



MEGA NEWS

MADADENI PROVINCIAL HOSPITAL

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Special points of interest

MORE INFORMED THAN I WAS BEFORE



"Our open day and candle light memorial"



Another special profile

Malnutrition, a disease on its own

Partnership in health

Contents

- Editors Point View Pg 3
- Open Day Pg 4
- MEC visit to Madadeni Pg 5
- Gallery for Candle light Pg 6
- Memorial Pg 6
- Malnutrition Tackled Pg 7
- Profiling a medical professional Pg 8
- A high standard image Pg 9
- Mental health discussion Pg 10
- Mental Health Celebrations Pg 12



Dr. S.M. Dlomo at Madadeni Provincial Hospital



CANDLE LIGHT MEMORIAL IN HONOUR OF THOSE INFECTED, AFFECTED AND THODE THAT HAVE PASSED ON.

The newsletter compilation and all the editorial duties are done by the Public Relations Office. Special thanks to the sections who are making valuable contribution by submitting articles and their comments towards these publications.

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My viewpoint

“WE CAN ALWAYS LEARN FROM OUR PAST MISTAKES”



I have been observing some of the things that are unfolding in our country lately. Labour disputes and strike actions from various sectors of our society seem to be the order of the day. Just recently, doctors all over the country decided to exercise their democratic rights by putting their tools down because they were not satisfied with their salaries. They further mentioned that it was not just the salaries but it goes beyond that, mentioning the working conditions as one other factor for their dissatisfaction. When I wrote this article, they were already back at work and hopefully the Department will ensure that we are not going to be seeing similar incidents by the health professionals again. It was very difficult for all of us especially to the families of those who were sick during that time. Other families suffered dearly because they lost their loved ones, but what can you say. Much has been said as a reason that led to the doctors deciding to go on strike, but I think we can always learn from the past mistakes because I don't think we want to see such incidence again and we don't want to loose more lives because something somewhere somehow did not go the right way.

I wish to also point out that the number of complaints that are coming in are gradually subsiding and I was also looking at the types of them. We are moving away from the types of complaints where arrogance and staff attitudes (negative) were dominant; which means that we are gradually adopting a business attitude where we realise the importance of the customer and we know how to address them accordingly. That takes me back to the days when we started with the Batho Pele workshops. We did mention that the whole concept is about transformation of service delivery, where we had to also look into our attitudes towards one another and beyond that. The then MEC for health who is currently the Premier of this Province Dr. Z.L. Mkhize once said, "People will not remember us by the panado that we would have given to them, but they will remember us for the way we treated them, the way we spoke to them and the positive attitudes that we would have displayed to them when they come to our hospitals.

One last thing before I lay my pen to rest is that I need to give my personal thanks and appreciation to the staff and everybody who was with me when I was not well. It was not a very big and serious illness, but doctor Mbonani felt I should be within the sight of the Clinicians so that they could be in a very good position to observe the progress regarding my ailment. I wish to thank everybody that helped me on that evening of the 10th MAY 2009 and the two subsequent days. The casualty staff who were on night duty as well as Ward G 6 & 7 under the leadership of Mrs. Lukhele thank you very much for caring for me, I really appreciate it. I know one would think that it is because it was me, but I don't think people can change to be such good nurses within minutes if they are that bad and not caring. Mrs. R.S Shabalala (ANM) requested that I make my own observations and report about anything wrong I would have noticed there. The observations I made Mrs. Shabalala is that you have dedicated people who are working VERY hard there. I don't want to comment about the environment because personally I understand that the hospital is ageing and it is most likely that some of the areas of the hospital are worn out, but let me tell you that it is clean and I really had no problem with anything there. I am giving my personal opinion based on what I observed. If anyone has an opinion different from mine, I don't have a problem with that nor will I dispute that, but what I am saying is what I noticed and what happened to me during my short stay there. Once again thank you very much for being so caring and I would further wish to thank my colleagues, my Managers and every person that was so concerned with my state of health at that time. You taught me something that will live within me for as long as I live, ngiyaniithanda nami.

Till then

B.V. Thwala –PRO

HEADS WERE BROUGHT TOGETHER TO BRING KNOWLEDGE TO ALL.

