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EDITORIAL COMMENT

We are glad and proud to release the first issue of the departmental newsletter for the 2017/18 financial year, wherein, we bring you newsworthy articles reflecting significant milestones and achievements of the Department of Safety and Liaison for the period covering April – June 2017.

To commence with, the first quarter of this financial year has been action-packed in terms of delivering on the legislated mandate of the department to ensure that the people of the Eastern Cape Province live in safe and crime free communities. Coincidentally, this year has been declared the year of OR Tambo, and in line with that, the MEC of the Department of Safety and Liaison, Honourable Weziwe Tikana had made it clear that the department would not rest until

the scourge of crime and violence in the province was extinguished. In a message sent to the Principal Secretary of the United Nation on 10 January 1967, OR Tambo said: "The fight for freedom must go on until it is won. Until our country is free and happy and peaceful as part of the community of man, we cannot rest."

To showcase this commitment, MEC Tikana handed over 27 high performance vehicles to the SAPS flying squad, and also visited a family whose teenage daughter was murdered by a thug at Toleni Village, near Butterworth. The full reports on both stories are available on pages 3 and 4 of this publication.

Other important highlights of this quarter include visits by the Deputy President of the country, Honourable Deputy President Cyril



Anele Valela News Editor

Ramaphosa and the Deputy Minister of Police, Honourable Bongani Mkhongi to the Eastern Cape. The Deputy President visited Whittlesea, while the Deputy Minister visited Fort Beaufort and Vidgesville.

Featured in this issue, is the sports bulletin as well as the photo gallery. Your inputs and suggestions, always help us to improve.

Please send us your comments to communication@safetyec.gov.za or call 043–6056803 or 043–605 6831. ■



Police officers with the 27 high performance vehicles that were recently handed over to the SAPS flying squad by Honourable MEC Tikana

The MEC for Safety and Liaison Honourable Weziwe Tikana, together with Eastern Cape Provincial Commissioner Lieutenant General Liziwe Ntshinga handed over 27 new Police vehicles to Cluster Commanders at the Zwelitsha Provincial Head Office recently.

The purpose of increasing the number of police vehicles was to intensify the visibility of police in all communities across the province. The vehicles that were handed over included 13 VW GTIs and nine BMWs. The high performing vehicles would be used by the flying squad for the benefit of Eastern Cape communities. The MEC for the Department of Safety and Liaison, Honourable Weziwe Tikana said the handing over of 27 vehicles was a solid commitment from government to assist the South African Police Service (SAPS) in maintaining peace and stability in the province.

"My appeal to members of the SAPS is for them to manage the vehicles in an efficient manner. As government, we seek to professionalise the SAPS as we continue to build Safer communities," she added.

Eastern Cape Police Commissioner Lieutenant General Liziwe Ntshinga said that, members were expected to be visible and active, particularly in the people's hour of need. "If a vehicle is not available to assist the complainants within a reasonable amount of time, the matter must be brought to the attention of the station commander. The instructions, policies and guidelines for the use of police cars will be monitored and the misuse of police vehicles would not be tolerated," emphasized Provincial Commissioner Ntshinga.

She appealed to the Management of the SAPS to ensure that, police officers who were continuously involved in collisions, were barred from driving state vehicles.



MEC Tikana

reassures bereaved family

The MEC of the Department of Safety and Liaison, Honourable Weziwe Tikana has strongly condemned the merciless killing of women and children, following the discovery of body parts of 19 year old Nandipha Mtuzula.

Speaking at the prayer service, which, was held at the home of the deceased teenager in Toleni, Butterworth, was the Honorable MEC Weziwe Tikana of the Department of Safety and Liaison, who said "It is high time for the people to occupy center stage in exposing the criminal behavior in our communities."

The MEC said it was one of the most tragic and saddest incidents, which, once more claimed the life of a young girl who could have been a potential economist or a chartered accountant that the country could have benefitted from.

"The time has come for us to unite as the people of South Africa. We can no longer stand by and watch, while criminals terrorize the innocent and vulnerable members of our society. Our government continues to do all that it can to prevent and reduce criminal activities. Community members must now act as integral partners of government in the fight against crime," she said.

"Most of the people who commit these crimes are our own family members and friends. If the community does not come forward with helpful information that will lead to the arrest of the criminals, government alone will never win the fight against crime," she reiterated.

A man linked to the brutal killing of the





Government officials and community based organizations presenting groceries to the bereaved family

teenager had been arrested and had appeared in the Butterworth Magistrate Court for a bail hearing, but he was not granted bail. Consoling the family members, MEC vowed that the perpetrator responsible for the murder of their daughter would face the wrath of the law.

