



feel the taste

OCTOBER  
2021 EDITION

# Twicy

## news

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## DYNAMIC BRANDS SALES DIVISION – KZN

**N**icky Pillay and Rajen Ramnath make up the Sales Division for Dynamic Brands in KwaZulu Natal. They manage the Northern

Natal, North coast and South coast regions for retail and wholesale sales. Working closely with our agents in the area, 365-On-Point,

they meet on a weekly basis facilitating the efficient sales and merchandising of Dynamic Brands products in the KZN Region.

### NICKY PILLAY REGIONAL SALES MANAGER

***"A dream does not become a reality through magic, it takes sweat, determination and hard work."***

I started at *Dynamic Brands* on the 14<sup>th</sup> of July 2014 and I am currently the Regional Sales Manager for KZN. My passion for interacting with different people daily together with my charm, hard work and commitment keeps me challenged. Motivation from my mentor

Mr Rajen Ramnath inspires me to do my best. I am married to Vashnie Pillay. We have two daughters Kiyara and Kianna. My interest in music lead me to becoming a deejay better known as *DJ Firefox*, I also love cooking specialising in a *MasterChef* lamb curry. The thrill of fishing relaxes me. My passion for sales has driven me to new heights and *Dynamic Brands* has been the driving force behind my career.

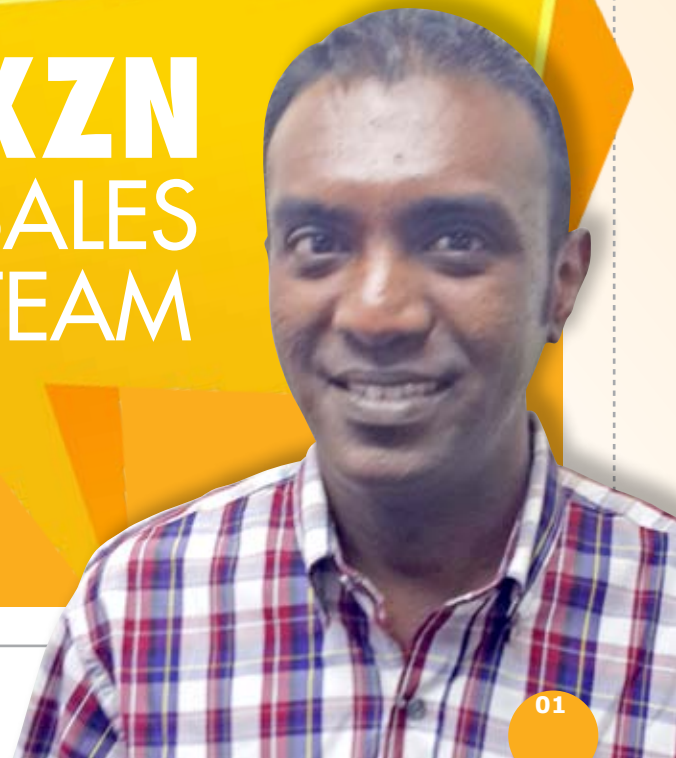


### RAJEN RAMNATH KEY ACCOUNT MANAGER

I've just completed 8 years with *Dynamic Brands*. The thing I enjoy most is the fact that we have the freedom to succeed and learn in our working environment.

Outside of work - I enjoy spending time with my family, I play indoor soccer when not travelling and I also follow sports in general. Currently engaged to Anjaika Sewjugath.

## KZN SALES TEAM



## ED'S LETTER

Featured this month is the subject of Mental Wellness, a condition most people do not understand and a lot of misperceptions exist.

*Having a mental illness means you are "crazy." Seeking help for mental illness will lead to being ostracized and make symptoms worse.*

It's plain and simple, having a mental illness **does not** mean you are "crazy." It means you are vulnerable. It means you have an illness with challenging symptoms – the same as someone with an illness like diabetes. While mental illness might alter your thinking, destabilize your moods or skew your perception of reality, that doesn't mean you are "crazy." It means you are human and are susceptible to sickness and illness, the same as any other person.

Someone once said to me that it was like looking at someone with a broken leg, you can see they can't walk properly and they are in pain – just because you can't see what is going on with someone's mental state, it does not take away from the fact that they are not well and it is real to them. It is also difficult to acknowledge a mental illness due to other's perceptions.

When you do have the strength, courage and bravery to open up to someone else, you are working to alleviate the stigma, increase awareness, empower yourself, grow as a person, and promote understanding of mental health. Being supportive of those who are going through depression and anxiety is also important, listening to them and guiding them to seek help.

