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**Snippets in
pictures:**



Heritage Day Celebration at KwaDabeka



Sipho Makitla (Stores Depart-



This is part of the staff members of KwaDabeka dancing and singing in front of the judges during a Heritage Day.

Kwa—Dabeka Community Health Centre celebrated Heritage Day for the first time in style, when staff gathered in the main foyer dancing, modeling and singing in their traditional attires.

This event was viewed by the management of this institution as an important part of human resource development.

Whilst busy striving to provide superb quality service delivery for our clients, staff also need to join together and enjoy themselves.

On this day, it was clearly obvious that many people have not yet forgotten their origins, no matter what life-style they are living. Many of them reminisced about their traditional good old days, especially older people. Different traditional cuisines were displayed, including: African madumbe, bhatata, imifino, madombolo, inyama, and umqombothi; English foods and salads; as well as some Indian Halaal food.

Our theme of the day was, “Cultural Diversity in the Work Place”. The main aim was to unite employees, and remind them of their origins as well as letting them understand various traditions in the workplace. This is part of intercultural communication which is something very important in the workplace.

“Mazibuye Emasisweni”

Ukhozi Fm Live Broadcast at KwaDabeka CHC

Series of live outside broadcast by Ukhozi Fm has boosted our clients confidence, when this number one radio station broadcast live at KwaDabeka CHC's premises on Tuesday 31 October during The Drive Afternoon Show hosted by the ever popular Linda "Mr Magic" Sibiya.

This project is a result of strategic and tangible partnership between the KZN Department of Health Corporate Communication and Ukhozi Fm. This is the Ukhozi Fm initiative under the project called "Ukhozi Cares", where they profile public institutions and other organizations about their services.

Interviewees who were members of staff of KwaDabeka CHC shared the microphone, dishing out important health information to the public at large.

Community members, including our existing patients graced us with their presence and that was mostly appreciated.

Mental Health Awareness

Changes in people's lives in terms of health services education and information dissemination are continuing in Clermont and surroundings.

The Health promotion team of KwaDabeka CHC, again rolled their sleeves and together with Community Health Workers went to Clermont (Fenin) Community Hall to commemorate Mental Health Day.

Many people who are mentally challenged were present. They danced, sang and shared their experiences together.

Talks and information about mental illnesses were shared by the Health workers of Kwadabeka CHC.

Members of the community were also present and all guest speakers insisted on full social support for the mentally disturbed individuals.



EDITOR:

A warm welcome to all of you. I have already spent three months and its like a year now. You are most welcoming and accommodative.

During this short period of time being with you, I have learnt a lot while trying to find my feet. My job will not be successful without your input, however, I have recently teamed up with a number supervisors from various sections in some of my public relations activities and health promotional campaigns, which I found it amazing to work with them.

The Heritage Day we celebrated on the 22nd of September would not be a huge success like it was had it not been for your contributions, all staff did really support me. And for that I thank you indeed.

There are very important events that will take place. For an example, the 16 days of Activism against Women and Children Abuse. I believe men must be at the forefront and discuss issues relating to all these social problems. The World Aids Day is also approaching. Our institution, again will be one of three institution that will first unveil a Red Ribbon statue which will symbolize our commitment as eThekweni District to supporting people living with HIV And Aids.

This year we will team strongly with eThekweni Health District office.

I feel happy to talk about Health Promotion programmes. We work with people who are classified according to various categories, some of them cannot read, write or talk. These programmes are in place, our tasks as PRO's is to work closely with Health Coordinators, Community Health Workers and all other involved personnel. But more that that it is important that we come up with a plan of action and framework plan where, all our people will benefit from all the information we disseminate.

Take Care. "Patients first", is our motto in KwaDabeka CHC. Our next issue will be end of January 2006. Till next time!!!

Thank you all.

Tyron Khuzwayo

Public Relations Officer

Cancer Awareness Campaign in Clermont

Clermont and KwaDabeka communities had a chance to meet the managers of KwaDabeka Community Health Centre in an event that was aimed at creating awareness for various cancer related sicknesses. The event was held at Solomon Mahlangu Hall (Clermont) on Thursday 24, August. Although, the CHC Manager, and the Nursing Service Manager arrived late, but people managed to convey their appreciations, and suggestions to Ms. B. S Mdlalose (CHC Manager). This programme was rich with knowledge and entertainment, when the local Community Health Workers thrilled a full packed hall

with music and a stage play that highlighted the importance of visiting local clinic for regular check-ups. Ms Dudu Mtheku (CHW) said that one of the reasons why they organized this educational event, is that they meet many people during their daily door to door visits who do not know the nature of their sickness. Sr Hadebe of KDC hearing this, organized her resources, together with Thulani Mkhize CHW Facilitator, and called the community.

Dr Horque (Medical Manager) KDC, during his presentation of Cervical Cancer, repeatedly stressed the importance of visiting a local clinic for a regular check-ups. In Richards

Bay, research reveals that 2% of women knew about Cervical Cancer, 12% knew about Pap Smear, but they get this information through CHW.

Guest speakers shared the stage stressing the importance of checking -up at a local cleaning and eating balanced diet as well as exercising regularly.

The theme for the day was "Let us fight cancer and Save Lives"

Patients who survived from cancer were also sharing their experience with others. Most people who attended were women and this corresponded well since this was a women's month.



