipality (THLM), albeit some of these challenges have been resolved, while others are being resolved through the Five Pillars Implementation Plan, which is centred on Water, Roads and Stormwater, Environmental Management (with emphasis on Refuse Removal), Municipal Financial Viability (with emphasis on Revenue Collection), and Socio-Economic Development.

With the above-mentioned, despondency and gloom have never defeated adversity, and it is against this background that we wish all citizens of our City a Fruitful and Merry Christmas, and a Prosperous and Joyous New Year.

Keep Safe and Keep Well Dear Citizens!

Merry Christmas and a Prosperous
New Year



Executive Mayor
Cllr. Lesetja Dikgale

HOW TO MAINTAIN A HAPPY MARRIAGE: 5 THINGS TO DO AND 5 THINGS NOT TO DO

Marriages are not perfect. It takes a lot of effort and patience, moreover understanding to build a successful and happy marriage. There is no secret formula for a flawless relationship but there are some ways to live a happy and content marriage.

Good for you for looking for things to do to keep your marriage happy. Marriage is long and hard and being proactive is the best way to keep it healthy. So many of us put off working on our marriage, hoping that someday we will have the opportunity to do so, only to find that it's too late. Of course, alongside the importance of doing things to keep your marriage healthy are things that you definitely should not do. Ironically, they are often two sides of the same coin, and understanding that can make them easier to manage.

Here are 5 things to do and 5 things not to do to keep your marriage happy. Continue reading!

1. Do: Communicate

If you have read any of those of other relationship coaches, you will know by now the NUMBER ONE most important thing to do to keep your marriage happy is communication.

What kind of communication? About feelings, about household chores, about expectations, about in-laws, about work schedules, about the kids, about the dogs, about your friends, about money, about anything and everything to do with your marriage.

Without communication, relationships can, and will, stall out. Without communication, people hurt each other unintentionally. Without communication, couples lose their connection.

Why don't couples communicate? Most commonly it is because they don't want to cause their partner pain but also because they don't take the time or they don't want to deal with the fallout or they just don't think to do it. Those are pretty lame excuses to not do the key thing that could keep a marriage happy.

So, don't just TRY to communicate – do it! I promise you that if you do, it will be worth it.

Don't: Be Passive Aggressive

The flip side of communication is passive aggression. The definition of someone who is passive-aggressive is someone who 'uses indirect resistance as a reaction to the demands of others and an avoidance of direct confrontation, as in procrastinating, pouting, or misplacing important materials.'

Are you someone who says they will do

something, knowing you won't? Are you someone who reacts to a comment from your partner with a sneer and a roll of the eyes? Are you someone who puts off things, even if you know that they are important to your partner? All of these things are hallmarks of someone who is passive-aggressive. More than almost anything, passive aggression can sabotage a happy relationship.



If there is one thing to do to keep your marriage healthy it is to never be passive-aggressive – communicate with your person. If you can communicate about your wants and needs, you will find yourself happier than you ever thought you could be.

2. Do: Work Together

Instead of one person being in charge, both adults made the decisions around social life, kid's activities, time around the holidays, date nights, etc. All of these things allowed the couple to stay connected in a way that if one person had been in charge would not be possible. Furthermore, the ability to work well together will make passive-aggressiveness less likely, which will only make your relationship healthier.

Don't: Divide And Conquer

This causes anger and resentment.

3. Do: Be Willing To Forgive

The importance of being able to forgive cannot be understated. The ability to forgive may be equal to the definition of love. We are all humans. Human beings who laugh, cry, make mistakes, do big things, who are impulsive and damaged. As a result, people, humans, make mistakes. If you

feel about each other, to give each other physical attention, to give each other space, to give each other understanding, to forgive each other when we need to. We work on this every single day. It's not always easy but it is totally worth it.

Don't: Take Each Other For Granted.