Writes: Ntando Jele

Do you feel confused about the services provided by the various departments within your institution? I am sure that Madadeni Provincial Hospital staff's answer to that question would definitely be **YES**

After seeing the problems / misunderstanding workers have with the functioning of different institutional departments, the public relations office decided to organise an open day event to bring awareness to the internal public about what these departments do. That cold weather of the 9th of June 2009 didn't stop the interest from the employees to go to the Main Hall to get first hand information that would benefit them. That was not the only activity for that day, as the hospital decided to hold a candlelight memorial on the same day to remember all those who are infected and affected by HIV/AIDS.



Mrs. Mazibuko (Nursing Manager) lights the candle for Matron Velile during the candlelight memorial held in conjunction with the Open Day.

That first part of the programme; the candle light memorial was led by Reverend Sibisi with a prayer, and further lighting the candle with an assistance of the Nursing Manager Mrs. T.F. Mazibuko as well as Mr. F.O. Mtshali—Assistance Manager - Systems. After the candle lighting and prayer were finished, the activities for the open day began. The organisers of the day had requested that the Human Resources, Occupational Health, Informatics Technology and the Maintenance Department to participate on the day. When the Human Resources representatives presented the services provided by their department, the staff was really intrigued by the information they received, and were very pleased to get the chance to ask about the service conditions, leave, pension and all the other services offered by the Human Resources Department.

The other departments didn't hold back when giving information, Sister Moloji from the Occupational Health Unit provided information relating to health and safety in the workplace and procedures to be followed when an employee first joins the hospital and why it is so important for staff to visit the Occupational Health Department. Mrs. B.B Nkonyane was also there representing the EAP programme, since Mrs. Gayi could not turn up. She proved to be the all rounder as she managed to cascade the information more like a person who is hands on; but of course she was the when the programme started that is why she was on top of everything. Mr. Shabangu from the Informatics Department discussed how the computers and the E-mails of the hospital work, and why sometimes it occurs that the telephones are not working. The maintenance representatives excused themselves on the day due to unforeseen circumstances.

The Public Relations Office would like to thank the organising committee for committing themselves to the planning of the day and all the departments who participated on the day, we can't wait for next year in order to host another one, however staff did not do justice as they failed to fill in the evaluation form that would give the organisers a picture of what they wanted and how they feel the function should be organised in future for everyone to own the activities of the institution.

Ungqongqoshe wezempilo Kwa-Zulu Natal emkhankasweni wokuzitholela amaqiniso.

Kuloba u-Bheki Thwala.

Emva kokhetho lwalapha eningizimu Afrika oluthathwa njengolunye lwalezo ezikhululekile emhlabeni; nolwaba ngomhla ka 22 April 2009, kwabe sekukhethwa oNgqongqoshe bakwa zwelonke ababezobhekana nez-inselelo zemihla ngemihla zokuzama ukuletha impilo encono emphakathini wase Ningizimu Afrika. Izifundazwe nazo azisalanga ngaphandle kulowomshikashika, njengoba nazo zaba nomsebenzi ofanayo; lowo wokuba oNdunankulu bakhethe ongqongqoshe kwizishayamthetho zezifundawze ngokwehlukana kwazo.



UNgqongqoshe wezempilo kwa Zulu Natal udokotela S.M Dlomo exoxisana nabanye bahlangikazi ngesikhathi evakashele emagunjini abagulayo esibhedlela.

Undunankulu wakulesifundazwe ke yena wajuba Udokotela S.M. Dlomo ukuba ahole umnyango wezempilo kulesifundazwe sakwa Zulu-Natal, nokwathi emva nje kokumenyezela kwakhe ngokusemthethweni njengoNgqongqoshe wezempilo; wabe esegala njalo engena ensimini. Waqala umkhankaso wokuvakashela izibhedlela zakulesifundazwe ukuzitholela amaqiniso ngokwenzeka khona. Umkhankaso wakhe wawugala esifundeni sase Thekwini, nokwathi nje kungazelele muntu wabe esetheleka esifundeni sase Majuba ukuzobona indlela okusetshenzwa ngayo ezibhedlela zakhona. Esibhedlela sase Madedeni watholeka ngemva kancane nje ligamenxe ihora lokuqala, lapho afike wabonana khona nabaphathi abamemukela ngezandla ezimhlophe; kwabe sekuqala umsebenzi njalo. Umphathi omkhulu wesibhedlela wamlandisa uNgqongqoshe ngokwakwenzeka esibhedlela ngalesosikhathi, okuhlanganisa nazo zonke izinselelo zokushoda kwezinsiza kanye nezisebenzi.

