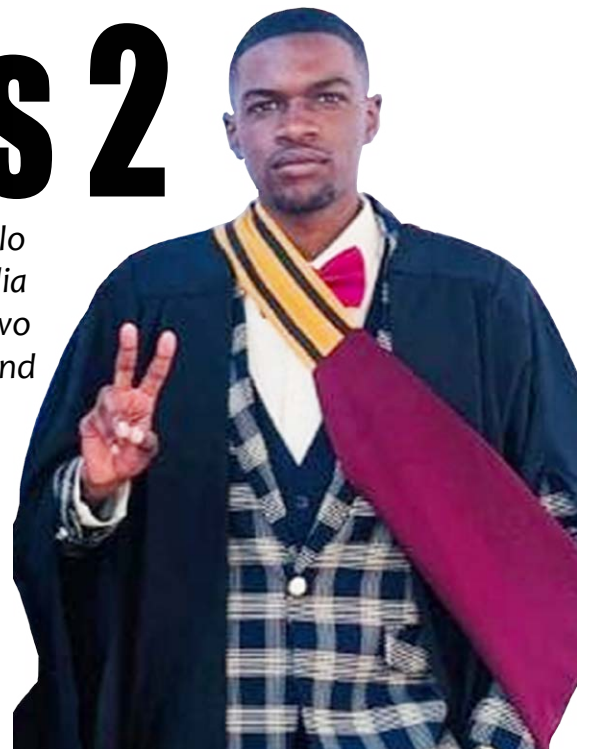


Sunrise intern coins 2

Soweto Sunrise news would like to extend its sincere and heartfelt congratulations to Kamogelo Moremi, our 22 year old intern at Soweto Sunrise who has obtained his Bachelor degree in media studies, as well as a diploma in Cyber Security! His dedication has allowed him to study these two

entities simultaneously and finishing then both on record time.

He is focused and like an eagle approaches his goal with precision and skill. He has indeed shown that hard-work and dedication pays off!



Advocating for Social Justice

Jerry Sokhupe

Q uote This Woman+ is the organization that supports a cohort of dynamic social justice advocates through their Fellowship Programme that aims to amplify the underrepresented voices across South Africa. Lerato Mogashoa is a 24-year-old social activist from Winterveld and has been actively working with Childline Gauteng as well as NACOSA (Networking HIV & AIDS Community of South Africa).

She mentions that her inspiration came from the silence that she experienced growing up in her home and surrounds, that resulted in unspoken pain overwhelming girls in the house, leading to suffering as there was no one affording them the space to talk, express and personally just be yourself.

Lerato mentions that she as been in and out of jobs since finishing high school and through that experience of volunteering



and working here and there, that has enabled her to discover her social advocacy, being around different people, who shared their struggles and ultimately gravitating towards voices that cannot speak for themselves. "I mostly work with youth, especially girls, teen moms, young people dealing with violent environments as well as mental health. It's not easy to work with boys though, she relates. We try methods to lure them so they can open up as they are often left out of emotional support." *Continued on page 2*

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Advocating for Social Justice

continued

One example was coming across a young fellow living with diabetes. He didn't really understand how serious it was oh how to manage it properly. Then, by chatting with him and helping him acknowledge his condition in a way that made sense to him. No stress just talk!" She enthuses. "In my engagements with people I believe it's key to tell things for what they are.



What people are scared to say such as how societal pressures usually punish girls and how men are expected to man-up! I use the platform to amplify their realistic narratives working with social organizations. "I believe in honest conversations that bring healing, listening and giving the other person on the other end a platform to speak out their feelings without reservation. At times it is overwhelming to bear another person's emotional load, being in touch with their feelings." She tells of a girl she once met in who told her that she wasn't girl enough as she lacked a feeling of being soft, tender or even pretty enough to meet expectations of society. In response, there is no manual for being female as you may choose to be the person you desire to be. Confidence is not driven by looks but the energy and confidence that one exudes. Her stand-out moments are the hidden pains that she sees in victims, but what really struck

her was the girl that approached her at a school function who was battling with self-harming. A scenario that made her consult with her mentor who gave support with permutations that pushed for mental health interventions as well as awareness. "Reading the room helps a lot when orchestrating sessions with people, I speak their language, their body language tells a story. If I can't manage there's always support and if it doesn't really workout we simply revert back to the drawing board. As a grounded person it helps to attend every individual with integrity and the utmost dignity they deserve." She explains. "Working with community clinics opened up to empowering partnerships and collaborations especially as they bring in elaborate health resources, counselling interventions in the form of support groups that help us learn more attributes in effective social care. People in distress suffer shame, prejudice and judgement, not knowing what to do or where to find help that's where we show up and thus establish trust. To make voices heard without fear in schools, homes, in the streets and in all social circles. People don't feel safe when their pressured, we need to create safe environments so they open up!" In conclusion I ask Lerato of the real current Youth challenges that need tackling and in response she centred on mental health, Gender Based Violence, unemployment, perfection pressure, social media strain, the feeling of not being seen or heard especially from loved ones. These are the top priority pressing issues that we need to give attention to.

