

SCAN ME



JUNE 2025

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## Golden Highway R553 rehab back on track after protest-related stoppage



The main contractor, LoneRock Construction has since responded positively to the demands and engagements are continuing

**The Gauteng Department of Roads and Transport welcomes the resumption of rehabilitation works along the Golden Highway (R553) following protest action leading to temporary stoppage last week.**

LoneRock Construction, as a main contractor, has since resumed attending to a set of demands by local, small and medium enterprises. The main contractor has since responded positively to the demands and engagements are continuing. These latest developments have led to the resumption of roadworks. Local businesses had voiced grievances about the perceived exclusion of a preferential procurement clause in the hiring of workers for the project, amongst others. MEC Kedibone Diale-Tlabela has moved

to assure the public that the provincial government remains committed to ensuring fairness in both hiring and procurement processes in public projects. "We recognise the frustrations of affected community members, particularly concerning access to employment and subcontracting opportunities in public infrastructure projects. It is for this reason that, upon being made aware of the challenges, we immediately intervened and held engagements with affected parties," noted the MEC. "As the Department, we would like to assure the public that we remain fully committed to the principles of inclusive economic transformation, community empowerment, and transparent procurement processes, in accordance with national legislation," she said.

The MEC has further urged local businesses and community members to engage formal channels, including project steering committees, ward councillors, and the project liaison offices to ensure grievances are addressed and amicable solutions sought. She further condemned actions of those who disrupt construction sites with the aim to extort, intimidate, and cause violence. "The Department condemns any acts of violence, property damage, or obstruction of public roads and urges all affected parties to operate within the law as we work towards a solution that embodies fairness, transparency, and inclusivity. "We remain open to engaging all stakeholders to strengthen our collective commitment to transformation, empowerment and socio-economic

development in the communities we serve," stressed the MEC. Notwithstanding the delays the MEC has also said the project should be delivered within budget and without unnecessary delays. It remains the duty of the Department to ensure that policies and practices align with legal and ethical standards of empowerment, equity, and social justice. The Department is currently reviewing the procurement and employment processes applied in the project in question in order to assess compliance with the legislative requirements. If any non-compliance is identified, the Department will take corrective actions to ensure accountability and prevent future occurrences.



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I write this letter to you with a broken heart.

I have lodged a complaint about the gross negligence and inhumane treatment my father received at th Lenasia South Hospital on the night of 12 May, which ultimately led to his death.

We arrived around 10pm. Despite his critical condition, no one checked his vitals for nearly 30 minutes but only after we questioned the delay. We received no assistance bringing him in. The wheelchairs were broken and bloodstained. When his

vitals were checked, his blood sugar was dangerously high (28), yet no pain relief was given. We were told an ECG would be done, but were later told the machine wasn't working. Staff requested a urine sample though he couldn't move. His sons-in-law tried to help, but the wheelchair didn't fit through the bathroom door. The attending doctor

showed no urgency, stating there were no beds and suggested he be placed on a stretcher for transfer to Bara Hospital. Hours passed with no update. Security guards stood nearby laughing while staff ignored our pleas. My mother was dismissed when she begged for help. He was declared dead at 1:30am. We were told they "did their best" but it felt like nothing was done. We demand a full investigation, access to records and accountability. No family should experience this.

--Daughter, Lenasia South

**Sandile Gwayi, spokesperson, Joburg Health District, responds to GLOBE POST'S request for help:**

The complaint is acknowledged. A full investigation is underway. Due to POPIA, staff names cannot be disclosed. Medical records may be requested through PAIA procedures.

Here are contacts details provided by the Department of Health for lodging complaints: Nursing Manager: 078 126 5205 / 011 213 9603, Quality Assurance Office: 011 213 9646, Acting CEO: 060 997 4898, Joburg District QA: 011 694 3817 / 084 403 2648, Gauteng Provincial QA: 011 355 3054 / 083 992 0527.

**EDITOR'S NOTE:**

Readers, we would love to hear your thoughts! Share your views on this matter:

GLOBE POST Facebook page  
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**When the taps run dry: Lenasia South's struggle and spirit**

By Shakeelah Saloojee

*In Lenasia South, 120 000 residents face daily water cuts and power outages, revealing a stark collapse in infrastructure and government accountability.*

Once a desirable suburb, the area's ageing systems were built for only 45 000 people. Since the rise of informal settlements post-2008, a 6-million-litre reservoir now buckles under growing demand. Water cuts begin at 1:30pm daily, often lasting up to 17 hours. The silence from authorities leaves residents relying on WhatsApp groups for updates. Families, especially single parents and the elderly, suffer the most, with schools, homes and

businesses all deeply affected. Despite the hardship, a powerful sense of Ubuntu emerges. Locals like Daxina Supermarket's Shaheed Saloojee offer borehole water, while religious institutions fund their own systems. Volunteers scramble daily to share information and support. Yet this resilience stems from abandonment, not choice. Property values have plummeted, businesses are struggling and dignity is being eroded. City official Mickey Padiachee, blames low payment rates and promises improvements by 2028, offering little immediate hope. In Lenasia South, survival is now a community act. As one resident puts it: "I am because we are and in crisis, we are because we must be."