The death of many relationships is caused when someone takes the other one for granted. When they assume that their person will always be there for them. When they assume that no matter what they say, or do, they will be forgiven. When they believe that someday they will be able to fix everything that is broken. When they aren't willing to get divorced but aren't willing to work on the marriage either.

5. Do: Talk About Your Sex Life.

As marriages go on, sex lives can often be diminished. Whether it's because of work, kids, loss of interest, or anxiety, married people's sex lives can be a mess. Unfortunately, when this happens, couples are hesitant to talk about it. Like money, the topic of sex is very fraught. I believe that discussing it will only lead to embarrassment, shame and pain. As a result, the topic of sex is swept under the table, and because of this, couple's sex lives diminish or disappear, and marriage will struggle to be a happy one with no sex.

Don't: Go Looking Elsewhere For Love And Affection

Many people who are in unhealthy relationships, who are taken for granted, who don't communicate, who can not forgive each other or work together, whose sex life is difficult, can and do, find themselves vulnerable to finding love and affection elsewhere. More often than not, people don't go looking for affection but when it is put in front of them they find they can't resist. Seeking love and affection elsewhere is a sure-fire way to make sure that your relationship isn't a happy one and might even end it.

Knowing Things To Do To Keep Your Marriage Happy Is The Key To Doing So. That being said, understanding what is important NOT to do is just as important. Know that if you can communicate, if you can work together and forgive each other if you can keep the romance going and if you can talk about sex, you will find that you can have a marriage that will withstand the test of time and remain happy.

I know that this list is daunting. If so, choose one of the items above to start and then do it! Even one thing can make a big difference!

I know that you can do this!

hold onto a mistake that someone has made, it will only eat you up inside. If you hold onto a mistake that someone made thinking that they did it because they didn't love you, it will only destroy your relationship. Are you willing to forgive someone for making a human mistake? Would you want someone to forgive you if you did?

Don't: Hold Grudges Grudges kills not only the relationship but you on the inside.

Are you someone who holds on to grudges? Are those grudges getting you anywhere? Are they injuring your relationship? If so, try to let them go.

4. Do: Keep The Romance Going I believe, that we are determined to never stop making sure the other feels loved. We make an effort to tell each other how we

THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE, DR STEPHEN COVEY

I found this book to be a great point of reference when it comes to running a business.

Dr Covey has written many books but this would be his most successful by far. The Seven Habits can be used as a guideline for your personal life as well for those who manage or lead others. It is both a personal and professional development tool.

It is a very pleasant read and the seven habits are clear and easy to implement. He explains each of them beautifully. I refer to them constantly and I'm never surprised to see them referenced in various professional development courses.

As a leadership trainer, I believe that Dr Covey was way ahead of his time when he published this book at least 25 years ago. Leaders were mostly authoritarians with the bottom line the major focus.

This book opens up a whole new world of Leadership and relationship building. Let me briefly discuss each of the seven habits, I will say that my summary is a very poor substitute for reading the real thing.

Habit 1 – Be Proactive.

How we respond to a situation will directly affect the outcome. There is a choice involved, we can sit back and let things happen to us or we can take a proactive stand to steer the course of events. We can choose to step outside of our comfort zone and respond in a way that will benefit us personally or our business. Be a cause rather than an effect.

Habit 2 – Begin with the End in Your Mind.

Dr Covey refers to this habit as one of self-leadership. Keeping the vision and goals in mind will ensure that you are not veering off course.

Keeping the end goal in mind will increase productivity as you work your way along the road to success.

Habit 3 – Put First Things First.

Personal Management is Dr Covey's third

habit. It follows on from Habit 2 which he refers to as the mental creation. To implement the end goals we need to be organised and focused to produce the physical creation.

Habit 4 – Think Win-Win.

We need to co-operate with others. Dr Covey refers to this habit as one of interpersonal leadership; it is very difficult to achieve success without the assistance of others. Dr Covey believes that if we remember that there is plenty for everyone and if we offer a win-win situation to those we want to engage, success will naturally follow.

