



// ONE BRAND // ONE SOURCE // ONE SYSTEM



VUKA

Africa

Vuka Africa August 2018 | Volume 9

Industrial Relations in the Workplace

Drug and Alcohol Awareness Training | The purpose of Section 37C of the Pension Fund Act of 24 of 1956

Health and Safety

Pay Attention | Attitude and Behaviour

Employee Wellness

Fatigue | Fitness and Healthy Eating - A Lifestyle, not a Quick Fix |
The POWER of a Fresh Perspective



DUNLOP CONVEYOR BELTING

State-of-the-art technology and pioneering innovations deliver a product that is customer centric, ensuring sustainability of our customers.

Customers profit from a differentiated product range and optimum all-round customer care by our qualified specialists.

High-performance conveyor belts

- PowaPLY - Multiply textile reinforced conveyor belting
- PowaCORD - Steel cord reinforced conveyor belting
- PowaSOL - Solid woven carcass conveyor belting
- PowaFLEX I - Single ply straight warp EpP carcass conveyor belting
- PowaFLEX II - Two ply straight warp EpP carcass conveyor belting
- PowaMAX - Straight warp aramid carcass conveyor belting

PowaPLY - Multi-ply textile reinforced conveyor belting

Strength ratings from 200 kN/m through to 3150 kN/m. The carcass has a minimum of 2 plies and maximum of 6 plies with impact absorbing layers of resilient rubber between plies.

PowaCORD - Steel cord reinforced conveyor belting

Strength ratings from 500 kN/m through to 6300 kN/m. Protection to the cords is achieved by hard wearing rubber covers of variable thickness from 4 mm to 40 mm to suit the application.

PowaSOL - Solid woven carcass conveyor belting

Strength ratings from 800 kN/m through to 3150 kN/m. Protection

to the solid woven PVC impregnated carcass is achieved by hard wearing, fire retardant synthetic rubber covers of variable thickness from 1 mm to 6 mm to suit the application.

PowaFLEX I Single ply straight warp EpP carcass conveyor belting

Strength ratings from 315 kN/m to 800 kN/m. The unique Dunlop FlexTECH construction provides extreme impact and tear resistance, excellent lateral rigidity for supporting heavy loads and superb longitudinal flexibility to bend around small diameter pulleys.

PowaFLEX II Two ply straight warp EpP carcass conveyor belting

Strength ratings from 1000 kN/m to 1600 kN/m. The unique Dunlop FlexTECH construction provides extreme impact and tear resistance, excellent lateral rigidity for supporting the heaviest loads and longitudinal flexibility to bend around small diameter pulleys.

PowaMAX - Straight warp aramid carcass conveyor belting

Strength ratings from 1000 kN/m to 3500 kN/m in a single ply DpP (Aramid) carcass. Protection to the carcass is achieved by hard wearing rubber covers of variable thickness from 2 mm to 12 mm to suit the application. Powamax is manufactured to the unique Dunlop FlexTECH construction and provides the highest tenacity (strength to mass ratio) of any conveyor belting.

Our Conveyor Belting Portfolio of products and service systems are tailored to the customers' needs providing economically efficient and technically proven solutions.

01	<i>A View from the Top</i>	2
02	<i>A focus on Marketing</i> Meet The Brand Marketing Team	4
03	<i>Industrial Relations in the Workplace</i>	6
	Drug and Alcohol Awareness Training The purpose of Section 37C of the Pension Fund Act of 24 of 1956	
04	<i>A Product Experience</i>	10
	REMAVALC Bag Repair System Belt Cleaning System - Training in Southern Africa	
05	<i>Health and Safety</i>	14
	Pay Attention Attitude and Behaviour	
06	<i>Employee Wellness</i>	16
	Fatigue Fitness and Healthy Eating - A Lifestyle, not a Quick Fix The POWER of a Fresh Perspective	
07	<i>A Look Back</i>	20
	MTE Shows Nelson Mandela Day A Tribute to Mothers and Fathers	
08	<i>Achievements</i>	30
	Long Service Awards	
09	<i>New Employees: January to July 2018</i>	32
10	<i>Living the Values</i>	34
	Deon Brand New SHEQ Representatives	
11	<i>A Note From the Design Team</i>	37



A View From the Top



Message From the Top

We welcome in the season when plants move out of hibernation, and all around us nature shows evidence of the beginning of new fresh growth and small green budding shoots of life. Trees and flowers start to bloom and leaves return to the branches.

Spring is symbolic of new growth, a restart, a renewal of things.

The season encourages you to look at old problems with fresh eyes and see where additional creativity can be employed to come up with solutions that are more sustainable and holistic.

In the last four months of the year, it is time to look at the goals set out at the beginning of the year by yourself and your team. Where you have not been able to achieve, become more creative in the way you devise solutions to achieve your goals. Think out of the box. Think differently. Be flexibly persistent.

With change being a constant in this business landscape, we need to develop an agile mindset that is required to embrace change. Being flexibly persistent in the achievement of your goals is a necessary competence to enable you to remain relevant in this unpredictable business landscape.

We thank you for the contribution that you and your teams have made throughout this 2018 year and we wish you a productive few months ahead. **D**

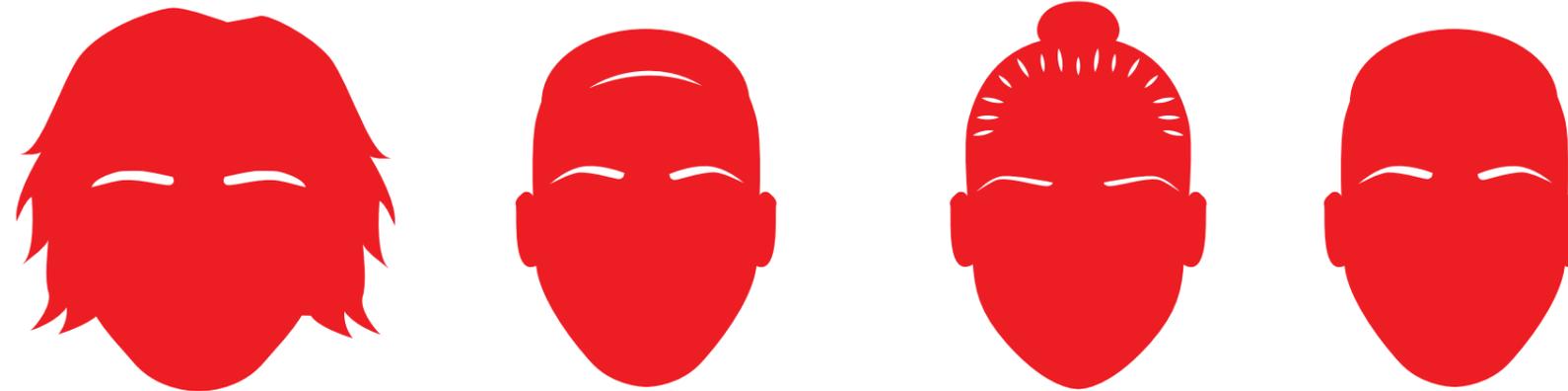
I think it is possible for ordinary people to choose to be extraordinary.
- Elon Musk

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.
- Barack Obama

Meet the Brand Marketing Team



Myrna Brauns
Group Director
myrnab@dunlopbelting.com



Willem-Charl Verster
Marketing Manager: Graphic Design
willemve@rematiptop.co.za

I deal with branding for the Training Foundation and training materials, publications, brochures, photo shoots and the design and upkeep of Rema Tip Top Dunlop and Sarmcol company profiles.