**"Never give up on someone with mental illness. When the 'I' is replaced by 'We', illness becomes wellness"**

Sharon L Alder



Send your stories, pictures or comments to the editor:

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# 10 COMMANDMENTS OF MENTAL HEALTH

1. THINK POSITIVELY; IT'S EASIER.

2. CHERISH THE ONES YOU LOVE.

3. CONTINUE LEARNING AS LONG AS YOU LIVE.

4. LEARN FROM YOUR MISTAKES.

5. EXERCISE DAILY; IT ENHANCES YOUR WELL-BEING

6. DO NOT COMPLICATE YOUR LIFE UNNECESSARILY.

7. TRY TO UNDERSTAND AND ENCOURAGE THOSE AROUND YOU.

8. DO NOT GIVE UP; SUCCESS IN LIFE IS A MARATHON.

9. DISCOVER AND NURTURE YOUR TALENTS.

10. SET GOALS FOR YOURSELF AND PURSUE YOUR DREAMS.

## GETTING TO KNOW YOU...

RICHARD MARKUS - MAINTENANCE TECHNICIAN

Richard Markus was born in Grahamstown and grew up in East London where he attended Baysville School. He played First team soccer and rugby and after matriculating went to serve in the army.

He did a 5 year apprenticeship as a fitter and was a Technician at Nestlé.

Richard is a widower and has 3 children aged 32, 25 and 19 years. To relax he enjoys braaiing and fishing.

He is currently the Maintenance Technician at Dynamic Brands East London Factory.



# OCTOBER IS MENTAL WELLNESS MONTH IN SOUTH AFRICA

**T**he month of October has been declared Mental Health Awareness Month with the objective of not only educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to.

The challenges of recent times have seen more people struggling with anxiety, depression, irritability and mood swings. The term 'having a bad day' has never been more relevant to the global population than in the last two years and recognising the signs of anxiety and depression and finding an effective solution is more necessary than ever.

Your emotional and mental wellness has powerful effects on your overall health. Mental and emotional stress can translate into negative physical reactions, a weakened immune system, and poor health. With our hectic schedules, devices pinging us from every direction, and modern life becoming increasingly uncertain, it's crucial

to maintain a sense of calm and balance. Maintaining a healthy emotional and mental balance helps us make healthy choices, have good relationships, and achieve our goals. Emotional wellness gives us a toolkit for handling life's stresses, navigating relationships, and keeping ourselves motivated. Quality sleep and a healthy diet can have powerful effects on your emotions. If you're feeling depressed or anxious, make sure you're getting proper rest and eating nutritious food.

Consider your relationship to yourself and your loved ones. Do you feel confident and optimistic about your future? Do you have good communication with those you care about? Are you able to express your feelings and process difficult times in a healthy way? High levels of stress can lead to physical complications like high blood pressure, headaches, and even chronic conditions like diabetes.

Very few South Africans seek treatment for their mental disorders. If you're having a hard

time enjoying life or experiencing the physical symptoms of high stress, talk to your doctor or a therapist. There is plenty of help out there for those who need it - the South African Depression and Anxiety Group (sadag.org) gives contact numbers and help on their website.

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To contact a counsellor between 8am-8pm Monday to Sunday.

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Telephone: 011 234 4837  
Facsimilie: 011 234 8182  
24hr Helpline: 0800 456 789

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For Press & Media queries, please email: [media@anxiety.org.za](mailto:media@anxiety.org.za)

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Visit on Social Media:



<https://www.facebook.com/pages/The-South-African-Depression-and-Anxiety-Group/335962293097734?ref=bookmarks>



<https://twitter.com/TheSADAG>



# PROMOTIONS AND TASTINGS FROM AROUND THE COUNTRY



# STAFF NEWS

## CONGRATULATIONS:



We would like to congratulate Zinhle Mathaba on her traditional wedding to Siyabonga Shezi which took place on the 24<sup>th</sup> of September 2021 in Melmoth.

Zinhle and Siyabonga are blessed with two beautiful children Aseyanda Shezi (girl, 5 years) and Sthembakhle Shezi (boy, 10 months).

May the years ahead be filled with lasting joy and best wishes on this wonderful journey, as you build your new lives together.



## BIRTHDAYS:

Happy Birthday to those celebrating birthdays this month. Irene Nyathi and Jerod Rose on the 3<sup>rd</sup>, Tembeleni Kondile on the 5<sup>th</sup>, Msawenkosi Mbondwana on the 7<sup>th</sup>, Nozibele Velaphi on the 8<sup>th</sup>, Yanga Mzini on the 9<sup>th</sup>, Nolothando Dywili on the 10<sup>th</sup>, Gcinikhaya Teyise on the 11<sup>th</sup>, Brenda Els on the 12<sup>th</sup>, Megan Manuel on the 15<sup>th</sup>, Phumla Thu and Ayaniza Njoloza on the 16<sup>th</sup>, Nomathemba Maki on the 21<sup>st</sup>, Wendy Feni and Lungiswa Mnyaka on the 23<sup>rd</sup>, Luciano Louw, Odwa Sidumo and Cristina Oberem on the 25<sup>th</sup>, Andile Mgolodela on the 28<sup>th</sup>, Vuyani Bunell on the 30<sup>th</sup> and Bukelwa Moyikwa on the 31<sup>st</sup>.

“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.”

John R. Wooden

