

# COSH-ACTION-MAGAZINE

JULY / AUGUST 2005

CAM

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## 2005 ABET GRADUATIONS

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**YIBONA laba abafundi bakwa Abet abebethola izitifiketi zabo emcimbini obuwendzelwe ehholo lasesibhedlela.**

It is true that imfundo ayikhulelwa. This is witnessed by Abet Graduation Ceremony held at COSH Dinning Hall on the 21<sup>st</sup> July 2005. More than 40 Abet learners who were over the moon were awarded certificates. This was the first Abet Graduation and all learners were thrilled to have a ceremony like this.

This memorable event was organized by Abet teachers and other committee members. Amongst our guests were Mr Bongani Dumisa who was also the guest speaker for the day, Ms Buyi Vilakazi who is an Abet District Coordinator and staff from Greytown Hospital.

When delivering his speech Mr Dumisa thanked all learners who attended Abet and applauded them

for their hard work as they (Abet Learners) have other duties they have to carry out at home and also at work. He also emphasized the importance of attending classes stating that there are positions that require Abet education. He further said the government wants to ensure that people who didn't get an

*....more than 42 Abet learners received their awards ....*

opportunity to go to school are enriched with skills that will enable them to be employable and also to improve their level of education.

Ms Dolly Lingani Hlophe who started attending Abet in 1998, left school in standard two (grade 4) and today she is a staff nurse. She

thanked all Abet teachers for their dedication and hard work. She stated that Abet elevated her to higher levels and she is determined to continue until she obtains her matric certificate. Most of Abet learners are doing level two and they are confident that next year they will be doing level 3.

Mr Mbuso Nkabinde thanked all immediate supervisors for supporting Abet. He also thanked Mrs Nomsa Makhunga and Ms Thandi Buthelezi who are Abet educators for their dedication and volunteering. "Ngaphandle kwenu besingeke sibe nabafundi abanangi kanje" said Mr Nkabinde.

**FORWARD WITH ABET!!!!**

# MEET OUR SWITCHBOARD OPERATORS . . .



UNTombifuthi Mchunu from Greytown started working at COSH 1993. She likes netball and uyazifela nge Orlando Pirates.



This young and petite lady is Nokwethemba Khanyile. She enjoys spending her quality time watching TV and enjoys being at COSH.



Thoko Ntshaba is a very cool and calm lady. She enjoys working at COSH.

Kanti bahle kanje laba Bantu engilokhu ngibezwa ocingweni nje.....



Photos: Sindi Sibiya

## OUR WOMAN OF THE MONTH



My name is Gcini Malembe. I'm currently working in Surgical Ward. I was born here in Umsinga grew up here in Inanda. I like netball and going out is one of my hobbies. I don't mind about the destination as long as I will have fun. I felt I should share what I've learnt about failure, I hope CAM readers would digest it and keep it in their hearts. Thank you

### FAILURE

Failure does not mean you are a failure, it does mean you have not succeed yet.

Failure does not mean you have not accomplished nothing, it does mean you have learned something.

Failure does not mean you've been a fool, it does mean you have a lot of faith.

Failure does not mean you have been disgraced, it does mean you were willing to try.

Failure does not mean do not have it in you, it does mean you have to do something differently.

Failure does not mean you are inferior, it does mean you are not perfect.

Failure does not mean you have wasted your life, it does mean you've got a reason to start afresh.

Failure does not mean you should give up, it does mean you must try harder.

Failure does not mean you will never make it, it does mean you will take a little longer.

Failure does not mean God has abandoned you, it does mean he has a better plan for you.

So never stop trying go out there and try again.

Submitted by Gci Malembe—Surgical

# FAREWELL.....



Zazibuya kunjena ku farewell party ka Sthembile Zulu.



Abantu abavele bakuthande nje ungenze lutho.... Nazi izincwadi abapha zona okaMageba umntwana esehamba.



2005/08/13



2005/08/13

The past two months carried a lot of good byes like the one where Home based Care bid a farewell to Sister Sthembile Zulu whom they have worked with for more than 5 years. They described Sthembile as a dedicated leader with all leadership qualities. This surprise farewell was organised by her subordinates and she couldn't hold her tears as they gave her a big blanket, a microwave and other gifts. Uhambe kahle Sthe Zulu from COSH and Home based Care staff. It didn't end there she also donated more than 40 books to COSH college library. "Sthe was an asset than a liability and she was helpful and we learned a lot from her" says Ms Nozipho Mlambo the Acting college principal. "Injena ke imiphumela yokuziphatha kahle phakathi kwabantu" kusho Sister Khoza. Go well Sthe.

Our goodbyes went on to the nursing college where student prepared a party saying farewell to their two lectures Mrs. Mbatha and Mrs. Msimango. Both lectures have been with the institution for a long time and their student felt that though it is painful to part with them, they still deserve their love and luck. Student prepared almost everything you can think of when you come to think of a party to mention the few music, gifts and speeches. As you know there can be a party without amanandi. Both groups (i.e. group 04 and 05) gave great performances and presented presents to their lectures. Mrs. Mbatha and Mrs. Msimang both conveyed their vote of thanks to the students and emphasized on the vitality of their cooperation in the wards. Kuhle ngempela ukuhlala kahle nabantu, noma usuhamba bahlala befisa ukubanawe.



