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STALWART

Municipalities mourn Molepo's death

Anne Molepe

THE Polokwane Municipality and Capricorn District Municipality (CDM) have shared their condolences to the Molepo family following the death of Mayoral Committee Member, councillor Rasepuetja Charles Molepo.

During a telephonic interview, CDM Mayor John Mpe described Molepo as a pillar of strength, and mentioned he learned a lot from him as a colleague.

"Molepo and I were close and he would give me advice when I needed it. He was a humble and kind person who everyone respected and embraced. I have lost a true friend, brother, comrade and loyal servant of my community."

He added that while Molepo's death is hard to accept, it will also be a disservice to his legacy not to accept and continue the fight against the persistent poverty, inequalities and unemployment in our community.

Molepo served as the ward 4 councillor in Ga-Molepo and the chairperson of Finance and Local Economic Development (LED) portfolio committee, and represented the Polokwane Municipality as the deputy chairperson for the South African Local Government Association's Municipal Finance Working Group.

Mpe says in Molepo's

honour, the struggle to transform villages into centres of economic activities must continue regardless.

"Molepo was our branch chairperson and the longest serving former branch secretary. He was also a magnet that kept our branch together, a community builder par-excellence, a champion of service delivery," he said.

"A proud villager is no more but his spirit lives on. Long long live the undying spirit of comrade Charles Molepo," Mpe said.

Polokwane Municipal spokesperson Thipa Selala said the municipality is

deeply saddened by Molepo's passing, adding that he takes with him a wealth of experience and knowledge to move the municipality forward as he was counted among the few longest serving servants of the ANC in council.

"It was his dedication to the people that earned him the people's confidence to lead and represent their aspirations and interests in council since 2006. He also had an unmatched passion for issues relating to municipal finance and commitment to good governance and local economic development. Cllr Molepo's passing on is a sad loss for the municipality and the entire community that he served with courage and zeal," Selala said.

Polokwane mayor, Thembi Nkadameng said Molepo's dedication and compassion towards people and his work will be sorely missed.

"He leaves behind a remarkable legacy of service delivery. All of us at the Polokwane Municipality hold hands with the Molepo family and the community of ward 4. Our prayers are with his family and we appeal to all to support the family during this difficult period of grief."

Councillor and member of the Mayoral Committee, Rasepuetja Charles Molepo.



PRISA ELECTES CHAIRPERSON

Moreroa to help give the youth a well deserved JumpStart

> Read more on page 3

144 STUDENTS SHINE BRIGHT

LJBI assists jewellery students to reach their full potential



> Read more on page 5

MAHLATSE GET 'VOKAL'

New single will heal many souls affected by Covid-19

> Read more on page 6

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Denosa calls out Health Dept

Anne Molope

THE Democratic Nursing Organisation of South Africa (Denosa) Student Movement Limpopo has called the MEC for Health's call for nursing students to assist at vaccination sites as 'exploitation at its best'.

Final-year nursing students at the University of Limpopo (UL) were recently given training on the vaccination process by Health MEC Dr Phophi Ramathuba before the opening of a secondary vaccination site at UL on July 18.

Denosa Student Movement Limpopo acting chairperson Rebotile Maphuthuma told **BONUS** that while they understand the need for mass vaccinations and welcome the initiative by the health department, they believe the department should instead consider appointing post community service nurses and use them as vaccinators instead. He added that the hours given to the students were not stipulated by the South African Nursing Council and that students were given more hours than current employed nurses.

The department should not use this as an excuse for students to learn how to inject because they already know how to do this.

"Those nurses are already working overtime as vaccinators, so we cannot let our students work for those long and unaccepted hours as students, let alone not even be compensated for their work. It is highly unfair towards them. The students should be in a clinical field learning all the clinical skills, not vaccinating," he said.

Maphuthuma added that the students already know how to conduct intramuscular injections, having mastered the skill by their fourth year of study and the only training they would need to receive

was orientation on the handling of the vaccine. "The department should not use this initiative as an excuse for the students to learn how to inject because they already know how to do so as part of their qualification and practicals," he said.

The students were called up as part of government's plan to expand the pool of qualified vaccinators who will join the current team in fast-tracking the nationwide vaccination programme.

