



# feed

April 2015

Department:

**Economy & Enterprise Development**

North West Provincial Government

Republic of South Africa

# NTOMETSEBE

***An Internal publication of the Department of  
Economy and Enterprise Development***





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# Editorial

When we started our journey to build a democratic South Africa 21 years ago, former president Nelson Mandela's main objective was to walk the road to political freedom with his fellow countrymen. At that time although we trusted our leaders, none of us had an idea what was in store for South Africa and its people.

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Our political freedom came with many responsibilities and very few of us actually realised at the time how much work we would have to put into revitalising the lifeless economy left behind by apartheid, to eventually pick the fruit of our newly found freedom.

April was Freedom month where we should reflect and be grateful for the liberty of freedom of speech, freedom of expression and overall democratic rights we have now obtained after years of struggle. Let us not forget how this vibrant republic of ours came to be, we truly have a good story to tell. We should now move forth with the legacy of our struggle hero's and maintain the administration of our Republic, as we are its servants. This will take great effort and dedication, and requires all the hard work from public servants such as you.

I urge you to uphold the freedom we so long fought for, let us take our province and country on a path to success, let us make this the pinnacle of democracy and poverty eradication. We all have our roles to play, keep up your good work and we are sure to have a thriving province and a thriving South Africa. Tata Madiba once said, **"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."** Let us take heed of his wise words and make sure to spread the message of saying NO to xenophobia.

This month's issue of Ntome Tsebe is packed with many interesting articles, one of which introduces the techno girls which were recently placed at the department. We also have a very interesting article on the benefits of massage therapy and how our staff prepared for the Easter weekend.

We thank you for all your wonderful inputs and articles; it is you, the FEED family, which makes this publication a success. I hope that you will enjoy yet another attention-grabbing edition of our internal publication.

## FEED employees pave their way for Easter pilgrimages



*Employees listening attentively to the wealth of knowledge from the preachers*

It is a religious tradition in the Christian calendar that every year in April all routes would lead to mainstreams of various Christian denominations for the annual Easter conventions. It is also a belief to many pilgrims to have prayers before heading to those Easter conventions as a matter of paving the way for a safe arrival as these pilgrimages pose a traffic congestion challenge on national roads.

Since employees spend much of their time in the workplace environment, the Employee Health and Wellness Programme (EHWP) continuously tries to make provision in order to assist employees towards a state of wellness. This encompasses, amongst other factors, spiritual health. The programme, as part of its significant responsibility towards employees in the promotion and maintenance of good health, arranged a spiritual wellness Easter prayer for departmental workforce before heading to their respective holy destinations for Easter services.

The prayer was held on the 1<sup>st</sup> April 2015 in the departmental head office building (NWDC building) under the theme, from John 3:16 - "for God so loved the world that He gave his only begotten son, so that whoever believes in Him shall not perish but gain eternal life."

Preachers of the word were invited from the NG Kerk and Methodist Church of South Africa in Mafikeng. The preachers took employees through Jesus Christ's journey to the cross, with reference to "seven words on the cross." The focal point of the session emphasised on life attributes such as love and forgiveness. In his opening sermon, Rev Mdutloa from NG Kerk in Gelukspan interpreted to staff the how and why of Jesus' sacrificial death. "His crucifixion offers us a chance for salvation, and that is the central belief and hope of Christianity," said Mr. Mdutloa. Mr. John Mogotsi in his deliberation on the first word contextualised that the word refers to us, it is time for people to have God in our hearts and learn to forgive those who trespass against us. No one is perfect; we always sin, but God doesn't ask us to withhold forgiveness from ourselves because we may sin again.