Moti Cares donates 2000 blankets

Pictures: Thapelo Magola



Thapelo Magola

As winter sets its grip on Gauteng, the Moti Cares Foundation visited Soweto to distribute 2,000 blankets and bread loaves to residents at the Musjidul Ansaar in Dlamini as well as the Musjidul Ansaar in Orlando East, bringing comfort and dignity to families facing the bitter cold with limited resources. Led by Zunaid Moti – prominent investor, philanthropist, and founder of the Moti Cares Foundation, this past week-end's efforts continued the Foundation's commitment to respond directly to the needs of local communities when the urgency is highest. With the early morning cold slowly lifting, queues formed quietly at both locations as

volunteers from across the province prepared for the handovers. Working closely with community organisers and residents, the Moti Cares team made sure the support reached elderly residents, large families, and those most in need. The handovers form part of the broader Moti Cares Winter Drive, which aims to distribute 20,000 blankets this winter. Many stops are based on public nominations submitted via social media and email, where concerned citizens highlight organisations, neighbourhoods, and individuals they believe urgently need assistance. "If a blanket helps some-

one sleep through the night, or lets a parent breathe a little easier, then we've done what we came to do," said Moti. "This drive is about community,



dignity, and standing together when it matters." The Moti Cares Foundation has built a reputation for stepping in where help is needed most – from food relief and crisis response to long-term community support.

Its work spans years of active giving across South Africa, with a range of remarkable initiatives that have brought assistance to millions of families during some of the country's most challenging times.

The Foundation's Winter Drive in particular has grown into one of its most recognised campaigns, delivering physical warmth, comfort, connection, and care during the most difficult season of the year. With each blanket and loaf of bread handed over, the mission remains clear: restore dignity, re-

spond to real needs, and reach as many communities as possible. Soweto follows earlier handovers in Katshele, Langlaagte, and Vrededorp. The next stop is scheduled for the Western part of Johannesburg, with more communities being confirmed each week. "We don't measure impact by numbers," Moti added. "We measure it by moments – moments where someone feels seen, safe, and supported. That's what Moti Cares is all about."

Urban City Transformation through the launch of Leratong Nodal Development

Executive Mayor Lucky Sele, has officially launched the Leratong Nodal Development — a flagship spatial transformation project that places the municipality at the forefront of integrated, people-centred urban development. Held on Thursday, 5 June the launch was graced by Gauteng Premier Panyaza Lesufi and MEC for Human Settlements Tasneem Motara, in a clear demonstration of intergovernmental collaboration and support for local government-led transformation. The Leratong Node is a, mixed-use precinct development conceptualised and driven by Mogale City and Trendville Investments to redress historic spatial inequalities and unlock sustainable economic opportunities for communities in Kagiso and Mogale City as a whole. The development, strategically located around the Leratong Hospital and Randfontein Road corridor, will deliver over 15 000 mixed-income housing units, a 35,000m² regional shopping centre set to open by November 2026, upgraded infrastructure, improved public amenities,



and a new localised economy that benefits residents directly. Speaking at the launch, Executive Mayor Sele highlighted that the project is a "direct outcome of Mogale City's spatial vision, rooted in equity, redress and inclusive growth – an Urban City Centre." He further noted that local government is not merely implementing but driving the developmental agenda with the support of provincial government. "This is more than a development," said the mayor. "It is a reclaiming of space, dignity and opportunity for our people. As the Urban City Centre, Mogale City, we remain committed to build-

ing liveable communities where our residents can live, work and thrive — close to transport, healthcare, jobs and each other." In addition to the delivery of infrastructure, the project is expected to create hundreds of job opportunities, stimulate SMME development, and catalyse local procurement and construction industry participation. Mayor Sele, further contextualised the significance of the project within broader national discourse, referencing Mogale City's participation in the Infrastructure South Africa Thought Leadership Dialogue & Summit, where the municipality was recognised among the top

10 municipalities championing innovative and responsive inclusive growth. Premier Lesufi and MEC Motara both commended Mogale City's leadership for its proactive planning, community-centred approach and firm commitment to the developmental of local government. The Executive Mayor concluded by thanking all stakeholders and reaffirming that Mogale City will continue to lead boldly, plan inclusively and deliver with integrity. "The Leratong Node is not just a project. It is the beginning of a new Urban City Centre." **Office of the Executive Mayor**

Demystifying the myth; Men do undergo tests

Sipho None

In today's society, men's health and wellness are often overshadowed by outdated stereotypes and misconceptions that men do not go for health tests, but rely on their partners and family to confirm their health status. This misconception also strengthens the belief that seeking help is a



sign of weakness to the notion that masculinity means ignoring health concerns, including myths that can have serious consequences towards men's well-being.

Unpacking and getting a medical view on this matter, the publication, met Clement Matsitse, the Operational Nurse at the Randfontein-based Lenmed Hospital Group, at the Men's Conference, held at the Faith Community Sanctuary, in Kagiso, Mogale City, recently regarding this important matter.

Matsitse X, who also couples as a Pastor mentioned: "Regular testing of men remains a problem, however, there is a gradual improvement about men taking their health seriously. Our message to men is said to encourage them to get tested at least twice a year and if they see any odd signs in their body that they do not understand they must reach out and not keep quiet."