"We called on final-year nursing students to assist with the vaccination programme as they are almost done with their studies. As the vaccination programme gains momentum, we will need more manpower to be equal to the task as we will open more sites. All our clinics will become vaccination sites, so these students will come in handy to ease the burden of our healthcare professionals who are currently responding to those who are sick and warrant admissions," Ramathuba said at the time of training.

She encouraged and urged all eligible age groups to register to be vaccinated.



Health MEC Dr Phophi Ramathuba at a recent vaccination drive.



www.polokwane.gov.za

KENNISGEWING

22 July 2021

KENNISGEWING VAN VOORNEME OM DIE POLOKWANE GEINTEGREERDE GRONDGEBRUIKSKEMA TE ONTWIKKEL

Kennis word hiermee gegee in terme van Artikel 24 van die Wet op Ruimtelike Beplanning en Grondgebruiksbestuur, 2013 (Wet 16 van 2013) en Artikel 19 van die Polokwane Munisipale Beplanningsverordeninge, 2017, saamgelees met die Wet op Plaaslike Regering: Munisipale Stelsels, 2000 (Wet 32 van 2000) dat Polokwane Munisipaliteit beoog om 'n Geïntegreerde Grondgebruikskema binne die totale regsgebied van die Polokwane Munisipaliteit te ontwikkel.

Die Grondgebruikskema is 'n meganisme wat deur munisipaliteite gebruik word om ontwikkeling te rig en te bestuur volgens 'n visie, strategieë en beleide van die Geïntegreerde Ontwikkelingsplan en Ruimtelinke Ontwikkelingsraamwerk, en in belang van die algemene publiek ten einde volhoubare ontwikkeling en lewenskwaliteit te bevorder. Die algemene doel van 'n skema is om gekoördineerde, harmonieuse en volhoubare ontwikkeling van 'n munisipale gebied te skep op so 'n wyse dat dit die gesondheid, veiligheid, orde, aantreklikheid, gerief en algemene welsyn sowel as 'n die effektiwiteit en ekonomie in die proses van ontwikkeling op 'n effektiewe manier bevorder.

'n Interregerings Bestuurskomitee (IBK) en Projekkomitee is saamgestel soos voorgeskryf in terme van Artikel 19(a) van die Polokwane Munisipale Beplanningsverordeninge, 2017. Die komitees sal toesig hou oor die ontwikkeling van die Geïntegreerde Grondgebruikskema. Die konsep Grondgebruikskema sal geadverteer word vir openbare insette gedurende die openbare deelname proses. Die Projekkomitee sal alle kommentare en vertoeë gedurende openbare deelname oorweeg en 'n konsep Grondgebruikskema aan die IBK voorleë vir kommitteer. Die finale Grondgebruikskema sal aan die raad voorgelê word vir goedkeuring. 'n Kennisgewing wat die publiek inlig dat die Polokwane Grondgebruikskema goedgekeur is sal in die Provinsiale Koerant en media gepubliseer word.

Individuele/entiteite wie as Geïnteresseerde en Geïmpakteerde Partye (G&GP) vir die proses van die opstel van die Grondgebruikskema wil registreer, moet hulle kontakbesonderhede stuur na: **Me. Prudence Raletjena of Me Mahlogonolo Matsomane by (015) 023 5237 / 5226 of e-pos: prudencer@polokwane.gov.za of mahlogonolom@polokwane.gov.za**

Mr D.H. Makobe
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Learners can still collect meals

Anne Molope

LEARNERS who receive meals via the National School Nutrition Programme will still be allowed to collect meals from school despite classes being on a rotational basis.

Department of Education spokesperson, Tidimalo Chuene says schools have to provide meals for learners every day, including those who come to school on a rotational basis and that learners who are not attending class on a particular day are allowed to receive their meals.

Learners returned to class on Monday after being closed for a month due to adjusted level four lockdown restrictions.

"We were happy to welcome learners back for the third term. The return of all primary school learners for daily attendance is planned for Monday August 2 as Ramaphosa has stated," she added.

Chuene further explained that the education sector is still on full alert and will continue to apply standard operating procedures for the prevention and management of Covid-19 in schools. This includes ensuring wearing of masks, daily screening, sanitising of hands and frequently touched surfaces, and social distancing.

"Unauthorised, non-academic visits to schools will be prohibited based on the current

Covid-19 risk adjusted strategy level and the need for schools to strictly focus on catching up on lost teaching and learning time," she said.