World Aids Day is on its way, There are hundreds of Orphans living in and around KwaDabeka/Clermont Area. What can we do for these Kids. While we are gearing up to remember them and make them feel they are part of the community we serve, please submit your comments or any contribution to 227 or Room 32

KwaDabeka CHC a continuous good example of Baby Friendly Institution.

"It doesn't matter how expensive or fancy the food you feed your baby, but breastfeeding will always Be a recommended baby feeding option. Almost all of us were breastfed. According to medical experts, it has all the necessary nutrients that the baby needs to grow strong and healthy"...Therefore...

KDC continues to be a good example of a baby friendly Institution. This means that it supports breastfeeding programmes. This is an annual event held within KDC, and this year was no exception.

The baby friendly competition was run concurrently with the Breastfeeding campaign on the same day of the 1st of August. Mothers from nearest communities turned out in their numbers, and this year this event proved successful, adding Health Coordinator, Mrs T. Hadebe (KwaDabeka CHC).

Johnson & Johnson's supplied with baby products hampers and winners of well babies enjoyed their products.

You could see from a mile away that babies who were present are well fed by their mother through breastfeeding. This prompted one of the staff members, Mrs Dlamini to do a poem about the benefits of breastfeeding. Between 50 and 60 babies were entered into the competition. Next year, the facilitators promised to enter as many babies as they can into the competition and probably more entertainment for those deserving mothers who heed the word of health for their babies.

Unfortunately, we could not capture pictures, but in future we will show you how beautiful and healthy is a breastfed baby.

Appointments/Resignations/Notices

APPOINTMENTS

- Vellem N. B 2006/07/01
Nursing Manager (Hlengisizwe CHC)
- Magwaza N. D. N 2006/06/07
Professional Nurse (Hlengisizwe CHC)
- Kunene S. G 2006/06/01
Clerk (Hlengisizwe CHC)
- Mbuyisa S. G 2006/04/20
Driver (Hlengisizwe CHC)
- Shezi N. C. P 2006/05/01
Clerk (Hlengisizwe CHC)
- Khuzwayo T. M 2006/08/01
PRO (KwaDabeka CHC)
- Mngadi P. N 2006/08/01
ENA (KwaDabeka CHC)
- Mncwabe S. T 2006/09/01
Darkroom Attendant (KwaDabeka CHC)
- Mntungwa P. S 2006/09/07
Dental Assistant (Botha's Hill Clinic)
- Maphalala N. B 2006/09/01
ENA (KwaDabeka CHC)
- Mkhize T. J 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Mhlongo L. G 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Dlamini J. C 2006/09/01
Senior Professional Nurse (Hlengisizwe CHC)
- Ntsele G. N 2006/09/13
Medical Manager Secretary (KwaDabeka CHC)

- Mnyandu M. B 2006/10/02
ENA (Botha's Hill Clinic)
- Sbongile Tshabalala 2006/10/09
PRO (Hlengisizwe CHC)
- Mkhize T. J. E 2006//10/01
Senior Professional Nurse (KwaDabeka CHC)
- Mhlongo C. G 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Mthethwa T. B 2006/10/01
Clerk (KwaNdengezi Clinic)
- Majola S. G 2006/08/01
ENA (KwaDabeka CHC)

RESIGNATIONS

- Majola X.N.A 2006/03/03
(Bothas Hill Clinic)
- Fassom D. D 2006/05/31
(KwaDabeka CHC)
- Dlamini H. F 2006/05/22
(KwaDabeka CHC)
- Zondi L. S 2006/02/28 (Botha's Hill Clinic)
- Dlamini N. Z 2006/05/15
(KwaDabeka CHC)
- Phungula N. H 2006/07/31
(Fredville Clinic)
- Tembe N. P 2006/07/31
(Peaceville Clinic)
- Ramkun N. 2006/08/31

(KwaDabeka CHC School Health)

- Dlamini T. A 2006/08/31
9KwaDabeka CHC)

NOTICES

- Staff who wish to write stories for their SECTIONS/ DEPARTMENTS for our internal newsletter (Iso Lempilo) must feel free to do so and contact the editor ON 227.
- All staff members who wish to form their sporting teams, choirs, or any other activities within KDC must submit their names to Room 32 Ext: 227.

BIRTH DAYS

- 14 October—Sthe Mvuyana)
- 13 September—Mrs Thembi Mntaka
- 04 September— Mr Khulekani Xaba
- 27 October— Mr Sbusiso Chiya

All above information supplied by Ms Sthe Mvuyana (Human Resource Officer KDC)

Health wise



IMPORTANT UPCOMING INTERNATIONAL/NATIONAL HEALTH EVENTS

- NOVEMBER:**
- 5 (National Children's Day)
 - 9 (World Quality Day)
 - 12 (Malaria Day)
 - 14 World Diabetes Day
 - 16 (International Day of Tolerance)
 - 25 (International Day of Violence Against Women)
 - 25 (Activism on No Violence Against Women)

- DECEMBER:**
- 1: World Aids Day
 - 3 International Day of Disabled People
 - 5: International Volunteers Day

BREAST CANCER

Warning signs & symptoms

- Lumps
- Nipple discharge or strange dim-

ples on your nipple.

- Puckering of the skin on your breast.
- If one breast is bigger than the other or sags further than the other.
- If your nipple turns inward instead of pointing
- Swelling in your armpit.

BACK PAIN

How to avoid it?

