

WINTER IS COMING AND SO IS FLU SEASON



Rustenburg – Sniffles, sore throats and throbbing headaches – winter is coming, and so is flu season. The good news is that prevention is better than cure and MediRite pharmacies, conveniently located in selected Shoprite and Checkers supermarkets across South Africa, have stocked up on vaccines ahead of the flu season.

- **RUSTENBURG: MediRite Platinum Junction** located within Checkers Hyper Rustenburg, Platinum Square Shopping Centre, c/o Gareth Roberts Road and Cuckoo Avenue, Cashan.
- **RUSTENBURG: MediRite Waterberg** located within Shoprite Rustenburg, c/o Nelson Mandela and Thabo Mbeki Drive.

Annual vaccinations can reduce your chances of contracting the flu, or at least the severity of the symptoms. So get yours now at any of the almost 150 MediRite Pharmacies countrywide for R69.99.

Dr Darren Green answers five frequently asked questions regarding the flu vaccine:

1. When should I be vaccinated?

The best time to be vaccinated is in Autumn (between April and May), before the flu season starts as the vaccination usually takes up to two weeks to be effective.

2. Who should be vaccinated?

Flu vaccination is recommended for:

- People aged 65 years and older.
- Children aged between 6 months and 5 years.
- People on long-term aspirin therapy.
- Pregnant women (during all stages of pregnancy).
- People with serious medical conditions (such as heart, lung or kidney disease).
- Those living in nursing homes, chronic care or rehabilitation centres.
- Healthcare or social workers directly involved in patient care.

3. Are there any side effects?

Like any medication, the flu vaccination can have side effects. These include:

- Pain, redness and swelling where the vaccine was injected.
- Headache or muscle ache.
- Drowsiness or tiredness.
- Feeling unwell.

4. How effective is the flu vaccine?

No vaccine is 100% effective, but the flu vaccination is the best defence available against the flu.

5. Do I need to get the vaccine every year?

It is recommended that you get vaccinated against the flu every year as the virus changes. Each year's vaccines are made to protect against the virus that is likely to cause flu that specific year and may differ from the previous seasons.

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MediRite Pharmacies press release, 26 April



ORBIT TVET COLLEGE

CALL FOR NOMINATIONS FOR COUNCIL MEMBERS AT ORBIT TVET COLLEGE IN TERMS OF SECTION 10(6) OF THE CET ACT 16 OF 2006 (AS AMENDED)

The Section 10.4(b) Council, of ORBIT TVET College, in terms of the CET Act 16 of 2006 (as amended) invites members of:

- the public;
- national organisations representing TVET students, university principals, university of technology principal, principals of TVET Colleges, other higher education colleges, private higher education institutions, private TVET colleges, the technical and vocational education sector, the distance education sector, educators, organised business, organised labour, provincial government, municipal government;
- the business community;
- research and science councils; and
- relevant non-governmental organisations.

To nominate persons by virtue of the fact that they can give expression to:

- Ensuring that the function of the council or interim council are performed according to the highest professional standards;
- Ensuring that the council or interim council is broadly representative of the technical and vocational education and training system and related interest;
- Ensuring that the council members have a thorough knowledge and understanding of the technical and vocational education and training sector;
- Appreciating the role of technical and vocational education and training in reconstruction and development; and
- Ensuring that the council is broadly representative of the community served by the public college in respect of race, gender and disability.

Four (4) positions are available on the Council of ORBIT TVET College: Expertise in terms of Finance, Law and Human Resource Management, Information Technology, Marketing, Business and Education as well previous experience of serving on a Council including but not limited to Higher Education will be a further advantage.

Term of Office and Remuneration package: The member will be remunerated according to the tariffs approved by the Department of Higher Education and Training. The Term of Office of the Committee will be for a period of five (5) years, or, until the successor are duly appointed, until retirement, resignation, death or removal by the Minister.

Please take note that correspondence will only be conducted with the nominated appointed candidate. If you have not been contacted within three (3) months of the closing date of the advertisement, please accept that your application was unsuccessful. Please also take note that you will be subjected to a vetting process should you be nominated for appointment.

Nominations are to be made on forms available from ORBIT TVET College, contact Ms A. van Heerden, Tel: 014 597 5500, Email: avanheerden@orbitcollege.co.za.

To apply, please submit the Nomination form, letter of application, recent Curriculum Vitae as well as certified copies of qualifications and Identity Document. Applications must be forwarded to: The Principal, ORBIT College, for attention: Ms A van Heerden, Private Bag X82096, Rustenburg, 0300 or hand delivered to: The Principal, ORBIT College, Central Office, for attention: Ms A van Heerden, Fatima Bhayat Street, Rustenburg.

Please note: No faxed or emailed applications will be considered. Failure to submit all requested documents and in the requested format will result in the application not being considered.

Closing Date: Thursday 16 May 2019



ORBIT TVET COLLEGE

CALL FOR NOMINATIONS FOR COUNCIL MEMBERS AT ORBIT TVET COLLEGE IN TERMS OF SECTION 10.4(d) OF THE CET ACT 16 OF 2006 (AS AMENDED)

The Section 10.4(b) Council in terms of the CET Act 16 of 2006 (as amended) of ORBIT TVET College invites Donors to apply to serve on the ORBIT TVET College Council.

In order to be recognised as a Donor, a Donor must:

- be a South African Citizen or a Company incorporated under the South African laws;
- be registered with the South African Revenue Service;
- have donated a greater value in proportion of movable and/or immovable assets;
- disclose the nature of the business;
- not be under any investigation for money related transactions in the Republic or elsewhere under any law;
- not be under administration/insolvency proceedings/business rescue proceedings;
- in the case of a Company, a resolution for effecting donation should be made available to the College;
- in the case of an individual, partnerships, a joint resolution and/or consent by the other spouse should be made available to the College;
- show interest in advancing quality education; and
- must not have a conflict of interest with the College or should not be conducting any other business with the College nor future business, save after two year had expired since the resignation, removal or disqualification from the Council.

Term of Office and Remuneration package: The member will be remunerated according to the tariffs approved by the Department of Higher Education and Training. The Term of Office of the Committee will be for a period of five (5) years, or, until the successor are duly appointed, until retirement, resignation, death or removal by the Minister.

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