



# ISOlempilo



PUBLISHED BY: THE PUBLIC RELATIONS UNIT. – KWADABEKA CHC STAFF OFFICIAL MAGAZINE

www.kznhealth.gov.za

## Minister blows a whistle for Voluntary Counseling and Testing in KwaDabeka/Clermont

### Inside This Issue



Minister's VCT Campaign	1
Editorial	2
Key Appointments	
Storm hit the roof	
School Health	3
T. B Day at Halley Stott and Don Mackenzie Hospital	4
TB Day at Ntshongweni Clinic ARV Clinic launch by RHRU	5
Photo Album of Events page	6
Photo Album of Events page	7
Pregnancy Awareness Day (Halley Stott)	8
Public Relations Student	9
Polio Campaign	9
Miscellaneous	10/11

Minister prays for the family hit by the storm in Sub 5—From Left: Ms Bs. Mdlalose (KwaDabeka CHC Manager); Mrs Mandisa Dlamini (Manager HIV/AIDS Programmes eThekweni District Office); (standing) KZN Health Minister of Health Mrs P. Nkonyeni; and Rev. Mthethwa (Office of the MEC)

### SNIPPETS IN PICTURES

“Knowledge is Power: Know your status I”, These words were vividly seen on all materials and were repeatedly said to almost more than 5000 people who attended a VCT Campaign headed by the KZN Minister of Health, Mrs Peggy Nkonyeni at KK Sportsground in KwaDabeka on the 16th of March 2007.

Within the catchment area of KwaDabeka CHC, there are ten centres where VCT and PMTCT services are accessible. These centres include, among others: KwaDabeka CHC; Hlengisizwe CHC; Clermont Clinic; New Germany; KwaNdengezi Clinic; Pinetown, and four of them supply ARV's including: KwaDabeka CHC; St Mary's Hospital; R. K Khan Hospital and Don McKenzie (which is a newly accredited site).

This event was part of the series of campaigns by the minister in conjunction with Ukhozi Fm Radio Station. The main aim of the campaign was to sensitize and educate communities about the importance of VCT to prevent the spread and new infection of HIV & AIDS. The Minister insisted on voluntary testing for the people to know their status as early as possible, so that their status be dealt with as early as possible.

There are approximately 200 000 residents at KwaDabeka CHC's catchment area, and among them we have received 3474 people who voluntarily got tested. This means that there is still a dire need for the institution to promote VCT in its catchment area. Judging by the number of people who attended the Minister's Address during the VCT Event, we hope that it has impacted positively.

The South African Government is concerned about the spread of AIDS in the country, that is why all the parties involved have agreed to work together during the National Strategic Plan for HIV And AIDS And Sexually Transmitted Infections Conference. The government has already set aside a sum of 14 Billion rand to fight AIDS. This figure is expected to reach 45 billion. This is according to the Minister's speech.

Among the dignitaries who were present, were: Councillor Obed Mlaba (Mayor of eThekweni Municipality); Mama Ludidi (Chair of Health Portfolio Committee); Mr T. Msiza (former eThekweni District Manager); Mr Bhodloza Ndimande (Ukhozi Fm Station Manager).

The Department has already started distributing food parcels to those patients who are on TB medication and those who are AIDS Infected will soon get food parcels.

Khathide “Tshathugodo”Ngobe of Ukhozi FM was a Programme Director.

Story continues on Page 8





We have already finished a first quarter of this year. It is amazing how time flies, nevertheless, our services too, move fast with the times.

Recently, there has been key appointments which is viewed as a good strategic move by many. Who would have known that KwaDabeka CHC would have a balanced professional manpower like big health facilities. Among the list of new key recruits are: Health & Safety Officer; Infection Control Practitioner; and Public

Relations Officer; EAP Coordinator; and Quality Assurance Officer; Administrative Officer (Admitting).

This alone plays a big in strengthening promised service delivery at all levels.

KwaDabeka CHC is growing at a fast pace, judging by the number of clients we see each day. The accreditation of the institution as an ARV Roll Out site has an input on this growth. While we are growing numbers and improving our services each day, I have pleasure to announce that our image too has grown immensely over the past couple of years. This has been witnessed by our KZN Minister of Health, Mrs. Peggy Nkonyeni, when she visited the institution at a briefing session before she attended a VCT Event at KK Sportfield on Friday 16 March.