\*See full version on globe-post.co.za



Shakeelah Saloojee, 22, recently graduated from the University of Johannesburg with a BA in Communications and Media Studies. She is currently pursuing her Honours in Journalism at UJ, where she also works as a research assistant

**DA rejects the R2.5 billion loan lie in the failing Joburg-metro**

*The Democratic Alliance (DA) in Johannesburg rejects the ANC-EFF-PA-ActionSA coalition's lie that they are borrowing yet another R2.5 billion to fund infrastructure projects across the City.*

This is the second 15-year, R2.5 billion loan the City of Johannesburg has taken in less than a 12-month period.

In both instances these loans are touted as being tied to the City's capital expenditure and that it will be used for infrastructure maintenance and upgrades the truth is more sinister. They borrow to pay salaries, not to build.

The City's overreliance on loans is destructive.

The current administration is robbing residents to pay their debts. Residents' pockets cannot continue to be the piggy bank and saving grace of a City that is

unable to manage its own finances. The DA believes in fiscal responsibility, economic growth and job creation, with a focus on reducing government debt and promoting private sector investment. Something the current Coalition has no idea or will to do, because it requires actual work the people who walk Johannesburg's broken streets can attest that the Executive has an aversion to do the work that's needed.

Asking for more money to fund the same problematic failures is not the solution. The City should go back to basics and focus on the poor management of finances, which lies at the very core of all issues the City faces.

If they even tried to cut cadres, corrupt individuals and criminality out of the system, they could restart the financial core of South Africa.

Until then, nothing will change. The Auditor-General has made the deficiencies in the system clear. The ANC-EFF-PA-ActionSA Coalition fails to act on recommendations, but rather aims to dig the City's financial hole even deeper.

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# Ennerdale Secondary triumphs at Gauteng Robotics Challenge

The school's victory at the SpringBots SA Gauteng Regional Robotics Challenge is a proud milestone in township education, reflecting growing talent in the tech space.

Their winning team, Team #25, outshone 21 other schools from across the province in a high-energy event that celebrated innovation, teamwork and problem-solving on 14 June in Eldorado Park.

The competition, hosted by SpringBots SA in partnership with Eldos Chess, Robotics and Coding, aimed to expose learners especially from under-resourced communities to the exciting world of STEAM (Science, Technology, Engineering, Arts and Mathematics).

"This event was an amazing experience for every student involved. We're incredibly proud of all the teams and hope they continue growing in Robotics and Coding," said Alley McPherson, Managing Director and Programme Coordinator.

Laudium Secondary's Team #22 and Eldos Robotics Team #23 took second and third place respectively, with all top teams demonstrating standout creativity and technical skill.

The event was made possible through support from SpringBots SA, Forge Academy, Supreme Water, and Eldos Chess, Robotics and Coding, who are championing inclusive access to tech education.



ROBOTICS CHAMPIONS: Big smiles as the learners celebrate their win

# LSYCD Youth Day Imbizo inspires unity, pride and empowerment



SAPS, CPF, Traffic Wardens, DIA, Lifeline Johannesburg, the Men's Forum, Youth Crime Prevention Desk, Thuthuzela Care Centre, local artists and community patrollers celebrate Youth Day at Hospital Hill's Touch Life Ministry

In celebration of Youth Month, Lenasia South Youth Crime Prevention Desk (LSYCD) hosted a vibrant Youth Imbizo at Hospital Hill's Touch Life Ministry on 19 June.

Under the theme "Why Should We Die Young?" The event aimed to address the

real and rising challenges facing the youth. Supported by the District Youth Desk the event created a vital platform for discussion around key issues affecting youth including unemployment; substance abuse; teenage pregnancy; gangsterism; mental health and GBV.

Stakeholders such as SAPS; CPF; Traffic Wardens; DIA; Lifeline Johannesburg; the Men's Forum; Thuthuzela Care Centre; local artists and community patrollers joined forces to deliver impactful messages and support. Through open dialogue and shared stories, the youth were motivated, educated

and encouraged to make informed choices. According to Dineo Hlungwane, LSYCD chairperson, the day was a great success. "We thank everyone who made it possible. The youth left empowered and better informed. Shout out to **GLOBE POST** for always supporting our youth."

# What does it mean to pay yourself first?

## Why it is best to 'pay yourself first'

Every July, we are reminded of the importance of saving during Savings Month. Yet few of us manage to fix our lack of savings. That's why Smart About Money, an initiative by the Association for Savings and Investment South Africa (ASISA), is campaigning for you to #PayYourselfFirst. Pay yourself first is a budgeting technique that ensures you allocate a fixed amount to savings each payday, before you spend on anything else. Establishing this habit will help you develop discipline and achieve your financial goals.

Start by working out what you spend on essentials, such as accommodation, transport, electricity and groceries. Then set a realistic amount within what is left of your income that you can save every month.

