

JLWAZI

ISSUE 3 - SEPTEMBER/OCTOBER 2023

magazine

Love!



Love it!



OMG



Wow!



GRL
PWR

get
it
girl

COVER STAR

AMAHLE NDLOVU

EKWAZINI HIGH SCHOOL

EDUCATE | INSPIRE | MOTIVATE

mdda
MEDIA DEVELOPMENT & DIVERSITY AGENCY



**Welcome to
ULWAZI MAGAZINE
ISSUE 2:**



Ulwazi magazine is a quarterly publication dedicated to inspiring, educating, and motivating high school learners. We believe that knowledge is power and our aim is to provide you with the tools and information you need to excel in your academic pursuits and beyond. Through engaging articles, interviews with successful individuals, and insightful features, we hope to encourage you to pursue your passions and achieve your goals. Join us on this journey of discovery and learning, and let Ulwazi be your guide to a brighter future.

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IT AIN'T OVER

UNTIL THE YEAR IS OVER.

Can you believe how fast this year is flying by? It feels like just yesterday we were ringing in the New Year, and now we're already more than halfway through. But don't be fooled by the calendar – there's still plenty of time left to turn things around and make this year a success. There's still a chance to shine, learn, and achieve your goals.

So, you've already received two reports this year, huh? Some might be feeling pretty pleased with themselves, while others might be a little disappointed. But guess what? Those reports are just checkpoints along the way – they're not the final destination. No matter how your first half of the year went, there's a whole second half waiting for you to show what you're made of.

Maybe you didn't do as well as you hoped in those first two reports. It's easy to feel discouraged and think, "Well, I've already messed up, so why bother trying now?" But let me tell you, that kind of thinking won't get you anywhere. It's like giving up on a soccer game at halftime just because you're a few goals behind. Remember, it ain't over until the year is over.

The great thing about life is that every day is a chance for a fresh start. It's never too late to pick up those books, sharpen those pencils, and get back into the game. So what if you stumbled a bit in the beginning? The important thing is that you're willing to dust yourself off and keep going. Maybe it's time to change up your study routine, ask for help when you need it, and set new goals for the rest of the year. You can salvage what's left of the year by putting in the effort now. Use those upcoming exams and assignments as opportunities to prove to yourself and others that you've got what it takes.

Let's be real – doing well in school takes effort. It's not always easy, but it's worth it. Remember, success is sweeter when you've worked hard for it. Don't let those first two reports define your year. It's not too late to turn things around, set new goals, and give it your all. The year might be getting closer to its end, but there's still time for a spectacular display of your talents and efforts. Embrace the challenges, celebrate the successes, and keep pushing forward. As they say, "It ain't over until the year is over."

You've got this!

Pursuing a Radiography Dream: Amahle Ndlovu's Inspiring Journey



A mahle Ndlovu, a 17-year-old Grade 11 student at eKwazini, is setting her sights high and chasing her dreams. With a determined spirit and a passion for Life Sciences, Amahle is well on her way to becoming a Radiographer.

When asked about her favorite subject, Amahle beams with enthusiasm,

"Life Sciences is my favorite subject because I understand it better than other subjects. It's the perfect fit for my dream of becoming a Radiographer. I love radiography because I enjoy taking pictures and I'm genuinely interested in learning more about it."

Amahle's journey towards radiography was not a straight path. She initially aspired to be a doctor, but her aversion to blood led her to reconsider her career choice. Radiography, she realized, was the ideal compromise, allowing her to capture images and contribute to

the world of medicine.

For Amahle, being in school is more than just a routine; it's an opportunity to shape her future. "I'm here to study and become somebody in life," she declares with determination.

One remarkable aspect of Amahle's personality is her creativity. She shares her love for poetry, stating, "Writing poems is something that comes naturally to me. It's the way I express my feelings because I don't like talking a lot about how I feel about things." Her ability to convey emotions through poetry is a testament to her artistic talents.

When it comes to her learning experience at school, Amahle is all about focus and practicality. "I enjoy my learning experience when I stay focused on my studies and engage in practicals. Practical work allows me to see and understand everything better," she says with a bright smile.

However, she doesn't deny the

challenges she faces in high school. "I can't wait to finish high school because there's a lot of work to be done. Sometimes, other learners laugh at you when you have a physical challenge, and they whisper about you," she admits. She believes that university life will bring maturity and a more supportive environment where everyone knows what they want in life.

Ndlovu's journey is an inspiring reminder that determination, passion, and creativity can lead to the realization of even the loftiest dreams. As she continues her pursuit of a career in Radiography, we have no doubt that Amahle will not only succeed but also inspire others to follow their dreams with unwavering dedication. She truly embodies the spirit of teenage resilience and ambition.

Navigating the World of Doctors: Exploring Different Medical Specialties

When it comes to our health, doctors are the heroes who guide us back to wellness. But did you know that there isn't just one type of doctor? These medical experts specialize in different areas, like detectives with unique skills to solve specific health puzzles. Let's look into the diverse world of medical specialties and discover the roles they play in keeping us healthy.

Pediatricians: Champions of Children's Health

Pediatricians are like the friendly faces of medicine for kids. They're the experts who care for babies, children, and teenagers. From newborn check-ups to managing childhood illnesses and developmental milestones, pediatricians are there to ensure that our little ones grow up strong and healthy.

Dermatologists: Skin and Beyond

Ever had a stubborn skin issue or wondered about that mysterious rash? That's when dermatologists step in. These doctors specialize in all things skin-related. They're skilled in diagnosing and treating conditions from acne and eczema to more serious skin problems, making sure your skin stays healthy and glowing.

Cardiologists: Keeping Hearts in Harmony

Cardiologists are heart specialists, and they're all about ensuring your ticker stays in tune. From monitoring heart health to diagnosing and treating heart diseases, these doctors play a crucial role in keeping our most vital organ working smoothly.

