

Cacadu News

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Cacadu District Municipality bolsters fire-fighting in local municipalities

EXECUTIVE Mayor, Cllr Eunice Khunjuza Kekana, recently embarked on a district-wide tour, which saw her handing over life-saving fire-fighting equipment to all nine local municipalities.

The donated equipment included non-sparking tools, first aid kits, abseiling equipment, stretcher beds, floating pumps, gas tight and hazmat (hazardous material) suits, fire extinguishers, fire hoses, ropes, bolt cutters, chain saws and other specialised tools.

The tour was also an opportunity for Executive Mayor Kekana to look at how the Cacadu District Municipality could assist local municipalities in terms of fire and disaster management services.

Speaking in the Ndlambe Local Municipality, she highlighted how the onset of heavy rains had rendered some roads in the area impassable.

In some areas the rain caused huge potholes and damage to infrastructure, resulting in the livelihoods of communities being affected as well as service delivery, she said.

Local municipalities showed commitment to service delivery by signing Service Level Agreements (SLA) with the District Municipality.

Fire and disaster management is a key area in local service delivery and



Cacadu District Municipality's internal HIV/AIDS campaign is in full swing with Unati Daniels (back left), Zoleka Somi (back right) and (from left to right in the front) Clarissa Paul, Aretha Plata, Sorayah Moodaley and Mureedah Padachie all having completed their tests and knowing their status. In celebration of this campaign, these ladies donned some locally made mohair scarves to recreate the AIDS ribbon. Cacadu District Municipality encourages everybody to know their status.

development for the Cacadu District Municipality, and includes the training of volunteers and officers in the case of emergencies.

Ndlambe Local Municipality

Speaker, Cllr Vivian Maphaphu, also highlighted the training of a disaster management response team for the district, including disaster management officers and trained volunteers.

Executive Mayor Kekana promised that the Cacadu District Municipality would look into setting up a satellite disaster management

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Kirkwood Wildlife festival benefits local communities

THE Absa Kirkwood Wildlife festival, held annually in the Sundays River Valley Municipality, not only contributes to tourism in the area but also benefits the community by donating some of the proceeds to the needy. Blankets, toys and treats to the value of over R17 000 was distributed to five needy crèches in the area on 28 September 2011. The caretakers and teachers of Neskuiakens crèche in Bergsig, Aqua Park Educare Centre in Aqua Park, Khanyisa crèche in Moses Mabida location, Olie Oliphant's crèche

in Valencia and Nolukhanyo crèche in Nomathamsanqa were delighted with the items they received.

Mayor of the Sundays River Valley Municipality, Cllr Mbulelo Kebe, and Cllr Frans Adams, who assisted with the handover of the goods, commended the festival organisers for the philanthropic gesture and said they hoped that the donations would make a difference in the lives of the children.

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GOOD TO GO... Ikwezi Local Municipality fire officers show-off the new equipment donated by the Cacadu District Municipality.



OUR HERITAGE WIN R500

by identifying this heritage site in the Blue Crane Route Local Municipality



Competition ends on 28 February 2012. The winner will be announced in the next edition of Cacadu News.

The answer to the previous "Our Heritage Competition" was the Slagter's Nek Memorial.

The winner was Ntombobongo Mellicia Tito. Well done!

Send your answer and contact details to Our Heritage Competition.
email: cacadunews@cacadu.co.za

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Cacadu District Municipality bolsters fire-fighting in local municipalities

office in Ndlambe, bringing disaster management closer to the people.

She was accompanied on the tour by the former Ndlambe Municipality Mayor, now Cacadu District Municipality Portfolio Councillor for Infrastructure, Cllr Vukile Balura, as well as the Acting Director of the Infrastructure Department, Ms Mandisa Nohashe and other officials from the Department of Disaster Management at the Cacadu District Municipality.

Apart from making efforts to hire more fire-fighters, the Cacadu District Municipality has, during the previous financial year, installed fire extinguishers at 73 schools across the district and held educational programmes that taught basic fire prevention, the

use of fire extinguishers, handling harmful chemicals and the dangers of commonly found household substances.

In addition, the Department of Disaster Management also provided training for fire-fighters, Hazmat awareness courses and trained 28 local volunteers in Level 3 First Aid, consequently delivering on skills development among local residents.

The Department also purchased 3 Hazmat trailers and equipment for the Blue Crane Route, Camdeboo and Kouga Local Municipalities, new fire trucks for Ikwezi and Ndlambe Local Municipalities, amongst others, as well as fire-fighting equipment in support of the 6 Fire Protection Associations located throughout the District.

Kirkwood Wildlife festival benefits local communities

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"This is going to help us so much. We want to thank the Absa Kirkwood Wildlife festival organisers for the gesture," said Susan Pietersen of Aqua Park Educare Centre, which takes care of eighty children aged between two and eight years old that will benefit immensely from the donation.

According to Festival Director, Jenni Honsbein, the annual Absa Kirkwood Wildlife festival began 10 years ago as an initiative to promote and expand tourism in the Sundays River Valley Municipality. The festival has since grown from strength to strength over the years. Jenni added that throughout the years the festival has donated part

of the proceeds to the upliftment of local communities.

Sundays River Valley Municipality Mayor, Cllr Mbulelo Kebe (right) and Absa Kirkwood Wildlife festival Director, Jenni Hosbein, celebrates the handover with children from Khanyisa crèche in Moses Mabhida township.



National Council of Provinces visit Cacadu



In a follow-up visit, a delegation of six from the National Council of Provinces (NCOP) visited the Cacadu District Municipality in September to determine if service delivery is on track and to consult on matters affecting the communities of the District. It was determined that challenges faced by citizens include poor road infrastructure,

lack of housing, insufficient water supplies, poor sanitation and poor water purification. Photographed at Cacadu District Municipality offices were:
Seated from the left; Mr B Nesi (Permanent delegate of the NCOP), Ms N Qikani (Permanent delegate of the NCOP), Mr Z Mlenzana (Permanent delegate of the NCOP),

Cllr K Kekana (Executive Mayor of the Cacadu District Municipality), Ms Z Rantho (Permanent delegate of the NCOP), Cllr N Vanda (Portfolio Councillor of the Cacadu District Municipality) and Mr S Mazosiwe, (Permanent delegate of the NCOP).
Standing from the left; Cllr Sizwe Mngwevu (Mayor of Ikwezi), Mrs E Van Lingen (Permanent

delegate of the NCOP), Cllr Siphon Tandani (Mayor of Ndlambe), Mr A Mtsi (Honourable Member of Parliament), Cllr D de Vos (Speaker of Council of Cacadu District Municipality), Mrs N Abraham-Ntantiso (Honourable Member of Parliament), Mr D Neer (Honourable Member of Parliament) and Mr M Dimaza (Honourable Member of Parliament).

Friends of Cacadu: Ubuhlobo Project

‘Umhlobo wenene’ or ‘a true friend’ could be what best describes the Ubuhlobo project – an annual four-week work-camp project for young students from the Suidliche Weinstrabe District in Germany, led by Rolf Meder.

“I looked around when I first came here [in 1999] and saw a lot of need ... but we don’t have money – we are students. So what can students do without money? We agreed that we will contribute to education in this country,” explained Meder, while speaking to Cacadu News.

Since 2003, the Ubuhlobo project has been able to support residents of Port Elizabeth’s Walmer township and has grown to reach out to communities in the Cacadu District Municipality.

“Since 2003, we have been teaching first-aid, HIV/Aids and TB prevention as well as teenage pregnancy awareness at the Nelson Mandela Metropolitan University, schools in and outside of Port Elizabeth and also at schools located in the Cacadu District – we have been to Klipplaat, Alicedale, Graaff-Reinet, Bathurst, Jansenville and Somerset East, amongst others,” said Meder.

He explained that besides bringing in materials, the project is aimed at sustainability by providing all the training free of charge – even for large groups like church choirs, sport clubs, handicapped and day-care centres.

“What we are doing is ‘helping communities to help themselves’ through giving advice and sharing

ideas and bringing people together – the rich and the poor, the educated and the uneducated,” said the former teacher.

To date, the project has had notable successes in Walmer township where it has assisted a group of women with acquiring sewing machines and selling their products. The United Apostolic Church was also assisted in realising a ten-year dream of owning a descent building. Ubuhlobo has also assisted

in the building of a pre-school at the local Methodist Church.

“I think advice is better than money... we do not all have time... but we make time so that we can help one another,” explained Meder.

Ubuhlobo also has a youth exchange programme, which will afford five learners from the Cacadu District the opportunity of visiting Germany for a two-week work camp in 2012.

His passionate students also shared their enthusiasm in saying that they are always inspired by South African communities who “... often have very little but are still willing to share that little with you!”

They said they were warmly received everywhere they went and wished for the eradication of hunger and poverty and the sharing of knowledge as well as opportunities aplenty.



SIBANYE... Standing from left: Sesethu Virginia Masimini, Nathalie Daibel, Thembakazi Vumazonke, Franziska Jenisch with Charlotte Boesak and Project Leader of Ubuhlobo, Rolf Meder, in the front.

Dept. of Justice Launches EFT Direct-Payment system

The Department of Justice and Constitutional Affairs will soon be paying maintenance money directly into the bank accounts of beneficiaries, making use of the Electronic Funds Transfer (EFT) Direct-Payment system.

This is “in order to improve service delivery to maintenance beneficiaries,” the Minister of Justice and Constitutional Development, Jeff Radebe, said at the launch of the new system in the Western Cape on the 23rd of August 2011.

“Once the system is fully operational countrywide, all the problems of long queues will be something of the past,” he explained.

Previously, all maintenance payments were collected in cash at the various courts across the country. This meant beneficiaries were bound to the court office hours to collect their money, leaving them standing in long queues, paying for transport costs and facing the risk of being robbed as they left the courts. In some cases, beneficiaries even had to take a day off work to collect the money.

Moreover, due to an increasing number of complaints from beneficiaries about delays in receiving payments, the Department decided to initiate the EFT-Direct payment system. It is expected to improve efficiency - ensuring that all registered beneficiaries receive their maintenance money within 24 to 48 hours after

payment instructions have been given by court officials to the bank. Consequently, all beneficiaries will be required to register and open a low-cost bank account. “We must encourage all those whom we know in our neighbourhoods to register for this system. In short, every client who wishes to register must have an account with a bank or the Post Office, preferably a low cost account. Secondly, a form from the court must be filled in and submitted together with a copy of the person’s ID for registration at the court. Thereafter, the process is complete,” he stated.

The Minister also said his Department is guided by the constitutional principle that promotes the rights and interests of the child, including

tracing and ensuring that the responsible parties pay for the maintenance of their children.

“We will also request our maintenance investigators to undertake a door-to-door campaign within communities where beneficiaries will be informed about where to go to collect their money. In addition, the Community Development Workers will also be asked to assist with this process,” he said.

“These efforts will surely help meet the basic needs of our people and in particular those of our beloved children who are the future of our nation... We will continue to unroll this programme all over the country...,” he concluded.

EDITOR'S OPINION

AS usual, the term "busy" is an understatement at this time of the year. The only thing I have on my mind is the holiday that lies ahead, yet I have so much to take care of between now and then. Nevertheless, my excitement about spending much deserved quality time at home with the family cannot be kept in check anymore. I have grand plans to spend lazy days in the sun, indulge in some creative jewelry making, read a book, or two, and marvel at how blessed I really am.

A recent service at church reminded me about how insignificant some things in life are when compared to the big picture and the things that really matter – like your beliefs, loving and being loved and compassion for others, to name a few. The pastor compared the immaterial nature of *things* with that of aerosol sprays. The latter disappears like mist within a few seconds of spraying it – and the same goes for some of the things to which we often attach so much value.

I know that most people will refer to material things like cars and houses when asked about what an asset is. In my case, it is slightly different. I have learnt to look past the obvious, and instead refer to my health as my biggest asset. Lately, with a little bit of inspiration and dedication, I have managed to lose about 10 kilograms of weight and I really feel refreshed and like new. In fact, I have a whole "new" cupboard of clothing I now fit into again.

I sincerely wish each and every reader of Cacadu News the same renewed spirit and energy as you enter the new year. May your festive season be blessed

with *immaterial things* that will enrich your life, instead of damaging your bank balance. I also hope you enjoy reading this edition of Cacadu News and once again I encourage members of the community to write to me. I would love to hear from you. Travel safe and take care, until next time....

Lynne



WRITE TO US

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MAYOR'S MESSAGE

DEAR readers of Cacadu News, it is once again a great honour for me to write to you as the Executive Mayor of the Cacadu District Municipality. As I look around me at fellow colleagues and officials of the District Municipality, I know that consensus has been reached – everybody is ready for a well-deserved holiday. The past year has been extremely busy, yet rewarding and I would not have changed much if I had the opportunity.

As politicians, we have completed our first 100 days of the current term of office and I think it is appropriate for me to mention some of the noteworthy projects completed during this time.

- GRAP training for councillors and officials of the District and local municipalities, which is a critical step towards achieving Operation Clean Audit in 2014. The training was aimed at capacitating municipal financial officers to effectively manage the finances of their municipalities without relying on outside consultants.

- Fire-fighting equipment, including Hazmat trailers and fire trucks, was distributed to all of the 9 Local Municipalities.

- A Strategic Planning workshop was held to prepare ourselves to fulfil the mandate given to us by voters. The draft strategy was presented to all stakeholders for input. The outcome of this process will provide the basis for our IDP for the next five years.

- 127 Houses in Krakeelrivier have been transferred to the beneficiaries, and the title deeds have been given to the Kou-Kamma Local Municipality in order for them to be handed over to the new owners. In addition, title deeds to houses in Glenconnor were handed to 14 beneficiaries by the Speaker during a recent ceremony.

- Budget adjustments were implemented in order to continue with certain projects which were already under way at the start of the new financial year. As a result, the extension and alterations of the Kwazamukucinga Clinic in Jansenville are now continuing.

- The IDP processes have commenced. Process plans have been completed and local municipalities have been given time to adopt their plans so that they can be aligned to the District plans.

- The task of signing performance contracts has been completed. Not only did the Executive Mayors, Mayors, Speaker and Chief Whips of all municipalities in the District sign performance agreements with the MEC for Local Government and Traditional Affairs, but the Municipal Managers, Chief Financial Officers and Human Resource Managers also signed performance agreements with the Superintendent General of that Department so that we can all work towards achieving the same goals.

