

- Gauteng is South Africa's smallest province but produces 34% of South Africa's Gross Domestic Product (Stats SA)
- The JSE Securities Exchange is the 14th largest equities exchange in the world, with a total market capitalisation of some R2.3 trillion (JSE)
- More than 12,000 'Black Diamond' families (South Africa's new black middle class) - or 50,000 people - are moving from the townships into the suburbs of South Africa's metro areas every month (UCT Unilever Institute)
- The black middle class grew by 30% in 2005, adding another 421,000 black adults to SA's middle-income layer and ramping up the black population's share of SA's total middle class to almost a third. Between 2001 and 2004, there were 300,000 new black entrants to the middle class (Financial Mail)

Infrastructure

- South Africa generates two-thirds of Africa's electricity (Eskom)
- South African power supplier provides the fourth cheapest electricity in the world
- Chris Hani-Baragwanath Hospital in Soweto is the biggest hospital in the world
- Durban is the largest port in Africa and the ninth largest in the world.
- There are 39 million cell phone users in South Africa (International Telecommunication Union)

Tourism

- The number of tourists visiting South Africa has grown by 200% since 1994, from 3 million to over 9 million in 2007 (Dept of Environment and Tourism).
- The Singita game reserve was voted the best hotel in the world by the readers of a leading travel magazine (Conde Nast Traveller)
- The world's best land-based whale-watching spot is located in Hermanus in the Western Cape.
- In 2002, South Africa was the world's fastest growing tourist destination. In 2006, South Africa's tourism grew at three times the global average. any other nation, apart from the United States.
- In 1994, we won 11 medals in the Commonwealth Games. In 2002, we won 46.

Sport

- South Africa hosts the largest timed cycle race in the world (the Cape Argus Cycle Tour), the world's oldest and largest ultra-marathon (the Comrades Marathon) and the world's largest open water swimming event (the Midmar Mile).
- South Africa will become the first African country to host the Soccer World Cup in 2010 ... and only the second country in the world to have hosted the Cricket, Rugby and Soccer World Cups.

SA Teaching the World

- South Africa houses one of the three largest telescopes in the world at Sutherland in the Karoo.
- South Africa is the first, and to date the only, country to build nuclear weapons and the voluntarily dismantle its entire nuclear weapons programme.
- South Africa Constitution is widely regarded as being one of the most progressive in the world, drawing from the experiences of the world's most advanced democracies.
- The South African oil company Sasol has established the only commercially viable oil-from-coal operations in the world.
- Two of the world's most profoundly compassionate philosophies originated in South Africa - Ubuntu (the belief in a universal bond of sharing that connects all humanity) and Gandhi's notion of "passive resistance" (Satyagraha), which he developed while living in South Africa.

Education

- Almost a quarter of South Africa's non-interest budget is spent on education.

- The University of South Africa UNISA is a pioneer of tertiary distance education and is the largest correspondence university in the world with 250,000 students.
- Our learner to teacher ratio has improved from 1:50 in 1994 to 1:34 in 2004.
- South Africa's matric pass rate has improved from 49% in 1994 to 70% in 2004, but student's receiving university exemptions has remained at 18%.
- The first MBA programme outside of the United States was started by the University of Pretoria in 1949.

Social

- Over thirteen million South Africans (a quarter of the population) have access to social grants (Department of Social Development).
- Since 1994, 500 houses have been built each day for the poor and 1,000 houses per day have received electricity.
- Seventy percent of South Africa's population is urbanized.

Environmental

- The Kruger National Park supports the greatest variety of wildlife species on the African continent
- The Cango Caves near Oudsthoorn is the world's longest underground cave sequence
- South Africa is the only country to house an entire floral kingdom (fynbos), one of only 6 on the planet
- In 1991, South Africa became the first country in the world to protect the Great White shark.
- South Africa has the oldest meteor scar in the world, at the Vredefort Dome near Parys. The scar is 2 billion years old.
- South Africa has the 3rd highest level of biodiversity (SA Tourism)
- The Cape Hyrax's (dassie) closest relative is the African elephant
- South Africa has embraced the concept of trans-frontier 'peace parks', linking ecological reserves across national borders

General

- South Africa is the cradle of mankind.
- Afrikaans is the youngest official language in the world.
- The Western Deep Levels is the world's deepest mine at 3777 metres.
- South Africa has the world's largest deposits of gold, chromium, and platinum and manganese.
- The only street in the world to house two Nobel Peace Prize winners is in Soweto. Nelson Mandela and Archbishop Desmond Tutu both have houses in Vilakazi Street, Orlando West.
- South Africa has the world's second oldest air force, established 1920.
- South African Breweries (SABMiller) ranks as the second largest brewing company in the world. It supplies up to 50% of China's beer.
- South Africa has the second oldest film industry in the world.
- In 2007 South African businessman Cyril Ramaphosa was included in the Time 100, an annual list, assembled by Time magazine, of the 100 most influential people in the world
- Cape Town has the fifth-best blue sky in the world, according to the UK's National Physical Laboratory.