Orthopedic Surgeons: Masters of Movement

When it comes to bones, joints, and muscles, orthopedic surgeons are the go-to experts. They treat fractures, joint issues, and injuries, ensuring that your body's framework remains strong and mobile.

Gynecologists: Women's Wellness Warriors

For women's health matters, gynecologists are the ones to consult. From reproductive health to issues like menstruation, fertility, and more, these doctors specialize in keeping women's bodies functioning optimally.

The world of medicine is vast and diverse, just like the human body. Each doctor is like a musician in an orchestra, contributing their unique expertise to the harmony of our well-being. Whether it's a pediatrician caring for a child, a cardiologist mending a heart, or any other specialist addressing specific health needs, they all play a vital role in keeping us healthy and thriving.



Pediatricians



Cardiologists



Dermatologists



Gynecologists



Orthopedic Surgeons:



Uthingo Lwenkosazana

epletini Lakho

Usuke wabuqaphela ubuhle bemibala epletini lakho lokudla? Leyo mibala akuyona eyokuhlobisa - isitshela imfihlo ngomsoco okhona ekudleni okuthile. Asifunde kabanzi ngemibala yokudla nokuthi umbala umunye unazinzuzo zini empilweni yakho.

Umbala Obovu

Ukudla okubovu, okufana nama-strawberry, utamatisi kanye nopelepele obovu kuqukethe ama-antioxidant, kakhulukazi i-lycopene nama-anthocyanins. Lokhu kusiza ukulwa nokuvuvukala, kuvikele inhliziyo futhi kukusize uguge kahle. Ukudla okubovu kuphinde kudume ngokuba no-vitamin C, oqinisa amasosha omzimba uphinde welekelele isikhumba sihlale sinempilo.

Umbala Osawolintshi noPhuzi

Ukudla okunale mibala, okufana nokherothi namawolintshi, kunothe nge-beta-carotene, eguqulwa wumzimba wakho ibe ngu-vitamin A. U-vitamin A usemoqoka ekucugineni amehlo,

isikhumba kanye namasosha omzimba kusebenza kahle. Lokhu kudla kuphinde kunothe ngo-vitamin C, owesekela amasosha omzimba.

Umbala Oluhlaza

Ukudla okuluhlaza okufana nespiniashi, u-broccoli kanye nokotapeya kunothe kakhulu ngezakhamzimba. Kugcwele u-vitamin K, C no-E, kanye nama-minerali afana ne-iron ne-calcium.

Umbala Oluhlaza Njengsibhakabhaka, Nosabukhwebezane (purple)

Ukudla okunale mibala, okuhlanganisa amajikijolo aluhlaza, amagrebhisi kanye nobrinjolo kuthatha umbala

wawo kuma-anthocyanins. Lama-antioxidant alekelela ukuphila kobuchopho, ehlise ubungozi bezifo ezingalapheki, aphinde asize ngokuvuvukala. Ukudla lokhu kudla kungaba yindlela emnandi yokuthuthukisa impilonhle yakho.

Manje ngoba usuyazi ngezinzuzo zemibala yokudla, zama ukufaka ukudla okunemibala eyahlukahlukene ezidlweni zakho. Ukudla ukudla okunemibala emningi eyahlukahlukene kuqinisekisa ukuthi uthola izakhamzimba eziningi ezahlukene ezidingwa wumzimba wakho ukuze uphile kahle.



5 Amazing Countries you must visit in your lifetime

The world is filled with cool places and exciting things to do. Let's travel together and see what these awesome countries have in store for us.



Turkey: Up, Up, and Away in Cappadocia

Our journey starts in Turkey, a place with old stories and new wonders. Imagine floating in a hot air balloon above Cappadocia's weird and wonderful landscapes. You'll see rocks that look like chimneys and valleys that feel like a dream. Watching the sunrise from up there is like a fairy tale come true.



Italy: Art, Pasta, and Love

Italy is all about history, art, and yummy food. Walk through old places in Rome, ride in boats through Venice's watery streets, and eat lots of gelato. Don't forget to see famous statues and eat pasta like a pro.



Egypt: Pyramids and Adventure

Egypt takes you to a time of pharaohs and pyramids. Gaze at the Sphinx, sail on the Nile River, and explore temples in Luxor. It's like a history lesson you can touch!

Iceland: Fire, Ice, and Magic

Iceland's name says it all. You can see geysers burst, take a dip in the warm Blue Lagoon, and even chase the Northern Lights in the night sky.



Botswana: Desert Meets the Sea

Experience the intriguing blend of desert and sea along Botswana's remarkable coastline. Immerse yourself in the rugged beauty of the desert landscape, where sand dunes meet shimmering waters. Witness unique wildlife, from elegant flamingos gracing the waters to majestic animals roaming freely on the land.

UNLEASHING ENDORPHINS:

Boost Your Happiness Naturally



Life can be quite the roller-coaster, with its ups and downs, and it's completely normal to want to find ways to feel happier and more relaxed. Well, guess what? Your body has a built-in happiness booster called "endorphins." These little chemical messengers are like your body's natural mood lifters, and the best part is, you can activate them without relying on substances that might not be the best for your well-being. Let's dive into the world of endorphins - what they are and how they work - and then explore a bunch of cool and healthy things you can do to release them.

So, what exactly are these "endorphins" we're talking about? Think of them as your brain's very own joy generators. They are special chemicals that your brain releases in response to different activities, and they're the reason you feel good after doing things you enjoy. Endorphins can help ease stress, reduce pain, and put a big, genuine smile on your face. Here are a few ways to release those endorphins to start feeling happier today:

Laugh It Out: Laughter truly is the best medicine. Whether you're watching a funny movie, hanging out with friends who crack you up, or participating in a laughter yoga class, laughter triggers endorphin release and instantly lifts your spirits.