Ungqongqoshe wakhombisa ukweneliseka ngayekuzwile, wethembisa ukuthi uzozama okusemandleni ukwelekelela lapho engakwazi ukungenelela khona ngokuphuthumayo, kodwa wacacisa ukuthi yebo kukhona izinselelo ezazizodinga ukuthi zibhekwe. Wasuka lapho nethimba lakhe banikela emagunjini ambalwa ukuze bayozibonela ngqo isimo okwakusetshenzwa ngaphansi kwaso, nokuyilapho akhombisa ukweneliseka futhi ngayekubonile, ikakhulukazi nje akubalula kakhulu izinga lenhlanzeko phezu kokuba esibhedlela sesineminyaka sikhona sisebenza. Ngenxa yesikhathi esincane ayenaso wabe esecela ukuhamba njengoba wayesadinga ukubona ezinye izibhedlela zakulesifunda.

Sifisa ukuthatha lelithuba simfisele ukusebenza okuhle kulomsebenzi omkhulu abhekene nawo oka Dinangwe, sethembe ukuthi wonke umuntu wakulesifundazwe uzokwenza konke okusemandleni ukulekelela ukuthi kufezeke iphupho lomnyango lokuletha impilo ephelele kubantu bakulesifundazwe ngokulwa nezifo, silwe nendlala sinike ithemba.

MORE INFORMED THAN I WAS BEFORE I CAME!!



CANDLE LIGHT MEMORIAL AND OPEN DAY IN PICTURES

DEFEATING HUNGER AMONGST OUR CHILDREN

By : Sister Nandi Jele (Operational Manager - Paediatric Ward G10)

Poverty prevention falls under the goals that are supposed to be achieved by the United Nations before 2014. Malnutrition falls under poverty because of people who don't have enough money to buy food with the necessary nutritional value. Looking at the Madadeni Provincial Hospital's paediatric ward, you can see that malnutrition is prevalent in our surrounding areas and babies are dying from malnutrition. In this particular article the focus will be on Protein Energy Malnutrition. Protein Energy Malnutrition is when a child's weight falls under the 3rd centile and has Oedema with M.U.A.C (Muscles of the Upper Arm Circumference), and the M.U.A.C. is below 12.5cm.

There are three types of malnutrition, namely Marasmus, Kwashiorkor and Marasmus-Kwashiorkor. The following are the symptoms of the three types of malnutrition.

1 MARASMUS

- 3rd Centile
- Sparse reddish hair
- Old man face
- Abdominal distention
- 12,4cm M.U.A.C.
- Wasting
- Grabs on food.

2 Kwashiorkor

- The weight falls below the 3rd Centile line.
- Pitting Oedema
- Scary Skin (Usually Peeling off)
- Shiny skin
- Angula Stomatitis
- Shy away from food
- Irritable
- Brain Damage
- Bull dog face.

3 Marasmus -Kwashiorkor

- Wasted and Oedema
- 3rd Centile or may fall in the 60% of the 50th centile. (NB! Abdominal distention for all)

How to feed a baby to prevent Malnutrition

> A child between 0-6 months must exclusively be breastfed, as from 7 months, a high energy and protein diet should be served. Children should be breastfed until they are 2 years old, from then on, when a child is fed, the mother should start with breastfeeding the child before feeding the child solid food.

>Exclusive Formula Feeding must be done until the child reaches 6 months, on the 7th month the child can start eating solids. In this particular area of feeding, the child starts with eating the food before feeding the child the formula.

>Both Formula fed and breastfed children should eat 6 meals a day.

Ways to increase energy intake

Try adding the following to foods like Phuthu, mealie meal porridge, mashed potato and rice.

- Oil, margarine, sugar, canned fruit and condensed milk
- Sandwiches used as snacks in between meals. Some fillings for the sandwiches are:

- >Egg (boiled/scrambled)
- >Tuna+mayonnaise+tomato
- >Cheese
- >Mashed banana and Peanut butter
- >Baked beans
- >Mashed avocado pear
- >Peanut butter and Jam
- >Canned fish like Pilchards/Sardines

Ways to increase Protein intake.