Habit 5 – Seek First to Understand, and Then to

Be Understood.

Communication is key. Dr Covey explains that we should give to others first. Work to develop and maintain positive relationships in both our professional and

personal lives before we expect them to give to us.

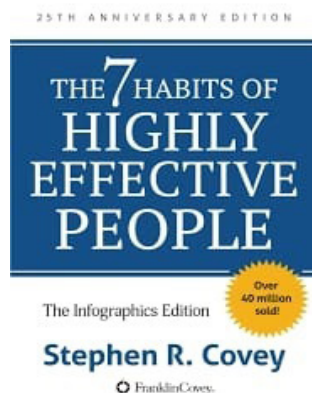
Habit 6 – Synergize.

This habit is all about building creative co-operation – we should endeavour to see and acknowledge the contribution that others make to a project or relationship. Dr Covey says that the whole is greater than the sum of its parts.

Habit 7 – Sharpen The Saw.

This habit impacted me most from the very first time I read the book, many years ago. Dr Covey calls it the habit of self-renewal. Get this habit right and it will support all other habits. If we don't take care of our self and recharge we will limit our growth, lose our effectiveness and ultimately burn out.

This is a book I am quick to pick up for a personal gift or to recommend as a reference text for any small business owner I'm working with. The seven habits are great to set a foundation built on integrity and strong values. Anyone can benefit from reading this book, I highly recommend it.



JZ HAS BEEN SUSTAINED BY WEAKNESSES OF THE ANC LEADERSHIP

BY SIYANDA MHLONGO

Jacob Zuma has abandoned the African National Congress, finally. Harry Thembeyakhe Gwala warned the ANC Tripartite Alliance about "Zuma, our Inkatha", uMntomdala was ignored. ANC in KwaZulu-Natal has vowed to engage Zuma to do what Veteran Mavuso Msimang did. Zuma started a long time ago to DECAMPAIGN ANC but the movement treated him as "Chief Zulu or Zulu Representative in the ANC". Gedleyihlekisa is worse than Gatsha Ashpenaz Mangosuthu Buthelezi. The two differences are that Buthelezi did not pickpocket the public purse and Zuma went to Robben Island and exile. We lost Thami Zulu, a trusted Natal MK, even today, Zuma has not been asked to account for his death because he is treated as a "Chief Representative of the Zulus" in the ANC. TZ was instrumental in turning Durban into a "bomb city" and spreading activities of MK in Natal especially in Pietermaritzburg and Newcastle. He was later called a "spy", a lie which angered MK Hierarchy including Joe Modise, Martin Nkosana Hani, Ronnie Kasrils, Siphwe Nyanda and others. TZ WAS NEVER A SPY AND THE FOLLOWING COMRADES NEVER SPIED FOR APARTHEID: SIPHIWE NYANDA, NGOAKO RAMATHLODI, DEREK HANEKOM AND BULELANI NGCUKA

The apartheid state unleashed violence in Natal, using Inkatha Yenkululeko Yesizwe as its extended arm. Jac Buchner was appointed to head KwaZulu Police, he was recruited from the Security Branch. Under him, Caprivians were trained by South African Defence Force of Magnus Malan. It was Gwala who marshalled forces to defend but Zuma and Mac Maharaj labelled him a "warlord" but Gwala was not a warlord. Gwala had his weaknesses but it was his leadership and bravery that stopped wiping out of the movement in Natal.

He did not end up there, he bad-mouthed Gwala to discredit him so that he climbs up the hierarchy of the premier liberation movement. THE MOVEMENT CONTINUED TO TREAT HIM AS A SUPER-ZULU. This was a big blunder because the movement had produced outstanding Zulus, amongst them Josiah Gumede, Chief Albert John Mvumbi Luthuli, Masabalala Yengwa, Moses Mabhida, Harry Gwala, Curnick Ndlovu, Dorothy Nyembe, Josiah Jele, Archie Gumede, Japhet Ndlovu, Gladys Manzi, Mathews Meyiwa, Riot Mkhwanazi, Tryphina Mboxela Njokweni, Mduduzi Big Boy Guma, Mzala Nxumalo, Msizeni Shadrack Maphumulo, Alzinah Zondi, Theophilus Dlodlo, Msizi Dube, Florence Mkhize, Reggie Hadebe, Anthony Mfendala Xaba, Zakhele Mdlalose in a long list.

