

# COSH ACTION MAGAZINE

AUGUST / SEPTEMBER 2005

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## Take A Girl Child To Work



DOCTOR Mtshali and a student preparing to start their duties at the theater



ZIPHO was a Radiographer and she said she enjoyed doing her job

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### NOTICE

Emmaus Hospital netball and soccer teams will be visiting COSH on the 22nd October 2005 @09h00. Zobe zishovana kuqokuthuke utshani. Hayi asi-basabi siyabafuna. Iyolala ibonene!!!

**O**N Thursday, 25<sup>th</sup> August 2005, Church of Scotland Hospital took an initiative and invited schoolgirls to visit the hospital. The intention was to educate them about careers and bursaries that are available in the health sector. Sixteen girls from Cabangokuhle, Sakhiseni, Zenzele and Fundokuhle High School. Girls were taken on a tour around the hospital, different departments and were given a chance to learn more about different jobs. Public Relations team explained about

the purpose of the conducting projects like these stating the importance of education. The departments who participated in this project are: Occupational Therapy, Physiotherapy, Speech Therapy, Dietician, Theatre, Surgical Ward, X-Ray, Maternity Public Relations and Finance i.e. OPD, Data Capturing, Revenue. A big thank you to all the departments who participated in this project especially to Dr Ngubane and Dr Mtshali and all Theatre Staff, all Sisters in wards and all HODs for their time.

Students were then given evaluation forms where they stated their opinions about the projects and areas that they feel should be improved. At the end of the day girls had lunch and were given school bags and pencil cases. Church of Scotland Public Relations team would like to thank all school principals for allowing children to take part in this project.

**Izithombe ekhasini 4**

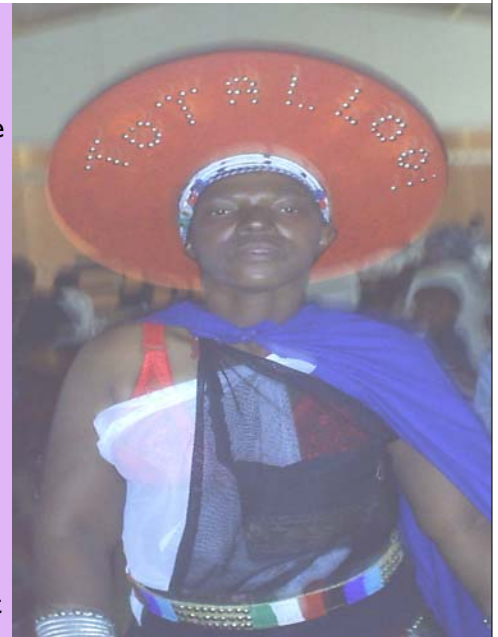
# UMHLANGANA CELEBRATES HERITAGE DAY



**UDUMA wayevunule econsa ngeyakwa Zulu inqephu.**

It was a tremendous day on Friday, 23<sup>rd</sup> September 2005 where various teams from COSH hospital departments including Umzinyathi District office representatives hosted a heritage day

doesn't mean one will die. "Positive thinking and self acceptance are the best medicine for the infected and affected" said Zimkhitha. Every body was listening attentively *impela wawu ngezwa ngisho nokuwa kwe nalithi*. When we talk about talent



**OMAKOTI baseMhlangane bebevunule beconsa besho iziqubulo ezithi azibuye emasweni.**

we should be talking about learners from Umhlumba Primary, it was an

unbelievable performance they gave on the day. Singing and dancing didn't end there even our staff did amazing things and everything was done in a heritage manner. Ngisho nabasemnyangweni wazempilo babe vunule beconsa ngeyomdabu inqephu.

**"...positive thinking and self acceptance are the best medicine for the infected..."**

Celebration and HIV-AIDS awareness campaign at Umhlangane. The notion of the day was to make people aware of the increasing number of infected affected people around the area. The different departments gave out speeches and techniques on how to reduce the blow of AIDS. We also had \*Zimkhitha Lushaba (not her real name) from Umhlangane area, She told her story on how she is coping with her HIV positive status. She mentioned that being HIV positive



**UMHLUMBA Primary School choir was also part of the celebration. They were singing traditional songs.**



**ANGEKE phela kube umcimbi bengekho onompilo.**

## AROUND THE CORNER

**A**ROUND the corner I have a friend,

In this great city that has no end;

Yet days go by and weeks rush on,

And before I know it a year is gone.

And I never see my old friend's face

For Life is a swift and terrible race.

He know I like him just as well

As in the days when I rang his bell

And he rang mine. We were



DR Theo Van der Merwe  
Medical Manager

younger then,

And now we are busy, tired men-

Tired with playing foolish game,

Tired with trying to make a name.