It always feels good that institutional improvements are noted.

We really appreciate that. While on that, I think staff too need to be highly motivated to get tested in order for them to know their status.

Again recently the success story of our very own ECI Clinic gave birth to a multi purpose Impumelelo Clinic (ARV Clinic). Congratulations to all ECI staff for the job well done. It finally became true when the RHRU and US Ambassador's visited the institution recently for a first launch of the clinic.

To this end, we have now entered a new financial year, all our strides as an institution to improve services, our clients will always be our first priority in whatever we do.

Yours in service delivery

*C. Khuzwayo*



IF YOU HAVE ANY COMMENTS OR CONTRIBUTIONS OR WOULD LIKE TO WRITE STORIES FOR THIS PUBLICATION AND YOU HAVE KNOWLEDGE OF TAKING AND EDITING PICTURES, PLEASE CONTACT US ON EXTENSION 227. OR ADDRESS IT TO P. O BOX 371, CLERNAVILLE, 2602, TEL: 031 707 1355, FAX: 707 2248 OR EMAIL IT TO tyron.khuzwayo@kznhealth.gov.za

## New Key Appointments



**Ms Phumzile Khumnalo**  
(Health & Safety Officer)



**Ntombi Ntuli** (Senior Finance Officer)



**Mumsy** (Finance & Systems Officer)



**Sr Mpanza** (Infection Control Manager)



**Mr Ravi Chetty** (Finance Management Officer—Admitting Section)



**Mr. Leon Andrews** (maintenance Section) taken here estimating the damage

**Storm destroys Property**

On the eve of March 16, about 36 patients were seen at KwaDabeka CHC as a result of storm that hit most of the areas in Durban.

The damage was not that big at KwaDabeka CHC, but the surrounding areas were more affected. A section that was affected in the institution was Admitting as it is situated along the eastern side of the institution where the wind blew hard on.

The Stores building was also slightly affected



environment with ease. Palesa Radebe is a third year student at Durban University of Technology joined the institution as from 1st of March for her in-service training programme in the Public Relations Office for six months.

She is a hard working, ambitious and very innovative student who aspire to become a professional PRO one day. We wish her a fruitful stay at KwaDabeka CHC

**Public Relations Office gets an Extra Hand**

# School Health Opens young minds



Sr Mokoena testing children's vision at Phephile Primary School during School Health Week

Below: Thulisile from Love Life entertaining children at Khulugqame Primary School



Young fresh minds do not only receive information, but it also lingers in their minds for years and it grows with them, thus it is a strategic move to educate kids at primary level schools about health related challenges. This is what the School Health Team of KwaDabeka CHC and Clermont Clinic has embarked on for five days promoting School Health from Monday 5 to Friday 9, last week. The campaign concentrated on two primary schools of KwaDabeka Township, which was Phephile and Khulugqame Primary Schools. The aim of this entire campaign was not only to align school health services as per our health calendar, but also to launch these two schools as Health Promoting Schools.

More than 1 200 pupils were screened and examined at Phephile Primary school during the first two days of this campaign, and about 1 058 were seen at Khulugqame primary school. Those who were diagnosed with defects were referred accordingly for further assistance. The biggest challenge that was encountered is the number of pupils with learning challenges; however, it is for these challenges that teachers from both schools were called to attend a workshop on Early Identification of Children with Learning Defects as well as physical defects. This, according to School Health Nurse who was also a coordinator of the programme, Sr Gordon of Clermont Clinic, will equip the teachers to identify those pupils with learning problems and refer them whenever the need arises.

Learning problems that were identified after careful testing, according to the therapists who were present, involve; poor performance in Maths, Lack of exposure, Mental challenges, and some of them battled to write properly. At Khulugqame alone, more than 30 kids were found with learning problems. Physiotherapist Marnin Romm; Occupational Therapist (Taryn O'brien); and Speech Therapist (Nolwazi Mpunyelwana) who were all from the eThekweni District Office did their best to identify these kids.

Clermont Clinic representatives and School Health Nurses, L. Khuzwayo and Sr Gordon were busy with their Health Assessment, Heights, Inspections, Oral Hygiene and Tooth brushing to Grade R and Grade 1 pupils. These groups of pupils were also given toothpastes and toothbrushes supplied by R. K Khan Hospital.