"The law is on your side, we will stand beside you throughout the criminal justice process. We will ensure that all those that are guilty of this evil deed are convicted and sentenced to life imprisonment," she added.

The event was graced by the presence of the Department of Social Development, Mnquma Local Municipality, the SAPS Women's Network and community based organizations. All of them pledged their support to the bereaved family and donated groceries to assist during prayer meetings leading to the funeral service of their late daughter.

Deputy Minister

COMMITTED himself to support the





The Deputy Minister (DM) of Police Bongani Mkongi recently visited the Eastern Cape for an Imbizo Stakeholder Engagement sessions that were held in Fort Beaufort and Viedgesville respectively.

Deputy Minister of Police, Honourable

Bongani Mkongi delivering the keynote

address during his visit to Mganduli

The aim of the DM's visit was to address the issues that the Fort Beaufort area was faced with. One of the highlights of the day was the availability of a complaints register, which, was distributed to the community members to record their complaints about the South African Police Service (SAPS).

Among the challenges that the DM went there to address, was the closing of the police station in Fort Beaufort by the Department of Labour, DM Mkongi confirmed that the police station was in its final stages of renovations.



Fort Beaufort was faced with crime related challenges such as murder, rape and substance abuse. The Community had a chance to raise their concerns and complaints to the Deputy Minister. It was identified that the matric learners of Thubalethu High School did not have Identity Documents, therefore, they were afforded an opportunity to apply for them during the Imbizo.

"The concerns you raised are valid and sound. In this regard, I will assign delegates to remain behind and work closely with this community in order to address the challenges at hand," said DM Mkongi.

The community welcomed the idea of the Deputy Minister's delegates that would be deployed to Fort Beaufort, because that would ensure a crime free community.

At the OR Tambo District, he handed over a mobile police station at Viedgesville in order to increase police visibility in the area. The initiative was received with glee by the community of Viedgesville. As part of his Eastern Cape visit, the DM went to the family of the slain Walter Sisulu University (WSU) medicine student. His visit later culminated in a massive imbizo at Xhorha (Mganduli), wherein, he addressed community members around issues of crime in the area.

Both events were well attended and government services were brought to the community through services on wheels. All departments had exhibition stalls. The communities were pleased with the interventions that were done by the government in response to their challenges.

Deputy President encourages PROGRESSIVE development

By Anele Valela

Deputy President, Honourable Cyril Ramaposa addressing members of

the Whittlesea community during his recent visit to the Eastern Cape

Nomaxabiso White Door Support Centre in Whittlesea, in the Chris Hani District, was one of the projects, which, were visited by the Deputy President of the Republic of South Africa, Honourable Cyril Ramaphosa during his recent visit to the Eastern Cape.

The main purpose of the visit by the Deputy President was to assess and affirm the work of the Extended Public Works Programme (EPWP). There are over 51 thousand EPWP participants in the Eastern Cape.

Nomaxabiso White Door Support Centre is a victim support centre that operates from the Whittelsea Police Station campus, offering support services to rape and domestic violence victims. 33 villages from around Whittlesea have benefitted from the services of the centre. The Deputy President said that the aim of the EPWP was to

encourage and support progressive development in the area, for young people to obliterate criminal activities from their minds.

"We are pleased with the work of the Nomaxabiso White Door Support Centre. As part of our support and commitment to their sterling work, we will provide them with a vehicle, consultation rooms and wards to host victims who need to be observed for periods of longer than 24 months."

"The support provided by government to the centre, should lead us to the end of the abuse of women and children," he added. 27 year old Nicholas Holiday from White City in Whittlesea said that community leaders needed to

partner with the youth formations in the area, to intensify the fight against crime. According to him, young people are the main perpetrators of crime. They are the ones that live the night life and end up being lured into destructive behavior.

"The community of Whittlesea is very small, it should not be very difficult to eradicate crime here. Community leaders must not mislead the youth. They must be honest and nurture young people. If government wants our cooperation, they must provide us with a platform to share our views. They must be transparent about matters that concern the development of our communities," Mr Nicholas Holiday appealed.