2005/07/09

Wahluleka nokuzibamba izinyembezi u Sthembile esethola izipho zakhe.



2005/07/09

Phela ayikho iphathi ngaphandle kwezibiliboco..... Kwakufinywa ngendololwane ke kule party



2005/08/13

Eceleni KwesokuNxele: zazibuya amastudents edansela othisha babo.

Eceleni Ngakwesokudla: injabulo ibhalwe ebusweni ko Mrs Mbatha no Mrs Msimang ngesikhathi bethola izipho zabo. Njengoba ubona bezigoqile nje.

Phezulu: abanye abantu bayabenza ubumnandi, uyanbona nje uVeli Mkhize ukuthi wazenza zajubula izihlewele ngomdanso wakhe.

# COSH POWERFULL LADIES.....



*HLENGIWE Buthelezi is actually driving her new Ford Focus*



*HAVE you seen Monica Mejeni in her stunning Black Toyota Tazz.*

"Kungcono umuntu usezoke athole no-lift shame...."



*Kholeka Mbolekwa standing next to her beautiful Opel Corsa. Isn't it COSHY??*



*"Bese ngikhathele izikeqe zaseMbabane" kusho uNonhlanhla Sokhela eme eduze kwe Fiat Uno*



*LULAMA Sithole is turning heads in her new Toyota Run X*



*WHO said expensive cars are only for men to drive?...Check Smothoza with her Chrysler pt Cruiser*

# ZAMISILE'S CORNER



Zamsile Mabaso..... Highlighting the vitality of women in the world.

### A Woman

Some people don't know how important it is that they exist and how good it is just to have them in this living world. They would know if we tell them. Let me just mention few things on how significant it is to be a woman. A woman is the first person to feel those fine kicks from the fetus in uteri until the infant is born. Physically, woman was created in a manner that each of her body part has a

purpose. I mean breasts which breastfed most significant people and celebrities world wide.

Woman is so brave that she even smiles in trouble and gather her strength

**“women out there lets walk with our chest out and realize that this is our time to prove that we are the pillars of the whole world”**

from a stressful situation, I mean during labour pains. A woman also qualifies with her most special care for the whole family. She is optimistic, gifted by God to see things before they occur. She is curious in whatever is being mentioned or done always ask why, what, where, when and how. In every man's success there is a woman behind. She is capable of initiating things and she can be called an initiator.

Let us have a look at the word woman:

- W wisdom
- O organizer
- M manager

- A analysts
- N nourishes

Each letter is to be dealt with separately: woman's wisdom is God's given and nobody will ever be able to erase it from a woman. She is an organizer and the whole family relies on her organizing ability. She also has an intrinsic managerial skill to manage herself, family members, neighbors, as well as the community at large. She is the key to African Renaissance. A woman is again said to be on analysts because she always analyze whatever is in front of her. She is a nourisher because of her abilities; many people survive and live on her abilities. Woman out there let us walk our chest out and realize that this is our time to prove that we are the pillars of the whole world.

Photo by Mandisa Mchunu

## LOVE IS IN THE AIR

## MANDISA'S KITCHEN



SEKUSELE athi nje I do u Sthabile Zuma emva ko-kuthi bethembisene ifindo lika sofasilahlane beno wak-wakhe. Siyakubongela ntombazane umshado uyind-lala kulezizinsuku.

Photo by Sindi Sibiya

Biscuit Recipe (melting moments)

Ingredients

- 10 cups flour
- 10 teaspoons baking powder
- 1kg margarine (rama)
- 1pkt -500g castor sugar
- 30g ground cinnamon / hundreds and thousands
- 1 cup cooking oil

Tools

- Plain or flat baking pans
- Knife
- Plastic wrap

Method

Mix dry ingredients into a bowl and give it some air.

Add margarine and cooking oil into a bowl; mix everything until your dough is soft. Spread the dough on the surface and sprinkle cinnamon or hundred and thousands on top of the dough then roll the dough into long doughnut shape. Cover your dough with plastic wrap and put into refrigerator for an hour, cut into small rounded shape. Then bake in a preheated oven at 120 bake until golden brown.

Serve with tea or juice.

## MOEGOE OF THE MONTH

## CHARMER OF THE MONTH



2005/07/17

Khohlwa Chicco ayikho lento yakho ne Kaizer Chiefs vele ufane nami nje ube umlandeli we Pirates.

## HLEKA NO CAMZA'S

**A** little boy wanted to know what it was like to have R1,000. His mother told him to pray to God for it. He prayed for two weeks but nothing turned up. Then he decided perhaps he should write God a letter requesting the R1,000.

