

# Vuk'uzenzele



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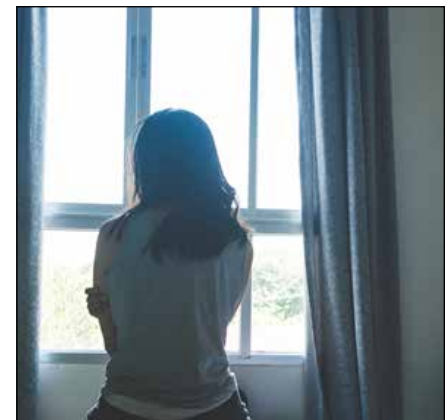


**REGISTER TO VOTE**

26 - 27  
January 2019

**Last chance to register to vote**

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**How abuse affects survivors**

**Page 12**

## Living positively with HIV

**KEEPING A CHILD** living with HIV happy and healthy is not easy, but staying positive, listening to your doctor and taking your medication are vital coping tools.

### More Matshediso

Since he was just one month old, 10-year-old Themba Buthelezi\* has been on HIV treatment.

His mother Slindelo Buthelezi\*, who lives in


Johannesburg, passed the virus to her infant through her breastmilk. She shared with *Vuk'uzenzele* the details of how she strives to keep both herself and her son healthy by ensuring they routinely take their antiretroviral

treatment (ART) to suppress their viral loads.



"He was about one month old when he tested positive. I could not



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# SA's HIV/Aids milestones across the years

**W**hilst South Africa has the largest HIV epidemic in the world, with about 19 percent of the global number of people living with HIV, 15 percent of new infections and 11 percent of Aids-related deaths, it also has the largest treatment programme in the world, accounting for 20 percent of people on antiretroviral therapy globally.

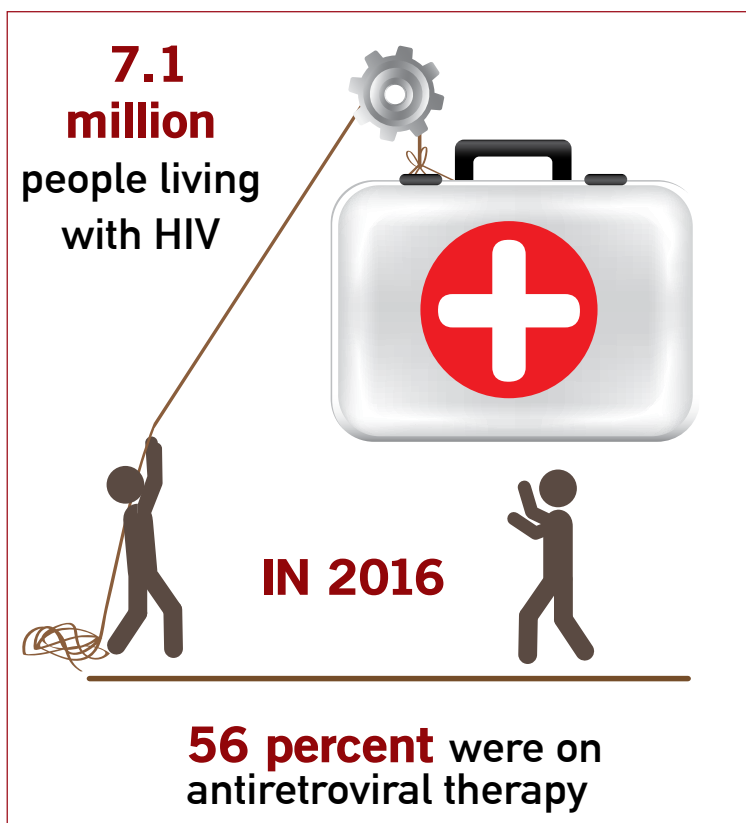
The country also has one of the largest domestically funded programmes, with about 80 percent of the Aids response funded by the government. Below is a timeline of significant developments in South Africa's fight against HIV/Aids over the years.

**1983:** First case of Aids diagnosed in South Africa and the first aids-related death.

**1985:** First advisory group for Aids was established by government.

**1990:** First national antenatal survey revealed that 0.8 percent of pregnant women were infected with HIV.

**1993:** HIV prevalence in



pregnant women rose to 4.3 percent. The number of HIV infections recorded rose by 60 percent within two years. The numbers were predicted to double.

**1996:** Three percent of the population was infected.

**1997:** The health department endorsed the controversial drug Virodene.

**2000:** The Department of

Health rolled out the first five-year National Strategic Plan (NSP) to fight sexually transmitted diseases (STIs), Tuberculosis (TB) and HIV/Aids. To supervise the process, the South African National Aids Council (SANAC) was established.

**2001:** Government fought with pharmaceutical companies to allow for less expen-

sive and locally-produced anti-retroviral drugs.

**2002:** Transmission prevention drugs became available to pregnant women by order of the High Court.

**2003:** Plans to make anti-retroviral treatment available readily and publicly was approved.

**2004:** Government introduced free anti-retroviral (ARV) therapy. Since then, the number of South Africans receiving ARV treatment has risen rapidly and new infections among adolescents have steadily decreased.

**2007:** SANAC finalised the second five-year NSP.

**2008:** Thabo Mbeki resigned as South African President and his successor, Kgalema Motlanthe, appointed Barbara Hogan as Minister of Health. She immediately committed government to a concerted and decisive response to the epidemic.

**2012:** SANAC's third NSP (2012 to 2016) massively scaled up South Africa's anti-retroviral treatment programme and reduced the number of mother-to-child

transmission rate to 1.5 percent. From 2012 to 2017, HIV incidence decreased by 44 percent.

**2013:** Minister of Health, Dr Aaron Motsoaledi, introduces the fixed-dose combination (FDC) antiretroviral drugs (ARVs) also known as the single dose. The single pill is taken once a day instead of three to five pills a day.

**2016:** There were 7.1 million people living with HIV, of which 56 percent were on antiretroviral therapy.

**2016 to 2017:** New infections amongst adolescent girls and young women decreased from 2 000 per week in 2016 to 1 300 per week in 2017, and 67 percent of men between 15 and 24 were reported to be medically circumcised.

**2017-2022:** The fourth NSP aims to accelerate progress towards meeting fast-track targets by reducing new HIV infections; improving treatment, care and support; reaching key and vulnerable populations; and addressing the social and structural drivers of HIV, TB and STIs. **V**

## from page 1

understand why because his siblings did not get the infection. The nurses at the clinic then explained to me that unfortunately my son got it from breastfeeding. I was devastated but I had to accept it as time went by," she said.

She has made her son's health a priority. Because she has been living with the disease for over 25 years, Slindelo knows that

to keep her child alive and strong, she must ensure that he never misses a dose of his medicine.

When Themba was about seven, Slindelo explained to him why he had to take medication every night.

"I told him the truth. I also told him not to be scared and let him know that I also live with HIV. Because I am a mother who talks openly to her children, it was easy for him to accept it and we

talk about it whenever it is necessary because I want him to be free," she explained.

"We go to the clinic together and he is aware of his health status. He understands very well why he has to take medication. Sometimes he even reminds me just before the alarm rings to remind us to take it," she said.

Slindelo said her son's class teacher knows about his status and understands that he will

sometimes be absent from school to allow him to go for check-ups and to collect medication.

"I think it is in my child's best interests that the teacher knows," she explained.

She advised parents and guardians who have children who live with the disease to take their children to clinics or doctors whenever they are not well.

Her biggest challenge is that she is unem-

ployed and survives on social grants and the profit made from selling ice-cream. With regular meals essential to their wellbeing, much of their money goes on buying nutritious food.