EPWP beneficiaries from Whittlesea

SONKEMasiphuthume Ubambiswano

NguAnele Valela

Kwimbizo eyayibanjelwe kwiholo yoluntu eThaba Lesoba, kufuphi naseSterkspreit, kwisithili saseJoe Gqabi, kwakhuthazwa ukubaluleka kobambiswano phakathi kwamasebe kaRhulumente, amapolisa, amaqumrhu kaRhulumente kunye noluntu.

iSebe Lezokhuseleko noNxibelelwano, libambisene noMasipala waseSenqu kunye namanye amasebe kaRhulumente, lalisingathe imbizo, ngeenjongo zokuxovula imiba echaphazela iimeko zokuhlala koluntu lakwaWadi 7. Indawo ezibandakanyekayo ziquka iKartberg, eMacucuba, eBamboe kunye neThaba Lesoba.

Umongo walembizo wawusithi, "ubunye ngamandla". Uluntu lwanikwa ithuba lokubuza imibuzo, luphakamise neengcebiso.

Ethetha egameni leSebe Lokhuseleko noNxibelelwano, uManejala wesithili saseJoe G q a b i , u M n u m z a n a uMonwabisi Mathumbu, wathi eyona njongo iphambili yalembizo yayi kukusabela izikhalo zabemi bakwaWadi 7, ngokunxulumene neziganeko zodushe kulenginggi.

"Ngethuba apho sasikhupha izaziso malunga nentlanganiso ecetywayo phakathi koluntu



uKgosi Letsowa waseSterkspreit ebuza umbuzo ngethuba kubanjwe imbizo eThaba Lesoba

neenkosi zasekuhlaleni. uSodolophu kuMasipala waseSenqu, uCeba Nomvuyo Mphoselwa uthe kufuneka kubekho imvisiswano phakathi koluntu kunye noRhulumente.

"Sifuna kuphele ukukhombana emehlweni phakathi kukaRhulumente nabantu," utshilo okaMphoselwa. "Ingaba ziyasebenza na iinkqubo zikaMasiphathisane (War Rooms) apha kuWadi 7? Ngumbuzo Iowo endinishiya nawo. Ukuba bezisebenza, bekufanele ukuba emva kokuba nixoxile, nizise iziphakamiso nezindululo zeentlanganiso zenu kwabasemagunyeni nakwinkokheli zasekuhlaleni," woleke watsho uSodolophu.

uWarrant Officer Languza, waseSterkspreit ukhuthaze



Iinkokheli ezisuka kwiminyango eyahlokeneyo kumaSebe kaRhulumente kwisithili saseJoe Gqabi

kunye noRhulumente, abantu balapha baaphakamisa imiba emininzi. Yiyo lonto sagqiba ekubeni sidibanise amasebe kaRhulumente kunye nomasipala kulembizo yanamhlanje, ukuze abahlali babhekise izikhalo zabo kumasebe achaphazelekayo," wathetha watsho uMnumzana uMathumbu.

uKgosi Letsowa, ongumi waseThaba Lesoba wawancoma amapolisa ngendlela asebenzisana ngayo noluntu, kunye

uluntu lonke ngelithi xa benezikhalazo emapoliseni, mabazizise ngaphambili.

"Ukuba abantu banezinto abangazithandiyo ezenziwe ngamapolisa, mabeze ngaphambili basazise. Onke amapolisa anxibe izipeliti ezichaza amagama, ukwenzela ukuba umntu ngamnye xa esebenza nepolisa, alazi igama lepolisa elichophele umcimbi wakhe," ucacise watsho uLanguza.

Gallery



Acting HOD interacting with a community member during the Freedom Day celebrations held in Nkantolo, Bizana on 27 April 2017.



CLO of the Department of Safety and Liaison in the Joe Gqabi District, Ms Unathi Nqabisa participating at the Thaba Lesoba Accountability imbizo on 5 May 2017.



Joe Gqabi District Manager, Mr Monwabisi Mathumbu speaking during the Thaba Lesoba Accountability imbizo held at Thaba Lesoba on 5 May 2017.



Honourable MEC Weziwe Tikana being interviewed by SABC journalist, Yanga Funani during her visit to a bereaved family in Toleni on Thursday, 15 June 2017.



Honourable MEC Weziwe Tikana together with SAPS senior officials handing over high performance vehicles to cluster commanders at the Eastern Cape Headquarters in Zwelitsha on Wednesday, 21 June 2017



Chief of Staff at the Department of Transport Mr Simphiwe Mini, Eastern C ape Provincial Commissioner Lieutenant — General Ntshinga and Acting HOD of the Department of Safety and Liaison, Mr Zukile Kani present at the handing over of high performance vehides held at the Eastem Police Headquarters in Zwelitsha on Wednesday, 21 June 2017.



