

**THE**  
**NEWS**  
**LOCAL ADVERTISER**  
**TODAY**

**ORLANDO & DIEPKLOOF**

**ISSUE 02**

**FREE**

DECEMBER  
2021

**ON THIS  
ISSUE**

**ORLANDO BRIDGE  
CLEAN UP**

Bridge is now open and  
operating

**CABLE THEFT  
IN ORLANDO**

**ROBBERY SUSPECTS  
ARRESTED IN  
DIEPKLOOF**

**DISTRIBUTION: 10 000 COPIES EVERY MONTH  
VIA WHATSAPP & TELEGRAM APP**

**SUPPORT YOUR LOCAL  
BUSINESSES  
and  
BUY LOCAL**

Join our  
**Telegram**  
Channel

Find us on  
**Facebook**

# **ORLANDO TOTAL GARAGE IS NOW OPEN UNDER NEW MANAGEMENT**

**It's been more than six month since the Total Garage closed. The circumstances that led to it's closure are not clear and known to the community.**

**However, we are happy to announce that the garage has been re-opened under a new Owner and management team.**

**Residents can now have access to the 24 hours service and petrol services for motorists are fully functional.**

**The ATM machine is not operating.**



# CABLE THEFT

**A case of Cable Theft (Tampering with Essential Infrastructure) has been opened in the Orlando Police Station, after a report of theft at House no. 4577 Masitenyane Street in Orlando East.**

**Residents woke up to a shock on the morning of 10th November, when they discovered that an electric cable has been dug up and stolen next to the Meter box.**

**If anyone has information about this crime, please contact the Orlando Police. Cable theft is a serious crime that affects all the residents in our community.**



# SUSPECTS CAUGHT IN DIEPKLOOF

*The community of Orlando & Diepkloof (Jazzville) together with the CPF. have arrested a group of Zimbabwean nationals, who were attempting to rob a lady of her cellphone and belongings.*

*These suspects have been terrorizing residents in Orlando and Diepkloof. A number of people have been complaining about a car that goes around robbing them of their cellphones.*

*Police were called in and the suspects were arrested.*

*They will be charged with robbery, possession of illegal firearm and a possession of a suspected vehicle.*

*Residents are urged to go and report, if they have ever been a victim of these suspects.*



**[CLICK THIS LINK TO WATCH A VIDEO OF THE ARREST OF THE SUSPECTS](#)**

# ORLANDO BRIDGE CLEAN-UP

*Residents of Orlando Boom town area went on a rampage over electricity blackouts. Residents were angry and blocked the street with stones and rubbles. Motorists have been struggling to cross the bridge to Orlando West.*

*On the 15th November 2021, the local leadership partnered with Rea vaya, SAPS, JMPD, Pikitup, JRA, to clean the road and clear the path for cars to continue using roads.*



**[CLICK THIS LINK TO WATCH A VIDEO OF THE CLEAN UP OPERATION](#)**



# BLACK FRIDAY

*Wanting to try out something new for the festive season? Shop our Afro textured wigs!! We offer different kinds of wigs on our online store shopsouthside\_\_\_\_\_*

*Join me on the Black Friday sale on all our Afro textured wigs.*

**SALE! SALE! SALE!**

Shopsouthside\_\_\_\_\_

<https://youtube.com/channel/UCYbEEY6VjB8D1AKiHNxIdIA>

instagram and YouTube



**ADVERTISE HERE**

**0814589350**



**ORLANDO SAPS  
CONTACT NUMBERS  
UPDATED**



**CLIENT SERVICE**

011 087 1456  
011 087 1454  
011 087 1459  
011 087 1404

**SWITCHBOARD**

011 087 1400

**STATION COMMANDER:**

Brig N.P Kubheka  
079 508 8133  
0110871513

**VISPOL COMMANDER:**

Col. M.P Buthelezi  
082 447 6574  
011 087 1472

**DETECTIVE COMMANDER:**

Col. Haasbroek  
082 822 7070  
011 087 1514



# WARNING!!

People are going door to door handing out masks, they say it's a new initiative from the local government.