Matthews teaches us that we should not count how many times we need to forgive others. Jesus told Peter when asking, 'Lord, how many times shall I forgive my brother or sister who sins against me;' to forgive them not seven times, but seventy-seven times," explained Mr. Mogotsi. Mr. Ikgopoleng Keshupang advised staff during the sermon that we cannot claim to love God when we do not love those who we live with. "The Lord's affection is absolute, unwavering, and sacrificial". Moreover, God's love is not subject to favouritism. He cares for the sinner as much as He does for the saint. In our human pride or our desire to be "somebody special," we may find that fact difficult to swallow. But through drawing inspiration from Jesus Christ we could do that.

Speaking on behalf of departmental management, Ms. Isabela Mogodi appealed to staff members to not listen in vain at the words of courage expressed. She also took time to wish those who would be leaving for Easter pilgrimage a safe and a blessed journey, to and from their respective destinations.



*From left to right: Mr. M. Masukela and Rev. M. Ntwoagae gave a resounding sermon*

## FEED PROMOTES A HEALTHY LIFESTYLE

On the 16<sup>th</sup> April 2015 the department hosted a massage therapy session where employees could get a massage at no cost. This effort was to promote the healing and de-stress effects which massage therapy provides. Many staff headed the call, and were eager to feel the first hand effects of this beneficial therapy.



For those who are not aware, here are some “did you know” fact about massage therapy.

### **Did You Know?**

- There are approximately 5 million touch receptors in our skin? 3,000 in a finger tip.
- Healthy touch of any kind can reduce the heart rate and lower blood pressure.
- Julius Caesar used massage to help his epilepsy.
- In 1996, massage therapy/bodywork was officially offered for the first time as a core medical service in the Olympics in Atlanta.
- Massaging and gently pulling on your ears – top, middle, and bottom of outer earlobes once per day improves your immune system.
- The present lifestyle of too many Americans guarantees lower back pain.
- Specialized massage improves the flow of lymph through the body, relieving aches, pains, and flu-like symptoms.



*Mme Tumane enjoying the benefits of massage therapy*

~  
Ö Julius Caesar used massage to help his epilepsy

Ö



*Rre Matonkonyane says he will surely be having more massages in future*

- Touch and massage stimulates the release of endorphins, the body's natural pain killers.
- A 60 minute massage is about the same as 7-8 hours of sleep to your body.
- Bob Hope, who lived to be 100, had daily massage as part of his health regimen.
- You can have a full-body massage with all of your clothes on.
- Massage may be the oldest form of medical care. Egyptian tomb paintings show people being massaged.
- Massage can be performed on a table, a chair, a couch, a bed, a bench...on the entire body or just some parts, with or without oils or lotions.
- There are about 75 common massage modalities used today.

Source: Hearts Prints Massage and Wellness. Information available at <http://www.heartprintswellness.org>

# Economy and Enterprise Development host techno-girls

The Department of Economy and Enterprise Development hosted three school girls, Neo Maboe, Malebogo Mabilo and Lerato Thate, from Boitseanape Technical Secondary School. This is part of contributing towards motivating disadvantaged girls to take up careers that are in demand in the mainstream economy, and in a corporate environment where women are under-represented.

These three young girls were taken through the workplace learning experience course by the Information Technology unit of the department. Their job-shadowing programme for 2015 started on the 17<sup>th</sup> April until the 10<sup>th</sup> April. According to Ms. Lerato Teme, the Departmental Manager responsible for the programme, the course will run for three consecutive holiday periods annually over a three year period with the same learners. The pupils are chosen by virtue of their performance at school from rural and semi-urban areas and should either be doing Science, Mathematics or Commerce. Others learners from the names given to the department by the Department of Trade and Industry (DTI) are accommodated by the entities (NWDC & NWGB)," explained Ms. Teme.

"We have so much to write home about and to say on our reports back to the school", said the learners when asked about their learning experience thus far. "The working environment is very formal, and yet exciting. We have been exposed to knowledge on how to handle the internal I.T glitches and challenges relating to network interruptions, group wise mailing, computer software and hardware and telephones. We are proud to say we know how to transfer, divert, cancel call divert function and



*Neo Maboe, Malebogo Mabilo and Lerato Thate, from Boitseanape Technical Secondary School*

pick up a calls from other offices. We have really enjoyed our stay and cannot wait to come back for more practical experience," the learners explained.