Dance Like Nobody's Watching: Put on your favorite music and dance like nobody's watching. Dancing not only releases endorphins but also provides a fantastic outlet for self-expression.

Achieve Personal Success: Setting goals and working hard to achieve them can lead to a sense of accomplishment and the release of endorphins. Whether it's excelling in academics or mastering a hobby, personal success can boost your happiness.

Discover Creative Outlets: Channel your emotions into creativity. Whether it's painting, drawing, writing, playing a musical instrument, or even cooking, creative activities can bring you joy and release those feel-good chemicals.

Connect with Nature: Spending time outdoors, whether it's taking a hike, having a picnic, or simply soaking up the sun, can trigger endorphin release and provide a sense of calm and well-being.

Acts of Kindness: Helping others not only makes them feel good but also boosts your own mood. Engaging in acts of kindness, like volunteering, can release endorphins and give you a sense of purpose.

Instead of turning to substances like drugs, parties, or alcohol to find happiness, try out these healthier and safer alternatives. By engaging in activities that trigger the release of endorphins, you'll not only experience a natural high but also improve your overall well-being. Taking care of your body and mind is super important, and these activities offer you a positive way to navigate the highs and lows of teenage life. So go ahead, choose constructive ways to release those endorphins and uncover the genuine, long-lasting happiness that comes from within!

MATHEMATICAL LITERACY DEBUNKED!

Contrary to popular belief, mathematical literacy isn't about taking the easy way out; it's about equipping ourselves with practical math skills that are essential for navigating the complexities of our modern world. It's time to set the record straight and recognize the value of mathematical literacy for individuals, regardless of their career aspirations or mathematical aptitude.

Myth 1: Mathematical Literacy Is Only for Students Who Struggle with Math
Mathematical literacy is not just for students who find traditional mathematics challenging. It is designed to provide practical math skills that are relevant to everyday life. Even students who excel in pure mathematics can benefit from mathematical literacy by learning how to apply math concepts to real-world situations.

Myth 2: Mathematical Literacy Is Not Useful for Future Careers
Mathematical literacy is valuable for a wide range of careers. In today's data-driven world, having a solid grasp of basic mathematical concepts, statistics, and financial literacy is crucial in fields such as business, healthcare, social sciences, and more. Many professions require individuals to interpret data and make informed decisions. Before choosing Mathematical Literacy, please ensure that your intended career path does not require pure Mathematics. Verify this information by checking the entry requirements from the websites of tertiary institutions.

Myth 3: Mathematical Literacy Is Only About Arithmetic
While arithmetic is a part of mathematical literacy, it goes beyond basic calculations. It includes concepts like statistics, probability, measurement, geometry, and financial mathematics. Students learn to analyze data, interpret graphs, and make informed decisions using mathematical principles.

Myth 4: Mathematical Literacy Is Easier Than Pure Mathematics
Mathematical literacy and pure mathematics serve different purposes and have unique challenges. While mathematical literacy focuses on practical applications and real-life scenarios, pure mathematics delves into abstract theories and proofs. Difficulty in either area depends on individual aptitude and interests.

Myth 5: Mathematical Literacy Is Not Necessary in the Age of Technology
In the age of technology, mathematical literacy is more important than ever. Technology relies on mathematical principles, and individuals with strong mathematical literacy are better equipped to understand and use technology effectively. Additionally, mathematical literacy is essential for critical thinking and problem-solving in a technology-driven world.

In the end, whether you're studying mathematical literacy or pure mathematics, the key takeaway is this: hard work and dedication are essential for academic success. Tertiary education entry is competitive, and your marks matter. Regardless of your chosen math path, striving for excellence should always be the goal. Mathematical literacy equips you with the skills needed for everyday life, but that doesn't mean it's a shortcut. So, remember, no matter your math background, keep pushing yourself to do your best, aim for high marks, and pursue your dreams with determination and enthusiasm

Izimbokodo Zezulu, Omama Bethu

Angibonge kini zithandwa zezulu
Phela uNkulunkulu wasipha izimbokondo zezulu
Ngiyafisa ukwazi ukube kuthiwa oMama abekho
Ngabe kunjani kulomhlaba esiphila kuwo
Sengiyabona kungani kuthiwe
Wathinta abafazi wathinta imbokodo
Phela abantu besifazane izakha muzi

Thina sikhulele eziyalweni zabo
Angazi ukuthi ngabe siyini ngaphandle kwabo
Umama ukwazi ukwenza izimangaliso
Kuthi kungekho lutho akhanda amasu

Umama akalali ekhulekela abantwana bakhe
Ufuna babe nekusasa elihle eliqhakazile
Babe namathuba okufunda yena angawatholanga
Kuphume abameli nabahlengikazi ekhaya lakhe

Ngiyafisa ukwazi ukuthi bawathathaphi amandla angaka
Bakwazi nokubekezela izimo ezinzima benzela abantwana babo
Umama ufana nesikhukhukazi esinothando
Esihlezi sifukamela abantwana baso nekhaya

Siyabonga zinsimbi zezulu
Bomathula silalele thina
Siyabonga zimbolodo zezulu
Omama bethu

Snegugu Njapha - Igagasi High School



Tongue Twisters

Tongue twisters are those tricky phrases that challenge even the best speakers. Get ready to have fun, twist your tongue, and give these tongue twisters a try. Let's see how many you can pronounce without getting your tongue twisted.