These Zulus did not turn ANC into Amasela National Congress. Some spent more than 10 years on Robbery Island viz Gwala, Xaba, Meyiwa, Mdlalose, Ndlovu (Curnick), Justice Mpanza, Cletus Mzimela, Justice Gizenga Mpanza, Petrus Mthembu, Andrew Masondo, Mathews Ngcobo, Bafana Dlamini, Mzi Khumalo to name a few. Zuma spent 10 years. The movement has refused to teach people factual history and truly believe that Zuma represents Zulus and should not even be charged.

When he was arrested, he was never involved in sabotage under the leadership of Curnick Ndlovu and Billy Nair who were the leadership of MK in Natal.

The two MK leaders received 20 years in jail. He was only trained in arms after 1975 when he left for exile because the movement issued a directive that even the leadership should be trained militarily. He was never trained in

Cuba, Germany (GDR), USSR, China like many of his contemporaries like Thabo Mbeki, Max Sisulu, Eric Mtshali, Mavuso Msimang, Issac Mapoto, Justice Mpanza, Henry Fazzie, Chris Hani and many who participated in Wankie and Siphilolo Campaigns. The first person who taught him how to use AK-47 was Thabo Mbeki who had been trained in the USSR. In 1976, the unit led by Harry Gwala was smashed and Zuma has said it many times that when he went to see Gwala he was told by his wife that Gwala had been arrested and "ngashaya utshani, I ran away". Those who were arrested for the second time (Gwala, Meyiwa, Mdlalose and Xaba) were given life sentence. Zuma always tell ignorant masses "angilisabi ijela". When President Ramaphosa gave him a presidential pardon, he did not refuse it. ANC has been very reluctant to correct history when it comes to Zuma and Chief Buthelezi. Buthelezi has never been an active member of the ANC and ANCYL. Archives do not tell us false history. Zuma was not Head of Intelligence, it was Joe Nhlanhla. Later, Military Intelligence was formed under Ronnie Kasrils, uKhumalo. He played his role in Intelligence including destruction of TZ. If he was a valuable Intelligence Leader, why did MK and Underground suffer so severely in Natal where we lost many many comrades in Swaziland including Maphumulo, Petrus Nzima, Paul Dikeledi, Cassius Make, Theophilus Dlodlo, Zweli Nyanda and many who were kidnapped like Maphumulo, Sheila Nyanda, Ebrahim Ismail Ebrahim, Joe Pillay to name a few.

If he was an effective Intelligence Operative or leader, why was a lie about TZ created and why it took so long to identify Edward Ralph Lawrence as a true spy with his wife?*

This couple BETRAYED many comrades inside and outside structures including Ben Langa, Grant Shezi, Sthabiso Mahlobo, Thuso Tshika, Zweli Nyanda whose brother was called a spy by Zuma.

Having seen Chief Buthelezi succeeding in using tribalism, he imported Gatshism into the African National Congress. He was assisted by the passing of leaders like Mabhida, Gwala, Ndlovu, Guma, Maphumulo, Gumede, Dumisani Makhaye, Xaba, Nobleman Mzala Nxumalo.

The premier liberation movement shielded him but also help to establish him as a Chief Zulu or Super Zulu or Zulu Representative in the movement. Gwala warned ANC about Gatsha Buthelezi even after the arrest of Dorothy Nyembe, ANC ignored him. He also warned the movement about new Gatshism in Zuma, the movement turned deaf.