The girls wish to pass their gratitude to departmental staff, particularly the IT technicians for their warm welcome and kindness throughout the job shadowing programme.

The techno-Girl job shadowing programme is the initiative of the National Department of Women, Children People with Disabilities, in partnership with UNICEF and the Department of Basic education. The DEED was recruited to this programme by the DTI which volunteered to participate in the programme. Its objective is about increasing and enhancing the participation of girls of ages 14 – 17 years in careers in science, Technology, Engineering and Maths (STEM). The programme came to being after a study conducted revealed that a large majority of secondary school learners fail to reach proficiency in maths and science. Consequently, these young girls leave school and higher institutions without the competencies required to occupy technical careers in STEM fields.



# MS. MASHOBA

## MY INDIA MY JOURNEY

### Give us an overview of your experience in India.

I am proud to indicate that we were warmly welcomed in India. Indians are very conservative people and quite welcoming. The language barrier made it difficult to associate with them, most of them speak Hindi. Despite their conservative conduct and the issue of language, I have managed to learn a few Hindi words. One of the things I have learned and liked about Indians is that they are rigid in their decisions. No is a NO to them.

I hope I will not be sanctioned for talking about the level of poverty in India. Poverty in India is extreme, overpopulation being the major cause. But of course, India is a developing country.

### How was the learning environment?

It is educationally favourable, we attended classes at Aptech Computer Education Institute in New Delhi. During the break away sessions we would walk to a small park near the institution, but I preferred to explore Web design programmes during my break time.



Certificate of Proficiency in  
Graphic & Web design 2015

### What can you say about the trainers' method of teaching?

Our trainer was not fluent in English but she was audible enough for us to comprehend. She had patience and is type of person which ensured that we fully understand our work. She always went the extra mile for learners by attending to us individually, she was open to suggestions and thus enabled the potential for creativity and the production of good quality work.

She also would have us participate in their festivities such as the Holi Celebration which is somewhat similar to spring celebration in South Africa, which signifies love, forgiveness and purity.

### What is your take on the modules studied?

The training offered to us is at an advanced stage. We were using the latest versions of the Graphic and Web design programmes. Personally, the graphic part was not that challenging because of my acquired experience and qualification. What I found exciting and made me eager to learn further as the classes progressed was the Web design part as I had a little knowledge on it. Acquiring a certain skill at each end of the day filled me with a sense of contentment and joy. This kept me up until the early hours of the morning, and I would be glued to tutorials and placing theory into practice.



The Holi Festival was quite  
the thrill and experience





## ***The Aptech class of the world***

**B**elieve in yourself, have  
a can do will do attitude  
instilled in your mind

### **How is the training benefiting you as individual and in the work place?**

The module on web design came as a much needed additional skill to balance my graphic design qualification. The course enhanced my knowledge on graphic design and has also sharpened my creative ability. I have also got a certificate which is an additional qualification for my résumé. The knowledge I have acquired will also make a greater impact on the quality of work produced in my line of work in the department.

### **What is your advice to employees about these career advancement opportunities?**

Directed mainly to youth, I wish to remind them that an opportunity comes ones in a life time. We should take advantage of these opportunities as they are free of charge. More importantly we should 'read' and never undermine ourselves and think that some opportunities are for certain people only. As an individual, believe in yourself; have 'a can do,' 'will do attitude' instilled in your mind.

### **ON A LIGHTER NOTE**

#### **Apart from studying, what did you do on the social scene?**

Indians are not really into partying. We would go out for drinks, do shopping and visit tourism attractions. I have seen wonderful places like one of the Seven Wonders of the World, the Taj Mahal in Aggra City.

And the food, a tickling of taste buds indeed. A meal was never short of overwhelming spices and herbs. I had their Masala tea just to explore. It was good at times, but one would always miss their traditional meals like your Pap and Morogo. I was always thirsty for a good old Stoney cold drink and that's the first refreshment I had when I arrived back home.

