









# CONTENTS

1.	Director General Manzini Leads an Oversight Visit to the City of Ekurhuleni Spaza Shop Registration Centre	6 – 7
2.	Honouring the past and building the future this Freedom Day	8
3.	Bridging the gap and supporting entrepreneurs in Pomfret	9
4.	Business Profiles	10 –15
5.	TEA Kasi workshop inspires entrepreneurs to lead in 2025	16 – 17
6.	Global Collaboration in Focus at Africa-Asia Roundtable Discussion	18
7.	Youth Tech Expo in Ratanda: Empowering the Next Generation of Innovators and Showcasing the Latest Technologies	19 –20
8.	Staying on Track with Healthy Eating: Make it a Habit for Life	21
9.	April Birthday List	22
10.	Five light-hearted trivia questions about South Africa	23



## Abbreviations and Acronyms

4IR	Fourth Industrial Revolution				
ADR	Alternative Dispute Resolution				
AFS	Annual Financial Survey				
APP	Annual Performance Plan				
ASGISA	Accelerated and Shared Growth Initiative for South Africa				
B-BBEE	Broad-based Black Economic Empowerment				
BRICS	Brazil, Russia, India, China, and South Africa				
CIPC	Companies and Intellectual Property Commission				
CDS	Co-operatives Development Strategy				
CSIR	Council for Scientific and Industrial Research				
CDSP	Co-operatives Development Support Programme				
CBDA	Co-operatives Bank Development Agency				
DFIs	Development Funding Institutions				
DDM	District Development Model				
DPME	Department of Planning, Monitoring and Evaluation				
DSBD	Department of Small Business Development				
DPSA	Department of Public Service and Administration				
DIRCO	Department of International Relations and Cooperation				
dtic	The Department of Trade, Industry and Competition				
DBE	Department of Basic Education				
EDD	Economic Development Department				
ESIEID	Economic Sectors, Investment, Employment, and Infrastructure Development				
E-governance	Electronic Governance				
ERRP	Economic Reconstruction and Recovery Plan				
ESG	Environmental, Social and Governance				
GDP	Gross Domestic Product				
GEAR	Growth, Employment and Redistribution				
HSSP	Hospitality Sector Support Plan				
IBDS	Incubation and Business Development Services				
ICT	Information and Communications Technology				
IFC	International Finance Corporation				

## Abbreviations and Acronyms

ISPESE	Integrated Strategy for the Promotion of Entrepreneurship and Small Enterprises				
MSE	Micro and Small Enterprises				
MSME	Micro, Small and Medium Enterprises				
MTSF	Medium Term Strategic Framework				
NIBUS	National Informal Business Upliftment Strategy				
NEDLAC	National Economic Development and Labour Council				
NDP	National Development Plan				
NISED	National Integrated Small Enterprise Development				
NSEA	National Small Enterprise Act				
NT	National Treasury				
OCSLA Office of the Chief State Law Adviser					
PSC	Public Service Commission				
PAYE	Pay As You Earn				
PoA	Programme of Action				
PFMA	Public Finance Management Act				
RDP	Reconstruction and Development Programme				
RIA	Regulatory Impact Assessment				
SAMAF South African Micro Finance Apex Fund					
SARS	South African Revenue Service				
SBC Small Business Corporation					
SBD	Small Business Development				
SEDA	Small Enterprise Development Agency				
SEFA	Small Enterprise Finance Agency				
SEIF	Shared Economic Infrastructure Facility				
SEIAS	Socio-Economic Impact Assessment System				
SMME	Small, Medium and Micro Enterprises				
SOE	State Owned Enterprises				
Stats SA	Statistics South Africa				
TVET	Technical Vocational Education and Training				
TREP	Township and Rural Enterprise Programme				
VAT	Value Added Tax				
WOE	Women-Owned Enterprises.				
WECONA	Women Economic National Assembly				



The Department of Small Business Development and its agency, Small Enterprise Development and Finance Agency (SEDFA) exists to champion the growth of small-scale businesses in South Africa.