"Tomorrow" I say "I will call on Jim

Just to show that I'm thinking of him."

But tomorrow comes and tomor-

row goes

As the tide of life it ebbs and flows;

Around the corner, yet miles away.

"Here's a telegram Sir" – "Jim died today!"

And that's what we get – and deserve in the end-

Around the corner, a vanished friend.

Submitted by :Dr van der Merwe

### Amasu kaNhlanhlo

1. Hlikihla izandla ngoviniga ukuvikela iphunga nokuxhoshwa uanyanisi.
2. Sebenzisa ushukela onsundu kumaveji kunoshukela omhlophe.
3. Faka inyama yakho kuplastiki ngaphambi kokuyibuyisela efrijini ukuvikela ukuphelelwa ubumnandi.
4. Yesula insipho uyigcine yomile njalo emva kokuyisebenzisa.
5. Sebenzisa I apple cider vinegar ukuxosha iphunga elibi emlonyeni.
6. Ungagqoki phezu kweroll on-emanzi ukuze izingubo zakho zingaqini emakhwapheni.
7. Amasokisi (stockings) wafake kudeep deep freezer ubusuku obubodwa ukuvikela ukushesha adabuke.

Submitted by Nonhlanhla Sokhela  
(Gateway)

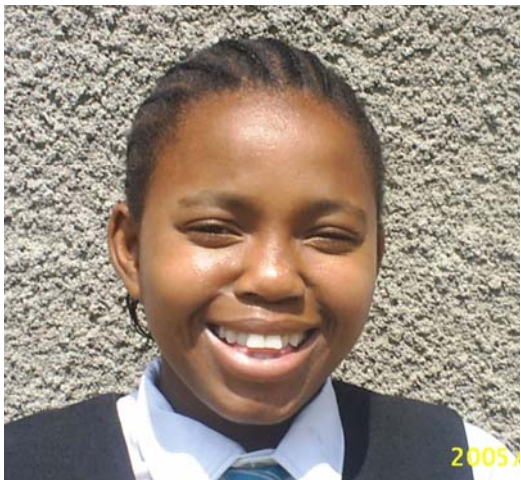
### FAREWELL

- 1) Ntshiza Ntokozo
- 2) Mchunu Mandisa
- 3) Mapholoba MM
- 4) Lushaba MS
- 5) Khuzwayo TO
- 6) Jaji B
- 7) Mkhize CL
- 8) Dlamini RVM
- 9) Khoza FJ
- 10) Nomnganga B
- 11) Majola BR

### DEATHS

Sizwelana nomndeni wakwa Mkhulise ngokushiywa u Mrs Mkhulise obesebenza emtholampilo KwaNocomboshe. Udlule emhlabeni ngomhlaka 22 September 2005. Sengathi umoya wakhe ungalala ngokuthula.

# Take A Girl Child To Work - Story on page 1



A Public Relations Officer for the day was Bongo Ntshangase



This is a group of students from different schools who participated in the project



Students listening to instructions



Students were given evaluation forms to fill

## VANESSA'S KITCHEN

### COPPER PENNY SALAD

1kg carrots, cut into rings and boiled until half done

2 onions cut into rings

1 green pepper cut into rings/slices

Arrange in layers in a deep dish.

Boil together for two minutes:

1 pkt tomato soup powder

1 cup water

$\frac{3}{4}$  cup vinegar

$\frac{1}{4}$  cup Worcester sauce

$\frac{1}{2}$  cup oil

1 cup sugar

1 tsp mustard powder

salt and pepper

Pour sauce over layered carrot mixture. Leave to stand in fridge at least one day.

### Next Recipe

### Steamed Pudding

# COSH TRIP TO PORTSHEPSTONE



FROM LEFT: Nonhlanhla Sokhela, Fikile Sithole, Gci Malembe, Phumza Danisa and Sbo Mtshali singing during the games



Guys relaxing during break. Nondaba, Sgaxa and Fana Sithole

**O**n the 16th of July 2005, COSH visited Port Shepstone Hospital. Games went very well although our soccer team yashaywa but sayibeka induku ebandla, our netball team won all games. We also played with Murchison Hospital and Compass. After games COSH had a party at Blue Lagoon.