#### **What are your closing remarks as far as this opportunity is concerned?**

This opportunity was one not to have missed as it seemed too farfetched to realise. Thank you to the Provincial Government, National Government and Aptech Institute New Delhi India.

# Basket Price comparison-April 2015

<b>Commodity</b>	<b>Quantity</b>	<b>Brits Choppies</b>	<b>Bojanala Choppies</b>	<b>Dr KK. Choppies</b>	<b>Ngaka M. Choppies</b>	<b>Dr RSM. Choppies</b>
Omo wash- ing	2kg.	48.95	52.95	39.95	44.95	48.95
Surf	2kg.	42.95	42.95	39.95	42.95	48.95
Tastic rice	2kg.	23.95	23.95	23.95	23.95	23.95
Selati white sugar	2,5kg	28.95	29.95	28.95	29.95	29.95
Ricoffy	250g	24.95	24.95	34.95	32.95	20.95
Sta Soft	2L	30.95	24.95	31.95	30.95	30.95
White Star m.meal	5kg	36.95	49.95	39.95	36.95	36.95
Sunlight D.washer	750ml	23.95	26.95	25.95	25.95	23.95
Sunflower oil	750ml	10.95	10.95	10.95	12.99	14.95
Sunflower oil	2L	28.95	31.95	25.95	26.99	39.95
		301.5	319.5	302.5	308.58	319.5

<b>Commodity</b>	<b>Quantity</b>	<b>Brits Pick 'pay</b>	<b>Bojanala Pick 'pay</b>	<b>Dr KK. Pick 'pay</b>	<b>Ngaka M. Pick 'pay</b>	<b>Dr RSM Pick 'pay</b>
Omo washing	2kg.	54.99	54.99	54.99	54.99	54.99
Surf	2kg.	49.99	49.99	49.99	49.99	49.99
Tastic rice	2kg.	25.69	23.95	17.9	24.89	25.99
Selati white sugar	2,5kg	29.99	29.95	29.99	29.99	29.99
Ricoffy	250g	31.99	31.99	31.99	31.99	25.9
Sta Soft	2L	24.99	24.9	24.9	24.9	30.95
White Star m.meal	5kg	32.99	32.9	32.9	32.9	32.9
Sunlight D.washer	750ml	24.99	24.99	17.9	24.99	23.99
Sunflower oil	750ml	15.99	15.99	17.49	15.99	17.99
Sunflower oil	2L	24.89	34.89	39.99	34.89	39.99
		316.5	324.54	318.04	325.52	332.68

<b>Commodity</b>	<b>Quantity</b>	<b>Brits Shoprite</b>	<b>Bojanala Shoprite</b>	<b>Dr KK. Shoprite</b>	<b>Ngaka M. Shoprite</b>	<b>Dr RSM Shoprite</b>
Omo washing	2kg.	48.99	48.99	54.99	53.99	53.99
Surf	2kg.	49.99	49.89	49.99	46.99	46.99
Tastic rice	2kg.	22.99	22.99	22.99	25.99	25.99
Selati white sugar	2,5kg	29.99	29.99	29.99	29.99	29.99
Ricoffy	250g	31.99	31.99	31.99	31.99	29.99
Sta Soft	2L	31.99	31.99	31.99	32.99	29.99
White Star m.meal	5kg	38.99	49.95	32.9	29.99	29.99
Sunlight D.washer	750ml	25.89	26.95	25.89	26.99	26.99
Sunflower oil	750ml	10.99	10.95	10.99	12.99	14.99
Sunflower oil	2L	34.99	31.95	34.89	26.99	32.99
		326.8	335.64	326.61	318.9	321.9