Clermont Clinic under KwaDabeka CHC had formed partnership with other organizations and departments which among others were: Metro Police (Pinetown) represented by Mrs Rhona Ibrahim who educated kids about Road Safety; PGSTS (Department of Education); KwaDabeka SAPS represented by Captain Khomo who talked about Child Abuse, Drugs and Children's Rights; Youth Centre (under KwaDabeka CHC) that presented Teenage Pregnancy and Adolescence; Love Life (KwaDabeka CHC) that thrilled the kids with fun while presenting Sexuality, Dating and Child Abuse (Love Life Team was represented by Thembsisa Dyasi who is a Groundbreaker (Peer Educator), Thabsile Mtolo, and Nokwanda Mbuyisa (popularly known as IziMpintshi); eThekweni District Office represented by Sr Mncwango who presented Mental Health, Substance Abuse, and Mentally Ill Patient's Rights; Sr Mokoena from KwaDabeka CHC who did Vision Screening;

Two other schools not yet mentioned will also be visited this year in October for the second round of School Health in Clermont.

The cooperation between the teachers, parents, as well as other organization was at a high level. There was a meeting that was conducted by these stakeholders to discuss some of the challenges that were encountered during the programme.

KwaDabeka CHC and Clermont Clinic would like to thank all parties participated, including Teachers of Phephile and Khulugqame Primary Schools for their cooperation.



### Halley Stott Choir singing

Communities of Nyuswa, Embo, Ntshanga, Ngcolosi and Qadi came out in their numbers to find out for themselves about TB during a TB Day event that was organized in collaboration between Halley Stott Clinic and Don Mackenzie Hospital on Thursday April 26 2006, at Don Mackenzie Sportsground.

The guest speaker of the day (Mrs Nomvula Mazibuko – West Sub District TB Coordinator) reminded and educated audience about the HOLA 6. “It is always important to remember that TB is curable and that patients should **not** default their medication.

added that there is major concern from the Department about the growing number of TB infected patients. This affects all levels from as low as clinic to as higher level as World Health Organization. Therefore, it is imperative that communities understand the symptoms of TB as early as possible. And should it happen that someone is diagnosed with TB, they must visit local clinic and take medication for the full six months.

Speakers also insisted on community and family support to patients diagnosed with TB, and that communities

## TB Day at Halley Stott Clinic and Don Mackenzie Hospital.

TB patients should not consume alcohol, smoke, and take drugs while on medication.” She added. Mrs Mchunu who also from the District Office,

should assist Community Health Workers in their daily tasks. It is also said that children under the age of five years should also be sent to a local clinic for examination should any family member be diagnosed with TB.

People were also told to send patients to a local clinic first before sent to hospital. The local clinic will diagnose a patient and write them a referral note to the nearest hospital.

It is obvious that campaigns like these; really help our patients with valuable information. This was witnessed when answers came all correct when people were asked questions about HAST programme by Mrs. Mbali Malunga who gave talk about HAST. She explained to the audience that the department saw the need to combine all these programmes because there is a link between HIV/AIDS, TB, and STI'S. A testimony by one of the ex TB patient, who also insisted that patients should take heed of the health

workers advice about taking medication for full six months. “I did it, it worked for me”. He added. Present was Vukani Youth Development Project is a young women and men initiative in the area of Botha's Hill that deals with community projects.

It would not be Halley Stott without the clinic Choir in collaboration with Don Mackenzie Hospital with their majestic voices.

Audience enjoyed the event. Programme Director was Leko. The Head of PHC, Sr Chauke thanked all who were present and would like to extend her sincere gratitude to the eThekweni District Office for their continuous support.



**Matron Gumede (Halley Stott PHC Supervisor and other Dignitaries watching the event's proceedings)**

## TB Day at Ntshongweni Clinic

Friday the 9<sup>th</sup> of March marked another effort by Ntshongweni Clinic to sensitize various communities of eNtshongweni about TB and other related diseases.

"TB is curable; any person diagnosed with TB should take his/her pills for full six months, and should not take alcohol and drugs while on the medication". This is a very simple message that was constantly repeated by almost every speaker who shared the stage.

Sisi Gugu reminded the audience about DOT support, which is a programme set up to assist those people who forget to take their pills and that food parcels for people with TB are now available. Another important fact conveyed to the public by the speaker is that all children who are under the age of five should be sent to a local clinic should any family member be diagnosed with TB. This is due to the fact that these children still have a weak immune system which might not be able to fight against diseases like TB.