- When making jelly, use half water and half maas /yogurt/milk.
- To give extra protein to foods like Phuthu, mealie meal porridge, mashed potato, rice try adding the following:
 - >full cream maas
 - >canned fish like Pilchards/Tuna/Sardines
 - >Peanut Butter
 - >Milk Powder
- These foods are also good sources of protein and can be taken on their own as snacks between meals. You can also add fruit like mashed banana/paw paw as well as sugar to them.
- Mix 2-4 tablespoons of milk powder into half a litre of full cream maas/milk. Use this as you would ordinary maas/milk or water to use in coffee, packet soups, sauces, jelly, milk puddings and breakfast cereals.

Ways to increase vitamin intake

- To give extra vitamins to food like phuthu, mealie meal porridge, mashed potato, rice, try adding the following:
 - >Pumpkin , butternut, spinach, carrots and imifino.
- These fruits are also a good source of vitamins
 - >Oranges, tomatoes, apricots, mangoes, guavas, pawpaw and peaches.

The advise given here should be heeded as it will affect the future of our nation. The children are dying daily from malnutrition and it is our responsibility as society to ensure that the 2014 goal is achieved and we ensure our children lead a healthy live.



Sister Nandi Jele

"SAVING LIVES, ELIVIATING PAIN AND GIVING HOPE IS WHAT I DO BEST!!



Dr Simo Mbhele answering some of the questions from Ntando Jele

A crowded maternity ward, screams of pain and nurses rushing around to assist those in need. In a white coat, smile on his face, the doctor walks in and ready to save another life. All in a day's work. That is the life Dr. Mbhele from Madadeni Provincial leads and he gave us a chance to get a peak in his hectic life.

1 Describe yourself briefly.

My name is Simo Mbhele. I was born at Madadeni Provincial Hospital and I grew up at section 2 in Madadeni. My first school was Qedizaba Primary School in section 5. I am a General Medical Doctor in the obstetrics and gynaecology department. Currently I am engaged and I have two children. I like myself, my two baby girls and their mom. I dislike dishonest, lazy people who are dependant on other people.

2 Where did you study and how long have you been a doctor?

I studied at Medunsa and I have been a doctor for 7 years.

3 Have you always worked in a Public Hospital, and which other hospitals have you worked for?

I haven't always worked in a Public Hospital. I had my own private practice and the only other public hospital I worked for is Johannesburg Hospital. I also worked for correctional services and for SSAGA.

4 What inspires you in the morning to wake up and come in to do this job?

Meeting different people daily, giving them assistance and gaining financial rewards so I can take care of my children.

5 What are the challenges you face while doing your job?

Working with uncommitted health workers who are not motivated and the inadequate medical and surgical supplies.

6 What are the benefits of the job?

The satisfaction I get when I help people.

7 What are your interests besides those connected with medicine and your job?

I like shopping for clothing, socializing with different people. I also enjoy sport especially soccer as well as

8 Would you encourage the youth to pursue a career in medicine and why?

Yes. When people enter this field they must be open minded they should accept that they will be working long hours and use the career to pursue other business opportunities. The staff is very good well qualified nurses and midwives who work at their utmost level despite inadequate resources.

9 Who do you admire the most amongst the people you work with and why?

Dr Florice. I admire her because she is dedicated to her work and she is a good teacher. I also admire my mother.

10 If you were to leave the hospital, what would you miss about it?

I would miss the patients I interact with daily and the staff I work with.

New Image and New Style Brings Unity And Class Among our Admin Sisters.



This is how our administrative staff look like in their new uniform. So what do you think; aren't cute in their outfit? This is who they are from left to right (front row) **Mrs. Makhosazana Mangole, Miss Nqobile Hadebe in pants, Miss Makhosazana Tshabalala, and Mrs. Thulisiwe Mkhize.** Back row-from Left to right: Miss. Thandi Duma, Mrs. Ntombifuthi Khumalo and Mrs. Jabulisile Dladla.

Corridors inside the Administration Block at Madadeni Provincial Hospital are quiet, until half past seven in the morning, and suddenly there is a dominating sound of heels hitting the polished floors and you know then that the admin ladies are here. This is the usual sound you will hear when you walk into the Administration Block and you will be seeing beautiful ladies in their swanky dresses, skirts and designer tops of different quality and shapes. They look presentable and in a very good working spirit but after months of deliberation among themselves; the result is what you see in the picture above, a uniform of the highest possible standard. The ladies decided that this is how they want to look like when they come to work. This uniform has encouraged other admin workers to purchase it and the number keeps growing. This uniform shows unity among the admin ladies as well as a look that says "we want to be united and are ready to work". One fact that is undisputed is that how you look, says something about you and your Organisation, and that goes as far as building a good image for both the Organisation as well as yourself. People that you serve develop that confidence in you because of the look that is inviting them to come and be served by you.

