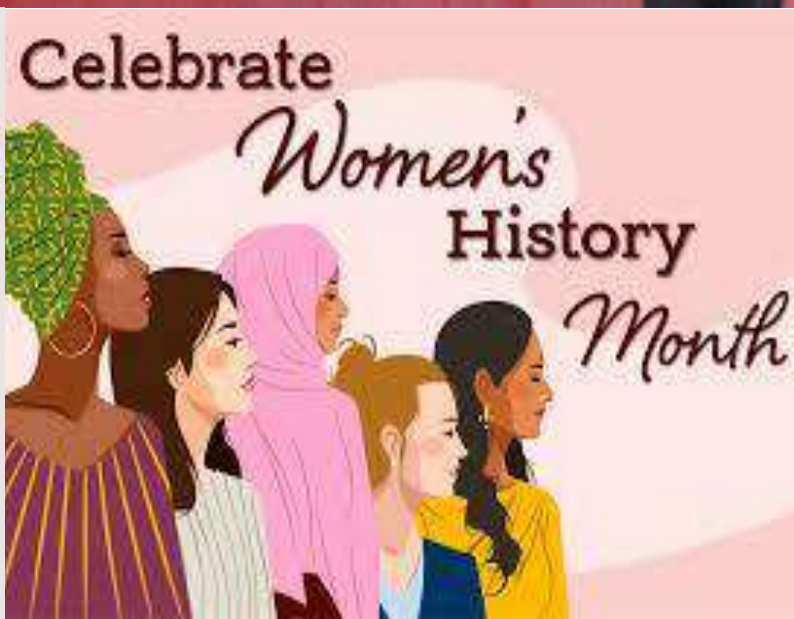


Yo School Magazine

“Enable our Children now for Better Days”

Inside:

- ✓ Begin with a Clear Vision and Passion for what you want to achieve!
- ✓ Plastic Waste - Do You Care?
- ✓ What is Child Marriage?
- ✓ How to grow Potatoes
- ✓ It's Casual Day on Friday 6 September 2024!





Editor's Note

AUGUST is Women's Month in South Africa. South Africa commemorates Women's Month in August as a tribute to the more than 20 000 women who marched to the Union Buildings on 9 August 1956 in protest against the extension of Pass Laws to women. The Government of South Africa declared August women's month and 9 August is celebrated annually as Women's Day.

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Enjoy the read, I am *Mzukona Mantshontsho*, *Call or WhatsApp: +27 73 777 4434*,

email: mzukona@nyakaza.org.za



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Begin with a Clear Vision and Passion for what you want to achieve!



By Mzukona Mantshontsho

HONOURABLE NOMVUYO MHLAKAZA-MANAMELA was on Thursday 11 July elected unopposed to the role of Deputy Speaker of the 7th administration of the Gauteng Provincial Legislature (GPL).

The election of Honourable Mhlakaza-Manamela followed the resignation of Honourable Refiloe Nt'sekhe (Democratic Alliance), who was elected as the Deputy Speaker during the 1st Sitting of the 7th Legislature. Honourable Nomvuyo Mhlakaza-Manamela previously served as the Deputy Speaker during the 6th Legislature, a position she served with distinction and integrity.

This Women's Month in South Africa, I DEFINITELY see her as an inspiration to our young people, particularly the Girl Child to follow their hearts and start something to improve the lives of people in their communities in Gauteng, where they are, with what they HAVE.

It's important to develop an understanding of the skills required in artistic expression projects, causes to empower our communities, in business and to change the mind-sets of residents, particularly the unemployed youth. It's important to encourage the youth through examples to aspire and pursue their own paths, to further developing their own skills to earn a living, be better citizens and FUTURE Leaders!

I spoke to Deputy Speaker Honourable Nomvuyo Mhlakaza-Manamela about her personal, professional, and public service journey thus far.

Tell us about your early life (school, any further education or professional qualification to your role today

I went to Technikon Northern Gauteng before the merger with Technikon Pretoria and Technikon North-West to become Tshwane University of Technology (TUT). It was there that I started my political activism predominantly in the South African Students Congress (SASCO) where I became the Treasurer General in the National Executive Committee. I have a B-tech in Human Resource Management.

What does your role mean to you?

It is a great honour to be part of the Seventh Administration most importantly to be entrusted with the role of being the Deputy Speaker of the Gauteng Provincial Legislature. In my acceptance speech I informed the House that as Members of the Seventh Administration, we inherited the Legislature as a credible institution and that standard must be maintained. The decorum of the House must be upheld therefore Members must respect the rules and the authority of the Presiding Officers. As one of the Presiding Officers, I cannot allow the Seventh Administration to collapse under my watch. The Privileges and Ethics portfolio has been delegated to me which is to assist to uphold the integrity of the Gauteng Provincial Legislature, furthermore, share ideas with the municipalities within Gauteng on how to deal with ethical dilemmas.

What are the most critical resources for your successful leadership?

People- I became an activist and a Human Resources practitioner due to my love for the people. I am leader because of the people. As a leader, they keep me in check by being a sound board in terms of how I can be a better leader and whether I am making a difference in their lives as I have committed to do. They also have the power to remove me as leader therefore they are the cornerstone to successful leadership

What can we expect from you going forward since you started?

To promote efficient government and community involvement, as the newly elected Deputy Speaker of the Gauteng Provincial Legislature, I will concentrate on a number of important issues. My responsibilities will include helping the creation, review, and adoption of legislation that addresses and responses to challenges that are facing people of Gauteng as well as guiding and moderating parliamentary debates to guarantee courteous and fruitful discussions.