Here are 10 English tongue twisters along with their pronunciations:

1. She sells seashells by the seashore.
2. How can a clam cram in a clean cream can?
3. Six slippery snails slid slowly seaward.
4. Red lorry, yellow lorry.
5. Fuzzy Wuzzy was a bear, Fuzzy Wuzzy had no hair.
6. Peter Piper picked a peck of pickled peppers.
7. How much wood would a woodchuck chuck, if a woodchuck could chuck wood?
8. I scream, you scream, we all scream for ice cream.
9. Black bug bleeds black blood, and a black blood bleeder bleeds black.
10. Toy boat, toy boat, toy boat.



Remember, the key to mastering tongue twisters is to start slowly, enunciate each word clearly, and gradually increase your speed. Have fun practicing and challenging your pronunciation skills!

ELECTRIC CARS: CRUISING TO A COOL AND GREEN FUTURE

Mercedes EQS Sedan

Electrifying the Future: Unveiling the Power of Electric Vehicles In a world fueled by innovation and environmental consciousness, a new driving force is taking center stage: electric vehicles (EVs). These sleek machines are not only changing the way we move, but they're also reshaping the future of transportation and paving the way for a more sustainable world. Let's embark on a journey into the world of EVs, understanding how they work and why they're set to become the driving standard of tomorrow.

Electric vehicles, often referred to as EVs, operate on the power of electricity instead of relying solely on fossil fuels like gasoline or diesel. The heart of an EV is its battery, which stores electrical energy. When you plug your EV into a charging station, it's like giving it a power boost. The battery then feeds this energy to an electric motor, which propels the vehicle forward.

The absence of a traditional internal combustion engine means EVs produce zero tailpipe emissions. This translates to cleaner air, reduced greenhouse gases, and a smaller carbon footprint—a game-changer in our battle against climate change.

Why EVs are the Future

Emission Reduction: By skipping fossil fuels and embracing electricity, EVs contribute to cleaner air and a healthier planet. They play a pivotal role in reducing carbon emissions and combating pollution.

Cost Efficiency: Although the upfront cost of an EV can be higher, they are often cheaper to operate and maintain in the long run. Electricity costs less than gasoline, and EVs have fewer moving parts, resulting in lower maintenance expenses.

Silent Performance: Electric motors are incredibly quiet, delivering a serene and smooth ride. Say goodbye to engine rumble and enjoy the tranquility of driving.

Technological Advancements: EVs are at the forefront of technological innovation. Features like regenerative braking (which converts braking energy into electricity), advanced driver assistance systems, and futuristic interiors make EVs a marvel of modern engineering.

The Future is Here: EVs in RSA

South Africa is embracing the EV revolution, with a growing number of electric vehicles hitting the streets. These include: **Mercedes EQS Sedan, BMW iX, Mini Cooper SE and Volvo EX30.**

Electric vehicles are more than just an automotive trend—they're a transformative movement. As the world shifts towards sustainable practices, EVs are leading the charge by redefining transportation as we know it. From their innovative technology to their environmental benefits, electric vehicles are a testament to human ingenuity and a promising step towards a cleaner, greener future.



Lujule Kangakanani Ulwazi Lwakho Lwamasiko Namagugu aseNingizimu Afrika?



Njengoba lusondela Usuku Lokogubha Amagugu Esintu, asike sibheke amathafa, amasiko, kanye nezilimi zezwe lethu ezahlukahlukene.

INingizimu Afrika ayilona nje izwe, iyingxubevange

yamasiko ahlanganayo ukuze kubungazwe ubumbano. Kulo luhla lwemibuzo, sifaka izigqoko zethu zabaseshi bezamasiko sihlaziye lokho okwenza le lizwe lethu libe ngelekhethelo. Kusuka kwizigqi zakwaZulu kuya kubuciko bamaNdebele, sizobheka izigodi zolwazi nezintaba zamagugu. Uma usukulungele ukuqhakambisa ulwazi lwakho lokuhlukahluka kwamasiko namagugu eNingizimu Afrika, nansi imibuzo!

1. Yisiphi isizwe saseNingizimu Afrika esaziwa ngemidwebo emibala-bala abayipenda kwizindlu zabo?

- a) AmaZulu
- b) AmaXhosa
- c) AmaNdebele
- d) AbeSotho

2. The Nguni-speaking Zulu people are known for their energetic dance form. What is it called? AmaZulu adume ngamuphi umdanso wesintu?

- a) I-Rieldans
- b) Umdanso wama-Gumboot
- c) IsiPantsula
- d) Indlamu

3. Yisiphi isizwe saseNingizimu Afrika esidume ngokweluka obhas'kidi abahle nokwenza izitsha zobumba?

- a) AmaXhosa
- b) AmaTswana
- c) AmaPedi
- d) AmaVenda

4. I-Leeto umdanso wesintu wasiphi isizwe saseNingizimu Afrika?

- a) AmaVenda
- b) AmaTsonga
- c) AmaPedi
- d) AbeSotho

5. I-kgotla indawo yokuhlangayela yesintu yasiphi isizwe saseNingizimu Afrika?

- a) AmaTswana
- b) AmaZulu
- c) AmaXhosa
- d) AmaVenda

6. Yisiphi isizwe saseNingizimu Afrika esidume ngamakhono aso okwenza ubucwebe ngobuhlalu nezinsimbi?

- a) AbeSotho
- b) AmaPedi
- c) AmaTswana
- d) AmaNdebele

7. I-xibelani uhlobo lwesiketi esigqokwa abantu besifazane basiphi isizwe saseNingizimu Afrika uma bedansa imidanso yabo?