Madadeni Provincial Hospital is very proud of the ladies who are promoting this unity and good looking style while rendering services to our customers. We hope this will encourage the men in the administration components to do the same.

THE PSYCHOLOGIST IN THE PSYCHOLOGY

DEPARTMENT

Writes: Ningi Mchunu

Ms. Ningi Mchunu Principal Clinical Psychologist at Madadeni Provincial Hospital at one of the institutional functions

One of the factors that distinguish Madadeni Provincial Hospital from others in Amajuba District is our capacity to provide psychotherapy to our clients. This is one of the very important aspects of our life because sometimes people get affected socially, spiritually, physically and mentally, and when that happens to them, it requires that it be handled in a very compassionate and professional manner.



Psychological services in Madadeni Provincial Hospital are available Monday – Friday from 07:30 am – 4 pm. Referrals received are from the wards within our hospital, nearest hospitals, clinics, self referrals, Departments of Justice; Education and Social Development. The Psychology Section is dedicated in the provision of efficient and effective service delivery to its Mental Health Care Users (MHCU).

Psychological services rendered are:-

- Cognitive assessment
- Group therapy
- Individual therapy

Common presenting problems that are dealt with are:-

- Psychotic disorders
- Mood disorders e.g. depression
- Behavioural problems
- Conversion disorders
- Para-suicide

Trauma counselling

The Section does not function in isolation to other Sections within the hospitals. It is for that reason that other professionals are informed on how and when to refer a patient for psychological services.

For a period of ten months i.e. August 2008 – May 2009 the Psychology Section was functioning on a skeletal structure as there were only two employees i.e. one Psychologist and a Nursing Assistant. Ms Ziningi Mchunu has been an employee at Madadeni hospital since August 2005. She first joined the hospital as a Senior Clinical Psychologist and in 2008 she was appointed as the Principal Psychologist.

Ms Lindiwe Zulu is the nursing assistant who has been with the Section since 2006. We are grateful to the nursing management for giving us her as she assists with filing, giving health education to patients coming in for the first time and directs them as to what steps to be followed when coming for consultation with the psychologist e.g. providing information as to where to open files, etc.

On 01 June 2009 fortunes turned for the Section as we were joined by a Community Service Psychologist – Ms Philisiwe Malinga, a graduate from the University of Zululand. She has just completed an internship at the Midlands in Pietermaritzburg. Her highest qualification is a Masters Degree in Psychology. She will be completing her community service in May 2010. Her presence has made it possible for the Section to be represented in a number of structures within the hospital as well as participating in awareness campaigns e.g. awareness campaigns in schools and industries identified as in need of our services.

The Psychology Section is also enjoying the fruits of good working ties with the University of Zululand as it has recently been joined by Ms Nosipho Dlamini – an Intern Psychologist who is a graduate from the university. She started her 6 months internship on 03 June 2009 as the hospital has only been accredited by the Health Professions Council of South Africa (HPCSA) for an internship of a maximum of 6 months. Her highest qualification is a Bachelor of Psychology degree and she is still busy with her second year of Masters Degree in Psychology. Due to the improvement of the staff structure the service delivery to our MHCU has improved. The waiting period has decreased and the number of service users that can be attended to a day has increased.

The Section ensures that the staff members are participating in further professional development activities such the attendance of presentations by Clinical Support Services, MDT, ward rounds, etc. Further more the Psychology Section has been able to maintain the accreditation of its journal review meetings by the HPCSA for the past 3 years. Every second month Psychologists from neighbouring hospitals meet to review two journal articles and a case presentation on ethical issues and from that meeting the attendees receive 3 CEU points one of which is an ethical point. **(The CEU points indicate that the continued professional development activity is accredited by the HPCSA)**

The staff members of Madadeni hospital in general are of utmost importance to the Psychology Section as in-service training and provision of psychological services are offered to them with the aim of enhancing their psychological and emotional well-being, seeing that most of them are placed in environments that are traumatizing and emotionally draining and often leading to burn out and thus affecting work performance and personal well being. On 28 July 2009 we were able to be part of the Mental Awareness Campaign event that took place within the hospital. Ms Malinga made an enlightening presentation on our counselling services.

