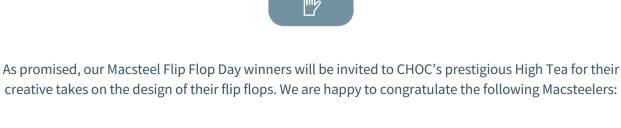




Community Involvement
CHOC Flip Flop Day Winners



Candice Kleynhans, CHO VRN Rustenburg



Denise Groenewald, Trading Port Elizabeth

Karen Day,

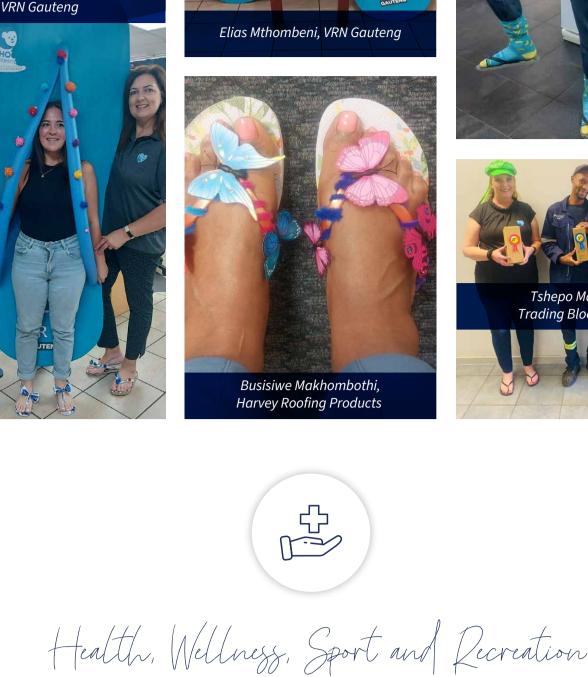


Exports

Vuyo Thomase, Trading CPT









Macsteel takes on the Ultimate Human Race,

Comrades Marathon 2024

for positive change.



Heinrich Van Den Berg, Special Steels Dunswart



The Ultimate Human Race, Comrades Marathon, is a prestigious ultra-marathon held annually in South Africa, symbolising endurance, camaraderie, and personal strength. In 2024, our employees are not only eager to participate in the race but also to represent non-profit organisations, turning this event into a powerful force



66 I was diagnosed with a possibility of diabetes in 2011, and

MBULELO TSHIKILA

Mbulelo is Supporting: Made For More Made for More aims to include, empower, and equip people with disabilities through sport and mental health programs. The Sports Coach Mobility represents a proactive approach to addressing the challenges of delivering sports programs for people with disabilities in informal settlements, townships, and rural areas.

the doctor recommended a healthy lifestyle, diet, and exercise. Luckily, I had friends who were runners. I used to accompany them to races. That's where it all started with my first 10km wearing sneakers. After I completed that 10km, they encouraged me to do a 15km race hosted $\,$ In order to efficiently reach remote areas and provide by Sportsman's Warehouse in Boksburg. After a few marathons, sports programs to individuals in their homes, schools, I joined their running club, and they were all training for the 2012 $\,$ and areas without transportation, we propose donating Comrades. That inspired me to register for my first Comrades in 2012, and I never looked back. a vehicle. This vehicle will serve as a comprehensive solution to facilitate the coach's

Made For More Are in Need of:



68 enrolled. With plans to grow further in 2025.

and access to food, and quality facilities to thrive.

BenjaminGeneration



and a lack of knowledge on inclusivity.

66 I started running in 2009 at Elim Athletics Club in Gauteng. I joined the Tsutsumani team in 2015, where they pushed me to run

the Comrades Marathon. I ran my first in 2016 with a time of $10\,hrs\,11$ min, earning a bronze medal. In 2017, my time was 8 hrs 41 min, and I received a Billy Rowen medal. Unfortunately, I didn't finish in 2018. After three years off, I ran again in 2022 with

a time of 10 hrs 19 min, earning another bronze. In 2023,

I had a dream race with a time of 7 hrs 20 min and received

a silver medal. My dream for 2024 is to equal or better my time from 2023.

MALACHIA MOKENTO GALANE

travel, equipment transportation, and program delivery, ensuring accessibility and effectiveness in rural areas. By combining innovative design, technology integration, and

targeted program delivery, this vehicle will empower adaptive sports coaches to make a meaningful impact on individuals' lives, promoting health, wellness, and community engagement. We believe that while we do adaptive sports in different areas, this also creates awareness about disabilities, where there is still a stigma attached to disabilities



Our local preschool started with only 26 children in August 2022; there are now

Your gift will help provide a child with a safe space to live, an environment to learn

Placements for babies and children in the care centres are now at capacity.