Chuene also confirmed that the learner transport programme will also continue to ferry learners from pick up points in accordance to the route arrangements.

Education MEC Polly Boshelo and senior management of the department monitored the reopening of schools this week, to assess the settling in of learners and assist in areas where there might be challenges. "We have a mammoth task ahead of us in terms of catching up on lost time, at the same time navigating through challenges presented by Covid-19. However, I'm confident that we will have a productive third term," Boshelo said.

Chuene further said parents and guardians were reminded that the closing dates for the process of registering learners for admission in public schools in Limpopo for the 2022 academic year are approaching.

"Walk-in registration at schools for children who will be going to school for the first time or moving to a new school next year will be closing on July 30. Online registration at schools participating in the online learner admission pilot project will close on August 6."

Newly elected chairperson of Prisa, Moses Moreroa

Herbert Rachuene

MOSES Moreroa, whose alma mater is the University of Limpopo (UL), has been elected as the new chairperson of the Provincial Public Relations Industry in South Africa (Prisa) during a recent virtual elective annual general meeting.

Moreroa will take the reigns from Phuti Mothapo, who occupied the position from 2018 to 2021. The 30-year-old from Segwashi village area in Ga-Mamabolo has over a

decade of demonstrated expertise as a goal-driven public relations practitioner and strategist in the public sector.

One of his core objectives will be encouraging public relations practitioners to enrol in their programmes. "Prisa has three streams of training; three-day workshops also known as Continuous Professional Development (CPD); five to 10-day short courses that cover the basic principles of public relations, its practice and management among others; and corporate training designed for organisations. All these programmes carry CPD points that build towards a professional designation."

Moreroa is looking to launch JumpStart, a chapter that has been created to offer the youth of Prisa a voice

by addressing the most pressing questions and concerns in the industry.

"JumpStart is committed to providing its members with an educational environment to help them improve in their field and build on their expertise. We will extend the invitation to young public relations practitioners and students to join us," Moreroa said, and is humbled to have been entrusted with such a big responsibility.

"Prisa is a noble organisation that represents public relations and communication management professionals throughout the southern African region. We will enhance our efforts to encourage professionals to become members of Prisa and to introduce its numerous courses."

Moreroa is a Highway Africa and Unicef scholar and has a MBA from the University of Wales. He holds a BA in media and communication studies from UL, where he also obtained a postgraduate certificate in education (PGCE).

He also holds a certificate in creative writing from the UK Writers' College as well as a diploma in business management and specialised courses in strategic communication for the public sector, photography, radio and television production, strategic management, public-private partnership, and leadership.



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Anns celebrate Mandela Day with special lunch

Barry Viljoen

Former President Nelson Mandela once said: "Poverty is not an accident. It is man-made and can be removed by the actions of human-beings."

In light of Mandela Day (July 18), the Anns of the Rotary Club of Pietersburg 100 visited Makgatsha Day Care Crèche in Ga-Mashamaite last Wednesday.

The Anns surprised 25 toddlers and pre-schoolers with a special lunch of macaroni and mince and a variety of gifts.

Rotary Anns president Tina

Gilfillan explained that the donations that consisted of chairs, mattresses, toys, educational materials and stationery, were sourced by the Anns.

Staff members also received goodie bags to show their appreciation for the sterling job they do with their limited resources.

Centre manager Rosa Mamagolo said the children, aged between six months and six years, receive mabela in the morning and a cooked lunch at noon.

"We do not have meat every day and the meal was much appreciated," she concluded.



Staff members of Makgatsha Day Care Crèche, Rosa Mamagolo and Tlou Masekgela (in green uniforms), with Rotary Anns Charlie Vorster, Tina Gilfillan (Rotary Anns president) and Yvonne Joubert with some of the donated items.

Looking for funding to become a chartered accountant? Thuthuka has you covered

For the past 19 years, the Thuthuka Bursary has funded academically talented African and Coloured learners and students who want to become chartered accountants [CAs(SA)]. If you are one of them, don't delay applications for the 2022 intake have just opened.

The South African Institute of Chartered Accountants (SAICA) is constantly working to fix the member demographics of the chartered accountancy profession to be reflective of those of the country. One of the ways in which it does this is through the Thuthuka Bursary.