Matsitse added that: "The benefits of testing early is that if you have any problem or challenges then it can be detected early and can be treated early, unlike when you come very late chances of success are few but if the problem is identified early then interventions can be made early." More than 60 men during the event were formed a queue to be tested on a variety of services available to prioritise their health and wellness. The tests undertaken included blood pressure and diabetes which are the killer chronic diseases as well as high cholesterol. Brain Rammusa, took the tests said and mentioned. "It is encouraging to see men voluntarily taking a stand and check on their health matters. Routine check-ups are important for men of all ages, even if you feel healthy. These check-ups provide an oppor-



Pictures: Sipho None

tunity to screen for health-related issues and do blood-work or blood testing that can indicate how your liver, kidneys and other organs are functioning. Routinely seeing a primary care provider isn't just about screening for disease, it's also about forming a relationship that can benefit you throughout your life span". The Lenmed Unit Manager Medical, Jauni Hattingh, added her voice and encouraged men to visit the Health Specialists for routine

health and wellness checks. "Regular check-ups give us an opportunity to identify health issues, whether it's cancer or high cholesterol or another condition early when they're easier to treat. As health practitioners we encourage men to at least do regular check-ups one or twice a year with their specialist towards a better and healthy life."

Another common misconception is that being masculine means ignoring health concerns and toughing it out. In truth, ignoring health concerns can lead to serious consequences for both physical and mental well-being. It's important for men to prioritize their health by scheduling regular check-ups, staying up to date on screenings and vaccinations, and seeking medical attention when needed. An ounce of prevention is worth a pound of cure, and what you put off today may only get worse and more debilitating tomorrow.

Dignity for R5: New toiletries target hygiene inequality



are committed to developing the best possible products at the lowest possible prices."

According to WHO and UNICEF, hygiene poverty can severely affect health, dignity, and self-esteem. With the rising cost of living, many families are struggling to afford basic necessities, including everyday hygiene and grooming products.

"With our range of R5 toiletries, Shoprite wants to help communities maintain their dignity," says Phillips. With the exception of sanitary pads, which became VAT exempt on 1 April 2019, all other personal hygiene items including soap, toothpaste and deodorant continue to be taxed at the standard VAT rate. This makes the introduction of Shoprite's R5 toiletries - which helps to bridge the affordability gap for those who need it most - all the more important.

The power of R5

Every week, Shoprite subsidises over 1.8 million R5 products, which are available to customers every single day, at every one of its supermarkets nationwide.

Its growing basket of R5 products now include:

- R5 loaf of 600g brown bread, unchanged in price since April 2016
- R5 takeaway meals, including a protein-rich ox liver burger
- R5 sanitary pads
- R5 shampoo and conditioner
- R5 body wash

"To many, a R5 coin may not seem like much anymore, but it's important to remember that it can still feed a person and now help to maintain personal hygiene," concludes Phillips. "More than just a small change, it is a symbol of hope."

Genie Vittu

In response to the more than 14 million people in South Africa - one in five - affected by hygiene poverty, Shoprite has expanded its R5 basket of goods to include essential toiletries which retail for just a single coin. Hygiene poverty encompasses both inadequate sanitation infrastructure and limited access or affordability of essential items like soap, shampoo, menstrual and oral care products. Following significant investment into extensive product development, Shoprite is adding a 2-in-1 shampoo and conditioner as well as a body wash to its growing range of R5 products. Both items are sold as concentrates in 50ml sachets and, when diluted with 150ml water, make enough to last for up to 20 washes. This works out to approximately 25 cents per wash.

In 2021, Shoprite launched a R5 pack of sanitary pads to ease the financial burden of menstrual hygiene and to help keep young girls in school, with zero price increase since on this product to date.

"No one should have to choose between having food to eat and maintaining basic hygiene," explains Renaldo Phillips, General Manager for Private Label and Imports at the Shoprite Group. "Access to hygiene products is not a luxury - it's a fundamental human right. That is why we

A Holistic Approach to Mental Health and Addiction Recovery

Thulisa Nyathi

Nestled in the tranquil surroundings of Little Falls, Roodepoort, Eagles View Wellness Centre emerges as a sanctuary for those grappling with the complexities of mental health and addiction.

Founded by Hennie Schreuder in partnership with Marius Swart, this private facility has blossomed over the past two years, fueled by a profound vision rooted in compassion, empathy, and love.

The center not only addresses addiction but also delves into its underlying causes, recognizing that true healing extends beyond mere abstinence.

At Eagles View, a comprehensive range of rehabilitation services is offered, encompassing support for depression, anxiety, trauma, and stress. The center prides itself on its diverse and highly skilled team of professionals, including psychiatrists, psychologists, physiotherapists, addiction specialists, general practitioners, trauma specialists, pharmacists, family counselors, drama therapists, and a therapeutic director. Each member of the staff plays a pivotal role in the healing journey. For instance, the psychologist employs evidence-based talk therapy to help clients navigate their emotional landscapes, while the drama therapist offers a creative outlet for those who find verbal expression challenging. This multifaceted approach ensures that clients receive holistic care tailored to their unique needs.