Source -

Good News SA Internet

"Your legacy should be that you made it better than it was when you got it."

- Lee Iacocca



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Reasons Why New Year's Resolutions Don't Work!

It is estimated that over 80% of us make New Year's resolutions of some kind. Yet how many of these last until the end of January, or even until the Christmas decorations are put away?

Despite our best intentions many of our New Year's resolutions are doomed to fail from the outset. Here are the top five reasons why New Year's resolutions don't work - and what you can do about them.

- Low expectations - it's almost an unwritten law that resolutions don't work. Our friends, the media and society at large expect you to give up in the first week. It has become something of a standing joke. This low expectation gives you permission to fail. Therefore you don't fully commit and consequently fail to succeed.**
- Expressed in the negative - Our New Year's resolutions are often expressed in negative terms for example, "I'm going to give up smoking" or "I must get fit & slim down". Our brains cannot think in negative terms without first picturing the opposite. Try NOT thinking about a piece of chocolate cake and you'll see what I mean. Therefore by thinking about not eating or doing something, we first have to think about doing it and eventually the temptation becomes too great.**
- Unrealistic targets - For example "I'm going to the gym every day". A problem here is that it is too great a shift from couch potato to gym junkie. You may succeed for the first few days, then life gets in the way, or your muscles are so sore that you need a day off. The danger is once you break your promise to yourself and those around you; it becomes easier to break it again and again until you have forgotten where the gym is.**
- Insufficient Why's - Sometimes we set our resolutions to please others, or because we feel we 'should' do or stop doing something. In order to push through the inevitable challenges of adapting our behavior we need big enough reasons why. Sometimes it takes a health scare to dramatically alter our eating or lifestyle habits. Other times it takes the financial challenge of losing a job to galvanise us into taking action to find a better job or start a business.**
- Your Self Image - To make an effective change on the outside we first need to change on the inside. Our current situation represents the cumulative effects of years of conditioning through our thoughts, beliefs and actions. Our self image acts like a thermostat to keep our results in line with our expectations. A major shift in our results first requires a major shift in our thoughts and beliefs. This involves the creation of a new self image, one who is the desired shape, level of fitness or lifestyle. Processes such as positive affirmations and visualisation have been successfully used in the creation of a new self image.**

Now you know why your New Year's resolutions have failed in the past you are better equipped to set some new goals. Examine what you want to achieve in each area of your life and then check them against the five steps above:

Do you have low expectations? Only share your goals with trusted friends who will support you. Express your goals in positive terms.

Are your goals attainable? Start by taking manageable steps, this will enable you to gain confidence and momentum.

Break down your big goals for the year into smaller monthly or weekly objectives.

Are these really your goals? List the reasons why you want these. When you have sufficient power in your whys, you will have the momentum to achieve your goals.

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Finally and perhaps most importantly, start visualising and vividly imagining yourself as already achieving the outcomes you desire. This will begin to imprint a new self image in your subconscious and in term will affect your actions and ultimately your results.

Source - DJ Britton - eZine "A Design For Life".

"Never accept failure, no matter how often it visits you. Keep on going. Never give up. Never "

- Dr. Michael Smurfit



Are You Living Your Best Life?

Do you wake up feeling inspired and motivated, ready to take on the world?

Are you happy and healthy? Do you love what you are doing? Do you feel you are living to your full potential?

Unfortunately, most of us simply don't feel this way most of the time. We wake up, go to work, come home, cook, eat, look after everyone else, sleep then repeat. Sometimes our lives feel like that movie 'groundhog day' where the same day repeats itself over and over again! We often feel trapped in our own lives, frustrated and unfulfilled.

So, what is the solution?

You firstly have to accept that up until now - Life has been Controlling YOU - not the other way round. You also have to make the decision that things are going to change & that YOU are back in control.

The quality of our lives are in direct proportion with the quality of the decisions we make.