- As part of our Rural Economic Development Initiative (REDI), in partnership with the Development Bank of Southern Africa (DBSA), we embarked upon a number of projects to generate electricity through renewable energy. These projects will not only improve the energy supply in various parts of the District, but will contribute towards a safer and "greener" environment, and most importantly, create employment opportunities in the District. The first renewable energy project, which is set to take off in the Blue Crane Route Local Municipality, involves the generation of hydro-electricity on micro-sites. It will be followed by wind farming to generate electricity.

I am looking forward to a restful festive season and renewed vigour to achieve the targets set within the current financial year. I wish each and every citizen of the district, on behalf of everyone at the Cacadu District Municipality, a safe and enjoyable festive season and a prosperous new year.

To the Grade 12's of 2011, I have a special message:

Well done on working so hard during the past examinations. I sincerely wish that your hard work pays off and delivers the excellent results you deserve. May your future be bright and remember to always believe in yourself.

Veels geluk met die harde werk wat ek glo jy gedurende die onlangse eksamens ingesit het. Ek glo dat jou harde werk lonend sal wees en dat jy die goeie resultate ontvang wat jy verdien. Mag jou toekoms blink wees en onthou om altyd in jou eie potensiaal te glo.

Nenze kakuhle nasebenza nzima kwiimviwo ezigqithileyo. Ndithemba ukuba ukusebenza kwenu nzima kuya kuza neziphumo ezihle ezinifaneleyo. Langa ingomso lenu lingaba leliqhakazileyo yaye nihlale nizithemba lonke ixesha.

Khunjuza Eunice Kekana
Executive Mayor
Cacadu District Municipality



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Focus on renewable energy for Cacadu District Municipality

WITH a strong global focus now centered on renewable energy and energy conservation, the Cacadu District Municipality has endeavoured to effectively use the sector to uplift local communities, while protecting the District's natural resources and providing clean and 'green' energy. Renewable energy offers potential in terms of investment opportunities, infrastructure development and job creation.

Plans in place

In order to effectively cultivate the benefits of renewable energy, the Cacadu District Municipality realized that it was important to first undertake a rapid assessment and audit of the potential of renewable energy in the District. The rapid assessment and audit revealed relevant policies and strategies currently in place in the District with regards to renewable energy.

A number of recommendations with regards to renewable energy were made, which the Cacadu District Municipality and relevant authorities are currently working on implementing and drawing up. These include the establishment of implementation structures, identifying and unpacking key technologies, developing land use and a locational policy, implementing measures to ensure there is coordination within the District and implementing the necessary funding support.

In light of this, the Municipality hosted a renewable energy seminar for relevant Councillors, Municipal Managers and relevant officials of the District Municipality and local municipalities in order to build capacity within the District related to the emerging renewable energy sector. A land use and locational policy for renewable energy has also been drafted, encouraging local municipalities to use land responsibly when it comes to implementing renewable energy projects.

A Regional Renewable Energy Coordinating Forum has also been established to ensure that renewable energy efforts within the District were coordinated. This forum has since been elevated to a provincial coordinating forum in which the Rural Economic Development Initiative (REDI) functions together with the Department of Economic Development and Environmental Affairs and Tourism (DEDEAT). The policy and strategy of a guiding document on renewable energy practice and policy has already been drafted.

Renewable energy projects

At present, the lack of a sufficient energy supply is hampering economic and housing development in the Blue Crane Route Municipal area. However, research has found that the area provides consistent wind patterns for renewable energy and therefore a number of projects have

been poised to provide the area with much needed energy. The first of these is the generation of hydro electricity on micro sites in the area, a project which requires an estimated investment on R70 million for the development of a suitable site. The Blue Crane Development Agency (BCDA) has already done research and development work into the viability of eight potential micro hydro sites for the project. The initial implementation study on the sites and the project is currently awaiting the necessary permits in order to go ahead with further development.

Another important project within the Blue Crane Route Municipal area is the Wind Energy Research and Training Facility in Somerset East. This is a project which has been undertaken by the Blue Crane Development Agency and the Department of Electrical and Electronic Engineering at Stellenbosch University, which together has developed a concept for a 1 MW wind farm consisting of 20 x 50 kW wind turbines. Somerset East was the chosen area for this project because of its excellent wind profile and ease of access to the municipal grid. The Wind Energy Research and Training Facility will allow for further research, testing and training to be done and for wind data to be gathered and stored in a

resource base. It is estimated that the initial capital expenditure required is R150 million. A project of this nature would result in ongoing operating expenditure and in that way, would open the door for job creation in the district.

A primary focus of the District Municipality is job creation. Employment opportunities will firstly be created during the construction process and thereafter during the maintenance phase. Other than that, the municipality is involved in the creation and maintenance of community trusts for a number of areas where renewable energy projects are established.



A potential site for the generation of hydro-electricity in the Blue Crane Route Local Municipality.

Licetyiwe ingomso leeCommunity Development Workers

INGOMSO leeCommunity Development Workers kanye iiCDWs ngamafutshane, liye lacetyiwa nguRhulumente wePhondo leMpuma Kapa ebambisene noomasipala bephondo.

La magosa karhulumente abalulekileyo aqeshwa liSebe likaRhulumente wemiCimbi yezeKhaya efumaneka koomasipala aliliso neendlebe zikarhulumente ncedisa ekuhanjiseni kweenkonzo. Kwixa elizayo, aza kusebenza ngokubambisana noomasipala asebenza kubo.

ISEBE looRhulumente bezeKhaya nemiCimbi yezeMveli, libonisene noomasipala beengingqi noomasipala babo ukuhlahl' indlela yokwenza olu tshintsho phambi kokuphela konyaka, sitshilo isithethi sikaMasipala wenGingqi yeCacadu uCeba Deon De Vos.

"Besibambe intlanganiso phakathi kwamagosa e-ofisi yam, abaququzeleli beeCDWs, izithethi zoomasipala bezekhaya kwakunye neSebe lezoorhulumente bezeKhaya nemiCimbi yezeMveli kwii-ofisi zeCacadu District eBhayi kwinyanga kaSeptemba. Isizathu sale ntlanganiso yayikukuqinisa uzakuzelwano nentsebenizswano

kwimisebenzi yeeCDWs koomasipala," utshilo oka De Vos.

Ngokutsho kwalo kaDe Vos, enye yemiba ephambili kwi-ajenda kukuxoxa ngeMemorandum of Understanding (MOU) iSebe elithe layisungula nelijonge ukuba liyityikitye noomasipala bezekhaya. "Siye sabacela oomasipala bezeKhaya ukuba bayiphonononge into equqathwe yile- MOU ukuze bathathe izigqibo ezisemthethweni ngayo. Okwangoku, abanye babo benze umsebenzi omhle kakhulu ngelithuba abanye becela ukuphiwa ixesha," utshilo okaDe Vos.

Ngakwelinye icala, iSebe limaxhaphetshu libamba iintlanganisano neeCDWs namanye amaziko oomasipala ukubonisana ngokubaluleka kokubambisana nezithethi zoomasipala bezeKhaya, lo KaDe Vos uxelele le mvaba, esangeza ngelithi, ngaba masipala abaza kujongana ngqo nendima edlalwa ziiCDWs ngeli lixa inguRhulumente wePhondo oza kuhlawula imivuzo yazo.

Oka De Vos uthe kubalulekile ukuba iiCDWs zisebenzisane nooCeba beeWadi, iikomiti zeeWadi ngokunjalo nooManejala boomasipala.



Victor Madlakana, Special Programmes Unit (SPU) Coordinator at the Cacadu District Municipality, and former Steytlerville CDW Coordinator, believes that the future of CDW's lie in the municipalities they are working for.

New Dawn for Sunshine Coast Tourism

EXCITING transformation is underway in the Ndlambe Local Municipality as the newly launched, fully-constituted Sunshine Coast Tourism and Events Authority (SCTEA), charts its course. The SCTEA was unveiled on the 1st of July 2011.

“The SCTEA differs from the previous body in that there is a signed Service

Level Agreement with the Ndlambe Local Municipality and we follow the vision of the local municipality in order to successfully grow tourism in our area,” said the newly appointed Tourism Manager of the SCTEA, Sandy Birch, who is also a leading estate agent in Port Alfred.

With a personal vision to take the tourism

industry in the Sunshine Coast to new places, she described how the SCTEA will also focus on the student market.

“We are fortunate to have students from Stenden (University), 43 Airschool and Beyond Adventure in residence throughout the year. We also host students during the Inter-Varsity Rowing Regattas held annually in Port Alfred,” said Birch.

frequenting Port Alfred and Kenton-on-Sea, tourism invests significantly in the area and its surrounds.

“We have no formal industry *per se* in the area, therefore the whole area relies heavily on tourism ... either directly or indirectly for their livelihood,” she said, adding her quest will be to “... grow visibility of our area and to bring more events to the Sunshine Coast, thus attracting more tourists.”



Together with the holiday makers



Community development projects are very important to the growth of the Ndlambe area. Apart from selling its ‘sunshine’, there is a need to create awareness around all the other attractions, motivated Birch, while reiterating that a new events calendar has been created.

Ndlambe Local Municipality is steeped in history from the 1820 Settlers to 20th century political history. Birch described; “One of our projects, in conjunction with our local Kowie History Museum, is to grow the exhibits and thus attract more people to the museum because of our colourful history.”

Another exciting project the SCTEA is involved in is the revitalization of Wharf Street in Port Alfred. According to Birch, this is a joint initiative with a group of local businessmen to create an exciting tourism attraction, employment for local residents as well as providing a training facility for furniture restoration and the like for previously disadvantaged people.

Membership to any SCTEA affiliated bodies will mean members pay only one subscription amount to belong to all the bodies. This offers the advantage of access to a greater pool of shared information and greater possibilities of marketing their businesses / organisations through one body. “It is in effect collective marketing, which makes good economic sense and increases visibility for their organisations and businesses,” she added.

At the second SCTEA Annual General Meeting held on the 16th of August 2011, a revised constitution was adopted, as well as an Executive Board with Carl Haller as Chairman, Rick Pryce as Vice Chairman and Rev. Mike Kirby as Treasurer.

The Cacadu District Municipality holds two seats on the board as well as the Ndlambe Local Municipality, with one of its seats held by the Mayor of Ndlambe, Cllr Siphon Thandandi.

Birch added: “We are actively backing projects which add to transformation, such as the revitalisation of the Kowie History Museum. An office is to be opened in Alexandria shortly and will be manned by a local person, trained to take over this responsibility. We are actively involved in encouraging previously disadvantaged people to run events in the area to attract tourism.”

The SCTEA is geared to be a similar concept to the successful Garden Route brand. “Our aim is to make the Sunshine Coast a well known South African brand, which people from all over the country as well as overseas can relate to,” she concluded.



ARE YOU INTERESTED IN JOINING AN EXPORTERS CLUB?

The Cacadu District Municipality and SEDA are keen to determine if there are businesses and individuals who are interested in starting an exporters club. The Eastern Cape currently has a well-developed exporters club for the manufacturing sector, which is primarily based in Nelson Mandela Bay. If you are in the tourism or agricultural industry and would like:

- to receive export training;
- assistance in connecting with service providers at trade shows;
- to share your knowledge of the export industry;
- to contact small and medium enterprise support companies; and
- the opportunity to interact with other exporters...

We would like to hear from you.

Please contact **Jaime Webber** at SEDA on: 041 502 2400 or email Jaime on: jwebber@seda.org.za

Matric is over, where to now?

IT is crunch time as many students contemplate life after matriculation. The decisions are hard to make and could potentially influence your entire life going forward.

If you perhaps failed a subject or two; it might be wise and simple to try again through supplementary examinations. Obtaining your National Senior Certificate (NSC) is one of the best decisions one could ever make. For eligibility, you can visit the Department of Education's website or call them toll-free on 0800 202933.

The National Youth Development Agency (NYDA) funds a "Second Chance Project", affording young people who failed four or fewer subjects a second chance to complete their NSC. Opportunities are limited and learners can call the NYDA on 086 009 6884, or visit www.nyda.gov.za to find out more.

Matric candidates who have failed more than two subjects can still apply to schools or to Adult Basic Education and Training Centres in their communities to continue their studies this year.

Passing all your subjects is winning half the battle. Having applied early and being accepted at a tertiary institution you can now pursue your dreams. However, most students will still require significant financial support to make it all the way through to graduation.

There are various bursaries offered by institutions and companies. The National Student Financial Aid Scheme (NSFAS) is also a good start. They offer financial aid to academically deserving and financially needy students across South Africa. Visit www.nsfas.org.za for further information about potential loans and bursaries.

In addition, the Rural Education Access Programme (REAP), assists students from poor rural communities to access tertiary education. REAP is not a bursary scheme but provides useful assistance. Matrics from rural and disadvantaged areas can visit www.reap.org.za for more information.

If you passed all your subjects but cannot gain access into a university, you can explore other tertiary institutions that offer good qualifications, including FET colleges and technikons offering hundreds of certificates and diplomas. Find a list of registered FET colleges on the Department of Education's website.

Successful matrics could also list themselves on the Sectoral Education and Training Association's (SETA) database and obtain a skills-learnership in a field of their choice. For more information on the various SETA's, visit the Department of Labour's website.

Vetkoek - a South African favourite

This is a simple recipe that does not require any special ingredients and it is delicious on its own, with butter or filled with mince, cheese or anything else that comes to mind.

Cooking instructions:

Sift flour into a large bowl and add baking powder and salt. Beat egg in a separate dish and add to the flour, baking powder and salt. Add milk and mix until smooth. Heat the oil in a frying pan and place a tablespoon of the mixture into oil.

Don't make more than four at a time. Fry for two to three minutes on one side, then turn and fry for one minute on the other side. Serve hot.

Ingredients:

- 250ml (1cup) cake flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 egg
- 125 ml milk
- 125 ml oil for frying



Parents that would like to contact Kathy Balshaw can email the editor at Iniemann@cacadu.co.za

PARENTING MATTERS

Dear Parents

AS most of you will know, there are two things you can't force your children to do: eat and sleep. And yet you also know that if either of these are lacking... grumpy, irritable children become the order of the day...

Breakfast is a crucial meal, but so often it is overlooked. Many children skip breakfast and rush off to school, which undoubtedly impacts on their



alertness during lessons, and their sense of well-being. Being hungry distracts a child in class and can have far-reaching negative effects. Research has also shown that children who eat breakfast have healthier weights than children who skip breakfast, and they also perform better on memory tests.

