

PERSONAL GOAL SETTING

Success has been defined as a "progressive realisation of predetermined goals". This means that achievement is only if it is preceded by a goal setting phase.

Goal setting is an important method of :

- deciding what is important for you to achieve in your life;
- separating what is important from what is irrelevant, or a distraction;
- motivating yourself; and
- building your self-confidence, based on successful achievement of goals.

1. Make sure the goal you are working for is something you really want, not just something that sounds good.

When setting goals it is very important to remember that your goals must be consistent with your values. Values are heartfelt beliefs about the appropriate way to behave. Values constitute the should and shouldn't of individual and cultural life.

2. A goal can not contradict any of your other goals.

Non-integrated thinking can also hamper your everyday thoughts as well. We should continually strive to eliminate contradictory ideas from our thinking.



Motivational words from Mr. J.B. Thusi (Office Manager)

3. Develop goals in the 6 areas of life:

- Family and Home
- Financial and Career
- Spiritual and Ethical
- Physical and Health
- Social and Cultural
- Mental and Educational

Setting goals in each area of life will ensure a more balanced life as you begin to examine and change the fundamentals of everyday living. Setting goals in each area of life also helps in eliminating the non-integrated thinking we talked about in the second step.

4. Write your goal in the positive instead of the negative.

Work for what you want, not for what you want to leave behind. Part of the reason why we write down and examine our goals is to create a set of instructions for our subconscious mind to carry out.

Your subconscious mind is a very efficient tool, it can not determine right from wrong and it does not judge. It's only function is to carry out its instructions. The more positive instructions you give it, the more positive results you will get.

Thinking positively in everyday life will also help in your growth as a human being. Don't limit it to goal setting.

5. Write your goal out in complete detail

Once again we are giving the subconscious mind a detailed set of instructions to work on. The more information you give it the more clear the final outcome becomes. The more precise the outcome, the more efficient the subconscious mind can become.

6. By all means make sure your goal is high enough

Shoot for the moon, if you miss you'll still be in the stars, Shoot for the moon!

7. This is the most important, write down your goals

Write down your goals creates your roadmap to your success. Although just the act of writing them down can set the process in motion, it is also extremely important to review your goals frequently. Remember, the more focused you are on your goals the more likely you are to accomplish them. Sometimes we realize we have to revise a goal as circumstances and other goals. Change if you need to change a goal do not consider it a failure, consider it a victory as you had the insight to realize something was different.

DENOSA AND DOH CELEBRATES THE INTERNATIONAL NURSES DAY

On May 16 2009, Democratic Nursing Organization of South Africa (DENOSA) in partnership with the KZN Department of Health organized the Celebration of the International Nurses Day. This big event was hosted at Hlabisa Stadium in UMkhanyakude Health District. This event was celebrated at a Provincial level. Because the Nurses which attended the event were from all the Districts around KZN. During this day the Department of KZN Health got an opportunity to welcome the newly appointed MEC for KZN Health Dr. S.B. Dhlomo.

Ms. Dudu Manqele who is the chairperson of the DENOSA introduced the purpose of the day. "This is our day as DENOSA, we have asked the Department of Health come with us to this celebration". She then dwell much on acknowledging the good work being done by Nurses/Health professionals irrespective of the shortage of resources and staff. "DENOSA is very proud of you, so all health professional/Nurses should be proud of themselves and their profession" said the Ms. Manqele.

MEC for KZN Health Dr. S.B. Dhlomo expressed his happiness and feeling during this event. "I am very much delighted to be on this celebration because this is my very first public address as the MEC for KZN Health" said Dr. S.B. Dhlomo. The MEC stated that this actually a commemoration of the birthday of Florence Nightingale She was born on May 12, 1820 and died on August 13, 1910), who came to be known as "The Lady with the Lamp. This nurse devoted her time by going to Crimean War in 1854 wherein she was healing wounded soldiers.



Newly appointed MEC for KZN Health, DR. Sibongoseni Dhlomo with health professionals singing during the Nurses day at Hlabisa Stadium.

He also acknowledged the role of nurses by saying that these professionals had a huge contribution to the lives of the people and the nation as a whole.

Dr. S.B. Dhlomo said that he is very much aware the problems that his Department is faced with. He announced his priorities or areas in which he is going to focus more at in order to try and address the problems within his department. This first area is to Train and Recruit more Nurses, to make sure that people go for Pap Smear screening, try by all means to pay nurses enough money and try to address

the Maternal and Mortality issues. "the above mentioned keys are only going to be achieved only if we are going to work collectively as a team. Because I can not be able to do all these things alone.

The MEC also stated that he is going to delegate 800 nurses to go and attend the International Congress of Nurses that would be held in Durban in June. "We are fortunate that for the first time this event will be held in South Africa also above that it would be in KZN, said the MEC. He concluded by saying that he is not going to deviate from what the former MEC was doing instead he would add if there is a need to do such.