I can assist product managers with product photographs, updating their brochures and writing articles for publications. I can also assist with general graphic design like promotional items, corporate literature, logos, templates etc.



Lebogang Ditshwene
Marketing Coordinator
lebogangd@rematiptop.co.za

I'm responsible for the writing of articles and design of the internal newsletter. I assist employees and management to communicate new developments and successes within their departments.

I can also assist with design of promotional marketing material such as business cards, vehicle branding and general graphic design within our Brand CI.



Yolanda Joubert
Marketing Administrator
yolandaj@rematiptop.co.za

I can assist you with company events on how to set them up and possible gifts and promotional items for employees and customers.

I also look after external trade shows and exhibitions that the Group gets involved in. We manage all stakeholders with a spirit of excellence.

I conceptualise and organise our internal event as well as ensure that they are produced in a professional and exciting manner.



Moeketsi Maphake
Junior Graphic Designer
moeketsim@rtt-dunlop.co.za

I'm responsible for the refresh and update of the company websites as well as assist with the management of advertisements and their placements in our external publications. I design graphics and assist with general marketing functions.

I also keep an updated database of brochures and flyers for all product lines and update and maintain the local company websites.

I assist in the organisation of our internal event as well as provide a team spirit by ensuring that they are professional and exciting.





Industrial Relations in the Workplace

Drug and Alcohol Awareness Training

By Lebogang Ditshwene (Marketing Coordinator)



The Industrial Relations Department recently invited the National Department of Health (DoH) and the South African National Council on Alcoholism and Drug Dependency (SANCA) to the Benoni plant to give a talk about drug and alcohol abuse. This was prompted by the increase in the positive test results in drugs

and alcohol on site. As per the Occupational Health and Safety Act, it is the employee's responsibility to take reasonable care of the health and safety of themselves and of others around them. This means that no employee may come to work under the influence of drugs or alcohol, become intoxicated while

on duty, nor be in possession of drugs and alcohol on the work premises. Employees who test positive for alcohol and drug tests, will face disciplinary action from the company as specified in the Group Disciplinary Code.

Alcohol awareness information

Contrary to popular belief, when a person is intoxicated, there isn't a quicker way to sober up. Depending on the weight of the person, one unit of alcohol can take up to an hour to process in your body. The higher the percentage of alcohol in the beverage, the quicker it is absorbed in the body. The rate of absorption is from up to 60 minutes for beverages with lower alcoholic concentration, to 10 minutes with beverages with higher alcoholic concentration. Once the alcohol is in your bloodstream, the liver needs up to one hour to break it down. The more you drink, the longer it takes the liver to break down alcohol in your body.



The rule of thumb is maximum of one unit of alcohol, which is equal to 10ml of pure alcohol, based on an adult weighing 68kg. In simpler terms, one unit of alcohol can equal to two thirds of a 330ml beer or cider with 5% alcohol content. For wine drinkers, one unit equals to 75ml of red or white wine with an alcohol content of 12% to 14%. This means a serving of a quarter of wine in a large wine glass. The best and only way to reduce alcohol concentration in your system is a good night's sleep. Nothing else works.

Drug awareness information

In introducing the Drug Awareness information session, the representative from the DoH pointed out that everyone is either affected or infected by drugs. The following are points from the presentation to help employees make the right choice about drugs and alcohol.

What is a drug

A drug is described as chemicals found in medicine for the purpose of healing. In order for drugs to heal the body, they have to be taken as prescribed for your condition. Drugs prescribed for one person cannot be passed on to another person. A doctor prescribes drugs according to medical condition diagnosed, therefore taking drugs not prescribed to you may lead to complications.

Difference in drugs

Drugs can be categorized as follows:

- **Stimulants.** These types of drugs give the user energy as well as a boost in the body's performance. If taken at a higher dosage, they can push the body over the limit and cause the body to collapse.
- **Depressants.** These types of drugs are used to relax the body. However, a high intake of depressants can make the user too relaxed as well as lower their ambition.
- **Hallucinogens.** These types of drugs change the way the user sees things and makes the person believe they have increased capabilities.

Codeine

Codeine is one of the drugs commonly picked up in tests conducted on production staff. It is a substance found in medicine usually prescribed for fever, influenza and pain relief. It can assist the body to recover and manage pain. All medicines with codeine are clearly marked and can be received through prescription from a doctor. Sometimes codeine is used for the wrong reasons which can result in addiction. Common reasons for codeine use are to help with sleeping and to relieve of pain that does not heal. Codeine produces an intense high when taken in high dosages. Once the high wears off, it causes an emotional low. At first, the user thinks using codeine is harmless. Over time they use it repeatedly to experience the high they felt when they first used the drug. This becomes a vicious circle of misuse.

Users of codeine experience the following withdrawal symptoms:

- Irritability
- Nausea and vomiting
- Drowsiness and confusion
- Dry mouth
- Constipation

Get help

Drugs can have a negative and a positive effect on a user. When taken in the correct dosage as prescribed, the effects are positive and the body heals. When overdosed, the effect is negative and addiction will follow. It is the responsibility of the employee to take care of themselves as well as not to engage in activities that will conflict with their employment contract. If an employee is experiencing problems with drugs and alcohol, it is their responsibility to seek help.

SANCA has offices throughout the country. Employees in Benoni can use the Eastern Gauteng office contactable via email on sancaeastgp@sanca.co.za or on the following numbers:

Boksburg – 011 892 0875 • Geluksdal – 011 738 2800
Nigel – 011 739 3864 • Springs – 074 168 9885

DISCLAIMER: This article serves as a guide to the Drug and Alcohol policy. Please consult the Policy Document for further clarity.



Industrial Relations in the Workplace

The purpose of Section 37C of the Pension Fund Act of 24 of 1956

By Charles Sekole
(Group Industrial Relations Manager)



Section 37C of the Pension Fund Act 24 of 1956 regulates the payment of death benefits of a member of a fund. In terms of the section, any benefit upon death of a member shall not form part of the assets in the estate of the deceased, but shall be dealt with in terms of the section ("Section 37C of the Pension Fund Act 24 of 1956").

The primary purpose of the section is to protect those who were financially dependent on the deceased during his or her lifetime, irrespective of whether the deceased was legally required to maintain them or not. The section ("section 37C") limits the testamentary freedom of a member, in that the member is not able to dispose his death benefit as he wishes, as he would with other assets in his estate. Although the member usually completes a nomination form, such nomination is not binding on the trustees, as the benefit must be distributed strictly in accordance with section 37C of the pension fund.

Case 1

In *Smith v SAA Fright – Deck Crew Provident Fund and Another* (2010) JOL 25963 (PFA) it was held that, section 37C of the Act impose(s) three primary duties on the trustees when they consider distribution of the death benefit to the

beneficiaries. Firstly, the trustees to identify and trace the circle of beneficiaries of the deceased. Secondly, once the circle of beneficiaries is identified, the trustees have to effect an equitable distribution of death benefit and thirdly, the trustees must determine an appropriate mode of payment of the benefit.

In this the court further held that, the death benefit was not unreasonable and the complaint was accordingly dismissed by the court. That is after the trustees have allocated 50% of the death benefit to a person who was not nominated by the deceased employee on which list and/ beneficiary form of the fund.