By regularly delivering updates, I pledge to actively engage with Gauteng citizens to hear their issues and provide transparency in legislative efforts. In addition, I will address issues of governance, strengthen oversight role of the GPL and promote laws that take Gauteng forward. Collaboration with other government levels, stakeholders, and community members will be central to my efforts to ensure that our decisions reflect the diverse needs of Gauteng's population and promote the province's overall well-being.

What are your words of advice for young people, particularly women to take that first step and start community projects or small businesses?

For young people, particularly women, aiming to start community projects or small businesses in Gauteng, my advice is to begin with a clear vision and passion for what you want to achieve. Identify a cause or problem that excites you, set specific and achievable goals, and develop a detailed business plan to guide your efforts. Research your target market to ensure your idea meets a real need and leverage available resources, such as local government programs, grants, and mentorship opportunities. Build a strong support network by engaging with your community, seeking mentorship, and networking with other entrepreneurs and organizations. Embrace challenges with resilience and adaptability, and celebrate your progress, no matter how small. Foster inclusivity and empowerment by valuing diverse perspectives and leading by example, as your leadership can inspire others to follow suit. Starting a project or business may seem daunting, but with determination and the right support, you can make a meaningful impact and contribute positively to your community. Community Activism is important as it creates a platform and opportunities for leaders in communities for communities at large.

My role is to hold Gauteng Provincial Government to account so that it gives necessary support to citizens and in particular small and emerging businesses and community programs.

What are your thoughts on Covid-19 in terms of communities, small businesses, what measures will this administration take to protect our communities, businesses if another pandemic were to hit?

The economic centre of South Africa, Gauteng, saw severe difficulties during the COVID-19 epidemic, including severe strain on its healthcare system, financial losses from lockdowns that affected companies and inhabitants, and disruptions to daily life. In the event that Gauteng were to experience another pandemic, efforts should be directed toward improving the state's hospital system and modernizing emergency response protocols. It would be imperative to bolster community support by means of public health education, expanded mental health services, and focused small business financial aid. Building resilience would also benefit from assisting companies with their digital transformations, promoting regional economic diversification, and strengthening supply chains. To lessen the effects and guarantee a well-coordinated response, strong testing and contact tracking mechanisms, cooperative efforts integrating the public, corporate, and community sectors, and successful vaccination campaigns are crucial.

What is the legacy that you would want to leave when you retire?

I would like to be remembered for leaving a legacy of positive and transformative impact. My aim is to have built strong, transparent, and accountable institutions that effectively serve the people while championing inclusivity and equality. I hope to be remembered for empowering local communities through meaningful projects, encouraging greater civic engagement, and supporting initiatives that enhance quality of life. Additionally, I want to leave behind a legacy of sustainable development by promoting environmentally friendly practices and fostering economic growth, supporting small businesses, and creating job opportunities. Advancements in education and healthcare would also be a key part of my legacy, ensuring that future generations have the tools and resources they need to thrive. Lastly, I aspire to have mentored and inspired future leaders, particularly women and youth, to step into roles of public service and continue contributing positively to society. Ultimately, my goal is to ensure that the policies and initiatives I championed have a lasting, beneficial impact on communities long after my tenure.

How does your work DIRECTLY contribute to the community?

The Gauteng Provincial Legislature's slogan is "Your view: Our vision" therefore my work directly contributes to the community by enhancing public participation through several key efforts. I facilitate open dialogue by organizing forums, town hall meetings, and public consultations, ensuring that community members have a platform to voice their concerns and engage in discussions about local issues. By prioritizing transparent communication, I keep the public informed about legislative processes and decisions. I actively seek and incorporate public input into policy development, ensuring that policies address the real needs of the community. Additionally, I support community initiatives by securing resources and fostering partnerships with local organizations. I empower citizens through educational programs that inform them about their rights and ways to participate in decision-making processes. Lastly, I oversee the implementation of policies and establish feedback mechanisms to ensure they align with community needs and to provide avenues for reporting issues. Through these efforts, I aim to create a more engaged, informed, and empowered community where public participation is actively integrated into the decision-making process.

What have been your highs and lows of your career?

Reflecting on my career, I have experienced both significant highs and challenging lows that have profoundly shaped my journey and perspective. Overall, the highs of my career have provided motivation and a sense of accomplishment, while the lows have offered valuable lessons and opportunities for growth. Each experience has contributed to my development and resilience, shaping my approach to public service and leadership.

The biggest high that stands out is the honour and responsibility bestowed on me to carry on the vision of our forbearers in realising or being part of a democracy building our society.

When you not at work, what do you get up to, and where can people follow you online?

You will find me in the presence of people whether it is relaxing with my family or doing activism work through my political party. Although I currently have a personal social media profile, I'm available to answer any queries you may have regarding any subjects you find interesting. I engage on various social media platforms on diverse topics such as current affairs, music, restaurants etc, so you can interact and learn more about me whilst I also get to learn about the diverse and different constituencies or communities.

CITY OF JOHANNESBURG
COMMUNITY DEVELOPMENT: LIBRARY AND INFORMATION SERVICES
In Collaboration with partners Johannesburg Zoo, and Tangible Africa

2024 RANGERS CODING GAMES FINALS

📅 Wednesday, 28 August 2024
🕒 9 AM - 1:30 PM
📍 Joburg Zoo (Jan Smut entrance)

🗨️ Theme: Computer Science + Rhino Poaching Awareness

👉 There will be educational tours by the zoo Ranger to see rhinos and other animals.