Although he was not featured as a speaker, but while we were waiting for an entertainment item, Mr Muzi Majola (Programme Manager eThekweni Municipality Health Services Outer West), left no stone unturned about TB. He further mentioned that although TB is easily manageable, but it is still a major challenge as some of the TB patients default treatment and others do not ask their clinics for referral letters when ever they relocate. He also told the attendants that there is a huge concern from the

government about the TB and HIV& AIDS and other related diseases. It is of this concern why programmes like this are organized for the communities. He insisted that people should know that.

Again people of Ntshongweni are very lucky to have a local Councillor like Mr F. Moyo who organizes campaign on behalf of the communities in conjunction with the Community Health Workers. He took to the stage and reported that last year in November, he led the team during a Door to Door Campaign where 7 750 households were visited. During this campaign they were teaching, educating people about TB and other related diseases.

While delivering a speech he turned back to Pastor Hadebe and thanked the Churches for preaching about diseases during their Church sessions. This was applauded by the entire audience. He further explained that HIV /AIDS and TB affects all community structures, thus close cooperation is needed.

The issue of neighbours was again raised by Councillor himself. "It is important that the neighbours look after each other", he added. He even quoted a Presidential speech when he said "*Konke esikade sikwenza asikuphinde kabili ukuze sikwazi ukulwa nezifo*"

On this coming Friday 16, the Ntshongweni Clinic team, Councillor Moyo, and 120 volunteers will again be embarked on yet another Door to Door Campaign at Shongweni Dam vicinity where 2250 households will be visited. This will start from Saturday to Sunday. Plans to



put STOP TB Stickers behind the taxi driver sit are being discussed.

Entertainment was also the order of the day when the Ntshongweni Clinic staff sang Choral Music and also performed a role play about TB, breaking myths and superstitions about the diseases. However, there was something different about their role play when we saw a Sangoma character sent a patient to a local clinic. This shows that our traditional healers are also on the same page with governmental health programmes. Traditional people were also part of this event.

This event was organized in partnership with the eThekwinin District and Ntshongweni Clinic. Sr Nzimande (Head of Ntshongweni Clinic would like to thank all who participated)

## ARV Clinic Launch by RHRU



In 2001, the vision to open an ECI section at KWaDabeka CHC was born. During this year, it was only the University of KZN that supported HIV/AIDS programmes in this institution. About 150 clients with silent symptoms would be treated with only prophylaxis.

In 2003 PMTCT programme was linked to ECI and patients would be referred to R. K Khan Hospital as there were no ARV's by then.

In March 2006, the institution was accredited for the first time as an ARV site. The institution has already initiated 200 HIV And AIDS patients Currently, there are three professional nurses and five counsellors running two clinics which is wellness and ARV Clinic.

One of the biggest challenges that the institution encountered was huge number of patients and the shortage of space. This is according to Dr Hoque (Medical Manager ), who gave a background information about the clinic during the special launch of Impumelelo Clinic.

Impumelelo Clinic lived up to its name when the representative from the US Embassy came in their numbers in conjunction with RHRU for the first launch of this clinic. It really was a huge success.

In the picture above Ms B. S Mdlalose seen here with the US Ambassador cutting the ribbon

# Photo Album of Events



## KZN Health Minister's VCT Campaign at KK Sportsground (KwaDabeka)

1. Security Check
2. Minister Mrs Peggy Nkonyeni, Rev Mthethwa, Councillor Gangile (Ward 19), during the home visit after the storm in Sub 5...
3. Drum Majorettes team welcoming the Minister
4. Programme Director, Tshathugodo Khathide Ngobe of Ukhozi FM and Mr Bongani Mpinga (Corporate Communications)
5. Professor and T'zozo thrilling the crowd
6. Audience listening to the Minister's speech
7. Mfiliseni Magubane entertaining
8. Izingane Zoma are preparing are taking a break while Phuzekhemisi wows the crowd



### ARV CLINIC LAUNCH BY RHRU

Ms B. S Mdlalose (KwaDabeka CHC Manager) and the US Ambassador cutting the ribbon during the launch of the ARV Clinic