"So far I can say my child is okay. He has never been troubled or felt that he was different from other children just because he lives with the disease. He is very bright and does well at school," she said.

\*Not their real names.



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# South Africa's new dawn

**A**s South Africa emerges from a year of difficulty and uncertainty we can declare with confidence that our country is still a land of untapped opportunities.

This year we experienced ups and downs but we can smile knowing that we have triumphed in certain areas. There is hope.

At the beginning of this year, we launched an ambitious investment drive to raise \$100 billion in new investment over the next five years.

I appointed four Presidential investment envoys, tasked with travelling across the country and around the globe to meet potential investors who will help grow our economy and create jobs.

I am proud of the progress that we have made. Several companies have already raised their hands and have made a pledge to play their part in taking our country to new heights.

So far, this drive has yielded R290 billion in investment opportunities that will expand productivity and, most importantly, put South Africans to work.

Towards the end of October we opened the R1 billion Gibela passenger train manufacturing factory at Nigel, Gauteng.

This investment is a source of pride not only because of the world-class and

world-leading technology it showcases, but also because it is a partnership between the French industrial giant Alstom and a South African consortium made up of black businesses and the community.

The factory employs 800 workers, of which half are women, and many more jobs are scheduled to follow at this facility which confirms South Africa's manufacturing capability.

Any investment in South Africa is an investment in Africa and South Africa was therefore honoured to host the African Development Bank's inaugural Africa Investment Forum in the early part of November.

The Forum was a platform for African governments and businesses, continental and international financial institutions, and other development partners, to focus on the critical task of making Africa the next global frontier in investment.

This Forum was aligned to the key aspiration of the African Union's Agenda 2063 of a prosperous and integrated Africa, characterised by inclusive growth and sustainable development.

The Africa Investment Forum – and the South Africa Investment Conference shortly before it – were important sequels

to government's unveiling



in October of an economic stimulus and recovery plan that aims to restore growth, save existing jobs and create new ones.

As part of this plan we have taken immediate steps to finalise reforms in key sectors like mining, oil and gas, tourism and telecommunications – all of which have great potential for growth, but which have been constrained by policy uncertainty.

Another area that is important to economic transformation and restoring dignity to our people is land reform. This issue is currently a focus of intense debate across South African society.

There is general agreement among most South Africans that we need to accelerate land reform not only to redress a historical injustice, but also to effectively unlock

the economic potential of the country's land.

We have appointed an Advisory Panel on Land Reform, which comprises people with extensive experience in farming, policy development, academia and law.

The panel will advise government on the implementation of a fair and equitable land reform process that redresses the injustices of the past, increases agricultural output, promotes economic growth and protects food security.

To date Parliament's constitutional review committee has adopted a report that will allow the state to expropriate land without compensation. This marks the first of many steps we need to take towards land reform.

In August, I made a commitment to convene a

Presidential Summit on Gender-Based Violence (GBV) and Femicide.

The aim of the Summit was to develop a national plan of action against GBV.

We cannot, and will not, rest until every woman and child in South Africa feels safe and is protected against perpetrators of GBV and Femicide.

There is no acceptable level of GBV. We must name and shame those who perpetrate violence against women and children.

With the year coming to the end, I would like to wish all South Africans a wonderful and safe festive season.

While we engage in festivities, may we do this responsibly. Remember to buckle up when driving, not to drink and drive and refuse to commute in a taxi or bus that is not road worthy.

When we return in 2019, it will be our time to recommit ourselves to transforming our country together.

The year 2019 will also be the year to make our mark in our sixth general in May.

It is a privilege, right and duty to vote; a duty with which we pay tribute to the many South Africans who made extreme sacrifices – including losing their lives – to ensure that in 2019 we will be able to celebrate 25 years of freedom and democracy.

Have a happy festive season!

SEND ME TO BUILD THE MZANSI I WANT

Together we move South Africa forward

#SendMe #ThumaMina

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2030 NDP

100 Nelson Mandela Centenary 2018  
Exit the Legacy

ALBERTINA SISULU Centenary 2018

# Breaking the stigma of HIV

## More Matshediso

At the age of 19 years, Sibonelo Dube discovered that he was infected with HIV and he has now been living with the virus for 13 years.

Dube (32) lives in Clermont, near Durban, in KwaZulu-Natal.

A video he recently posted on social media, where he advises people living with the disease to not default and to take their HIV medication, went viral.

Dube spoke to Vuk'uzenzele about his journey with the disease and the message that he is trying to get across.

"In 2005, my friend and I decided to visit a local clinic to get tested for HIV because of our lifestyle behaviour which included multiple-concurrent relationships and we had a number of sex partners.

"We were aware that we were living a dangerous lifestyle so we decided to get tested," he explained.

"When the results came, both of us were declared HIV positive," he added.

Dube said he quickly accepted

his HIV status and started medication shortly thereafter.

He said the first person that he told about his status was his mother and then he became open about it to everyone.

"I never wanted it to be a secret so I told everyone. I wanted to break the stigma and I think that

**"I wanted to break the stigma and I think that is what helped me to accept my status."**

is what helped me to accept my status," he said.

But, things took a turn for Dube when his mother and father lost their lives in 2010 and 2015 respectively.

This led Dube to drop out of high school and take the company of bad friends.

"I ended up using drugs,

ecstasy and cocaine to be specific. That of course affected my health and my lifestyle clashed with how I used to take my ARVs."

In 2012, he was diagnosed with Multi-drug-resistant Tuberculosis (MDR-TB).

After recovering from his ordeal in 2013 he decided to change his lifestyle.

His main message is that people living with the virus should not default from taking medication every day and on time so that they can suppress the viral load, and to focus on living a healthy lifestyle.

KZN Health Department spokesperson Ncumisa Mafunda, stressed how important it is to take ARVs for those who are infected with the virus.

"If you skip a dose of your medication, even once, the virus can take that opportunity to replicate and make more HIV. When you skip doses, you may develop strains of HIV that are resistant to the medications. If this happens, it could leave you with fewer treatment options," said Mafunda. ▀



Sibonelo Dube has been living with HIV for 13 years.

## GBV puts women's health at risk

**WITH GENDER-BASED** violence on the rise in South Africa, the need to protect the reproductive health of women is an urgent one.

### Jauhara Khan

Gender-based violence (GBV) negatively affects a woman's ability to make choices about her body, her sexual health and how to take care of it.

The Commission for Gender Equality's (CGE) Director of Public Education and Information, Joan de Klerk, explained that sexual reproductive health rights (SRHR) gives women power to make decisions about their sexuality.

"These rights include the right to make decisions about reproduction without discrimination – people have the right to access information in making decisions on when to have children and why," she said.

Women's reproductive rights include the right to legal and safe abortions; the right to



birth control; freedom from forced sterilisation and contraception; the right to access good-quality reproductive healthcare; and the right to

education. Women have been frequently denied access to these rights.

A woman's sexual health rights are often deeply en-

grained in societal values regarding women's sexuality, said de Klerk.

"Patriarchal concepts of women's roles within the fam-

ily mean that women are often valued based on their ability to reproduce. Early marriage and pregnancy, or repeated pregnancies because of the preference for sons, has a devastating impact on women's health. Women are also often blamed for infertility."

De Klerk explained that the impact of GBV on health included injuries, gynaecological disorders, mental health problems, STIs and HIV/AIDS. Women who have experienced or survived GBV also use health services more frequently.