To access DSBD economic success initiatives, stories and voila welcome to the world of successful entrepreneurship.



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## **Director General Manzini**

leads an Oversight Visit to the City of Ekurhuleni Spaza Shops Registration Centre.

BY: SILONDIWE MAVUNDLA

The Department of Small Business Development and its agency, the Small Enterprise Development and Finance Agency (SEDFA) led by the Director General of the DSBD Ms. Thulisile Manzini conducted an oversight visit to the City of Ekurhuleni Customer Care Centre on 06 February 2025 in Tembisa, Gauteng province. The main objective of the visit was to inspect the spaza shops registration centre in Ekurhuleni and ensure that small businesses are registered and compliant with food safety regulations and other related regulations.

This joint effort between the DSBD and the City of Ekurhuleni Metropolitan Municipality was aimed to support small businesses, particularly spaza shops, in becoming formalized and sustainable. By providing access to registration and ensuring compliance centres regulations, government hopes to promote economic growth and development within the community. Ms. Manzini's visit was part of the Department's efforts to promote small business development and entrepreneurship in South Africa. Since her appointment as the Director-General, Ms. Manzini has been instrumental in

driving initiatives that support small businesses and cooperatives, and her visit to Ekurhuleni was a testament to her commitment to this cause.

Mr. Mhlanganisi Masoga, Director for Regional and Local Economic Development at the DSBD delivered the purpose of the event. He indicated that DSBD is committed to ensure that spaza shops are complaint with the regulatory framework. "Foodborne illnesses have been a significant concern in South Africa, particularly in informal food markets, including spaza shops. Outbreaks of foodborne illnesses have led to increased scrutiny of spaza shops and other informal food retailers. This has prompted government, including, DSBD to take several steps to address the issue of food safety in spaza shops, including making registration mandatory for spaza shops to ensure they meet minimum health and safety standard, regularly conducting health inspections, in partnership with the Department of Health, to monitor compliance with food safety regulations, provide training and education programmes to spaza shop owners and staff on food safety and hygiene practices," Mr. Masoga said.

#### Continuing...

Mr. Sthembiso Garane, Senior Manager for Community Enterprise Development in the City of Ekurhuleni Metropolitan Municipality emphasized the importance of registering spaza shops and food handling traders. Mr. Garane indicated that permits and business licenses are required by law before a business can operate. "The City of Ekurhuleni's Customer Care Centres (CCC) play a crucial role in supporting small businesses, including spaza shops. These centres offer various services, including business registration by helping with registering businesses and obtaining necessary licenses and permits. It also assists with Environmental Health Standards with offices that have dedicated personnel from the Environmental Health Department to ensure compliance with

environmental health standards. Lastly, we assist with issuing the Certificate of Acceptability after inspecting business premises," Garane said.

"The City of Ekurhuleni has been actively promoting spaza shop registration through various initiatives, including the Enterprise and Supplier Development (ESD) open days. These events aim to educate business owners about the importance of registration and aid with the application process. In 2024, the City of Ekurhuleni conducted a registration drive for spaza shops and food handling traders, with a deadline for registration set for December 13, 2024," he concluded.









# Honouring the past and building the future this Freedom Day

BY: TAMRY ESIRI

Freedom Day, observed on April 27, is a reminder of South Africa's journey from oppression to democracy. It is a day carved in the hearts of those who remember the long lines of people casting their votes for the first time in 1994, filled with hope and the promise of a new beginning. For many South Africans, freedom is deeply personal. It means the right to dream beyond circumstances, to build the life they choose, not the life they're limited to. But true freedom isn't just about history, it's about ensuring that the sacrifices of the past create tangible change today.

#### **Commemorating Freedom Month**

April is not just a time to remember, it's a time to act. It's a time to reflect on how far we've come and what we can do to keep the spirit of freedom alive. Here are some ways we can all take part in commemorating Freedom Month:

#### 1. Support local entrepreneurs

Choose to buy from small businesses, especially those that uplift communities. Visit local markets and spread the word about emerging entrepreneurs.