7 REGIONS, 15 SCHOOLS, over 70 learners
= FUTURE CODERS, SMART CITIZENS, ANIMAL LOVERS

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Joburg City Parks
Joburg ZOO
RANGERS
TANGIBLE
Pick n Pay School Club

X f @

Minister of Basic Education, Siviwe Gwarube, at the PRIMESTARS Event held in Johannesburg



We meet during Women's Month, so it is proper for me to seize the moment and encourage young women of our country to participate in the sciences. Women are formidable partners for innovation and justice, and we cannot leave them behind in these noble initiatives.

It is important to look back at the journey you have travelled thus far as PrimeStars. Despite being at the Genesis of my tenure as the new Minister of Basic Education, I am aware that the eduCate programme was launched in partnership with the Department of Basic Education in 2010. Since then, more than 300 000 learners have benefited from comprehensive revision sessions and more than 1000 lower quintile Public Schools have benefited from the initiative.

Maths and science, plays a crucial role in preparing students for the future by equipping them with essential skills for a rapidly evolving job market. The poor uptake of *STEM* subjects in public schools, and the low Matric Math and Physical Science pass rate at basic education level, is extremely concerning, as it poses significant challenges for institutions of higher learning and inevitably, our economy.

By fostering an interest in *STEM* from an early age, schools can help learners develop the competencies required for future careers, drive economic growth, and ensure that the next generation is well-prepared to tackle the challenges and opportunities of a technology-driven world.

It deeply saddens me to note that the limited resources in lower quintile public schools, and further shortage of revision support or tutoring for matric learners leading up to final exams has contributed to a low matric pass rate in these critical subjects.

Therefore, from the bottom of my heart, I'd like to thank PrimeStars for the eduCate programme, which has benefited thousands of learners in 2023 alone. With the 2024 implementation underway, I have no doubt our learners will continue to thrive. The programme and its edutainment implementation model have proven itself to be one of the most powerful interventions of its kind. We however need more partners. We need more investment!

As we pause to notice the strides made, we wish to convey our deepest appreciation for PrimeStars as noble partners with the Department of Basic Education. Your collaboration with and support for DBE is significant. This programme has been running and changing futures for 14 years and I look forward to many more years of impact, success and growth!

My department supports and strongly encourages initiatives that assist South African learners to perform above their academic expectations and become more meaningful contributors to our economy.

Partnerships are key to the success of learners and the system as a whole. It is in this spirit that I wish to encourage *PrimeStars*, *Standard Bank* and other partners not to lose heart but to keep doing more, contributing to build a competitive and winning country.

We published the results of the 2024 MAY or JUNE matric result for those who wrote the National Senior Certificate and Senior Certificate for the second time. The results are available on the DBE website and at the place where candidates sat for their examinations.

While we are encouraged by those who took the opportunity to write the examinations again during the May or June session, our wish is that the class of 2024 will pass their examinations at the first opportunity.

I am pleased that the *eduCate programme* is aligned to this vision. We really need to ensure that every young person in our country has at least matric. The truth is that without it, your chances of progressing are thin.

We know too well that it takes a village to raise a child; the wisdom of this saying is not limited to a physical village, it incorporates the corporate village too, and with this, I would like to encourage more partners to join the initiative and help us build our next generation of data analysts, scientists, engineers and more.

These are the kinds of partnerships that will continue to make South Africa work and tell a story of unity, collaboration hope.

Conclusion

As we stand at the crossroads of an ever-evolving global landscape, it is imperative that we equip our learners with the foundational skills necessary for future success. Mathematics and Science are not merely subjects; they are the bedrock upon which we build our future professionals, innovators, and leaders.

We need to all join hands and build a solid foundation for a quality and efficient basic education system, from Early Childhood Development (ECD), through the Foundation, Intermediate and Senior Phases, to the Further Education and Training (FET) Band.

There is no doubt in our minds, that our country has indeed ushered in a new period characterised by working together irrespective of our political views and beliefs.

Let's celebrate 30 years of Democracy with a critical and conscious mind!



By Yanda Tamsanqelesa Bango

It's been 30 years since South Africa officially became a democratic country. I am pleased by the fact that we have historically relevant dates to remind us of where we come from as a nation, such as youth day which specifically serves as a reminder of the courageous young men and women who on 16 June 1976 protested against apartheid's oppression which came in the form of Bantu education amongst other atrocious laws.

Because of this dark yet inspiring history while at the same time considering the present socio-economic and political reality of SA today, I often wonder if this is the kind of freedom that we will settle for as the youth. In as much as we are celebrating 30 years of liberation and commemorating the fallen comrades on special days such as June 16 – for their commitment to the struggle for black emancipation and dignity – I know for a fact that what we have today is not the complete mission of the South Africa that even they envisioned.

Democracy is not true until every single one who is regarded to feature in it can truly enjoy it. From where I am standing, we are simply not there yet and for this reason youth day should remind us that the hundreds of protestors on that day of June 16, 1976 did not die in vain, we should honour their memories by realizing their vision (which is also our vision) of true liberation in this life and time.

There is a lot that still needs to be done in order for South Africa to be a truly equal and democratic country enjoyed by all its citizens. I am challenging fellow young people, especially those still at school, to take responsibility and ownership of not only their destinies but also spaces that they occupy; do not let your community deteriorate.

It lies upon us as the South African youth to ensure that we succeed in holding ourselves and the government accountable, this is after all our democratic right so I say let us develop the will to be game changers and agents of social transformation. We owe it to the youth of 1976 to fight against all odds and thrive to make something better out of our lives and communities. We also need to be agents of change in the spaces that we occupy, where we see and feel something needs to be done, we must take the initiative to do so. The June 16th youth paved the way for us and they certainly made it clear that no circumstance is undefeatable.

I most certainly respect and observe Youth Day. However, on this day we must be very clear of what we are honouring if we will celebrate.