The theme of the day was- ***"DELIVERING QUALITY, SERVING COMMUNITIES, NURSES LEADING CARE INNOVATIONS"***

DUMBE COMMUNITY HEALTH CENTER IS NOW OFFICIALLY OPENED




FORMER MEC FOR KZN HEALTH (Ms. N.P. NKONYENI) AND LOCAL INKOSI HLATSHWAYO OFFICIALLY OPENING THE DUMBE COMMUNITY

Ungqongqoshe weZempilo oshiyile wenza ngakho konke okusemandleni akhe ukuthi ushiya yonke into ihamba ngendlela. Lokhu kufakazelwa ngokuthi ngomhlaka 14 April 2009, Ungogqoshe nethimba lakhe bavakashela eDumbe ngenhloso yokuyovula ngokusemthethweni komtholampilo waseDumbe (iDumbe CHC).

Lomtholampilo waqala ukusebenza ngo 2004, yaqala

ukusebenza ngo 2005. Bese-kusele khona ukuba ivulwe ngokusemthethweni. Bangingi ngendlela abantu abakhele iDumbe abathola usizo kulesikhungo. Laba Bantu babalelwa ezinkulungwaneni ezingu-94595. Lokhu kukuveza ngokusobala ukuthi lendawo yase-Dumbe yabe isidinga ngempela lesi sikhungo. Umphathi wesikhungo uNkskz B. Dlomo wakujabulela kakhulu ukuvulwa

Kwesikhungo sakhe ngokusemthethweni. Wabe esedlulisa ukubonga okukhulu ayekubhekise kubasebenzi bakhe. “Ngibonga kakhulu basebenzi beseDumbe ngokusebenza ngokuzikhandla kwenu” kuqhuba umphathi sikhungo. Lokhu kukhombisa ngokusobal a ukuthi nizikhathalele iaimpilo zabantu. Phezu kwabo bonke ubuhle obabuhakanjiswa ngalolusuku uNkskz Dlomo waphinde wabalula nezimo ezenza kubenzima ukusebenza kwabo, okubalwa kuzo ukungabibikho kwegumbi likuhlinzela, ukungadonsi kahle kwamafoni. Lokhu kugcina kwenza amanesi amanye akhethe ukushiya lapha ayosebenzela kwezinye izindawo.

Ungqongqoshe oshiyile uNkskz wethembisa ukuthi umnyango weZempilo uzozama ngakho konke okusemandleni ukuthi zonke lezinkinga ziyasonjululwa khana maduze. “Ngizwe kuthiwa lesisikhungo sisiza ngisho abantu abavela eMpumalanga” kusho uNkskz Nkonyeni. Wabe eseqhuba ngokuthi umnyango usunendlela entsha yokuzama ukuqeda omahamba nendlwana. Sesiqale uhlelo lwezikhungo ezibizwa ngokuthi ngamaHealthpost. Kuloluhlobo kubakhona uNesi oyedwa ahlole iziguli azinike amaphilisi edlulise lezo ezidinga usizo lukadokotela. 

Wisdom and its Dynamics

People define wisdom in different ways. But let's look at the following definition by Henry David Thoreau “The ability to discern or judge what is true, right, or lasting; insight”. As I have stated that there are so many definitions of wisdom, I would like us to also read the following passage by **Maltbie D. Babcock**. He says *Wisdom is*

the sharing of wise experiences and knowledge, but a lot of it is common sense. The difference is how we apply this common sense - we all have the ability to keep going even when we face challenges in our lives - basically it comes down to your attitude. We can have a positive attitude towards life, or a negative attitude.

We can focus on the good or we can focus on the bad. Keeping a positive mental attitude is one of the keys to success.

The choice is always up to you!

**Compiled by Sihle Mafambane
Communication Officer**

COMMUNITY DIALOGUE ON MCWH AND PMTCT



COMMUNITY REPRESENTATIVES AND DEPARTMENT OF HEALTH OFFICIALS SHARING IDEAS ABOUT PMTCT

The Zululand Health District together with the JHHESA (NGO) organized a community dialogue with local stakeholders. There were two sessions of this community dialogue. The first one was held in Ulundi on the 18/05/09 at LA chamber and the other one was held on the 19/05/09 at Nongoma lodge. Amongst stakeholders that were represented in these community dialogues there were church organizations, traditional leaders traditional healers traditional attendees, municipal councilors, Youth council, Media and government departments. The

purpose of this dialogue was to come up with strategies that can be used to accelerate the PMTCT. It has been noted that people look or deal with HIV/AIDS in different ways. That is why this District wanted to get perspectives from different stakeholders. Zululand did all this because the Zululand Health District has been selected as one of the 18 priority Districts in the country to implement the above mentioned programme. The PMTCT Acceleration Plan aims to improve the PMTCT Programme.

While discussing PMTCT issues these stakeholders were

divided into groups and given topics to discuss about. These topics were looking at the HIV/AIDS, sexual relations versus our culture.

After these discussions it was clear to everyone who attended the dialogue that, indeed there is a contradiction between what our culture wants us to do when it comes to sexual relations and what is expected of in our days.