#### 2. Celebrate South African art and culture

Our music, poetry, and storytelling are woven into the fabric of our history. Attend local exhibitions or listen to artists who use their voices for change.

#### 3. Educate and empower

True freedom comes with knowledge. Take time to learn more about our country's history. Not just from textbooks, but from those who lived it. Teach younger generations about the struggles and victories that shaped the South Africa they call home.

#### 4. Reflect and take action

Ask yourself: What am I doing to build the South Africa I want to see? Whether it's mentoring someone, advocating for equal opportunities, or simply being a voice of encouragement, every action counts in shaping a nation truly free for all.

Freedom Day is not just about looking back, it's about moving forward. It's about breaking barriers, opening doors, and ensuring that every South African, regardless of background, has the chance to thrive.

This April, let's not just commemorate Freedom. Let's embody it. Let's honour those who paved the way by walking boldly toward the future they fought for. Because freedom is not just something we celebrate. It's something we live, every day.

# Bridging the gap and supporting entrepreneurs in Pomfret

BY: TAMRY ESIRI

On 3 March 2025, the Department of Small Business Development (DSBD) and the Small Enterprise Development and Finance Agency (SEDFA) hosted a community outreach in Pomfret, a small desert town in the Kagisano-Molopo District Municipality, North West province.

The initiative aimed to provide residents with crucial information on business development opportunities, funding options, and support services available to aspiring entrepreneurs.

Pomfret, a predominantly Portuguese-speaking town, welcomed the engagement as an opportunity to explore economic growth and sustainable enterprise development. Ramanas Bazola, a resident of Pomfret said, "Many of the residents of Pomfret have moved out, everything is far from us and not much happens here."

With the assistance of Bazola as a translator, local business-minded individuals were able to gain insight into the various programmes offered by the DSBD and SEDFA. The town's aspiring entrepreneurs showcased a diverse range of

business ideas, including bakeries, cosmetics, and agriculture, highlighting the potential for economic revitalisation in the area.

Lindokuhle Mbonambi from SEDFA emphasised the purpose of the outreach, stating, "We are here to disseminate information on our services. Then we also provide advice—advice to give you a holistic picture in terms of the support that we are able to provide to you. We're also able to refer you to people that can provide the relevant support to your business."

In addition to sharing information on the services offered, the event served as a platform for residents to engage with DSBD and SEDFA officials, ask questions, and explore solutions for their business aspirations.

As part of ongoing efforts to empower small businesses, DSBD and SEDFA continue to reach out to remote areas, ensuring that all entrepreneurs, regardless of their location, have access to the tools and knowledge that they need to succeed in their respective enterprises.













# Karisani IT's rise from start-up to global success

BY: TAMRY ESIRI

Since Karisani IT opened its doors in 2015, it has emerged as a shining example of innovation, growth, and community empowerment within South Africa's business landscape. Co-founded in Cape Town by a team of young innovators, Karisani IT's journey from small start-up to global tech player has been nothing short of remarkable. With a focus on providing tailored IT solutions and strategic partnerships, the company has consistently pushed the boundaries of technology.

Karisani IT's success comes from its deep commitment to empowering businesses by managing their technological needs while enabling them to focus on their core operations. Portia Masimula, CEO and co-founder of Karisani IT explains, "Our approach is unique because we don't just build applications or deliver services. We partner with our clients to understand their needs, enabling us to deliver solutions that drive efficiency and long-term success."

This commitment to excellence has not only attracted attention locally but also on the

global stage. From features in Forbes Africa to showcases in Dubai and France, Karisani IT has landed high-profile clients like ESPN and Accenture. The company's revenue growth, from R100,000 to R2 million, shows the trust built in their services and quality of work.

Masimula explained how the company integrates Al and data analytics to optimise operations saying, "We are committed to reducing waste and energy consumption by leveraging data-driven solutions. This enhances our efficiency while contributing to environmental sustainability." Beyond technological innovation, Karisani IT is deeply invested in community development. Through partnerships with the University of Cape Town's Business School and SMG BMW, the company supports female entrepreneurs from underserved communities, mentorship and training to help them build sustainable businesses.