Because many of South Africa's youth are still uneducated, impoverished, unemployed, frustrated, hopeless and essentially un-free, I think it would be a dishonour to the youth of June 1976 for us to comfortably ignore and allow these social ills and injustices to persevere without contestation in the midst of our commemorations. I think the youth of 1976 would want us to honour their memory by taking matters into our own hands, by liberating ourselves through action which moves towards actively eradicating our social-ills. Thus, in honour of exactly this day, we must be inspired to continue with the fight and light that the very critically conscious and active youth of 1976 started. We can only stop when what the ideals of true socio-economic emancipation have been achieved. Then we can truly enjoy 30 years of democracy in South Africa.

As we celebrate 30 years of Democracy, I am also reminded that many South Africans at large, particularly the youth, are still up to this day not free because of our struggle which is embedded in poverty, illiteracy, unemployment, amongst other issues. I think everyone would like to truly enjoy the promise of democracy and dignity in our lifetime where every child has access to proper and quality education, where poverty and insecurity cease to exist and where opportunities are granted to each and every South African child because she or he is worthy, by virtue of being a human being, to lead a decent, secure and humane life.

Valuing human life comes with creating a sense of unity and trust amongst ourselves in all the spaces that we occupy and actively engaging in liberating action. On the government's part it comes with providing a more encouraging and possible environment for young South Africans to become fully human, whereby no child is constrained by any social and economic obstacles in the pursuit of fulfilling his or her goals and vision in life; that for me is true emancipation.

The way I see it, education is one way we can do this. By education I do not mean merely receiving an academic qualification and reproducing knowledge in the labour market, this will not fully solve our problems. We must strive to be critical agents who receive education and inspiration from all walks of life, from spaces beyond the classroom. The education that we receive from school must inspire us to be agents of change. Let us be creative and inspired enough to create our own platforms and avenues of developing ourselves, families and communities through sustainable and progressive activity.

I believe that we have a lot of potential as young people; we just need to uncap it and support each other. We can start with this process by creating a positive, unified and inspiring environment for ourselves, we must also understand that everyone has something valuable to offer and we are in this together.

On this note, let us consciously develop our own communities and give back with our time and energy. I think we must move forward with the mentality of progressively creating solutions, as a youth unit, to our social problems. Lastly, let us also not be afraid to knock on doors for assistance and guidance where needed because no man is an island and so it is inevitable to ask for help, this is what makes the effort worthwhile. When we as the youth actively and progressively work towards improving our conditions I am confident that we will find fulfilment and this on its own will create a culture of active participation among our youth. Let's do this!

As I am passionate about education and youth development, I want to urge fellow young people to go towards the direction of their dreams, choose a career and activity that will enrich you as an individual and when you are enriched remember to share it with the rest, be that needed agent of change. We are our country's future therefore it is our responsibility to engage in activities that mould and unite SA. What you need to ask yourself is when and in what initiative you will use your skills, abilities and passion to effect change where you are.

Plastic Waste - Do You Care?



By Lerato Tsotetsi

What are your thoughts on single-use plastic waste? I think it's a huge problem that must be addressed at the source. But who is responsible for all our plastic waste?

The truth is single-use plastics are creating landfills enough to make a country, filling up our oceans and killing marine life around the globe. Plastic has been found in drinking water all around the world, and it's making its way into our food.

Is it your fault?

Have you ever stood at the till with your groceries and the cashier asks "Plastic bag?" and you hesitate but you feel like you don't have a choice then respond with a "Yes"? Well, so have I.

The truth is, we're human and we do our best to remember to bring our own shopping bags or old plastic bags with us, but every now and then, it slips our mind. We try to recycle and reuse the unnecessary amount of plastic packaging that comes standard with our food. But is this enough? Does recycling and reusing solve the problem?

The answer is no. Here's why:

It doesn't really matter how much recycling or reusing you do; plastic is being produced at an alarming rate.

Even worse - only 10% of plastic items are recycled, the rest is polluting our environment.

Throwing it away and forgetting about it doesn't help either - where exactly is away? Away is the term used in place of landfills, oceans and our food. Yep, this is what away looks like

An awful sight, right? Which brings me to my next point: we must hold corporations accountable for all the plastic produced.

How do we stop this?

This week, we launch our plastics campaign targeted at corporations who choose to produce single-use plastic in the face of a plastic pollution crisis.

These companies do not give us a choice and package everything in single-use plastic - I mean, does every cucumber really need to be wrapped in plastic?

Let's be honest with ourselves - the amount of plastic we're subjected to taking home is too much and must be reduced. Stay tuned for what you can do to demand corporates to #BreakFreeFromPlastic!

For a plastics-free world!

A Mother!



By Sisanda Siphoso

A child will deny thy Mother

Anger generated hatred

Over a plate without meat

Life is like a Graph

It's always having the points

Where the coordinates meet

Immature words start to spit

Over a single parent without a dream

Then a mother starts to weep

Knowing the pain of labour

In a ward without sleep

But a mother is like a team, she'll

Always try and win

She's the pouring heart

Never pricked by thorns

She's the strongest tree

Never shaken by the storms

A child insults thy mother
Over a home without a father
Though the only proof of marriage
Is the unwrapped picture hanging
On the cracked walls with leaking roofs
Empty pockets not able to feed
Though unconditional love is able to Lead
A mother never dies at home
But like a soldier she dies at the battlefield
No matter how threatened
She gets up daily
But unspoken words never shoot her down
She's the spreading wing that
Never fails to cover her offspring
Like a star that shines at night
She's always there, even in the Dark!