De Klerk said the law in South Africa gives women the right to access safe termination of pregnancies for unintended/unwanted pregnancies; pre-natal/ante-natal health care; family planning information; cervical and breast cancer screening, and services for STIs and HIV. ▀

# Last chance to register to vote

**SOUTH AFRICANS** must exercise their constitutional right and vote for the party of their choice.

**V**oter registration weekend is set to take place on Saturday, 26 and Sunday, 27 January next year.

The Electoral Commission (IEC) chairperson, Glen Mashinini says all 22 932 voting stations will open from 08:00 to 17:00 on the voter registration weekend.

"This is to allow new voters to register and existing voters to update and check their registration details."

Mashinini said there are currently 26.1 million registered voters on the national common voters' roll.

The IEC hopes to add at least one million new voters to the voters' roll ahead of the 2019 elections.

Beside the voter registration weekend eligible voters can also register to vote and update their details on the

voter's roll at the IEC offices in their local municipality.

Mashinini said the voter registration drive will also be conducted at correctional centres throughout the country to allow inmates to exercise their right to vote.

"For voting purposes, prisoners are regarded as being registered to vote in the voting district in which their prison is located.

"Family members of those who are incarcerated in

correctional facilities are requested to deliver their identity documents to them ahead of this registration drive," Mashinini said.

## Voter registration

The IEC is hopeful that voters, who are already registered, will use the opportunity to visit their voting station to check their registration and specifically to confirm and update their address details.

## Here's what you need to know:

- All South African citizens aged 16 and older who are in possession of an official ID document can register as voters (although only those who are at least 18-years-old on voting day may vote).
- Voters must take a copy of their bar-coded ID book, smart card ID or temporary ID certificate when they go to register in the voting district in which they reside.
- When registering, voters will have to provide their address or a description of where they live to allow the Electoral Commission to place them on the correct segment of the voters' roll. Proof of address is not required.

The Electoral Commission contact centre will also be activated ahead of the national registration weekend and will

be operational until after the registration weekend to assist citizens to register and vote.

Mashinini appealed to all stakeholders, including political parties, government departments and entities, media and civil society organisations to support the registration drive and encourage voter registration ahead of elections. **SAnews**

Registered voters can visit the Electoral Commission website, [www.elections.org.za](http://www.elections.org.za), to check their current registration details and voting station location. They can also SMS their ID number to 32810 to receive an SMS indicating the address of their voting station (charged at R1).

# First time voter eager to register for 2019 elections

## More Matshediso

**P**onalo Notwane will ensure that he registers to vote for the 2019 General Elections.

Notwane (21) says he will be voting for the first time during next year's elections.

He told *Vuk'uzenzele* that he will either register at a voting station in his home town in Klerksdorp in the North West or at the University of Pretoria, where he is currently studying towards a degree in Computer Science.

"This is exciting for me because I will finally have a say about which political party should lead our country and I am hoping that many young people who qualify to vote will also use this opportunity to register because this will affect their future," said Notwane.

The IEC has announced that the final voter registration weekend is set for 26-27 Janu-

ary 2019. About 22 932 voting stations across the country will open their doors from 08:00 to

**"I will finally have a say about which political party should lead our country. I hope that many young people who qualify to vote will also use this opportunity."**

17:00 to allow first time voters to register and others to update and check their registration details.



**■ Ponalo Notwane has his Smart Card ID ready. He is set to register to vote for next year's elections.**

However, the electoral commission was concerned that the lowest voter registration levels are for voters aged between 18 and 19-years-old, which makes up 15.1 percent

of the estimated population. This is followed by the 20 to 29 year-old-age group, which makes up 56.7 percent of the estimated voting population.

Notwane says he believes

that the low turn out of young people voting, is a result of lack of information about elections, which makes it challenging for the youth to participate.

Notwane said young people must realise that it does not help to complain about not getting services from government if they do not vote.

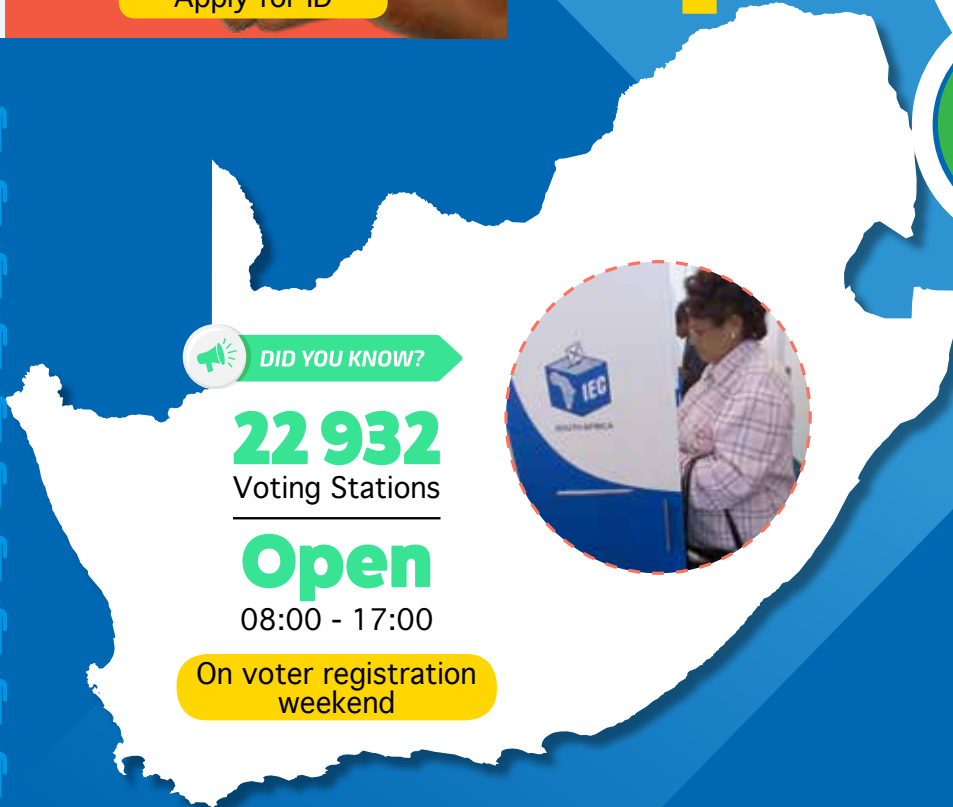
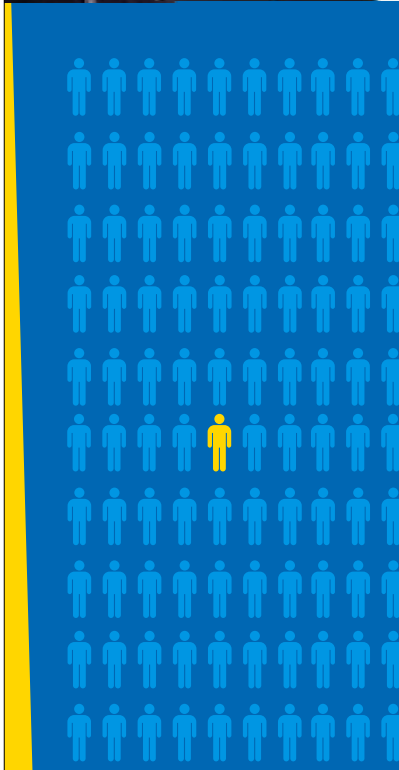
"For example, service delivery is a bit inconsistent in my hometown, but if young people can develop an interest in issues of governance and politics, they will be able to change how things are done," he said. **■**

All South African citizens aged 16 years and older, who are in possession of an official Identity Document (ID) or temporary ID certificate can register as voters, but only those who are at least 18-years-old on voting day may vote.