Stand—and sit up straight
Slouching means putting extra pressure on those long-suffering vertebrae when you stand and sit properly your back muscles are doing their work and easing the pressure.
Maintain the S-bend by avoiding twisting and bending your back—especially if you're about to pick up a load or staying in awkward positions for long period.

Exercise regular helps to keep your muscles strong, your tendons, ligaments and joints flexible.

What are the TB Symptoms ?

You must go for a check up if you:

- Cough for more than two weeks
- Cough blood
- Lack appetite
- Have pain in your chest
- Loose weight
- Short of breath
- Have night sweats
- Have constant flu

NB: TB can affect anyone, so it is important to go for a check up early if you have the above mentioned signs or symptoms. TB is curable.

Information source: KZN Department of Health

Word of God

If anyone says, "I love God," yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen.

1 John 4:20

Recipe

Sweet potato wedges with sour cream and coriander dip

YOU WILL NEED

SWEET POTATO WEDGES

- 900g sweet potatoes, unpeeled but scrubbed oil for frying
- Salt

SOUR CREAM AND CORIANDER DIP

- 150 ml sour cream
- 15 ml (1 tablespoon) fresh coriander, chopped
- 1 garlic clove, crushed
- salt and pepper

Jokes

CLEVER REPORTER

A clever reporter was rushing to the scene of a car crash as expected, a large crowd gathered around the scene and the anxious newspaper reporter could not get near the car. But he got a bright idea and started shouting loudly, " let me through, let me through" I'm the son of the victim".
The crowd, giggling and laughing parted and allow him to come through.

Lying in front of the car was a donkey!

TWO DETECTIVES

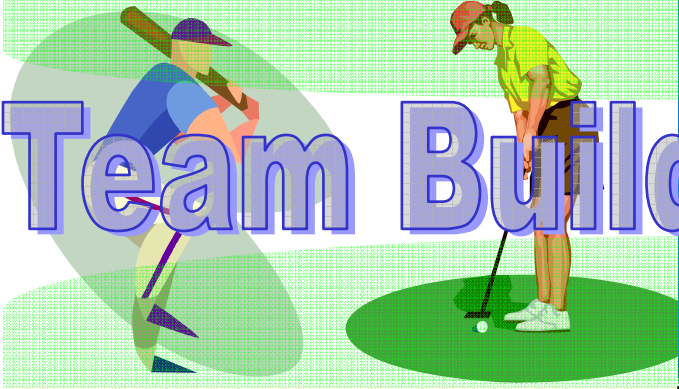
Two detectives, trained in spotting clues everywhere they look, go on a camping trip. They set up their tent in the woods and fall asleep. Some hours later, one detective wakes...and says to his friend: "Look up at the sky and tell me what you see. " the second detective replies: "I see millions of stars." The first detective says: "What does that tell you?" The second guy says:" Astronomically speaking, it tells me that there are

millions of galaxies and potentially billions of planets. Astrologically, it tells me the Saturn is in Leo. Time wise, it appears to be approximately a quarter past three. Theologically, it is evident the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What does that tell you? The first detective says: "You idiot! It tells me that someone has stolen our tent!"

EMPLOYEE ASSIATANCE PROGRAMME (EAP)

Employees who have various social problems are urged to utilize Employee Assistance Programme service that is readily available in KwaDabeka CHC. This is a new service which is coordinated by Mr Ranhlele. There are five EAP specialists in KwaDabeka and clinics. 3 of them are in KDC and 1 in Botha;s Hill and one in Hlengisizwe CHC. All consultations are confidential.

Mr Ranhlele can be found in Resuscitation Room opposite Admitting section.



Team Building Corner

Things are gradually working out for the aspiring staff who wish to form teams. The committee has already been formed for this initiative. Fortunately, the management team of KwaDabeka CHC fully supports this idea. The committee has met twice to discuss matters that will inter-alia, highlight and suggest the way forward or a plan of action. One of the committee members pointed out that most of the institutions in and around Durban have their team building committees in place, therefore it is about time the KDC formed one. Mr. V. Reddy (Human Resource Manager for KwaDabeka CHC who is also a member of management team told the Committee that the management team is fully behind the initiative and besides that, it is a very important exercise in terms of the staff development, because activities promote friendship and relaxation in the workplace.

It was agreed that the Public Relations Officer be involved in the Committee as a link between the Management and staff. The EAP Practitioner is also a part of the Committee. The team is expected to meet soon to discuss logistical issues.

NOTICE
All staff members who wish to participate in any sports activities including music are welcome to submit their names to the office of the PRO, Room Number 32 opposite Admitting Ext: 227. All entries must be in at the end of November this year.
Thank you.

NOTICE

The KwaDabeka CHC will be playing a friendly soccer and Netball games with King-George V Hospital and Hlengisizwe CHC on Friday, the 10th of November 2006.

Matches will start at 14:00 at KwaDabeka KK sportsfield.