Mediocre Minds



By Sisanda Siphoso

The World has changed radically

Since our early days as Youth

The new dawn has presented various opportunities

We think we belong but we never cope

We never listen to our mothers

But we are always inspired the city lights and smoke

We are getting older as it gets cold

When opportunities are sold to us

We strike out with our bold and loud voices

What's wrong with our hearts and souls?

Happy days are gone

It goes on and on.... I'm like, NO!

Destination



By Sisanda Siphoso

It is said we are powerful beyond measure and every challenge we face is an invitation for us to discover our greatness. The youth doesn't understand the concept of destination, as they say, where there are no goals, neither will there be significant accomplishments.

It is important to bear in mind that a destination is a place where somebody is going to or being sent to, it is not about pride and styles that will not pay bills in 10 years' time. When one finds an obstacle as a stumbling block, others find a stepping stone. – you cannot discover new oceans unless you lose sight of the shores.

Destiny is like the air we inhale and passes through our lungs to reach us – purpose is more important than our needs. Destination is not about wealthy pockets but the future we create from foundation phase to an outstanding stage.

I once heard that tigers don't cry as every day is a hunting day. We live in a World with so many unanswered questions and fewer answers, wide roads but narrowed visions about our lives. As much as we would love to see a successful society, we are always greedy and on strikes and wars daily as we have learnt how to make a living from destroying other lives.....To be continued!



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What is Child Marriage?



To put it in simple terms, Child Marriage refers to any formal marriage or informal union between a child under the age of 18 and an adult or another child.

What does the law say?

Child marriage is against the law in many countries, the legal age for marriage is 18. This practice breaks several human rights conventions like:

Convention on the Rights of the Child (CRC): Protects kids from all forms of abuse and exploitation.

Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW): Ensures women can marry only with their free and full consent.

Why is this a BIG DEAL?

School dropouts: Child brides often have to leave school, often putting an end to their educational and career dreams.

Health risks: Early pregnancies are risky for young moms and their babies.

Economic struggles: Without education, child brides have fewer job opportunities, leading to financial hardships.

We need to protect the rights and futures of our generation. Child marriage isn't just wrong—it's illegal and a huge barrier to social and economic progress.

Say NO to child marriage and YES to education and empowerment – **By YouthWiseMalawi**

Cllr. Dada Morero is the New Executive Mayor of the City of Johannesburg



The Former Speaker of Council in the City of Johannesburg, Cllr. Margaret Arnolds, congratulated Cllr. Sello Dada Morero on his election as the Executive Mayor of the City. Cllr.

Arnolds expressed her confidence in Cllr. Morero’s ability to lead Johannesburg through a transformative period, stating that, “Cllr. Morero has demonstrated unwavering dedication to the people of Johannesburg, and I am confident that his leadership will bring about the positive change our City needs”.

Cllr. Arnolds acknowledges the immense responsibility that comes with the position of Executive Mayor, emphasizing the need for collaborative governance: “the challenges our City faces are vast, but with strong, united leadership, I believe we can overcome them. I encourage all Councillors and City officials to support Mayor Morero in his mission to uplift our communities and improve the lives of all Johannesburg residents”, said Cllr. Arnolds.

In conclusion, the Former Speaker expresses her full support for Cllr. Morero's administration and her hope for a prosperous future for the City. “I am committed to working closely with Mayor Morero and the entire Council to ensure that Johannesburg continues to thrive. Together, we will build a City that is inclusive, forward-thinking, and committed to the well-being of its people”, she affirmed.

9 Tips for Healthy Lifestyles



By Sipho Ngwema

In order to live a healthy and productive life you have to know your numbers. Since there are no health campaigns anymore, read for yourself and share with loved one. May be long but it's worth it:

1. Blood pressure: 120 / 80
2. Pulse: 70 - 100
3. Temperature: 36.8 - 37
4. Respiration: 12-16
5. Haemoglobin: Males (13.50-18), Females (11.50 - 16)
6. Cholesterol: 130 - 200
7. Potassium: 3.50 - 5
8. Sodium: 135 - 145
9. Triglycerides: 220
10. The amount of blood in the body: Pcv 30-40%
11. Sugar: for Children (70-130), Adults: 70 - 115
12. Iron: 8-15 mg

13. White blood cells: 4000 - 11000

14. Platelets: 150,000 - 400,000

15. Red blood cells: 4.50 - 6 million.

16. Calcium: 8.6 - 10.3 mg/dL

17. Vitamin D3: 20 - 50 ng/ml (nanograms per millilitre)

18. Vitamin B12: 200 - 900 pg/ml

19. The normal PSA value is usually stated to be less than 4.0. However, because of the fact that benign enlargement of the prostate gland tends to occur as men get older, an age-adjusted scale has been developed:

0-2.5: Normal for a man 40-50 yrs.

2.5-3.5: Normal for a man 50-60 yrs.

3.5-4.5: Normal for a man 60-70 yrs.

4.5-5.5: Normal for a man 70-80 yrs.

Tips for those who have reached Over:

First tip

Always drink water even if you don't feel thirsty or need it... the biggest health problems and most of them are from the lack of water in the body. 2 litres Minimum per day (24 hours)

Second tip

Play sports even when you are at the top of your preoccupation...the body must be moved, even if only by walking...or swimming...or any kind of sports. Walking is Good for a Start.

Third Tip

Reduce food. Leave excessive food cravings... because it never brings good. Don't deprive yourself, but reduce the quantities. Use more Of Protein, Carbohydrates based Foods.

Fourth tip

As much as possible, do not use the car unless absolutely necessary. Try to reach on your feet for what you want (grocery, visiting someone) or any goal. Climb stairs

Fifth tip

let go of ANGER...

let go of Anger...

let go of anger...