If you leave saving until the end of the month, you will be tempted to spend on non-essentials, such as clothing, entertainment or eating out. You will then convince yourself that you have no money left to save.

If you pay yourself first, your savings are transferred from your account as soon as you are paid. Soon, your contribution will feel like your other deductions or debit orders, and you will learn to live without this money.

## Pay yourself first

The key to paying yourself first is to set up a separate savings account or investment, such as a unit trust or exchange-traded fund (ETF), and automate a transfer or payment to that account on the day you are paid.

For emergency savings or short-term goals such as a holiday or renovations, choose a savings account with a fixed term aligned to your savings time horizon.

For medium to long-term savings, consider a unit trust or ETF with potentially higher returns.

Giving your savings goal a name, targeting an amount, and working out how long you need to reach it will discourage you from raiding your savings. Use tools like the Smart About Money Savings Goal calculator to determine how much you need to save each month.

Even if your initial savings are small, being aware of your goal should prevent impulse spending and motivate you to add to your savings when your earnings improve or your expenses reduce.

## Setting goals

You can start small with just one goal, but over time you could set up a number of savings accounts and investments tailored to different goals and their timelines.

## • An emergency fund

Start with an emergency fund. An emergency fund helps you to stick to your budget and not raid your savings when financial emergencies, such as injury or illness, home or car repairs, arise.

## • A short-term goal

A short-term savings goal takes between a year and three years to reach and provides for expenses such as an appliance, a mini-holiday, or December expenses.

## • A medium-term goal

Save for bigger things, such as an overseas holiday, a wedding, a deposit on a house or a car over three to ten years.

## • A long-term goal

Save for more than 10 years for bigger goals, such as your retirement or your children's tertiary education. Use the Smart About Money Retirement Savings calculator to work out how much you need to save and consider a retirement annuity fund if your employer does not have a fund or you need to supplement your savings.

## • If you are in debt

If you have costly short-term debt such as a personal loan, credit card debt or overdraft, pay yourself first by paying

down your debt and reducing the interest that is compounding against you. Paying more than the minimum repayment will pay off your debt faster. Avoid new debt by providing for financial emergencies.

## Start small

Start small if you need to and build your savings habit. Even modest savings compound over time, and the more you avoid debt, the more you will be able to save.

## Remember:

Saving for a goal helps you in two ways:

- You spend less on the goal than you would if you used credit that costs you interest.

- Your savings earn interest that reduces the amount you need to save. Saving in a retirement fund can also save you tax, which can be used to boost your savings.

If you want to know more about these, or any other personal finance topics, please visit Smart About Money. This free-to-use consumer financial education website is an Association of Savings and Investments South Africa (ASISA) initiative. It can guide you to better money management at any stage of life, from starting your first job, through family life, retirement and beyond.



This Savings Month, #PayYourselfFirst

For more money tips, scan the code or visit [www.smartaboutmoney.co.za](http://www.smartaboutmoney.co.za), an initiative by the Association for Savings and Investment South Africa (ASISA).

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# GDE set to open 2026 Online Admissions for Grades 1 and 8



**Gauteng Dept. of Education**  
\*/gautengeducation

The Gauteng Department of Education (GDE) is set to officially open its 2026 online admissions for Grade 1 and Grade 8 learners. Parents and guardians can begin submitting applications from Thursday, 24 July 2025 at 08:00, with the application period closing on Friday, 29 August 2025 at midnight. The GDE's Online Admissions System, introduced in 2015, has successfully placed hundreds of thousands of learners in Gauteng public schools. In 2025 alone, nearly 400 000 learners were placed, with the system maintaining a 98% placement success rate over ten years.

The digital system was designed to eliminate long queues, ensure fair placement based on capacity and provide real-time updates for better planning and transparency. Only parents applying for Grade 1 and Grade 8 may use the online platform. Applications for all other grades must be made directly at schools. To apply, parents must:

- Visit [www.gdeadmissions.gov.za](http://www.gdeadmissions.gov.za) (live from 24 July)
- Complete a 5-step process: register parent, address, learner, apply to up to 5 schools and submit documents within 7 school days.

Required documents include the parent's ID, child's birth certificate, proof of residence, immunisation card for Grade 1 and latest report card for Grade 8. These can be uploaded online or submitted physically to all selected schools. The GDE has set up 81 free walk-in centres across the province to assist those without internet access. Parents are warned not to pay third-party businesses promising placements. SMS offers for placement will be sent from 16 October 2025 onwards. For more details, contact the GDE at 0800 000 789 or visit [www.education.gauteng.gov.za](http://www.education.gauteng.gov.za). Apply online and secure your child's future today!