A distinctive aspect of Eagles View is its team composition; many staff members are individuals in recovery themselves—some boasting over twenty years of sobriety. Their personal experiences provide invaluable insights into the treatment process, fostering a deep sense of understanding and con-

nection with clients. This shared journey cultivates an environment where vulnerability is met with empathy, allowing clients to feel safe as they confront their challenges. The center's flagship and primary approach focuses on intensive care for first-time clients through individualized therapy and psychological support.

In contrast, the primary extension program prepares clients for reintegration into society while

implements innovative reward programs for clients who demonstrate progress, offering activities like spa days and outings that celebrate their achievements and reinforce positive changes.

George Georgas, the Chief Medical Officer of Eagles View, emphasizes the importance of accessibility in seeking help. He encourages individuals and families facing challenges to reach out via phone or email for prompt assistance—reminding



offering robust aftercare services. This thoughtful structure has earned Eagles View a stellar reputation for effectiveness, attracting individuals from the UK, Canada, Norway, and across South Africa. Eagles View is intentionally designed to foster a therapeutic rather than clinical atmosphere. The center features private, luxurious rooms that promote relaxation and wellness, creating a serene environment conducive to healing. Clients are encouraged to engage in various activities—such as table tennis, swimming, and gym workouts—while enjoying nutritious meals prepared on-site by dedicated staff. This emphasis on physical well-being complements the psychological aspects of recovery. Operating 24/7, Eagles View ensures that on-site staff are always available to respond to emergencies and provide immediate support. To maintain an intimate and personalized approach to care, the center limits its capacity to 30-40 clients. Additionally, Eagles View

them that they are not alone on this journey.

Lebo Mokgatle, the drama therapist utilizes movement and creative expression as tools for communication, clients can connect with one another's stories and embark on a collective healing journey.

Lebo's sessions often incorporate drums and art to deepen connections among participants and enhance their therapeutic experience. He shares a poignant success story of a client battling crystal meth addiction who initially found it impossible to voice their trauma. Through the innovative techniques of drama therapy, this client gradually opened up, illustrating the profound impact of creative expression on healing.

Eagles View Wellness Centre stands as a beacon of hope for individuals seeking recovery and healing in a nurturing environment that prioritizes compassion and individualized care. Every client is treated with dignity and respect, empowered to reclaim their lives.

Harmony Gold Champions Youth Empowerment at Kasi Supa Games 2025



challenges such as crime, substance abuse, and unemployment through positive engagement and skill-building. Other key partners included Shield, Mo-Afrika Itlhokomele, StritGRAD Market Solutions, and the Gauteng Department of Sports, Arts & Recreation—each contributing to the success of this grassroots movement. As a long-standing supporter of community-driven initiatives, Harmony Gold continues to invest in programs that foster social cohesion, promote wellness, and create new economic pathways. The Kasi Supa Games 2025 is a shining example of how sport can be a catalyst for transformation—one goal, one

In a vibrant celebration of township sport and community spirit, Harmony Gold proudly partnered with the Kasi Supa Games 2025, a dynamic sports and lifestyle initiative led by StritGRAD Academy. This year's tournament held in Naledi, Soweto, brought together 16 local soccer teams and 8 netball teams, showcasing the power of sport to unite, uplift, and inspire. More than just a tournament, the Kasi Supa Games serve as a platform for social change, economic empowerment, and youth development. Harmony Gold's sponsorship included full soccer and netball kits, sports equipment, and materials—ensuring that every player stepped onto the field with pride and purpose. The initiative also created opportunities for local sports NPOs, informal traders, talent scouts, and small businesses, reinforcing Harmony's commitment to inclusive community development. The Youth Day Commemoration Project, under which the tournaments were hosted, aims to address pressing youth



game, one community at a time. Congratulations to the Champion team Riverpark FC for winning first place in soccer, FC Electrical FC for securing second place, Villamarseille in third, and Skepe Nketole in fourth. Additionally, congratulations to the Brainwashers Netball team for emerging as tournament winners in netball. Well done to all the teams for their outstanding performances!



Harmony Youth Dialogue Day - Voices of the Future



Today marked a powerful milestone in youth empowerment as Harmony Gold, in partnership with the City of Johannesburg and University of Pretoria's engineering and built environment department hosted the inaugural Youth Dialogue Day at the Doornkop mine near Soweto. This event, held in honour of South Africa's Youth Month, was a direct response to the urgent call

from young people facing a staggering 46% unemployment rate. Standing true to our strategic pillar of 'Responsible Stewardship,' and realising the today's youth are plagued by the realities of unemployment, inequality and poverty, facing our host communities. We saw a need to proactively host this dialogue to foster inclusion, co-existence and empower



The event featured:

- **Direct Engagement:** Young participants spoke openly with decision-makers from five key Harmony departments responsible for community interface and social license to operate.
- **Skills Acceleration Showcases:** Information on the cadetship program, bursaries, internships, learnerships, and artisan training programs was made available.
- **Public Commitments:** Harmony Gold outlined actionable steps it will take to address youth concerns.
- **Voice Documentation:** Issues considered material by youth and ideas were captured for integration into Harmony's ESG and social

investment strategies.