## Analysis

- It's cheaper for consumers to buy a basket full of items above at Choppies than at Shoprite and Pick 'n Pay. This suggests that, Choppies is the cheapest when compared to the two super markets.
- There are only three items out of ten where the prices are higher at choppies than either of the two supermarket.
- White star maize meal-Bojanala @ 49.99,2kg Omo washing powder,@52.99 2LSun-flower oil@ 39.95-Dr RSM almost the same as Pick 'n Pay : Dr RSM and Dr KK.
- The prices of five items at Pick 'n Pay are almost the same. This suggests that prices may be decided by the head office and a store manager may be using his/her own discretion basing on the situation in the store.
- Items can be put on sale to practice stock rotation. The analysis above gives a clear indication that a consumer who compares prices at different supermarkets before buying, saves money.

Compiled by Ms Mokonyane for Consumer Protection

Edited by Ms Ruth Dzanibe



# National Sky Diving





# STAFF ISSUES

## NEW INTERNS

Mathogonolo le katlego go lona mo tirong,  
le amogetswe!



**Otsile Mochwari** (EHWP)



**Lawrence Tekane** (HRDS)



**Resegofetse Botsheleng**  
(Economic Planning)

## RETIREMENT



**Barbara Seate**

**Was:** Cleaner - Corporate Services

## RESIGNATIONS



**Moabi Kube**

**Was:** Intern – HRD



**Theetsang Seameco**

**Was:** Intern – Financial Management



**Mmakagisho Makolomakwa**

**Was:** Intern – Liquor Regulation

## NEWBORNS

**Merriam Mpofu**

Blessed with a baby boy in March 2015

**Boitshoko Tau**

Blessed with a baby girl in March 2015

**BIRTHDAY  
WISHES!**



The Departmental team will like to extend its birthday wishes to all staff members who were aging in this month of April 2015. We wish you many blessings upon you and your family.



**We trust that it will also interest you to know that you are sharing a birthday month with some of the following prominent South Africans:**

**Jacob Gedleyihlekisa Zuma** (born 12 April 1942) is the President of South Africa, elected by parliament following his party's victory in the 2009 general election. Zuma is the President of the African National Congress (ANC), the governing political party, and was Deputy President of South Africa from 1999 to 2005. He was re-elected in the 2014 election. Zuma is also referred to by his initials JZ and his clan name Msholozzi.

**Kenneth David Kaunda** (born 28 April 1924), also known as KK, served as the first President of Zambia, from 1964 to 1991. Kaunda is the youngest of eight children born to an ordained Church of Scotland missionary and teacher. He followed his father's steps in becoming a teacher.

He was at the forefront of the struggle for independence from British rule. Dissatisfied with Nkumbula's leadership of the African National Congress, he broke away and founded the Zambian African National Congress, later becoming the head of the United National Independence Party.

**Hugh Ramapolo Masekela** (born April 4, 1939) is a South African trumpeter, flugel-hornist, cornetist, composer, and singer. He is the father of American television host Sal Masekela. Masekela was born in Kwa-Guqa Township, Witbank, South Africa. He began singing and playing piano as a child. At age 14, after seeing the film *Young Man With a Horn* (in which Kirk Douglas plays a character modeled after American jazz cornetist Bix Beiderbecke); he took up playing the trumpet. His first trumpet was given to him by Archbishop Trevor Huddleston, the anti-apartheid chaplain at St. Peter's Secondary School.

**Thulani Serero** (born April 11, 1990) is a South African footballer who plays as a midfielder for Dutch Eredivisie club AFC Ajax. Prior to joining Ajax, he played for Ajax Cape Town in the South African Premier Soccer League. Born in Mapetla, Soweto, Serero is a product of the Ajax Cape Town's youth academy having been promoted to the first team in 2008.

**Chad Guy Bertrand le Clos** (born 12 April 1992) is a South African swimmer who is currently the Commonwealth Games champion and record holder in the 200 metre butterfly. He also won five medals at the 2010 Summer Youth Olympics in Singapore. Le Clos attended Westville Boys' High School in Durban, South Africa, matriculating in 2010.