

# MAXIMIZING THE WOMEN IN YOU

*Story and pictures by Sane Khumalo*

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August is a women's month celebrated in South Africa in recognition of over 20 000 women who marched to the Union Buildings in 1956, fighting for freedom. Southern Region Office did not let this month pass without doing anything to recognise female employees within the region.

The 23<sup>rd</sup> of August 2013 was a blissful day to all women of the region as they celebrated the month dedicated to women. The event started with Ms Thandeka Zondi as she delivered the purpose of the day. In her speech, she said "The purpose of the day being to maximise the women in you and said that today's women are not doing what the foremothers were doing in terms of the daily tasks but because of the freedom they are now able to hold higher positions at work".



**Southern Region women employees listening attentively to the speakers**

The programme was well-packed with speaker line-up. Amongst them was Mrs Bekkie Palm who is an Occupational Health Practitioner spoke from Town Hill Hospital spoke about breast and cervix cancer and urged all women to consider continuously check for breast cancer because it is regarded amongst all diseases as the highest cancer experienced by women. She warned them that the biggest factor contributing to cancer is anger so each and every person should be able to control their anger. Furthermore, Mrs Zola Kgaka from Professional Services spoke about the role of the woman. Her advice for women was, "we need to rise above and lead for the sake ourselves and our foremothers and predecessors we owe it to our mothers that marched for our freedom; these women were leaders and if you are a leader you need to lead somebody". She said.



**Ms Bekkie Palm engaging with women**

The day was embraced by the presence of the Regional Manager, Mr Thobuyise Mchunu who thanked Southern Region Management for making this day a success. He said that this event was not a waste of time but we said “let us put aside everything and dedicate this day to our women”. He urged all women to take time and go for check –ups, he said “please look after yourselves, do not look down upon yourselves because you are strong no matter how educated or uneducated you are”. He continued urging women to love themselves internal and externally as they are all important.



**Southern Regional Manager Mr Thobuyise Mchunu**

The day ended with exciting time of exercise from Virgin Active representative. Women showed enthusiasm and were much encouraged from this day.

**It is time to exercise after inspiring presentations....**

