



EAST BOOM NEWS

September - December

FROM THE MANAGER'S DESK

"IN THIS WAS MANIFESTED THE LOVE OF GOD TOWARDS US, BECAUSE THAT GOD SENT HIS ONLY BEGOTTEN SON INTO THE WORLD, THAT WE MIGHT LIVE THROUGH HIM. HERE IN IS LOVE, NOT THAT WE LOVED GOD, BUT THAT HE LOVED US, AND SENT HIS SON TO BE THE SATISFACTION OF OUR SINS"

John 4:19~

ON THIS ISSUE WE ARE MORE THAN FORTUNATE TO HAVE A BRIEF CONVERSATION WITH THE HONORABLE EAST BOOM CHC CENTRE MANAGER REV. E.M. NTOMBELA THE FOLLOWING ARE HIS COMMENTS:

It's been a long walk up the hills and mountain to climb. We lost our compatriots; others are yet to recover from prolonged illness. It is one of the busiest years I have witnessed in my entire life. However, "He, who is in us, is greater than the one in the world".



Mr. E.M.Ntombela. Centre Manager

Those words of wisdom keep on fueling our morale up to so far. I hope, we learnt a lot from this year, our experiences gained sharpened our arrows to fight the battle until we retire with a clear conscience that we did our best. It is my hope, our hope that 2010 is the year of celebration socially as well as to our well being.

Financially, well I can't say much, it's so painfully to be judged as a failure, when the budget that is given as far less than what you suppose to have. Indeed, we survived by grace, anyway economist talk about good chances next year around this economic melt down animal.

Developments within, we tried and hopefully all the projects on the grounds will be finished before the end of this financial year. One will say, indeed our skills, determination apart from all the critics to health workers and CEO's endured every day, really we contributed so much in the lives of our fellow South Africans.

Christmas message: May I thank you all, you did it even this year. I wish all the best during the festive season. Remember, your safety is in your hands. Our President has spoken, let's contribute in the reduction of HIV and AIDS infections, let's do it safely.

To all men out there who are abused by partners in different ways which goes unnoticed, its time, KENAKO, lets speak out, Say it, for how long you are going to suffer.

Thank You

Reverend E.M Ntombela.

CHC Manager

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Quality Day



Ms. P. Mthembu - District Quality Assurance Manager who was also a guest speaker of the day

East Boom CHC hosted a Quality Day on the 26th of November 2009, which came out to be successful. The day was blessed with an honor of the presence of Miss P. Mthembu the District Quality Assurance Manager, yes we were very honored indeed.

The Quality Day was conducted with an intention of presenting to our clients the Quality Improvement Projects in place for the Institution, various sections presented their Quality Improvement Projects.

On her speech the District Quality Manager clearly defined what Quality really means, "*doing right at the right time*" in Zulu we call it u" *ngqo*". Quality is not only being practiced in our work place but even in our homes we do practice quality, it just that we normally practice it unaware.

She also emphasized the creation of hygienic environment both in the work place and in our homes. "*You are anointed to serve*" that was the theme that Ms Mthembu based her speech on. Let's continue serving our communities and don't forget to *do right at the right time*.



Sr K.A. Khumalo - Quality Assurance Officer presenting the purpose of the day.



Ms. A.C.T. Khumalo - Nursing Manager introducing the guests of the day.



OPM Msimang - The Programme Director.



Mr. D. Thangalan - Finance & Systems Manager explaining to us the developments he made and how



Sr B.R. Hadebe - From PHC & Casualty unit presenting QIP and also gave wonderful advices to the community.



The City of Choice's community came out in numbers to witness the Quality Day event.



Our guests for the day enjoying the presentations



The Clinic Committee was part of the guests. From left to right Mr. E.B.Ndlovi, Ms. M.Ndlovu, Ms. J.W. Williams and Ms. S.I. Mthembu.



Mrs. Madlala - Radiology Unit Manager presenting her QIP and she gave some advice to the clients concerning radiology unit.



Our guests received some gifts at the end of the event



That is me Kwanele Shange Presenting the vote of thanks and Mr. Eric Wynia (left seated) who was our technical operator.

VOTE OF THANKS

WE WILL LIKE TO THANK EAST BOOM CHC MANAGEMENT FOR GRANTING US THE PERMISSION OF HOSTING A QUALITY DAY, DISTRICT QUALITY MANAGER MS MTHEMBU , WE KNOW THAT SHE HAS QUITE A LOT OF AGENDAS AHEAD OF HER BUT SHE CHOSE TO SPEND THE DAY WITH US SIYABONGA MVELASE, OPM MSIMANG FOR BEING A WONDERFUL PROGRAMME DIRECTOR.