A bursary like none other, Thuthuka covers the following as a basic: tuition, books, meals, residence fees and accommodation for the full years of study where a student continues to pass their degree within the requisite time period. Moreover, the programme follows an integrated and holistic approach to ensure success, by providing students with 'wrap around' support in the form of, among others:

- academic support, including various academic enrichment programmes such as additional tutorials, study skills workshops and more
- social and emotional support
- work-readiness and life skills training
- mentoring and counselling and
- access to dedicated programme manager exposure to experienced chartered accountants and business leaders as mentors.

This model makes Thuthuka students more successful than their counterparts. It is also this approach that makes Thuthuka students ready to face the challenges of the workplace.

To date, Thuthuka has supported over 4 000 African and Coloured students of which:

- Over 1 500 Thuthuka recipients have qualified and registered as CAs(SA) – an incredible achievement, considering that it takes a minimum of seven years to qualify as a CA(SA); and
- 2 000 more are currently completing various stages of the CA(SA) qualification process.

The application window to apply for the Thuthuka Bursary 2022 is currently open. To

apply, visit www.thuthukabursaryfund.co.za and submit your application before the end of August 2021.

The criteria to apply for a Thuthuka bursary is qualify for the Thuthuka bursary, you must:

- be a South African citizen;
- be black African or Coloured;
- be either in Grade 12, out of school (with Matric) for no more than two years or a university student currently studying a CA-stream BCom degree;
- have obtained at least 60% (5 or above on the NSC scale of achievement) in Mathematics in Grade 11 or Matric (Maths Literacy and Technical Maths learners are NOT considered);
- have applied to or are currently studying a BCom Accounting (CA stream) degree at a Thuthuka partner university. The full list of universities offering the Thuthuka programme can be found on SAICA's website;
- come from a family that has a combined income of R350 000 per annum or less;
- write and pass the National Benchmark Test (NBT).

Applications for 2022 bursary intake close on 31 August 2021



www.polokwane.gov.za

PUBLIC NOTICE

22 July 2021

NOTICE OF INTENTION TO DEVELOP THE POLOKWANE INTEGRATED LAND USE SCHEME

Notice is hereby given in terms of Section 24 of the Spatial Planning and Land Use Management Act, 2013 (Act 16 of 2013) and Section 19 of the Polokwane Municipal Planning By-Law, 2017, read with the Local Government: Municipal Systems Act, 2000 (Act 32 of 2000) that Polokwane Municipality intends to develop an Integrated Land Use Scheme within the entire jurisdiction area of the Polokwane Municipality.

The Land Use Scheme is a tool used by municipalities to guide and manage development according to the vision, strategies and policies of the Integrated Development Plan and Spatial Development Framework, and in the interests of the general public to promote sustainable development and quality of life. The general purpose of a scheme is to create coordinated, harmonious and sustainable development of a municipal area in such a way that it efficiently promotes health, safety, order, amenity, convenience and general well fare, as well as efficiency and economy in the process of development.

An Intergovernmental Steering Committee (ISC) and Project Committee have been established as prescribed in terms of Section 19(a) of the Polokwane Municipal Planning By-Law, 2017. The committees will oversee the development of the Integrated Land Use Scheme. The draft Land Use Scheme will be advertised for public input during the public participation process. The Project Committee will consider all comments and representations during the public participation and submit a draft Land Use Scheme to the ISC for comment. The final draft Land Use Scheme will be submitted to council for adoption. A notice will be published in the Provincial Gazette and media to inform the public of the adopted Polokwane Land Use Scheme.

Individuals/entities, who want to register as Interested and Affected Parties (I&AP) in the process of the Land Use Scheme, kindly send contact details to: **Ms. Prudence Raletjena or Ms Mahlogonolo Matsomane on (015) 023 5237/5226 or email: prudencer@polokwane.gov.za or mahlogonolom@polokwane.gov.za**

Mr D.H. Makobe
Municipal Manager



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Emelda Madalane (human resource manager, PCS), Viscar Semenya (receptionist, PCS), Maggie Mampane (marketing manager, PCS), Samuel Maganane (School Governing Body member, Kabelo Secondary School), Koketso Mohale (learner, Kabelo Secondary School), Mary Ramalatso (learner support agent, Kabelo Secondary School), Modjadji Mooka (learner, Kabelo Secondary School), Pheladi Moloto (teacher, Kabelo Secondary School) and Mpho Maifala (marketing assistant, PCS)

PCS reaches out to disadvantaged learners

Herbert Rachuene

Polokwane Chemical Suppliers (PCS), as part of their corporate social investment programme, handed over toiletries to disadvantaged learners at Kabelo Secondary School in Polokwane on July 23.