Image: Pat Reddy

## Daxina Primary hosts memorial service to celebrate, staffer, Uncle Phillip

*Phillip Digosi Mokhutswane, fondly known as Uncle Phillip to staff and community of Daxina Primary, passed away earlier this month*

The school hosted his memorial service on 11 June at the Daxina Primary School Hall, where the community gathered to honour a man who gave 38 years of devoted service the school in Lenasia South. Born in Lichtenburg, Uncle Phillip joined DPS in 1987 as a cleaner. His determination to grow saw him complete his matric through night classes at Lenasia South Secondary, earn his driver's licence and later obtain a computer literacy certificate with the support of Mr Nadan. In 2016, he was officially appointed as an admin clerk and also served proudly on the School Governing Body. Retired admin clerk and colleague, Pat Reddy, said: "He was more than just an employee he was a guiding presence to learners and a pillar of support to his colleagues. Uncle Phillip inspired all of us. He showed us that it's never too late to chase a dream. He never gave up on himself and that gave us the courage to keep going too. His legacy of resilience and purpose will never be forgotten."

Uncle Phillip leaves behind a legacy of dedication and growth

## Happy 92nd birthday Uncle Ram!



Image: Moodley families

Cheers to 92 incredible years of faith, love and resilience

**GLOBE POST** joins the Lenasia South community and the James family in celebrating a remarkable milestone: the 92nd birthday of one of the area's pioneer residents, Ramalingam Chinappen James, affectionately known as Uncle Ram, who turned 92 on 13 June. In 2023, this newspaper ran a front page on his 90th birthday. He was pictured with his wife, Kasavaranjani Jeni James, who is aged 84. At the time, Uncle James jokingly said he wants to renew his wedding vows on his 100th birthday. He is still 'fit and fiddle' thanks to his love for sports. Our readers may have seen him during his early walks on local streets over the years. The Moodley families honour their beloved Uncle Ram a man whose life has been a testament to love, resilience and deep faith. Described as a pillar of wisdom and compassion, Uncle Ram has touched the lives of many, inspiring generations to walk in faith and love. His family expressed heartfelt gratitude for his steadfast guidance and spiritual leadership over the years. "As you celebrate this incredible milestone, we pray for continued joy, love, good health and the peace of God," read the family's tribute. They also shared a meaningful scripture in his honour, from Numbers 6:24-26: "The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you; the Lord turn His face toward you and give you peace."

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# Lawley's BC Entertainment honoured for impactful social work



Image: Finetown Radio Station

Sihle Mtshali Foundation honours organisation BC founder - Bingani Chuta and artist, Nelly Muchequete

Lawley-based entertainment company, BC Entertainment (Born Creative Entertainment), has received a prestigious award for community empowerment recognising their impactful work in youth development, talent grooming and charity outreach. Founded in 2013 by Bongani Chuta, the company has grown into a vibrant hub of creativity, offering music, movies, events and even fitness programmes. In 2017, BC Entertainment signed their first artist, Nelly Muchequete, and has since been a launchpad for young local talent. Beyond entertainment, the organisation runs a charity initiative that donates school

shoes and uniforms to underprivileged children helping them walk tall into the future. The award was presented on 14 June in Lawley during the Sihle Mtshali Awards, hosted by the Sihle Mtshali Foundation. BC's assistant coordinator, Mashudu Zondo, told GLOBE POST: "We are really happy to receive this award. It shows that the community sees and values our work. We started this with no expectation of rewards - only the goal of building a better community." Located in Lawley Ext 2, Kokotela, BC Entertainment continues to inspire hope and transformation, one young person at a time.

# Cllr Julia Sondag steps in to help Ennerdale family after devastating fire



Images: Cllr Sondag

Above: The kitchen severely damaged by fire. Below: Donated items will be used to rebuild the Ennerdale home

A clothing and essentials donation drive has been launched to support a family whose Ennerdale Extension 2 home was devastated by fire last month. The blaze destroyed most of the house leaving only two bedrooms intact but miraculously, a 56-year-old woman and her two daughters, aged 16 and 9, escaped unharmed. Shortly after the incident, ActionSA's PR councillor, Julia Sondag, deployed in wards 4, 5, 6 and 121, visited the home to assess the damage. On 30 May, Cllr Sondag, alongside local branch secretary, Hloniphile Dube, coordinated an emergency donation drive to assist the family. This support continued on 8 June, when Sondag and her team returned with household essentials, including a toilet, bath, duvets, covers, curtains and building materials to begin the rebuilding process. "We are pleading with the community to help whether it's food, furniture or building supplies," she told GLOBE POST. While the cause of the fire is still under investigation, local leaders are calling on the public to rally behind the family as they rebuild their lives from the ashes. To contribute, please call Cllr Sondag on 065 723 4447.