The presence of Counsellor Phumzile Shange from City of Johannesburg region c, together with Deputy Director, Lawrence Maseko, industry peers and other dignitaries, underscored the importance of this initiative. Their participation signalled a shared commitment to co-creating a future where young people are not just heard, but empowered. Youth Dialogue Day is more than an event—it's a promise to mine responsibly, build bridges and create shared value. It positions Harmony Gold as a responsive, community-rooted employer and sets a precedent for corporate accountability and youth inclusion.



our youth, with possible opportunities. The event facilitated a structured platform for engagement between Harmony Gold, the City of Johannesburg, and the youth of host communities.



SA Graduates face Unprecedented Challenges

Thulisa Nyathi

In today's fiercely competitive job market, many graduates find themselves grappling with significant obstacles as they seek employment after completing their studies. Despite their academic accomplishments and the skills that they have honed during their education; these individuals often struggle to secure positions that align with their qualifications. The experience can be both frustrating and demotivating, casting a long shadow over their long-term career prospects and overall mental well-being. According to Statistics South Africa, the unemployment rate surged to a staggering 32.9% in 2025, leaving approximately 8.2 million people without jobs. This issue is multifaceted, stemming from a growing workforce and an unequal economic structure. The consequences of high unemployment are dire, contributing to pervasive poverty, increased crime rates, and broader economic instability. Rural areas are particularly hard hit, with unemployment rates exceeding 50%, largely due to limited access to education, infrastructure, and job opportunities. In this challenging environment, job seekers are increasingly turning to online platforms such as Indeed and



Picture:

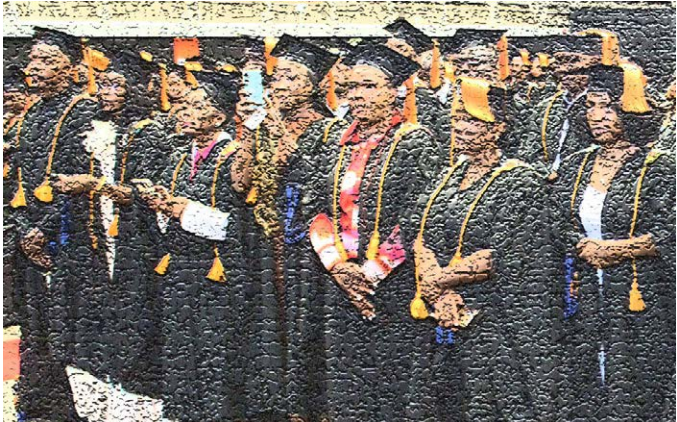
Innovative education

LinkedIn, as well as leveraging social media to connect with potential employers. Many are also volunteering to gain valuable experience and expand their professional networks. However, the path to employment remains fraught with difficulties. Lulama Nale, a journalism graduate from the class of 2025, exemplifies the challenges many face in their job search. She articulates a common hurdle: "The biggest challenge I've faced while looking for a job is that most companies want candidates with three or more years of experience or those already doing internships." After five months of relentless searching, she finds it disheartening to receive no responses at all, not even rejections. Nale has applied for positions in digital marketing, journalism, and call centers but has yet to find success. She believes her skills could significantly

benefit her community by providing updates on local events and helping to alleviate unemployment through job advertisements. To support her fellow unemployed graduates, she actively encourages people to share information about companies that are hiring. Throughout her job search journey, Nale has learned the invaluable lesson of patience and has come to understand that networking is essential in today's job market. Despite the myriad challenges she faces, she maintains a positive outlook and draws strength from her faith. Fikile Nyathi, who graduated in Publishing Media Studies in 2022, shares similar sentiments about the job landscape. She has encountered a scarcity of opportunities in her field, lamenting, "There are few openings available." After three years of searching, Nyathi is

particularly frustrated by the lack of feedback from potential employers. She has applied for positions in graphic design, communications internships, and content creation but has yet to receive any responses. Her experience underscores the urgent need for more accessible pathways into the job market for graduates like herself. Victor Ngobese, a Business Management graduate from 2024, identifies competition as his most significant hurdle in the job market. "It's highly

employed graduates with seasoned professionals, providing them with valuable guidance and support. Throughout his job search journey, Ngobese has cultivated resilience and persistence despite facing numerous rejections. He finds motivation in connecting with peers who share similar experiences during this challenging time. As South Africa continues to grapple with high unemployment rates and a daunting job market for graduates, the resilience and determination of individuals like Nale, Nyathi, and Ngobese shine through their stories. Their experiences illuminate the pressing need for systemic changes that will facilitate better access to employment opportunities for all South Africans. It is crucial for stakeholders—governments, educational institutions, and businesses—to collaborate in creating an environment where graduates can thrive and contribute meaningfully to society. Only then can we hope to turn the tide on unemployment and build a brighter future for the nation's youth.