## NEXT TRIP

**Where to :** -DURBAN

**When :** -18 to 20 November 2005

**How much:** - R150 excl accommodation

**Enquire:** -Nonhlanhla Sokhela 3064

-Sindy Sibiya 3020

**Walala wasala**



**BACK ROW:** Wanda Mbatha, Mzwa Zondi, B Dlamini, Stagothi Zondi, Bhayi Mhlongo, Mbongiseni Mathe, Ceasar Dlamini and Thulani Ngubane **FRONT ROW:** Fana Sithole, Sabe Sithole, Sthe Sokhela, Bheki Mchunu, and Mdu Sokhela



**TOP and SIDE PHOTOS:** Port Shepstone netball together with COSH netball team.

## ISIPHO SOKUBONA ECOSH

**B**EBENGANGOZULU eya emakheni ogogo nomkhulu esibhedlela eChurch of Scotland ngesikhathi bezakwengula ulwembu emehlweni. Loluhlelo oluphethwe nguSista Sokhela, Sister Dorcas Ngcobo kanye no Mr Celimpilo (Sgaxa) Mdletshe, luhlale lwenziwa njalo emva kwezinyanga ezimbili. “Sivakashela izindawo lapho kuholwa khona imali yempesheni, sibahlole bese sibatshela usuku okumele beze ngalo esibhedlela ukuzombulwa ulwembu” kusho uSista Dorcas. Bangaphezu kwamashumi amane abantu abadala abathole ukuxilongwa osolwazi abavela kwa Bureau for the Prevention of Blindness. Kulokhu bekukhona ngisho intsha



UMNU Mdletshe ubhalisa ogogo nomkhulu abazot-hola uziso ngenxa yokungaboni.

ethe uma ihlolwa kwatholakala ukuthi nayo iyathinteka uma kubalwa abantu abangaboni kahle. uMr Sgaxa Mdletshe uncome kakhulu ukuziphatha kahle kwa-bantu ngoba phela uma kuyilolusuku kuye kug-cwale.

Abadala babe sebephiwa okuya ngasethunjini babuye banikwe nendawo yokulala kulabo abahlala ezindaweni ezikude.

“Akuve sengijabula ngoba sengiyabona futhi sekuzoba lula nokuzihambela

uma ngiya emholweni” kusho ugogo uM-aMntungwa Mchunu waseKeates Drift.

## STAFF SPY



“NGENYANGA ezayo yithi esizophuma nezimoto zethu ezintsha” kusho uDlalisa no Sabelo

“Ngalimala ke ngemali yokukhera esikoleni”



# AMANQAMPUNQAMPU

## CD 4 COUNT MACHINE IS NOW AVAILABLE AT COSH!!!

**Isibhedlela** sethu iChurch of Scotland sesize sabanawo umshini wokuhlola iCD4 yeziguli ezidinga ukuhlolwa okunzulu ngengiwane lengculazi. Lomshini ufike ngenyanga edlule kanti ube usizo olukhulu ngoba bekuthatha isikhathi ukuthola lemiphumela. Sibonga kakhulu esibhedlela Inkosi Albert Luthuli ngosizo lwabo ngoba amagazi abehanjiswa khona ukuze ahlolwe bese kubuya imiphumela. Ngokusho ku-kaSister Khoza lomshini ube usizo olukhulu njengoba wonke amakliniki esezozithathela igazi imiphumela itholakale emva kwezinsuku ezimbili. Lomshini unikelwe inhlango ye-Italian Cooperation. Sibonga kakhulu ku Italian Cooperation

## IZITIFIKETI ZABANTWANA ZIYATHOLAKALA!!!!

**Omama** abakhulelwe sebeyasizakala ukubhalisa izitifiketi zabantwana uma besebebelethile. Loluhlelo oselunesikhathi lwaqala luhamba kahle kakhulu. Umama ozobeletha kumele aphaathe umazisi wakhe nokababa womntwana ukuze akwazi ukushaya isitifiketi somntwana. Omama ababelethele kulesisibhedlela kuphela abangathola lolusizo.

## GATEWAY NEWS

**Our** Gateway Clinic has been blessed with 200 new chairs for the patients. These chairs were bought for the clinic because there has been a cry for overcrowding. Patients had to stand or share a chair “*bacuphisane*”. Ngeke kusenzeka lokho .