Let go of Worry.... try to overlook things!

Do not involve yourself in situations of Disturbance. They all diminish health and take away the splendour of the soul. Choose a babysitter you feel comfortable with. Talk to People who are Positive and Listen.

Sixth tip

As it is said. Leave your money in the sun and sit in the shade. Don't limit yourself and those around you, money was made to live by it, not to live for it.

Seventh tip

Don't make yourself feel sorry for anyone, nor on something you could not achieve, nor anything that you could not own. Ignore it, forget it;

Eighth tip

Humility...then humility... for Money, Prestige, Power and Influence. They are all things that are corrupted by arrogance and arrogance. Humility is what brings people closer to you with Love.

Ninth tip

If your hair turns grey, this does not mean the end of life. It is proof that a better life has Begun. Be Optimistic, live with remembrance, travel, enjoy yourself. Make Memories!

How to grow potatoes!



By Noxolo Londiwe Sangweni

Choose the right potatoes: Pick a variety suitable for your climate and soil type. You can buy certified seed potatoes from a garden store.

Prepare the soil: Potatoes thrive in well-drained, loose soil with a pH of 5.0-6.0. Dig the soil and add compost or well-rotted manure.

Planting: Plant seed potatoes (cut into pieces with at least two eyes each) in trenches or mounds around 12 inches apart and 3-4 inches deep. Leave space for the plants to grow.

Hilling: As the plants grow, hill soil around the base of the plants to protect the tubers from sunlight, which can turn them green and toxic.

Watering: Keep the soil consistently moist, especially during the growing season. Potatoes need around 1-2 inches of water per week.

Fertilizing: Potatoes are heavy feeders. Fertilize with a balanced fertilizer, rich in potassium.

Pest and Disease Control: Keep an eye out for pests like potato beetles and diseases like blight. Practice crop rotation and use organic controls if needed.

Harvesting: Potatoes are ready to harvest when the foliage starts to die back. Dig them up gently to avoid damaging the tubers.

Humble Beginning!

Growing Future Leaders in Farming



With support from ActionAid Nigeria, we have kicked off the Youth Green Ventures Program, bringing together 30 young people from across the Federal Capital Territory (FCT).

The training started off with an introduction to agroecology, a farming approach that supports both environmental sustainability and community well-being. The day was crowned by a practical session on compost fertilizer handled by our facilitator, Dr Abdullahi Baba.

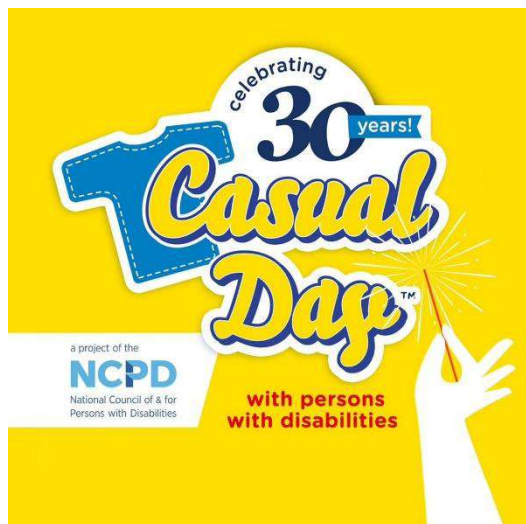
Attendees were taught the process of soil composting, its significance, and how it's beneficial to improve quality-rich soil and boost crop production.

It was a practical and eye-opening experience, showing how organic waste can be turned into something valuable for farming.

This kickoff couldn't have been better timed, as it aligns with the spirit of International Youth Day. The Youth Green Ventures Program offers experiential opportunities to help equip these young leaders with practical skills to address pressing challenges such as unemployment and food insecurity, all while lending a hand towards environmental sustainability.

We eagerly anticipate the positive impact these young leaders will have in their communities and beyond – ***By YouthHubAfrica!***

It's Casual Day on Friday 6 September 2024!



South African residents have been asked to support Casual Day on Friday 6 September 2024 to show solidarity to people with disabilities.

Casual Day is South Africa's foremost fundraising campaign for persons with disabilities and is the flagship project of the National Council for Persons with Physical Disabilities in SA (NCPDPSA).

Casual Day has become a firm favourite on the calendar of many of South Africa's businesses, with some corporate sponsoring stickers for their entire staff complement as a corporate social investment initiative.

It is an excellent opportunity for corporate team building, whilst also making a contribution to one of the country's most vulnerable sectors of society; persons with disabilities.

Everyone loves Casual Day, the campaign that invites all fun-loving South Africans to dress differently for a day to raise funds and raise awareness of persons with disabilities.

Casual Day is a highlight on the calendar of over 300 participating non-profit making organisations (NPO) s, business – big and small, organisations, schools, book clubs, youth

groups and South African citizens at large. For eighteen years we have reserved the first Friday in September for going to work on the dressed in outfits from the fun to the fantastical.

To earn the right to dress up this way, participants make a donation for the official Casual Day sticker. Not only does Casual Day raise funds, it also raises awareness of opportunities for full inclusion of persons with disabilities into the community.

Why should I participate?

Be part of a group of thousands of South Africans who demonstrate that small actions can make a huge difference. It is called community spirit in action. Besides, it creates camaraderie in the office and brings light relief to the workplace.

Where can I get a sticker?

You can obtain stickers from: Any Edcon Group store: Edgars, Jet, Boardmans, CNA, Red Square, Jet-Mart or Legit, ABSA Bank branches, Game, Dion Wired, Shoprite Checkers stores, national and local participating beneficiary organizations and the Casual Day National office, Edenvale, Gauteng - #ITSCASUALDAY!