#### Continuing...



Additionally, Karisani IT's focus on hiring and training young IT professionals is helping to reduce unemployment and foster a skilled workforce ready to meet both local and international demand. "Building up our communities is a vital part of our mission," says Portia. "By training young professionals and supporting entrepreneurs, we're not just growing our business, we're helping to build a future where more South Africans can thrive in the tech industry."

Her advice to aspiring entrepreneurs is simple yet powerful. "Embrace failure. Understand that setbacks are part of the journey. Learn from them, adapt, and keep moving forward. In an industry that evolves as quickly as ours, it's critical to be ready to pivot and adapt your strategies," she noted. "Building strong relationships with your clients can lead to loyalty and growth through word-of-mouth referrals. That's how we've succeeded, by prioritising customer experience and staying ahead of market trends."

KarisaniIT's ability to maintain strong relationships with its clients is another component of its success. "We don't just deliver solutions. We build long-lasting partnerships based on trust and collaboration. That's how we've grown from working with small businesses to partnering with global corporations. Our clients know that we are with them every step of the way."



## Indulge on thriving small businesses

who are making an impact in the society

BY: LUBABALO SIGONYELA

Stardom designs is a leather crafting enterprise owned by Onke Boti a crafter and a designer. Stardom has been operational for over 15 years across the Eastern Cape province. They use locally sourced leather to create trendy styles fit to compete in the global market. Their designs and craftsmanship have proven unique and have afforded international acclaim. Boti has exhibited nationally and internationally intending to increase the usage and appreciation of leather products and bring glamour into the handmade leather products.

"Our goal is to become a leading supplier of high quality, niche leather bags in South Africa, internationally offering top class reliability professional and unmatched service to our clients and to permanently maintain good relations with our clients and customers," Boti perfected.

Stardom has exhibited and attended international fashion shows namely "Francal, Brazil and Pure London, The Africa Sourcing and Fashion Week in Addis Ababa in Ethiopia.









## **Proudly South African agro-processed**

products are ready for consumption



Tanolemon trading as Kusta's is a company that specializes and thrive in using freshly harvested ingredients to produce healthy and best agroprocessing products that are ready for consumption. Kusta is a 100% black-female owned company established in 2020 committed to consistent and authentic daily business conduct. The freshness, quality and taste of their products reflect passion for delicious food. They aspire to be the preferred food partner and a reliable producer of healthy and delicious agro-processing products. Tanolemon's objective is to produce the best quality products that are sustainable and good for the local farmers.

"We want to continue producing fresh and healthy products that are made of good quality, be responsible for our actions and contribute to the alleviation of socio-economic issues in the society and satisfy the needs of our customers through our products." Kusta said.

Their sauces are divine, healthy and delicious as they come in three different flavours; the original flavour which has no chilli, the mild flavour which has a touch of chilli and the hot flavour which has a lot of chilli. Tanolemon readymade sorghum products are rich in a variety of nutrients, including B vitamins, which play an essential role in metabolism, nerve cell development, and healthy hair & skin and also rich in source of magnesium, a mineral that's important for bone formation, heart health, and over 600 biochemical reactions in your body, such as energy production ana protein metabolism. In addition, sorghum is high in antioxidants like flavonoids, phenolic acids, and tannins.

Kusta added that "A delicious meal starts with the best ingredients and this sauce gives me great contentment to share my passion with consumers, making all their meals delicious, bringing warmth and happiness to their homes."









## Yivani luxurious beauty products aims to dominate international markets

BY: LUBABALO SIGONYELA







Yivani began with Ntshantsha Tafeni-Majombozi's vision in 2011 to turn South African Indigenous Herbs and Oils into a range of health and luxurious beauty products that offered customers natural healing alternatives. She wanted a product range that catered to a holistic worldview, meeting the needs of mind, body and soul. Yivani product range contains African Indigenous essential Oils, Soothing & healing Skincare, Massage Oils and Hand Sanitisers, all trading under the brand names "Yivani". The company is 100% black female owned, with shareholders and directors involved in the business's day-to-day activities.