He labelled comrades "spies", no action taken no reprimand. He worked with notorious persons like Izintombi Zoma, Richard Mdluli, Bennings Ntlemeza, Muziwendoda Kunene, Ben Siphon Ngubane, Linda Sibiyi, a lawyer who represented killers of Chris Hani to formulate a lie that some individuals in the ANC conspired in the killing of Hani. He appointed Jürgen Prinsloo to be his lawyer despite representing killers of the great matyre of South Africa, Hani. ANC NEVER REPRIMANDED HIM FOR THESE ASSOCIATIONS

Zuma was not forced to "step-aside", he was invited by ANC in KwaZulu-Natal to campaign. Other members were forced to "step-aside" but all pay equal joining fee. When his wife voted with opposition in parliament, nothing was done. This created an impression that like in the Animal Farm "some are more equal than others". Dudu and Duduzani have not been investigated for the July Insurrection because they are Zumas. But in the ANC, there has been outstanding families, the Mandela's,

Sisulu, Cachalias, Mbekis, Sachs, Minis, Nkadimengs, Gumede who have refused to misbehave like the Zumas.

The premier liberation movement was supposed to assist him with self destruction, it

Zuma showed ANC the middle finger when he refused to honour his date with Justice Zondo. The movement did not defend the Commission, the Judge and his recommendations from Zuma. He was treated as a "Super Comrade". WORSE, he was given a presidential pardon by President Ramaphosa assisted by Minister Ronald Lamola. Instead of thanking Ramaphosa, he was scathing to him, showing his true colours. Like Adolf Hitler, Zuma cannot be appeased. The West tried to appease the Fuhrer, he invaded the whole of Europe.

The Appeasement Approach by Ramaphosa and the NEC is now backfiring.

Zuma is presenting Phala Phala as worse than Inkandleyihlekisa Palace and State Capture scandals. Having been exposed in the Zondo Commission, Ramaphosa was not supposed to engage himself in a Phala Phala scandal which looks like blatant money laundering. Zuma knows that Ramaphosa cannot present himself as a revolutionary moralist. It becomes easier for him to challenge Ramaphosa on moral and ethical issues and to label him as an "agent of White Monopoly Capital".

ANC, fearing Zuma, has allowed him to work with the EFF. The Chief Contacts of the EFF with him are his lawyer Dali Christopher Mpofo and Jimmy Manyi. This has been going on for a long time, the ANC was afraid to confront the problem.

SOME KEY POINTS

1. ANCVL led by Snuki Zikalala has to teach the public (my emphasis) how Umkhonto We Sizwe was formed because there was distortion made by Zuma, deliberately. ANC and MK were independent for a very short period. He hid the context as well as time MK was put under the direction of the ANC hence Oliver Tambo was elected or automatically became the Commander In-Chief. Young people and even elderly who do not read history of the movement will believe Zuma if Veterans and the NEC do not quickly correct the distortion. Those who served in MK at its inception and during the 1980s must clarify his role. Zuma's contemporaries are still alive as well as those who served in MK like Ronnie Kasrils, Siphwe Nyanda, Thabang Makwetla, Solly Spoke, Mac Maharaj, Ismaili Aboobaker, James Ngculu, Barry Guilder, Wally Serote, Ayanda Ntsaluba, Gibson Njenje, Thenjiwe Mtintso, Keith Mokoape, Vusi Mavimbela, Sonny Singh and many must clarify how MK was formed and worked. People must be referred to various statements and articles in Sechaba and Dawn publications and decisions of the National Consultative Conferences.
2. ANC has expelled people who voted with the opposition in many councils. Members of the ANC are only allowed to join only ONE party, the South African Communists Party. This must be explained not only to members but also to the nation.
3. While Zuma wants to DECAMPAIGN ANC, his main concern is that it is inevitable that his court case "isemome". ANC will not accompany him to court and his attempt to capture SANCO failed dismally, he is creating an umbrella for his court appearances. He also thinks, he can intimidate prosecution and judiciary by forming Umkhonto We Sizwe Party.
4. In the last conference, he was humiliated. His first preference, his wife, was not elected and his option Dr Zwelini Lawrence Mkhize was defeated. He tried to use KwaZulu-Natal to disrupt

the conference by arriving late, he failed. When he failed to disrupt the conference, he left with his tail between the legs.