# Carjackings surge in Lenasia South, Ennerdale amid provincial drop



The latest Police Recorded Crime Statistics for Gauteng Province saw a slight

decline in carjackings in the first quarter of 2025, the communities of Lenasia South and Ennerdale are moving in the opposite direction experiencing sharp increases that place them among the province's top hotspots for this crime. The latest quarterly crime statistics (January to March 2025) indicate

carjackings in Lenasia South rise from 24 to 41, a 71% spike compared to the same period in 2024. Ennerdale recorded a 30% increase, climbing from 33 to 43 incidents over the same timeframe. The Gauteng's overall carjacking numbers fell from 2,558 to 2,488 which is a 2.7% decline. Rapid Responses' Ashlin Naidoo, told GLOBE POST: "Lenasia South has long been a hotspot for hijacked or stolen vehicles being dumped or stripped, with areas like Vlakfontein, Mignon Manor and Narens Farm often overlooked despite being part of the suburb." According to national trends and local tracking data, the vehicles most commonly hijacked in South Africa

are Toyota Hilux, Volkswagen Polo/Vivo, Toyota Fortuner, Toyota Quantum (minibus taxis), Ford Ranger, Hyundai H100, Nissan NP200. These vehicles are targeted for their resale value, demand for spare parts and adaptability for illegal use or export. "Popular targets include VW Polos, Mahindra bakkies, and Uber vehicles, with VW Golfs being especially targeted earlier this year. Signal dead zones, the Vlakfontein mountain and limited SAPS resources and tracking tools all contribute to the problem. Criminals rotate hotspots to avoid detection, but our teams contracted by tracking companies nationwide remain committed to supporting Lenasia South and fighting crime in the community," Naidoo added.

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# GLOBE POST reporting on residents' pothole repair efforts prompts JRA to act!



Repairs underway on Lancaster Road and corner Liverpool with Joy Govender leading from the front

**Fed-up Lenasia South residents fix Liverpool Street themselves!**  
June 5, 2025 Admin  
GLOBE POST, Lenasia South 1 min read  
Tired of waiting on help that never comes, residents of Lenasia South have taken matters into their own

Following this newspaper's coverage of frustrated Lenasia South residents repairing potholes themselves, a few days later, the Johannesburg Roads Agency (JRA) team was spotted in Ext2. That's power and impact of local community media. Meanwhile, in the absence of further JRA sightings residents efforts have gained momentum. Joy Govender, a Ward Committee member for Infrastructure, says more residents have reached out, wanting to tackle potholes on their streets. Residents have stepped up to repair roads like Lancaster and Liverpool using their own resources. Each household contributes one bag of tar, costing R100 and repairs are ongoing. Govender, along with local business owner Naven Govender of Govender's Offals, has helped lead the charge. "Despite countless service requests, JRA continues to ignore us. Our cars are damaged, the roads are dangerous specially during rain and we are left to fend for ourselves," Joy Govender told GLOBE POST. This DIY initiative reflects a wider Gauteng trend, where communities are fixing infrastructure themselves due to slow or no response from authorities. To support this Lenasia South Road Repair Project, contact Joy Govender on 072 214 4087.

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# DEALING WITH LUST



By Ps Radha Moodley  
Faith Bible College

*Is temptation a sin? The Bible tells us, "But every person is tempted when he is drawn away, enticed and baited by his own evil desire (lust, passions). Then the evil desire, when it has been conceived, gives birth to sin and sin, when it is fully matured, brings forth death"* **James 1:14-15.** Thus, temptation itself is not a sin unless it is yielded to. All over the earth, people are drawn away into lust because of what they give attention to. Therefore, Jesus, in dealing with adultery, said: "Whoever looks at a woman to lust for her has already committed adultery with her in his heart." This person has no concern for consequences but is only concerned about completing the act." King David, quite complacent, one spring night decided to walk along the roof of his palace. To his surprise, he spotted a beautiful woman, bathing. Her name was Bathsheba and her husband, Uriah was away at war. Yielding to the temptation

of lust, he sent for her. He later found out that she conceived his child. David plotted for Uriah to be killed on the battlefield and he then married Bathsheba. Nothing misses God! David confronted many consequences: the child died and his household faced violence and turmoil **2 Samuel 11-12.** 'Whatever a man sows, that he will also reap' is not limited to the base or despised but applies to all. Lust, if unchecked, breathes carnal thoughts that will lead to actions that can travel with and haunt you. You don't have a lust problem. You have a problem with yielding to temptations. Begin to see that it's the root of your problem and it can be chopped off. You can avoid it. **Proverbs 4:14-15** says, "Do not detour into darkness or even set foot on that path. Stay away from it; don't even go there!" Just don't go to where the temptation is. If you do and yield to it, the consequences are painful. It's a choice you

must make and take. Stick with that choice! Pray and ask the Lord to help you. Now, help yourself...by guarding your eyes and putting them on God's Word. Then, walk in the Spirit, and you shall not fulfil the lust of the flesh. What does this mean? If, you keep focussing on God's Word and praying in line with that Word and practising it, you will increase in resistance to temptations. It's not something you do for a day or two or even for a week. No, this must be a lifestyle. Daily, renew your mind with God's Word. It has transforming power.

**Romans 12:2.** Suddenly you will find yourself pursuing faith, love and peace and instead of yielding to temptation, you will find yourself overcoming and conquering it

**Father, I pray and ask you to help every person struggling with yielding to the temptation of lust. Fill them with your overcoming power In Jesus Name, Amen!**

# DIABETES AND CANCER



Dr HK Vallabh  
Ennerdale Centre for Diabetes

*There is a fast growing incidence of cancers in the entire world. It is not by chance that this change has started getting worse in the last 40 to 50 years, when the new low fat diet was promoted by the Americans.* This has led to the biggest rise in the incidence of obesity. The situation is so bad that even children are getting obese. What has happened in this time is the distinct change in the type of food we are consuming. Most of the foods we consume now are high in carbs and they cause a significant rapid increase in the amount of insulin secreted by the pancreas.