Women's Month in South Africa



By Zimkita Mabindla

It's the first day of Women's Month in South Africa (SA). I'm passionate about women empowerment.

For those who just started following me, a gentle warning, I don't mince my words when it comes to women realizing their capacity, capabilities, talents and skills and being compensated in financial terms. My entire personality is fighting for women's freedom of choice. A chance at their economic liberation.

This is not a page that coddles those who are comfortable benefiting from extractive systems that take away women's freedom to choose. I'm a woman who wants courageous women leaders in executive and board positions. There's absolutely no triumph in us being there alone.

I've been lucky in that from February 2014 to July 2018, I led Women Only teams. I accredit my meteoric rise and equally astonishing recovery from a divorce (that as a backlash, retaliated by ensuring that I single parent and sole provide for my daughter, for at least 14 of the 16 years), to this era.

It's been my experience that women, are Decisive Leaders. Not only are they strategic thinkers, they execute and implement. They're realistic leaders. I parented effectively better surrounded by fellow care-givers.

I felt validly supported. I never had to constantly look over my shoulder. I never had to deal with negging, sarcasm, belittling and invalidation. I never dealt with people talking over me, anonymizing and plagiarizing my opinions.

These were the best years to anchor my Conscious Leadership style. It was easy as I worked with teams that were dominated by true compassion, empathy, generosity and kindness.

This was an era, that taught me that the SA Corporate World doesn't have to be a place where I constantly exist in fear, mistrust and uncertainty. An era where my lived experiences and fears were validated and I wasn't gaslighted and called paranoid when narrating my valid lived daily experiences.

Happy Women's Month to all SA women.

You always seem so energetic & positive; how do you do that?



By Zimkita Mabindla

There's nothing that affirms, animates, comforts and energizes me more than working to empower women and young people in my profession (all genders).

I choose to live in a world of abundance, creation and hope. I choose to set boundaries with those who have a scarcity mentality. I set boundaries and cut off harmful people. I cut off people who have toxic preconceived notions of who I should be and how I should behave.

I choose to shut down and not to pay attention to those who've been nurtured and indoctrinated to believe they're INHERENTLY superior and better than me.

In a world that tells me that it's fine for me to succeed, so long as I'm in someone's shadow, I choose to reject their models of success, and design and bring to life platforms to ensure that I have full control of my legacy and will stand alone in the sunshine.

In a world that gets so easily rattled by black women like me, who don't ask for permission to shine - Like Lisa Nichols, I choose not to ask for permission but to give notice that I will shine and then proceed to shine.

In a world that tells me I'm too loud about acknowledging my factual, valid and proven success, I choose to have empathy, and give a warning to those who have a problem to keep their hearing specialists on speed dial, because it's about to get mighty loud up in here.

This is my story. This is my script. I've got full control over who I write in and erase from my story and script.

My life is my theatre. I've got full control of who comes into the theatre to see my play. I've got full control who occupies the front seats and over who to relegate to the cheap seats of my life.

This is my stage; I've got full control of who comes onto my stage to perform in my play.

We might not have had control over our beginnings, but we surely can have control over writing our own endings. And I ensure everyday that my ending will be exceptional and will be a legacy that will transcend generations to come.

As women, we must stand firm in our resolve to break barriers & open doors for the next generation



By Lerato Phelane

Mam' Dr Futhi Mtoba, a trailblazer who continues to shine brightly in the realms of business, mentorship, social justice, and inclusion.

Her journey

Mam' Futhi's remarkable journey is characterized by her extensive career in business and community engagement in South Africa. She has brought invaluable corporate governance experience as a chartered accountant. Her career includes being a 2017 Harvard Advanced Leadership Initiative Fellow, which further solidified her commitment to impactful leadership.

In 1988, she joined Deloitte and Touche South Africa, specializing in financial services. Notably, she became one of the first African Black women to be appointed as a Partner at one of the Big Four accounting firms and later went on to become the first African woman Deputy Chairman and then Chairman of Deloitte Southern Africa.

Mam Futhi's influence extends across several key boards. She is a board member and audit committee chair of Discovery Bank Limited, a board member of South 32 Limited, and a board member as well as Chair of the Audit Committee of the Public Investment Corporation Limited. She co-founded TEACH South Africa, a national program dedicated to improving educational quality and learner outcomes through effective classroom teaching.

Why she inspires us

Her contribution goes beyond national boundaries. She has been involved with international organizations such as the IMF Advisory Group of Sub-Saharan Africa, the World Economic Forum Global Advisory Council, and B20 task forces on Financing Growth and Infrastructure and Transparency. She has also served as the first woman President of the Association for the Advancement of Black Accountants of Southern Africa and the first (and only) female President of Business Unity SA (BUSAS). She is the past Chair of the Council of the University of Pretoria and has served on numerous boards, including the Public Accountants and Auditors Board, SAICA, NEPAD Business Foundation, and the African Union Foundation.