According to PCS marketing manager, Maggie Mampane, the gesture was aimed at making a difference in the lives of the learners at the school. "We have given them toothpaste, bath soap and toothbrushes. We are doing this because we want our youth to remain motivated and have a vision for a better tomorrow." Teacher at the school Pheladi Moloto said they are grateful to PCS for the gesture. "Most of the learners at the school are from child-headed families and this will be handy and it will definitely make a difference in their lives."

The company also announced Mulalo

Nemataheni from Impowerx Advisory Services as the winner of the Bucket of Hope Enterprise Development competition.

The competition is one of the company's initiatives aimed at empowering young entrepreneurs and give them a platform to showcase their entrepreneurial acumen.

The competition was open to all entrepreneurs in the province from June 1 to June 30 and to enter, hopefuls were asked to submit a detailed business profile and motivation.

Mampane said they were impressed by Nemataheni's business profile.

"It showed that she had a good understanding of her business. She understood the scope of her work and she is a visionary. We were impressed by her overall work. She is passionate and focused."

Nemataheni walked away with office equipment that included a chair, a laptop, a projector and an office table.

LJBI gives jewellery students the edge

Anne Molope

IN its 12 years of existence, over 144 students have completed their jewellery design and manufacturing qualification with the Limpopo Jewellery Business Incubator (LJBI).

The non-profit organisation, whose main incubation centre is in the Seshego Industrial Park, was established by the Limpopo Department of Economic Development, Environment and Tourism (LEDET) and the Small Enterprise Development Agency (Seda) and was funded by the European Union (EU).

It was established to contribute to creating economic opportunities through developing and supporting emerging jewellery businesses from historically disadvantaged communities.



LJBI centre manager Tessa Ngobeni told **BONUS** that LJBI is fully accredited by the mining qualification authority to offer training to previously disadvantaged individuals. The centre also received full accreditation with Quality Council for Trades and Occupations (QCTO) to offer a trade qualification (goldsmith).

As the centre manager, Tessa manages and oversees the centre's day-to-day operation. "I ensure that all programmes are executed successfully according to our agreement with funders and that all reports to funders and board of directors are compiled correctly and submitted on time."

Tessa says 18 Small, Medium and Micro Enterprises (SMMEs) students graduated from the incubation programme, while a few others were sent to China and Italy for jewellery skills training. After graduating, students are able to start their own businesses. "Some students are employed within the industry, while others have started their own businesses already. They also receive support and mentoring on how to run their businesses," she said.

Tessa said LJBI is the official sponsor and manufacturer of Marothi and Rachel's wedding rings from Skeem Saam.

Those interested in joining or applying to study at LJBI must be a South African citizen, between the ages of 18 and 35, have completed and passed Gr 10 or Gr 12 and have the ability and passion to work with their hands.



Limpopo Jewellery Business Incubator management, Siphelele Manqele (technical officer), Shokky Chiloane (finance officer), Mabatho Malatji (business development officer), Tessa Ngobeni (centre manager) and Ndivhuwo Nemuruzini (marketing officer). Insert: Justice Mokgonyana works on his jewellery.



Members of the Mmotong Charity Group.

Welcome donation

Anne Molope

THE Mmotong Charity Group recently lent a helping hand to the Ngoepe family in a time of need.

Sinki Ngoepe, a resident of Ga-Matjoala in Mmotong outside Seshego, was in need of help to improve and renovate her home.

In collaboration with Ackermans Polokwane, the Mmotong Charity Group hosted a handover ceremony in the village where they donated furniture, non-perishable food parcels, a door, cleaning products, floor material and a bedroom set which included a set of blankets to keep the family warm.

A member of the group, Mpedi Kgoana told **BONUS** that they sealed the floor with cement as it was badly damaged

and uneven.

"We also replaced her damaged zinc door with a brand-new wooden door."

Kgoana added that the group believes it is important to help people in need and that one should give to others because it is the right thing to do, not for personal benefit, but to empower the community at large.

The group is now looking for assistance in building a brick house for Sinki and her family and is calling on the community to assist.

"When someone donates, you get more than just the satisfaction of helping someone and the knowledge that you are giving something towards a good cause," he added.