Case 2

In *Mashazi v African Products Retirement Benefit Provident Fund 2003 (1) SA 629 (W)*, the court ("High Court") reasoned that in requiring the board of trustees to exercise its discretion when paying a death benefit, the state ensures that the monies in respect of which is allowed major tax concessions are utilized for the benefit of the deceased member's surviving spouse, children and other persons dependent on him, thereby reducing the State's liability.

Any uncertainties, please contact the undersigned in the Human Resources department.

Myrna Brauns (Group Director)
Charles Sekole (Group Industrial Relations Manager)

REMA TIP TOP AUTOMOTIVE

A leading manufacturer of tyre repair systems and training solutions

A balanced program of high-quality repair materials, tools and vulcanizing equipment for almost all types of tyres, ensuring long-lasting repairs. We deliver innovative products and service packages that makes your work processes easier. We meet the highest safety requirements through our: master-tyre-repair model and off- the-road repair system.



FIND OUT MORE
➤ www.rema-tiptop.co.za



➤ Tyres used in the agriculture industry are exposed to extreme stresses on a daily basis – both off-road and on-road.

➤ With our broad range of tyre repair products, we at REMA TIP TOP offer the right solution at the right time – to ensure that **performance is maintained and downtimes are minimized.**

➤ REMA TIP TOP special tools and repair materials for those engaged in tyre repairing and retreading give a tyre a second – or even a third – life and thus reduce costs compared to buying new tyres.

With years of relevant, timely, cost effective experience in tyre repair and retreading, our specialists can always offer the very best advice. For detailed product information, please look at our product catalogue at <http://www.rema-tiptop.co.za>.



A Product Experience

REMAVULC Bag Repair System

By Lawrence Gomes (Training Manager Automotive)



Extensive Research and development coupled with hands on field testing has been at the forefront of producing the REMAVULC Bag Repair System.

The Advantages of the REMAVULC Bag Repair System

- The repair system is extremely cost effective, in the initial capex outlay, thus catering for a wider range of the market.
- The repair system is mostly used in carrying out a one stage repair, where the outer plug and inner patch areas are cured simultaneously, significantly reducing downtime resulting in additional cost savings.

- The repair system, like the thermopress, can also be used in a two stage repair. During this process, the curing is first done on the outer repair plug and followed by the second stage where after preparation, the application of a chemical patch occurs on the inside.
- The system is designed to cater for repairs of passenger, truck, agricultural and ultra large OTR tyre range.
- This system is CE certified by Bureau Veritas.



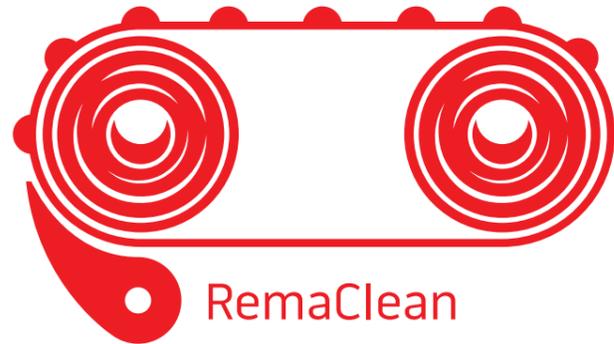
Functions of the REMAVULC Panel

- Primarily, the unit controls and regulates the heat pad temperatures and the airbag pressures within a pre-set time period.
- The temperature controllers are set to regulate at 145 °C (Set Value)
- Another value has been set to start the timer when the last heat pad reaches 100 °C.
- When an over temperature of 155 °C is detected by either temperature controller, the fault light and the audible alarm will be activated. The heat pads are switched off.
- If a thermocouple lead becomes disconnected, an alarm condition is indicated. The particular temperature controller will flash an 'Error' message on its display.
- The current to the heat pads is monitored by current transformers, so that if a heat pad element becomes disconnected, an alarm condition is indicated. If a heat pad is drawing current when the temperature controller has it switched off, an alarm condition is indicated.
- Short-circuited heat pads. The electrics are protected by two 10Amp 'C' type circuit breakers.
- The electrical components of the unit are protected by a 1Amp circuit breaker.
- An emergency switch, when pushed down, disconnects the mains supply to the panel.
- Air pressure is regulated by mechanical pressure-regulators. The air-in supply should be at a minimum of 5bar to a maximum of 7bar.
- Over pressure in either Inner/Outer regulated air supply to the airbags is sensed by pressure switches that are set to trigger an alarm when the Inner airbag pressure is above 2.2bar and the outer airbag pressure is above 2.4bar.

- On expiry of the curing time period, a post-cure time period is started and the heat pads are switched off. Air pressure is maintained during the post-cure time period. On expiry of the post-cure period, the solenoid air valves are opened so that the airbags are deflated independently.

In the event of a power failure during the curing cycle: when power is restored, the unit will start the timer from the remaining time period when the temperature of the last heat pad to reach 100 °C is attained. □





RemaClean A Product Experience

Belt Cleaning Systems - Training in Southern Africa

By Willie Ackerman (Product Manager Rema Clean/Conveying Solutions)



RemaClean held another successful training workshop which took place at the Brand Academy in South Africa, in March 2018. A Total of 10 participants from various Branches and as far as Zambia attended the training.

At the Brand Academy in Benoni the training session commenced with a theoretical presentation of the Rema TIP TOP Belt Cleaning local range. Regular intervals and discussions, ensured continuous interest from all participants. Some enlightening discussions around belt cleaning were held, as most learners had very little exposure to the disastrous conditions that sometimes occur on the structures where scrapers are used.

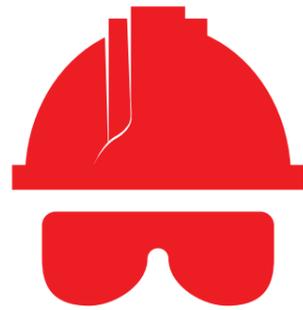


There are many stories of this nature in the industry due to a lack of knowledge of the existence of the products; insufficient knowledge around how to effectively use the products and insufficient skill on effective maintenance of the product.

A competitor analysis also resulted in sharing of knowledge around the industry, predominantly the current and future state of the industry. The training also covered a practical application of Belt Cleaning Systems which is the most interesting part of the training for the learners. The hands on experience does assist in ensuring that the learners do have a clearer idea of the individual products and the most optimal manner that they should function on the structure. The scrapers that were part of the hands on training were the RemaClean HM-U1, HM-U7/8, HM-F2, P-PUR and the PUR-F5.

The day ended with the handing out of the certificates of attendance to all learners.

Once again well done to everyone who attended and I am sure that they all will benefit from the experience as you all have a much better understanding of the scraper range we have on offer. **□**



Health and Safety

Pay Attention

By Morne Bezuidenhout (SHE Manager for Benoni Plant)



Watch your step. In a workshop, your next step could be into a temporary covering or into the bath of moving machinery. Keep your eyes on the path ahead of you so you won't trip over something that wasn't there the last time you walked by. In order to "look" your best make it easy for

your eyes to do their job.

Use proper eye protection and keep your eyewear clean and scratch free. Keep these points in mind and you will never have to be in the position of saying "I did not see", when what you really mean is "I was not looking".

You need to protect your hands and feet from the possibility of a puncture wound from a sharp object such as a nail or a steel shaving. The best way to protect yourself is to keep a clean work environment.