## School Health Week at Phephile & Khulugqame Primary Schools

1. Beautiful view of Khulugqame Primary school
2. Ms ——testing a child
3. Ms ——testing a child
4. Little ones displaying their toothpastes and toothbrushes
5. Sr Mokoena of KwaDabeka CHC educating children on eye related sicknesses and giving prizes
6. Mrs Rhona Smith of Metro Police talking about road safety
7. Love Life reining the day with various activities
8. Children saying goodbye to the camera crew at Phephile



## Halley Stott Pregnancy Awareness Day

1. All pregnant mothers on stage for prizes giveaway
2. Local Reggae group sending message through music
3. Ethekwini District Office personnel watching speakers
4. Pregnant mother dancing
5. (Main Picture) Professor Mhlanga giving his speech
6. A Health Worker giving prizes to the mother
7. Health worker entertaining crowd by dancing
8. VIP desk

## Minister blows a whistle on VCT at KwaDabeka

From page 1

People showed that they are willing to come forward and test for HIV status. They came in their numbers at our institution's testing site, unfortunately there were thousands of people who got tested. Many were then referred to their local clinics for VCT.

This was a provincial campaign led by the KZN Health Minister in collaboration with Ukhozi FM.

Kznhealth.gov.za



## Pregnancy Awareness Day At Halley Stott Clinic

Diseases associated with smoking, drinking of alcohol as well as drug abuse could somehow contribute to fatal effects on pregnant women. The recent study reveals that many illegal pregnancy terminations emanates from the West Sub District. These facts and statistics alone show that there is more to be done to educate pregnant women about the importance of visiting their local clinics as early as possible. It is about time that men sup-

ported their pregnant women. Currently there is a programme where termination of pregnancy is for free. The eThekweni District Office with Halley Stott Clinic in Bothas Hill joined forces and organized a very successful event to educate and inform communities of this vicinity about pregnancy.



ported their pregnant women. Currently there is a programme where termination of pregnancy is for free. The eThekweni District Office with Halley Stott Clinic in Bothas Hill joined forces and organized a very successful event to educate and inform communities of this vicinity about pregnancy.

Here are couple of very important messages that the speakers highlighted at a Pregnancy Awareness event at Halley Stott Clinic on Friday, 23<sup>rd</sup> of February at Don Mackenzie Hospital Sports field.

These messages were directed to pregnant women,

women with babies as well as men and neighbours. It is important that pregnant women do not smoke, drink liquor, or use drugs. These

acts can jeopardize the chances of the child to grow up healthier in a normal state. It is important that they visit their local clinic if confirmed pregnant or suspecting pregnancy. This will help them, because any unforeseen diseases that might affect the unborn child will be detected early.

The importance of visiting a local clinic of pregnant women was again stressed by the Progamme Organizer, Mrs Lindiwe Ngwenya (eThekweni District Office).

At Halley Stott Clinic there is a good consultation between pregnant women and the Nurses, as this was confirmed by Ms Nonhlanhla (former patient who once hesitated to visit clinic, but eventually assisted by Halley Stott Clinic). Nonhlanhla gave her testimony during an event.

"Pregnant women are so special, Regular vaginal check-ups are encouraged so as clinical workers could detect diseases like HBP, Diabetes e.c.t. If these diseases are not seen early, it might cause difficulty in delivering the baby, and it can also result into stillborns". This is according to a legendary doctor and Professor, Prof. Eddie Mhlanga who was a Guest Speaker. He also advised women to eat fresh vegetables from the soil to keep their bodies fit. He further advises also that pregnancy should not be by chance, but by choice.

Prof also shared his wise words with the crowd, among them: "Don't let the beginning of life be the end of life", surely these words complimented all the talks shared by various speakers and pregnant

women would definitely take heed of all the advice given to them on that day. Although left early, but after his beautiful speech, he left a strong message for men, that they must love and support their pregnant women.

More messages were delivered by different speakers about, PMTCT; Types of Pills to be taken by a pregnant woman; Link of HIV positive patients to HIV/AIDS Counsilors; that pregnant women should share information to other community members who have stigmas about the use of Clinics when pregnant; Dangers of Alcohol and Smoking; Importance of Breastfeeding; and understanding and safe keeping of a repeat card to Ante Natal Clinic as well as usage of the traditional mixtures (Izihlambezo).

There were also various forms of activities, including, Role play by Halley Stott Clinic Staff; Reggae Music by the local Rastafarian Group; and individual dance by pregnant women and puzzles where promotional material on the subject of the day was issued.