- a) AmaTsonga
- b) AmaVenda
- c) AmaPedi
- d) AbeSotho

8. I-mokorotlo yisigqoko sesintu esigqokwa abantu besilisa basiphi isizwe saseNingizimu Afrika?

- a) AmaTswana
- b) AmaZulu
- c) AmaXhosa
- d) AbeSotho

9. I-Dikgaba yimidwebo yesintu etholakala ezindongeni zemizi yasiphi isizwe saseNingizimu Afrika?

- a) AmaZulu
- b) AmaTswana
- c) AmaPedi
- d) AmaNdebele

10. AmaTsonga adume ngomdanso wabo owaziwa nge-tinguvu. Lisho ukuthini igama elithi "tinguvu"?

- a) Umdanso Wobumbano
- b) Umdanso Wokubungaza
- c) Umdanso Wothando
- d) Umdanso Wenkululeko

11. Yisiphi isizwe saseNingizimu Afrika esidume ngezigubhu ezishaywa uma kunemibungazo nemigubhu, ezaziwa nge-moropa?

- a) AmaPedi
- b) AmaTswana
- c) AmaZulu
- d) AmaXhosa

**Izimpendulo

1. c) AmaNdebele*
2. d) Indlamu*
3. d) AmaVenda*
4. c) AmaPedi*
5. a) AmaTswana*
6. d) AmaNdebele*
7. a) AmaTsonga*
8. d) AbeSotho*
9. b) AmaTswana*
10. c) Umdanso Wothando*
11. a) AmaPedi*



UKUXAZULULA IZINKINGA ZASE- MPHAKATHINI NGEZOHWEBO

Zonke izingqinamba esibhekana nazo ziqukethe amathuba afihlekile okuthi njengabantu abasha, sibe yizinjini zoshintsho. Uma uke waba nephupho lokwenza umehluko wangempela, ngokuphendula imicabango yakho ibe yizenzo, manje yisikhathi sakho sokuqhakaza njengosomabhizinisi onenhloso. Indlela eya ekubeni ngusomabhizinisi ovelele iqala ngokubona nokuxazulula izinkinga zasemphakathini.

Uma sihamba emigwaqeni yaselok'shini, sihlangabezana namathuba amaningi okwenza ushintsho oluhle. Kusukela kwisiminyamina emgwaqeni kuya ekutholakaleni kwezinsizakalo ezithile, kusuka ezinkingeni zezemfundo kuya ekuhlelweni kokuqoqwa kwemfucuzo - lezi zingqinamba zingasiza osomabhizinisi abasha ngamasu abo. Okwenza osomabhizinisi abaphumelele bahluke ukukwazi ukubona izinkinga kanye nokuziguqula zibe yizixazululo ezintsha.

Uqalaphi-ke? Kulula kunalokho okucabangayo. Qala ngokuqaphela izindawo okuzo, uxoxe nabangani, umndeni kanye namalungu omphakathi. Yini ekudinayo? Yiziphi izingqinamba obhekana nazo nsukuzonke? Lezi zingqinamba ezijwayelekile yizo ezingabamba isikhiye sezisombululo eziyingqayizivele.

Cabanga ususungula i-app esiza abahlali bakwazi ukuhamba ngezithuthi zomphakathi kangcono noma inkundla exhumanisa abasizi bezifundo nabafundi abadinga usizo olwengeziwe ezifundweni zabo. Amathuba maningi futhi ahlukene kaningi njengazo izingqinamba esibhekana nazo.



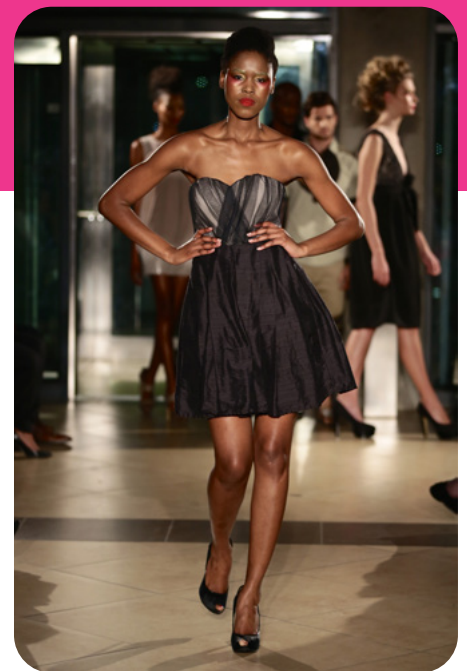
Uma usuyibonile inkinga emphakathini, sekuyisikhathi sokucabanga ngezisombululo ezintsha. Hlangana nabangani, nixoxe ngezindlela ezinobuciko zokuxazulula inkinga. Khumbula, alikho isu elikhulu noma elincane kakhulu - amasu amasha asebenza kahle ezimweni ezingalindelekile. Kusukela lapho, sekumayelana nokuguqula isu lakho ngezenzo ukuze lifezeke. Yenza uhlelo - uzodinga ziphi izinsiza? Ubani ongahlanganyela naye? Uzothatha ziphi izinyathelo ukwenza isisombululo sakho sifezeke? Khumbula ukuthi ukuqala kancane kulungile; inja iyawaqeda amanzi ngolimi.

Khumbula, akuwona wonke amasu azoba yimpumelelo zisuka nje, kanti lokho kulungile. Zonke izingqinamba zingamathuba okufunda nokucija isisombululo sakho. Kubuke njengesinye isinyathelo esiya ekutholeni isisombululo esifanele izingqinamba okubhekenwe nayo. Yamukela ukwehluleka njengethuba lokukhula nokwenza kangcono.

Njengabantu abasha baseMlazi, sisethubeni eliyinqayizivele lokwenza ushintsho lwangempela. Asibambebele emoyeni wokusungula izinto ezintsha ukuze sixazulule izinkinga zasemphakathini. Noma ngabe ukusungula ama-app, ukwakha imikhiqizo noma ukuqala izinhlelo zomphakathi, amasu ethu angakwazi ukwenza ushintsho olungcono emiphakathini yethu.