Then there are three simple thing you need to make it come true:

1. A Plan
2. The right Support
3. And Accountability

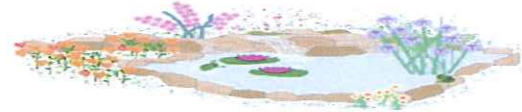
Source - Adele Howell-Price

"Don't be afraid to take big steps. You can cross a chasm in two small jumps. "

- David Lloyd George

HOW TO PLANT YOUR GARDEN

First, you Come to the garden alone, while the dew is still on the roses...



FOR THE GARDEN OF YOUR DAILY LIVING, PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul



PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness



PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another



NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another



TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:



1. Thyme for each other
2. Thyme for family
3. Thyme for friends

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE. THERE IS MUCH FRUIT IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW. NOT BAD, HUH?!

My instructions were to send this to people that I wanted God to bless and I picked you!

Source - Chain Email

" All our dreams can come true- if we have the courage to pursue them. "

- Walt Disney



10 Canine Commandments

1. My life is likely to last 10 to 15 years. **Any separation from you will be painful to me.** Remember that before you buy me.
2. **Give me time to understand** what you want from me.
3. **Place your trust in me.** It's crucial to my well-being.
4. **Don't be angry with me** for long, and don't lock me up as punishment. You have your work, your entertainment and your friends. I only have you.
5. **Talk to me sometimes.** Even if I don't understand your words, I understand your voice when it's speaking to me.
6. Be aware that however you treat me, I'll **never forget it.**
7. Remember before you hit me: I have teeth that could easily crush the bones of your hand, but **I choose not to bite you.**
8. Before you scold me for being un-cooperative, obstinate or lazy, **ask yourself if something might be bothering me.** Perhaps I'm not getting the right food, or I've been out in the sun too long, or my heart is getting old and weak.
9. **Take care of me when I get old.** You too will grow old.
10. **Go with me on difficult journeys.** Never say: "I can't bear to watch it", or "Let it happen in my absence." Everything is easier for me if you are there.

REMEMBER THAT I LOVE YOU.

Source - Email

" Character is like a tree and reputation is like a shadow. The shadow is what we think of it; the tree is the real thing. . "

- Abraham Lincoln



Take A Stand

Here is a health tip that sounds to easy to be true: Stand up. If you are like the average office worker, you spend nearly eight hours a day - 40 hours or more per week - on your bum. There is a cost to all that down time (and it's not just a spreading lower half).

When you are sitting, your body undergoes a metabolic slowdown you use less blood sugar for energy and you burn fewer calories. Sitting also decreases the activity of an enzyme call lipoprotein lipase, which works to eliminate fats in the blood. The worst part: Even regular exercise won't protect you.

Research has shown that if you spend long periods sitting, you'll a larger waist, greater body mass index and higher levels of blood sugar and fats than someone who takes frequent breaks to stand and stretch - regardless of how often you lace up your running shoes.

Ultimately, spending more time on your feet means a longer life. However, you're not doomed if you're desk bound. These simple changes can create a more active routine.

- Try TV training.

For every hour you add to your average daily screen time, you increase your risk of metabolic syndrome, (a group of conditions that can predispose you to heart disease, stroke and diabetes) by over 25 percent. Try walking on the treadmill while you watch the news or swapping your arm chair for a Pilates ball, which forces you to engage your muscles while you sit.

- Use technology to your advantage.

Thanks to instant messaging, cell phones and wireless internet access, we can shop, catch up with friends and chat with colleagues - all without taking a single step. However, technology also allows us to communicate and get the work done, while simultaneously staying active. Why not take your next conference call while strolling through the park? You'll stay fit and maintain productivity.

- Think NEAT.

Nonexercise activity thermogenesis (NEAT) is the energy you expend for activities other than direct exercise, and it can have an even greater impact on your health. There are countless ways to increase your NEAT. Wash the dishes instead of using the dishwasher, walk to a neighbours house instead of driving, cook dinner instead of ordering in or take the stairs instead of the lift at work.

Source: Bodywise - October 2010

" walking isn't a lost art: one, must by some means, get to the garage. "

- Evan Esar



Fifty facts about a Remarkable nation

Economy

1. The rand was the best performing currency against the US Dollar between 2002 and 2005 (Bloomberg Currency Scoreboard)
2. South Africa has 55,000 high net-wealth individuals holding at least US\$1million in financial assets (World Wealth Report 2008)
3. South Africa has the 27th biggest economy in the world, with a Gross Domestic Product of US\$254 billion (World Bank)
4. South Africa accounts for almost 25% of the GDP of the entire African continent, with an economy more than twice the size of the second biggest - Algeria. (World Bank)