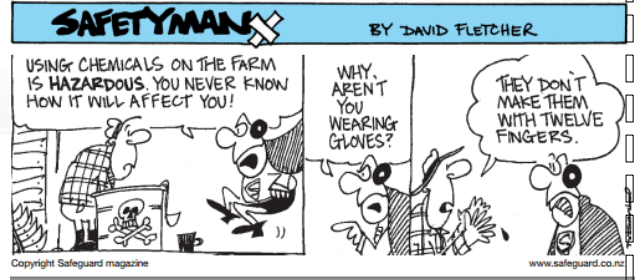




In the Spotlight

Budget 2017 What it means for you and me?

Sin Tax - Cigarettes and Alcohol (beer, brandy, whiskey, wine, etc.) is going to cost more, & going to Church to pray for our sins is going to cost more too – **petrol tax** increase – petrol is going to cost more – and that means everyday items are going to increase in price
 Take note that if you borrow against your retirement fund you going to be heavily taxed.



Health & Wellness

The Six Dimensions of Wellness: Occupational

Occupational wellness entails seeking personal satisfaction and enrichment in one's life through work. It involves contributing your unique gifts, skills and talents to work that is personally meaningful, rewarding and self-fulfilling. Having a satisfying work life positively impacts physical and emotional health.

- Belated Jan Birthday**
- 01 – George Maoto
 - 10 – Thomas Zitha
 - 10 – Nicho Rademeyer

- 3 – Isaac Mogajana
- 9 – Simon Tabor
- 10 – SN Masangane
- 26 – Jantjie Nhlapo

Tips to enhance your occupational wellness:

- Do more of what you love
- Get to know your talents, interests, values and personality qualities relevant to your work
- Ensure you have sufficient knowledge about your career choice and work environment
- Take mini breaks while studying or at work to clear your mind and to refocus and re-energize
- Maintain healthy relationships in the workplace



Riddle: What has two words and lots of letters?



A big 'Thank You' to Rob & Jerry for the help in making my daughter, Tracey's home secure after the attempted burglary.
 Pam

ISO 9001 Surveillance Audit end of March - Are you ready?

Be Safe. Be Smart. Be Seen.

**MAKE SURE DRIVERS
CAN SEE YOU.**