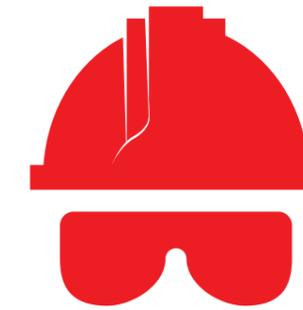
Move scraps steel shavings carefully when cleaning machines. Keep the work area clean of dust and other things that might "hide" nails, so you can spot them more easily.

No matter how careful you are, you or someone else on the job may get a puncture wound. Always treat a puncture wound with special care, even if it doesn't seem to hurt very much. The reason for this is simple.

The point of the sharp object carries bacteria deep into the flesh where antiseptics can't reach. The surface of the wound may heal while an infection is developing underneath.

Report a puncture wound at once and thoroughly treat it. Then keep an eye on it. If the wound doesn't seem to be healing or if there is reddening, swelling, or increased pain, you may be developing an infection. If this happens you must see a doctor to get treatment that will prevent serious complications.

Preventing puncture wounds mostly boils down to simple good housekeeping. **□**



Health and Safety

Attitude and Behaviour

By Morne Bezuidenhout (SHE Manager for Benoni Plant)

Humans instinctively seek to avoid pain and death. And yet, we may behave in a manner that is a threat to our well-being. There are a couple of reasons why this occurs. The first is lack of knowledge. What you do not know, can hurt you! The second reason we may act in a risky manner is attitude. Now might be a good time to do a quick self-analysis. What is your attitude toward safety?



If you cooperate in safety matters, not only is there a lesser likelihood of you getting hurt, you will not be doing battle with the boss who is just trying to do his job by enforcing the safety rules. In addition, you should feel more confident on the job knowing you have a better chance of making it through the day without injury.

Less fear of injury and the boss no longer on your back has to brighten your day!

We are not perfect. Even the best of us can forget or make errors in judgment. To maximize our safety efforts, we must look out for one another. If someone tells you that you are not working in a safe manner, do not become angry or defensive. They are just looking out for your well-being. If you did not know you were doing something wrong, be thankful your errors were noted before someone got hurt. If you simply forgot or got a little careless, be grateful that someone cares enough to get you back on track. If you see someone doing something unsafe, speak up, but do so diplomatically. Treat others just as you would like to be treated in the same situation. **□**

When asked, some may say they are all for it. Others may complain about any safety effort being made. The difference between the two is one of attitude. Your attitude affects almost all that you do and how you do it.

Have you ever noticed that people who are successful in life, or are just happy, tend to have a positive attitude? And so it is with safety. Look at it this way. . . safety rules and procedures are written to protect you from harm. They are not written to make your work life more uncomfortable or inconvenient. After all, safety equipment and training costs your employer additional up front money.

Sincerely,
The S.H.E. Management Team

Renee Thesen (GROUP SHEQ Manager)
Morne Bezuidenhout (SHE Manager: Benoni)
Jaco Ellis (Site Security, Safety, Health and Environment Manager: Howick)



Employee Wellness

The POWER of a Fresh Perspective

By Myrna Brauns
Group Director



As Spring brings new beginnings, so too can we decide to make a fresh impact on our communities through the daily choices we make, and the way we interact with those we live and work amongst.

This may be through reflections on how we are living life, and how we are able to make a greater impact in a small way to those less fortunate than ourselves. We may find new causes to champion, or seek out others in our community who are less fortunate and may need our help and support, through an act of compassion and kindness.

We can all do a little to help and make an impact on the community where we work and live. When it comes to giving, little things can have a great impact in someone's world. ▣



"Education is the most powerful weapon which you can use to change the world"
– Nelson Mandela



If you don't like something, change it. If you can't change it, change your attitude.
- Maya Angelou



I don't go by or change my attitude based on what people say. At the end of the day, they, too, are judging me from their perspective. I would rather be myself and let people accept me for what I am than be somebody who I am not, just because I want people's approval.
- Karan Patel



Employee Wellness

Fatigue

By Florence Mohale (Recruitment Officer) and
Dorah Setuke (Recruitment Officer)



Energy Boosting Foods and Drinks:

"Food can either be a slow acting poison or an incredibly healing medicine, so choose wisely"

Below is a list of foods that will increase energy levels and assist with detoxing of the body

- Oatmeal (oats) with raisins
- Scrambled eggs, toast and fruits
- Hard boiled eggs sliced in a whole wheat Pit/wrap
- At least two liters of water each day
- Non caffeinated beverages
- Fresh and seasonal fruits and vegetables
- Nuts and seeds
- Lean Protein (meat, fish, eggs, dairy products, beans and soy foods)
- Vitamins and supplements ▣

What is Fatigue:

Fatigue is a persistent tiredness or weakness that can be physical, mental or both. It is caused by a combination of lifestyle, social, psychological and general unwellness. A person is fatigued when they don't feel refreshed after a good night's sleep.

Symptoms of Fatigue:

Fatigue is a symptom and not a condition. It usually has some underlying causes such as depression or stress. If a person does recover from tiredness after a consistent naps or good night sleep, they must seek medical help. Here are some symptoms of fatigue to look out for:

- Weakness
- Lack of energy
- Constantly tired or exhausted
- Lack of motivation
- Difficulty concentrating
- Difficulty starting or completing a task.





Employee Wellness

Fitness and Healthy Eating - A Lifestyle, not a Quick Fix

By Yolanda Joubert (Marketing Administrator)



The longer and warmer days are a sign that we are in the Spring season. This means that summer is a short time away. Spring is a great time to get our bodies back into shape for the summer months.

During summer, most people tend to go on a diet, which is a specific eating plan to assist with maximum weight loss by either reducing food intake or eating a specific type of food or combinations of food for a period. This program only lasts for a short period of time for maximum weight loss.

Once the goal has been achieved, we tend to go back to the old ways of eating. In some instances, we even make up for the time we spent on a diet by doubling up on unhealthy foods. An eating plan that includes eating a combination of foods

is a very common method used for weight loss. It is also the main reason for obesity for some individuals. The body goes into a state of shock during a 'diet' or an eating program. This period is usually very traumatic for the body because it is not fed enough. Once the diet is done and the rapid influx of junk food goes into the system, the body then tends to store the fat in the hips, tummy and bottom as the body is concerned that you will starve it again. Thus, you get twice as big when in recovery from a 'diet' or eating program designed for maximum weight loss in a short space of time.

The best way to achieve a healthy life is to have a complete lifestyle change, consistently implemented for the rest of your life. That means changing your entire approach to health through proper nutrition and an exercise plan. Fitness and healthy eating goes hand in hand. It is 80% nutrition and 20% fitness. "Fitness isn't a punishment; It's a blessing. Nutrition isn't restrictive; It's not a one-size-fits-all thing and may not look the same for everyone, but it's something worth fighting for".



Exercise reduces the risk of heart disease, diabetes and helps maintain bone mass, enhances self-esteem and reduces stress. Draw up a plan for your new lifestyle change. If possible, involve a qualified dietitian or personal trainer who is well briefed on the topic. Once the plan is done you then need to plan your meals so that you are never in a situation where you are hungry and reaching for the first thing close to you like that packet of chips or that fizzy drink. In fact – remove them from your fridge at home completely so the temptation is not there. Remember what your mind knows is there...you will feel the need to consume, the trap we set for ourselves.

