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Busy Days Ahead

Full work schedule for Secunda until Sept 2017
To all teams Good-luck & Work Safe



Guess Who?

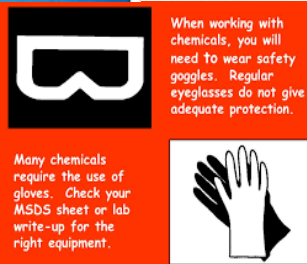


Nelson Mandela Day

18 July 2017 – #Action Against Poverty

"We need to restore and reaffirm the dignity of the people of Africa and the developing world. We need to place the eradication of poverty at the top of world priorities. We need to know with a fresh conviction that we all share a common humanity and that our diversity in the world is the strength for our future together." – Nelson Mandela

Poverty stalks South Africa. It is at the root of malnutrition, stunting, poor educational outcomes, the skills deficit and unemployment, disease, the loss of dignity, and even anger and violence. We have to take action against poverty, and we have to work together to do that. Each of us can make every day a Mandela Day by choosing to do something sustainable that will help South Africa eradicate poverty and ensure we each realise the ideal of a dignified life.



Crime has Risen
Sadly, Simon's bicycle was stolen from his first floor apartment. RRC vehicle was broken into, & the team was robbed at Sasolburg whilst completing their Induction



Have you noticed! There's one less person in the Secunda Office. Lizette will be working from home for 3 days a week. We wish Lizette well and thank her for her dedicated service to RRC.

Raise awareness about the importance of youth developing skills. #SkillsForAll supports the view that everyone should have the opportunity to discover and develop their talents. Through skills individuals, communities, and countries can create a more prosperous future. We believe that skills should be available to everyone.



Health & Wellness

The Six Dimensions of Wellness:

Intellectual Wellness

- encourages learning, to engage in creative and mentally-stimulating activities.
- expand your knowledge and skills while allowing you to share your knowledge and skills with others.
- can be developed through academics, cultural involvement, community involvement and personal hobbies.
- explore new ideas and understandings in order to become more mindful and better-rounded.
- inspires exploration, stimulates curiosity – motivates you to try new things and develop an understanding of how you see the relationship between yourself, others and the environment.

- ◆ Read for fun
- ◆ Improve your skills for studying and learning.
- ◆ Debate an issue with a friend, but choose the viewpoint opposite the one you hold.
- ◆ Do crossword or sudoku puzzles
- ◆ Learn a foreign language.
- ◆ Play a game.
- ◆ Play a musical instrument.
- ◆ Write down your thoughts or journal frequently.

July

- 05 – Joseph Masango
- 09 – Senias Manyike
- 11 – Jason Elliott
- 14 – Nkosingiphile Simelane
- 15 – Nhlokomo S Simelane
- 16 – Johannes Lepoqo
- 19 – Samson Mbatha
- 21 – Simon Mavimbela
- 27 – Samuel Khumalo