If you want to give your children a head

start on the day, make sure they have breakfast! Easier said than done? Be a role model for eating breakfast and make it a priority in your home. Let your children see you eating breakfast and this will become their pattern too when they become adults.

Before we can look at building a secure child, a happy child or a successful child, we need to build a healthy child. When physical needs are met, children are in a much better place to grow and develop on other levels.

Parents often ask how much sleep their children need. The answer may vary from child to child, but according to the National Sleep Foundation, newborns should sleep 12 to 18 hours a day, with a gradual reduction to between 12 and 14 hours for toddlers; 11 to 13 hours for preschoolers and 10 to 11 hours for schoolchildren between the ages of 5 and 10. However, we know that in reality this is not happening. And as far as teenagers are concerned, parents can often become quite exasperated. We hear them saying, "I can't get my teenager to go to bed at night and I can't get him out of bed in the morning!"

Recent studies show that the sleep patterns of teens actually differ from adults and children. The hormone, melatonin, which is the sleep-inducing hormone, is produced later in the evening in the teen brain than in adults or children. And yet teens still need 8 to 9½ hours sleep per night. The typical teenager, however, only feels tired by 22:30 or 23:00. Yet many have to get up by 06:00 (or earlier), to get to school by 07:00 for band practice, or in time for school at 07:45. As a result, most teens are suffering from a serious sleep deficit, and they are in no condition to learn much of anything.

No matter how old your children are, they need their sleep (and so do their parents!) It is vital to have an appropriate bedtime. Encourage them to establish relaxing pre-sleep rituals like drinking a cup of hot milk and insist on an appropriate bedtime – after a good night's sleep, everyone feels a little happier...

If you have a valid library card and are looking for further parenting resources, do make use of the 'Connect with Cacadu' initiative, which is available in libraries in the District. Click on the 'Health and Wellness' icon on the 'Connect with Cacadu' interface, and you will be taken to the Family Health and Wellness

Newsletter, which contains links to articles specially selected to support you in your parenting role.

Here's to building healthy children!

With best wishes

Kathy

Kathy Balshaw
Guidance Counsellor



GETAWAYS

Padlang's

'n Oase op die rand van die wildernes!

EK is lief om te kamp en in besonder in die gerieflose Baviaanskloof. Daar is een "long drop" toilet met twyfelagtige privaatheid en 'n reuk wat selfs die bobbejane weg hou. Die septiese stralekrans van muskiete en vlieë verwelkom mens by die deur en het my twee keer laat dink oor wat ek besig was om te doen. Daar is egter lopende water in die rivier wat net 'n entjie se loop weg is. Jy mag dalk 'n buffel of twee moet jaag, maar dis beter as die alternatief. Elektrisiteit word verskaf deur jou motor se battery en as gevolg van persoonlike ervaring kan ek sê dat die omgewingstemperatuur óf 0 is óf 43 grade Celsius.

Wanneer jy die wildernis verlaat, is dit met goeie herinneringe, baie om oor te vertel voor toekomstige kampvure, en

met 'n sterk begeerte vir 'n lang warm bad, vars kos en ys in jou drankie (afhangende van die tyd van die jaar). Dis moontlik dat Padlang's, 'n ware oase net 'n paar kilometer buite die Baviaanskloof, die antwoord tot baie van jou wense kan wees.

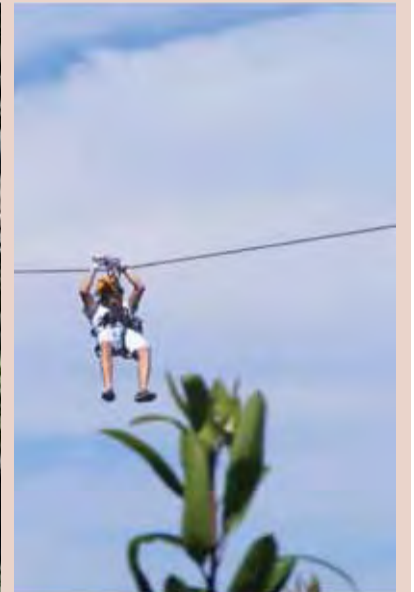
Die atmosfeer binne in die winkel, die lekker kuier stoep, skoon badkamers en gemaklike stoele is 'n vreugde. Die kos is uitstekend en mens kan kies tussen ligte versnaperinge en goeie porsies gesonde etes, insluitende ontbyt. Afhangende van die weer, kan jy binne sit, in die skaduwee op die stoep of buite in die son. Daar is 'n area vir die kinders om in te speel en 'n winkel vol konfyt, koek en geskenke.

Heidi, die eienaar van Padlang's, het duidelik 'n passie vir haar besigheid.

Soveel sorg en aandag gaan in elke maaltyd wat sy opdien, asook die dekor en die atmosfeer. Ek sou so ver gaan as om te sê dat Padlang's 'n unieke aantrekkingskrag op sy eie is. Dit is duidelik dat baie mense dieselfde voel siende dat daar soveel motorfietsters, dag reisigers en families spesiaal deur ry van heinde en verre om Padlang's te besoek vir middagetes. Die omliggende gebied is skouspelagtig mooi met rye lemoen bome, helder bougainvillea, netjiese huise en die Kougaberger in die agtergrond.

Padlang's is geleë 7 km noord wes van Patensie in die Gamtoos Vallei, is gelisensieerd en is een van my gunsteling restaurante. Ek ag myself as 'n kenner van pasteie en skyfies en kan met gemak sê dat Padlang's 'n wenner resep beet het. Heidi is natuurlik baie trots op haar skyfies - die aartappels word oorkant die pad geoes en vars bedien saam met enige maaltyd van jou keuse of net op sy eie.

Padlang's is 'n moet om te besoek, of jy nou uit die Baviaanskloof uit kom of nie. Dit is ongeveer 'n uur se ry vanaf Port Elizabeth.



ZIPLINING

- high speed fun

ONCE a year myself and a group of colleagues undertake an outing of the adventurous kind. The trip usually begins and ends in Tsitsikamma, South Africa's adventure capital, and this year it was no different. We headed for the Tsitsikamma Falls Adventure Park to experience a direct injection of adrenaline.

An hour's westerly drive down the N2, one finds the home of the zipline tour. Essentially, a zipline tour is a twenty-first century foefie slide. Faster, safer, longer and a lot more scary than the old wire-across-the-river-and-jump-before-you-hit-the-pole type of fun. Of course cutting edge excitement is more complex and not just a case of slipping into your swimming gear and whizzing off. It requires the donning of a harness and helmet, listening to instructions plus the assistance of a guide.

On a cold and windy spring day we debussed into the helpful hands of our guides, who clearly knew what they were doing. Each harness has more clips, clasps, loops, locks and straps than a nineteenth century haberdashery, yet our guides had all twenty-six of us securely strapped in before anybody could say "I'm not doing this!"

Not more than 50 metres from the car park is the launch pad for the first of eight cable rides. Here we jostled about, some pushing to the front, some to the

back, while we watched the bravest of my colleagues getting strapped in with his four year old son. They zipped off with an excited "Yahooooooo!", while the rest of us watched in anticipation. They reached the other side safely and was unclipped by another guide. Although my attention was focused on this display of paternal bravery, I could hear somebody behind me whispering, "I can do this, I can do this". And so they did, as did we all, to much laughter, giggling and screaming.

Each trip crosses the magnificent Kruis River and its beautiful waterfalls. The first few rides are slow and short, but increase in length and speed as you progress down the river until you get to the sixth ride, where you soon understand the term zip, because that's exactly what you do from start to finish. The seventh ride, the highest (50m) and longest (211m), entails climbing out of the gorge and taking a more leisurely ride back towards the starting point. To my mind this was the most enjoyable of the lot as I had a chance to enjoy the splendour of the river and waterfalls. By the time you get to the eighth ride you feel like a veteran and the short trip across the valley is one of leisure rather than excitement.

Back at the starting point we were helped out of our kit before enjoying complimentary refreshments. Without exception, fun was had by all, and we immediately began planning next year's trip.



St Francis' hidden treasure – The Dunes

THANKFULLY it was raining when we drove up the long driveway to The Dunes, even if this meant that it might spoil a beach day for the holiday makers who'd made the long trek to the coast. The drought had been long and arduous and it was a pleasure to watch the birds bathing in every puddle and the frogs, which had gone into hibernation, skipping with joy. It suddenly dawned on me that my two year old daughter, born at the start of the drought, had never seen a frog, and so we spent some time watching the little hoppers, while she learnt to wrap her tongue around a new word.

Conservationists will tell you that an abundance of frogs mean that the surrounding water, be it a river, spring, marsh or lake, is fresh and unspoiled. Fresh and unspoiled is also a perfect description for The Dunes Country House.

Located behind the St Francis Links and set in thick, indigenous bush, The Dunes has the peace and tranquillity of a remote farm house, but the

convenience of having the area's great beaches, delightful village and meandering estuary just a few minutes away. The architecture and interior have a Cape homestead feel to them too, with high roofs, spacious rooms, polished wood and deep verandas. The walls are covered with old maps and beautiful photographs. The lounge has large, deep couches and simply oozes comfort.

On arrival we were greeted with smiles, checked in quickly and efficiently and shown to our



luxurious room. The large bed was surrounded by a voluminous mosquito net, the bathroom had a huge tub and a shower and the veranda was private. We soon settled in and made ourselves comfortable.

There is plenty to keep you busy at The Dunes itself. There is an in-house spa, a large swimming pool, plenty of nature walks and, thanks to the indigenous bush, plenty of wildlife for birdwatchers and other outdoor enthusiasts. Close by there are ancient middens left by

some of the first human inhabitants of the area. The Dunes also has, not surprisingly, a Frogging Safari. The safari sets off at sunset in an open Land Rover with each frog enthusiast equipped with a headlamp and gumboots. The frogs are usually located in The Dunes' own private game reserve, Thula Moya, which has many marshes and small lakes.

While at The Dunes we slept like the dead, a testament to the comfort of the beds and the tranquil surroundings. Breakfast was served on one of the verandas. The table was set with crisp linen, sparkling cutlery, warm muffins and freshly squeezed orange juice. My daughter was delighted that she had her own baby chair. We ordered strong coffee and scrambled eggs and bacon.

Sadly it was then time to leave, but we promised ourselves that we would return soon so that we could explore the area and go on a Frogging Safari.

The art of hunting and gathering

OUR coastline is littered with shipwrecks, some dating back 400 years, and heroic stories abound about the survivors of these tragic events. The early visitors to our coastline found it inhospitable and dangerous and, on finding themselves in a real-life survivor situation, often resorted to eating their hats, shoes and belts to keep hunger at bay.

What these poor, sunburnt, disorientated and desperate survivors did not realize is that our coastline abounds with food. Every rock pool has the potential to feed a family. The heaped middens left by the Khoi bear testimony to hundreds of years of harvesting this bounty. Pick any beach from East London to Saldanha Bay and you will find discarded shells in heaps just a few feet from the high tide mark. The Houteniqua and Damaqua Khoi feasted on these delicacies just as you and I would if we were in a seafood restaurant.

On a bright summer's day, my family and

I visited a remote beach at low tide with the intention of hunting and gathering. Being an active bunch, we don't particularly enjoy sitting on the sand lazing the day away, but rather prefer to look for sea beans, tame an octopus or watch the otters or dolphins swim by. Our beach baggage included a light fishing rod, mask and snorkel and a strong knife in amongst the usual umbrella, towels and snacks.

To begin with, we collected flesh-filled Mediterranean mussels, any mussel-worm found amongst the molluscs being carefully placed into the fishing bucket. These mussels have thrived on our coastline since they first arrived on a broken plank from a shattered European ship.

Alikreukel or Giant Periwinkle were a favourite of the beach-combing Khoi and so too with my family. We collected a couple of the largest specimens and they

went into the same bag as the mussels. Ollycrocs, as they are also known, have great chunks of solid meat that add substance and taste to any seafood meal.

Having donned mask and snorkel, I dived into the ocean and scanned the bottom for Cape Rock Oysters. These are the biggest, tastiest and most well-hidden of the oysters found on our coastline. They take a trained eye to find and a lot of muscle (excuse the pun) to dislodge. Still fully closed, they were added to the mussel and ollycroc bag.

With the gathering done it was then time to hunt. While diving out the oysters I had discovered a couple of happy hunting grounds and felt sure that with the earlier acquired mussel-worm as bait, I would soon haul out some pan-sized fish. It wasn't long before the fishing rod was bent and the reel whizzed. With two large Black Tail in the bag, I felt the hunt was a success.

We headed for home with a feeling of satisfaction and in anticipation of a good meal. On arriving home, the oysters were placed on ice, as was the champagne. The bounty was cleaned and prepared. Tomatoes were sliced, onions peeled, garlic crushed and the oil sizzled. Within a few minutes we had a delicious, spicy and creamy seafood pan.

Sitting around the table we enjoyed the still salty oysters with ground black pepper, chilli sauce and lemon, accompanied by grunts of satisfaction. The seafood pan went down a treat and we toasted the poor castaways of old who, if only aware of the sea's bounty, could have kept their hats!

Please note that it is an offense to fish or collect molluscs without a permit. These may be purchased at your nearest Post Office. Short term permits for Angling cost R35, while a permit to collect molluscs cost R40.

Reminiscences of the Past: Museums of the Cacadu District

By preserving our story as a people in these changing times, museums are in a unique position to sustain our cultural, religious and environmental conscience for generations to come.

Who can prepare for the future without looking into the past? Our journey starts at Reinet House.

Reinet House

Graaff-Reinet Museum, or 'Reinet House', started as a Dutch Reformed Church parsonage in 1811.

By 1906, the building was being used as a



boarding establishment for girls wishing to train as teachers. It was then that Miss Helen Murray, a sister of Rev. Charles Murray, and for many years Principal of the Midland Seminary, named the house 'Reinet House'.

After a period as a residence for Training College students, in 1944 the building became unoccupied, and started falling apart until it was bought in 1947 by the Graaff-Reinet Publicity Association.

Restoration work, supervised by the famous architect, Norman Eaton, was started in 1952 and continued until 1956 when the then-Governor General, the Right Hon. E. G. Jansen, officially

opened the 'Graaff-Reinet Museum'.

On 1 May 1980, a fire gutted the back portion of the building. Fortunately much of the contents was saved and Reinet House was 'authentically' restored once more.

Besides its period furniture and historical artifacts, the museum is a wonderful example of the six gable H-shaped Cape Dutch style. It is believed that Reinet House was designed by Louis M. Thibault who also designed the Drostdy in Graaff-Reinet.