# Last chance to register!



All South African citizens aged 16 and older who are in possession of an official ID document can register as voters (although only those who are at least 18 years old on voting day may vote).



**DID YOU KNOW?**

**22 932**  
Voting Stations

**Open**  
08:00 - 17:00

On voter registration weekend

Don't be left out.



To check your current registration details and voting station location, SMS your ID number to 32810 to receive an SMS indicating the address of their voting station (charged at R1).

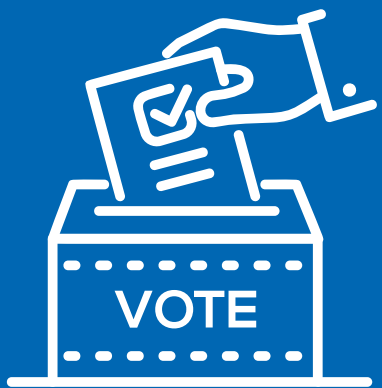
## What happens when you register

When registering, voters will have to provide their address or a description of where they live to allow the Electoral Commission to place them on the correct segment of the voters' roll. Proof of address is not required.



YOUR VOTE COUNTS!!

YOU ARE READY TO VOTE..



For more information visit: [www.elections.org.za](http://www.elections.org.za)

# Hard work earned pilot his wings

**DETERMINATION** proved to be the secret ingredient in the success of Zondo.

Hlengiwe Ngobese

**B**ahle Zondo's passion for flying propelled him to great heights.

From a young age, Zondo knew that he was born to fly.

The 38-year-old was born into a less privileged household in rural uMsinga. He dropped out of school in Grade 11 and made his way to Johannesburg to find employment.

The move proved to be a positive one and he managed to complete his matric within two years, attending school after hours, while working days in a factory.

Today, Zondo is still based in Johannesburg but his life is very different to when he first arrived in the city.

As the proud owner of four helicopters, he is flying high!

After matriculating, Zondo secured a better position at an



High flying pilot worked hard to earn his wings.

insurance company.

"While I was working there, I met a guy who insured an aircraft," said Zondo.

This encounter was to change his destiny.

One day, the man took Zondo with him to test an aeroplane. "When I saw him operating the machine, it

became clear this was what I wanted to do," he said.

After two years of saving, he enrolled at Midrand's Grand Central Airport for training and obtained a student pilot's licence which allowed him to fly under the supervision of an instructor.

Soon, he achieved his private

pilot's licence which allowed him to fly private aircraft, and then his commercial pilot licence.

"Getting a licence is not easy because you have to attend theoretical classes and do practical training. To qualify for each licence, you have to finish your stipulated flying

hours which is expensive because you pay per hour," he explained.

"A medical assessment also has to be passed and every three months, you have to fly with an instructor to determine if you are still doing things by the book," he said.

Before branching out on his own, Zondo worked for British Airways in Amsterdam.

Today he owns and pilots his own helicopters, which are available for a variety of jobs.

"I have a helicopter working in Sudan this month, helping to track stolen cars. People also hire me if they have functions such as weddings," he said.

Zondo said youngsters who want to enter the aviation sector must work hard and obtain good results, especially in maths, science and geography. **U**

## Giving hope to the homeless

**A NEW PILOT** project in Cape Town is showing that homeless people can be turned into productive members of society.



Residents at the Culemborg Safe Space receive clothing and other essentials on arrival.

Dale Hes

**U**nemployed, without a roof over their heads, and often separated from their families, homeless people are among the most disadvantaged

members of society.

While many homeless shelters offer only a temporary solution, a new pilot project in Cape Town is showing that homeless people can be turned into productive members of society.

Opened in June this year, the Culemborg Safe Space has helped over 268 people to start rebuilding their lives.

Residents at the Safe Space get assistance to find jobs to reunite with their families and to get access to skills develop-

ment training.

The facility also offers social services such as assisting with identity documents and social grants, as well as providing access to healthcare and substance abuse programmes.

Residents are allowed to stay at the facility for between four and six months, during which time they are assigned a storage locker, sleeping bag, blanket and toiletries.

In partnership with soup kitchens and other catering services, most meals are provided.

Junaid James (26) is one of the residents at the Safe Space. Qualified as a barman, with further experience in welding, fitting and turning, James ended up on the streets due to a drug problem.

"The management of the Safe Space assisted me to

get support for my addiction problem and I am now on my way to a rehabilitation centre to get help. Once I overcome my problem, I would like to be employed again," said James.

Mayoral committee member for Safety and Security; and Social Services, Alderman JP Smith, said that similar safe spaces will hopefully be set up in other areas of Cape Town.

Karen Nel, who is another resident at the facility, said Culemborg is an example to the rest of the country to find new solutions to the homeless problem.

"May the thousands of homeless people find their way home, may the hopeless find hope again, and the poor a solution to end the poverty and socio-economic problems," said Nel. **U**

# Eastern Cape cracks into macadamia industry



■ The Amajingqi Macadamia Farming has created about 150 jobs for locals.

## Siya Miti

**T**hanks to a R40 million cash boost by government into a community-oriented farming initiative, the Eastern Cape is claiming a share of the lucrative mac-

adamia market.

The initiative is based on a public-private partnership model which receives state funding and is helping to add value to the province's agriculture sector.

The model is being rolled out

by Eastern Cape Macadamia (ECM), a company led by East London businessman Mkululi Pakade.

ECM partners with the community in targeted rural areas and forms an operating company, of which the com-

munity owns a 51 percent share.

Pakade first implemented the model in 2013 with the launch of the Ncera Macadamia Farm near East London.

Once the Ncera farm was up and running, ECM helped establish another macadamia plantation, this time in Amajingqi near Willowvale.

Launched in 2016, Amajingqi Macadamia Farming (AMF) received a cash grant of R40 million through the Department of Trade and Industry's Employment Creation Fund.

According to Pakade, the funding was given on condition that the shortfall of R80 million required by the project be secured.

"ECM played a key role in securing funding from the Land Bank and a further grant top-up from the Department of Agriculture, Forestry and Fisheries' Comprehensive Agricultural Support Programme.

"These combined raised the R80 million shortfall and ensured that the Amajingqi site is fully funded," he said.

AMF has 300 hectares under cultivation and Pakade hopes it will replicate the success enjoyed by the Ncera operation.

Amajingqi Traditional Council's Chief Ngwenyathi Dumalisile said: "Not only does the community hold land usage rights and manage the 80-year land lease on behalf of the community, but 300 sustainable jobs will be created.

AMF field officer Lwando Mnqweno (35) is one of 150 Amajingqi residents to find employment through the project.

"I was unemployed for about five years before I joined the macadamia nut project and life was tough. This project has brought positive change to my life. My co-workers and I have a stable income," said Mnqweno. ▀



## Water-wise farming a game changer

**THE STARK REALITY** of unemployment in South Africa means that people need to start their own initiatives to survive.

## Hlengiwe Ngobese

**A** lack of job opportunities and stark poverty, coupled with an abundance of land suitable for farming, led to the establishment in 2006 of the Ixhiba co-operative by six women in the Imbali township near Pietermaritzburg.

These women were determined to change their fate.

Today, Ixhiba grows hydroponic tomatoes; green, yellow and red peppers; cucumbers; spinach; beetroot and lettuce with great success.

With hydroponic farming, plants are supported by a water and nutrient mixture, rather than soil. Plants can be grown closer together and in smaller spaces. Hydroponics

use less water because the water is recycled.

Ixhiba co-operative member Hlaleleni Buthelezi (64) said they opted for hydroponic farming because they wanted to save water, and with the drought challenges recently faced by the country, their choice was a wise one.