**So, what has insulin got to do with cancer?**  
All cells in the body are usually broken

up and destroyed when damaged or old. When the body has no fuel to burn and it uses these damaged tissues to burn. This is called autophagy. This is also a state when the body's insulin levels are low. However, when the blood insulin levels are high, such as when constantly consuming carbs, then Insulin can make abnormal cells grow, through genetic mutation. This is the start of cancer. The commonest cancers that are prevalent are lung - because of pollution and smoking, cervical cancer is primarily caused by viruses, breast, colon, prostate, are triggered by high insulin levels. The foods that cause this are bread, rice, potato, mealie meal, pasta, sugar, fruit juice, soda, sweets and confectioneries. We have noted that when people eat

carbs, they get hungry quicker, as compared to when they eat meat, fish, chicken, eggs or veges. Many people eat more than 3 times a day, snacking several times with high carb chips and sweets. This results in the blood insulin levels remaining persistently elevated. Fasting is one way of reducing the blood insulin level. This can be done by gradually delaying the consumption of breakfast to 1pm over a period of one month. By doing this, the patient can reverse his elevated blood pressure, diabetes and even kidney disease. Cancer can be slowed down if already present, and can be prevented if not. There is no drug that can do this. Cancer cells can spread beyond the point of origin, becoming dangerous.

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# Mental Illness Awareness Month: Know the facts



The Department of Health has declared July as Mental Illness Awareness Month to highlight the growing mental health crisis in South Africa. Mental illness is a serious but often overlooked health challenge that affects

millions of people across the country. Recent data reveals that one in three South Africans will experience a mental health disorder in their lifetime. Depression is the most common mental illness, followed by anxiety disorders, bipolar disorder and post-traumatic stress disorder. Young people between the ages of 15 and 35 are the most affected, yet access to treatment remains limited. Despite the high prevalence, only ten percent of those living with a mental illness receive proper treatment. This is due to several factors including stigma, limited awareness, and a shortage of mental health professionals. South Africa currently has fewer than one psychiatrist for every 100 000 people, with most based in urban centres. In 2024 alone the South African Depression and Anxiety Group (SADAG) received more than 1.5 million calls, reflecting the urgent need for more accessible and responsive mental health support. Suicide remains one of the top three causes of death among young people aged 15 to 29. Mental Illness Awareness Month encourages individuals and communities to talk openly about mental health, reduce stigma and seek help when needed.

## CENTRE FOR DIABETES

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For support, the SADAG 24-hour helpline is available at 0800 567 567 or SMS 31393 for a callback.

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# The race is on for Miss Finetown crown!



Image: Shantel Sibanda

Finalists are turning up the glam and getting runway-ready for the ultimate beauty showdown in Region G this October

**Finetown's very own Shantel Sibanda is bringing back sparkle and purpose to the runway with the highly anticipated return of Miss Finetown 2025.**

After a brief break in 2024, the second annual Miss Finetown pageant is set to light up the Multipurpose Hall on 11 October, inviting young women aged 16 to 28 to showcase their beauty, confidence and talent. More than just a beauty contest, the event is a platform for empowerment and transformation. Sibanda told **GLOBE POST**: "I've always loved modelling and believed in its power to change lives. You never know where the runway might lead you." Fueled by passion, Sibanda has already secured strong backing from returning sponsors such as DS Trophies, Babylon Empire and Luxx Photography, with new partners like She Elevates, SN Driving School and Dorian's Popular Fitness Gym also

coming on board. The prize package for the crowned queen is nothing short of glamorous – a year-long gym membership, a learner's licence package, professional make-up sponsorship, two custom-designed outfits and five pairs of high heels. Glam squads and stylists including Ndwangu Designs, Norma's Collection, Lizzy Nails and Lindani Mashaba (for hair, nails and lashes) will also be part of the experience. "We're also considering a cash prize for the top five contestants – with different amounts though it's still being finalised. Despite the pressure, I remain optimistic. It's scary sometimes, but I know that with the support of our models, sponsors and community, we're going to pull off something amazing," said Sibanda. Miss Finetown isn't just about crowns and sashes it's a celebration of ambition, self-belief and community pride.

## Vlakfontein's top karate student takes on new chapter of leadership and growth



Image: Sgt Makwela

Given Ngoepe is moving with passion purpose and discipline

Marking a major milestone in his martial arts journey, Shodan Given Ngoepe (28), has been appointed as new head of Zakariyya Park Karate Academy.