The conference was adjourned, when he entered the KwaZulu-Natal adjourned national conference, he did not receive attention and left early again. He tried to parachute her daughter to lead ANCYL, again, he failed dismally. HIS POPULARITY HAS DWIDLED SIGNIFICANTLY. The problem is that the NEC and PEC will continue "massaging" him than ignoring him. I listened to KZN Spokesman Mafika Mndebele "massaging" the man who is the most corrupt misleader in the ANC before yesterday. In Nasrec, a significant number of delegates voted Cyril Ramaphosa, than Mkhize. He never expected a huge support for Ramaphosa.

Either, he is ignored or his departure from the ANC is confirmed. Summoning him to NDC will make him popular, that is what he wants. It is time that the NEC stops "double standards", the next thing, members will join two parties other than SACF.

5. KwaZulu-Natal and members of the ANC NEC must be stopped from consulting Zuma, telephonically or physically.

Serious RENEWAL has not begun in the ANC. Massaging Zuma will delay this programme at the detriment for the movement that is already weak. Mavuso Msimang and Zuma stand for different things in the ANC. What is the value of persuading Zuma who has loose morals and absent ethics? He slept with a daughter of Judson Khuzwayo, his jailmate on Robben Island. Both spent 10 years on the Island and died in a horrific car accident in Zambia

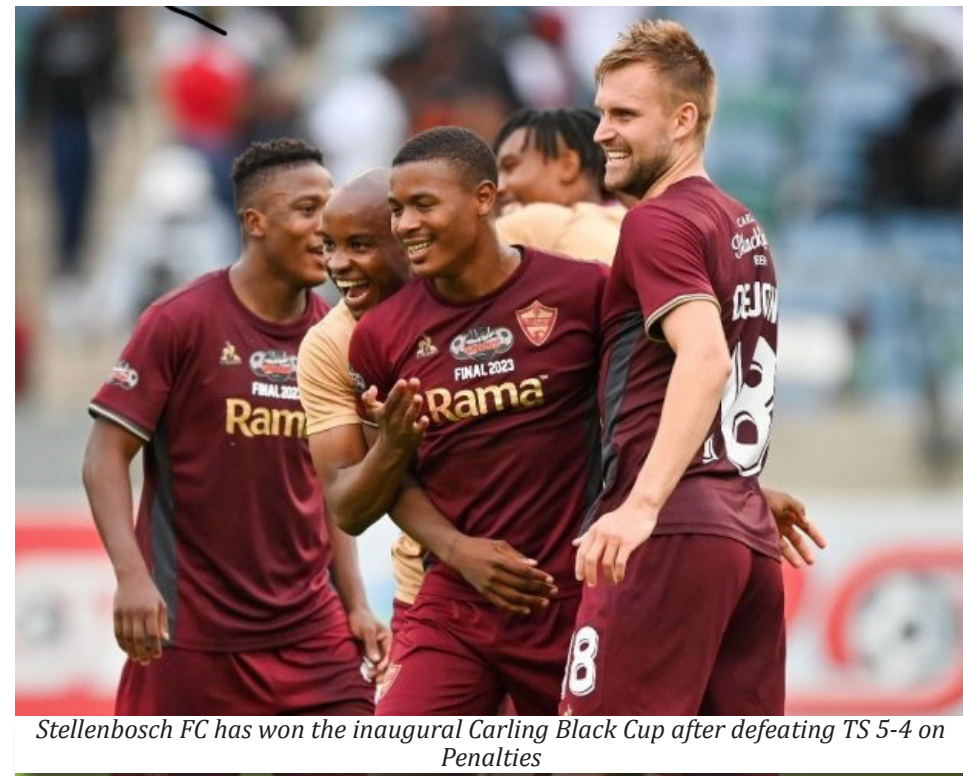
6. We were correct at Polokwane by warning ANC about Zuma, the wedge-driver. Those who are members of the ANC were misled by many whose appetite for positions replaced revolutionary morality and ethics. He was glorified even by the Left led by Blade Nzimande and Zwelinzima Vavi. He was even backed by Kgalema Motlanthe who was a student of Gwala and Oom Gov (Govan Mbeki) on Robben Island. I am happy that Zuma has completed his assignment on proving us correct. Unfortunately, the movement has a President who is not decisive and tough as nails. He studies "balance of forces" before acting. The Phala Phala Saga has also compromised him. It is his weaknesses that Zuma is manipulating. For a long time, Chief Buthelezi lied profusely that the ANC wanted to eliminate him. This lie was buried by Thabo Mbeki in the Truth and Reconciliation Commission. CHIEF Buthelezi stopped spewing and spreading the lie. CHIEF Zuma likes to spew a lie that there are people who are hunting him without any attempt to report the plot to the authorities or naming plotters in public. There is no value in killing him. This is Gatshism strategy aimed at seeking sympathy and he is facing court appearances. There is a speech that Chief Zuma delivered in KwaDukuza which he was contradicting when he was divorcing ANC for wrong reasons. That speech has to be circulated widely because it exposes him as a highly unprincipled character.