Across:	Down
7 Room below ground level in a house (6)	1 Nought or nil (4)
8 Keep possession of something (6)	2 Increase in the average temperature of the earth's atmosphere (6,7)
9 Device that explodes (4)	3 Group of three related novels or films (7)
10 Duration of a person's existence (8)	4 A preliminary sketch of a plan (5)
11 An expression of regret after a wrongdoing (7)	5 Hot aftertaste is an anagram for the highest degree of development (5,2,3,3)
13 Direction opposite of North (South)	6 Length of a straight line through the centre of a circle (8)
15 Remove the lid from a bottle (5)	12 Hairstyle with hair tied at the back of the head (8)
16 Period of a hundred years (7)	14 SARS stands for South African —Service (7)
18 Sudden rush of a group of animals (8)	17 A boat that transports passengers over a short distance (5)
19 Jealousy or resentment (4)	20 Flesh of a calf (4)
21 Supper (6)	
22 Phoney or not genuine (6)	

CROSSWORD PUZZLE

Cut the puzzle and hand deliver it to Room No. 32. One winner will be profiled on our next issue which will come out at the end of January 2006

HLENGISIZWE COMMUNITY HEALTH CENTRE PUBLIC RELATIONS OFFICER

My name is Miss Sibongile Tshabalala from Ladysmith and I've been working at Newcastle Provincial Hospital.

I would like to thank all KwaDabeka staff for their warm welcome. They have taken their busy time and introduced me to my new office as a Public Relations Officer of Hlengisizwe Community Health Centre.

I would like to thank all of them especially my colleague Mr Tyron Khuzwayo (KwaDabeka PRO) who took upon himself to make me feel at home and I have learnt

a lot while trying to find my feet during the week I have stayed in KwaDabeka CHC.

I will be based at Hlengisizwe whereby I will be acting as a link between the institution and all stakeholders and managing all other communication related functions.

Many thanks for the wonderful opportunity and I will see you around. I will be working hand in hand with Tyron on many occasions and I believe our Public Relations job will be much more easier.



Ms Sibongile Tshabalala (Public Relations Officer—Hlengisizwe Community Health Centre)

Polio, a concern for all and KwaDabeka takes drastic action

Writes: Tyron Khuzwayo and S bongile Tshabalala (Hlengisizwe CHC PRO)

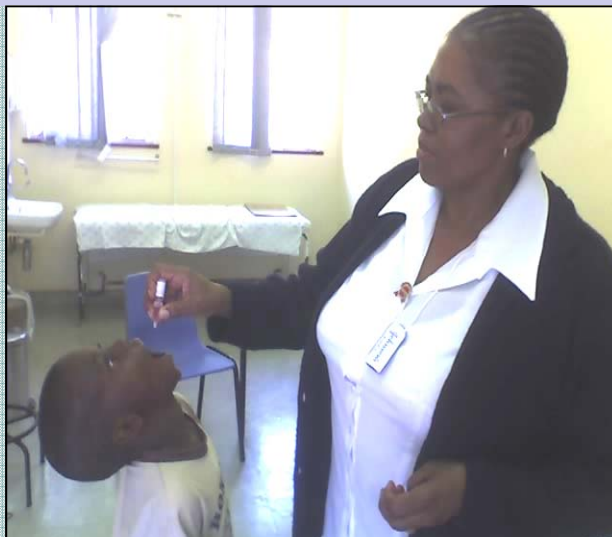
Recently there has been Polio cases which struck unexpectedly in one of our neighboring countries, Namibia, and amazingly enough, these cases were also reported to have also affected even adults. The Health Department at all levels has yet again embarked on an emergency National Polio Awareness Campaigns nationwide during the month of October.

KwaDabeka Community Health Centre Health Promotional team is always vigilant on cases of this nature, thus rolling their sleeves again embarking on this campaign from the 8– 14 of October to

try and sensitize the community and quickly immunize the children community residing in the precinct of Clermont/KwaDabeka and surrounding areas.

This team headed by Sr Jabu Makhubo and Mrs Thembi Hadebe has worked tirelessly at such short notice to make sure that our children are immunized and that parents are fully aware of dangers of Polio.

When the immunization started on Sunday alone, 650 children were immunized against the target of 95% that was



Mrs Thandi Hadebe, Health Promotion Coordinator (KwaDabeka CHC) immunizing a child

set to be reached by Saturday afternoon. One of the key people that put their efforts behind these campaigns are

Polio team member immunizing one of the children during the polio campaign.

the Community Health Workers who work directly with the public. These dedicated individuals are always part and parcels in all health promotional activities. There were other immunization points which were set up remotely in all our catchment areas. These health programmes will be linked with the Communications to maximize effective communication .

“Forward with the struggle to fight diseases, create employment and Giving Hope.”



November 2006

Red Ribbon & Quality Month

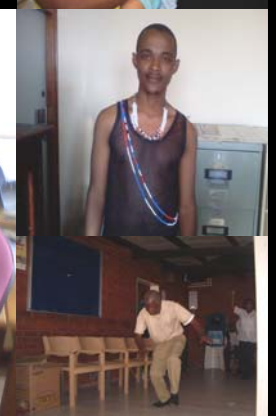
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 National Children's Day	6	7	8	9 World Quality Day	10	11
12 Malaria Day	13	14 World Diabetes Day	15	16 International Day of Tolerance	17	18
19	20	21	22	23	24	25 International Day of No violence Against Women
26	27	28	29	30		

December 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 World Aids Day	2
3 International Day of Disabled Persons	4	5 International Volunteers Day	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Iso Lempilo



Ikhizwa yiHhovisi lezokuXhumana: 4 Spine Road, Clernaville, P. O Box 371, Clernaville 3206. Tel: 031 707 1355, Fax: 031 707 2248

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-Izithombe



Sipho Makitla (Stores)



Amazwibela ngezithombe:

Abanye babasebenzi laba abasinayo behlabelela phambi kwamaJaji



Umtholampilo waKwaDabeka ugubhe usuku lwamasiko okokuqala ngenkathi abasebenzi bakulesisikhungo behlanganyele ndawonye besina, beviliyela futhi behlabelela begqoke imvunulo yezinhlanga ezehlukene.