Starting the new lifestyle is the hardest part. Once you begin and maintain consistently, then results will start to show. Slowly at first but will get more pronounced as you endure. First your energy levels will increase, then your weight on the scale does increase a bit as your fat turns to muscle. This is because muscles are heavier than fat. Don't be discouraged. Find other ways to track your results than the scale. Measure body mass and energy levels instead of body weight to track progress.

Ways to make the lifestyle change:

If you're the person buying the food for your Lifestyle change then try these tactics.

- Go to the supermarket after a strenuous workout, you will be less likely to buy junk food due to your accomplishment at the gym and what you achieved. You feel proud of yourself.
- Don't shop on an empty stomach. When you are hungry you tend to buy healthier foods, and it lands up in your fridge and cupboards at home. When it's there it will be consumed.
- Make a list. Do research on what is healthy and what is not. The list will keep you from buying things you don't need and want.
- Use a basket. You can only fill up the basket so much and it will be heavier to carry with too much stuff.
- Plan your route through the grocery store. This will keep you on the right track and away from the 'wrong' isles, the wrong isles are just temptation.

- Don't be fooled by marketing buzzwords. Most of the time the 'organic' or 'healthy' word is used as a marketing tool and is not as healthy as they make it out to be. Read the Nutrition Labels at the back to see what you will be consuming.
- Prepare your meals for the week. "Failure to plan is planning to fail". Without a plan you will grab whatever is available to make and most of the time it will be unhealthy options.
- Order the healthy option when eating out. Order a protein (meat, chicken or fish) and a salad. Cut out the white carbohydrates. Say no to soft drinks, instead have a glass of water.
- Snacks. Rather pick healthier options such as nuts, mango, celery, cottage cheese and crackers, a protein shake.

Some advice from accomplished lifestyle experts:

"Weight loss does not begin in the gym with a dumb bell, it starts in your head with a decision"

"Endorphins", also known as "the happy drug" or "the feel-good juice". An endorphin is a hormone that your body produces to ease pain and make you feel calm and happy. You feel happy, healthy, rejuvenated and ready to take on the world after a good workout, you are focused, energized, positive and happy.

"Sweat is the perfume of accomplishment". After sweating your body excretes toxins through sweat and you start to lose centimeters. You start seeing body definition and weight loss.

"Every day is a chance to chance your Life"

"You can't buy fitness You can't buy Health. You get there by eating clean, working out hard and staying consistent."

"First you feel like dying then you feel reborn"

"It never gets easier, you just get stronger" ❑



A Look Back



1. MTE Shows
2. Nelson Mandela Day
3. A Tribute to Mothers and Fathers

Steelpoort MTE Show

By Deon Brand (Branch Manager)



The Burgersfort branch exhibited at the Steelpoort MTE event held on 28 August 2018. Our objective for the event was to attract new clients as well as provide an update to our old clients about our new product range.

Visitors to our stand received a promotional gift pack of catalogues, pens, notepads and lighters. Our exhibition of new product samples gained us the attention we were hoping to receive. This resulted in a list of new clients to follow up with.



We met our objectives of attracting new clients and showcasing our new product offering. We also managed to keep within budget of the event.

A special thanks to the following Rema Tip Top team for their support: Trevor Howard-Tripp, Hans Stols, Deon Brand, Colleen Pietersen, Grand Langford and Paul Joubert. □



Cullinan MTE Show

By Hennie Kotze (Field Service Coordinator Witbank)



On the twenty fourth of January, we attended the Mining show on the Cullinan Community Sports Ground. Our goal was to get to know some of the Managers and Engineers from the Cullinan diamond mine to demonstrate our products, show them our Company profile,

the Rema press catalogue as well as hand out promotional products.

"The show was good even though, there were not that many people that attended. I think next time we need to take more time on arranging a show like this so there isn't a rush as to getting everything sorted." - Hennie Kotze



I would like to give a big thank you the Product Managers for all their assistance and support namely; Chris Lyons, Willie Ackerman, Adslen Exall. I would also like to thank Martin Venter, Grant Langford, Hans Stolz and lastly, my team at the Branch. □

Carletonville MTE Show

By Anneke Knott (Business Development Africa)



The MTE show was held on the 31st of May 2018 at the Sibanye Recreational Club. This year's show was much bigger than the last one. There were 120 exhibitors in attendance.

Our objective for the show was to showcase the complete product range and services we can offer in the area. We had expected a lot more visitors on the day, but due to the rain only a few visited the stand.

A huge interest was shown in Industrial Hose. **▣**



Our 67 minutes with Oliver's House

By Nompumelelo Shabalala (Junior Graphic Designer) and Helen Hlungwani (GROUP Compliance Officer)



Oliver's House's wish list. Items donated were received with warm hearts and appreciation.

Oliver House is a non-profit organization operating from Benoni on the East Rand. It was founded in April 2001. They pride themselves in providing care and services to the disadvantaged community in a stimulating and caring environment. The projects that are currently being ran by the organisation are the Computer Centre, Mathematics and Science Centre, Early Childhood Development Centre and Soup Kitchen.

Both the life and legacy of Tata Madiba has touched us all in one way or another and every year on his birthday we honour the legacy of Nelson Mandela, South Africa's former President, and his values, through volunteering and community service. Rema Tip Top Holding South Africa (Pty) Ltd is eager to embrace its role as a good corporate citizen through various initiatives; we have a positive impact on the youth as well as the communities in which we operate in.

On our visit to Oliver's House, we took the time to meet the 5-year-olds class and we chatted to Andile Nkabinde, who seemed very shy at first, about how he feels about Mandela day. He didn't say much at first, but managed to tell us that his birthday was today (18 July 2018). We later found out his real birthday is in January, which only left us thinking he loves the legendary icon so much he wouldn't mind sharing a birthday with him.

We consider corporate social investment (CSI) as an integral part of our business, and provide numerous resources, including equipment, volunteering initiatives and funding, community projects and other initiatives with the aim of stimulating and supporting social economic development in South Africa. Our collaboration with Oliver's House began in 2017. We identified an opportunity to support their quest to uplift the under privileged. This year, employees of Rema Tip Top donated toys, clothes, toiletries and other items as per

Camagwini Ndlovu however, was much too pleased to share her sentiments with us on what this day meant to her. She claims to have met Tata Madiba and that he is a very close friend to her mother. "He came to visit my mom yesterday and ate with us," she says. She plans on becoming a teacher when she grows up. Her confidence is evident as she strikes a pose for the camera.



Ms Jabu the teacher for the 5-year-old class seemed very touched. "I'm happy to be contributing towards the future of these children. It makes me happy to see them smile and it really makes a difference in their lives what you guys are doing," these are her words before we wave goodbye to the kids and leave. **▣**



Fundraising campaign in South Africa: 60 computers for public schools



Top: Students open the donation ceremony with a dance
Left: New computers for local schools to ignite a passion for learning
Below: Dunlop Industrial Africa CEO, Mbuso Thabethe, at the donation handover

The joint fundraiser was part of collaboration between Dunlop Industrial Africa and Transnet. Dunlop Industrial Africa supplied conveyor belts to the port terminals at Port Richards Bay, South Africa's largest export port. In the course of doing so, supplier and customer agreed to use one percentage of the contractual value for community upliftment. As a direct result, the two companies fulfilled this corporate social responsibility initiative to make a positive contribution to the lives of the members of the community in which they operate. In order to further develop the positive relationship with the customer and the region, Dunlop Industrial Africa Managing Director, Mbuso Thabethe, announced that the company would provide a further 60 computers to the corporate social investment project. ▣



Dunlop Industrial Africa, a subsidiary of REMA TIP TOP Holding in South Africa, in partnership with the state-owned freight transport company Transnet, has donated 60 new computers for public schools to the King Cetshwayo District in the KwaZulu-Natal province.