THE CLINIC COMMITTEE FOR TAKING PART IN THE EVENT, UNIT MANAGERS FOR THEIR PARTICIPATION, QIP TEAM, MELUSI AND XOLANI SR KHUMALO'S SONS FOR LENDING US THEIR SOUND SYSTEM, EAST BOOM STAFF, MR. PHILLY DISTRICT HAST UNIT MANAGER, DISTRICT HEALTH PROMOTION UNIT, NEW TIMES BAKERIES FOR DONATING CAKES TO US, WHAT THE DAY WILL BE WITHOUT MR. ERIC WYNIA FOR BEING THE OPERATOR FOR THE DAY AND EVERY ONE WHO CONTRIBUTED FOR THIS EVENT TO BE SUCCESSFULL.



Early teen pregnancy

Below is the article written by one of our fellow colleague, Ms Thanda Nkabini working as an admin trainee at the Ultrasound unit. She saw a need of writing this article because of her concern about early teen pregnancy in South Africa. Young girls hardly matriculate because they have to stay at home and raise their little ones. Bringing a new soul on earth is a wonderful step to take, but we have to plan in advance so that they are being raised in respect and dignity. Here is her short version of a story:

My deepest concern is seeing young people throwing their future away with their own hands. There is a Zulu saying which says, “ *Indlela ibuzwa kwabaphambili* ” some call us lost generation. When I was growing up I used to hear the elderly calling us the future of the world.

Are we really the future.....if yes does it mean the life that we are living now is the life that our parents and grandparents wished for us. In the past few weeks working in the Ultrasound unit , I have noticed that most people who come there regularly are the young people aged 15 — 20. Most of them are coming for the second time.

The large number of people who come for X Ray are also a group of people coming from Bopeleng sections which deals with HIV patients. This makes me worry that, is it the life that our parents wanted us to live.

The youth should take action because its mainly young people who are dying everyday. Our parents have thought us to choose the correct and safe way to live.



Ms. Thanda Nkabini expressing her feelings about early teen pregnancy.

My deepest concern is seeing young people throwing their future away with their own hands.

Teenagers know about the following but they ignore it:

- Contraceptives - Need to be used before and after having sex.
- Condoms
- Abstinence - stay away from sex.

My feeling is that the department must increase the awareness days for pregnancy in school, community, church and taverns. Teenagers should not be granted social grant for the second pregnancy.

That was actually her point of view concerning early teen pregnancy

HAPPY BIRTHDAY TO EAST BOOM'S CAPRICONS



Hope lovely surprises are coming your way
To make your Birthday a Wonderful day

Smiles and laughter, joy and cheer
New happiness that stays throughout the year
Hope your birthday brings all these and more
Filling life with surprise and joys galore!

So on this very special day
I would like to say to you
I hope you'll always find happiness
In whatever you may do.

Another candle on your cake
Well there's no need to pout
Be glad that you have strength enough
To blow them all out.

To the following are East Boom's Sagittarius's and Capricorns we want to say Happy birthday and we wish you all the best this festive:

SURNAME	INITIALS
NTOMBELA	E.M.
GWAMANDA	D.A.M
NDLELA	K.B
NGCOBO	B.B
SIMBOO	A.
NDLOVU	M.N
DLAMINI	V.N
MASIKANE	D.S
NTULI	B.B
MAHADAVE	S.
NDLOVU	L.P
MKHIZE	P.N
MNIKATHI	S
MZOBE	M.S
MDLETSHE	V.M
NDLOVU	G.B
MHLANZI	N
MNCWABE	Z.G
KUBHEKA	J.L
NDLELA	B.A
KHUMALO	K.A

Dental Awareness Day

The date was the 23rd of September 2009, Dental Awareness Day was the name of the event. All the sections were targeted. The objectives of this Awareness Day were basically about educating the patients about the importance of good oral health, to make patients aware of restorative

dental procedures, to teach our patients about a healthy diet and to emphasize the strict infection control measures that East Boom CHC Dental department practices.



1

1. THESE ARE THE VISUALS THAT WERE USED DURING THE DAY OF THE EVENT.



3

2. MR. NTOMBELA (CENTRE MANAGER) AND HIS COLLEAGUES WERE THERE TO WITNESS THIS EVENT.



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3 - 8. THE COMMUNITY OF THE CITY OF CHOICE PAYED THEIR FULL ATTENDANCE TO THE EVENT. THANKS TO THE EAST BOOM DENTAL STAFF WHO MADE THE EVENT A SUCESS, WELL DONE GUYS.....