STITCHING GLAMOUR— FROM UMLAZI TO THE WORLD

Sibu Msimang, a prominent South African fashion designer from Umlazi, she has graced the pages of magazines like Cosmopolitan and Glamour. She's made appearances on popular TV shows and radio stations, and she's known for dressing notable figures like Penny Lebyane, Vanessa Marawa, and Dr. Precious Motsepe. She's also a former board member of the Kwazulu-Natal Fashion Council, actively contributing to the fashion industry in South Africa. Beyond South Africa, she's showcased her designs internationally in England, India, and Italy. Additionally, she's a regular guest designer and judge at the Hollywoodbets Durban July.



How did you discover your passion for fashion, and what inspired you to pursue a career in this field?

When I was about 9 years old I remember watching a fashion Programme on CNN and I was so fascinated. For some reason when I went to Matric it wasn't a career path I considered. I went on to study for an Advanced Diploma in Culinary Arts at the Royal Hotel. It was only at my first year employed as a chef that my love for fashion was awakened after I had read a book called 'Do It, a guide to living your dream'. I quit my job and went on to study for a National Diploma at DUT.

For kids in Umlazi who dream of becoming fashion designers like you, what advice do you have on getting started in the fashion industry?*

Start small, start with what you have. Even if it's making clothes for your dolls, start there. Do not be afraid to think outside of the box to find your

own unique style. Once you have found your niche, use social media to promote your product.

Is formal education in fashion design essential, or can someone still succeed in the industry without a degree? What's your take on this?*

You can still succeed in the fashion industry without formal education but it might take longer. There are a lot of successful self-taught designers out there. However, a fashion qualification does offer an added advantage of structured knowledge, industry exposure, and networking opportunities, providing a solid foundation for a career in fashion.

You've traveled the world through fashion. Can you share some of your most memorable experiences or moments from your international fashion endeavors?*

Definitely attending the Roberto Cavalli Fashion Show. As well as

visiting various Fashion House's in Milan and experiencing the culture of Italy.

For the aspiring fashion designers in Umlazi who look up to you as a role model, what words of encouragement and advice would you like to offer to help them achieve their dreams?*

It's not all glitz and glamour, behind the scenes it's a lot of hard work and long hours. You have to have a passion for the business and your customers.

AYASHISA AMATEKI !!!

Are you ready to step up your style game and strut the streets with some swag? We've got you covered with the freshest kicks that are making waves right now. Let's take you through the freshest, flyest, and most lit kicks making major waves right here in Mzansi. These sneakers aren't just shoes; they're a vibe, a mood, and a whole lot of swag.

OMG 😍



NEW BALANCE 9060

Thanks! 😊

Wow! 😲



PUMA SCUDERIA FERRARI RS-X MC SNEAKERS

Cool! 😊

Cool! 😊



ASICS GEL-LYTE

Agree! 😊

Love! ❤️



NIKE WAFFLE DEBUT VINTAGE

OK 😊

Wow! 😲



ADIDAS CAMPUS YOUTH OF PARIS SHOES



Love it! 😍

Perfect! 👍



CONVERSE CHUCK 70 PLUS

Agree! 😊



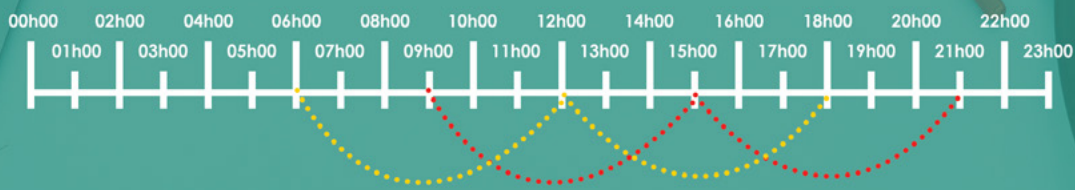
OKUMELE UKWAZI NGEMITHI: UKUSEBENZA KWAYO NOKUBALULEKA

Uma uthatha imithi noma amaphilisi usuke welekelela umzimba ukuthi ukwazi ukulwisana nesifo noma ukugula okuwuhlasele.

Kubaluleke Ngani Ukuphuza Umuthi Noma Amaphilisi Ngendlela Oyalelwe Ngayo?

Umuthi namaphilisi kukalelwe isikhathi okungasihlala futhi kusebenze emzimbeni wakho, uma sesiphelile leso sikhathi, nawo umuthi noma amaphilisi kube sekuphela emzimbeni, bese kudingeka uphinde ukuthathe ukuze kuqhubeke kusebenze.

Usuku lunamahora angu-24.
Ngakho uma kuthiwa kathathu (3) ngosuku, kusuke kuthiwa hlukanisa usuku (amahora angu-24) kathathu (3)



Okusho ukuthi uzophuza umuthi noma amaphilisi njalo emuva kwamahora angu-6 ukuze kungaphelelwa amandla okusebenza.

Ukulandela indlela oyalelwe ngayo ukuba uphuze umuthi noma amaphilisi, kulekelela umzimba ukuthi ululame.

Kwenzakalani Uma Ungawuthathi Umuthi Noma Amaphilisi Ngendlela?

- Uma uthatha isikali esingaphezulu kwalesi oyalelwe sona, kungaba nemiphumela emibi (side effects) engenza ukugula kuqhubekele phambili.
- Uma uthatha isikali esingaphansi kwalesi oyalelwe sona, umuthi noma amaphilisi akubi nawo amandla anele okulekelela umzimba, lokhu kungenza ukugula kuqhubekele phambili ngenxa yokuthi umzimba awutholanga isikali somuthi noma amaphilisi esilingene ukulwisana nesifo.