In November 2017, representatives of both companies presented 50 PCs and ten laptops to nine public elementary and secondary schools at a festive donation ceremony. The purpose of this social initiative is to provide disadvantaged students with the equipment needed to allow them to acquire IT skills and succeed in today's technology-driven world. The beneficiary schools were selected in close consultation with the five tribal authorities in the area.

"This donation is not only one of much-needed educational resources for our students and teachers, but it also gives us hope that the spirit of Ubuntu (Editor's note: African principle of humanity and charity) is alive in our community," said the Department of Education District Director, David Chonco, at his speech thanking the representatives of the initiative.

A Tribute To Mothers and Fathers

By Lebogang Ditshwene (Marketing Coordinator)



Our parents or guardians hold a special place in our hearts. Mother's Day and Father's Day are commemorative days in honour of these special people who care and love us. This issue of VUKA celebrates our parents or guardians with specially chosen poetry as well as a look back on the celebrations held in Benoni and Howick.

I Love You Mum

By Jessica Ashton

They way I feel I can't explain
 The gratitude inside
 For all the days and all the nights
 You spent right by my side

For every hug and every kiss
 To send me on my way,
 For always putting me to bed,
 To prepare me for another day

For loving me through the hurt
 And pain that's come my way
 For holding on to me so tight
 That I can barely breathe

For never letting go
 Of the hope you hold for my life
 For keeping it so close to you heart
 All this time

For yelling at me when I'm out of place
 For telling me the truth
 For forgiving me for what I say
 Cause I no it hurts

So now I say what I feel
 At this time and day
 That mum "I Love You" all the time
 So happy mothers day!

Only A Dad

By Edgar Guest

Only a dad, with a tired face,
 Coming home from the daily race,
 Bringing little of gold or fame,
 To show how well he has played the game,
 But glad in his heart that his own rejoice
 To see him come, and to hear his voice.

Only a dad, with a brood of four,
 One of ten million men or more.
 Plodding along in the daily strife,
 Bearing the whips and the scorns of life,
 With never a whimper of pain or hate,
 For the sake of those who at home await.

Only a dad, neither rich nor proud,
 Merely one of the surging crowd
 Toiling, striving from day to day,
 Facing whatever may come his way,
 Silent, whenever the harsh condemn,
 And bearing it all for the love of them.

Only a dad, but he gives his all
 To smooth the way for his children small,
 Doing, with courage stern and grim,
 The deeds that his father did for him.
 This is the line that for him I pen,
 Only a dad, but the best of men.







Achievements

Long Service Awards

By Katleho Molepo (Senior Human Resources Officer)



In recognition of long service, we present our employees, working a minimum of ten years, with an award at the end of the month in which their long service anniversary date falls. These employees receive a long service award as well as a certificate.

Years of Service

10 Years

20 Years

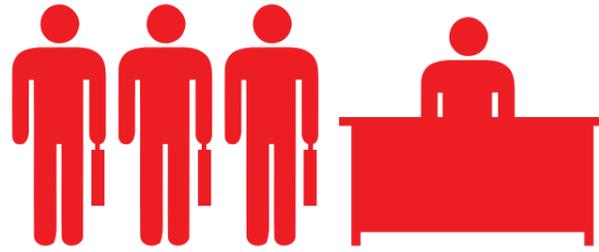
30 Years

10 Years



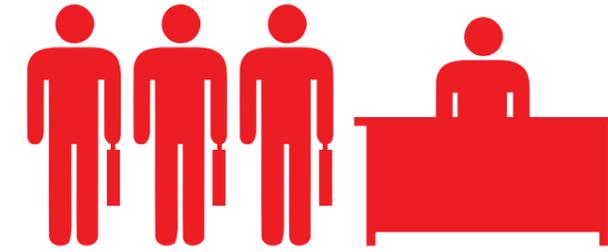
10 Years





New Employees: January to July 2018

January 2018	Name	Position	Department
	Adel Hlongwane	Assistant Buyer	Procurement
	Hendrik De Beer	Finance Controller	Finance
	Cameron Williams	Belt Assistant	Saldhna
	Vernon Maerman	Belt Assistant	Saldhna
	Chantelle Weber	Service Coordinator	Burgersfort
	Martha Willers	Service Coordinator	Saldhna
	Julian Chetty	Engineering Buyer	Procurement
	Nomsa Nene	SHEQ Administrator - Benoni	SHEQ
	Petrus Olyn	Belt Assistant	Kathu
	Tebogo Godisamang	Belt Assistant	Kathu
	Ernest Poso	Store Man	Stores
February 2018	Name	Position	Department
	Hermanus Jacobs	Belt Assistant	Kolomela
	Peter Ngobeni	Splicer Belt Technician	Kimberly
	Jaco Venter	Africa Internal Sales	Automotive
	Jarryd Martin	Business Developer	Insika
	Jacobs Hermanus	Belt Assistant	Kathu
	Elek Malapane	OTR abd Retread Trainer	Automotive
	Schalk burger	Africa Sales Rep	Automotive
	Patrick Mongotleng	Splicer and Rubber Liner	Kimberly
	David Van Der Brook	Loom Tuner	Solid Woven
	Aubrey Melville	Loom Tuner	Solid Woven
	Fornkie Lakaje	Loom Attendant	Solid Woven
	Luciano Geswindt	Weaving Mechanic	Solid Woven
	Megan Church	SHEQ Officer	SHEQ
March 2018	Name	Position	Department
	Ronald Mashego	Senior Rubber Liner	Senior Rubber Liner
	Calvin Mokgotho	Belt Assistant	Burgersfort
	Caiphus Kgapane	Belt Assistant	Burgersfort
	Victor Ndlovu	Data Capturer	Procurement
April 2018	Name	Position	Department
	Jodache Madurai	Internal Sales	Sarmcol
	Sibusiso Thomo	Junior Quality Control Inspector	SHEQ
	Johannes Van Der Bergh	Field Service Coordinator	Specialised Belting
	Cherisse Venter	SHEQ Administrator	SHEQ
June 2018	Name	Position	Department
	Nompumelelo Shabalala	Junior Graphic Designer	Marketing
	Johan Joubert	Belting Foreman	DIP Belting
	JP Du Plessis	Business Developer	Sarmcol
	Corien Badenhorst	Receptionist	Administration