Abaphathi balesisikhungo bawubuke lomcimbi njengano-baluleke kakhulu ekuhlanganiseni abasebenzi bezinhlanga ezehlukene.

Ngenkathi siqhubeka nokunikezela ngemisebenzi yethu esezingeni eliphezulu kumakhasimende ethu, nakanjalo futhi abasebenzi kubalulekile ukuthi

bagubhe imigubho efuze lena. Ngalolusuku kwacaca bha ukuthi abasebenzi kabakhohliwe yimvelaphi yabo, noma ngabe bakumaphi amazinga empilo. Iningi labo lavukwa wusinga ngenkathi behaya amahubo esintu bekhumbula izikhathi zakudala lapho imigubho efuze lena yayiyinsada.

Kwabe kusindwe ngobethole, ngenkathi ukudla okunhlobonhlobo kuhlotshiswe ngakho, ngibala okwesintu okunjengamadumbe, ubhatata, imifino, amathanga, ngisho noqombothi imbala. NokwabaseNdiya nakho kwakudla umunyu

(okuthandazelwe), kanti nokwaseNtshonalanga (English) kukhona. Izinsizwa nezintombi, ezincane nezimnkantsh' ubomvu, zabe zisika ukhasi ngengqephu yesintu ziviliyela phambi kwamajaji zikhombisa ubuhle bokuhlukana kwamaSiko eAfrika. Lokugubha lolusuku, kunika ithemba ngephupho likaMontgameli weZwe ukuthi lingaba yimpumelelo uma sonke sihlalngana.

Nangonyaka ozayo lomgubho uzobuya futhi ube usukweline igxathu.

Umsakazo uKhozi Fm usakaza buk- homa KwaDabeka CHC

Uchungechunge lwezinhlelo zo msakazo UKozi Fm zokusakaza ngaphandle bukhoma sekunike elikhulu ithemba ngalesisikhungo sezeMpilo sakaDabeka. Lokhu kungenxa yokuvakashela kwalomsakazo kulesisikhungo muva nje. Lezinhlelo zenzeke ngokuxhumana nensebenziswano enhle phakathi kwekomKhulu lezokuXhumana lomnyango weZempilo kanye no Khozi FM.

Abantu baKwaDabeka, Clermont namaphethelo batheleka ngezinkani bezozwela bukhoma izikhulu nabanye abasebenzi balesikhungo beshiyelana inkundla bechaza ngemisebenzi nangezinsizakalo ezitholakala kuloMtholampilo.

Khona manjalo izinkumbi zabantu zabe zingazibekile phansi zidansa zijabulela isilomo sabo esingu Linda "Mr Magic" Sibiya.

Sibonga kakhulu ukusebenzisana sonke, nanokuziphatha kahle komphakathi waKwaDabeka.

Mental Health Awareness

Nangalolusuku umkhankaso wokufundisa nokuqwashisa umphakathi waseClermont ngezifo ezihlukene wawuqhubeka.

Ngokusebenzisana noNompilo lomcimbi waba nesasasa. Iningi labantu abahlukumezeke ngokomqondo babeyinxenye yalomkhankaso. Iningi labo lalidansa licula kamnandi.

Izikhulumi zomnyango wezeMpilo zaqhakambisa kakhulu iqhaza umphakathi nemindeni okumele ulibambe ekusizeni abantu abakhubazeke emqondweni.

Abanye beziguli banikezwa ithuba lokuzwakalisa ilaka labo ngenhlalo mpilo yabo emiphakathini eyehlukene.

Umkhankaso wokuqwashisa ngoMdlavuzwa eClermont

Umphakathi wase Clermont naKwaDabeka ube nethuba lokuhlangana nabaphathi beklinike iKwaDabeka Community Health Center emcimbini wokuqwashisa ngezifo ezahlukahlukene ezisondelene nomdlavuzwa

Umcimbi ububanjelwe eSolomon Mahlangu Hall (Clermont) mhlaka 24 Agasti. Yize abaphathi baKwaDabeka bafika sebeshiywe isikhathi abantu bakwazi ukudlulisa ukubonga kanye nemibono eyayiqondiswe kumphathi we Kliniki KwaDabeka.

Lomcimbi wawugwele into-kozo kanye nolwazi, Kwa-fudumala Iholo umculo omandi onompilo babewucula, babuya badlala ngisho umdlalo woshashalazi owawukhuluma uqwashisa ngokubaluleka kokuvakashela umtholampilo ukuze umuntu ahlolwe.

Unkosikazi D. Mt (unompilo) uzwakalise ukubaluleka kokugququzela umcimbi oqwashisayoingoba ngaso sonke isikhathi uma benza umsebenzi wokuhambelana emakhaya bahlangabezana nabantu abaningi abagulayo bebe



Umhleli:

A warm welcome to all of you. I have already spent three months and its like a year now. You are most welcoming and accommodative.

During this short period of time being with you, I have learnt a lot while trying to find my feet. My job will not be successful without your input, however, I have recently teamed up with a number supervisors from various sections in some of my public relations activities and health promotional campaigns, which I found it amazing to work with them.