One of the limiting factors in addressing children and adolescents' emotional and behavioural challenges is the lack of resources/equipment to cater for their needs e.g. playroom. We therefore hope that the global financial crisis will soon be a thing of the past and the Section would then be able to procure the necessary equipment for a comprehensive service delivery to our young MHCUI!

Let us meet in the next issue where we will give you more information about our Psychology Section, hoping that it will make a bit of a difference in your knowledge about us.

AN INDIVIDUAL IS EXACTLY WHAT I AM!!!

By: Ntando Jele.

The month of July had come, so it was essential that the Mental Health awareness month be celebrated by Madadeni Provincial Hospital especially since this hospital is one of the major service providers in this Province of KwaZulu Natal. On the 28th of July 2009, a mental health awareness was held at Madadeni Hospital's Main hall in celebration of this programme under the theme "I am not my mental illness, I am a person."

The day began so well with a prayer from pastor Gumbi who praised the mental health workers for the difficult work they do and the patience they have when it comes to providing a much needed service. Matron Shabangu welcomed everyone who attended on the day after which the main items on the program started with the introduction of the theme which was done by Mr. G. Nhlabathi who explained the history of mental health. That was followed by a role play from the mental health workers which addressed the issues faced by people with mental illnesses and their families when they try to help, which kept the audience entertained and at the end of the role play, very educated. Ms. P Malinga who is a resident comp serve Psychiatrist at the hospital talked about the functions they perform in conjunction with the mental health department. The social worker Ms P. Nkabinde talked about the social service departments function in conjunction with the mental health services as well as the stigma around mental illness. The audience was informed about the functions performed by the Occupational Therapy department because they also deal with people who are affected by mental illness. The stereotype that people have about Occupational Therapy Department having toys was addressed as these toys are used to help the patients to get better and are not used just to play. The final speaker for the day was Mrs. Mazibuko, the deputy principal of the nursing campus. She addressed the causes of mental illnesses, the types of mental illnesses and the symptoms of mental illness. Mrs. Mavimbela from Amajuba District Office thanked everyone for attending and the initiative the mental health department of Madadeni Provincial Hospital took to organise the event. Mrs. Tshabalala (the Deputy Manager of Amajuba District), thanked everyone for recognizing the importance of events like these and encouraged the Madadeni Provincial Hospital staff to keep up the good work and also to organise another events like this for next year's mental health awareness month.



On the left: Sir G.N. Nhlabathi from the mental health department, talking about the history of mental health.



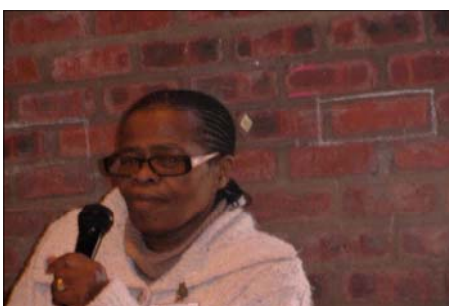
On the right: Ms P. Nkabinde (The social worker) and Ms P. Malinga (a psychologist) who



On the left: the garden that is maintained by the mentally ill patients



On the Right: A play to raise awareness about mental health



On the left: Mrs. Mazibuko who is the vice principal at the nursing campus was the guest speaker of the day.



On the right: Ms P. Nyawo from the Occupational Health Department

Release your Frustrations and get motivated

• Courtroom Blunders

Lawyer: She had three children, right?

Witness: Yes.

Lawyer: How many were boys?

Witness: None

Lawyer: Were there any girls?

Lawyer: Doctor, how many autopsies have you performed on dead people?

Doctor: All my autopsies are performed on dead people.

Lawyer: Do you recall the time that you examined the body?

Doctor: The autopsy started around 8:30 pm.

Lawyer: And Mr Mabena was dead then?

Doctor: No, he was sitting on the table wondering why I was doing an autopsy on him.

• Bony Affair

An orthopaedic surgeon is moving to a new office and his staff are helping him make the move. His receptionist puts the display skeleton in the passenger seat of her car, with the skeleton's bony arm across the back of the driver's seat, and sets off. At a traffic light she notices the man in the car next to her is staring at her. "I'm delivering him to my doctor's office," she explains. The other driver leans out of his window. "I hate to tell you," he says, "but I think it's too late!"