They will always ask you to please put it on to see if it fits you. It has been doused with chemicals which knocks you out cold and once you're knocked out, they proceed to rob you.

**PLEASE DO NOT ACCEPT MASKS FROM STRANGERS.**

Remember, we are living in critical times and people are desperate, they take advantage and they can harm you.

Please be careful and let other people know about this scam.

If you suspect anything similar to this, please call the police.



Ashley Boutique



Contact Banele

071 961 9255

Email:bs.mankanku1@gmail.com



# Ashley Boutique

We are certified resellers of Inuka fragrances

- Men & Women Perfume
- Lotions
- After Shave
- Creams
- Shampoo



# GOODBYE ESKOM! GOODBYE LOADSHEDDING!

*The Orlando Municipal council have partnered with a company called Liphezulu Enterprises that specialises in Renewable energy solutions. Installing Solar Energy for households. Now Soweto residents can install Solar panels and go off grid at reasonable prices.*

*Liphezulu Enterprises have customised their packages and services for Soweto residents. It has never been this affordable to install solar panel.*

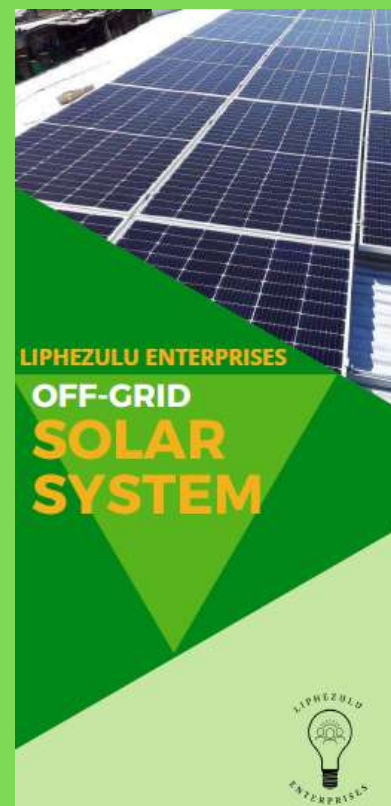
*Visit their website or call them for a free consultation.*

## RENEWABLE ENERGY IN SOUTH AFRICA

Until a few years ago solar panels were a rare sight in South Africa, largely limited to the roofs of a few affluent households. This is changing rapidly, driven by three factors: the worldwide drive towards renewable energy, a highly strained local electricity supply, and a steady drop in solar panel prices. Taking the lead from other countries, South Africa committed to an energy generation infrastructure development plan for 2010 to 2030, known as the Integrated Resource Plan.

Under the plan the country aims to achieve 9600 MW of solar power capacity by 2030. When the plan was drawn up in 2010, solar was limited to a few isolated panels on domestic rooftops, and until recently contributed nothing to the national power grid operated by the state-owned utility Eskom.

But that is changing.



[CLICK THIS LINK TO LEARN MORE ABOUT RENEWABLE ENERGY AND SOLAR PANELS](#)



Bali Funeral Services



WE GIVE COMFORT AND DIGNITY

412 Limakatso street  
Central Western Jabavu

Email:

[beggie38.bali@gmail.com](mailto:beggie38.bali@gmail.com)

073 753 3370

076 341 9632

# WE HAVE FUNERAL PACKAGES AVAILABLE FOR ALL BUDGETS

## Cash Funeral Package 1 R10 500

- Coffin
- Hearse and Family Car
- Body Removal and Delivery
- Death Certificate
- Storage
- Toilet
- Small White Tent
- 40 Chairs, 2 Tables
- 50 Funeral Programs
- Grave Site Service

## Cash Funeral Package 2 R14 500

- Coffin
- Hearse , Family Car and Quantum
- Body Removal and Delivery
- Death Certificate
- Storage
- Toilet
- Small White Tent
- 40 Chairs, 2 Tables
- 50 Funeral Programs
- Grave Site Decor
- Groceries (Bag of: Onion, Potato. Box Tomato, 10kg Samp, 10kg Rice)