The Heritage Day we celebrated on the 22nd of September would not be a huge success like it was had it not been for your contributions, all staff did really support me. And for that I thank you indeed.

Many challenges facing all of us as health workers are among them, the culture of using whatever information there is. If all health workers can be able to use a computer and have access to the Departments intranet, surely we would all understand every Departmental policies and protocols. Batho Pele Principles as it is, is not something that should be enforced only by the PRO or the Manager, but it should be something that all staff, particularly front line staff who deal with our clients face top face on a daily basis.

I did not want to touch on a Public Relations Officer's Workshop that we went to, but I would like to point out that it did help me see beyond my daily duties and opened my mind.

We are now approaching our festive season, where we all going to spend time with our loved ones while enjoying Christmas. But before that, I would like us to think deeply about the upcoming World Aids Day on the 1st Day of December and remember all those who died of Aids and those orphans left behind. We are all affected indirectly, but let us support all those who are directly affected.

Take Care. "Patients first", is our motto in KwaDabeka CHC. Our next issue will be end of January 2006. Till next time!!!

Thank you all.

Tyron Khuzwayo

Public Relations Officer



[Usuku lokukhumbula labo abasishiya ngenxa yengculazi selusemome, Kodwa sinamakhuluku ezinganwe eziyizinkedama ngenxa yalesifo KwaDabeka NnaseClermont. Yini esingayenza ukusiza lababantwana?](#)

[Nkenkathi silungiselela ukugubha lolusuku kanye nabo ukuze bazizwe beyinxenye yomphakathi esiwusebenzelayo, sicela ubeke imibono yakho noma yini ongasisiza ngayo kwinombolo ethi 227 noma uzifikele mathupha ku eHhovisi el-](#)

IKwaDabeka iyisibonelo esihle ngokugquzela ukunceliswa kwezingane ibele.

“Akukhathalekile ukuthi ukudla okunjani okupha umntwana wakho, kodwa ukuncelisa ibele kuyohlale kuyiyona ndlela enomekayo yokukhulisa ingane. Cishe iningi lethu lanceliswa ibele. Ngisho nochwepheshe kulendima bayakufakazela ukuthi ibele likamama linayo yonke imisoco nezakha mzimba umntwana azidingayo ukuthi akhule ephila kahle. Yingakho nje...

Umtholampilo woMphakathi waKwaDabeka uqhubeka nokuba yisibonelo esihle ekugquzeleni ukunceliswa kwebele.

Loluhlelo oluqhubekayo lusho ukuthi omama bayafundiswa bagquzelwe ngokubaluleka kokuncelisa umntwana. Loluhlelo lwenziwa njalo ngonyaka futhi nagalonyaka belikhona lusemgangathweni ophezulu. Lomcimbi wawuhambisana nalowo futhi womncintiswano wengane eyondleke kahle kunazo zonke ngosuku otyodwa lwango mhlaka 01 August. Ngokusho kukaNks Thandi Hadebe ongumgquzeli waloluhlelo, umcimbi wangalonyaka waba yimpumelelo enkulu ngenkathi omama bezingane abawomakhelwane betheleka ngezinkani. Labo abawina lulomncintiswano wengane eyondleke kahle baklonyeliswa ngeziphopho zakwaJohnson & Johnson futhi besasa

kakhulu. Johnson & Johnson's supplied with baby products

Nalapha siyabona ukubaluleka kokusebenzisana nabasebenzi bezempilo abasebenzisana nomphakathi (CHW) njenganokunobuhlahali obukhonjiswa abagquzeli balezizinhlelo. Baphinda ngalolusuku bashaya into ecokeme, ingcwenga yomculu, kuhlangukisa isicathamiya nendlamu. Ungabona ngisho ukude kangakanani ukuthi izingane ezziyinxenye yalomcimbi zabe zingezondleke kahle ngobisi lwebele. Lokhu kwahlaba umxhwele u Mrs Dlamini owasukuma wahaya inkondlo ngobisi lwebele. Zaziphakathi kwamashumi ayisihlanu kuya kwayisithupha izingane ezangenela lomncintiswano. Abagquzeli basithembisa ubumnandi bodwa nonyaka ozayo.

Siyaxolisa ngezithombe

Abaqashiweyo/Abahambileyo/Izimemezelolo

ABAQASHIWE

- Vellem N. B 2006/07/01
Nursing Manager (Hlengisizwe CHC)
- Magwaza N. D. N 2006/06/07
Professional Nurse (Hlengisizwe CHC)
- Kunene S. G 2006/06/01
Clerk (Hlengisizwe CHC)
- Mbuyisa S. G 2006/04/20
Driver (Hlengisizwe CHC)
- Shezi N. C. P 2006/05/01
Clerk (Hlengisizwe CHC)
- Khuzwayo T. M 2006/08/01
PRO (KwaDabeka CHC)
- Mngadi P. N 2006/08/01
ENA (KwaDabeka CHC)
- Mncwabe S. T 2006/09/01
Darkroom Attendant (KwaDabeka CHC)
- Mntungwa P. S 2006/09/07
Dental Assistant (Botha's Hill Clinic)
- Maphalala N. B 2006/09/01
ENA (KwaDabeka CHC)
- Mkhize T. J 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Mhlongo L. G 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Dlamini J. C 2006/09/01
Senior Professional Nurse (Hlengisizwe CHC)
- Ntsele G. N 2006/09/13
Medical Manager Secretary (KwaDabeka CHC)