The museum also holds the Wagon House and the Mill House, both outbuildings that have been converted into museums, including the famous, Black Acorn Grape Vine - believed to have been the biggest in the world with a circumference of 2,38m and planted in 1870 by the Reverend Murray himself. The vineyard still bears fruit today and locally brewed Witblitz, called Withond, is distilled here on an annual basis.

Albany Museum

The next stop on our journey is the Albany Museum in Grahamstown, which dates back to 1855 and is the second oldest museum in South Africa.

Originally established as the 'Graham's Town Medico-Chirurgical Society', later renamed the Literary, Scientific and Medical Society, the Albany Museum grew into a complex of separate museums, which document the full spectrum of the Eastern Cape's social and natural environment.

As an affiliated research institute of Rhodes University, the museum complex includes the Natural Sciences Museum, the History Museum, the Observatory



Museum, Fort Selwyn, the Old Provost military Prison, Drostdy Arch and the Old Priest's House, which is leased to the National English Literary Museum.

Albany Museum is famous for its many important collections in the Selmar Schonland Herbarium. The herbarium holds the fourth largest collection of preserved plant specimens in South Africa and the ninth largest on the African continent. It also holds the fifth largest collection of insects in South Africa.

Specimens primarily originate from the Eastern Cape and around South Africa but there is also extensive material from Namibia, Lesotho, Australia, Europe and the United States.

The Palaeontology Collection is perhaps the oldest in South Africa (started in the



mid- 19th century), while the History Museum houses an important collection of historical artefacts as well as a genealogical archive relating to the 1820 British Settlers.

In 1941, the Albany Museum suffered a terrible loss when a fire gutted the buildings. Fortunately the library, including the majority of the research collections, was salvaged and today the Museum enjoys an impressive collection of freshwater invertebrates, freshwater fish, terrestrial insects, plants, birds, rocks and minerals.

Shell Museum

Jeffreys Bay has always been associated with its beautiful and rich variety of shells. The Shell Museum, located in the center of town, displays a huge collection of these shells.

The collection was started by Charlotte Kritzinger, a local shell collecting spinster in 1945, who pursued the hobby till her death in the late 1960's.

The old Shell museum took form in the library in the 1970's and in 1986 a curator was appointed and the collection received a further boost with the addition of 350 species of mostly deepwater and quite rare shells.

Today the museum holds an impressive variety of shells from across the globe and has become world renowned – receiving shell fanatics from all over.

Local shells and shell crafts can be purchased just outside the museum from various shell shops and stalls.

There are many other museums located within the District and you are encouraged to visit them to expand your knowledge and experience the diversity that is Cacadu.

Food for thought

IF you believe every report in fashion magazines and the urban legends that pervade dinner parties, you will no doubt be aware that fertility is down, cancer is up and if you are not cremated your body will be in pretty good shape for the archaeologists of the next millennium. This degeneration of the living body and preservation of the corpse has been attributed to the food we eat.

The packaging and marketing of food doesn't always help us make good choices either. Governments world wide are trying to control the use of words like "low fat", "cholesterol free" and "all natural", but they are up against a marketing industry that will play on words, and our ignorance, to turn a profit. Did you know that the fat content of "full cream" milk is 3% and that of "low fat" milk is 2%? To get the desired colour in your coffee you

will probably add an extra 50% "low fat" milk as compared to the "full cream" variety and, at the end of the day, you will have consumed the same amount of fat! Vegetable oil labelled as "cholesterol free" is just that, but so is every other vegetable product. Poison ivy, oleander and rotten meat are also "all natural", but try any of these and your well-preserved cadaver will be pushing up non-organic daisies in no time.

Speaking of organic, this is the one term that really means something, but only if it is certified as such by a well-known organic regulatory authority. There are a number of these both locally and internationally, each with a registration number. Organic products have no man made additives and must have been grown or raised in this manner for a minimum of three years. This means no insecticides, pesticides, fertilizers, hormones,

steroids, inoculations, processing, preservatives or contaminated soil have come into contact with organic products. In this day and age this is a very tall order and farmers have a tough time converting their farms to organic due to many years of contamination. The regulatory authority will check up on the farm and farmers on a regular basis and will conduct numerous tests on the soil, water and agricultural products themselves. It is because of all of this that organic products are often more expensive than standard products. Not all organic products will carry an organic label. Freshly caught deep sea fish, for example, is as organic as you can get.

I was delighted to find an organic market on a recent trip to Cape Town and spent many hours tasting, sampling and eating some of the most delicious food I have had in a long time. One of the great aspects of the organic industry is that the producers do it from a desire to improve our planet and seldom from a desire

to make more money. If anything, particularly in South Africa, organic farmers make far less money as the market is very limited and the costs higher. The consequence of this is that they produce food of a high quality and we, the consumer, don't just benefit from healthier food, but also from tastier food.

Finding organic food in a supermarket is not easy. I spent an afternoon in one of Port Elizabeth's top shopping centres and visited two of the more upmarket stores. I found only a few organic products, all imported from Italy, in amongst thousands. Not a smidgen from local producers. I found plenty of local products labelled with terms like "added probiotics", "fat free", "low fat", "decaffeinated" and "extra vitamins", indicating the unnatural process it may have been subjected to. Does this mean that just about everything we eat has traces of chemicals, hormones, preservatives and the like?

Makes you think, doesn't it?

Greener Grass Means More Rain

MY wife and I were lucky enough to visit the Caribbean during a recent holiday. In particular, we visited the Grand Cayman, a very wealthy tax haven with a heap of expat South Africans. They had told us of the great weather, beautiful ocean, awesome diving and how wonderful it is not to worry about your possessions being stolen.

As all travellers do, we compared our observations abroad with the reality of home. Which is better? Would I like to move? How does the standard of living compare? Is the lifestyle much different? We made many observations and here are some of the most pertinent.

The island is a veritable paradise of beautiful beaches, picture-perfect seaside bars and great restaurants, all of which we visited in two weeks - we returned home tanned and with a few extra kilograms! The diving is very different to that on South Africa's wild coastline. In the Caribbean you put on your kit, choose a site and voila! You don't need to worry about big waves, rip currents, strong winds or anything, it's just perfect; every dive is perfect and pretty much perfectly the same. Variety and excitement are not part of the island lifestyle.

The weather is predictable and it never gets cold, but it is hot, humid and air conditioning is a must in the car, the work place and the home to make living in that climate possible. There are fly screens on every door and window in order to keep out bugs that thrive in the tropical climate. Even in paradise you have to keep something out. I soon realized that the only time you can enjoy

the weather is when you're next to a pool or on the beach. Braaing needs to be done before sundown to ensure that you stay at the top of the food chain!

I enquired about crime. I was told that there was one car theft during the whole of last year. What about road deaths? "Yip, we have a number of those - too many rich kids with big cars." Breaking and entering? "My mate's home was burgled twice last year, once while they were sleeping." I guess that this isn't a common occurrence because very few homes have alarm systems and quite a few people leave their homes unlocked. True to type, our hosts left their child's bike on the pavement. I did note that the headlines in the local paper were about corruption in government and senior police being involved in organized crime. However, what is very noticeable is that people do not live with the same heightened awareness of security that we do at home. Violent and petty crimes are rare in the Grand Cayman.

The standard of living is pretty good, salaries are high, but expenses are hectic. Electricity to power a 130 square metre home with mom, dad and kids costs about R3500 per month. I had a look at the power utility's financial statements and they did not look good. My guess is that Grand Cayman is due for even higher prices. The power is, at least, consistent, but for the price paid there, you could buy and run a large size generator here and still have a pocket full of change.

Being paradise, housing is very expensive; the same 130 square metre home in a "middle class area" costs about R2.5m

AND the house is all wood! Insurance is ridiculous. This is hurricane country and, with the highest point on the island being only a few metres above sea level, it's not just the strong winds that will trash a wooden house, but the waves that will move your car, boat and granite countertops from one end of the island to the other - in pieces! If Al Gore's predictions are accurate, my advice is to visit Grand Cayman now, before diving is all you will be able to do.

The biggest plus for living on Grand Cayman is that there is no income tax. However there is VAT, and, unlike in South Africa, it is not included in listed prices, so you tend to get a bit of a shock at the check out. Shopping, owing to the small population, is limited and most people purchase their clothing, furniture and gifts in Miami, which makes things pretty expensive but also lots of fun. From a South African's point of view, what you save in taxes has to be used on a lot of unnecessary expenses. Economists the world over use the price of a Big Mac as an accurate yardstick for comparing costs and living standards between countries. Well, there are no McDonalds on Grand Cayman, but a Burger King Whopper costs two and a half times as much as a Big Mac in South Africa.

Another big plus about living in the Cayman Islands is the centrality of its position in relation to some amazing holiday destinations. Cuba, Costa Rica, Mexico, Jamaica and Florida are a short flight away, but once again, this is expensive travel. A weekend away, and the locals tell me that you need these fairly often to avoid "cabin fever", will cost at least R4000 per person. Back home you can pack your car and head off to a huge variety of destinations, some



world famous, for a lot less. Perhaps the biggest downside about living so far away from home is the gruelling 30 hour travel time and high cost each time you want to return to visit your family.

At the end of the day the grass may be greener, but that simply means more rain; in other words, every place has its own advantages and disadvantages, it's up to you to choose which advantages appeal to you most.

VAT on fringe benefits

VAT on fringe benefits is commonly overlooked and accounts for thousands of rands of revenue in penalties and interest for the South African Revenue Service (SARS) every year.

The granting of certain fringe benefits by a vendor to an employee is deemed to be a taxable supply for VAT purposes in terms of section 18(3) of the VAT Act 89 of 1991. The employer therefore has to account for output tax on the fringe benefit. There are however a number of exceptions to this, which means that not all fringe benefits are in fact, deemed supplies.

What fringe benefits are subject to VAT?

All fringe benefits provided by a vendor which falls into gross income in terms of paragraph (i) of the gross income definition of the Income Tax Act 61 of 1973 are deemed to be a taxable supply for VAT purposes with certain exceptions. These benefits are those detailed in the Seventh Schedule to the Income Tax Act, as well as section 8A dealing with share options.

Fringe benefits not subject to VAT

Certain benefits are not dealt with in paragraph (i) of the gross income definition, but dealt with in other sections of the Income Tax Act.

Consequently these benefits will not be regarded as deemed taxable supplies for VAT purposes. Examples include travel, subsistence allowances and entertainment allowances which are dealt with in section 8(1) and paragraph (c) of the special inclusions to the gross income definition of the Income Tax Act.

In addition, section 18(3) of the VAT Act provides that the granting of certain benefits will not be treated as deemed supplies if:

- It is an exempt supply in terms of section 12 of the VAT Act. Examples include the provision of interest-free or low-interest loans, free or cheap residential accommodation, share option gains, payment of a debt of an employee.
- It is a zero-rated supply in terms of section 11 of the VAT Act (for example, the supply of fuel).
- It is the supply of entertainment. Examples include the provision of free meals in a company canteen, the free use of a company owned holiday flat.
- It is not the supply of either goods or services. The giving of money cannot be regarded as a deemed supply.
- It is granted by the employer in the

course of the employer's business of making exempt supplies. An example would be a bank which grants its employees the free use of the bank's personal computers.

Based on the above, in most instances, it will only be the provision of the use of a company car or asset, or an asset given (unless the input tax deduction was denied to the employer) to an employee that will be regarded as a deemed supply for VAT purposes. For example, the supply of a company's item of stock to an employee as a gift or award will be regarded as a deemed supply and output VAT must be accounted for.

Value of supply

The consideration for the supply of the fringe benefit (other than the use of a motor vehicle) is the cash equivalent of the benefit as determined for income tax purposes. Accordingly, where a benefit has no value for income tax purposes (e.g. certain long service awards), no output tax needs to be accounted for on the benefit. As the consideration includes VAT, the employer must apply the tax fraction (14/114) to the cash equivalent.

The value of supply for the right of use of a motor vehicle depends upon whether an input tax deduction was

denied to the employer or not. The consideration is 0.3% of the vehicle's determined value for income tax purposes where an input tax deduction was denied (e.g. station wagon, minibus and double-cab light delivery vehicle). In the case where a deduction was not denied (e.g. delivery trucks, single cab delivery vehicle), the consideration is 0.6% of the vehicle's determined value. Special rules apply where the employee bears certain of the costs for the supply.

In the case of mixed supplies (i.e. vendor both making taxable and exempt supplies), the consideration for the right of use of the motor vehicle is calculated to the extent that the use of the motor vehicle is for the purposes of making taxable supplies.

Time of supply

The employer has to account for the output tax in respect of the fringe benefit at the end of the month in which the cash equivalent is required to be included in the remuneration of the employee for employees' tax purposes.

Employers should ensure that their payroll and VAT administrators are aware of the deemed VAT provisions relating to fringe benefits and that the law is complied with.

DISASTER MANAGEMENT

POISONING PREVENTION



PRODUCTS
IN THE HOUSEHOLD THAT ARE
HAZARDOUS
IF NOT HANDLED PROPERLY

Pet flea and tick treatments Many of the pet flea and tick treatment products contain pesticides that consist of the chemicals imidacloprid, fipronil, pyrethrins, permethrin and methoprene. These chemicals can cause headaches, dizziness, twitching and nausea.

Safety tips: When using these products on your dog or cat, be sure not to pet them for at least 24 hours. If you forget and do pet them, wash your hands and skin immediately with a lot of soap and water.

Insecticides Insecticides contain some of the same pesticides found in pet flea and tick treatments. In addition to permethrin, other pesticide chemicals commonly found in insecticides are diazinon, propoxur and chlorpyrifos. These chemicals can cause headaches, dizziness, twitching and nausea.



Safety tips: When using an insecticide in the home, make sure it does not touch food or substances that come in contact with food, like dish towels, dishes, silverware or counter tops.

CALENDAR OF EVENTS

Scifest Africa	Grahamstown
14-20 March 2012	046 603 1143 www.scifest.org.za

Scifest Africa is South Africa's National Science Festival and aims to promote the public awareness and engagement with science, technology, engineering, mathematics and innovation (STEMI). The theme for Scifest Africa 2012 is "Science rocks!" and will explore Earth sciences, archaeology, palaeontology, astrobiology, GIS, chemical and civil engineering, music... and any other -ology or -graphy you can think of that has anything to do with rocks.