New Employees: January to July 2018

Mzwakhile Mazibuko	Mill Operator	Surface Protection	
Lawrence Khumalo	Rebox Technician	Surface Protection	
Elphas Xaba	Mill Technician	Surface Protection	
Siphiwe Khumalo	Rebox Technician	Surface Protection	
Thokozane Mabelane	Calender Feeder	Surface Protection	
George Patrick Ndlala	Mill Operator	Surface Protection	
Hermanus Lues	Buyer	Procurement	
Robert Nkofu	Supervisor	Surface Protection	
July 2018	Name	Position	Department
Lucas Monama	Calender Operator	Surface Protection	
Douglas Lekuwane	Curing Operator	Surface Protection	
Paul Modukanene	Re-boxing Technical	Surface Protection	
Sameer Cassim	Warehouse Manager	Automotive	
Dieketseng Makibi	Internal sales coordinator	Sales	
Anna Oberhoizer	Payroll supervisor	Finance	
Lungisani Moyo	Technical Assistant	Technical	
Thobile Khumalo	Credit Controller	Finance	
Winnie Qongo	Creditors Clerk	Finance	
Vivika Mitlal	Internal Sales Team Leader	Surface Protection	
Joel Chauke	Curing Operator	Surface Protection	
Bengwa Nicholas	Supervisor	Surface Protection	
Mohale Simon Rajekele	Curing Operator	Rema Production	
Allan Hull	Production Advisor	Rema Production	
Izaya Sithole	Calender Operator	Surface Protection	
Nkosana Moloto	Calender Operator	Surface Protection	
Willy Kgarimetsa	Operator	Surface Protection	
Lesiba Katase	Re-boxing Technical	Rema Production	
Aldan Thompson	Safety Officer	Kusile	
Martha Mokwana	Stock Controller	Surface Protection	
George Khumalo	General Worker	Kusile	
Nhlakanipho Mahlobo	General Worker	Kusile	
Samuel Mokoena	General Worker	Kusile	
Simanga Khuzwayo	General Worker	Kusile	
Frans Shabangu	General Worker	Kusile	
Sanele Mbatha	Rubber Liner	Kusile	
Frank Mthi	Rubber Liner	Kusile	
Johannes Khumalo	Rubber Liner	Kusile	
Durren Mandeane	Belt Assistant	Saldanha	
Bulelani Khupiso	Belt Assistant	Saldanha	
Mkhuseli Lekhoba	Belt Assistant	Saldanha	
Shaney Putter	Accountant	Finance	



Living the Values

Deon Brand

By Hans Stoltz
Operations Manager: The Rema TIP TOP Branches.



Deon Brand began his career at REMA TIP TOP South Africa in June 2017 as a Branch Manager for the Burgersfort branch. Deon has been involved in the mining industry for a number of years and is able to adapt his ability, knowledge and leadership skills for the benefit of the Burgersfort branch. Deon joined us at a very difficult time and was able to create successes out of failure.

Message from Deon and his team at the Burgersfort Branch
"We have selected our playing field, and we are working our strategic plan – regularly reviewing our position, shifting our focus, altering our approach and methods, depending on the shifting business landscape. We remain flexibly persistent but never lose our integrity and objectives. This way, we ensure ethical sustainable growth within the Branch, and amongst our Clients. We never shy away from challenges, we are honest with our clients about our capabilities and provide constant feedback to them. We actively strive to be the sought after Service provider in our fields of expertise and markets by "walking the talk". We mean Business!" 

Following Industrial action, all service personnel, save for a few senior Branch personnel had to be sourced and hired. Hand picking the new employees, in line with Burgersfort's area specific, challenging, business needs, was indeed an achievement, one which Deon took in his stride.

These new teams were trained and engaged through constant one-on-one sessions, aligned to customer expectations, and the high standard that Rema TIP TOP requires from service personnel.

A transparent and open-door culture was established. This customer centric approach gave the Burgersfort teams an edge over their competitors. Constant and meticulous accountability and reward reviews for work done has ensured that the team members know exactly what is expected of them, and how to service their Customers the best and with a focus on "Safety First". The Burgersfort team do not compromise on this value.



Living the Values

SHEQ Representatives

By Myrna Brauns
Group Director



Being appointed a SHEQ Representative is an added responsibility in addition to one's day-to-day duties. It also gives one an opportunity to showcase added abilities and capabilities outside their job description.

Below are the appointed SHEQ Representatives and a description of their responsibilities.

Name: Mduzuzi Mahlangu
Responsibility: Fire Fighting Representative
Responsible Area: Human Resources; Brand Marketing; and Training and Development
Location: Based at the Benoni Plant in the HR Building



My responsibility as a Fire Representative is to protect and ensure the safety and well-being of those in the department I'm assigned to namely; Human Resources, Brand Marketing and Training and Development. I'm also responsible for ensuring the area assigned to me is a safe working environment through the prevention of fire incidents, by being prepared as well as providing an effective emergency response.

A SHEQ Representative provides leadership and guidance in the event of a medical or an emergency incident in the workplace. With a Quality Mind-Set and a Safety First mentality, a SHEQ Representative ensures all employees in their designated area are evacuated safely.

My observation of the three individuals in my department is that they have managed to energize and excite the bigger team to focus on their safety.





Living the Values

In the event of a fire incident in the workplace, I'm will be the person to respond to ensure that everyone in my department is evacuated to a safe area. I will need to know what is burning so I can determine what kind of fire extinguisher to use. I will ensure that the fire is contained by switching off all electricity appliances as well as applying the extinguisher agent to ensure that every piece of burning material is completely extinguished.

Name: Natalia Khumalo
Responsibility: First Aid Representative
Responsible Area: Human Resources; Brand Marketing; and Training and Development
Location: Based at the Benoni Plant in the HR Building



The purpose of my appointment as a First Aid Representative in my division is to medically assist on the scene of an incident/accident where an employee has been injured at work. My role is to assist until a medical practitioner / paramedic arrives.

My duties as a First Aider is the application of basic first aid principles, range from assessing a situation; assessing the patient's condition, CPR; securing broken limbs, and burns. Some serious accidents may call for a medical practitioner / paramedic to stabilize an individual who has significant spinal damage. In addition, I can also assist with patient removal and transportation.

I am responsible for monitoring and maintaining first aid facilities in my divisions, administering first aid and

assisting the SHEQ Manager - Operations in monitoring and reporting risks and incidents in my divisions.

Name: Mfundo Gcanga
Responsibility: Health and Safety Representative
Responsible Area: Human Resources, Brand Marketing, Training and Development
Location: Based in Benoni plant, in the HR Department



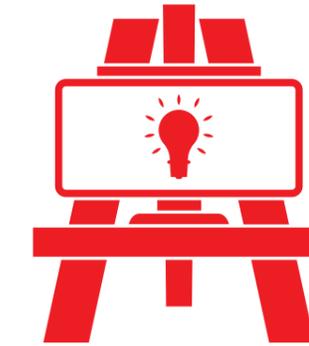
As the Health and Safety Representative, I look after the area that covers the Human Resources, Brand Marketing and Training and Development Departments.

My functions are to check if health and safety measures put in place are effective and to identify potential danger points that may lead to major incidents in the workplace. Should an employee feel unsafe in their area of work, they are to report the incident to me for further investigation.

In the event of a health and safety incident, myself and the SHEQ team will be the first respondent to examine the causes of the incident.

As the appointed Health and Safety Representative, I'm entitled to access to the areas designated to me in order to:

- Visit the site of an incident at all times and attend any inspection in location;
- Attend any investigation or formal inquiry held in terms of this Act;
- Accompany an inspector on any inspection. ◻



A Note From the Design Team



and general conduct. Hopefully the articles provided you with some pointers to help you make the changes that will allow you to reach your goals.

On this issue's cover

What better way to celebrate the arrival of spring than to use red poppy flowers? Also known as Flanders poppies, the plants can look a little weedy when growing. But they make up for it in spring with their spectacular offering of scarlet petals, each painted with a black blotch on its base.