- Mnyandu M. B 2006/10/02
ENA (Botha's Hill Clinic)
- Sbhongile Tshabalala 2006/10/09
PRO (Hlengisizwe CHC)
- Mkhize T. J. E 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Mhlongo C. G 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Mthethwa T. B 2006/10/01
Clerk (KwaNdengezi Clinic)
- Majola S. G 2006/08/01
ENA (KwaDabeka CHC)

ABAHAMBILEYO

- Majola X.N.A 2006/03/03
(Bothas Hill Clinic)
- Fassom D. D 2006/05/31
(KwaDabeka CHC)
- Dlamini H. F 2006/05/22
(KwaDabeka CHC)
- Zondi L. S 2006/02/28 (Botha's Hill Clinic)
- Dlamini N. Z 2006/05/15
(KwaDabeka CHC)
- Phungula N. H 2006/07/31
(Fredville Clinic)
- Tembe N. P 2006/07/31
(Peaceville Clinic)
- Ramkun N. 2006/08/31

(KwaDabeka CHC School Health)

- Dlamini T. A 2006/08/31
9KwaDabeka CHC)

IZIMEMEZELO

- Abasebenzi abafisa ukubhala izingane ngeminyango yabo noma lapho besebenza khona bangashayela umhleli ucingo ku 227
- Bonke abasebenzi abafisa ukusungula noma yiluphi uhlelo lwezemidlalo, umculo, ikhwaya yeCHC, babhalise amagama abo ku Room 32.

ABAZALWAYO

- 14 October—Sthe Mvuyana)
- 13 September—Mrs Thembi Mntaka
- 04 September— Mr Khulekani Xaba
- 27 October— Mr Sbusiso Chiya
- 01 Deecember—Bhekani Hadebe

All above information supplied by Ms Sthe Mvuyana (Human Resource Officer KDC)

Health wise



IMIGUBHO YEZEMPILO ESAZOBAXHONA YOMHLABA NEYEZWE

NOVEMBER:

- 5 (Usuku Lwezingane)
- 9 (Usuku lweQuality loMhlaba)
- 12 (Usuku lukaMalal' eveva)
- 14 (Usuku loMhlaba lukaShukela)
- 16 (Usuku loMhlaba lokubekezelelana)
- 25 (Usuku loMhlaba lokulwa nodlame olubhekiswe kwabesiMame)
- 25 (Igxathu ekulweni nokuhlukunyezwa kwabesiMame)

DECEMBER:

- 1: Usuku LoMhlaba LweNgculazi
- 3 Usuku loMhlaba LwaBantu abakhu bazekile
- 5: Usuku loMhlaba lwamaVolontiya

*Yikuphi okwaziyo ngoMdlavuza webele?
Nazi izinkomba ezimbalwa:*

- *Isigaxana noma yiqhuzwana ngaphakathi*
- *Uketshezana oluphuma ezin-gonweni zebele.*
- *_____kwesikhumba sebele lakho.*
- *Ukukhula kwebele langanx-anye kunelinye.*
- *Izingono zamabele ziyafing-ceka zishone phakathi kunokuba ziqonde.*
- *Ukuvuvukala noma izindlala emakwhapheni.*

brae when you stand and sit properly your back muscles are doing their work and easing the pressure. Maintain the S- bend by avoiding twisting and bending your back- especially if you're about to pick up a load or staying in awkward positions for long period.

Ukuzivocavoca kwenza imisipha negazi lakho lisebenze ngendlela eyiyo.

IZINHLUNGU ZEZOLO

*Ungazivikela kanjani?
Stand—and sit up straight
Slouching means putting extra pressure on those long- suffering verte-*

Izwi leNkosi

Uma umuntu ethi, "Ngiyamuthanda uNkulunkulu," kepha ezonda umfowabo, ungumqambi manga. Ngoba wonke umuntu ongamthandi umfowabo, kodwa amubonayo ngamehlo, akakwazi ukuthanda uNkulunkulu angakaze ambone ngamehlo.

NgokukaJohane 4:20

Izithako

Sweet potato wedges with sour cream and coriander dip

YOU WILL NEED

SWEET POTATO WEDGES

- 900g sweet potatoes, unpeeled but scrubbed oil for frying*
- Salt*

SOUR CREAM AND CORIANDER DIP

- 150 ml sour cream*
- 15 ml (1 tablespoon) fresh coriander, chopped*
- 1 garlic clove, crushed*
- salt and pepper*

Amahlalaya

INTATHELI EHLAKANIPHILE

Intatheli ehlananiphile yayiphuthuma lapho kwenzeka khona ingozi yemoto njengoba kwakulindlekile.. Inqwaba yabantu yabe isivele isikhona lokhu okwenza ukuba intatheli yephephandaba eyayilangazelele udaba ingakwazi ukusondela. Yase intatheli izama iqhinga. Yaqala yamemeza klakhulu ithi: "Ngidluliseni, Ngidluliseni, ngiyindodana yalowo olinyazwe yileyomoto". Isixuku esasilapho saqala sagigitheka, sahamba samdedela wadlula. Kanti phambi kwemoto kwabe kulele imbongolo.