Bathurst Oxbraai	Bathurst
29 December 2011	oxbraai@gmail.com

This is one of the biggest parties in the Eastern Cape and not to be missed. Over 8000 people are expected to descend on Bathurst on Thursday the 29th of December.

IRB Sevens World Series	Nelson Mandela Bay
9-10 December 2011	www.irbsevens.com

The South African leg of the IRB Sevens Rugby World Series, the third in the series, will take place in Port Elizabeth at the Nelson Mandela Bay Stadium.

New Years Festival of Lights	Nieu-Bethesda
31 December 2011	049 8411 759

The New Year's Eve Lantern Parade is a truly inspiring community event run every year. A powerful symbol of hope and beauty, the parade crosses cultural and religious barriers in a joyous celebration.



Humansdorp Country Festival	Humansdorp
3 - 4 December 2011	042 295 1361 julieprinsloo@gmail.com

Humansdorp will be hosting its second Country Festival, which lives up to the country theme as the area still offers a rural atmosphere. The festival offers various distance running/walking, mountain biking and road cycling races, which include the shorter kiddies run/ride and 25km family fun ride, a 25km and 45km mountain biking race and the 50km and feature 100km road race. In addition to the sporting events, the Humansdorp Country Festival will include a Potjiekos competition, a police dog show, helicopter rides for an aerial view of Humansdorp, a Miss Humansdorp Country Festival competition and a cultural and fashion show hosted by local artists. There will also be a big screen TV and beer garden available.

The Herald Cycle Tour (Mountain Bike)	Addo
5 February 2012	082 594 0771 www.heraldcycletour.co.za

The 2012 Herald VW Mountain Bike Tour starts and finishes at the Addo Elephant National Park and has three route options. There is a brand new 85km feature race taking riders through some extremely technical terrain in the Addo Elephant National Park. With plenty of steep climbs, extreme descents and a stunning single track to keep you on your toes, this is definitely going to challenge riders in both stamina and technical ability. There is also the challenging 65km route and the easier 42km route. Riders get the opportunity to virtually rub shoulders with the mighty elephants as they hug the game fence-line of the Addo Elephant Park en route back to the finish at the rest camp. If this ride doesn't take your breath away, the awesome scenery and wildlife definitely will! This is one ride you don't want to miss!

Kenton Music Festival	Kenton-on-Sea
Rob - bobhamer@net4u.co.za; www.kentonmusicfest.co.za	31 December 2011

The Kenton Music Festival is the only music festival of its kind. Held on a beautiful farm overlooking the Kariega River, this natural amphitheatre will play host to South Africa's hottest musicians. There is a massive 1200m² tent in case of bad weather but don't forget comfortable shoes and all weather clothes. At the event the bar will operate on a coupons only (no cash) system. Bar coupons can be purchased at the event. The line up for the day includes Craig Massiv; Evolver One; Flash Republic; Hog Hoggity Hog; Ryan Dent; Wonderboom; Westlerish; Southern Gypsy Queen; Prime Circle; City Bowl Mizers; Tamara Dey and The Modes.

Bathurst Agricultural Show 2012	Bathurst
046 625 0759 www.bathurstshow.co.za	30 March - 1 April 2012

Described by the Land Bank as "the best and only agricultural show in the Eastern Cape", about 200 standholders and 20 000 visitors celebrate all things farming in a festival of competitions, exhibitions and demonstrations.

COMMUNITY

In this edition of Cacadu News, we focus on the Community Development Workers of the Kou-Kamma Local Municipality. At the time of going to print, there were still vacancies for CDW's in four of the wards.

Know your Community Development Workers



Lizette Najoe Ward 1: Serves Misgund and surrounding areas. Contact: 072 287 6468



Leonara Gamede (CDW Coordinator) Ward 5: Serves Woodlands, Clarkson, Eersterivierstrand and surrounding areas. Contact: 072 766 4589

Inwoners van “Guava Juice” bedank die plaaslike munisipaliteit

INWONERS van die “Guava Juice” informele nedersetting in die Tsitsikamma-gebied is dankbaar nadat die Kou-Kamma Plaaslike Munisipaliteit in gegryp het om die gemeenskap te ondersteun.

Plaaslike Koördineerder van Community Development Workers (CDW's), Leonara Gamede, het veral die Munisipale Bestuurder, Mnr Nkuhlu Sabelo, bedank vir sy ondersteuning. “Hy het uit sy pad gegaan om te verseker dat die inwoners van “Guava

Juice” basiese dienste ontvang,” het Gamede gesê.

“Die situasie in die informele nedersetting was haaglik as gevolg van die gebrek aan behoorlike sanitasie. Dié RDP huisies se toilet geriewe is buite die huis geleë. Dit het muskiete en ander bakterieë gelok wat natuurlik begin broei het daarin en siektes onder inwoners, en veral kinders, veroorsaak het,” verduidelik Gamede.

“Toe ek die situasie in die nedersetting



verduidelik het aan die nuwe Munisipale Bestuurder, het hy vinnig gereël vir riool vragmotors om die gebied gereeld te besoek sodat die situasie onder beheer kan bly,” het Gamede voortgegaan.

Die munisipaliteit het ook onlangs ‘n veldtog geloots om die area skoon en

veiliger te maak vir die inwoners, en veral kinders. Gamede het trots vir Cacadu Nuus gesê dat hierdie projek ‘n goeie voorbeeld is van die sukses wat behaal kan word as CDW's hand-aan-hand werk met die munisipaliteit. “Dit is ‘n wen-wen situasie vir al die betrokke partye,” bevestig Gamede.

IMPROVED SERVICE DELIVERY ... Guava Juice residents can now live in disease-free homes after the Kou-Kamma Local Municipality reached out and improved sanitation in the area.



More developments for Trappe's Valley in the pipeline

RESIDENTS from Trappe's Valley near Bathurst in the Ndlambe Local Municipality are looking forward to the establishment of a housing development in the area in the not too distant future.

In the meantime, the community is celebrating the installment of flushing toilets and rainwater harvesting tanks. The budget for this project was R540 000.

"We installed the flushing toilets and rainwater harvesting tanks in at least 50 houses – making a meaningful difference in a community that never had such "luxuries" before," said Ndlambe Local Municipality spokesperson Cecil Mbolekwa, adding that R240 000 was spent on making stands for the rainwater harvesting tanks, while a further R300 000 was spent on the toilets.

"Trappe's Valley is a farm area that has not seen development until now. Even though this project has made a positive impact on the lives of the community of Trappe's Valley, I want to ensure them that this is only the start. Bigger and better developments are on its way to the people of Trappe's Valley. The plan is to develop the area as an Agri-village – bringing with it all the essential elements of development," said Mbolekwa.

Although no firm date has been set for this development to start, it can be confirmed that the development will provide local residents with employment, as was the case with the installation of the toilets and rainwater harvesting tanks.



Isithethi sikaMasipala we Ndlambe uCecil Mbolekwa uthetha ngophuhliso olupheleleyo kwinkqubo yokuhlaliswa koluntu.

New committee members for the National Arts Festival



Phyllis Klotz, new member of the National Arts Festival's Artistic Committee.

THE Artistic Committee of the National Arts Festival will draw on the knowledge and experience of five respected members of the South African arts community.

Respected luminaries, artists and academics Nomusa Makhubu, Phyllis Klotz, Dominic Thorburn, Brett Bailey and Gregory Maqoma joined the ranks of the Artistic Committee in October and will serve for three years. With their vast knowledge and experience in the arts, it is believed that this leading festival and contributor to the growth of the Makana Local Municipality's revenue will gain even

more momentum in the near future.

"The National Arts Festival is a trend setter for South African festivals as well as being an essential barometer of our nation's creative capital. The new members on the committee bring a reservoir of vast knowledge and integrity to help drive our vision of being South Africa's premier arts festival," said Festival Director, Ismail Mahomed.

According to Mahomed, the task of this committee includes playing an advisory role in the programming of the festival as well as identifying artists for the prestigious Standard Bank Young Artist Award.

With over 35 years of experience in the performing arts industry, both at community and professional level, Klotz, who has toured nationally and internationally, is looking forward to her role as a member of this committee.

"I will, together with fellow committee members, continue to advocate for relevant cutting edge South African performances of the highest quality," enthused Klotz.

Iyalungiswa imibhobho yogutyulo lwelindle

UMASIPALA weNdlambe ubufuna izigidi ezingama R35 million ukulungisa imibhobho yogutyulo lwelindle. Be kumele ukuba isonjululwe le ntsinda-badala neyenza ukuba kungabi kuhle ePort Alfred ithuba elide.

Kufunyenwe Isixa-mali esingange-R24 million nesiphuma kwi-Municipal Infrastructural Grant, oko kukuthi, i-MIG ngokufutshane kulo nyaka-mali, yantle ke loo nto ukuzama ukusombulula le ngxaki. Esi sipo semali asincedanga nje ukuqhuba le projekthi, koko sinedise ukuvula izithuba zengqesho kubantu abaninzi kulo masipala ebebefudula bengaphangeli.

"Siqeshe iService Provider ngenyanga ka-Agasti waza waqalisa umsebenzi ngoko nangoko. Siyakholwa ukuba le projekthi iza kwenza umahluko," kutsho ochulumancileyo uXolani Masiza, UMqondisi kwiSebe Lamaziko Akhoyo, esangeza ngelithi, kukho oosamashishini abasakhasayo abathathu abaye baqeshwa ukwenza lo

msebenzi ; oko kuncedisa kuphuhliso loqoqosho lwezekhaya.

Akakwazanga ukulufihla ulonwabo lwakhe okaMasiza ngale nkxaso-mali neyenze umahluko nolonwabo kubantu basePort Alfred, ngakumbi abo b baphuma ezilokishini.

OkaMasiza uzobe umfanekiso obungamhlanga. Uthe umasipala wakhe wawalwa ukuba ungakhe ubandakanyeke kulwakiwo lwezindlu ezineendawo zokugungxula de kube umcimbi wogutyulo usonjululwe. Okunika ithemba kule nkqaleqhu, kukuthobela kwabo umthetho wolwakiwo lwezindlu.

"Imibhobho yagqabhuka kwiindawo ezithile ngelithuba ivuza kwezinye iindawo loo nto idala isankqanga sevumba nesibanga ukuba abantu abaninzi balahle ithemba lokuba baya kuze bahlale kwindawo esingqongileyo esempilweni. Le nto ibisikhathaza," utshilo okaMasiza.

"Kwimizi emininzi ezilokishini ezifana neNemato neBathurst bezingekho

izindlu zangasese ezigungxulwayo," kutsho isithethi sikaMasipala uCecil Mbolekwa. Lo kaMbolekwa ugxeke indlela urhulumente wengcinezelo ongazange ukwazi ngayo ukucebela uphuhliso lweelokishi zabantsundu.

Kodwa ke, uthe inkqubo yabo yophuhliso oluhlanganisiweyo, le nto bathiyi-IDPngokufutshane, ilungiselelwe kanye ukujongana nezinto ezifana naleyo nezifuna umgqwalasela okhawulezileyo. "Sijongene nqo nezo zinto zifuna ukuhlaselwa ngokukhawuleza," lo kaMbolekwa uxelele le mvaba, esangeza ngelithi, uyavuya kuba umsebenzi wokuphelisa isanqanga sevumba uqalile.



Spokesperson of the Ndlambe Local Municipality, Cecil Mbolekwa, talks about a better Port Alfred following the completion of a sewage pond project.

Makana hosts colourful Cacadu Heritage Month celebrations

IN a celebration of women and heritage, the Cacadu District Municipality recently hosted a community event in the Makana Local Municipality.

The event, which took place on the 30th of September 2011, was held at Miki Yili Stadium in Grahamstown, in the heart of the 'Frontier Country' – an area deeply rooted in the culture of the 19th century, signifying the importance of South Africa's rainbow nation.

The event was also a platform for women to share their life experiences and to celebrate the progress of women into higher positions of power in government.

"Wathint' abafazi, wathint' imbokodo..! (You strike a woman, you strike a rock!)" led Cllr Gaga from the Makana Local Municipality as she read the message of the Mayor of Makana to the gathering.

She highlighted the milestones women

have recently achieved, including Minister of Home Affairs, Ms Nkosazana Dlamini-Zuma, who has been nominated by South Africa to chair the African Union Commission as well as Cllr Khunjuzwa Eunice Kekana who was recently elected as the new Executive Mayor for the Cacadu District Municipality.

Speaking to delegates on behalf of the Executive Mayor of the Cacadu District Municipality, Cllr Notizi Vanda, a Portfolio Councillor of the District Municipality, expressed how it was wonderful to be celebrating our diversity at this stage of our democracy, "Let us teach our children our cultures; yes there is modernisation... but 'tradition' was never a bad word..."

Cllr Vanda said, in the spirit of women's month, that we as women must be able to empower ourselves and one another, to which she added "let us not undermine ourselves as women... nothing must stop you from doing anything... and do not be

selfish, what you have learnt here, go and teach your families".

She said women must also act as peacemakers in the home; "Be the glue that holds the family together". The event, which was filled with song, dance and ululation as well as colourful

traditional Xhosa dresses and beadwork, was attended by officials and politicians from the Cacadu District Municipality, Blue Crane Route and Ikwezi Local Municipalities as well as Cllr Tyantsula and Cllr Madinda, among others, from the Makana Local Municipality.



FOR WOMEN AND OUR HERITAGE... Paying close attention to the proceedings, Cacadu District Municipality's Cllr Vanda (second from left) with Makana Local Municipality Councillors.

Eastern Cape Government and Ikwezi brighten Waterford's future

THE small town of Waterford, near Jansenville, was a hive of activity on the 19th of September 2011 as representatives from the Eastern Cape Provincial Government and the Ikwezi Local Municipality descended on the area to hand over goods to learners from the Toekomst Primary School.

"We are here to show the Waterford community that government cares ... the mission statement of Social Development is to improve the quality of life in this country, especially for the vulnerable groups, and education is a key priority area for us," said Social Development and Special Programmes MEC, Pemmy Majodina, speaking to Cacadu News at the event.

Toekomst Primary is a free-education school for 86 learners, from Grades R to six, with most of the learners coming out of the poorer homes of Waterford. Toekomst was identified for intervention during the Public Service Week that was held in the area in June 2011.

The ceremony was a follow-up on government's pledge to take services to the people through the Eastern Cape's Office of the Premier, together with the Department of Social Development and Special Programmes and the Ikwezi Local Municipality.