Tafeni -Majombozi believes that if you can dream it, you can do it! This philosophy inspires their vision of becoming a successful black owned South African business with an international footprint. In so doing, they aim to set an inspirational trend for black South African women. Yivani produces environmentally sensitive and unique skin and hair care products infused with indigenous African herbs and oils.

"An inspiring way to explore beauty and we are committed in developing high quality Yivani wide range of products using African indigenous herbs, extracts and oils from flowers, leaves, stems, roots and bark of trees. Our flagship oils are iMPEPHO, uMHLONYANE AND KALAHARI oils," Tafeni-Majombozi said.

Their wide variety of beautifully packaged, quality products, secure in the knowledge that they adhere to the strictest quality standards. Yivani products are tested and approved by SABS, developed by CSIR, Hospital Hand Sanitizer licensed by SAHPRA. By purchasing their products, one is supporting a proudly South African business, and one that plays an empowering role in the local economy. With 18 years of experience in new product development, the marketing industry, communications and human resources Tafeni-Majombozi ideally launched Yivani as a successful enterprise. Her direct marketing structure and wide network of distributors gives other SMEs an opportunity to start or expand their businesses, creating employment and contributing to the country's economy. Tafeni-Majombozi brings project management, event management and facilitation experience to the smooth running of her business. Her passion for excellence drives her ongoing attention to development opportunities for Yivani and a heightened dedication to customer satisfaction.

### MomCareCo a 100% black female

owned brand takes the beauty industry by storm







MomCareCo is a proudly South African and 100% black female owned brand of skin care products which is owned by Sibongile Swakamisa. Her products are natural, organic and handcrafted. MomCareCo provides natural skin care products to anyone struggling with eczema, hyperpigmentation, stretch marks, acne, cellulite and other skin issues. Generic skin care products tend to be harsh on skin and offers little protection of our natural skin balance. And the idea that locally sourced ingredients could offer relief from numerous skin conditions is an idea that they would love to showcase worldwide.

Organic skincare products are those which have been made with ingredients grown without the use of chemicals or pesticides which can work their way into the products one uses. Generic skin care products tend to be harsh on skin and offers little protection of our natural skin balance.

"Our vision is to revolutionize skincare by harnessing the power of nature, offering ethically crafted products that promote radiant, healthy skin while inspiring a deeper appreciation for the earth's natural resources and create high-quality, natural skincare products that are safe, effective, and environmentally responsible," Sakwamisa said.

"We are dedicated to transparency, sustainability, and educating our customers on the benefits of using ingredients derived from nature, all while nurturing their journey to healthier, more radiant," she added.





## **TEA Kasi workshop inspires** entrepreneurs to lead in 2025

BY: CLEMENT MOAGA

The Eyethu Heritage Hall in Mofolo Central in Soweto was filled with energy on Saturday, 22 February 2025, as township entrepreneurs came together for the Township Entrepreneurs Alliance (TEA) Kasi Business Workshop. The event was aimed to give small business owners the confidence and skills to succeed in the year ahead.

The Department of Small Business Development (DSBD) and its agency, SEDFA participated at the event through exhibitions. DSBD aims to revitalize township and rural economies by supporting MSMEs and Co-operatives through the Township and Rural Entrepreneurship Programme (TREP). Furthermore, DSBD has a programme tailored for spaza shops owners. The spaza-shop support programme is targeted at township and rural entrepreneurs who own spaza shops, general dealers or grocery stores.

The Township Entrepreneurs Alliance (better known as TEA) is an organisation that focuses on empowering township-based enterprises and

entrepreneurs with knowledge sharing, skills development, enterprise development and access to markets. The organisation was birthed from a need to advocate for entrepreneurship and a possible career choice through its high school engagements. The Kasi Business Workshop was under the theme Starting Strong: A Winning Mindset for 2025.

With the theme Starting Strong: A Winning Mindset for 2025, the workshop encouraged entrepreneurs to stay motivated and keep growing. Sponsored by Nedbank and supported by Sasol and Play Your Part, the event featured masterclasses, exhibitions, networking sessions and a pitching challenge.