• State Of Emergency

Joe and Thabiso are hunting when Thabiso keels over. Frantic, Joe dials 10111 on his cellphone and blurts, "My friend just dropped dead! What should I do?" A soothing voice at the other end says, "Don't worry, I can help. First, let's make sure he's really dead."

After a brief silence the operator hears a shot. Then Joe comes back on the line. "Okay," he says nervously. "What do I do next?"

• In Limbo

There's a knock on the Pearly gates. Saint Peter looks out and a man is standing there. He's about to begin interviewing him when the man disappears. A moment later there's another knock. Saint Peter goes to the gates, sees the man and opens his mouth to speak but the man disappears once again. "Hey, are you playing games with me?" Saint Peter calls after him, rather annoyed.

"No" the man's distant voice replies anxiously. "They're trying to resuscitate me."

• Get Across

"Why are you trying to cross the road in this dangerous place?" a policeman asks.

"There's a zebra crossing just a few metres up the road."

"Well, I hope he's having better luck than I am," the pedestrian replies.

Wise Words For Your Soul

- "Self-Esteem and Self-love are the opposites of fear; the more you like yourself, the less you fear anything."—Brian Tracy
- "The difference between perseverance and obstinacy is that one of often comes from a strong will, and the other from a strong won't."-Henry Ward Beecher
- "Let each become all that he was created capable of being" - Thomas Carlyle
- "Happiness is not a destination. It is a method of life." - Unknown
- "We need to understand that greatness exists in all of us. We just need to learn to know how to apply it." - Unknown
- "A good leader is a compassionate one. An effective leader needs to be warm and considerate when imposing his/her authority on others." - Rabbi Simon Jacobson.

The Sports Corner!!

Know your institutional sports personalities



Name: Sbongiseni Bonny Mpanza
Department: V.C.T. Counseling

- **When did you start playing soccer?**

I started playing at the age of 12, I played at the primary school I was attending. I then moved on to play at high school level.

- **What position do you play?**

Defender

- **What other teams have you played for?**

I played for Hungry Lion based in Eshowe from 1991-1994 in the Castle Promotion League. The Winners based in Volksrust from 1995-1997 in the Vodacom League. I then played of Jomo Cosmos reserve side in the Castle premier league in 1998. I also played for Verona based in Madadeni from 1999-2001 in the SAB league. Finally I played in Ducks Junior Boys from 2004-until now in the metropolitan promotion league.

- **What challenges do you face as a soccer player?**

As a captain of the team I face the following challenges:

- >To have to encourage players to come to practice sessions.
- >Modelling good behavior for the players to follow
- >I don't spend enough time with my family
- >You don't have time to pursue love relationships.
- >You have to build team spirit among the players
- >Players may have personal problems that they will discuss with me and I take on that burden.

- **What are the exciting things about soccer?**

We gain fitness and an active brain through the training sessions. We are so occupied with playing soccer, so we stay away from dangerous habits. I get excited when we win and we have committed players in the team. There is also the popularity you gain in the community because they are fans of the game.



Name: Nomusa Nkosi
Department: Casualty Staff Nurse

- **When did you start to play netball?**

I started playing in 1992, I was playing for the hospital although I didn't work here at the time.

- **What position do you play?**

In the beginning, I used to play wing defence but then with the shortage of shooters, I now play the shooter position.

- **What other teams have you played for?**

I played for the department of interior based in uLundi, I played for the originals and finally for Madadeni Provincial Hospital's netball team.

- **What challenges do you face as a netball player?**

The netball court we play in is not constructive and it's not a proper netball court. We would like to appeal to someone in the management of the hospital who is highly interested in netball because then maybe our concerns would be listened to leading to us achieving the goals that we have set as part of netball. In netball there is also too much verbal fighting even when you don't want to talk. The ladies tend to gain weight and we don't get new jerseys/uniform, we are using an old netball kit and as the champions of Amajuba District, we should even have our own tracksuits.

- **What are the exciting things about netball?**

Playing netball keeps me fit, relieves me of stress and keeps the girls and me out of trouble. We inspire the youth to focus on their goals like playing netball instead of doing drugs. We are happy and proud when we win tournaments. What makes me really proud is that in our team at present, I'm the only player left who started playing with the original team established in 1995. I would like it if there were prize giving events and more sports days in order to encourage potential players to participate in sports.