The representatives from the JHHESA (NGO) advised the community representatives to fully supports their partners during their times of pregnancy. Towards the end of the Community dialogue representatives from different stakeholders signed statements of commitments wherein they were stating the things that they are going to do in order to reduce the high number of babies who die because their mothers have the HIV/AIDS.

Miss T.B.T. Dlomo (Deputy District Manager) extended her words of gratitude to all people who attended the dialogue.



RECOGNITION BE TO THOSE WHO DESERVE IT



Ms. M. Buthelezi receiving the 2008 MARILYN LEHANA TRUST CARING AWARD from the MEC for KZN Health

During the Nurses Day of Prayer held at Hlabisa Stadium, Staff Nurse, M. Buthelezi (Ceza Hospital) in the left and Sister N. Mlambo (Vryheid Hospital) received awards from the Newly appointed MEC for KZN Health.



Mrs. N.E. Mlambo receiving the 2008 Project Team Award from the MEC for KZN Health



UMKHANKASO WOKULWA NESANDULELA NGCULAZI NENGCULAZI UQOBO



Yilo lelikhandlela elokhelwa ngabasebenzi bomnyango weZempilo

Isifunda saseZululand sihlela usuku lokokhelwa kwekhandlela. Lelikhandlela lisuke liqondaniswe nomkhankaso wokulwa nesndulela ngculazi nengculazi uqobo

Ngomhlaka 28 isifundazwe sakwaZulu natali sasinalomcimbi wekhandlela owawubanjelwe kwisifunda isisonke kwabe sekuthi ngomhlaka 29/05/09 isifunda sase Zululand naso sabona kufanele ukuba naso silokhele ikhandlela.

Okwakuhamba phambili ngalolusuku kwakungukuqwashisa nokufundisa ngesifo sengculazi umphathi sifunda unkosikazi D. T Memela wabe esethula inkulumo yakhe neyewakalainohlonze kakhulu "Bafowethu nodadewethu sesedlule manjeisikhathi sokukhombanangeminwe. Manje sekufanele sibhekisise indlela esicabanga ngayo. Ngikusho lokhu abanye bethu banaso lesisifo futhi abanye abanaso kuqhubaumphathi sifunda

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Umpathi sifunda waphinda wakuvezaukuthi ukuthi awunaso isifo akusho ukuthi kawuthinteki ngoba ukuba khona komuntu onalesi sifo kuya kuthinta nawe UNKSZ CGT Maguban wabe esedlulisa amazwi ayekade eshiwo ngungqongqoshe u DR. S.B Dlomo.

Umlayezo kangqongqoshe wawuthi masibathande sibana kekele sibagone futhi singabacwasi.



THE COMMUNICATIONS OFFICE'S MESSAGE

It feels very great to us as the Communications Office to work with our readers. In our first issue we made a promise that we will publish EzaseZululand newsletter quarterly but due to some unforeseen circumstances we were unable to publish it during the first quarter. We communication office throw a word of apology on that matter.

This office is going to see to it that the readers receive the most valuable and accurate news from this newsletter.

Communication office pleads with all our readers and the community at large to voice their feelings, comments, compliments, complaints to this office. We will deal with your complaints in a very much professional manner and you will never be victimized.

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SIXOXA NGEZITHOMBE

OFFICIAL OPENING OF THE DUMBE COMMUNITY HEALTH CENTRE



Ungqongqoshe osephumile (Nksz. N.P. Nkonyeni) weZempilo esika iribhini ngaphambi kokuvula isikhungo seZempilo saseDumbe



Umphathi sikhungo saseDumbe (Mrs. B. Dlomo) nongqongqoshe WeZempilo osephumile bemamatheka ngemuva kokuvulwa kwesikhungo



Yilo lelitshe eliqoshiwe elavulwa ngungqongqoshe nomphakathi waseDumbe



Ungqongqoshe nezinye izikhulu zomnyango behamba ngaphakathi esikhungweni bebuka ubuhle baso



Ngemuva kokuvula isikhungo Ungqongqoshe wabe esedlulela ngaphakathi esikhungweni exoxa neziguli



Injabulo ibhalwe emehlweni emphakathini wase-Dumbe

SIXOXA NGEZITHOMBE

PICTURES TAKEN DURING THE NURSES DAY AT HLABISA



It was joy and happiness during the Nurses Day of Prayer at Hlabisa Stadium. Nurses were singing and chanting their slogans



Nurses from all Districts leading way for the newly appointed MEC for KZN Health to the Stadium



DENOSA Provincial Chairperson Dudu Manqele delivering her speech during the Prayer



Mrs. G. Shamase from Benedictine and Mrs. D. Biyela from Hlabisa praying for the newly appointed MEC for KZN Health (Dr. S.B. Dlomo)



MEC for KZN Health Dr. S.B. Dlomo lighting the candle for people HIV/AIDS and people



Health professionals/ KZN Provincial nurses reading the Nursing pledge