Mr. Bulelani Balabala, CEO and Founder of Township Entrepreneurship Alliance (TEA) started off by giving practical advice to MSMEs on how to grow their businesses and overcome challenges.



#### Continuing...

"As township businesses look to grow and compete with industry giants, there are key areas that need attention. First, developing strong branding and a clear value proposition is crucial to standing out in a competitive market. Businesses should invest in quality products, efficient operations, and customer experience to build loyalty. Networking and collaboration with other businesses can also open doors to partnerships and joint ventures, while accessing financial support and mentorship can help ensure sustainable growth. In addition, embracing digital marketing and e-commerce platforms will help township businesses expand their reach and compete with larger companies," Balabala said.

One of the standout moments of the workshop was the pitching challenge, where different entrepreneurs presented their innovative business ideas to win recognition and support. Mr. Makatu Tshivhula, the 26-year-old founder of Light Candles, impressed the judges with

his creative approach and won the grand prize of R50 000. The prize money will go toward production, marketing and increasing the brand's visibility in the market.

Tshivhula , who expressed his great excitement said: "Winning this challenge is a testament to the hard work and dedication poured into the Light Candles. It's an honour to be recognised among such talented peers," Tshivhula said. Tshivhula is an entrepreneur from Soweto. He started his candle-making journey in February 2020 after gaining experience at a candle manufacturing factory. His company offers a wide range of candles, including household and scented varieties, and has become a favourite among churches, traditional healers and event organisers. "Tshivhula's candles are known for their vibrant colours and longevity, and despite challenges such as funding and market access, my business has continued to grow steadily," Tshivula said.





## **Global Collaboration in Focus at**

### Africa-Asia Roundtable Discussion

BY: TAMRY ESIRI

The Department of Small Business Development (DSBD) together with its agency, the Small Enterprise Development and Finance Agency (SEDFA) participated at the two-day Africa-Asia Roundtable Discussion which was hosted by UNIIC (University Incubator Consortium) at the University of Mpumalanga.

The event, which was held on 12-13 February 2025, brought together key stakeholders including government officials, academics, industry experts, and emerging entrepreneurs, to discuss innovative strategies for fostering business growth and collaboration between Africa and Asia.

The roundtable focused on leveraging international partnerships to drive economic development, enhance skills transfer, and create new opportunities for small businesses. Attendees explored ways to bridge gaps between local enterprises and markets, emphasizing the role of technology, education, and policy in shaping a sustainable entrepreneurial ecosystem.

Professor Aldo Stroebel, Deputy Vice-Chancellor of Research, Innovation, and Internationalism at the University of Mpumalanga, highlighted the significance of UNIIC's collaborative network, stating, "The UNIIC collaborates with university partners across Asian, Indian, and African regions to enhance capabilities, facilitate the exchange

of knowledge and skills, and foster resource sharing. With 25 university partners across 11 countries, this network offers a diverse range of opportunities for participants to advance their business ideas. That is something truly to be proud of."

Professor Angelina Yee, Director of Research and Enterprise at the Asia Pacific University of Technology and Innovation in Malaysia, also shared valuable insights into the growth and expansion of the UNIIC collaboration. Reflecting on the initiative's journey, she said, "So, we came together as friends to do something that we are excited about. We started by having the online signing. It was post-pandemic, and some countries were restricted in terms of travelling." Prominent speakers at the event shared insights on business development strategies, access to funding, and the impact of cross-border trade. The discussions also highlighted the importance of fostering entrepreneurship within university environments, equipping students with the tools needed to become successful business leaders.

The DSBD reaffirmed its commitment to supporting initiatives that promote inclusive economic growth. As part of the roundtable's outcomes, stakeholders identified key areas for collaboration and outlined actionable steps to strengthen business ties between Africa and Asia.

# Youth Tech Expo in Ratanda: Empowering the Next Generation of Innovators and Showcasing the Latest Technologies

BY: MOSHALA KOLANYANE

The Youth Tech Expo hosted by the Gauteng Department of e-Government on 25 February 2025, was more than just a one-day event it was a catalyst for change. Held at the Ratanda Multipurpose Hall in Heidelberg, Gauteng, the event brought together the youth market, private sector, and government departments to empower the next generation.