Among other dignitaries present were:

-Rev: Hadebe (Chaplain West Sub District)

\_Mrs M. Ntshingila and L. Ngwenya from the eThekweni District Office)

-Matron Gumede (PHC Supervisor -KwaDabeka CHC)

Sr Chauke on a thanking note, she supported the speakers addresses when she as a Head of the Clinic talked about the importance of the event and that pregnant women should make it a norm to visit their local clinic and Clinic doors are opened for them.

**Halley Stott Clinic (formerly Botha's Hill Clinic) is one of the affiliate clinics under KwaDabeka Community Health Centre headed by Sr Chauke.**



# 2007 Health Calendar

## April

### Health Awareness Month

### National Blood Donor Month

Oesophagus Cancer Health Awareness - CANSA

1-7: National Polio Eradication Awareness Week

7 : World Health Day

17 : World Haemophilia Day

25: Africa Malaria Day

---

## May

### International Multiple Sclerosis Month

### Anti Tobacco Campaign Month - CANSA

7-11 Mass polio and measles campaign

8 : World Red Cross Day

10 : World Move for Health Day

12 : Chronic Fatigue and Immune Dysfunction Syndrome

12: International Nurses Day

21 : Candlelight Memorial Day

29 - 3/06 : Child Protection Week

28 : International Day of Action for Women's Health

31 : World No Tobacco Day

---

## June

### National Youth Month

### Men's health - prostate and testicular cancer awareness - CANSA

1 : Children's Day

1 : International Day of Innocent Children - Victims of Aggression

5 : World Environmental Day

11-15: Second round mass polio and measles campaign

16 : Youth Day

17-23 : Epilepsy Week

21: National Epilepsy Day

19-26 : SANCA Drug Awareness Week

26 : International Day against Drug Abuse and Illicit Drug Trafficking

God had created the donkey



and said to him.

"You will be a donkey. You will work un-tiringly from sunrise to sunset carrying burdens on your back. You will eat grass, you will have no intelligence and you will live **50** years."

**The donkey answered:**

"I will be a donkey, but to live **50** years is much. Give me only **20** years" God granted his wish.

God created the dog



and said to him:

"You will guard the house of man. You will be his best Friend. You will eat the scraps that he gives you and you will live **30** years. You will be a dog. "

**The dog answered:**

"Sir, to live **30** years is too much, give me only **15** years. " God granted his wish.

God created the monkey



and said to him:

"You will be a monkey. You will swing from branch to branch doing tricks. You will be amusing and you will live

**20** years. "

**The monkey answered:**

"To live **20** years is too much, give me only **10** years." God granted his wish.

Finally God created man ...



and said to him:

"You will be man, the only rational creature on the face of the earth. You will use your intelligence to become master over all the animals. You will dominate the world and you will live **20** years."

**Man responded:**

"Sir, I will be a man but to live only

**20** years is very little,

give me the **30** years that the donkey refused,

the **15** years that the dog did not want and

the **10** years the monkey refused.

" God granted man's wish

And since then, man lives

**20** years as a man ,

marries and spends

**30** years like a donkey,

working and carrying all the burdens on his back,

Then when his children are grown,

he lives **15** years like a dog taking care of the house

and eating whatever is given to him,

so that when he is old,

he can retire and live **10** years like a monkey,

going from house to house and from one son or

daughter to another doing tricks to amuse his grandchildren.

**That's Life.**

# 7027 70KIND



A woman is having an affair during the day while her husband is at work. Her nine-year-old son comes home unexpectedly, sees the illegal lovers and hides in the bedroom cupboard to watch. Then the woman's husband unexpectedly comes home.

She hides her lover in the cupboard, not realizing that her little boy is in there already.

The little Boy says: "Dark in here."

The Man says: "Yes, it is."

Boy: "I have a soccer ball, do you want to buy it?"

Man: "No, thanks."

Boy: "My dad's outside, I'll call him if you don't buy it!"

Man: "OK, how much?"

Boy: "R250-00."

A few weeks later it happened again and the boy and the lover were in the cupboard together again.

Boy: "Dark in here."

Man: "Yes, it is."

Boy: "I have soccer boots."

The Man, remembering the last time, asks the boy: "How much?"

The Boy says: "R750-00."

The Man says: "Fine, I will buy them."

A few days later, the Father says to the boy: "Grab your ball and boots, let's go outside and have a game."

The Boy says: "I can't, I sold them for R1000."