Director in the office of the HOD, Mr Branton Jonas making a presentation during the Induction of the Youth Development Forum held at King Club in King William's Town recently.



Assistant Director at the Nelson Mandela District, Mr Zuko Mafani leading an "energizer" during the Youth Day commemoration held at the King Club in King William's Town recently.



Deputy Director: Special Programmes Unit, Mr Mncedisi Boma leading proceedings during the Induction of the Youth Development Forum held at King Club in King William's Town recently.



Acting Chief Director: Corporate Services, Ms Nomfundo Mahonga doing the vote of thanks at the Youth Day commemoration held at the King Club in King William's Town recently.



Staff of the Department of Safety and Liaison playing sport during the Youth and Wellness day held in King William's Town recently.



Safety Patrollers **EFFECTIVE** At Zolani High School

The Department of Safety and Liaison (DSL) in collaboration with the Department of Public Works through the Expanded Public Works Programme (EPWP), has yielded positive results in the quest to fight crime in schools.

A R1 .8m grant was allocated to the DSL by the Department of Public Works to create EPWP jobs. Safety and Liaison, through the Safety Patrollers Program managed to create 82 jobs for Safety Patrollers with the aid of the EPWP grant. The Safety Patrollers have been deployed, in pairs, to 40 schools around the Province, where prevalence of crime was alarming.

The incidents of gang members that carried knives and instigated fights in school premises inspired the DSL to collaborate with the South African Police Service (SAPS) and Community Police Forums (CPFs) to launch the Safety Patrollers programme with the intention to eradicate crime in schools.

The Safety Patrollers programme is made up of volunteers who are trained by the SAPS through CPFs. One of the schools that have recently been included in the program was Zolani High School in Whittlesea, under the Chris Hani District Municipality. The assistance of Safety Patrollers has reduced violence and teachers felt encouraged to do their job without worrying about impulsive gang fights during school hours.

The Department of Safety and Liaison officially signed an agreement to intervene by facilitating campaigns to build trust

By Siphokazi Sondishe

between students and the police. During an interview with the Community Safety Unit, Assistant Director, Imogen Scholtz advised that schools should formulate Safer School Committees (SSC), which should serve as a link between the SAPS and the DSL, in order to quickly identify violent traits and drug trafficking in schools.

"Many schools fall through the cracks, because not all schools have Safer School Committees. As a result crime takes its tall in them," said Scholtz.

The criteria the department has used for deployment of Safety Patrollers to schools was by means of identification of schools and collection of evidence depicting trends of crime and gangsters.

"We assess the school and collect evidence that portrays high levels of crime, vandalism and bullying in order for us to place Safety Patrollers. Within six months of introducing Safety Patrollers at Zolani High School, the crime levels have dropped significantly at the school," she affirmed.

Youth of DSL given a voice

By Gcobani Hlulani



Chairperson of the Department of Safety and Liaison Youth Development Forum giving the program of action

Acting HOD of the Department of Safety and Liaison laying the foundation during the Induction of the Youth Development Forum held at the King Club in King William's Town recently.

The Department of Safety and Liaison held a Youth Development Forum Induction at the King Club Conference Centre, in King Williams Town, on 6 July 2017.

The purpose of the event was to induct the newly appointed Youth Development Forum (YDF) members on their roles and responsibilities.

Present at the occasion was the Acting Head of Department (HOD), Mr Zukile Kani as well as members of the top management including Mr Branton Jonas, Ms Nomfundo Mahonga, Mr Martin Sycholt and Ms Nomandla Zuma. Organizations represented were the South African Police Service (SAPS), Community Police Forum (CPF), Provincial Treasury and National Youth Development Agency (NYDA). The occasion was organized by the Special Programmes Unit (SPU) of the department.

Acting HOD Mr Zukile Kani welcomed the guests and gave the purpose of the day. 'Alcohol and substance abuse are major contributing factors to crime in the Eastern Cape. Alcohol abuse is often at the heart of the so-called contact crimes, which include murder, attempted murder and sexual offences," said Mr Kani.

During the induction, Director in the office of the Head of Department, Mr Branton Jonas clarified the YDF roles and advised them to challenge the management to engage the youth

within the department on strategic issues. Provincial Spokesperson Youth Desk, Mr Olwethu Thetyana raised the concern that "Work Integrated Learners (WILs) and Interns get hired for a 12 month training period, yet posts get advertised requiring three years of experience, which they do not have."

able

Ms Yandisa Ntshanyana from the Youth Forum of the Department of Treasury, highlighted that the challenges faced by the youth are similar in all government departments and mentioned that it would take time for the systems to change, even though the issues are glaring.