Ngakho ke, kubalulekile ukuthi sithathe imithi namaphilisi ngendlela nangesikhathi esibekiwe, ukuze sikwazi ukulekelela imizimba yethu inqobe ukugula

Izitok'fela

Indlela Yokukhalipha Kwezezimali Nokwakha Ubungan

Cabanga ukuba nesikhali esiyimfihlo esingakusiza wonge imali, utshale imali ngobuhlakani futhi wakhe ubungani obuqinile konke ngesikhathi esisodwa. Cha, akusiyo inganekwane - kubizwa ngesitok'fela futhi ukusiqala nabangani bakho nisebasha kungashintsha izinto. Manje kungani izitok'fela zizinhle kubantu abasha futhi wena ungaliqala kanjani iqembu lakho elonga imali? Isitok'fela yilapho iqemba labantu - wena nabangani bakho - lihlanga lihlanganise imali njalo. Njalo uma nihlanga, umuntu nomuntu ufaka imali ebekiwe, bese imali le ehlanganisiwe iye kumuntu ngamunye njalo uma kuhlanga. Kufana nesikoqokoqo esisiza wonke umuntu afinyelele kwizinjongo zakhe ngokushesha.

Ukuqala isitok'fela nabangani bakho akukho mayelana nokonga imali nje kuphela - kumayelana nokuzilungiselela ukuphumelela kusasa. Nazi izizathu zokuthi kungani kuyicebo elihle. Izitok'fela zikwenza ukwazi ukuphatha imali. Uzofunda ukwenza isabelomali, ukonga, kanye nokutshala imali - amakhono azokusiza njengoba ukhula. Izitok'fela ziphinde zibe mayelana nokusebenzisana. Wena nabangani bakho nizosebenzisana ukuze nifinyelele kwizinjongo zenu ezifanayo, nibe nakha ubumbano nobungani obuqinile. Noma ngabe nongela ukuthenga igajethi entsha, ukuya eholidini ekade nanifisa ukuya kulo, noma ukuqala ibhizinisi elincane, izitok'fela zikunika isinyathelo sokuqala esiya ekufinyeleleni kwizinjongo zakho.

Izitok'fela ziphinde zibe wusizo uma umuntu ebhekene nezikhathi ezinzima, iqembu lenu lingasiza. Kusukela kwimigubho yezinsuku zokuzalwa kuya kumaholidi kaKhisimusi, isitok'fela senu singasiza ukunihlelela imigubho emihle ngaphandle kokuguga iphakethe. Isitok'fela singasetshenziselwa nokongela izinto ezifana nokuya enyuvesi noma uhambo lwesikole.



Ukuqala Iqembu Lakho Lesitok'fela

1. Khetha Iqembu Lakho: Mema abangani abazinikele nabazimisele bese nitshelana izinjongo zenu ngesitok'fela. Ukwethembana nokusebenzisana kusemqoka!
2. Khethani Izinjongo Zenu: Ithini injongo yesitok'fela senu? Nifuna ukongela uhambo lwamaphupho enu, ukufaka imali kwibhizinisi, noma okunye? Thathani lezi zinqumo ndawonye.
3. Bekani inani lemali ezofakwa: Thathani isinqumo sokuthi ilungu ngalinye lizofaka malini. Qinisekisini ukuthi inani wonke umuntu azokwazi ukulikhokha.
4. Khethani uhlelo lokukhokha imali: Nizokhokha njalo ngenyanga, emva kwezinyanga ezintathu, noma ngesinye isikhathi? Yenzani uhlelo oluzohambisana nesimo sezimali sawo wonke umuntu.
5. Hlalani Nihlelekile: Gcinani amarekhodi ayo yonke imali engenayo nephumayo. Vulani i-akhawunti yasebhange yenu nonke.
6. Vumelanani Ngemithetho: Xoxani ngokuthi izinqumo nizozenza kanjani, izimali zizophathwa kanjani nokuthi izimo eziphuthumayo zizomiswa kanjani. Amazwi awo wonke umuntu kufanele azwakale.
7. Khulani Nifunde: Ngokuhamba kwesikhathi, nizofunda kabanzi ngokuphatha imali, ukusebenzisana, hlampe nokutshala imali. Qhubekani nifunde futhi neseke.

Ukuqala isitok'fela nabangani bakho kuyisinyathelo esiya ekuzimeleni kwezezimali. Hlanganisa abangani bakho, nibeke izinjongo, ningene emhlabeni ohlabahlosile wezitok'fela. Nizozibonga kusasa.



Ukukhetha Ukuthula Kunodlame: UKUXAZULULA IZINGXABANO ES'KOLENI NGENDLELA EFANELE

Impilo ingaba nzima ngezinye izikhathi futhi ozakwenu es'koleni bangakucasula ngezinye izikhathi. Udlame alukaze lube yindlela enhle yokuxazulula izinkinga, ikakhulukazi es'koleni. Asixoxe ngokuthi kungani kubalulekile ukuthi wazi ukuthi ukukhetha izindlela ezingenalo udlame zokuxazulula izingxabano akuyona nje into elungile kodwa futhi kuyindlela yokwenza izikole zethu zibe yizindawo eziphephile zokufunda nokukhula.

s'kole kufanele kube indawo lapho ungakwazi khona ukufunda, wenze abangani, uphinde ufunde izinto ezintsha. Kodwa uma sekunodlame, izinto ziyonakala kakhulu. Ukulimazana, ukuphazamiseka kwemizwa, kanye nokuphela kobungani - lezi ngezinye yezinto ezimbi ezidalwa wudlame. Kanti akubona kuphela abantu ababandakanyekayo abahlukumezekayo - umoya es'koleni uba mubi, kunokugxila ekufundeni, wonke umuntu ukhathazeke ngokuphepha.