The Father says: "That's terrible to overcharge your friends like that... R1000 is way more than those two things cost. I'm going to take you to church and make you confess your sins."

They go to church and the father makes the little boy sit in the confession booth and he closes the door.

The Boy says: "Dark in here."

The Priest says: "Don't start that sh!t again!"

**THIS IS NOT YOUR FATHER'S HOUSE**

## Funny!!!...

**Question:** What is the oldest profession in the world?

**Answer:** Traffic Corp

**Why?** It says in Genesis 3:4 "...and I saw the evil spirit standing behind a bush.

## RIDDLE THAT'LL KILL YOUR BRAIN!

This is going to make you so MAD! There are three words in the English language that end in "gry". ONE is angry and the other is hungry. EveryONE knows what the third ONE means and what it stands for. EveryONE uses them everyday, and if you listened very carefully, I've given you the third word. What is it? \_\_\_\_\_gry?

# Treat time

## Zulu Women

A Zulu woman telling her friends about an accident she saw on the freeway.

*Zulu woman: "Hawu, angikaze ngiyibone into enje, ku-wubusaphasapha, igazi, imizimba yabantu yonke lento"*

*Friend: "Shame, were there any survivors? How many people died?"*

*Zulu woman: "Hawu, nkosi yami, kufe wonke umuntu ngisho nama survivors"*



Hard times...  
in Zimbabwe!  
Eish.



### SPICY CHICKEN LIVERS

Serves 4 people

- 500g Chicken Livers, cleaned and cut into bite-size pieces.
- 2 onions, sliced
- 1 chilli, chopped
- 1 teaspoon (5ml) paprika
- 2 garlic cloves, chopped
- 2 tablespoons (15ml) oil
- Half cup (125ml) cream or milk

### FOR THE MASH

- 6-8 POTATOES, BOILED AND PEELED
- HALF CUP (125ML) MILK
- 4 tablespoons (60ml) milk
- Salt and pepper

Season the livers with salt and pepper. Heat half the oil in a pan until very hot then quickly fry the livers until golden on both sides. Remove from pan and place to one side. Fry the onions, gar-

## Wise up

*"The greatest glory is living lies not in never falling, but in rising every time we fall"*

Nelson Mandela

## Psalm 23

This is an eye opener... Some probably never thought nor looked at this Psalm in this way... even though they say it over and over again.

The Lord is my Shepherd

That's Relationship!

I shall not want

That's Supply!

He maketh me to lie down in green pastures.

That's Rest!

He leadeth me beside the still waters.

That's Refreshment!

He restoreth my soul

That's Healing!

He leadeth me in the paths of righteousness.

That's Guidance!

For His name sake

That's Purpose!

Yea, though I walk through the valley of the shadow of death.

That's Testing!

I will fear no evil.

That's Protection!

For Thou art with me

That's Faithfulness!

Thy rod and Thy staff they comfort me,

That's Discipline!

Thou preparest a table before me in the presence of my enemies.

That's Hope!

Thou anointest my head with oil,

That's Consecration!

My cup runneth over.

That's Abundance!

Surely goodness and mercy shall follow me all the days of my life.

That's Blessing!

And I will dwell in the house of the Lord.

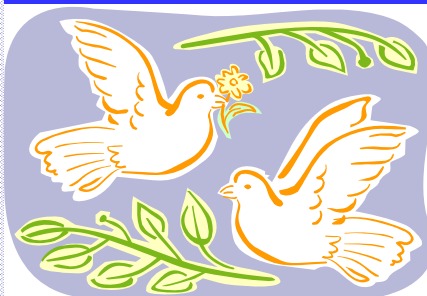
That's Security!

Forever.

That's Eternity!

Have a nice day

World of God



Those that are planted in the house of the Lord shall flourish in the court of our God...Psalm92: 13-15. Under no circumstances should we be unfaithful

Catch our next issue at the end of April



# mpilo

PUBLISHED BY: THE PUBLIC RELATIONS UNIT. – KWADABEKA CHC STAFF OFFICIAL MAGAZINE



IZINGQALABUTHO

THE PIONEERS

*“The sea extends forever, so do our health services”*

For more information

Tel: 031 707 1355, Fax: 031 707 2248, Email: [tyron.khuzwayo@kznhealth.gov.za](mailto:tyron.khuzwayo@kznhealth.gov.za),