## MAKE USE OF NOTICE BOARDS

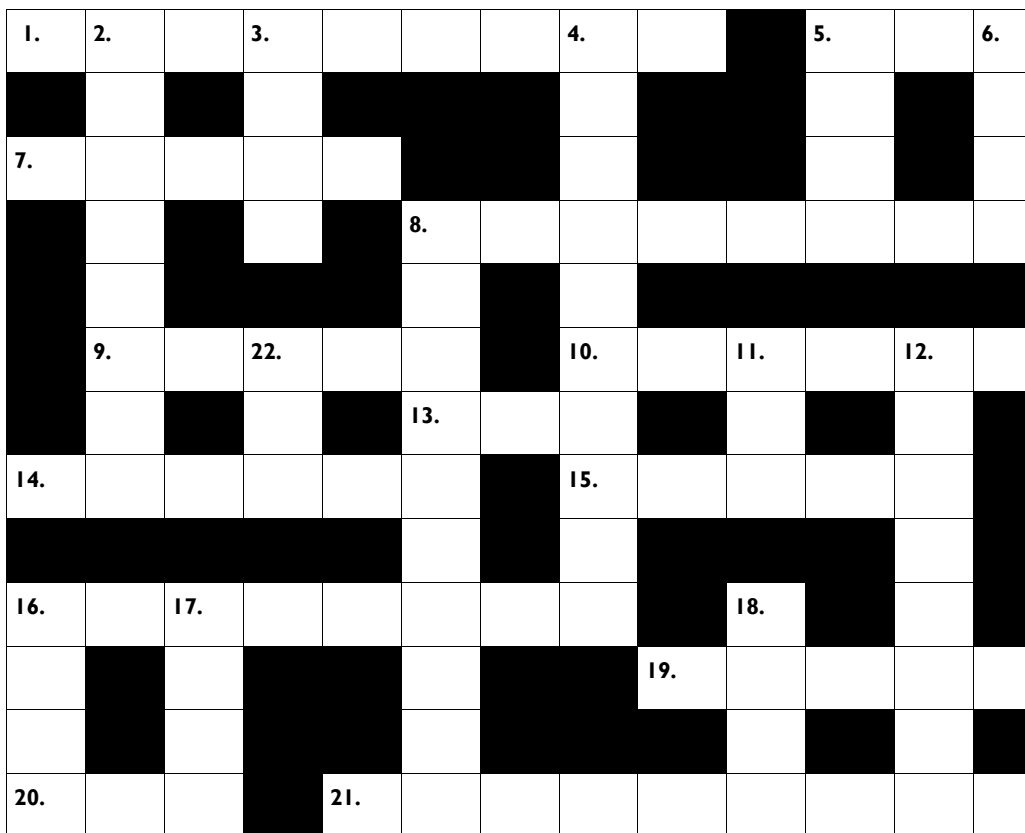
**Two** more notice boards have been installed on the premises. One is at the main gate and the other at the OPD. Please read notices pasted on them. Thank you Sindi (PRO)

## UTHINI UCAMZA'S

“Sisamile ekushadiseni nasekuthengeni izimoto sisahlanganisa imali....”



# CROSSWORDS NO 10/05



**WIN YOUR YOUR-SELF A TWO LI-TRE COKE AND APPEAR ON THE NEXT ISSUE OF OUR MAGAZINE BY FILLING THIS CROSSWORD**

**RULES**

1. Only COSH employees are allowed
2. Closing date is 30 October T 12h00
3. All entries to be submitted at the OPD suggestion box
4. There will only be one winner

SUBMITTED BY MTHOKOZISI MNTAMBO  
STUDENT NURSE

**NAME:**.....

**RANK:**.....

**CONTACT / CELL NUMBER** .....

**ACROSS**

1. Removal of unwanted things (9)
21. Reacting in an unexpected way (9)
19. No longer fresh (air) (5)
7. Accept and act according to law (5)
16. Words translating language to another (8)
8. Discoveries, giving information's ways of arrangement (8)
9. Person working underwater (5)
15. Married Muslim woman (5)
14. Large group of ships sailing together (6)
10. Refuse to accept (6)
13. Central Intelligence Agency (3)
5. Put into liquid quickly and talk and take it out (3)
20. National unit of measurement (3)

**DOWN**

8. Connected with trade and commercial affairs (10)
4. Able to be compared (10)
12. Bush with shiny leaves and pink, red, white flowers (8)
2. Guide (dog) for the blind (8)
18. Large ball of burning gas in the space (4)
3. A helping mate in job or politics ((4)
17. Line of electric waves and light (4)
16. Carefully look through something (4)
6. One-handle cocking containers (4)
5. Swear word for (annoyed person) (4)
11. Run steadily for long time (3)
22. Through a place (3)



# SOCIAL SCENES



UMA kunemishado siye sibhidiselwe uye uMdletshe!!!!



KWESOKUDLA: uThandeka, uSihle, uGcini, uSindi noBongiwe bayabholoha



KWAKUKUBI sisho isitebhu. UMahlobo, uVeli, uNondaba kanye noMantshinga bayayishaya ingoma emcimbini wokuvalalisa



UFANA nabangani bejayiva kusuka amaphepha



UMA ungayazi ingoma woza eCOSH! kwesokunxele: uSabelo, uMdu, uAron, uNele, uVezabantu, uSandile, uSanele kanye noCelani.



USindi (PRO) no Hle Sokhela dancing at Senzenje After Hours Party