The Department of Small Business Development (DSBD) was among the exhibitors, showcasing it's programs and offerings to the attendees.

The DSBD's participation underscored it's commitment to supporting the growth and development of young entrepreneurs and small businesses.

As Gauteng continues to champion digital transformation, it's essential that young people remain at the forefront of these efforts. The Youth Tech Expo brought together aspiring innovators, industry leaders, and key stakeholders to equip young people with the tools they need to thrive in an increasingly tech-driven world.



According to MEC Bonginkosi Dhlamini, the expo provided a unique opportunity for young people to learn about e-Government and it's role in digitizing government services. "e-Government is a relatively new department, established in 2015, with the primary goal of making government services more accessible and efficient through digital platforms," he

explained. MEC Dhlamini highlighted two key objectives of e-Government: to provide a platform for job seekers to search and apply for jobs online, and to ensure that all communities, especially disadvantaged ones, have access to free WiFi connectivity. "Having data is no longer a luxury, but a necessity," he emphasized.

#### Continuing...

The MEC encouraged the young people in attendance to take full advantage of the expo, by exploring every stall and registering for opportunities that interest them. "As my favourite quote says, 'Uzoy thola kanjane uhlele ecorneni - use this opportunity to get all the information you need and discover the opportunities available in the ICT sector and e-Government."

The expo also featured announcements about exciting initiatives, including a sponsorship program that will take 20 young people from Gauteng to India for ICT training to upskill them. Additionally, a program to train young people in phone repairing was unveiled on the

day. Programme Director Wiseman Simelane played a key role in facilitating the event, which brought together industry leaders, government representatives, and young people from Ratanda and surrounding areas.

The Youth Tech Expo was a resounding success, showcasing the boundless potential of young minds eager to embrace the opportunities within the technology sector. As Gauteng e-Government continues to drive digital empowerment, events like these are crucial in fostering a digitally inclusive future and fostering a culture of innovation and continuous learning, initiatives like the Youth Tech Expo are pivotal in shaping the future of South Africa's Youth.









## Staying on Track with Healthy Eating: Make it a Habit for Life

BY: MOSHALA KOLANYANE

Now that we are a few months into the new year, it's a great time to check in on our health and wellbeing goals. Healthy eating is a powerful way to boost your energy, improve your mood and support your overall health.

That's why we're focusing on one achievable goal: healthy eating, it's not about depriving yourself of your favourite treats or following a restrictive diet. It's about nourishing your body with whole, delicious foods that make you feel amazing!

Why Healthy Eating Matters - Eating a balanced diet can have a significant impact on your overall health and wellbeing. Here are just a few benefits:

- Boosts energy levels
- Supports weight management
- Lowers risk of chronic diseases (like heart disease and diabetes)
- Improves mental clarity and focus
- Even supports healthy, glowing skin!

**Easy Ways to Eat Healthier:** Incorporating healthy eating into your lifestyle doesn't have to be overwhelming. Start with these simple tips:

- **Start small:** Swap one unhealthy snack for a healthier option each day.
- **Plan ahead:** Meal prep on the weekends to ensure healthy lunches throughout the week.
- **Shop smart:** Focus on whole foods like fruits, veggies, whole grains, lean proteins, and healthy fats.
- **Get creative:** Try new recipes and experiment with different flavours and ingredients.

You've Got This! Remember, healthy eating is a journey, not a destination. Don't be too hard on yourself if you slip up, simply get back on track and keep moving forward. Here's to a happy, healthy new you!