Besides new school uniforms from the department, the Office of the Premier donated track-suits. "We believe that an active mind and an active body contributes significantly to the wellbeing of children," said MEC Majodina.

Ikwezi Local Municipality, led by Mayor, Cllr Sizwe Mngwevu, also handed over 59 blankets to the children - a gesture "that on its own shows that we are all committed," applauded the MEC.

A local businessman also donated a new wide-screen HD television set to enhance the learning process through

the use of interactive and educational DVD's and the like.

MEC Majodina explained that there are many development programmes offered by the Department of Social Development, focusing on the youth and the curbing of drug abuse.

While her department is also supporting students of social development with four-year bursaries and absorbing them after their graduation, an Auxiliary Youth Development Practitioners programme is also offered to those who have no tertiary education to enable them to meaningfully contribute to the development of their communities.

"We use these individuals as our

foot-soldiers in wards. They collate household profiles and act as our mobile officers noting the challenges our communities are facing," she said, adding, "... this is how we promote ubuntu without taking people away from their homes".

Ikwezi Local Municipality welcomed the intervention by the provincial government.

"From a local municipality point of view, it's encouraging to see that government cares, not only for those who live in towns and urban areas, but also for those in areas like ours," enthused Mayor Mngwevu. In taking the programme forward, Mayor Mngwevu says they will adopt a

long-term intervention approach to ease the plight of the community of Waterford.

"We have programmes in my office to address the challenges in our communities, especially the youth, as we believe they are the future leaders of our area," he said, adding; "our approach is that no-one can speak for the youth in their absence".

Overjoyed, the Principal of Toekomst Primary School, Ms Lise Henderson, said, "I feel humbled, grateful and excited as it is easy to be forgotten in a small, poor and rural area like Waterford. The donations provide new hope to learners - in themselves and in a brighter future".



SAVING THE FUTURE... Eastern Cape Social Development and Special Programmes MEC, Pemmy Majodina, and Ikwezi Mayor, Cllr Sizwe Mngwevu, with beneficiaries from the Toekomst Primary School.

Being young in Public Office

LUNDI Julian Ntame, 28, is the current Ward Councillor for Klipplaat in Ikwezi Local Municipality and Cacadu News asked him about his experiences as a councillor and about his vision as a public servant.

“I was elected as Ward Councillor during the recent local government elections. It was an honour to be elected, with my community bestowing upon me the huge responsibility of representing them and of developing our area. So far it has been an exciting learning experience as a servant of the people,” he said.

Together with Ward 2 Councillor, Asanda Mboneni, Ntame is still ‘young’ and people often comment on this, expecting an older person,” he laughed.

Still, he sees himself as part of a greater process of the older generation passing on leadership skills to the young, “... I am here to learn to serve our people and the community. It is an ideal opportunity for the older generations to come together with the young people to plan a better future”.

After getting to know the processes of local government, Cllr Ntame, said he is now focusing on finding solutions to the challenges facing

Ikwezi communities, especially the youth, as one of his priorities.

“Ikwezi faces high unemployment among the youth, there are few opportunity to acquire skills and poverty is common.

“We must do everything in our power to ensure that the youth acquire skills and that we give our young people tools to succeed. We must make sure that basic services to our communities are delivered - water, electricity and sanitation – those things are essential,” explained the young visionary.

Cllr Ntame, under the portfolio of Youth Development and Training, is working with the Community Works Programme (CWP) through projects like Sakhisizwe to deliver jobs and skills to young people.

He added that skilling and learnership programmes are there but it requires young people to attend consultative meetings and information sessions held in the area.

“I want to encourage young people to participate in government,” he concluded.

YOUNG AND WITH A MANDATE ... Cllr Lundi Julian Ntame (28) is the new Ward Councillor for Klipplaat in Ikwezi Local Municipality.



Karoo - a wonderful place says young German LED Assessors

HANNAR Laufer and Fabienne van der Velde, who are visiting the Ikwezi Local Municipality as Local Economic Development (LED) assessors, said they have found the Karoo to be an exciting place for cultural exchange. They are part of a scholarship internship from the Germany Ministry for Development Research Co-operation.

“I like South Africa so much and I keep coming back whenever there is a chance to come,” said Laufer, who also previously studied in Soweto, Johannesburg, and worked in Cape Town during some of her previous visits.

However, van der Velde’s first trip to Africa has taken her straight to the Karoo and she was excited, “It’s my first time visiting South Africa, after working and travelling in Asia and Europe... and I am here to learn your culture and most importantly how LED programmes work.”

The two are working with the Communal Waterhouse in Ikwezi Local Municipality to assess the impact of foreign investment on developing regions.

THUMBS UP IKWEZI... Hannar Laufer and Fabienne Van der Velde, visiting Local Economic Development (LED) assessors from Germany, said they have enjoyed their stay in Ikwezi and the Karoo.

Still, they have found time to enjoy and learn about the Karoo.

“Jansenville is very quiet but we love it... We really enjoy spending time on a farm during our weekends – it’s so different from our lives in Germany,” Van der Velde said.

Laufer described how the Ikwezi community has been such good hosts; “From the first day we felt welcome by the community. Mayor, Cllr Sizwe Mngwevu, took care of us, as well as the other municipal officials.

She said that the youth, in particular, have shown interest in the programmes they do and the German culture too: “They have even taken us to their houses and introduced us to their families”.

Van der Velde and Laufer encourages people who needs assistance in setting up their business to visit their office at the Ikwezi Local Municipality.

Laufer is from Cologne while Van der Velde comes from Hannover.



Kou-Kamma Municipality dials digital

THE Kou-Kamma Local Municipality is taking strides towards delivering an integrated, collaborative and networked 'future' local government.

"The biggest challenge faced by the Kou-Kamma Municipality was the lack of connectivity and communication between offices and the community at large," explained the Information Technology (IT) Manager at Kou-Kamma Municipality, Siya Kona.

Covering a considerably dispersed area; the towns of Kareedouw and Joubertina in the Langkloof as well as the lengthy coastal region - from Eersterivier to the Bloukrans, the local municipality needed improved telecommunications infrastructure to efficiently serve residents.

"Information Technology provides opportunities for employees with offices in geographically dispersed locations to communicate, share and collaborate in order to speed-up service delivery," he said.

In 2010, together with Telkom, the municipality embarked on an ambitious project to speed up municipal connectivity in the area and the project is progressing well.

"The focus areas of the project include the IT infrastructure and connectivity. The direct Internet connection from Telkom was launched last year and it is working very well," said Kona.

He explained that a VPN (Virtual Private Network) project, started in mid July, aims "... to connect satellite offices via VPN, improve the quality of services rendered by the Head Office and other satellite offices like Joubertina and Newrest as well as enabling the hosting of email and a website for the municipality".

To date, the project has enabled the connection of five out of seven offices, while the municipal website is up and running.

THE Kou-Kamma Local Municipality is evidently taking huge strides towards fulfilling the national government's agenda, which demands the deployment of Information and Communication Technology (ICT) in order to improve administration, advance socio-economic development, increase citizen engagement levels and modernise the delivery of services across the public sector.

"...while we are in the process of connecting the remaining two satellite offices... we will shortly also be introducing an IT helpdesk, making it possible for members of the community to lodge their complaints and comments with ease," he said.

Through a joint effort with Telkom, the Kou-Kamma Local Municipality was also

represented at the South African Local Government Association's (SALGA) ConnectIT initiative this year.

"ConnectIT is a platform to share, explore and discuss IT related matters. That's where we share ideas, solutions and challenges faced by our municipalities regarding ICT.

About the future, Kona concluded, "Now that the website is up and running and when the helpdesk is installed in all offices, it will make for more efficient service delivery to all our communities in Kou-Kamma."

Visit the Kou-Kamma website at www.koukammamun.co.za



Clean-up for Kou-Kamma

THE Kou-Kamma Local Municipality, which is also the water catchment area for both the Kouga Local Municipality and Nelson Mandela Bay Municipality, has recently embarked on various environmental clean-up projects.

Speaking to Cacadu News, Tozamele Sampana, Director of Social and Community Services in the Kou-Kamma Municipality, explained that the local authority was involved in a number of projects, including the removal of alien vegetation, a clean-up of the coastline and repairs to graveyards and sidewalks.

"We are targeting the entire Kou-Kamma area ... especially human settlement areas like Joubertina, Clarkson, Kareedouw, Storms River, Woodlands, Nompumelelo and Coldstream, among others," said Sampana.

He also said that the local municipality received R6 million for a clean-up project targeting the Tsitsikamma area - which includes the iconic Bloukrans Bridge and stretches to the Huisclip Nature Reserve.

"SANParks was appointed as the service provider for the clean-up campaign. Approximately R14 million has been set aside for the cleaning of the coastlines in the Kou-Kamma and Kouga Local Municipalities," he said, adding that the Kou-Kamma Local Municipality received a larger share of the money due to its current financial status. Accordingly, the 'Working for

the Coast' project, which was launched in August 2011, has seen around 74 previously unemployed people from both municipalities being employed.

Apart from the alien plant removal project providing people with opportunities in charcoal production, Sampana sees the project as a supporting mechanism for local farming, "... our area is largely focused on agriculture. The alien plants consume much of the ground water that is also used by the farming communities for their livestock and crops. These alien plants do not contribute to the ecosystem either."

He also highlighted how the municipality spearheaded the establishment of a Tourism Forum, to promote tourism and conservation in the 'semi-rural municipality'.

"We have entered into an agreement with the Department of Economic Development, Environmental Affairs and Tourism (DEDEAT), which also assisted us with the closing down of illegal dumping sites. We plan on opening only one permitted site in order to lessen the negative impact on the environment," said Sampana.

Thus far, the municipality has upgraded the Strand beach area with facilities, creating proper sports and recreation areas, and appealed to everyone to help in ensuring the sustainability of the project by not dumping refuse indiscriminately or vandalising the facilities.

"We are also running awareness campaigns to teach people about hygiene, diet and the devastating effect of runaway fires," he added. "As soon as the clean-up

campaign is done, we are planning to roll-out another project involving the cleaning of the water and sewage treatment facilities," said Ronald Dhliwayo, Director of Technical and Infrastructure Services.

"Due to the nature of the projects, members of the community might have only been employed for a week at a time. However, we are trying to prolong the duration of employment by combining projects..." he concluded.



CLEAN-UP IN PROGRESS... Tozamele Sampana, Director of Social and Community Services in the Kou-Kamma Municipality, also urged residents to 'own' their environment.

Women's Assembly for Women's empowerment

THE socio-economic empowerment of women in the Kou-Kamma Local Municipality has, in the last six months, increased significantly. This is due to a collaborated effort between the municipality and the Department of Sport, Recreation, Arts and Culture (DSRAC).

According to the Manager of the Special Programmes Unit (SPU) of the Kou-Kamma Local Municipality, Michael Hartz, "In order to ensure the inclusion of all members of the

local community in the mainstream economy, a Women's Forum was established on the 20th of October 2011, consisting of 30 women from six wards in the Kou-Kamma Local Municipality".

The forum was established to ensure that more women are actually taking part in the social cohesion and economic emancipation of their communities. "There is truth in the assertion that if you educate women, you educate the nation," said Hartz.

"The Young Women's Assembly led by DSRAC, which was held at the Khoisan Village in Tsitsikamma on the 30th of August 2011, added further momentum to the women's movement. The theme of working together to enhance women's opportunities for economic empowerment brought the 60 women who participated in the assembly together. Since then, women from this municipality have been coming to the fore more often to register their businesses. This is pleasing," said Hartz.

According to Hartz, women have registered arts and craft and sewing businesses. It was believed that by forming the forum, women work together in exploiting the economic opportunities available in the municipality.

In conclusion, Hartz said the municipality was hoping to arrange another session aimed at empowering even more women, and to end the year off on a very high note.

Plan to curb crime this festive season in the Blue Crane Route

DURING the upcoming festive season, the Blue Crane Route Local Municipality, together with the South African Police Services (SAPS) and the Community Crime Forum (CPF), plan to curb crime and related problems usually experienced in the area.

Police spokesperson, Constable Reuben Harhoff, said police and members of the CPF have noticed with concern that the festive season usually brings with it a rise in violent and serious crimes committed.

Harhoff told Cacadu News that it was incumbent upon the members of the

safety and security cluster to come up with a solid plan to ensure that law-abiding citizens of the area were protected.

The plan, he said, includes increased police visibility, getting the youth more involved in sport and arranging various mini imbizos with the local communities.

"We (and the SAPS) want a crime free festive season in the Blue Crane Route Local Municipality in 2011," said CPF Chairperson, Cynthia Stofile, before unveiling the bold plan to Cacadu News. Part of the

plan involves the youth of the area participating in various sports. To this effect, said Stofile, the Youth Centre in Somerset East will be used for various indoor sporting activities.

Stofile added; "On the 26th of October, young men and women took part in various indoor games such as draughts, chess, dominoes and volleyball. Before they participated, members of the SAPS and the CPF gave talks on the importance of ensuring that our communities were crime free."

The CPF, Stofile said, has engaged

the Liquor Board in helping to close illegal shebeens and to ensure that alcohol is not sold to under aged children. Stofile also urged the Liquor Board to impose penalties on legal taverns that operated outside of their legal trading hours.

Concerned members of the community have also joined hands with the police in fighting crime through patrols and stop and search campaigns. Harhoff also thanked the provincial Department of Safety and Liaison for giving the CPF eight cellular telephones to use in their fight against crime.

2011 Matric Prayer and Farewell held in BCRM

THE 2011 matriculants from the Blue Crane Route Local Municipality received a send-off like no other. The local Matric Outreach Programme (MOP) organised a weekend packed with activities, celebrating education, the youth and life after school.

"We kicked off the weekend's activities on the 14th of October with the glamorous Cookhouse High Matric Farewell. As the convoy headed down the streets of Bongweni, the excitement and pride of the community was touching and had me in tears," said Thulisa Mpumlo, a member of the MOP.

She went on to describe how it was a successful evening for the organisers and more importantly the learners, who came dressed with all the glitz and glamour of true stars.

The MOP is the brainchild of Dr Luvuyo Bayeni of Somerset East. He firmly believes in the saying of; 'he who opens a school door, closes a prison' and has been mentoring local matriculants for quite some time now. "On Sunday the 16th of October,

Umhlobo Wenene, with Maka Ma-Asi, interviewed Dr Bayeni as the convener of the MOP," described Xolani Brander, another member of the MOP.