Men of Valor Ministry tackles Men's issues head-on

Sipho None

"The problem is not men and masculinity, but it is wounded men with a distorted view of what masculinity is." These are the words of Craig Wilkinson, the most sought after SA's inspirational speaker and Dad Coach, when distinguishing between an ordinary Man and a real Man. To address these wounded views and provide men with a proper view of

they need to live a comfortable life. This viewpoint exposed a variety of views from the floor with some men in the audiences expressing that the epidemic of crime and social disintegration that we are facing as a nation is primarily the result of men not being men not fulfilling the role they were designed to fulfil. Speakers expressed views with most agreeing that many men with little hope of a better future beyond the

tions on Men As Safety Promoters (MASP) in the province. An initiative by the Gauteng Department of Community Safety, tasked with addressing Gender-Based Violence in various communities across the province. Arthur Zide, an academic stakeholder spoke about how men can use "options" at them to navigate the challenges they face and encouraged men to better their lives through education. While Mbulelo Gongota,

Pictures: Sipho None



masculinity, the Men of Valour Ministry hosted the first Mayibuye Indoda Men's Empowerment Conference, recently in Kagiso, at the Faith Community Sanctuary (FCS). The multi-pronged session, dealt with issues ranging from academic, education, social ills, community safety and role of men as the heads of households, with the view of exposing men to a variety of platforms in dealing with issues related to masculinity and Gender based Violence as well as Femicide. The facilitator Mkhulu Gongota, broke the ice and said a man is the head of the household and is responsible for making sure that his family has what

bottom of the socio-economic rung, are often driven to vent their rage against those closest to them due to alcohol abuse. Onica Mogomotsi, a Psychologist and a Kick-boxer, spoke about how her father took care of the family after the passing of her mother at a tender age. If men aren't given proper validation from an older male role model, they will also grow up believing in the lies society tells us are true. She said her father played a mother-figure role while bring up the family. She said men should not allow masculinity as a way of dealing family issues. She added that through her line of work, she is currently doing promo-

selling, its challenges and positives. He also encouraged men to be open minded in marriage as the divorce rate is increasing rapidly. Men of Valor Ministry is a faith-based organisation intended to help men discover their unique strengths and talents which unlock God's purpose for each of their lives and to give them the tools to confidently and courageously navigate the journey of fulfilling God's plan for their lives. Lungile Mahlaba concluded the session by indicating that the ministry will be visiting areas across the length and breadth of Mogale City and the West Rand with the purpose of getting men under one roof on men's issues.

Woman!

Lorraine Moremi

A phenomenal caregiver, nurturer, organizer and multi faceted in every way a woman is indeed a gift to the world.

Today I want to focus on those unsung heroines, those who wake up in the morning to prepare their merchandise in freezing weather to stand in a street corner selling, driven by the need to provide for their families. The car-boot merchant uncensored by the world and yet produced medical doctors, with her measly business. She is sharp displays good customer service skills her clients, passers by who rely on her fat



cakes for a quick breakfast. She has studied her market, targeted her customers and evaded competition through exclusivity. Strategies often utilized in big business yet proven to be generic by her. She is strong, her body has learned to self regulate, and

stand against all forms of weather. Her tools of trade are simple and do not incur much overhead costs. She has learned to calculate and manage risk despite her lack of Education. The Achaar merchant who wakes up everyday with the hope of making a sale. Her children look up to her, she has to provide. Facing adversity often having to deal with competition, finding ways to maneuver her way through the labyrinth of life. She is determined, unrelenting and keeps her guard up at all times. At home she is a single mother, sole caregiver, sole disciplinarian working with precision and agility to raise men and women, to be partakers in society. Her efforts remain unnoticed. These are what the business world refer to as small enterprises, they are major contributors to the economy, when spoken of statistical data is used which defaces them. Today I want to salute you, you are noticed and you are celebrated.

Matric Mid-term Results: Your guide to Charting Finals success

As South African Matrics wrap up their mid-term exams, the results they receive will serve as a critical checkpoint on their journey toward the final Matric exams later this year. These mid-term results are more than just grades; they're a valuable tool to assess progress, identify areas for improvement, and build a solid strategy for success in the National Senior Certificate (NSC) examinations, an education expert says.

"With the finals marking the culmination of their school careers, Grade 12s can use their mid-term results to guide their preparation and boost their goals," says Adrian Garden, Dean: Academic at The Independent Institute of Education's Rosebank College.

Dealing with disappointment

Garden says some Matrics might be in for a shock after these exams, feeling that they are skating on thin ice with regards to passing at the end of the year, or gaining access to university study. However, it should be noted that there is still enough time to turn things around with effort and focus.

"If your Matric mid-term results fell short and your university aspirations feel at risk, don't lose hope. Managing stress and staying motivated are crucial when the stakes feel high, so acknowledge your disappointment but reframe your mid-term results as a wake-up call, not a verdict on your future," he says.

The mids to finals success

strategy

Reflect on your performance

Your mid-term results offer a clear snapshot of where you stand academically. Take time to analyse your marks subject by subject and 1) identify subjects or topics where you performed well while 2) pinpointing weaknesses, for instance low marks in specific subjects or sections where you need to focus your efforts.

Then, seek to **understand patterns**.

Are your marks lower due to poor time management, lack of understanding, or incomplete preparation? Recognising patterns is key to addressing them, and helps you create a targeted study plan.



Set realistic goals

Mid-term results provide a baseline for setting achievable goals for the finals and you should use your marks to guide your aspirations. Seek to:

- Aim for improvement (If you scored 60% in History, set a goal to reach 70% or higher by addressing specific weaknesses).
- Align with university requirements (If you need 80% in Mathematics for

an engineering degree but scored 65% in mid-terms, you'll know how much ground you need to cover).