**Our Cash Funerals start from R10 500 for a complete funeral**

## The Top 5 Most Alkaline Foods

1. Spinach



2. Kale



3. Cucumber



4. Broccoli



5. Avocado



[www.LighthouseHealth.com](http://www.LighthouseHealth.com)

## The Top 5 Most Acidic Foods

1. Dairy Products



2. Meat and Poultry Products



3. Refined, Processed, and Frozen Food Products



4. Refined Sugars and Artificial Sweeteners



5. Beverages



LighthouseHealth  
A NATURE'S BOUNTY COMPANY



## WHAT IS ALKALINE FOOD

The first step towards great health begins with helping the body become more alkaline. One way to achieve this is to add more alkaline foods to your diet. In this article, we will cover the basics of an alkaline diet, including: alkalinity vs. acidity, the health benefits of implementing an alkaline diet, and alkaline foods to include in your child's diet.

### ALKALINITY FOOD VS ACIDITY FOOD

Before we begin, let's review some basics about pH, acidity, and alkalinity. Acidity is measured on pH scale, which can range from zero to 14. If the pH is lower than 7, it is acidic and if it is higher than 7, it is alkaline. A pH of seven is neutral.

#### pH in the Body

In the body, the acid-alkaline balance is important. This is because many functions in the body occur only at a certain level of acidity or alkalinity. For example, the skin, stomach, bladder, and vaginal area are highly acidic to protect us from outside invaders. Whereas most of our other organs and cells function best in an alkaline pH.

Because many enzymes and chemical reactions in the body work best at a particular pH, a small change in the pH can have a profound effect on body function. The pH level at which your body works best is around 7.4.

### BENEFITS OF IMPLEMENTING AN ALKALINE DIET

Western diets typically leave our bodies very acidic because they are overloaded in poor fats, over consumption of protein, not enough fiber, and too much sugar. When the body becomes too acidic, it leads to inflammation and an increased risk for other diseases and disorders. Whereas an alkalizing diet helps to balance your pH level, ultimately reducing acidity. When you have a more alkaline environment your body is able to function at optimal levels. For instance, alkalinity can aid in the reduction of inflammation, including the brain, gut, skin, and muscles, which are often impacted in children with autism. In addition to alleviating inflammation, an alkalizing diet also inhibits the growth of yeast and bad bacteria which is common in children with autism. This also allows for better detoxification in general.

I have found many of my patients flourish when following the proper alkalizing diet and detoxification protocol. This reflects a lifestyle change that can make life significantly better, especially when dealing with autism. It is also important to identify specific food allergies or sensitivities that may also trigger symptoms.

# VUMA

## GET FIBRED UP

Get Uncapped Internet in your Home...

**Free installation**

**Free Router**

**Uncapped Internet**

**Choose a package that suits Your Budget.**

**From R379\* pm (T's and C's apply)**

**Contact Zimasa**

**0727672495**

# DISCLAIMER

Every effort is made by Local News Magazine to ensure that the information is correct and will not be held responsible for any advertisement errors. We reserve the right to decline, suspend or omit any advertisement or article submitted.

No liability can be accepted by Local News Magazine for any errors in advertisement or other news.

Published by Zamantusi  
Communications  
Email: zamantusi@gmail.com  
Advertising: 081 797 7796  
Contact us: 081 458 9350  
via WhatsApp

This publication is distributed to more than 10 000 residents in Diepkloof, Orlando East, Orlando West, to their Cellphones using WhatsApp and Telegram messaging App