TWO DETECTIVES

Two detectives, trained in spotting clues everywhere they look, go on a camping trip. They set up their tent in the woods and fall asleep. Some hours later, one detective wakes...and says to his friend: "Look up at the sky and tell me what you see." the second detective replies: "I see millions of stars." The first detective says: "What does that tell you?" The second guy says: "Astronomically speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me the Saturn is in Leo. Time wise, it appears to be approximately a quarter past three. Theologically, it is evident the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we

will have a beautiful day tomorrow. What does that tell you?.

The first detective says: "You idiot! It tells me that someone has stolen our tent!"

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Ikhona lezemidlalo

Seziyenzeka izinto kulabo basebenzi abafisa ukungenela noma imiphi imidlalo enhlobonhlobo. Selivele lisunguliwe ikomoti, ngehlanhla abaphathi beqembu laKwaDabeka bayawusekela lombono.

Lelikomoti selike lahlanguka kabili lizobhunga ngezinto ezizokwenziwa, nokubalulekokusungula leqembu kanye nenqubekela phambili.

Elinye ilungu lekomoti liveze ukuthi cishe zonke izikhungo zempilo kwindawo yase Thekwini sezinawo amaqembu okubumbana kwabasebenzi, manje sekuyisikhathi sokuthi KwaDabeka nayo ibe neqembu layo.

U Mr V. Reddy (Human Resource Management) yaKwaDabeka futhi obuye abeyilungu lekomiti labaphathi beqembu utshele lelikomiti ukuthi nabaphathi bazinikele ukusekela ukusungulwa kweliqembu, ngaphandle kwalokho kubalulekile ukuzivocavoca kubasebenzi lokho kuzokwenza abasebenzi bakwazi ukuzithuthukisa. Uphinde wazwakalisa nokuthi imidlalo izokwakha ubudlelwane obuhle kubasebenzi kube khona nokuphumula emsebenzini.

Kwavunyelwana ngokuthi kubalulekile ukuthi umhxumanisi abekhona kulelikomiti khona azokwakha ubudlelwane phakathi kwabaphathi kanye nabasebenzi.

Ilungu le EAP nalo liyingxenywe yekomiti. Leliqembu lilindeleke ukuhlangana maduze ukuzoxoxisana

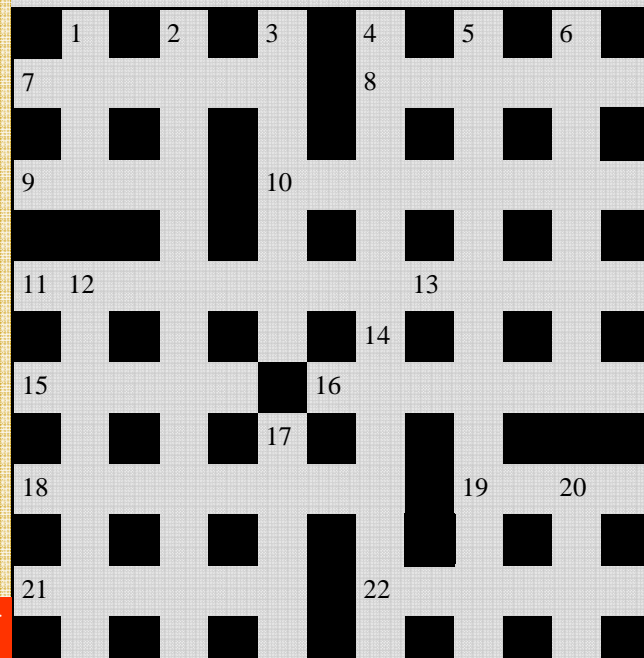
Isaziso

Bonke abafisa ukungenela noma yimiphi imidlalo enhlobonhlobo kanye nomculo bavumelekile ukubhalisa amagama abo kwi hhovisi lomxhumanisi no. 32 eduze nehhovisi lokubhalisa ext. 227 Yonke imingenelo ingafakwa ngaphambi komhla ka Siyabonga.

Umgugquzeli wezemidlalo

Across:	Down:
7 Room below ground level in a house (6)	1 Nought or nil (4)
8 Keep possession of something (6)	2 Increase in the average temperature of the earth's atmosphere (6,7)
9 Device that explodes (4)	3 Group of three related novels of films (7)
10 Duration of a person's existence (8)	4 A preliminary sketch of a plan (50)
11 An expression of regret after a wrongdoing (7)	5 Hot aftertaste is an anagram for the highest degree of development (5,2,3,3)
13 Direction opposite of North (South)	6 Length of a straight line through the centre of a circle (8)
15 Remove the lid from a bottle (5)	12 Hairstyle with hair tied at the back of the head (8)
16 Period of a hundred years (7)	14 SARS stands for South African —Service (7)
18 Sudden rush of a group of animals (8)	17 A boat that transports passengers over a short distance (5)
19 Jealousy or resentment (4)	20 Flesh of a calf (4)
21 Supper (6)	
22 Phoney or not genuine (6)	

Isiphico



Cut the puzzle and hand deliver it to Room No. 32. One winner will be profiled on our next issue which will come out at the end of January 2006

November 2006

Red Ribbon & Quality Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 National Children's Day	6	7	8	9 World Quality Day	10	11
12 Malaria Day	13	14 World Diabetes Day	15	16 International Day of Tolerance	17	18
19	20	21	22	23	24	25 International Day of No violence Against Women
26	27	28	29	30		

December 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 World Aids Day	2
3 International Day of Disabled Persons	4	5 International Volunteers Day	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