Create a detailed study plan

When creating your study plan, seek to prioritise weak areas, reinforce strengths, and incorporate active learning.

Use your time optimally! Don't view the upcoming holidays as a time to chill if you see you need some serious improvement. Instead, use it to your advantage by scheduling some study time daily, while leaving enough time to also relax.

Garden advises Matrics to allocate more time to study subjects or topics where they under-performed, even though motivation might not naturally flow in that direction.

"For example, if you struggled with poetry analysis in English, dedicate extra sessions to practising past exam questions. And instead of passively rereading notes, use techniques like summarising, teaching concepts to a peer, or solving past papers under timed conditions."

Seek the support you need

Everyone needs a little help sometimes, so seek it early if you feel the need. Additional support can come in a number of forms, including from teachers, tutors and study groups, online resources, or parents/guardians.

Teachers can clarify concepts, recommend resources, or provide extra practice materials. If you need



more personalised help, consider joining a study group or hiring a tutor for difficult subjects. There are also many online platforms and channels offering free tutorials, past papers and practice questions tailored to the SA curriculum.

Practise time management and exam techniques

Mid-term exams simulate the pressure of the finals, so use your experience to refine your exam skills by reviewing mistakes, practising past papers and honing answering techniques. Go through your mid-term papers to understand where you lost marks. Was it due to misreading questions, incomplete answers, or running out of time?

When doing past papers, familiarise yourself with the format and question types, and time yourself to improve pacing. Learn how to structure essays, show calculations clearly, or tackle multiple-choice questions strategically.

Maintain mental clarity

The road to the Matric finals can be

intense, but your mid-term results can fuel your motivation. Remind yourself of your goals, whether it's earning a Bachelor's pass, qualifying for a specific university programme, or achieving a distinction. Then aim for small wins, consistently, every day during every study session. Don't panic! Exercise, eat healthily, and get enough sleep to stay focused. If your mid-term results were disappointing, don't dwell on them. Instead, view them as a chance to course-correct and build resilience. "Matric mid-term results are not the end of the road but are, by design, a guidepost to help you navigate toward a successful final exam," says Garden.

"By viewing it as such, and by giving it your all in the coming months, you will be able to improve on your June performance, to successfully pass Matric and be able to pursue your dream of further study. Stay focused, stay resilient, and remember that every step you take now brings you closer to achieving your dreams".

What is life..? *the sequel*



In a world where everything is done in a haste, where we are constantly chasing but are never satisfied, we seem to have lost the essence of who we really are; both personally and in our families. We no longer spend time with, engaging and being genuinely interested in each other. Even when we are together, our attention will mostly be fixated on our gadgets and we constantly bicker over trivial things.

In all honesty, we have become wanderers who are continuously in a hurry and we have become blind to a point where it is normal. We have become zombies, robots, empty containers. A robot does EVERYTHING it has been PROGRAMMED to do, it does not know any better, but we do; yet we are doing EXACTLY what robots do. It seems like we bow to something or are under a certain spell, for

which we do everything promptly and mostly, without any questions. We only stop to refuel and rest, according to the hours set by the "Entity". The next day, from the moment our eyes open, we are back to being willing robots. The "Shift" that occurred about five years back has succeeded or accelerated the process of putting us into different brackets, now more than ever before. Most people notice things, patterns if you will and ask themselves questions, some go deeper, some ignore while some don't even bother. The ones who seem to have received responses for their questions or curiosity are labelled "Conspiracy Theorists, Crazy, Anti - whatever name we can come up with", ridiculed and cancelled when they try to help. Artists who paint, sing, act, teach, preach, heal, do not get the same level of exposure as the others simply because the "Entity" will not allow us to get off his merry go round and connect with ourselves. We have a lot of such people dating back a long time ago, who challenge us to break free from whatever spell we are under that is preventing us from reaching our full potential, a spell that is breaking families, communities, friendships apart. The more they try to point us in the direction, the more the spell



keeps dragging us in the opposite direction.

This thing we seem to bow to is meant to be a means to get by, but in the pursuit of getting it, we have lost ourselves. We are following the script because we are being made to believe that having more of it validates you and makes you far better than those less accomplished than yourself. We find that we are running on autopilot. We are even suffering from things we can't name in our own languages: depression, frustration, anxiety, stress, alcoholism, addiction and there is also poverty among other things. We are running around in circles with no relief; yet like robots, we continue blindly on this merry go round that

is weighing us down.

How many people do we know who are genuinely happy? For many, the answer will immediately be someone who is popular or has money or is married and so on because they "look" happy, forever smiling and they don't seem to lack anything. Strip away everything that can be bought and ask yourself: **'Who do I know personally, who is genuinely happy? Are YOU happy?'** Nowadays, even the best of friends don't really know how the other one is really doing. Everything and everyone is superficial simply because we are behaving like robots.

That Entity thing that seems to have been forced upon us is money!

Refilwe Lekabe!

Sport

Youth Month Sports Talent Search

Pictures: Sipho None



Sipho None

The Kagiso-based Eyethu Yarona Foundation punched itself above its weight when they celebrated the Youth Day through its first edition of the Foundation's Annual Youth Games, despite facing challenges.