In addition, the South African Police Services (SAPS), the Department of Health and the National Youth Development Agency (NYDA) shared career advice with the matriculants and the local community over the weekend. The Walter Sisulu University, Nelson Mandela Metropolitan University and Rhodes University also sent brochures and application forms for the learners to peruse.

"The message from government was clear - no learner should use financial or social circumstances as an excuse for not enrolling or furthering their studies," said Xolani.

The events were graced by the Mayor of the Blue Crane Route Municipality, Cllr Nontuthuzelo Majorie Scott, Cllr Mncedi Mali (Ward 4 - Pearston), Cllr Zoliswa Funiselo (Ward 6 - Cookhouse) and representatives of the African National Congress, amongst others.

Chief of Staff in the Office of the Premier, Siphso Lunyawo, discouraged learners from engaging in activities like alcohol, smoking and premature sex. He said the Office of the Premier was striving to keep all learners in school

through various financial assistance programmes. Learners who attended the events received candles, symbolic of hope and light for the future, from the Mayor of the Blue Crane Route Municipality and Rev. Jean Underwood.



FAREWELL... BCRM's 2011 matrics hold candles at the farewell weekend event organised by the local Matric Outreach Programme.

Sondagsrivier Vallei helde word vereer

'N GRANIET monument is onlangs opgerig net buite Kirkwood, in herinnering van die gevalle helde van die Sondagsrivier Vallei.

Hoof van die Oos-Kaapse Departement van Sport, Ontspanning, Kuns en Kultuur (DSRAC), Mzolisi Matutu, het gesê by die bekendstelling op 26 Oktober 2011, terwyl hy die families, hooggeplaastes en lede van die gemeenskap wat teenwoordig was aanspreek, dat die twee meter hoë monumente nie net 'n huldeblyk is aan die gevalle helde nie, maar aan al die mense wat deel was van die bevrydingsbeweging.

Die monument is opgerig met die ondersteuning van DSRAC en dra die name van tien plaaslike helde wat óf verdwyn het of dood gemaak is deur die voormalige apartheidsregering.

Matutu het veral vir die jeug van die distrik aanmoediging gegee om die fakkel vorentoe te dra deur om die ontwikkeling van die land en die volk aan te help. Hy het veral alkohol misbruik, misdaad en die morele erosie wat posgevat het onder jong mense gekritiseer en gesê dat jong mense moet onthou dat hulle die land se toekomstige leiers is. Hy het ook gesê dat die huidige jong geslag inspirasie kan trek uit die lewens van die gevalle helde.

Die Burgemeester van die Sondagsrivier Vallei Plaaslike Munisipaliteit, Rdl Mbulelo Kebe, het tydens die geleentheid gesê dat die okkasie 'n ideale geleentheid was om saam met die families van die gevalle helde hulle aksies te onthou.

Kebe het die politici uitgedaag om op te let na hulle eie gedrag en om onbaatsugtig die pligte uit te voer wat hulle gegee is deur die gemeenskappe wat hulle verkies het.

Plaaslike ANC-raadslid van die Sondagsrivier Vallei Plaaslike Munisipaliteit, Rdl Finnis, het gesê, "Ons bring hulde aan hierdie gevalle helde. Iemand het eenkeer gesê dat 'n volk sonder geskiedenis, is soos 'n boom sonder wortels. Ek sê vir die

jeug, julle is die toekoms van hierdie volk en die toekoms sal wees wat ons en julle daarvan maak."

Ter afsluiting het die Speaker van die Cacadu Distrik Munisipaliteit, Rdl Deon de Vos, gesê, "Ons is terug

geneem in tyd vandag na die 1980's toe en ons moet die verlede en hierdie helde onthou ... en vir die jeug wil ek sê om te streef daarna om te sterf vir die dinge wat respek verdien en wat vir ewig in die geskiedenis van hierdie land sal voort leef."



LEST WE FORGET... Sundays River Valley Fallen Heroes Monument stands along the R335 at the turn-off to Kirkwood.

100 Days of Service Delivery in Sundays River Valley

THE Sundays River Valley Local Municipality (SRVM) carried out targeted service delivery projects as part of the recent 100 Days of Service Delivery campaign for 2011.

"The 100 Days of Service Delivery campaign basically sets aside three months to focus on particular intervention areas of service delivery," learnt Cacadu News from the new Mayor of the Sundays River Valley Local Municipality, Cllr Mbulelo Kebe, at the onset of the campaign.

The campaign also afforded Mayor Kebe the opportunity to expose his new administration to the different challenges faced by the municipality and to interact with the various constituencies concerning the local

authority's broader vision and immediate goals.

Between the 8th and the 14th of September, the Mayor took his officials on a community consultative tour to the seven wards of the Sundays River Valley.

"The visits were aimed at closing the gap between the institution and communities through Public Participation – so that people can own the municipality," said Mayor Kebe.

Service delivery is a challenging area in many municipalities and the SRVM decided to focus on meaningful services, which did not require large resources to deliver for the course of the 100 days.

Besides initiatives in infrastructure

and engineering services, community services and finance – with the aim of streamlining internal and billing processes, the municipality also undertook repairs and maintenance of streetlights, upgrading of roads, water services and selected public buildings.

The municipality has also made inroads towards improving public participation in local government including the integration of all councillors, irrespective of political belonging, to work towards one common goal.

"This programme is a promise and an attempt to improve from where we are right now and create hopes for our future and the services we provide," he concluded.



IMPROVING SERVICE DELIVERY... Sundays River Valley Municipality Mayor, Cllr Kebe, afforded local residents a chance to participate in local government during the recent 100 Days of Service Delivery campaign.

Nursing: A Career for individuals with a Big Heart

CAPABLE, skilled and devoted, professional nurses are the backbone of our health care system. Through specialised care and support, nurses provide invaluable service to our community's wellbeing by complimenting the work of doctors and other specialists.

Currently, with chronic shortages of skilled health care workers, qualified nurses are highly sought-after the world over. But, how do you kick-start your career?

In South Africa, you can pursue various nursing paths, including nurse auxiliaries, midwives and psychiatric nurses, amongst others. Likewise, you can obtain different types of nursing degrees and qualifications at various South African nursing schools, which can be part of a training hospital or a university.

Generally three nursing training levels are currently offered in South Africa.

The first level enables you to become an Enrolled Nursing Auxiliary (ENA) staff

member or a Nursing Assistant. This is a one-year course with responsibilities including basic patient observation, general duties such as bathing and feeding patients who may be unable to assist themselves, and assisting senior nurses and doctors with various duties – including operations and procedures conducted in theatre.

The second level, where you become an Enrolled Nurse (also called Staff Nurse), follows a two-year course. As an Enrolled Nurse, you will carry out more complex care and procedures, generally in any department of a hospital like the Intensive Care Unit (ICU), under the direct or indirect supervision of a registered nurse.

After completing the third level, you become a Professional or Registered Nurse or Sister. This level normally takes a four-year course at a university where student nurses get specialised skills in general nursing, community health and psychiatry, and as midwives.

A two-year bridging programme currently enables an Enrolled Nurse to qualify as a Registered General Nurse.

However, further training is needed in order to practice psychiatry or midwifery as a registered nurse.

Registered Nurse graduates can choose to specialise in a variety of disciplines such as intensive care, theatre, paediatrics and orthopaedics, neonatal care and trauma.

Still, regardless of your chosen path, you have to be registered with the Nursing Council of South Africa to practice and after completing your studies, a year of community service is required.

While the profession demands that you be a genuine angel with a helping hand and plenty of patience in often difficult and unpredictable circumstances, there are immeasurable rewards in the knowledge that you served humanity and restored dignity in people's lives and in our communities.

For the degree route,

contact various institutions such as the University of Fort Hare in Alice and Nelson Mandela Metropolitan University in Port Elizabeth. The Eastern Cape Department of Health does offer a limited amount of bursaries for individuals that choose to study a health related discipline.

You can also apply at registered nursing schools situated at hospitals in Port Elizabeth and in the Cacadu District, including Fort England Hospital and Settlers Hospital (both in Grahamstown) and the Midland Hospital in Graaff-Reinet.



Role Model: Modern Medicine-man: Dr Luvuyo Bayeni

BORN in Kwanobuhle in Uitenhage as the youngest of five children, Dr Luvuyo Bayeni, has made the best of what life dished up for him. He shared with Cacadu News the intriguing story of his life to date.

As a child life was not easy for him and his siblings as his mother, Nokhwezi Bayeni, to whom he owes great gratitude, raised the family as a widow and was often out of employment.

“During that time I missed out on being an ordinary young boy with toys and so forth... While the tough times did yield some good, it was hard to keep an eye on the light at the end of the tunnel. We kept a strong bond as a family with my elder brother, Sandile, having to provide for us whenever my mother couldn't. Furthermore, this made us grow up with a good sense of appreciation and gratitude for life,” he recalled.

According to him, his first passion was Law and only in Grade 10, did an interest in science develop in him. “I guess the passion or desire to help people was my motivation in choosing a future career. In the end, I opted for a field of study that combined both science and human beings,” he said, adding that his mother's work at Uitenhage Provincial Hospital, and later at Livingstone Hospital, may have influenced his eventual choice.

The young Bayeni was accepted into a BSc. programme at the University of Cape Town, however, he decided to head for Pretoria to study at the Medical University of Southern Africa (MEDUNSA) in 1999. He described it as a sad moment going away from his family and out of the province for the first time.

There he spent seven years, which he described as “... the best years of my life thus far...” as it exposed him to a diverse, multicultural and free environment.

After medical school, he did his internship year at Kimberly Hospital Complex and in 2007, Dr Bayeni moved to Andries Vosloo Hospital in Somerset East, where he currently works.

He describes his job as requiring passion, dedication and perseverance as sometimes he does experience stressful situations.

“An average day at a district hospital entails ward rounds (reviewing admitted patients), assessment of maternity cases and occasionally performing caesarean sections in theatre, while most of the day is spent at casualty. We do get emergencies and complicated cases that require transfer to other hospitals that offer specialised care. In addition, there are 24-hour long shifts when I am on call,” he said.

It is no secret that the Doctor is passionate about sport and education development in the District. During his high school years, he often played for the Xhosa Royals Football Club and in his fifth year at medical school got involved with the campus league as Manager of Arsenal Football Club. “I left the club as the best managed on campus and with a Board of Directors established,” he said proudly.

In 2007, after moving to Somerset-East, he joined the Rovers Football Club. Besides hosting the unique Annual Youth Day Soccer Spectacular, an off-season tournament held over five weeks with about 12 – 15 teams participating, he has also provided professional medical services to various local teams.

Dr Bayeni is the current Secretary of the Blue Crane Local Football Association and has since become the Regional Secretary (2010-2014) of the South African Football Association in the Cacadu District. In 2010, he was also appointed as one of the 6 doctors overseeing the 8 matches played at Nelson Mandela Bay Stadium during the 2010 FIFA World Cup.

He recently (in August 2011), established the Blue Crane Celtics Football Club, which aims to, amongst other things, build character, discipline, cultural tolerance, leadership, talent and boost women's involvement in soccer. In addition, he is now involved in boxing, and is currently amongst the medical practitioners recognized by Boxing South Africa (BSA).

Dr Bayeni is a proud father of a 2 year-old boy, Lutho. Port Alfred is his ideal location for relaxation, while he still wants to explore Tsitsikamma. “I must confess that the Cacadu District is vast and offers a significant number of sites to visit in search of relaxation – I have not begun to explore it yet, but I hope to find the time in the near future,” he said smiling.

Respect, honesty, family values and a belief in Christ are what keeps Dr Bayeni grounded. “I have managed to get to where I am through two mottos: ‘Everything happens for a reason, and if God did

not want it to happen, it would not have happened’ and ‘A place is what you make of it’,” he said, adding that learners should always choose careers that they are passionate about.

“I still maintain that I am a community member before I am a doctor,” concluded the new Ward Committee member and African National congress Youth League (ANCYL) Secretary.



LIGHTING HOPE... Dr Bayeni lights a symbolic candle with Blue Crane Hospice's Rev Jean Underwood at the Matric Outreach for 2011.



MAN WITH A VISION... Dr Bayeni poses for a photo with Blue Crane Hospice's Rev Jean Underwood and Mr Brander at the Matric Outreach for 2011.

Cacadu News asked the youth of Makana Local Municipality how they think the youth can lead social change and development in their communities. This is what the youth in the City of Saints said:



Akhona Zatu (22) a Hairstylist at a salon in Grahamstown says young people have a rich heritage to carry forward. "Young people must still learn to communicate and share ideas with their elders and everyone around them... that way they can work together to improve communities," she told Cacadu News. She added, "Young people must also aspire to attain more education and skills because education is important to development. I also think the knowledge of God can teach young people good values."



Denver Carter (21) also a General Assistant at Checkers in Grahamstown, agreed. "You see drugs and alcohol abuse are not the only habits young people must get rid of if they want to contribute to change in their communities; there is gangsterism which has taken most young people nowhere but to jail." He said young people must stay out of gangs and crime and instead get an education to contribute to their communities. "I also want to add that participating in sports at school or in communities can actually change young people's lives and help their communities move forward," he described.



Melikhaya Speelman (25) is also from the Grahamstown area. He works as a car-guard in the 'City of Saints'. He believes South Africa has a rich and diverse heritage and young people must ensure that they safe-guard it. "I want to say to young people, if you want to go far in life and contribute to change in your community, start by getting a good education," he said. He described that education unlocks potential in people and enables them to find solutions to their community's problems.



Gregory Nortje (13) is still young and in Grade 7 at Graham College, but he had wise words for Cacadu's youth. "I want to say young people must stay away from drugs and alcohol abuse," he said. He went on to explain to Cacadu News how he feels drugs and alcohol have destroyed potential in the youth. Above all he said education was the key in the development of young people and their communities. "Young people must try to get a good education, it's important in life!" he said.



Zolani Ngcese (15), also doing his Grade 10 at Nathaniel Nyaluza in Grahamstown, shared the same sentiments. He added that hard work was important if young people want to live meaningful lives. "I think if young people work hard in school they can bring change to their communities," he said, adding, "I also suggest that young people use their talents." He described how talents are important and said soccer, athletics and any sport can be used to keep young people focussed and to be good citizens.



Cebisa Nqoqo (25) is a local Community Health Worker in Makana Local Municipality's Ward 5. She told Cacadu News how reckless behaviour among young people has resulted in many "putting their lives on hold". She said young people needed to steer clear of substance abuse, sexual promiscuity and other non-productive activities such as crime. "Young people are the future and they should make sure that they develop that future and the communities around them," she said.