He is taking the reigns from his mentor, Sensei Mabati Makwela, who shifts his focus to Lenasia South Karate Academy. Makwela told **GLOBE POST**: "I am incredibly proud of Shodan Ngoepe. His growth has been inspiring and I have full confidence in his leadership." Ngoepe began training in 2015 and earned his first Dan Black Belt in March. He was honoured at the 2024 AFCKO Awards as Most Disciplined and Best Junior Instructor. "Being appointed is both an honour and a responsibility. I'm grateful to Sensei Makwela for his guidance and hope to inspire others as he did for me," Ngoepe said. Operating under SAKKA, the Academy is known for developing top fighters.



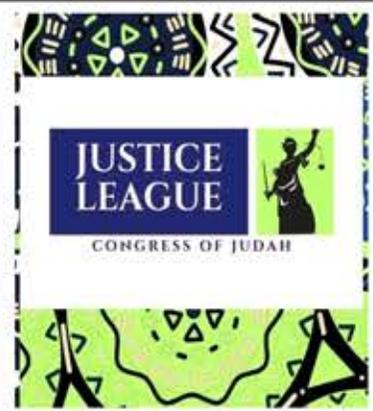
Image: @S.Fourie Photography

Natasha De Matos

## Ennerdale De Matos heads to Mrs Bold SA finals

"I'm in it to win it, I'm honoured and ready for the finals on 8 November at Gold Reef City," Natasha De Matos (46) told **GLOBE POST** intern reporter, Mpho Motaung.

The Miss Bold South Africa competition, which celebrates the strength of married and divorced women across South Africa. This proud mum of three, from Ennerdale Ext5, added: "Reaching this stage has shown me my potential. I am grateful to my sponsors, Dynasty Lounge and Corporate Optical. De Matos, who owns a construction company also called on supporters to join her journey: "Feel free to donate or come on board as a sponsor. With her bold spirit and growing support, De Matos is ready to shine on the national stage and make Ennerdale proud.



## Hospital Hills' Justice League, the voice for the voiceless

Founded by James Mofokeng and other passionate youth, Justice League, is bringing hope and help to residents of 525 Hospital Hills and beyond.

This movement aims to support residents facing daily struggles without access to proper assistance. Operating under the Congress of Judah, The Justice League focuses on helping those who feel forgotten by the system - especially people dealing with legal, emotional or spiritual hardships. From unresolved cases and mistreatment to trauma and emotional pain, the organisation steps in to offer real solutions and support.

What sets this initiative apart is its holistic approach. Grounded in faith and action, it goes beyond legal aid to include emotional and spiritual guidance, walking with people through their darkest moments toward healing and empowerment. "We see you," is their promise and they live up to it by ensuring every individual feels heard, supported and restored. Their mission is simple but powerful: to turn stories of struggle into testimonies of triumph.

For more info or to get help, call James Mofokeng on 060 804 0156.



JOB TITLE: COMMUNITY JOURNALIST  
LOCATION: PREFERABLY BASED IN ENNERDALE, WALKERVILLE, OR SAVANNA CITY  
POSITION TYPE: FULL-TIME

### About the Role

We are seeking a skilled and community-rooted journalist to join our newsroom. The ideal candidate will be based in Ennerdale, Walkerville, or Savanna City areas that we would like to represent more in our coverage. We are looking for someone with proven newsroom experience who can hit the ground running, produce original content, and uphold the highest journalistic standards.

### Key Responsibilities

- Propose, research, and produce original, high-quality stories with community relevance
- Cover a range of beats including crime, community news, profiles, music, entertainment and social justice
- Build and maintain strong relationships with key local sources including SAPS, civic organisations and residents
- Write engaging, accurate, and ethical content that aligns with our editorial policy and the Press Council Code of Conduct
- Meet deadlines reliably and manage multiple assignments
- Take accompanying photographs and short videos as needed
- Actively participate in newsroom planning and pitch meetings
- Post and manage content on social media platforms to support audience engagement
- Represent the publication with professionalism and empathy when engaging with individuals across diverse social, economic, and cultural backgrounds

### Minimum Requirements

- 2-4 years of newsroom reporting experience
- Degree or diploma in journalism, media, communications, or a related field
- Proven ability to write across multiple beats
- Basic photography and multimedia skills
- Excellent news judgement and story-sourcing instincts
- Strong knowledge of ethical journalism and fact-checking
- Effective communication and listening skills
- Comfortable working independently and collaboratively
- Own reliable vehicle and valid driver's licence

### Preferred Qualities

- Deep knowledge of and connection to the communities in Ennerdale, Walkerville and Savanna City
- Self-motivated and proactive with strong organisational skills
- Familiarity with solutions oriented or constructive journalism approaches
- Able to embody and contribute to a culture of truth-seeking, fairness, and empowerment
- Comfortable with digital publishing tools and social media platforms

If you're a truth-seeker passionate about community storytelling and ready to contribute to meaningful, accountable journalism, we'd love to hear from you. Email: [southern@globe0@gmail.com](mailto:southern@globe0@gmail.com)



JOB DESCRIPTION: SALES REPRESENTATIVE

### About the Role

Xenor is seeking a motivated and experienced Sales Representative to help grow advertising revenue across our media platforms. This role focuses on national and corporate accounts, with a mandate to unlock new revenue opportunities and demonstrate the value of integrated campaigns that combine print, digital, and sponsored content.