"We try to save as much water as we can while at the same time making sure that we get good crops that are of high quality," she said.

Buthelezi said when they started, they had no budget.

Commercial banks which were approached for a start-up loan turned them down or offered them uncompetitive interest rates.

Eventually, they knocked on the doors of Ithala Development Finance Corporation.

"It was our saving grace.



■ Hlaleleni Buthelezi shows off her hydroponically grown spinach, broccoli and cabbage.

They gave us a loan of R60 000, which we used to buy our first tunnel and crops.

"In 2017 we entered Ithala's Imbokodo Iyazenzela Women in Business competition and were selected as one of the winners. This gave us an incredible opportunity to be

mentored by Ithala."

Their mentor helped the co-operative draft a business plan for the Agribusiness Development Agency. We are also receiving assistance with record keeping and better understanding our profit and loss situation," she said.

This support means that the co-op can investigate new markets and new growing techniques.

"We have been able to increase the number of tunnels from one to five and have provided 10 employment opportunities," said Buthelezi. ▀



# Tips to keep you safe this festive season

Dale Hes

**T**he festive season is a time of joy. But it can also bring an increased risk of incidents such as car accidents, theft and other crimes. Follow these tips below to ensure that you have a safe and happy time with your loved ones.

## Staying safe on the roads

Road accidents increase dramatically over the festive season, claiming hundreds of lives. To stay safe, make sure that:

- You do a vehicle check-up before leaving for your destination, to ensure that your car is in good shape.
- You and your passengers always wear safety belts.
- You take a break every two hours if you are driving long distances.

- Avoid drinking and driving at all costs.
- Stick to the speed limit and obey all other rules of the road.
- Be observant of other vehicles and pedestrians.
- Avoid using your phone while driving.

## Safety of children

Many holiday destinations are very busy places, which means there is a chance that your child will become separated from you in a crowd of people.

It is also vital to keep an eye on your children when they take part in activities such as swimming in the sea or using playgrounds. Here are some tips for keeping your kids safe:

- Make sure that younger children are always under responsible adult supervision.
- In the car, make sure that younger children

are buckled up.

- Teach older children your cellphone number in case of an emergency.
- Make sure that children who can't swim strongly are fitted with inflatable armbands when swimming.
- Teach your child to never get into a stranger's car and not to engage with strangers.
- Hold your child's hand when you're in busy places and when crossing the road.
- Learn basic first aid so that you can respond in the event of a medical emergency.

## Crime

There are increased incidents of housebreaking and theft over the festive season. Stay vigilant at all times and take the following safety precautions:

- When you leave for your holiday, make sure that all the windows and doors of your home are locked.
- If one of your neighbours is going to be around, ask them to keep an eye on your house.
- While on holiday, keep valuables such as cell-phones and wallets out of sight.
- Keep your car locked when you leave it for any period of time. Make double sure by checking the handles.
- Keep the numbers of emergency services such as ambulances and the police close at hand. **V**



# When the sheriff knocks at your door

**SHERIFFS ARE REPRESENTATIVES** of the court and as such, you must follow their instructions or you may be liable for prosecution and further costs.

Allison Cooper

**A**nswering the door to find the sheriff on the other side is enough to have you shaking in your shoes.

A sheriff has the authority to carry out court orders. This may include attaching (taking) some of your possessions so that they can be sold to help pay back money you owe to someone. It is important to know your rights and to understand the sheriff's responsibilities.

The South Africa Board for Sheriffs chairperson, Charmaine Mabuza, stressed that a sheriff is an impartial and independent official of the court appointed by the Minister of the department of Justice and Correctional Services. Interestingly, sheriffs operate inde-



**Make sure you understand your rights when you are dealing with the sheriff of the court.**

pendently from each other; in fact, they are private business people.

The board monitors sheriffs and their deputies to ensure they execute their duties in a humane manner in terms of the Code of Conduct for Sheriffs.

The sheriff or deputy sheriff must serve or execute all documents issued by the courts. These include summonses, notices, warrants and court orders.

"The sheriffs' profession is a vitally important arm of

the administration of justice in South Africa. Without it, justice would grind to a halt," explained Mabuza.

A sheriff may enter your premises, even when you are not there, providing they have a legal court order to attach some of your possessions.

However, a sheriff must treat you with dignity and respect at all times; and he/she must explain the contents of the court document and what you need to do next.

It is important to know your rights, most notably that a sheriff may not remove necessary items such as food and beds, bedding and clothes. There are also limitations on other things, such as tools of trade you may need to carry out your work, which may not be attached.

Also, be sure to ask for

identification so you are not scammed. All sheriffs and deputies must carry a valid identification card issued by the South African Board of Sheriffs (SABFS) and must be able to produce it on request. **V**

## What to do if you have a complaint against a sheriff?

If you have a complaint, or if you are unsure of your rights, contact the SABFS via email: [contact@sheriffs.org.za](mailto:contact@sheriffs.org.za) or phone: 021 426 0577. The SABFS also has a fraud hotline to allow people to bring any unethical business practises to the attention of senior management. The toll-free number is 0800 000 628.

# Spend wisely this Christmas

**DON'T MAKE** the dreaded mistake of spending more money than you have.

Allison Cooper

**T**he festive season does not have to leave a spiralling hole of debt in its wake.

"Overspending is like that irritating debt pebble in your 'financial shoe'. It is best to avoid any overspending this Christmas because it can have

**"Do not spend what you do not have."**

major implications on your cashflow and budget in the long run," said DebtSafe's marketing and sales manager Matthys Potgieter.

"That lovely feeling of overspending in November and December is short lived and



consumers will feel the strain of their impulsive choices by the end of January 2019. Do not spend what you do not have," said Potgieter.

African Bank's Mellony Ramalho says employees often get paid early in December, making the wait for their January salary much longer.

"January is a tough month for a lot of people, with some resorting to credit cards with reckless abandon or taking out a loan. It is important

to stay conscious of what you spend. Rather prepare a budget to avoid overspending," said Ramalho.

Potgieter advises consumers on how to keep their budget under control:

- Stock your fridge and pantry with long-lasting ingredients
- Consider carpooling. Using less cars means using less fuel money
- Avoid toll routes where possible
- Instead of buying gifts, let the kids bake personally designed treats for loved ones
- Start your Christmas shopping early.

This year, the DebtSafe team is encouraging consumers to consider using plain brown paper as wrapping paper, which is affordable and environment friendly. **V**

## Quality affordable smart phone for Africa

**THE AFRICAN** Development Bank and its strategy of industrialising Africa has played an important role in developing the continent's technology sector.

**I**n the world of smartphones, China has Huawei, Korea has Samsung, while the United States of America has Apple.

Long-time dark horse Africa is now taking centre stage with the announcement of the Mara phone project that is touted to take the smartphone business by storm.

Developed by Rwandan businessman and billionaire Ashish Thakkar, the Mara group at the Africa Investment Forum announced ambitious plans to develop manufacturing plants in Rwanda and in South Africa.

During South Africa's recently held inaugural investment conference, a brainchild of President Cyril Ramaphosa, Thakkar announced that his company would be investing R1.5 billion in a South African



venture over the next five years.

Thakkar also said there were further plans to develop the phone in plants across the continent's five regions.

"We all know the importance of high quality and affordable smartphones and the impact

this can have on the continent. Quality smartphones mean we can truly enable financial inclusion, micro-lending and micro-insurance. This can translate into better education, digital healthcare and agriculture efficiency and improved commerce.