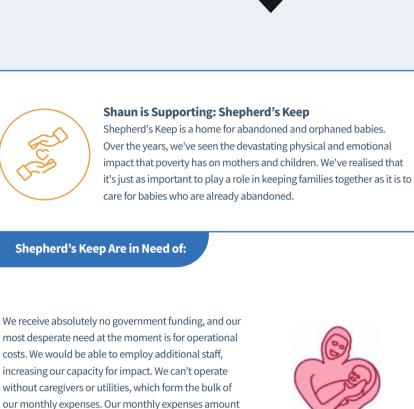
66 As the saying goes, "Kids don't do what their parents say – they do what they see their parents do." My father never pressured us to

follow in his footsteps but purposefully modeled his tenacity to never give up regardless of circumstances, exemplified by completing 12 Comrades marathons despite losing an arm in a train accident as a young man. This ultimately inspired my Comrades journey, which

began in 2009, and I have completed 7 Comrades Marathons thus far. I will be taking part in the Comrades 2024 run in support of the

organisation Shepherd's Keep, which cares for abandoned

babies during a transition before fostering or adoption proceedings begin.





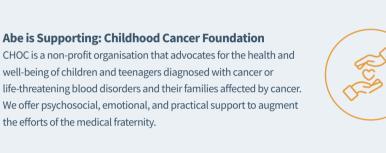
the efforts of the medical fraternity.

CHOC Are in Need of:

Childhood Cancer Foundation

Abe is Supporting: Childhood Cancer Foundation

well-being of children and teenagers diagnosed with cancer or



CHOC offers free support to families of children

and teens with cancer and life-threatening blood

individuals. We need funding for various programs,

emotional support, practical support, awareness and education, and advocacy and collaboration.

disorders, made possible through corporate

sponsorship and donations from groups and

including accommodation, transportation,

be greatly appreciated.

to R55,000, and any assistance with this need would

66 I remember running my first Comrades; I didn't know what to

expect, but I knew I needed to see myself at the finish line. Ten hours and forty-five minutes later, I was in Durban. I cherish that medal more than any other because it was a real test. I joined the running community to see if I could endure the challenges of the Comrades Marathon. Fortunately, I met people who helped me with training programs, and in 2016, I lined up for my first Comrades marathon.

Since then, I've run six Comrades marathons and will be participating

in my seventh this year. I have collected 2 Bronze Medals, 2 Bill Rowan Medals, and 2 Silver Medals. When Macsteel called and asked me to be

a part of this initiative, my answer was yes, yes, yes. This year, as I line

up for this iconic race, I will use my running as a tool to raise

awareness and create change.

ABE SHENYANA NKOMO

Thulani is Supporting: Makabongwe Pre-School

Makabongwe Pre-School Are in Need of:

Makabongwe Pre-School is a busy, happy place where you will always be greeted with big smiles and ambushed with loads of hugs. Our vision is to provide sustainable and affordable early childhood education, reduce illiteracy, and give our children the best foundation for big school. We help our children grow and mature holistically, teaching them in a loving way in accordance with our Christian ethos.



My name is Thulani Kaizer Ngema. I'm married with

three children: Aphiwe, Esihle, and Andile. I have been working as a security guard for 15 years. My favorite meal is rice and chicken, and my favorite colours are red and white. I have participated in four

Comrades marathons, with my running number being 35924 and my $\,$ fastest time being 07:39. I started running because I was working far

THULANI NGEMA

best possible education for our students.

West Park School Are in Need of:

from home and had no transportation at that time.



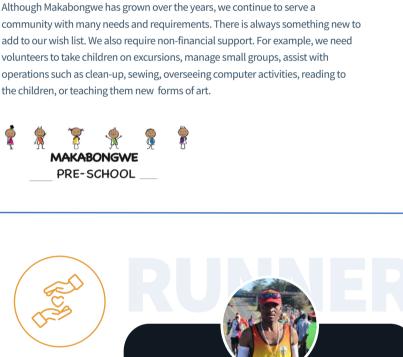
We are organising a mini-Comrades event leveraging the

popularity of the Comrades Marathon to raise funds for our

school. The event will serve as a fundraiser and also promote

awareness, health, fitness, and active engagement among our

students, parents, and the wider community. Our objectives



I am very honoured to be part of this collaboration with Macsteel

and their beneficiaries. It is now more rewarding as I have an $\,$ opportunity to give back to society in the way I know best—run with all my heart and soul. I have participated in five Comrades Marathons, with my running number being 17110 and my fastest time being 9:02. I am not married and have five children: Nosipho (22), Amalie (18),

Asanda (14), Aphelele (13), and Asemanhle (4). My favorite color is black, and my favorite meal is chicken curry and rice. I started running

casually as a hobby, inspired to earn a Comrades medal. The running

bug caught me, and I made it a regular event, challenging myself to do better in every race. I have worked at Macsteel since 2006, totaling

CHRISTOPHER MAJOLA

18 years. My favorite drink is anything with electrolytes.



Mindfulness Cards:

Our team at Head Office wholeheartedly embraced the Mindfulness Cards and their benefits for coping skills. It became so intense that it evolved into a full-blown competition to collect as many cards as possible, so we made it official and let the games begin!

Congratulations to Alwyn Bezuidenhout for collecting a full deck of cards and winning himself

and a loved one a weekend trip away.