When the post office received the letter addressed to God, they opened it and decided to send it to President Mbeki. The President was so impressed, touched and amused that he instructed his secretary to send the little boy R20. He thought this would appear to be a lot of money to a little boy.

The little boy was delighted with the R20 and sat down to write a thank-you letter, which read as follows; "Dear God: Thank you very much for sending me the money. I noticed that you had to send it through the government. As usual, those thieves deducted R980 for tax."

SUBMITTED BY NOKUTHULA MANZI  
LABORATORY



2005/07/04

"Kuhamba kahle konke" kusho uMvelase osebenza kwa PHC

THOUGHT OF THE MONTH

*"God has reasons why he made certain people part of our lives I may not know his reason for making me know you ..... But I'm definitely thankful."*

## THE SWEET INNOCENCE OF CHILDREN

TWO young boys walk into a pharmacy one day, picked up a box of tampons and proceeded to the till to pay. The man at the counter asked the older boy "son how old are you?" "Eight" replied the boy. The man continued "do you know how these are used?" the boy replied "not exactly but they aren't for me. They are for my little brother here, he is four. We saw on TV that if you use these, you would be able to swim and ride a bike. He can't do neither"

SUBMITTED BY HECTOR SENZO KHOZA  
PUPIL NURSE—NURSING COLLEGE

## MULTI DRUG RESISTANCE (MDR) AND TB AWARENESS DAY- MHLANGANE



Waye ngagideli okwa la u BIG-BOY... wena owabona umbhidi emshadweni.

motive behind the awareness was the outbreak of Multi Drug Resistance (MDR) in Msinga and surrounding areas. It was even more interesting because people from the area attended,

It was an outstanding day at Mhlangane on the 11<sup>th</sup> of August 2005, where the team from the TB ward had a chance to enlighten people about the spread of TB. The

**Prevention is better than cure.....  
PHANSI! nge TB  
PHANSI!**

which showed that it was about time for the day to be held. It wasn't only about TB other departments also participated to mention the few VCT and infection control departments. Sister Msomi from TB gave a speech on how infected people should take their medication and how they should be taken care of. From VCT we



*Onompilo benza into yabo beshiyelana nabo beshiyelana inkundla nezikhulumi.*



Sister MSOMI addressing the audience on how to take care of the infected people. " mthande noma esene TB"

had Thobile Dlamini pleading people to go for HIV tests. The programme director for the day was Big-Boy Malinga who made the day even more beautiful with his humorous personality. Matron Sithole was also there as head of TB department and gave a good speech on vitality of cleanliness in terms of preventing TB. We also had iteams from Onompilo base Mhlangane..... Hhayi kwakumnandi eMhlangane wawufunga ukuthi omunye nje umcimbi okungewona owokuqwashisa.

### FROM CAM PUBLISHERS

It is with joy for us to finally relieves this copy of the newsletter. We understand that it has been a long waiting time for us all and we would like to thank you all for your patience. You will notice that this issue is dated July/August this publication is covering both July and August issues. September issues will be tackled in our next publication.

Remember that your input for the newsletter will always be welcome and appreciated. This is our newsletter so let us all participate in making it informative and entertaining.

Thank you,  
Sindi Sibiyi and Mandisa Mchunu

**What to expect on our next issue:**

- Results for the tournaments.
- New appointments.
- Farewell.
- Many more issues coming from our readers.
- Cross word puzzle and prizes to be won.

### SUGGESTION BOXES

EACH and every ward has a suggestion box and we beg you to make use of them. Lot of people may find it difficult to stand up for their rights. That's where the use of suggestion boxes become vital, so make use of them and your complain will be dealt with properly. **Confidentiality is guaranteed**

# COSH ABET GRADUATION ZIXOXWA NGEZITHOMBE



2005/07/02

One of Abet learners Cupheni Dubazane entertaining the crowds



2005/07/02

Babengesebahle kanje abafundi futhi bathi bazimisele ukufunda baqhubeke



2005/07/02

Students entertaining the crowds



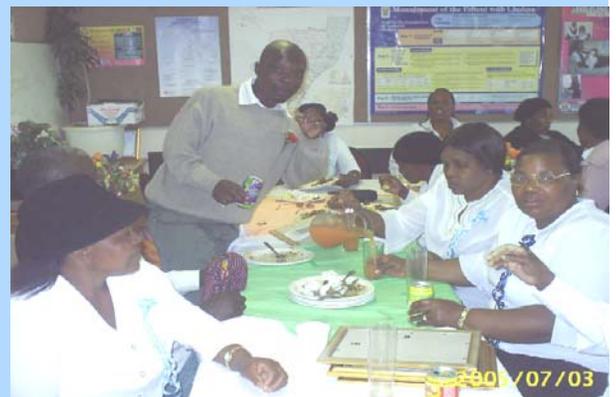
2005/07/02

Supervisors singing to support learners



2005/07/02

uMs Ndawonde washukumisa inkundla



2005/07/03

Bekungeke kube umcimbi ophelele engekho uVezabantu