"If this is all going to be possible... we [need] quality and affordable smartphones. Unfortunately, we have quality smartphones but they are not affordable and if it is affordable, it is not quality," he said.

None of the millions of smartphones found worldwide are

from Africa, Thakkar said.

"We have a few that are assembled in Africa but nothing is truly being manufactured in Africa. Thanks to the African Development Bank, this will change," said the businessman.

He said the idea to produce the Mara phone was made possible thanks to the support from the African Development Bank and its strategy of industrialising Africa.

"We all believe that it is time to shift the narrative, which is why we are also excited that the phone will also be sold in Europe," he said.

"This will truly be transformative. It will create thousands of jobs directly and eventually hundreds of thousands of jobs indirectly in the eco-system across the continent," Thakkar said. **V SAnews.gov.za**

# YES to a greener world

**PARTICIPANTS** in the YES Programme were involved in environmental surveys, waste sorting, and implementing environmental days in their community.

**T**he North West's Paul Borokelo says even when he is dressed up, he still picks up waste from the street because caring for the environment is a cause close to his heart.

Borokelo (30) from Koster in Kgetlengrivier Municipality, recently graduated from the Youth Environmental Services (YES) Programme with a National Diploma in Environmental Education, Training and Development Practice.

"People say I'm crazy for still cleaning up when I'm 'dressed to kill'. But it's what I do. I want to take care of the environment and live in a place that is clean," smiles Borokelo.

The YES Programme, an initiative of the Department of Environmental Affairs, aims to generate job creation, small business and skills development opportunities through the Expanded Public Works



■ Paul Borokelo, a true ambassador of the environment.

Programme (EPWP).

Twenty-eight candidates, including Borokelo, participated in the programme during 2015/2016 and

2016/2017. They were awarded a diploma from the Education, Training and Development Practices (ETDP) SETA, in partner-

ship with the Department of Environmental Affairs, Delta Environment Centre, and the University of South Africa (UNISA).

A further 120 participants graduated from the skills programme with 147 credits, and were awarded certificates of attendance.

Borokelo, who works as a general worker at SAPS Koster, joined the Yes Programme in 2015, completing a certificate in the skills module. He enrolled for the diploma course in 2016.

"I wanted to study but I didn't have enough information or resources to do so. I have a great love for the environment and our impact on it, so I jumped at the chance to join the programme," Borokelo said.

Obtaining the diploma was challenging but a good learning experience, he said.

"We had to create business plans to open a waste recycling centre. It was tough

but we wanted to make a difference," said Borokelo.

Borokelo spent time educating the community on how and where to recycle waste material and identify which waste material they could use to earn money. He also taught people how to manage their own waste production to minimise dumping on street corners.

"Through the programme, we started gardens in schools and local community centres, teaching the community how to use gardens for food and to make money. We received a lot of positive support from the community," said Borokelo.

Borokelo said the YES Programme has opened doors for its participants. ■

**For more information on the YES Programme call the Department of Environmental Affairs call centre: 086 111 2468**

## Learners invent life-saving fire rescue robot

**TWO TEENS HAVE** fired up the hope that fewer firefighters will lose their lives when battling burning buildings.

Dale Hes

**F**irefighters are everyday heroes who often risk their lives while carrying out their duties. In September, three firefighters tragically died while battling a blaze at the Bank of Lisbon building in the Johannesburg City Centre.

The tragedy inspired two bright young learners from Mpumalanga to invent a rescue robot that has the potential to make the work of firefighters that much safer.

Grade 9 learner Trevor

Simelane and Grade 10 learner Joseph Mdluli are from the Mandlesive Secondary School in the township of Kanyamazane, near Mbombela in Mpumalanga.

The pair of inventors designed the robot for their entry into the 2018 Hip2b2 3M Innovation Challenge. Supported by the Department of Basic Education, the challenge seeks to encourage high school pupils to explore the fields of maths and science.

Simelane and Mdluli's invention impressed the

judges so much that the boys were crowned winners of the 2018 challenge.

Built from recycled materials, the robot has the ability to get inside dangerous burning buildings, navigate obstacles and search for trapped people.

"The advantages of our fire rescue robot extend to absorbing smoke with a smoke pump and providing oxygen to people who have just been rescued from the fire," said Simelane.

Two of the firefighters from the Bank of Lisbon fire died



■ Trevor Simelane and Joseph Mdluli with their award-winning fire rescue robot.

from smoke inhalation. The third was killed when he fell from a ledge while trying to escape the dense smoke. Mdluli said the robot has been designed to prevent such incidents.

"One of the other advantages of a robot is that it can safely go to places that are risky for humans; there are no risks of suffocating, suffering lung and respiratory damage or burns and injuries from a collapsing building. It is built to absorb pressure and deliver results

within a short period," Mdluli explained.

The Hip2b2 Challenge saw hundreds of learners from around the country entering. Simelane and Mdluli faced strong competition from the two other final teams. Sisters Nomvula and Elizabeth Ledwaba developed a solar energy bookcase which can light up a desk for learners to study without electricity, while Hudson Mashaninga and Thokozani Mlauzi created a backpack that stores litter. ■

# Sparkling laundry a rosy deal for locals

**FUNDING FROM** the NYDA helped a group of young people to establish a growing business.



■ Chairperson of the Rosy Vision Multipurpose Cooperative Nelisiwe Skosana says thanks to the NYDA, they were able to grow their business.

## More Matshediso

**A** group of five young women from Katsiwe in Ekurhuleni have come together

and opened a laundry service business after battling to find employment.

Rosy Vision Multipurpose Cooperative is a youth owned laundry service busi-

ness which was established by the five young women.

"We were frustrated by unemployment and thought we should come together and do laundry for people

in our community. We saw a market because community members used to travel to town to get their laundry done," said chairperson of the cooperative, Nelisiwe Skosana (29).

Although their cooperative was registered in 2016, they only started operating in 2017.

She explains that at the inception of the business, they used to hand-wash and iron for their customers since they did not have the necessary equipment.

But with a bit of research on how to grow their establishment, they attended a Business Management Training course facilitated by the National Youth Development Agency (NYDA).

This was followed by another Cooperative Governance Training course which opened the doors to the laundry business receiving about R44 000 funding from the NYDA to purchase equipment.

"We now have two industrial washing machines, one industrial dryer, four irons, three ironing boards, clothing stands, a scale, four baskets and one big bucket - thanks to funding from the NYDA," said Skosana.

"The training that we attended has helped us to manage our business better in terms of handling finances, forming partnerships and improving customer services," she explained.

The business has grown from being operational two days in a week to being open every day.

"The demand is growing and we are looking for a bigger operating space and to eventually hire more people," she said. ■

If you are a young person between the ages of 18 and 35 and need funding for your business, call the NYDA on 0800 52 52 52

# How abuse affects survivors

**WITH A LITTLE** empathy and support, the community plays a role in helping victims to heal.

## Jauhara Khan

**A**ll forms of abuse – emotional, physical, and sexual – bring with it many emotions for survivors and their loved ones. These feelings can range from anger, confusion and sadness, to physical pain, illness and psychiatric disorders.

Vuk'uzenzele consulted with Tshwane clinical psychologists, Adel Ras and Jacques Labuschagne, to understand the psychological impact of abuse, and to find out how family, friends and communities can support survivors.

"When someone is being abused, the brain can perceive the threat and focuses on surviving the ordeal. Its ability to deal with emotions and abstract thought processes stops temporarily," Ras explained.

When the threat has passed

and the abusive experience has ended, the survivor has to readjust to their environment, and the need for safety and protection becomes most important.

