



## Parks versus Progress: A friendly rivalry

Though they are both part of Jendamarck's manufacturing team, when it comes to rugby rivalry, Wayde Reyneke and Faraad Abrahams are definitely on opposing sides!

When Saturday games roll around, manufacturing coordinator Wayde is proud to don the Parks club jersey, while our assembler Faraad takes to the field for Uitenhage-based Progress.

"At work we joke about it and tell each other to make sure we're on the field," says Wayde, who starts at prop or lock. Speedster Faraad stays out of his way at outside centre or wing.

"This year we haven't actually played against each other yet. Faraad was going to play against me but then he saw I looked a bit fitter and bigger than last year, so he played the other match," laughs Wayde.

"If we have to face each other, we'll still help each other out and laugh about it and then get together for a drink after the game."

While Faraad plays mainly in the first league, where Progress is ahead this season, Wayde turns out mostly for the second league side, where Parks has the edge.

Both agree, however, that playing sport is brilliant for stress relief and keeping healthy.

"Working shifts can be difficult because it means that you often play on Saturday with no practice during the week," admits Faraad, who missed out on an opportunity to play the SA Seven tournament a few years back when it clashed with his trade test.

"From my side, being able to keep up with the younger guys makes you feel positive that you can handle it," adds Wayde.

"Rugby helps with the fitness, especially with the age we're at. Of course, I mean, me being in my 30s and Faraad closer to 40," he chuckles.

# Stu blazes trails with MTB group

What started out as friendly banter (and more than a little bit of badgering!) from Stuart Fleming has resulted in around 20 Jendamark employees joining his mountain biking Whatsapp group – and he doesn't plan on stopping there anytime soon.



Shaun, Stuart and Ismaeel at Crazy Dave's Bike Park.

The self-admitted mountain biking nut, who spends his working days in the R&D department, says his love of the sport began back in 1994 when he was still at school.

"My brother and friends took shortcuts through the veld. It didn't take long before we were leaving extra early in the mornings so we could spend time messing around on our bikes," he recalls.

"We probably also spent a half hour in the bike shop every day on our way home, perusing over bikes we couldn't afford. The shop hosted regular off-road rides, which we joined, and I've been mountain biking ever since."

Extending his love for the sport into his workplace was natural for Stu, who says that when he meets new employees one of the first things he asks is if they have a mountain bike.

"If they say no, I offer to lend them one. I have been badgering a few guys for years now, but eventually I will wear them down.

"I have also started a Whatsapp group to share info about planned rides, although we mostly use it to send funny cycling-related memes to each other."

Stu says having people to ride with motivates him to do better – and there's also safety in numbers.

"Bike-jackings are becoming more prevalent in certain areas. But besides that, it's also good to have people with you in case you have a bad fall. No matter how careful you are, at some point, you will fall."

Stu is joined on his weekly rides by a core group comprising Greig Peter, Ismaeel Abrahams and Shaun Erasmus, while a few others join in here and there.

"We are spoilt having the Baakens Valley running right through PE. The local MTB club, Fat Tracks, has developed some amazing trails there, which we often ride."

Aside from the obvious health benefits, Stuart says that mountain biking is a great way to spend time with friends, see new places and de-stress.

Our group may not develop team spirit, but colleagues have definitely become friends.

Jendamark employees interested in joining the group can contact any of the core members for more details.

# Our 'sound' engineer

Innovations engineer Jandr  Swart is becoming a popular face on the local music scene after landing a regular gig at the Music Kitchen venue in April.

Jandr , who makes up one half of alternative rock duo FrankenJack, grabbed the spotlight after a member of the Four Winds Folk Music Club saw them playing during an open mic night at Eddie Macs at the VP Sports Club.

FrankenJack's first official gig was opening for Rob Thompson's Smith & Thompson Show on April 6.

“When we started out we had a crowd of four people, one of whom was my wife!” laughs Jandr .

Then slowly but surely the audience started growing and enjoying their music, which is a mix of cover versions and original blues-infused rock compositions. Jandr  counts Nirvana's Kurt Cobain, Slipknot's Jim Root and blues maestro Dan Patlansky among his major musical influences.

“The originals are currently running at a 50-50 split between me and my bandmate Francis (Pratt), as we are always trying to get one up on each other,” he says.

And, in more exciting news, two of their original songs will be available on digital platforms before the end of the year.