Head Office Competition

This was not an easy competition. I can just say thank you to all the (Mac family) Macsteel friends. This was fun and joyful. The cards did motivate a lot of people. Thanks to everyone for organising this and well done to Ayanda, who was right behind me with his cards. **Alwyn Bezuidenhout** We also congratulate our runner up, Ayanda Khumalo, who missed the win by a few hours. He won himself a beautiful Macsteel hamper.

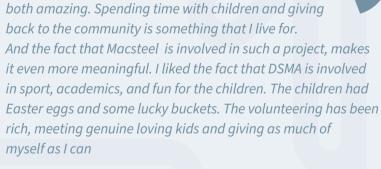
Ayanda Khumalo



Community Involvement

Dynamic SMA Easter Egg Hunt

It was fun and I had to interact with lot of people in order for me to get cards, but it was not hard



Sisipho Nodongwe, Intern

My experience with the children at

Kiddies Joy was amazing. I really

had fun dancing and reading a

storybook for the kids. I would

definitely do it again.

Kwasa Jakalashe, Intern

The air was filled with laughter and excitement as children embarked on a Dynamic SMA Easter egg hunt. Delighted squeals echoed through the corridors as little ones eagerly searched every nook and cranny, their eyes gleaming with anticipation at the prospect of discovering colourful treasures hidden amidst the joyous chaos.

I went to the Easter Egg hunt with Dynamic Sport and Movement Academy. We went to 2 locations, which were

Thursday, 18 April 2024

Shotgun start, 11:00 Shorgun Start, 11:00 Reading Golf Club, Alberton

en Fees, Golf Cart, Haltway House Voucher, Prizegiving & Di. 5 well as entry into the Club 2000 draw for April 2024!

Makabongwe PreSchool will be hosting an

MACSTEEL

Suncoast.

information.

The Kewtown Primary school Participating in the volunteer was amazing. To see these session not only allowed me to grade R's running and hunting contribute to a worthy cause but for Easter eggs and their interalso gave me valuable insights action with the volunteers. I had into the challenges faced by the an amazing time with the kids. community. I was deeply moved by the dedication and hard work Thanks Macsteel, job well done. of the staff at the Crèche, as well Salvador Cornelius, as the resilience and positivity of **Production Foreman** Coach Daniels & Coach Clive who we were fortunate enough to assist. Nosisa Madikane,

A FUN DAY FULL OF MUSIC, DELICIO

MARCH 19TH 10:00A.M-12:00P. M

MAKABONGWE PRESCHOOL APRIL

R200PP

engage with their customers and suppliers.

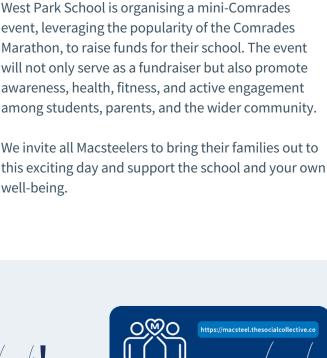
18TH

PROOF OF PAYMENT:

Kate 08368556||

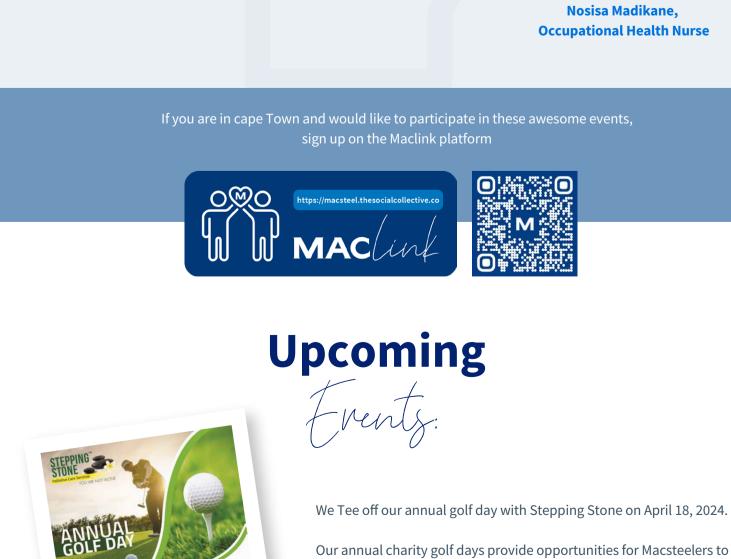
Please contact Yvonica Wolmarans for further information.





MAClink Currently, our barometer tells us we have 190 active users, which is great so far. And now we're aiming to grow that number to 350 ... and beyond! So we need you ALL to join us and be part of our great MACLINK community.

Macsteel (Areg... inspired by the people-first principles of our founder, Eric Samson 1938-2021.



incredible fundraiser this April; a night of GOOD VIBRATIONS at the Barnyard Theatre, If you would like to participate in the fundraiser, NAME & SURNAME TO: please contact Eunice Naidoo for further nakabongwe.za@gmail.com

well-being.