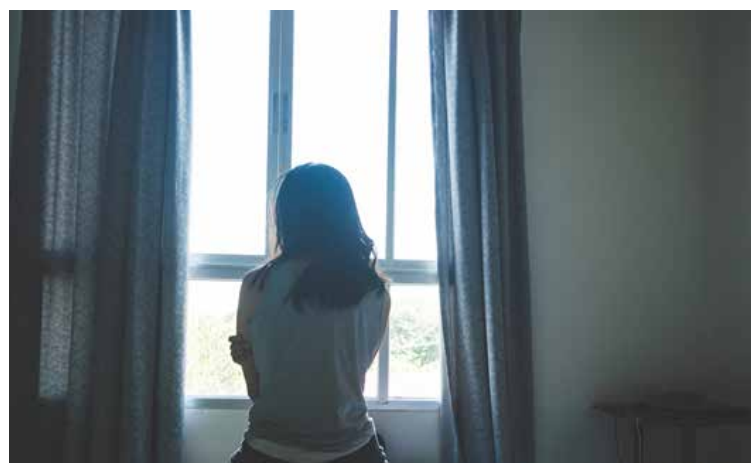
"Survivors are left confused, but once they have adjusted, they desperately seek out a place of safety, engaging people for assistance," said Ras.

Once the survivor feels safe, they are able to think critically again.

## Emotional impact

As time passes, survivors express feelings of numbness, helplessness, being wronged, unfairness, feeling dirty betrayal (especially if the perpetrator was someone they trusted).

There is a sense that what happened was out of their control and they cannot reconcile the experience with their own understanding of themselves.



Survivors also report reliving experiences through nightmares or flashbacks that can slow down their process of healing.

"These feelings and reliving experiences are attempts by the mind to heal itself and should not be seen as unfavourable," said Ras.

Individuals also attempt to avoid dealing with their emotions altogether, or try to deal with them alone, which could lead to further emotional suffering.

## Mental health disorders

According to Ras and Labuschagne, the most common psychiatric diagnoses that may follow abuse include acute stress or adjustment disorders, post-traumatic stress disorder (PTSD) and anxiety disorders.

"The survivor might experience trust and intimacy difficulties, isolation or blaming themselves, and feelings of guilt and self-esteem difficulties."

## Helping survivors of abuse

It takes courage and high levels of trust for survivors to speak out about their experiences. Survivors fear that they will be treated differently by their friends or family once they know what happened. Ras advised family to be kind to the person who has been abused.

Ras and Labuschagne urged survivors, family members and friends to seek professional assistance from government via the Department of Health's Crisis Centres. ■

If you or a loved one need counselling after a traumatic experience, you can call the Department of Social Development Gender-Based Violence (GBV) Command Centre on 0800 428 428, or send a please call me to \*120\*7867#

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Centre: Provincial Office: Mpumalanga  
Reference No: HR 4/4/7/67

Salary: All inclusive: R 697 011 per annum  
Enquiries: Ms. M Mazibuko, Tel: (013) 655 -8701

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**Director: Employment Standards**

Centre: Directorate: Employment Standard, Head Office

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# Preparing SA children for a brighter future

Since the advent of democracy, government has made strides in preserving the lives of children and ensuring that their quality of life improves from when they are conceived until they go to tertiary institutions.

**1994** **Before birth** – Government has been providing free health-care to all pregnant women since 1 June 1994.

**1994** **After birth** – Government helps families meet children’s needs through social grants. The percentage of individuals that benefited from social grants increased from 12.8% in 2003 to 30.8% in 2017.

**Access to electricity** – About 86.11% of households in South Africa had access to electricity in March 2017. This figure is growing as government continues to deliver services.

**Access to water** – Government provides households with access to piped water.

**0–6 years** – Government has been providing free health-care to children under the age of six since 1 June 1994.

**1998** **Child support grant** was introduced in 1998 and initially targeted children aged seven and below. By 2012, it also applied to children under the age of 18.

**Foster child grant** – Previously, the provisions surrounding the Foster Child Grant only spoke to foster care itself, not of social assistance.

**Disability grant** – Access to social assistance schemes overall has increased considerably since 1999.

**Grant for older persons** – Before 1994 black South Africans would receive old age grants bi-monthly.

**1999** 2.4 million beneficiaries

**2018** 16 million beneficiaries

**0 – Grade R** – Since 1994, there has been a significant increase in access to centre-based care. Over a million children under four years old are now in an ECD facility or some form of out-of-home care.

**Primary and secondary school**  
The National School Nutrition Programme was initiated in 1994 in primary schools and was extended to secondary schools in 2009.

**Tertiary education**  
From 2017, government declared free tertiary education for qualifying students in public universities and TVET colleges.

**Fast facts**

• **Infant mortality rate (IMR)** has declined from an estimated 53.2 infant deaths per 1 000 live births in 2002 to 36.4.

**Vaccines:**

- Oral polio vaccine (OPV) at birth.
- **Rotavirus vaccine (RV)**; diphtheria and tetanus toxoids and acellular pertussis absorbed and inactivated poliovirus vaccine (DTaP-IPV vaccine); hepatitis B vaccine (hbv); Pneumococcal conjugate vaccine (PCV) - at six weeks, 10 weeks and 14 weeks.

- Measles vaccine at nine months.
- **Pneumococcal conjugate vaccine (PCV)**; Chickenpox (varicella) vaccine; Hepatitis A vaccine; Measles, Mumps, and Rubella (MMR) vaccine at 18 months.
- **Human papilloma virus (HPV)** vaccine was introduced in 2014 free to grade 4 girls in quintile 1 to 4 schools.

The National Poverty Lines contain both food and non-food components of household consumption expenditure.

- **Food poverty line** – R547 (in April 2018 prices) per person per month. This refers to the amount of money an individual will need to afford the minimum required daily

energy intake. This is also commonly referred to as the “extreme” poverty line;

- **Lower-bound poverty line** – R785 (in April 2018 prices) per person per month. This refers to the food poverty line plus the average amount derived from non-food items of households whose total expenditure is equal to the food poverty line; and
- **Upper-bound poverty line** – R1 183 (in April 2018 prices) per person per month. This refers to the food poverty line plus the average amount derived from non-food items of households whose food expenditure is equal to the food poverty line.



**government communications**

Department: Government Communication and Information System  
REPUBLIC OF SOUTH AFRICA



# From street vendor to international exporter

**A KWAZULU-NATAL** trade and inward investment promotion agency is creating a platform for emerging exporters to gain access to global markets.

Hlengiwe Ngobese

**B**ilateral trade between South Africa and China has yielded positive results for a KwaMashu businessman who exports oranges to the East Asian country.

Mthokozisi Mkhwanazi's Isivuno Food Company recently secured a contract to supply 10 containers of this citrus fruit to Shanghai, which is China's biggest city.

The 36-year-old's journey is a remarkable one. He was once a street vendor peddling produce he bought from the Durban Fresh Produce Market.

In 2015, he took a leap of faith and started Isivuno, which sources oranges and grapes from farmers across South Africa to export to international markets.

Mkhwanazi said winning the Shanghai contract would not



■ Mthokozisi Mkhwanazi is one of the people who have taken advantage of trade relations between South Africa and China.

have been possible without the support given to him through the emerging exporters programme run by Trade and Investment KwaZulu-Natal (TIKZN).

"TIKZN has been very in-

strumental in equipping me with the skills and platforms required for the growth of my business. The incubation programme focuses on export and market opportunities. I received step-by-step mentorship

through the programme, including pricing and marketing the business to international clients."

He said the organisation assisted him to register with the Perishable Products Export Control Board so that he could export high-quality products to international markets.