Alina Matsi, a representative from Ackermans said it was a pleasure to see the smiles on the faces of the Ngoepe family.



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Portions 60 & 61 of the Farm Baskoppies
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Two farm portions, comprising on PTN 60 of a residential dwelling which comprises foyer, lounge, guest cloakroom, dining room, kitchen, five bedrooms (2 en-suite), a family bathroom and double garage and on PTN 61 of an equipment shed with grazing fields towards the side and back thereof (to be sold as one lot)



134th Avenue, Seshego-G, Polokwane, Limpopo Province (Erven 4027, 4028 & 4029 – measuring 585m², 688m² and 615m² respectively).

A double volume building comprising an office wing with entrance foyer, individual offices, boardroom, kitchen and toilet facilities, a shop front retail outlet with managers office and storerooms, receiving/delivery bay and storage yard.



63 122nd Road, Seshego-H, Polokwane, Limpopo Province (Ptn 2 of Erf 448 – measuring 700m²).

A single storey office building divided into two wings, each wing comprising a reception, four offices, boardroom, cloakrooms and kitchen, a free standing building at the back comprising two single rooms and a toilet facility.



448/4, 122nd Road, Seshego-H, Polokwane, Limpopo Province (Ptn 4 of Erf 448 – measuring 7625m²).

A single storey office building comprising a reception, offices, boardroom, cloakrooms and a kitchen.



16 Denne Avenue, Sundra, Mpumalanga Province (Holding 51 – measuring 2.0807 hectares).

A small holding comprising a vandalised farmhouse and outbuildings

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Jan Mothapo (founder of Young Bearers Production Company) in studio.

Platform for struggling artists

Anne Molohe

THE Young Bearers Production Company hopes to give artists a much-needed boost through proper management.

Founder, Jan Mothapo (27) told **BONUS** that many artists struggle to book gigs and call-backs for performances in and out of Polokwane due to Covid-19 restrictions, which affects their livelihood as a result.

The Ga-Mashashane resident said he wants the company to be a platform that carries skilled

individuals and mentors them.

"I also wanted to solve issues such as depression, demotivation and other mental issues faced by the youth, through music," he said. The company was founded in 2018 and operates and manages brands, trademarks, distribution and markets, promotes and organises events and tours. It is also a recording label.

"We currently manage four artists and try by all means to support them because we have also been affected by the pandemic. There are two gospel artists, one hip hop and

a RnB artist. We encourage other artists who need our assistance to contact us."

The company has since helped the artists release four albums and 14 singles combined, which were all promoted on social media. Jan describes himself as a "Jack of all trades" and when he is not working with producers, he spends time at local drop-in centres.

Jan says artists who seek mentorship and grooming within the music and sport industry, should contact him via email (janmothapo426@gmail.com.).

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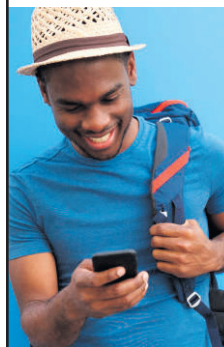


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Mahlatse gets 'vokal'

Anne Molohe

MAHLATSE Vokal says he hopes his new single, *Corona*, will touch and heal many souls affected by the pandemic.

The singer told **BONUS** that he has lost many loved ones over the past few years and writing the song was therapeutic.

"The writing process is another way for me to heal. I hope that those experiencing the same thing can find solace when listening to it."

He says artists can do more than just entertain and uplift the community by using their platform to educate people.

"Songs such as these can spread important health information to a large number of

people."

The song, which Mahlatse describes as "soulful" speaks about the pandemic and its affect on society as a whole as well as the economy.

"The song was recorded on July 10 and was produced by myself and Nelly the Master Beat. It was the first time I have worked with him and we worked well together," he said.

The song features DJ Rama, an artist from the Democratic Republic of the Congo, who sings in French. "I also featured the Voices of Worship SA Choir from Seshego as well as The Masosa Girls to give it an international feel," he concluded.



New song featuring Mahlatse Vokal Matji's experiences.

STERK GEHALTE TEE



Almal se koppie tee. Perfek vir die hele gesin.

‘Exercise is key to success’

Anne Molope

EXERCISE is important in increasing your performance and preventing injuries according to Hlole Magahlela.