This is a contract position, with the potential to transition into a full-time role based on performance.

### Key Responsibilities

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- Support the Sales Manager with outreach, client engagement, and proposal development
- Collaborate with editorial and studio teams to align messaging and delivery of commercial content
- Prepare and present campaign reports and case studies to demonstrate performance
- Work towards achieving a +35% revenue increase within the first 6 months

### What We're Looking For:

- 2+ years experience in media, B2B, or advertising sales
- Strong grasp of both print and digital media sales
- Confidence in presenting and closing integrated campaigns
- Familiarity with FMCG and retail sectors is a plus
- Highly motivated, self-driven, and target-oriented
- Excellent communication and relationship-building skills

### Why Work With Us:

At Xenor, we believe powerful, honest stories can shift narratives and uplift communities. You'll be part of a small but committed team that produces meaningful work with opportunities to innovate and grow.

Send your CV and a short cover note to [savannacitytimes@gmail.com](mailto:savannacitytimes@gmail.com) with the subject line "Sales Representative Application - Xenor".

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Lenasia South



# SPORTS

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## Striders conquers Comrades bringing home 15 medals



Image: Daxina Striders

Daxina Striders team: Robert Munyai; Stephen Nkgadima; Zihlalele Duka; Wendy Moodley; Desmond Sithole; Lucky Godzwana; Mary Nemutamvuni; Grant Barnes; Umesh Chimanlal and Meshack Sithole bring home 3 Bill Rowan, 1 Robert Mtshali, 5 Bronze and 6 Vic Clapham medals



From left: Kovalan Moodley; Thendo Nemukula; Komalan Moodley; Ndhivo Munyai; Vanessa Govender; Brian Godzwana; Hires Narsai; Johnathan Mpofu represented Lenasia South with pride and passion in this year's Comrades

**The 2025 Comrades Marathon, held on 8 June, saw thousands take on the 89.98km down run from Pietermaritzburg to Durban.**

Daxina Striders made club history, fielding 18 determined athletes, 15 of whom successfully crossed the finish line. Their impressive results included 3 Bill Rowan medals, 1 Robert Mtshali, 5 Bronze and 6 Vic Clapham medals a testament to months of disciplined preparation, including weekly speed sessions, a 60km circuit run and a

100km Easter training challenge. Veteran runner Kovalan Moodley, who completed his 41st Comrades, proudly achieved Grand Master status.

"It's the greatest foot race in the world. Every year it humbles and inspires. I'm honoured to still be a part of it," he shared. His twin brother, Komalan, finished his 38th Comrades, proving their unwavering passion for the sport. Club spokesperson Wendy Moodley expressed pride: "Each of our runners

showed immense heart and courage. They made our community proud." Finishing times for Daxina Striders athletes are as follows:

- Ndhivo Munyai – 07:30:46;
- Brian Godzwana – 08:13:57;
- Thendo Nemukula – 08:34:41;
- Robert Munyai – 09:47:26;
- Desmond Sithole – 10:12:13;
- Jonathan Mpofu – 10:26:36;
- Zihlalele Duka – 10:36:05;
- Lucky Godzwana – 10:42:56;

Grant Barnes – 10:56:07; Meshack Sithole – 11:05:56; Kovalan Moodley – 11:39:21; Hires Narsai – 11:39:50;

Komalan Moodley – 11:44:19; Umesh Chimanlal – 11:56:58 and Stephen Nkgadima – 11:58:37. The team's top finisher was Ndhivo Munyai, clocking in at an impressive 07:30:46. Daxina Striders, hosted a Comrades Awards Ceremony on 28 June to honour its athletes.

**Register your team now!**



**Get ready for the return of kasi football fever! The U18 Fantasing Annual Games are set to take place from 5 to 12 July at Esgodini Ground, Phumlamqashi.**

This year's tournament will feature 16 teams battling it out in an intense knockout format. Organized by Siphon Ndlovu, Lehlohonolo Makhaula and Tlotliso Lentsha, the event aims to revive community football and showcase the raw talent of our young stars.

Entry fee is R300 per team. The winning will take home R500 cash prize, gold medals and a trophy while runners-up will be awarded silver medals and 2 match balls. Additional special awards will be handed out for: Player of the Tournament, Top Goal Scorer, Best Goalkeeper and Best Coach.

**Registration closes on Monday, 30 June. For registration to participate, contact Siphon Ndlovu on 076 631 5269/ Hloni on 067 304 4701 or Xolani, 083 538 2159.**

## Proteas receive heroes' welcome after Lords's victory!



On 19 June, cricket fans converged to the Mandela Square in Sandton to catch a glimpse of their heroes after returning from London. The Proteas bursting with pride and joy, celebrated their incredible victory in the ICC World Test Championship 2025 final against Australia. The final took place on 14 June at Lord's where the Proteas beat Australia by 5 wickets