NYDA representative Ms Zukiswa Mngxe gave a brief explanation about their organization. "The NYDA is a South African youth agency aimed at creating and promoting coordination in youth development matters. It plays a leading role in ensuring that all major stakeholders such as government and the private sector prioritize youth development," said Ms Mngxe.

"They must contribute towards identification and implementation of lasting solutions, which will address youth development challenges at the end of it all," she added.

The NYDA organization requested a

partnership with the Department of Safety and Liaison to collaborate w it h it during recruitment processes of interns and WILs. She also advised the youth, especially the ladies, to put education first. She gave them a seven worded statement that: "Books before boys because boys bring babies".

The true significance of the youth forum was that the youth should be represented in the decision making platforms of the department, in order for them to make their contributions.

"Understanding the concept of the word, "induction", which is about orientation, we could not work as a forum before the induction," said Chairperson of the Youth Development Forum, Mr Siyanda Ngceba. "Now that we have been inducted, we will move with our projects. We want a full representation of youth members in all governing structures of the department as well as other activities of the department. The Forum shall focus on developmental issues of young people within the department and also to improve their situation," he explained.

Inkululeko = lukhuseleko

NguAnele Valela

Phakathi kweenjongo eziphambili zikaRhulumente waseMzantsi Afrika, lukhuseleko loluntu nokulwa ulwaphulo mthetho.

Amalungu eekomiti zamaqela okulwa ulwaphulo mthetho kwiilali zaseBizana naseFlagstaff, ayethe bhazalala ephalisa amahashe, ngethuba lomsitho wokukhumbula nokubhiyozela umhla weNkululeko, owawubanjelwe eNkantolo, eBizana apho wayezalelwe khona uOliver Reginald Tambo.

iNkulumbuso yePhondo leMpuma Kapa, obekekileyo uMnumzana uPhumulo Masualle, owayesisithethi sembeko kulo msitho, wathi kufuneka kubhangiswe bonke ububi obungumqobo kwinkqubela phambili yePhondo le Mpuma Kapa.

"Kufuneka sibambisane, silwisane nezinto ezibangela ukuba intlalo yethu ingabikho ntle," utshilo uMnumzana uMasualle.



iNkulu Mbuso yePhondo LeMpuma Kapa, uMnumzana Phumulo Masualle esothula intetho ephambili kumsitho wokubhiyozela umhla weNkululeko eMzantsi Afrika.

Lenkqubo yamaqela amahashe yasekwa nguKapteni Arnold Freemantle, ongumphathi wesikhululo samapolisa kwisithili saseBizana. Iinjongo zakhe yayikukunika uluntu uxanduva lokuqinisekisa ucwanqco kwiindawo zabo zokuhlala.

Inani lamahashe xa ephelele ngamakhulu amathathu, ebalwa kwilali ezisixhenxe zaseBizana naseFlagstaff eziquka ezi zilandelayo: uMangutyana, eNkantolo, eNqabeni, Isikelo, eMasonwabe, Amantshangase kunye neBhlorhweni.

Ecacisa ngalenkqubo, uKapteni Freemantle uthethe wenjenje: "Abona bantu bayaziyo imicimbi yasekuhlaleni ngabemi beelali zabo. Ukuze sikwazi ukulwa ulwaphulo



"Ukuphatheka kakubi koomama namantombazana amancinane, apho bazifumana bengamaxhoba olwaphulo mthetho, zizinto ekufuneka sizincothule neengcambu. Abantu abangomama babenesidima ngendlela efanelekileyo, abantwana bakhule kwilizwe elikhululekileyo, nalapho kufuneka sikhangele kwikamva eliqaqambileyo. Inkululeko ithetha ukuba masibe ngabantu abanenkcubeko ebheka phambili," woleke wenjenjalo uNkulumbuso.

mthetho ngokugqibeleleyo, kufuneka amapolisa asebenzisane nabantu bokuhlala kwingingqi zonke," utshilo uKapteni Freemantle.

Kwiilali apho akhoyo lamaqela, lwehlile kakhulu izinga lobundlobongela nolwaphulo mthetho ukususela ukusungulwa kwalenkqubo ngonyaka ka2015. Impumelelo yalenkqubo isekubeni inkoliso yabantu abathatha inkxaxheba kulamaqela lulutsha.



Wow, time flies when you are having fun, believe it or not we are on the fourth season (year) since the inception of Department of Safety & Liaison (DSL) Soccer Team better known as Team Safety.