Emmanuel Rushin (20) a General Assistant at Checkers in Grahamstown told Cacadu News, "To protect our heritage and change communities, as young people we must stop using drugs. Drugs are killing young people and communities and even the ability to promote oneself." He explained that drug abuse also associates with prostitution, abortions and young people will expose themselves to HIV/AIDS.



Ethel Shibe (21) hails from KZN and is studying at Grahamstown's Rhodes University. She believes education is the key for young people to meaningfully contribute to their community's development. "Young people must also keep their drinking under control," she said, adding that drug abuse was another problem. "Stay away from drugs!" she urged.



Tatenda Tichareva (26) is studying at Rhodes University and told Cacadu News that young people need to get involved in community programmes around their communities. "Young people must be engaged in their community's activities and that way they can assist in improving the well-being of their areas," he said. He emphasised 'proactivity' on the part of young people in making sure communities move forward.



Asonle Sithoza (17) is doing his Grade 10 at Nathaniel Nyaluza in the City of Saints. He told Cacadu News that gangsterism and substance abuse are keeping the youth from fully contributing to their own lives as well as the progress of their communities. "Instead, young people must get involved in extramural activities after school, where you are taught the right things in life." He said with education the youth can help in pulling their homes and communities out of poverty.



Lazola Tunyiswa (20) also from Grahamstown is eyeing an Engineering degree after Grade 12. He had wise words for the youth. "The problem nowadays is the youth just want to receive... I think if they can use their talents and create opportunities, they will go very far and assist their communities in the process," he said. The aspirant engineer described how young people are losing focus due to 'fun' and ending up needing assistance from the communities they should be building in the first place. "This is our country, let's develop it!" he said.



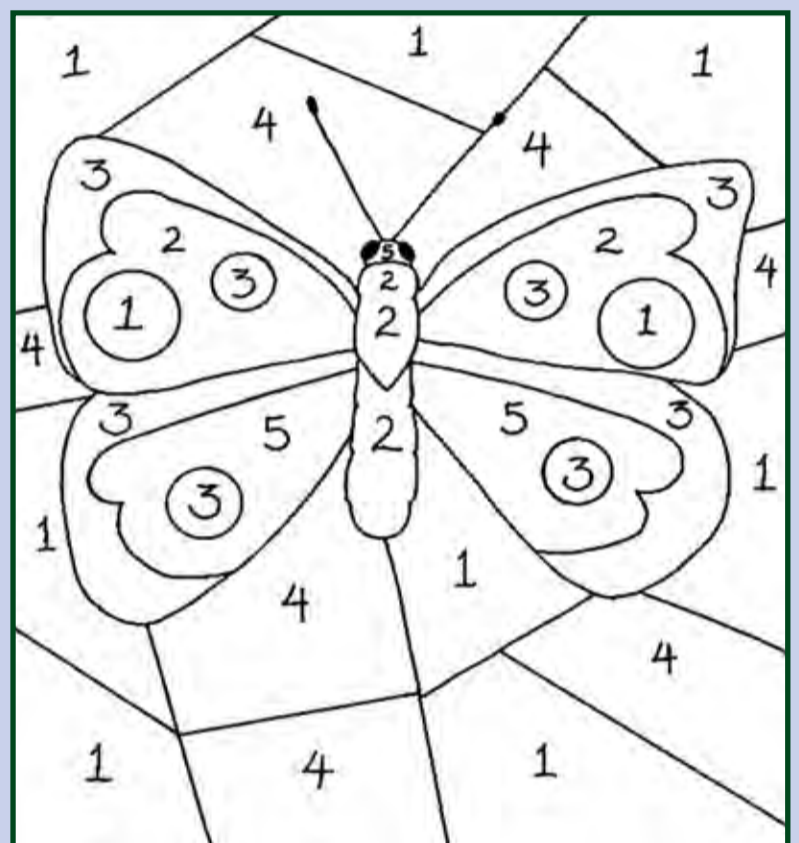
Yonela Zondani (19), also studying at Rhodes, said that it was time for young people "to stop complaining!" She told Cacadu News, "Young people must now stop looking to government for assistance and protesting each time they don't get it their way." Instead, she inspired, "Look around and create your own opportunities. Young people need to take initiative!"



COLOUR in



colour by number



SODOKU

3	4	1	2
4	2	3	1



Umdlalo weendoloty kwi-Interchallenge ube yimpumelelo

UKHUPHISWANO lwe-InterChallenge kumdlalo weendoloty obelubanjwe kwisikolo samabanga aphakamileyo iTEM Mrwetyana eRhini ukukhumbula usuku lwezamafa ngomhla wama 24 kuSeptemba lwabonisa ukuba lo mdlalo weengqondi unekamva eliqhakazileyo kwiNgingqi yeCacadu ngokutsho kweentshatsheli ezimbini kulo mdlalo, uMfuzo Dyrha noNtsikelelo Moholo bakumasipala weMakana.

Iintshatsheli eziphuma kumasipala weMakana, ingingqi yAmathole, uMasipala ombaxa iNelson Mandela Bay noMasipala ombaxa weBuffalo City ziqhumis' uthuli ziqubisene phambi kwababukeli ebebonwabe ngokukodwa okubonisa ngokukodwa indlela lo mdlalo usebenzisa ingqondo unokonwabisa ngalo, njengawo nawuphina umdlalo, kutsho uDyrha onguMongameli we-Makana Local Municipality Draughts Association nokwalilungu lesigqeba kwikomiti yePhondo ebambisene nalo kaMoholo. Lo mdlalo wobuntshatsheli ubuzinyaswe bubukho bentshatsheli yehlabathi nophuma eBhayi uLubabalo Kondlo owayelundwendwe nothe

wawunyusa umgangatho wale tumente. Le ntshatsheli yehlabathi ayinantanga kweli yaye iyintandane kubathandi balo mdlalo, utshilo okaDyrha.

Oka Kondlo ubuya e-Italy nalapho ebesiya kukhusela intshinga yalhe kule nyanga ka-Okthobha, nalapho aqhube kakuhle.

Kusenjalo, okaDyrha uyigxibhile indaba yokuba nangona umdlalo weendoloty ingumdlalo we-Olimpiki, awunikwa sidima koomasipala beli. Abantu abaninzi banxulumanisa lo mdlalo nobuvila.

“Sifuna ukuyiphelisa nya ingcinga yokuba lo ngumdlalo wamavila; nokuba abantu badlala iindoloty kuba bengena nto ingcono yokwenza,” okaDyrha axelele iCacadu News, ngenkxaso abayifumanayo kule ngingqi kungokunje balungiselela ukuthatha lo mdlalo bawuse ephondweni nakuzwelonke.

Uthe lo kaDyrha bazama inkxaso yokwenza lo mdlalo ube yinxalenye yokudibanisa ulutsha nophuhliso. Ngexesha elingangonyaka, utshilo,

umbutho wabo ufuna ukuba ube sele une-federation esemcimbini nesebenzayo.

“Sifuna inkxaso-mali ukuze siqalise nge-league yePhondo nesijonge ukuyithiya ngegama lalowo

wayesakuba ngumbanjwa wetyala laseRevonia nobeyinNkulumbuso yePhondo leMpuma Kapa, uRaymond Mhlaba nowayetshatshela kulo mdlalo ngemihla yakhe yokuthothoza esiqithini,” kutsho okaMoholo.



TOUCH IS A MOVE: Playing the mind game of Draughts during the tournament held at EM Mrwetyana High School in Grahamstown to celebrate Heritage Day.

Makana Karate - Kicking Forward

THE Karate teams of Makana walked away with a total of 12 medals during the recent South African Shotokan Karate Academy (SASKA) National Championships, held early in October in Uitenhage. “About 14 members from the Joza and Makana Karate clubs, both from Makana, competed in the event. Joza received a remarkable 8 medals, while Makana received 4 medals,” said Joza Karate Club Instructor, Mzwandile Matebese.

He went on to describe how well the event was organised and explained that it was such a good experience for the youngsters to compete at a national level for the first time. “The standard of competition at the championships

was very high in all the categories, with Karatekas competing from different provinces in South Africa,” he said, adding that the team performance was encouraging after they performed dismally at the 2009 nationals.

For their efforts, Simphiwe Dlephu and Imivuyo Ranuga from the Joza Club, both won gold medals in the Kumite category, while Matebese secured two silver medals in the same category.

Bonani Kutsi, Qhamani Manetsa, Sifiso May, Lihle Libi, Lufefe Sityi, Lomwabo Sandi and Thandolwethu Mcoboki each won silver medals, while Mahle Singata won a bronze

medal in the Kumite category as well. Joza Karate club started in 2004 when Matebese arrived in Grahamstown from Port Elizabeth. He was still a Brown-belt then and has since progressed to a 2nd Dan Black-belt. The club aims to revive Karate in Grahamstown as an active sport in the Joza Township and “...give children the opportunity to participate in constructive after-school activities,” he said.

According to Matebese, the sport of Karate is growing and has gained recognition in the area. He said that the Department of Sports, Recreation, Arts and Culture (DSRAC) in the Cacadu District as well as the Local

Municipality has chipped-in to support the local clubs.

According to Matebese, Karate teaches youngsters discipline, keeping them out of trouble, and provides physical and psychological fitness training – it is really a way of life, rather than just a sport.

“Through Joza Karate Club, I would like to continue producing students who can represent the Makana Local Municipality at Provincial and National level. This dream can however only be achieved if I can obtain sponsorships, which enable our club to take part in Karate championships,” he concluded.



RISING RUGBY STARS... Hoping to make a mark in Karoo sub-regional rugby is Ikwezi Local Municipality team, the Business Brumbies. Their Manager, Lee-Hollan Wevers, is standing left.



PEDDLING-ON... Riders race to Jeffreys Bay in the 2011 TransBaviaans 24hr MTB Race. The TransBaviaans 24hr MTB is believed to be the world's longest single stage mountain-bike team event in the world.

Cacadu District hosts Eastern Cape U/19 Cricket Challenge

PORT Alfred, in the Ndlambe Local Municipality, is the place to be for local cricket fans after the Eastern Cape Department of Sport, Recreation, Arts and Culture (DSRAC) recently announced the town as the hosts of the upcoming U/19 Provincial Cricket Challenge, while DSRAC will be funding it.

From 4 to 8 December 2011, eight U/19 male cricket teams from the Eastern Cape's seven districts, which did not make it into the various Coca Cola cricket teams in 2011, will have an opportunity "...to show and nurture their talent in the Eastern Cape Province," said DSRAC Assistant Manager of Sport Development in the Cacadu District, Sharief Gamiet.

He said that the Cacadu District will be represented by Port Alfred High School and Humansdorp Secondary School. "The Provincial Cricket Challenge began as a small tournament about five years ago, due to there being no second-tier competition where players that did not qualify for the Coca Cola Cricket Week could compete," he explained. This year, the Challenge has gained momentum and will be hosted outside of Nelson Mandela Bay for the first time, with participation from all seven districts. DSRAC also explained that 2013 will see the inclusion of a tournament for women.

While the district hosting the event is allowed to enter two teams, in order

to create an even number of 8 teams, the other six teams will be drawn from schools that win their district tournaments.

The 20-over a side tournament is set to be highly competitive and fast-paced for the young cricketers.

According to Gamiet, the 'bat-and-ball' sport commands a huge following in the Eastern Cape and plans were underway to promote participation, especially among the province's disadvantaged communities. The Challenge is also used as a tool for development among young people who sometimes fall into a life of crime in the absence of more constructive activities.

Various prizes are up for grabs, including Player of the Tournament, Top Batsman, Top Bowler, Coach of the Tournament, Manager of the

Tournament and the Chairperson's Special Award.

The Provincial Cricket Challenge is a joint effort between Border Cricket, Eastern Province Cricket, Lovelife and the Department of Education. DSRAC will be providing transportation,

accommodation and lunches for all the teams and other representatives involved. Local businesses have been encouraged to come on board through sponsorships. Only players with a green barcoded Identity Document or passport will be allowed to participate in the tournament.



BAT-AND-BALL ... Daniel Nel (bowling) and Xolani Mazibuko (batting) at Port Alfred High School.

Makana boxing on the rise

BOXERS from the Makana Local Municipality have been doing exceedingly well lately. "I have noticed much improvement in the talent of the boxers from the Makana Local Municipality. Their trainers are surely doing something right," said

Nelson Mandela Bay boxing trainer Nkosinathi Zamela in Port Elizabeth recently.

A former professional boxer from Motherwell in Port Elizabeth, Zamela was watching Grahamstown

boxer, Ndudumo Lolwana, win his professional fight on a first round Technical Knock Out (TKO) over a Port Elizabeth opponent.

This has been a trend lately with another bright star from eRhini, Mntuwekhaya Makhombe doing the same thing – tearing his opponents apart in the ring. Cacadu News asked Boxing Manager, Mfuzo Dyira, of Mfuzo Boxing Club, about their secret.

Dyira agreed their three professional boxers, Lolwana, Makhombe and Masonwabe Mgcuwe have been a menace to their opponents in the ring due to their tough training in the gym.

"We are so rough in the gym because we realized that we cannot make it in this game unless we give more effort. Thanks must go to our trainer, Given Faxi," said Dyira.

Just recently, they took their boxing trainers, boxers and managers to a Box-for-Life coaching clinic organised by the municipality and the Department of Sports, Recreation, Arts and Culture in Grahamstown. An exercise that was so beneficial to their boxing

development initiatives said Dyira. "Of course," Dyira added: "We are able to do all this because of the support we are getting from our municipality. The Office of the Mayor and the Special Programmes Unit (SPU) are always behind our efforts, for that we are very thankful," said Dyira.

This year alone, Dyira said, there were two professional fights in the Makana Local Municipality hosted to develop their boxing - and their young lads did not miss the opportunities presented to them.

An overjoyed Dyira revealed that with their 30 amateurs in the gym rearing to go, they believe that nothing will stop them.

"One of our amateurs, Siphosethu Zingela, who fights at 50 kg won a Silver Medal in the South Africa Games held in Limpopo at the end of October," said Dyira.

"We used to beat Makana Local Municipality in the ring, but now? They have very good boys that are promising to go far in the sport. That Zingela boy is a star," said Zamela.



SHARPENING THEIR SKILLS... Boxers from the Makana Local Municipality during a recent workshop they attended to sharpen their skills.