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16 days of Activities against women and child abuse



Imagine if, for 16 days, there were no rape, no child abuse, no sexual harassment, no emotional abuse. The 16 Days of Activism campaign challenges South Africans to declare a truce on violence against women and children - and, ultimately, to make it a permanent one.

Around the country, South Africans are being called on to combat violence against women and children. For the eighth year, SA is taking part in the global 16 Days of Activism for No Violence Against Women campaign, which runs from 25 November (International Day for the Elimination of Violence Against Women) through to International Human Rights Day on December 10.

Campaign Vision

An effective 16 Days of Activism Campaign that translates into sustainable 365 Days of Action to end violence against women and children within a coordinated system of government and through partnerships with all spheres of government.

A well coordinated Campaign that will reach the grass root level of the country and good working relations with regional and international partners.

The Campaign's Objectives

- To generate an increased level of awareness amongst South Africans pertaining to the incidence of violence perpetrated against women and children, how it manifests itself within South African society and the negative impact on these vulnerable groups;
 - To challenge perpetrators of these offences to change their behavior;
- To enhance and increase partnerships between government, the private sector, civil society, organized labour,

sectoral groups, faith based organizations, the media (electronic and print) and the diplomat corps in an effort to spread the message;

- To align events in the national programme with that of the international theme for the year, which focuses on matters relating to Women's Human Rights.
- To raise funds for Non-Governmental Organisations (NGO's), Community Based Organisations (CBO's) and Faith Based Organizations (Fob's) that work within the sector, providing invaluable support to the victims and survivors of violence;

Recognizing that the 16 Days of Activism Against Gender Violence Campaign provides an opportunity to bring global activism around women's rights to the forefront of the celebration of UDHR60 on December 10 2008, we invite all to join in celebrating the anniversary of the Declaration and honoring decades of landmark women's rights advocacy. We encourage groups to focus their plans for the 16 Days of Activism Against Gender Violence Campaign on activities that address the many human rights challenges facing women around the globe and to celebrate the leadership of women in defending human rights.



We like to extend just a short message to all men around concerning 16 days of activism:

Please bafwethu lets be responsible to women and children, not only for 16 days but the whole 365 days.... **together we can do it.**

PREGNANCY AWARENESS DAY

Lona ngumcimbi wokuqwashisa abesimame abazithwele obukade uhlelwe ngabasebenzi basegumbini labalindele ukuteta (Maternity Ward) ngomhlaka 14 enyangeni kaMfumfu (October). Njengoba uzi-bonela (isithombe no 1) ukuthi omama bakusasa babephume ngothi lwabo ukuzozizwela iziyalo kanye nenqubo yokuziphatha, ukuze bazigcine bona kanye

nomntwana besezingeni elifanele lempilo. Nezicukuthwane ebezimenyiwe kulomncimbi nazo bezivivile ngeziyalo ezakhayo ukuze bazicije ngokwanele ukuba ngomama bakusasa. Ngenzansi ngamazwibela azokuthatha akubeke kokwakwenzeka kulolusuku:

THEME OF THE DAY: *Are you pregnant? Take care of yourself and your unborn baby....*

ISIQUBULO SOSUKU: *Kungabe uzithwele? Zinakekele wena kanye nomntwana engakazalwa...*

1. Izethameli zomncimbi beziphume ngothi lwazo zizozizwela futhi zizozibonela ngo—si okwakwenzeka kulomncimbi.
2. UMrs. Miriam obevela kwa Pregnancy Crisis .



3. USister C.T. Khumalo khombisa amasu okuzivocavoca ezithamelini zomncimbi.
4. UMrs. Madlala (Ultra sound Unit Manager) enikeza iziyalo .

5. UMiss Zodwa obevela kwa—Pampers ogcizelele ukusebenzisa ijazi lomkhwenyana waphinda waphisana ngeziphu zakwa Pampers.
6. USister Madlala naye uzidonse ngendlebe izethameli zomncimbi waphinde waqhakambisa inhlanzeko.



7. USister C.T. Khumalo uyena obezihola phambili zishaya ama—get down kungemnandi kudelile.
8. USister Msimang (Paediatric OPM) ube esebeka amazwi okuvala umcimbi.

THE QUALITY CORNER



Sr. K.A. Khumalo. Quality Assurance & Infection Control Practitioner

Sr K.A. Khumalo our QA Practitioner has something to say to us as we approach festive season.