The Foundation under the stewardship of Thokozani Malinga, navigated challenges struggling to acquiring sponsors with local businesspeople unable to assist, however, through determination and willpower, the youth-led organisation managed to pull it through and brought more than 1000 kids to the occasion. While majority of young people across the country saw it necessary to embark on frivolous and unprintable activities such as excessive drinking and partying on Youth day, the Eyethu Yarona Foundation had



different thought of hosting the 2025 Annual Youth Games.

The Games brought in kids from local schools and clubs to lock horns in cricket, under/12 and 14 netball, 5-a-side football. The winners took home trophies and medals, while cricket section got a bonus with cricket attire being donated to the schools.

In Soccer, Khaselihle Primary School emerged the overall winners after dribbling their opponents Sir P, Two Shoes and the host school football clubs to the winners' podium. Team Maphaka was crowned champions after bowling over Team Bavuma, Team Rabada and Team Rickleton in Cricket division. As expected in Netball, the mighty

Barcelona coached by the spirited and highly rated Zodwa Mncengisa after shooting their opponents, Khaselihle and Entuthukweni Primary schools and Mighty Juventus spectacularly through the goal ring. Nestled in an area notoriously known for gangsterism and crime, Them-

Level Two Certificate Cricket Coaching certificate through Gauteng Lions, is now focussing his passion on sports and youth development and youth.

Malinga added that his team of mostly unemployed youth depended on support from their respective



bile Primary School played host to the youth games, and the level of competitiveness and vigour displayed by the young players throughout the games, showed that given a chance our young people can go a long way to become better people in life. "Sports have long been recognised as a powerful tool for youth development, not just in terms of physical health but also for building character and life skills.

Engaging in sports activities from an early age can provide numerous benefits that extend far beyond the field or court," Malinga said on the sidelines of the activities.

Malinga, is a former soccer player and a former cricket coach who obtained

families to put together the tournament. He said few stakeholders such as Bathu, Lions Cricket, Uthandolwethu and Mosiedi Selibi Foundation, Coach KG, Quality Junction BABSA joined in later, and community members chipped in to help and provide the players food and drinks during the day. As a former soccer player he concluded that "I know what is needed in and outside the field of play and how to improve the game of sports.

Kids need to be loved, supported and they need a bit of a kick at their backs to elevate them while you make sure you feed them too as some come from backgrounds that are truly in need."

Gym fanatics sweating it out for charity!

Sipho None

There's no denying the power of exercise when it comes to physical and mental health, that physical activity can also have a positive impact on others. This notion played itself out at the Chief Mogale Community Hall during the week of 05 July 2025, when Healthy Lifestyle Aerobics Team combined fitness with the concept of Ubuntu.

The Healthy Lifestyle Aerobics team together with its aerobics fitness partners explored the benefits of engaging in physical fitness while at the same time raise funds for charity. The teams, all from Kagiso embarked on a five-hour high-voltage and gruelling aerobics marathon for a great cause to benefit Tiro Ya Modimo, a Kagiso-based Disabled People Organisation located at the Odirile Maponya Clinic, near the Engen Garage publicly known as Sonap Garage. Mokete Tumisi, the Healthy Lifestyle Aerobics Team leader said he received a call from one of his clients indicating that there is a local disabled people organisation that is in dire need of assistance.

Through his connection to aerobics teams around Kagiso, he arranged an aerobics marathon which concluded with a happy



ending when Tiro Ya Modimo Disabled People Organisation received vegetables to keep up the running of the organisation.

"I was alerted but one of my clients who happened to have met with the founder of Tiro Ya Modimo Disabled People organisation, and the client indicated that the organisation is in need of assistance," Tumisi pointed out.

"So, as I always help out when there is a need, I decided to talk to Healthy lifestyle fitness gym to support the organisation which they without any hesitation agreed to raise funds so that we can assist with veggies," Tumisi mentioned, beaming with smiles.

Tumisi managed to pull through the high-powered aerobics marathon through the support from

local businesspeople such as Tery Mabasa Attorneys, Thanya Sports Development, Exogen Security Company, Van Conversions, Mothusi Trailers, Maplankeng Pub, and aerobics teams around Kagiso, who supported the initiative by buying tickets which contributed to buying of the goodies. Charles "Mantashe", the founder of Tiro Ya Modimo Disabled People organisation, was over the moon and related: "We are truly blessed that we are beneficiaries of the aerobics marathon programme."

"We want to thank Mokete and his team for this noble gesture this donation will go a long way for the organisation, and we want to say may God blessed the team," Mantashe said smiling

from ear to ear. Mogomotsi Phasha, of Good Example Fitness Club added his voice and

Picture: Sipho None

said: "We feel very good and humbled to assist our local people as fitness clubs. We want to extend our gratitude and say we will continue to assist them."

Tumisi, a former soccer player who got injured and while on his recovery and rehabilitation journey, he joined aerobics and later saw a potential into helping others with fitness and their well-being through aerobics. He concluded the business of the day by mentioning, "We can only say all aerobics teams and sports people around Kagiso as well the Kagiso community saw that the event was beneficial, and it was for a good cause."

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