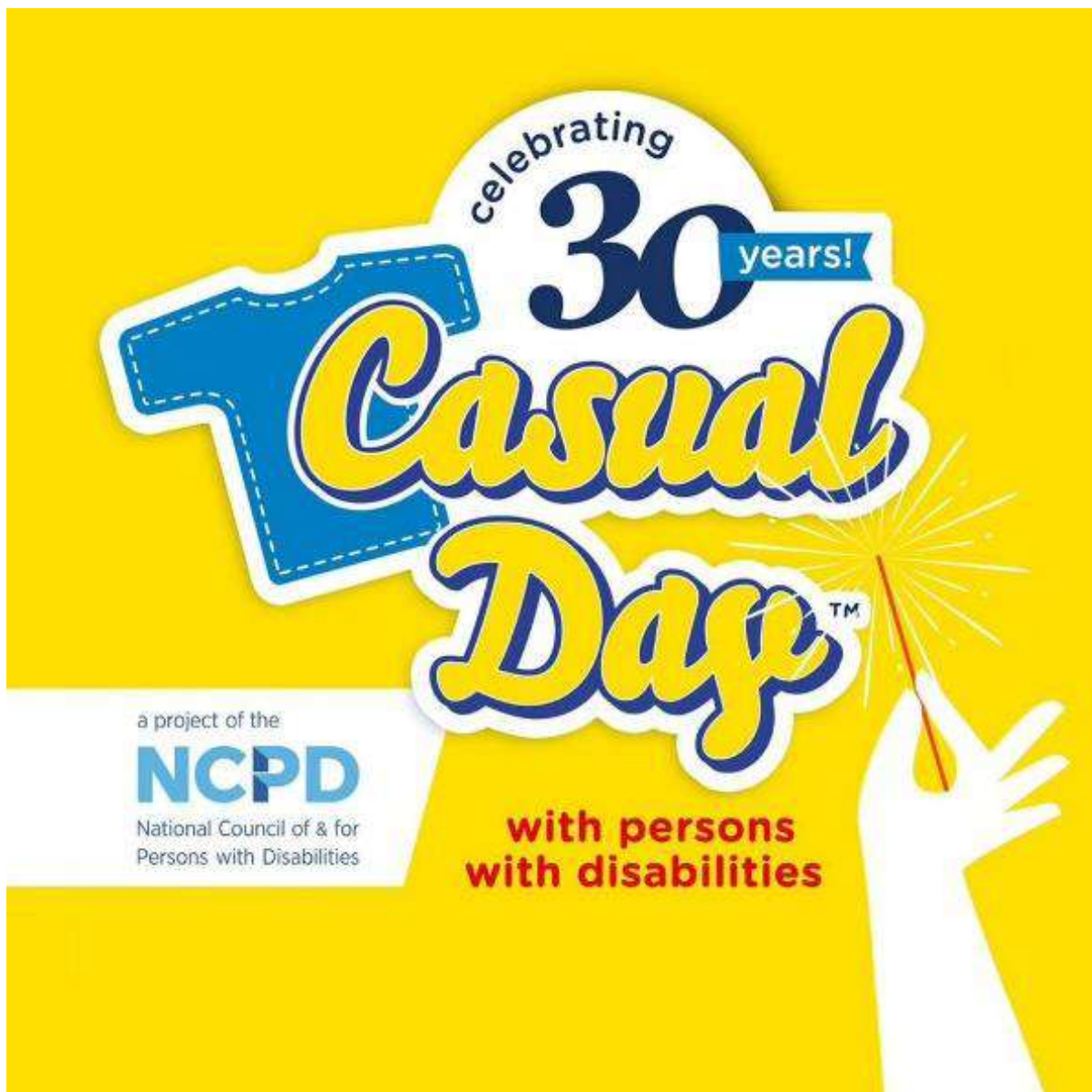
Mentorship and Influence

Mam' Futhi's mentorship transcends titles. Her insights and unwavering belief in the potential of others have empowered many to achieve greater personal and professional success. Her leadership in International Women's Forum of South Africa (IWFSA) and Women Economic Assembly (WECONA) highlights her dedication to nurturing female leaders and driving economic opportunities for women in South Africa.

Quote from Her

"As women, we must stand firm in our resolve to break barriers and open doors for the next generation. Our collective power is immeasurable."

Join us in celebrating Mam Futhi Mtoba's incredible contributions and unwavering spirit. Let her journey remind us of the change we can inspire in our spheres of influence.



Zimasa Modie: Entrepreneur, Innovator, and Community Advocate



By Lebo Grass

Zimasa Modie is a dedicated entrepreneur driven by a passion for supporting communities and delivering high-quality products. At 34 years old, she has made her mark as a businesswoman hailing from Lenasia South, Johannesburg, with deep roots in the dusty streets of Cofimvaba, Eastern Cape. As the eldest of three siblings, Zimasa has cultivated a strong sense of responsibility and leadership throughout her journey.

An experienced Electrical Engineer by profession, Zimasa's personal challenges with genetic acne have shaped her entrepreneurial path. For years, she struggled with self-esteem issues that impacted her productivity and social interactions, compounded by the high cost of effective skincare solutions. This experience ignited a relentless pursuit of knowledge about African skin and acne, leading her to develop a line of organic products specifically designed for acne-prone skin, pigmentation, dark spots, and other conditions. These products are now sold under the brand **UNcuthu Organics**.

Zimasa's mission extends beyond skincare; she is committed to uplifting and empowering communities. By selling her products through distributors, she not only generates income for herself but also enables others to provide for their families, contributing to the economic development of South Africa. This initiative fills her with immense pride. *UNcuthu Organics* products are also available on Takealot, with nationwide and regional courier services.

With a vision to restore confidence through beautiful, healthy skin, Zimasa aims to expand local manufacturing and reach international markets. She is committed to enhancing brand visibility and promoting South African products on a global scale.

In addition to *UNcuthu Organics*, Zimasa is the visionary behind Artie's Automotive, a company specializing in the sale of new and used car parts, catering to customers nationwide and in neighbouring countries. Through this venture, she aspires to create employment opportunities and skills development for South African youth interested in sales, automotive, and mechanical engineering.

Zimasa Modie is not just an entrepreneur; she is a beacon of hope and empowerment, dedicated to making a positive impact in her community and beyond.