Zuma is a factory fault of the ANC since the death of Thami Zulu. It needs strong principled leaders to tame him for good. I doubt this could happen under Ramaphosa. Unfortunately, the Secretary General Fikile Mbalula is showing glaring weaknesses. Remember, he promised to meet the man about his taking Zuma to court. He did not come back to tell the nation and organisation how was the engagement. Zuma continued dragging his President to court.



TIMELESS SPORT

STELLENBOSCH HUMBLE TS GALAXY IN A CUP FINAL



Stellenbosch FC has won the inaugural Carling Black Cup after defeating TS 5-4 on Penalties

The match had fans on the edge of their seats as it ended 1-1 after extra time on Saturday afternoon. Stellenbosch went on to win the penalty shootout 5-4.

Stellenbosch, eager to secure the title, made strategic changes to their line-up, bringing in goalkeeper Sage Stephens, along with Jayden Adams and Olivier Toure. On the opposite side, TS Galaxy introduced Fiacre Ntwari and Kamogelo Sebelebele after a recent defeat to Orlando Pirates.

The initial exchanges saw both teams cautiously sizing each other up, opting for long-range strikes. However, it was Stellies who demonstrated determination, with Iqraam Rayners' one-on-one opportunity saved by Ntwari in the 18th minute.

Despite Galaxy's attempts to absorb pressure and look for counterattacks, Lehlohonolo Mojela broke the deadlock just before half-time with a deflected shot that found the top corner.

Coach Sead Ramovic made a tactical substitution at half-time, introducing Samir Nurkovic. Nurkovic nearly doubled

Galaxy's lead with a curling shot that narrowly missed the crossbar.

Stellenbosch displayed spirit in the second half, with Olivier Toure levelling the score at 1-1 on the 73rd minute with a superb long-range left-footed shot.

The game intensified in the dying minutes, with Sphiwe Mahlangu's chance for Galaxy heroically denied by Stephens. A late penalty shout for the Rockets was waved off, and the teams went into extra time.

As the game hung in the balance, Stellenbosch introduced fresh legs, bringing on Kgaogelo Sekgota and Mervin Boji. Galaxy pressed for a winner, but Mojela's deflected strike went wide.

Stellenbosch finished the game with ten men after Fawaaz Basadien's red card for dissent, setting the stage for a dramatic penalty shoot-out. Stellies clinched victory with a 5-4 win, sealing their status as Carling Knockout Cup champions.

This thrilling encounter also marked Galaxy's ninth consecutive failure to beat Stellenbosch, solidifying the latter's dominance in their head-to-head meetings.

