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Editor: Dr. L. Naidoo



## Inside this issue:

*Blessing's Blessed Comments...* 2

*She is a Woman...* 2

*CBH to Host Quality Day* 2

*Netball: CBH's izinkomo are heroes* 3

*Parties at CBH* 3

*Employee of the Month (August 2007)* 3

*Laughter, the best medicine + Quotable quotes + Farewell* 4

*Contact Details* 4

**"Thoughts to bear in mind":**

- People often say motivation doesn't last. Well, neither does bathing – that's why we recommend it daily!
- How ridiculous and unrealistic is the man who is astonished by everything that happens in life.



## Breastfeeding Awareness Day at CBH

On the 28th of August 2007, CBH hosted a Breastfeeding Awareness campaign at the Outpatients Department. Mothers of infants were educated on the importance of breastfeeding. Our Public Relations Officer addressed the mothers, who keenly participated in the programme. World Breastfeeding Awareness Week was from 1st to 7th August 2007.

Mothers were given prizes and information brochures during the event. Nursing Manager, Mrs. Mbonambi was also present at the event.



**Above:** Our P.R.O. addressing the mothers

**Below:** Matron Mbonambi (far right) and other hosts.



## Blessing's "blessed" comments...

Well before I begin, I would like to thank everyone for the feedback on everything I have written about thus far. I made a promise to many people that I won't forget about the good things they have done this past month. I'll try my best to do so.

**Maternity ward :** I've heard people talking about cleanliness in other wards, but this ward is very different. Just the moment you set foot inside, you can feel that you're in a clean place.....Oh, I promised sister Mvubu not to tell you readers about the piece of steak that she picked up from the floor and ate, and believe you me I keep to my words  
☺

**Female ward :** Every time I go to female ward, I find these people working, working and working... They even omit their lunch! But on one particular Monday morning, I went there as usual, and I was shocked to find them relaxing and all the orders done. Maybe they had worked the previous night just to impress me (joking!! they have caught up with Male Ward now). I always tell them that those who work harder get paid less, while those who work smarter get paid more!

**OPD :** I once complained to Sister Masondo about the privacy of patients, after my personal experience in OPD when I was a patient long ago. But recently, the professionalism of the staff has improved.

I'm not sure why... maybe it's because Amazulu F.C. is performing better these days, so now they spend time talking about the pride of the Zulu nation.

**Male ward :** They always do good things, but recently somebody has tried to spoil that ..... I know it's unbelievable, but one person stole a very cheap and unattractive two-photo frame. And, as always, Male Ward staff is at it again... now they offered a reward to anyone who can help them to find this thief. The reward is a full roasted chicken from So-dexho kitchen.

*By: Blessing Mthethwa  
Male Ward*

## CBH TO HOST QUALITY DAY

CBH has a task team busy preparing for its proposed Quality Day to be held on 4 October 2007 at the Sports Ground next to the hospital. The day promises to be an eventful and memorable occasion. The task team is led by Sister Shembe (Quality Assurance Manager).

*By: Dr. L. Naidoo*



## She Is a Woman...

Her beauty decorates the surroundings

Like a flower that blossoms.

Her smell fills the place

And brings life and revival to indwellers.

Her smile brightens the dull and hopeless;

“SHE IS A NATURAL.”

Uyafukamela ngamaphiko akhe othando

Uyakhulisa ngezandla zakhe ezifudumele

Uyancelisa ngamabele akhe amahle agwansile

Uyaduduza ngomusa wakhe ongapheliyo.

She is a mother to her kids;

A wife to her husband;

A boss in the boardroom;

A leader in the community;

Yet she manages

“UYIMBOKODE.”

Weak yet strong, humble yet mighty

Like a fountain of knowledge.

Generations learn from her;

Her wisdom builds the nation

UNGUMBELE WOLWAZI

THE WOMAN OF HOPE ,

WOMAN OF COURAGE;

SHE IS POWERFUL, INNOVATIVE, AND ASSERTIVE.

THE PILLAR OF STRENGTH;

SHE IS A WOMAN.

*BY: E.Z. KHALISHWAYO*



## NETBALL: CBH's izinkomo are heroes!

On 25<sup>th</sup> August 2007, CBH Netball team (a.k.a “izinkomo” by the other hospitals) made history. The Uthungulu district hospitals will never forget this! CBH previously had played netball and won some matches, but nobody was scared to play against izinkomo.