Ngaphambi kokuba singene ekutheni kungani udlame lungeyona impendulo, asiqale siqonde ukuthi kungani izingxabano zeneka. Ngesinye isikhathi kuba ukungaqondani phakathi kwabantu, ngezinye izikhathi kube wukuhluka kwemibono, umona, noma izinkinga esibhekene nazo ezimpilweni zethu. Iminyaka yobusha ingadala ukuphithana kwemizwa, okungaholela kwizingxabano ezinkulu. Kodwa 'yazini? Noma isimo siba simbi kangakanani, udlame akufanele lube yisisombululo.



Kunezinye izindlela zokuxazulula izingxabano ngaphandle kodlame. Lezi zihlanganisa ukuzama ukuvumelana kanye nokuba nozwelo. Ukuba nozwelo kunamandla kakhulu - kusho ukuzifaka ezicathulweni zomunye umuntu. Kuyiqeda nya ingxabano. Uma uqonda indlela omunye umuntu azizwa ngayo, amathuba okuba ube nodlame mancane. Kufana nokusungula ubudlelwano nokwakha indawo enobungani lapho wonke umuntu emukelekile khona.

Unamandla okwenza izinto zibe zinhle. Ukukhetha ukuthula kunodlame kufana nokuba yiqhawe. Akusho nje ukugwema izinkinga kuphela - kumayelana nokwenza is'kole sakho, umphakathi wakho kanye nomhlaba kube indawo engcono. Khumbula, ukuxoxa, ukuqondana, kanye nokunqaba ukuzibandakanya kudlame yindlela esenza ngayo izinto. Yiba wushintsho, sigcine izikole zethu zingenalo udlame!



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Are you a student in grades 9-11 eager to explore the endless possibilities that lie ahead in your academic journey? Look no further because the Ikusasa Lakho Careers Expo is coming to Umlazi Mega City from October 26th to 28th, 2023, and it's tailor-made just for you!

This is not just your typical career expo; it's a golden opportunity for learners in and around the Umlazi area to get a glimpse into the world of higher education and career prospects. The expo is absolutely free to enter, ensuring that every eager mind has the chance to participate.

Why Attend? The primary goal of the Ikusasa Lakho Careers Expo is to empower learners like you by providing a platform to interact with various institutes of higher learning. Whether you're passionate about science, arts, business, or any other field, this expo will showcase the diverse array of study options available to you. You'll have the chance to meet representatives from universities, colleges, and vocational institutions who will be more than happy to answer your questions and guide you toward making informed choices about your future.

How to Participate? Participation in the Ikusasa Lakho Careers Expo is straightforward:

1. **Mark Your Calendar:** Make sure you've marked October 26th to 28th on your calendar.
2. **Spread the Word:** Encourage your friends and classmates in grades 9-11 to join you at this exciting event.
3. **School Principals:** To ensure a smooth experience for your school, school principals are kindly requested to inform us of their school's arrival. This will help us schedule your visit accordingly, making sure that everyone gets the most out of their time at the expo.

The Ikusasa Lakho Careers Expo is more than just an event; it's a stepping stone to your future success. Don't miss out on this fantastic opportunity to shape your career path and gain valuable insights into the world of higher education. We can't wait to see you there!



11 WEIRD AND FASCINATING FACTS ABOUT THE HUMAN BODY THAT MIGHT JUST BLOW YOUR MIND

Tongue Print:

Just like fingerprints, each person's tongue has a unique print. No two are the same!

Bones on the Move:

Your bones are constantly changing. Old bone cells are broken down and replaced by new ones. In about 10 years, you'll have a whole new skeleton!

Sweat It Out:

You sweat even when you're not hot. It's your body's way of regulating temperature and staying cool, so you might not notice it happening. Which is why you always need to bath and wear a fresh set of clothes even if it wasn't a hot day.

Ticklish Elbows:

You can't tickle yourself because your brain predicts the sensation when you try. But here's the kicker—try tickling your own elbow. It's so strange that your brain doesn't see it coming, and you might giggle!

Butterflies in the Stomach:

That fluttery feeling you get in your stomach when you're nervous or excited? It's because your body is diverting blood away from your stomach to other muscles, and that mix of emotions can create a funny sensation.

Noisy Joints:

That cracking sound when you crack your knuckles? It's not your bones breaking. It's actually a gas release from the fluid in your joints. So, it's like your body's version of a mini fireworks show.

Laughter Workout:

Laughing doesn't just tickle your funny bone, it's an ab workout too! You use about 15 facial muscles to laugh, and it's been said that 15 minutes of laughter can burn up to 40 calories. Who knew chuckling was exercise?

Pinky Promise Muscle:

If you're ever feeling down, try forcing a smile. Your brain might not know it's fake, and the simple act of grinning can boost your mood.

Eyes Never Grow:

Your eyes remain the same size from birth to adulthood. That's right, they don't grow like the rest of you! They're just as big as they were on the day you were born.

Twinkling Stars:

Have you ever seen "stars" when you rub your eyes too hard? Those bursts of light are actually your own white blood cells moving around in the jelly-like fluid of your eyes. It's like a celestial dance party in there!

Sneezing Speed Record:

The fastest sneeze on record zoomed out at about 165 km/h. If that sneeze were a car, it could probably get a speeding ticket!

Our bodies are like the quirkiest amusement parks, filled with bizarre and delightful attractions. From the way we laugh to the strange things our skin does, every corner of our body holds a unique surprise!

IXOXWA NGEZITHOMBE

MUT COMMUNITY ENGAGEMENT CUP 2023



The MUT Community Engagement Cup was a fun and exciting event organized by Mangosuthu University of Technology and its partners. It brought together students for a day of sports, challenges, and learning. Surrounding community members attended to support and witness the impressive netball cup winners and watch the boys compete in football games.



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