The Ga-Molepo born former netball player is currently an accredited level 1 coach and umpire.

Hlole spoke to **BONUS** about the importance of exercise, as well as about the sport in general.

“If you would like to pursue netball as a career, you need to remember that the sport is played at high intensities with many accelerations, decelerations, changes of direction, jumping and landings throughout the game. No matter what position you play on the court, you need to be able to jump, catch the ball and often land on one leg before passing the ball,” she said.

Hlole said her role as a coach is to keep young players safe and to create a positive netball environment that allows players to develop within the sport.

“I provide feedback on players’ performances, physical and technical skills. I also develop and discuss tactics and strategies for both individual and team play,” she added.

As an umpire, Hlole has to work extra hard as they have to observe the game’s rules, award points, impose penalties, examine participants to make sure they follow safety regulations, and determine winners.

She added that exercises are important to prepare yourself for upcoming matches and tournaments.

“Common injuries that usually occur during court performances are to the knees and ankles as a result of a poor landing technique, whether due to contact or not. To decrease or avoid getting injured while



Ga-Molepo born netball player, Hlole Magahlela.

playing, you have to exercise regularly,” she said.

Hlole advises players to exercise at least twice a week as she believes this will play a role in increasing your court performance.

“Exercising will improve your ability to land and balance on one leg properly, as well as increase your strength in the contest,” Hlole concluded.

Preparation exercises to do at home:

Glute bridge:

- Lie on your back, put your feet shoulder width apart with your arms lying flat on the sides (heels close to your fingertips).
- Lift your hips towards the sky in an up and down motion.
- Squeeze your bottom at the top position and hold for two seconds.
- Do three sets of 15 reps.

Single leg squat:

- Find a step or staircase where you can place one foot on a step, and the other foot on a lower step.
- Make sure that your knee is in the same level as your other foot as you squat - do not let your knee drop inwards.
- Control your movement down until the opposite leg touches the ground.
- Do three sets of 15 reps on each leg.

Spar Group backs runners

Herbert Rachuene

DEMOCRATIC Alliance (DA) Member of Parliament Solly Malatsi believes a R10 000 injection from the Spar Group will come in handy in their quest to ensure all impoverished girls from rural schools in the province get basic amenities and hygiene products.

Malatsi, with DA Gauteng Member of Provincial Legislature Makashule Gana will be running 500km from Soweto to Tzaneen to raise money to buy school uniforms, school shoes and sanitary pads for learners.

Malatsi, who is from Ga-Dikgale outside Mankweng, said they want to raise R500 000 with the initiative. They will run from August 7 to August 22 and cover an average of 35kms per day.

According to Malatsi, Spar will provide them with food and accommodation along the way. “Spar’s biggest contribution to the campaign will be the donation of 50 packs of sanitary pads for every kilometre covered. We will collect pads at every Spar store we visit. As ardent runners who are equally passionate about playing our part in opening doors of opportunity in education for poor learners, we decided to launch The Home Run for Education to achieve this. Both of us know the struggles of poor learners in rural areas with regards to a lack of proper school uniforms and shoes.”

The Spar Group’s sponsorship and events manager Charlene Subbarayan was quoted to have said: “We at Spar are dedicated to the advancement of women and we believe that

education is crucial to promoting this. The donation of sanitary pads means that girls don’t have to miss school because of their period. We applaud the efforts of Solly Malatsi and Makashule Gana, who are using their passion for running to raise money to help poor learners in Limpopo by providing them with school uniforms and shoes. We are delighted to be able to support their efforts.”



Solly Malatsi.

Polokwane Bonus

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of women in Limpopo pay to have their hair styled more than once a month

ROOTS* 2019

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Polokwane Bonus

Casual Kasi Vibes

81%

of the households in Polokwane own at least one car

42%

of the households own 2 or more cars

ROOTS* 2019

Anne Molo

James became an amateur champion in 1969 and a professional champion in 1972. He told **BONUS** that he was in the first multi-racial boxing match in South Africa against world heavyweight champion, Gerhardus Christian 'Gerrie' Coetzee, who held a World Boxing Association (WBA) title. He also fought in the first ever multi-racial boxing match in Gqeberha against Kosi Smith, who became the supreme light heavyweight champion of South Africa after knocking James

He added that his one wish is to meet President Cyril Ramaphosa and the Limpopo Premier, Chupu Mathabatha.