Girls arrived with no food, T-shirts and support from our hospital compared to other hospitals. The only thing that kept these girls going was hope and team spirit.

In our stream, stream A, we played against the following teams: District vs. CBH—we won since district did not show up! I heard one of the players from Ngwelezana saying, “This is their last win.” She was laughing, but it turned the other way around! We won against Ekombe Hospital (20–14), Saint Mary’s (19–9), Ngwelezana (14–9). They just could not believe it!

We then qualified for the semi-finals, which we played against Mbongolwane Hospital. We beat them

(25–13), and in the finals, we played against Eshowe Hospital. CBH won 19–16!

It was so unbelievable! But I want to give credit to Karen Chonco (our captain). It’s because of her that we were victorious. And I would also like to give thanks to the following girls who sacrificed their lunch hour (and complexion ☺) for netball: Siphwe, Linda, Nomakhosi, Khanyo, Mpume, Ncane, Ziphe, Gugu, Jabu, Nkule, Thola, and myself Zane. Thanks also to our supporters. Nelly and Phindi as well all the guys, thanks for your support.

We are no longer izinkomo, our new name is “IZIKHOKHO”!

So the “Number 1” trophy will be glittering in Mr. Vundla’s office. We promise more trophies to come, and we need support from each and every person at CBH!

*By: Zhane Khanyile*

## PARTIES at CBH!!

Our Paediatric Ward staff were kind enough to celebrate one of our little patient’s birthday on the 16th August 2007. Nzokhanyayo Mgenge turned 2 on the 15th of August 2007. The ward celebrated with lots of goodies for the children in the ward. Unfortunately, Nzokhanyayo fell asleep when the staff tried to feed him! Umbiko’s editor was there to catch a glimpse of the party!

*By: Dr. L. Naidoo*



## Employee of the Month...

This month has been a difficult month for all, with deadlines for projects, the DHP taking up people’s weekends, afternoons and public holidays. Most people worked really hard.

It was a difficult choice, but the Employee of the Month for August 2007 is from the Finance Department. It’s none other than **Mr. M. Mathobela!!!**

Congratulations! Keep up the good work. Your name will go into the draw for the Employee of the Year.

*By: Dr. M. Thandrayen*



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**Department of Health**

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*Please submit your letters with concerns and/or grievances, and any other important information that you would like to be published.*

*We hope to keep you informed!*

Dr. L. Naidoo (Editor)



**PLEASE SUBMIT ARTICLES, NEWS BITS, JOKES, EVENTS, ETC. TO THE EDITOR BY THE 25th OF EACH MONTH IN ORDER TO BE CONSIDERED FOR PUBLICATION**

### *Quotable Quotes*

'Injustice anywhere is a threat to justice everywhere.'

'I bend and I break not.' (Je pile et ne romps pas)

'There is no economy in going to bed early to save electricity if the results be twins!'

**Submitted by: Sifiso Fakude**

### *Laughter, the best medicine...*

Two kids are arguing over whose father is the worst coward.

The first one says: "My dad is so scared that when lightning strikes, he slides underneath our bed".

The second kid says: "My dad is so scared that when my mom works nightshift, he sleeps with the woman next door."

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Teacher: "Bongani, your composition on 'My dog' is exactly the same as your brothers. Did you copy him?"

Bongani: "No teacher, it's the same dog."

**Submitted by: Sifiso Fakude**

### *Farewell Dear Friends and Colleagues...*

Friendship does not have a price, it does not have an end; it will not change with passing time, it definitely won't pretend.

Friendship comes in many forms, it sometimes isn't seen; it will not say 'I told you so' and it's definitely not mean.

Friendship is fun when it's built on trust, when it's true; It gives the best advice, it will not demand and say 'you must!'

Friendship is calm in troubled times, it does not fall apart or say 'I really don't care less'. The friendship you have shown me, I will always treasure and if ever you're in need, it will be my pleasure!

This is dedicated to two of my special friends who have left CBH, Melani Bouic who has transferred to Ngwelezana Hospital and A.K. Mkhwanazi who has gone to Stanger Hospital. "Tread with pride and glow with growth!" You will be missed!

**By: Avisha Bajjnath**

We also say goodbye to Matron Mngoma who has now retired. We wish you well in your endeavours. Don't count the days... Let the days count!

**Dr. L. Naidoo**