ACCESS FOR KNP DAY VISITORS DURING THE 2023 FESTIVE SEASON

To ensure a safe and pleasant stay in the park, South African National Parks (SANParks) would like to urge visitors to the Kruger National Park (KNP) to book in advance and to observe the rules of the park over the coming festive season, starting from Friday, 15 December 2023 until Tuesday, 16 January 2024. Day Visitors are reminded that daily quotas will once again apply at the entrance gates and there are three time slots for pre-bookings to be made prior to arrival, which they can choose from as follows:

- o Time slot 1: 05:30 to 07:30
- o Time slot 2: 07:30 to 09:30
- o Time slot 3: 09:30 onwards

"For busy periods such as the festive season, we aim to better manage the volumes that we expect, as well as our visitors' expectations. The three different time slots are aimed at improving the spread of vehicles and preventing unnecessary waiting periods at gates. The Day Visitor Quota for the Park is a management tool to prevent overcrowding the roads and facilities; it is applied throughout the year although we mostly reach carrying capacity during long weekends and school holidays resulting in us having to turn visitors away", said the KNP's spokesperson, Ike Phaahla.

Pre-booked day visitors will get preference over non-booked day visitors at the gate but must ensure that they arrive within their booked time slots. Arriving outside the booked time slot will be regarded as non-booked and therefore will not receive preference and could be turned away. These bookings can be changed as well through SANParks Reservations offices if need be.

"The park has made plans for increased visibility of both traffic officials and visitor management personnel to monitor speeding, after-hours travelling and general behaviour on the roads. Visitors are also reminded to not bring liquor with them as the alcohol ban on public areas in the park is a permanent rule which is enforced at all times. Management is urging visitors to cooperate with officials who will be on duty and to report unbecoming behaviour to the gate officials or call the emergency call centre number on the entry permits"; advised Phaahla. Visitors are also urged to help keep the Park clean by disposing of their litter at designated areas, not alighting from vehicles in undesignated areas, not speeding, and adhering to all rules and regulations as stipulated on the gate permit. Visitors are urged to be courteous and cooperative at sightings to avoid inconveniencing other road users. Please plan your trip carefully, allowing sufficient time to enjoy the bush and to get to your destination. Gate operating hours will be from 05:30 to 18:30 around December and January.

Visitors should also take note of the following important information:

- Visitors will be able to book up to 80% of the Day Visitor Quota per gate via SANParks Reservations offices on 012 428 9111 and online at www.sanparks.org.
- Day Visitor pre-bookings are subject to a non-refundable booking fee of R53 per adult and R26 per child, which must be paid in advance and is meant to ensure their space because they would have been counted in the number that made the daily quota.
- Day Visitors who have pre-booked will



SANParks encourages holiday makers to book early to enjoy the pleasant stay at their facilities. Picture Credit Supplied.

still be required to pay Conservation Fees or use a valid Wild Card to enter the Park. The Conservation Fee for SA residents as well as Zimbabwe and Mocambique nationals (passport required to prove this) is R122 per adult and R60 per child (between ages 2 - 11). For nationals of Eswatini and other SADC countries, the conservation fees are R246 per adult and R122 per child. For all other guests, the standard conservation fees of R486 for adults and R243 for children apply.

- Guests planning to use Wild Cards are requested to ensure membership is valid before arrival and this can best be done online at www.sanparks.org/wild
- The number and profile of persons

(adults and children) on the reservation and actual persons arriving should correspond.

- All guests (drivers and passengers) will be required to identify themselves upon admission (by producing a South African driver's license, identity document or passport); please ensure you are in possession of one of these documents and have them ready.
- Gate Quotas will be strictly applied and guests without pre-bookings could be denied entry if quotas are full.
- Guests are reminded of the cash-free payment system at the gates (Paul Kruger, Phabeni, Numbi, Malelane and Crocodile Bridge) and fuel stations in the southern part of the park.