I cant believe the year is over so soon. It seems just like yesterday. When I was asked to take over as Quality Assurance Practitioner. I was scared! But because I am a kind of a person who likes challenges because they make you grow and they develop you plus the scripture reading which says, ” I can do all things through Christ Jesus “, I accepted the task. Hey the team support I got was amazing, I did not perceive it.

I just want to thank the East Boom Management, the QIP Team and fellow colleagues for the great support and for your positive contributions you have made towards the Quality Improvements Projects of the Institution. I just want take this opportunity to wish each and everyone of you all the best for the Festive Season. May you have everything you wish for.....but most importantly may you have that which matters the most!!!
MERRY CHRISTMAS AND A JOYFUL BLESSED 2010 TO EACH ONE OF YOU AND YOUR FAMILIES.



This present belong to our well deserving PRO Intern at East Boom CHC, Mr. Kwanele Shange. I am running short of words to thank him for all the positive contributions he has made in just few months he has joined us. In his first month of joining us we had published East Boom News Letter. On his second month we had reconstructed the website for the institution. On his third month we managed to host a very successful Quality Day.

Now you see why I said I ’ m running short of words to say to him. That is not all that he has done, he has done a lot more which I cannot finish to count. Kwanele Shange is one of the most humble person I have come across. The Institution that will hire him as their PRO will not regret it! I just want to wish him all the best he deserve and a wonderful festive season to him and his loved ones. Kwanele you are a MAN! Merry Christmas and a happy 2010.

LEADERS MUST LEAD BY EXAMPLE



To all the leaders out there, let us practice this exercise all the time!



EDITORIAL PAGE

ANNOUNCEMENTS

True love is a durable fire, in the mind ever burning, never sick, never old, never dead from itself never turning.”



1. We like to say Congratulations to one of our fellow colleague Sr. Nelisiwe Hudla who is actually tying the knot. She will be exchanging her wedding vows on the 26th of December 2009 in Albert Falls Dam Hall. May she have a lot of blessing flooding her way.....
2. Sr. Hadebe has now moved to PHC section, Sr K.A. Khumalo will be taking over as Infection Control and Quality Assurance Practitioner.

WORDS OF WISDOM

Idla usanethuba

Ibhayibheli lisitshela ngentuthane, “lithi ziyisizwe esincane esidelelekile kodwa zihlakaniphile. Ehlobo aziphumuli ziqokelela ukudla zilungiselela ubusika. Mzalwane wami nami ngiyakuncenga ngegama lika-Jesu, idla izwi lenkosi kusenesikhathi. Izwi liyashunyayelwa kuzozonke izindawo ie. Radio stations, churches, funerals, hospitals , clinics and open space.

Liseyinala siyazi sonke ukuthi emuva kwenala kulan-dela indlala. Iyeza indlala yezwi likaThixo. Yidla lisa-shunyayelwa. AMOSE 8:11–13, bhokani izinsuku ziyeza lapho ngiyakuthumela indlala ezweni, kungabi indlala yezinkwa, kungabi ngukomela amanzi kepha kube ngeyokuzwa amazwi ka Jehova. Bayakuzulaz-ula kusukela olwandle kuya solwandle, kusukela en-yakatho kuze kube enigizimu. Bahambahambe ukufuna izwi lika Jehova kepha abakulifumana.

Ngalolosuku izintombi ezinhle nezinsizwa ziyakudan-gala ukoma,, ushilo uThixo. Akawakhulumi amanga, akushilo kuyenzeka noma kanjani. Ngiyakuncenga yidla kusenethuba lakho ungadlali ngalo lingisa “intuthwane”.

By Mr. F.L. Nongalo

HAVE A BLESSED CHRISTMAS AND A JOYFUL NEW YEAR

In the obscure town of Bethlehem in the desolate province of Judea in the great empire of Rome, a baby was born in about 4 B.C. to a young woman named Mary and her fiancé, Joseph. The child's mother, Mary was a young virgin who had conceived by the power of the Holy Spirit.

Joseph was a carpenter and a man of great integrity. When Joseph found out that Mary was pregnant prior to their marriage, he decided quietly to break the engagement. In a dream he was told by an angel that the child was from God and that he should proceed with the marriage.

For, unto us a child is born that whoever believes in Him shall not perish but have eternal life. Wishing you good health, joy, love and peace this Festive Season. Have a very Blessed Christmas and a Happy New Year.



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The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be.

Horace Bushnell