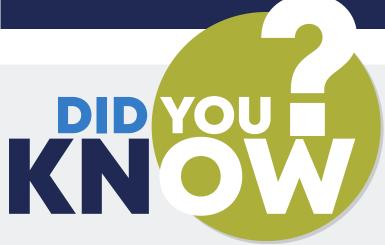


## **APRIL 2025**

Ndamse Ziyanda

02	Mtombeni Percival Malatji Portia Methuse Yamkela	17	Mavundla Ntombizandile
04	Mathe Nokuthula Maluleke Khazamula Ramodumo Madidimalo	18	Tau Alfred
06	Mtshali Monica	19	Mashinini Johannes
09	Moleko Elizabeth Monyepao Mmapula Mzizana-Jabavu Noluvo	20	Mashiachidi Malose Mputa Nonhlanhla Nsimbini Zodwa
10	Fisha Tebogo Manzini Thulisile	24	Ramabulana Ratshibvumo
11	Machaba Fhatuwani	25	Van Dyk Janette
12	Mangolela Selina	26	Legodi Nthabiseng
14	Setshedi Kagiso	28	Mojapelo Tidima
15	Tentu Avela	29	Maliwa Unathi

# Five light-hearted trivia questions about South Africa:



BY: MOSHALA KOLANYANE

- 3. What is the name of South Africa's iconic flat-topped mountain?
- A) Table Mountain
- B) Lion's Head
- C) Devil's Peak
- D) Signal Hill



**ANSWER: A) TABLE MOUNTAIN** 

- 1. What is the world's oldest surviving fossil of a human ancestor, found in South Africa?
- A) Taung Child
- B) Mrs. Ples
- C) Lucy
- D) Java Man



**ANSWER: A) TAUNG CHILD** 

- 2. What is the name of the South African music Group that won a Grammy award for Best Global Music Album in 2018?
- A) Hugh Masekela
- B) Ladysmith Black Mambazo
- C) Soweto Gospel Choir
- D) Miriam Makeba



ANSWER: B) LADYSMITH BLACK MAMBAZO

- 4. What is the name of the longest river in South Africa?
- A) Vaal River
- **B) Tugela River**
- C) Orange River
- D) Limpopo River

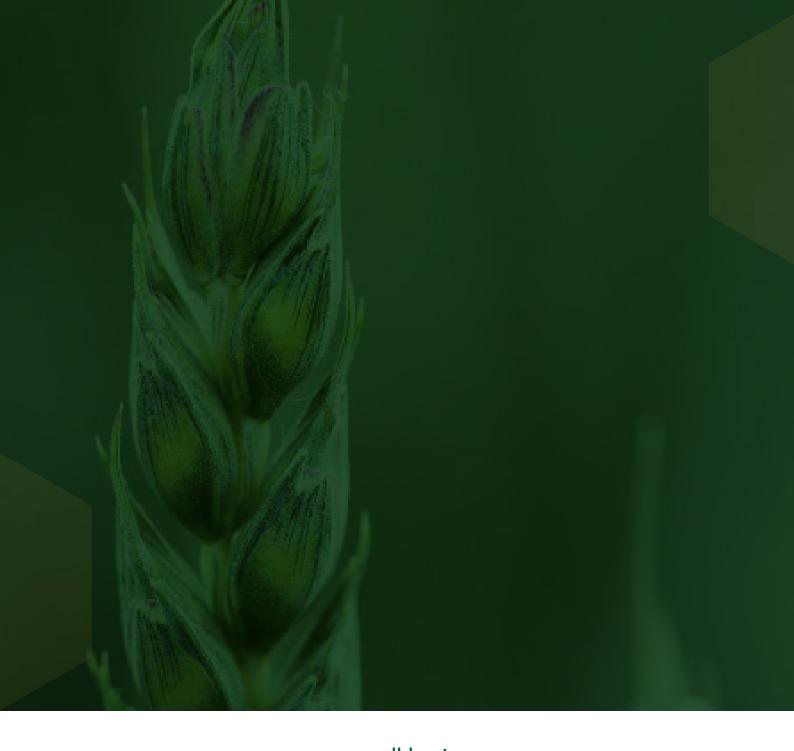


**ANSWER: C) ORANGE RIVER** 

- 5. Which South African animal is known for its speed, reaching up to 112 km/h?
- A) Lion
- B) Elephant
- C) Cheetah
- D) Springbok



**ANSWER: C) CHEETAH** 





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