Team Safety is getting better and better every season. Before I become "tjatjarag", allow me to take this opportunity to welcome you to the 2017/18 season. In this edition, we will be unveiling the new signings and bid farewell to other members of the Team Safety family. We have also covered the highlights of previous encounters against the Department of Education (DoE) and Ayoba FC. Later on, find out what Team Fitness was up to this winter.

As we kick-start the new season, allow me to introduce some of the Team Safety seasoned superstars and technical team: Mr Siyanda Ngceba (Defender), Mr Lonwabo Bobi (Defender), Mr Awonke Mpeta (Defender), Mr Luthando Dastile (Defender), Mr Benjamin Dingalibala (Midfielder), Mr Xola Sibuku (Midfielder), Mr Frank Mbiza (Midfielder), Mr Sizwe Diko (Midfielder), Mr Thandisile Khwaza (Striker) and Mr Aluwani Ramashau (Striker). These are some of the key players that make Team

Safety tick. The Technical Team is: Mr Sinethemba Mda (Coach), Mr Siyasanga Nduzulwana (Assistant Coach) and Mr Anele Valela (Professional Photographer).

Team Safety has reinforced its squad with the three new members that have joined the department on 5 June 2017, through the Work Integrated Learners (WILs) Programme. The new signings are Mr. Lukhanyo Frank Mbiza (Striker), Mr. Sizo Diko (Midfielder) and Mr. Siyabonga Manqupu (Goalkeeper).

As we welcome members to the family, we also bid farewell to other three members: Mr Sivuyile Rexe (former Player Coach/Technical Director/Wellness Manager), Mr Luvuyo Rasi (Striker) and Ms. Nosicelo Dyani (Team Fitness member). The Departmental Sports Committee wishes them all the best in their career endeavours. This bares testimony that indeed, "Safety's got talent."

Back to the football pitch business, Team Safety kick-started its campaign with a match against the **Department of Education** on **Wednesday**, **7 June 2017** at the **Bhisho Campus**, **University of Fort Hare grounds**.

Department of Education (DOE) was searching for its first victory and to break its winless run against Team Safety. On the other hand Team Safety wanted to maintain its unbeaten run. Mr Sinethemba Mda, Team Safety Coach made it a point that he had selected the best starting eleven for this encounter, which included the newly acquired youngsters.

Team Safety replicated the same performance and score-line as per previous encounters, to lead by 2 goals to nil during the first interval. DOE managed to get a consolation goal in the second half and that was not enough to stop the Mighty Safety to register yet another win. The **Full-Time Score: TEAM SAFETY 2 VS DOE 1**. Unbeaten run continues!

As we wrap the Youth month, Team Safety had a

tough task against Ayoba FC (local community club based in Bhisho) on Thursday the **29 June 2017**. This was a tough assignment for Team Safety and a lot was at stake, more especially our unblemished run. Ayoba FC went into the encounter as favourites, because it was a competitive football club, playing week in week out in the professional league. The unbeaten run of Team Safety was on the line.

Team Safety is no stranger to the challenge of a local community based team. Last year (season), Team Safety played against EC Central United FC, which is also based in Bhisho. The results were in favour of Team Safety.

The David against Goliath encounter started like a house on fire, as the Ayoba FC showed no respect to their seniors. The seasoned Team Safety remained intact and unshaken despite threats and pressure from the youngsters. Team Safety absorbed the pressure and produced one of the biggest upsets of the season as it walloped Ayoba FC by 3 goals to 1. Team Safety proved once again that it was on another level.

OTHER HEALTHY LIFESTYLES NEWS

As we approach the final leg of winter, be confident that if you can survive the unkind and cold weather, you can make it through anything. We all know that cold weather has never deterred Team Fitness from doing what they enjoyed best, which is aerobics sessions.

The sport bulletin crew made a surprise visit to Victoria Grounds in King William's Town in June 2017, to find out if Team Fitness lives by their slogan #winterornotweightmustfall. We can confirm that indeed despite the freezing temperature, Team Fitness were on duty. We salute these ladies for their commitment, professionalism,

dedication and discipline throughout. Thank you for raising the DSL flag high and for being true lifestyle ambassadors.

If you are interested in joining Team Fitness, you are more than welcomed from Mondays to Thursdays, between 16H35 to 17H35.

As I conclude with the following quotes: "Good, better, best. Never let it rest. Until your good is better and your better is best," St. Jerome.

"It always seems impossible until it's done," Tata Madiba.



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