**FREE ADVERTISING FOR LOCAL BUSINESS**

**To Advertise  
081 797 7796**

**VOLUNTEERS AND  
CONTRIBUTORS WANTED  
FOR LOCAL NEWS**

**Send us a whatsapp  
081 797 7796**



Join our  
**Telegram**  
Channel



Find us on  
**Facebook**



**THEMBALIHLE PRIMARY SCHOOL**

Only the Best is Good Enough



# 2022 ADMISSION NOW OPEN

2227 Mofutsanyane Street,  
Orlando East, Soweto

**011-935-1065**

[www.thembalihleprimary.co.za](http://www.thembalihleprimary.co.za)



# YOUR CHILD DESERVE THE BEST EDUCATION

## Our Activities

- Soccer
- Netball
- Athletics
- Choir
- Marimba
- Dance
- Spelling Bee
- Abacus

## About Our Campus

We have Dedicated 8 Qualified Teachers who are passionate about education. Our Academic Excellence is the best in the local district. We are the best!

# MAGANO SECURITY SERVICES



Sale of New and used :

Decoders; DSTV Remote; LNB's; HDMI Cables; Activations; Multi Switches; RCA; Network; USB cable; Upgrades & Downgrades; DSTV Switches.

- \*DSTV FULL SERVICE
- \*INSTALLATIONS
- \*GATE MOTORS
- \*ALARMS
- \*ELECTRIC FENCE
- \*CCTV
- \*INTERCOMS

**Contact: Molifi @083 948 1062**

**063 963 1531**



WhatsApp

**1516 Sofasonke Street  
Orlando East 1804**

**We offer :**

Gate; Gate Motor remote; Battery sales; Site Inspection; Gate Motor PC Board Testing;

**Call us for any advice or enquiries**

Email: [molifi@tebogoproject.co.za](mailto:molifi@tebogoproject.co.za)



# REGISTRATION IS OPEN!

Welcome to our



Address: 3456 Mabizela Street,  
Orlando East

**078 402 4709**

**074 042 3626**

**We admit children who are from 0 to 4  
years old.**

**High quality child care!**

**We offer a wonderful nurturing and  
stimulating environment for your child  
to develop and grow in.**



LAVISH LAUNDRY

# Laundry SERVICE

## 4 Lavish Laundry



**1 PLY BLANKET: R100**  
**2 PLY BLANKET: R100**

WASHING BASKET  
**R35**  
Including our soap  
& Sta Soft



**FOLD & PRESS**



**IRONING**



**WASHING**

FREE DELIVERY  
IF YOU SPEND R200 OR MORE

858 Masupha Street  
Orlando East

CONTACT: 082 492 2168 / 078 631 0372



WhatsApp



## **SOWETO SWIM SCHOOL**

### **Swim School in Orlando East**

- highly qualified, friendly instructors
- indoor heated pool
- safe and clean environment
  
- R50 registration fee
- R300 p/m for Children ( under 12 )
- R450 p/m for Adults

**\*Classes resume 7 Sept 2021**



**TEL: 082 895 3047**

**WEB: [WWW.SOWETOSWIMSCHOOL.CO.ZA](http://WWW.SOWETOSWIMSCHOOL.CO.ZA)**

**EMAIL: [INFO@SOWETOSWIMSCHOOL.CO.ZA](mailto:INFO@SOWETOSWIMSCHOOL.CO.ZA)**



**CLICK ADVERT TO VISIT OUR WEBSITE**

# ALYCON PHARMACY

Healthy Living

For all your Healthy Living requirements

LOCALLY OWNED



081 272 2526



facebook



- Certified Pharmacist
- Big Brands Sale in Store
- Affordable Prices
- A variety of medicines
- Professional & Friendly Staff



OPERATING TIMES:

MON-FRI: 9:00 - 18:00

SAT: 9:00-17:30      SUN: 9:00-13:00

alyconpharmacy@gmail.com

1511 Sofasonke Street, Orlando East  
Next to the Municipal Office

# Mandla Dewu PLUMBING SERVICES

- BATHROOM INSTALLATION
- GEYSER INSTALLATION
- TOILET PLUMBING
- PIPING/LEAKING SERVICES  
AND MORE!



0 7 1 7 6 9 6 6 9 5