Spring has finally arrived and brought with it its welcome warmth. Every year, winter seems to last longer than it ought to so it's a glorious feeling to wake up to warmer weather at last.

The cover was designed to inspire a spring in your step and put a swing in your saunter. Hop into the new you by taking up a healthy eating habit or by taking better care of yourself. I hope you were as inspired as I was. Happy Spring! ◻

The theme of VUKA Afrika this issue is INTROSPECTION. End of winter is the best time to take stock of our habits, behaviours

A Note From the Design Team

Any comments on the Newsletter or articles that can be published in future editions to be directed to:

Lebogang Ditshwene
 Marketing Coordinator
 lebogangd@rematip.com.co.za

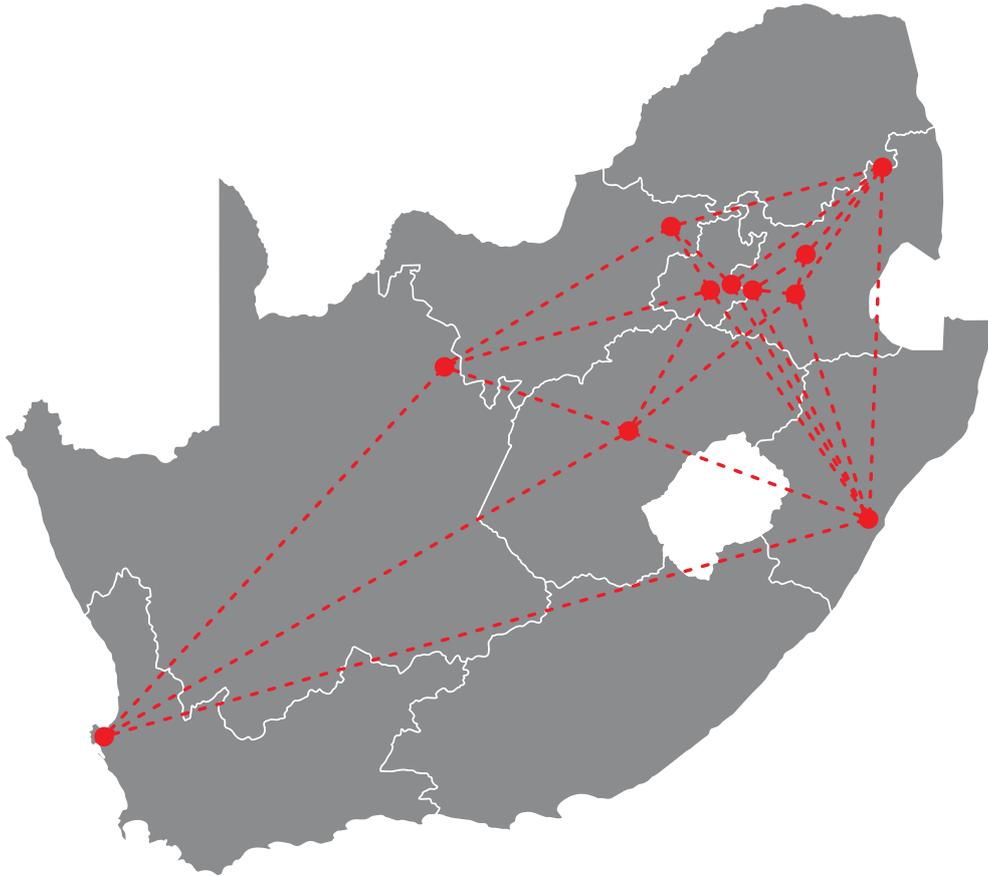
Willem-Charl Verster
 Marketing Manager: Graphic Design
 willemve@rtt-dunlop.co.za

Contact Willem-Charl or Lebogang at marketing@rtt-dunlop.co.za or their individual email addresses.

We look forward to more sharing of day to day success and experiences of our teams and individual employees.



ONE BRAND // ONE SOURCE // ONE SYSTEM



**GAUTENG
HEAD OFFICE**

22-24 Lincoln Road, Industrial Site Benoni
Tel: 011 741 2500
Fax: 086 521 3874
Email: info@rematiptop.co.za
Email: info@dunlopindustrial.co.za

**KWAZULU NATAL
HOWICK PLANT**

1 Induna Mills Road, Howick
Tel: 033 239 7200
Fax: 033 239 7292
Email: info@rematiptop.co.za
Email: info@dunlopindustrial.co.za

**GAUTENG
BENONI BRANCH**

22-24 Lincoln Road, Industrial Site Benoni
Tel: 011 741 2500
Fax: 086 521 3874
Email: benoni@rematiptop.co.za

**NORTH WEST PROVINCE
RUSTENBURG**

4A Vanadium Street, Zinniaville Rustenburg
Tel: 014 538 2892
Fax: 014 538 2881
Email: rustenburg@rematiptop.co.za

**LIMPOPO
BURGERSFORT**

Bothas Hoek, Matsepane Park, Burgersfort
Tel: 010 001 0854
Fax: 086 521 3874
Email: burgersfort@rematiptop.co.za

**FREE STATE
WELKOM**

11C Naser Street, Welkom
Tel: 057 355 1207
Fax: 086 539 6819
Email: welkom@rematiptop.co.za

**NORTHERN CAPE
KATHU BRANCH**

7 Mangaan Street, Kathu
Tel: 053 723 1155
Fax: 053 723 2216
Email: kathu@rematiptop.co.za

ZIMBABWE

145 Kwame Nkrumah Avenue, Harare,
Zimbabwe
Tel: +263 4 707038 / 706458
Email: info@rematiptop.co.zw

MOZAMBIQUE

Unit 4 Bairo Bagamoyo, EN7 Zona Industrial
Moatize, Mozambique
Tel: +258 25 242230 / 242241
Email: info@rematiptop.co.mz

**WESTERN CAPE
SALDANHA**

61 Platinum Street, Salkor Park, Saldanha
Tel: 022 714 3571
Fax: 022 714 3548
Email: saldanha@rematiptop.co.za

**GAUTENG
CARLETONVILLE**

3A Botha Street, Oberholzer Carletonville
Tel: 087 150 1582
Fax: 086 604 8341
Email: carletonville@rematiptop.co.za

**MPUMALANGA
SECUNDA**

4 Bunsen Street, Secunda
Tel: 017 631 5700
Fax: 086 521 3874
Email: secunda@rematiptop.co.za

**NORTHERN CAPE
KIMBERLEY**

8 Hendrik van der Byl Street, Kimberley
Tel: 087 150 2739
Email: kimberley@rematiptop.co.za

**KWA ZULU NATAL
DURBAN**

7 Greystones Park, 135 Old North Coast Road, Glen Anil
Tel: 031 569 2459
Email: durban@rematiptop.co.za

ZAMBIA

Plot 3709, Mansa Road, Light Industrial Area,
Kitwe
Tel (office): +260 967 688 233
Tel (sales): +260 963 474 777
Email: admin@rematiptop.co.zm

MAURITIUS

ADDRESS: 107, Ground Floor, Chancery House,
Lislet Geoffrey St, Port Louis
Tel: +261 34 815 5858
Email: info@rematiptop.mg

MADAGASCAR

76 Rue De Lattre De Tassigny, Toamasina Bp 97
501 Toamasina
Tel: +261 34 815 5858
Email: info@rematiptop.mg