"They even organised an international trade mission to Dongguan in China, in collaboration with the Dongguan Economic and Trade Office. While in China, we had the chance to showcase our businesses and network with other international companies," he said.

The trip was successful and Isivuno won a contract to export four tons of grapes to Dongguan.

TIKZN's executive manager of export promotion, Lester Bouah, said many investors are reluctant to make investments in South Africa because of a

lack of understanding of the nation.

"But since black businesses like Isivuno started trading with China, the confidence of international investors has improved," he said. Through bilateral trade between South Africa and China, over 50 Dongguan-based companies are now importing goods to South Africa while timber, oranges, grapefruit and grapes from South Africa are exported to China. ■

## This month in history



**Thursday,  
5 December 2013  
– Former President  
Nelson Mandela dies**

Revolutionary anti-Apartheid liberation leader and the first black president of South Africa Nelson Rolihlahla Mandela died at the age of 95 on 5 December 2013.

His vision and respect for human dignity brought hope to a country previously ravaged by injustice and discrimination.

Born on 18 July 1918, Nelson Rolihlahla Mandela is hailed as the greatest icon of South Africa's liberation struggle. Imprisoned in 1964 for his role in the African National Congress' (ANC) struggle against the apartheid regime, Mandela was charged and convicted of sabotage and treason and received a life sentence on Robben Island.

After his release in 1990, Mandela received the Nobel Peace Prize, and was elected President in 1994 in South Africa's first free, democratic elections.

Mandela died after a prolonged respiratory infection at his home in Houghton, Johannesburg. He was laid to rest on 15 December 2013 in his birthplace of Qunu, Eastern Cape. This year, the global icon would have been 100 years old.

(Sahistory.org)

## Mozambique unveils R11 billion bridge



Noluthando Motswai

**P**eople travelling between Kosi Bay in KwaZulu-Natal and Maputo in Mozambique will be relieved to know that they will only spend 90 minutes on the road, thanks to the construction of a new bridge.

Prior to the opening of the

new bridge, commuters spent six hours on the road when travelling between Maputo and Kosi Bay.

KwaZulu-Natal Economic Development and Tourism spokesperson Bongani Tembe said the province was excited to have this new connecting bridge that is expected to increase trade and tourism

relations between South Africa and Mozambique.

"Prior to the construction of this road, it was difficult to travel between KwaZulu-Natal and Maputo. The roads were not in good condition which forced commuters to use 4x4 vehicles. It was difficult to commute with a four wheel motor vehicle," said Tembe.

The R11 billion bridge was officially opened recently by Mozambican President Filipe Nyusi.

The construction of the twin-tower suspension bridge began in 2014; it was conceptualised by the late President Samora Machel who died in a plane crash in Mpumalanga in 1986.

The bridge stands 141 metres above Maputo Bay; is 680 metres long and joins the city

centre to the outlying district of Katembe.

About 95 percent of the bridge's cost was financed through loans provided by Chinese lenders.

The building project was managed by the China Road and Bridge Corporation and took four years to complete.

Tembe added that Mozambique, Swaziland and South Africa have a long-standing agreement on trade and tourism relations.

"It is without a doubt that small towns such as Richards Bay, Hluhluwe and Manguzi will benefit significantly from trade relations with the opening of the new bridge," said Tembe.

Mozambique also forms part of the top five South African trade partners on the continent. ■

# Flying high with birdies and eagles

Allison Cooper

**BECOMING A** professional golfer is not easy by anyone's measure. But two women from an East London township have realised this dream.



■ Yolanda Duma.

**D**edicating their lives to golf is paying off for sisters Yolanda (28) and Siviwe (30) Duma.

The determined duo from Mdantsane township in East London turned professional in January 2017.

They were introduced to golf by their father. At the time, Yolanda was eight and Siviwe was

10. "Once I started playing and developed a love of the game, it was my dream to turn pro," said Yolanda.

Both sisters have already played two seasons of the Sunshine Ladies Tour and are looking forward to the next season, which starts at the end of January 2019.

Professional golfer Michelle De Vries took the sisters under her wing in 1999 and introduced them to the South African Golf Development Board (SAGDB), Border Ladies Golf, the Ernie Els and Fancourt Foundation and Women's Golf South Africa.

"Making the teams to play outside of East London and getting to travel to various parts of the world are some of the highlights of my golfing career. If it wasn't for golf, I would not have



■ Siviwe Duma.

been overseas," said Yolanda, who encourages aspiring pro golfers to not give up.

Being a pro golfer and coming from a poor background is not easy. The sisters have to travel a lot and pay for various expenses, including accommodation and tournament costs.

Siviwe's journey before turning pro was overwhelming and exciting. "As a township junior girl golfer, I got to travel to other provinces and golf supported me financially. I was inspired when I was selected to represent my province at an early age and by the financial

support we received from the SAGDB, Border Ladies Golf and the Ernie Els and Fancourt Foundation," she said.

In the future, Siviwe wants to win a pro tournament.

Her personal motto is that once you taste a win, you want to win all the time.

To those aiming to turn pro, she urges you to be your own biggest fan. "Consistency is harder when no one is clapping for you and you are not getting recognition. You must clap for yourself during those times," she said.

Both sisters now need to find a sponsor. Until this happens, they have to host an annual golf day to help them to raise the funds they need to play tournaments. Their next fundraising golf day will be held on 7 December at the Westbank Golf Club in East London. For more information or to become a sponsor, contact de Vries at **082 453 7298**. ■

## Festive fun this December

**WITH THE FESTIVE** season in full swing, *Vuk'uzenzele* found some low-cost, fun and exciting things for you to do.

Allison Cooper

**E**njoying the festive season with your family doesn't have to cost an arm and a leg. Here are some enjoyable outings to make your festive season memorable.

For under R200 an adult and R100 a child you can visit Honeydew Maze in Johannesburg's West Rand and enjoy six-minute mazes, climbing walls, rope mazes and more; head off to Sun City's famous Valley of the Waves; or visit Gold

Reef City in Johannesburg South, which offers over 30 rides in the theme park, a casino and so much more.

If it's nature you prefer, pack a delicious picnic and head off to your closest botanical garden or go bird watching at Monte Casino's bird sanctuary, where you can spend the entire day relaxing and watching the birds.

### Basotho Cultural Village in the Free State

Learn about the traditions of the indigenous Basotho people, watch customary

Basotho arts and crafts being handmade and experience the people's genuine hospitality and lifestyle.

Also, in the Free State, visit Bon-Af Berry Farm and enjoy a guided tour of the orchard, pick a variety of berries, tour the little museum, relax in the tea garden and let the kids enjoy the petting zoo.

### Mpumalanga Skyway Trails

In Mpumalanga, try Skyway Trails' tree-top challenge, an elevated obstacle course suitable for both young and old; or visit

the Graskop Gorge Lift Company and ride in the viewing lift which takes visitors 51 metres down the face of the gorge into the forest below, where wooden walkways and suspension bridges meander along a 600-metre trail through the indigenous forest.

### Western Cape's Plettenburg Bay

Adventure Land in Plettenburg Bay offers a variety of exciting rides, including a 75-metre super tube, a raging rapid tube, a 12-metre free fall

slide and mini versions for the kids; a 3.5km cross-country trail on a semi-automatic quad bike and a smaller track for the kids.

### Umgeni Steam Railway in Kloof KwaZulu-Natal

Another must-do is the Umgeni Steam Railway in Kloof, where you can explore KwaZulu-Natal on an authentic historic steam train. Journey along one of the oldest functioning railway tracks in the country in a railway carriage built in 1908. ■