A self-taught muso, Jandr  first picked up a guitar at age 13 and has since added the bass guitar and ukulele to the show, with Francis on guitar and vocals.

“It's the most amazing feeling when the crowd sings along, so loudly that you can barely hear yourself play. That makes it all worth it.”



And, says Jandr , music helps feed his all-round creativity and achieve a better work-life balance.

“During the day, I innovate with technology and at night I innovate with scales and chord progressions. I've always believed you need to find the perfect balance between work and home life to keep on enjoying what you do during the day.”

## Check out his upcoming shows:

5 June – Music Kitchen

28 June – Eddie Macs

31 July – Music Kitchen

PLUS! A free show with other local musicians every last Thursday of every month at Eddie Macs.

# Judo champ back on the mat

After a gap of over 20 years, senior assembler Wayne Smith returned to the sport he loved as a schoolboy – and could qualify to participate in the Commonwealth Games or even the Olympics!

Wayne recently notched up a first place at the Nelson Mandela Bay judo trials, which made him eligible for the South African Judo Championships to be held in Johannesburg in June. Should he do well in his age and weight category, the sky is the limit.

Good-hearted Wayne, who is chairman of MJ's Martial Arts Academy, also sponsored seven youngsters to participate in the first local ranking event, where he earned himself a silver medal.

“Their parents couldn't afford to pay the registration fees, but they are so motivated, give so much of their time to training and show so much potential,” says Wayne.

“I didn't want them to lose their drive and dedication just because they cannot participate in events.”

Outlining why he got back into judo after such a long break, Wayne says he was contacted by his old club, which was in the process of putting together a masters' team.

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(from previous page)

"I went for a few training sessions to see how I felt – and thoroughly enjoyed it. I accepted the challenge and haven't looked back."

But it hasn't been easy, with gruelling training sessions three times a week to perfect his one-on-one physical contact training and other techniques.

It also involves a pretty strict diet. "If I pick up even one kilogram I would have to fight opponents who weigh up to 10 kilograms more than me," he explains.

The sacrifices are worth it. Judo not only teaches discipline and respect, but also how to win without hurting your opponents.

"It becomes a way of life in which you honour the meaning of the word 'judo': *Ju*, which means 'gentle', and *Do*, which means 'the way'."

## Meet your Employment Equity Committee

**Purpose:** The main function of this committee is to ensure that Jendamark is meeting its employment equity requirements. This committee is responsible for drafting the company's employment equity plan and ensuring its effective implementation.

**Here for you:** If you have an issue relating to alleged discriminatory practices which you would like addressed in the EE forum, please talk to one of the committee members below:

### Mariette Geldenhuys

EE Manager, Human Resources

### Achmat Agherdien

Electrician, Electrical Assembly

### Babalwa Ndima

EE Manager, Human Resources

### Rockshana Brown

Administrator, Stores

### Khanyiswa Peter

Machine Shop

### Marcha van Huyssteen

Training Facilitator, Human Resources

### Chippie Groenewald

Senior Manager, Services

**Please note:** The Employment Equity Committee is not a decision-making body but can represent employee concerns at a higher level.

## HAPPY BIRTHDAY

### May

05 Dominic Illenberger

06 Martin Croucamp

07 Neal Marais

07 Didier Ndibu

08 Fatima-Zara Evans

16 Thabang Mathabatha

17 Matt Jamneck

18 Amber Boyley

19 Erushca Coetzer

19 Edward Isaacs

22 Dirk van Niekerk

22 Chantel Rossi

22 Malcolm Swart

25 Ruanne Stumke

26 Eugene du Preez

27 Kyle Hiscock

27 Tammaryn Behr

28 Debra Essen

29 Constant von Berg

30 Khanyi Majola

30 Morne Bolke

### June

01 Quinten Schooling

01 Leroy Daniels

02 Andre Schoeman

02 Christo Jonck

04 Rudi Bellingan

09 Donovan du Toit

11 Christine Chetty

12 Natasha van Staden

15 Wesley Albertyn

16 Angelo Phelan

17 Barto de Koning

17 Darren du Preez

19 Ronel Muller

22 Dayle Eckersley

22 Pieter de Vos

23 Nolubabalo Ngqoba

25 Mario Wilson

29 Terence Whelan

28 Lynette Barnard

30 Jason Ferreira

Got some news you think should be in Jendamark Juice?  
Tell us about it!  
Email [ismaeel@jendamark.co.za](mailto:ismaeel@jendamark.co.za)