

Vuk'uzenzele



Produced by Government Communications (GCIS)

English/Sesotho

| Pudungwana 2018



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

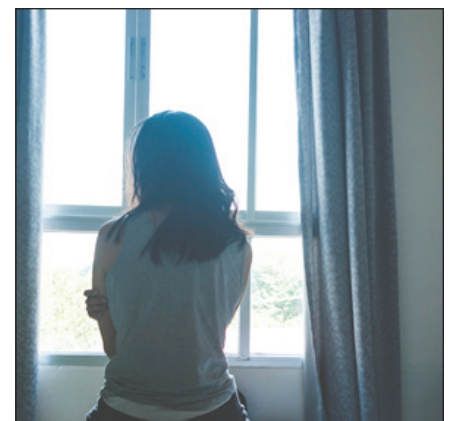
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**REGISTER
TO VOTE**

26 – 27 January
2019

**Last chance to
register to vote**

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**How abuse
affects survivors**


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Monyetla wa ho qetela wa ho ingodisetsa ho vouta

MAAFORIKA BORWA a tlameha ho etsa tokelo ya ona ya Molaotheo mme a voutele mokga oo ba o ratang.

Ho ingodisetsa ho vouta ho tla ba mafelong a beke ka Moqebelo wa la 26, le Sontaha sa la 27 Pherekong 2019, ho ya ka modulasetulo wa Khomishene e Ikemetseng ya Dikgetho (IEC), Glen Mashinini.

Mashinini o itse diteishene tsohle tsa ho voutela tse 22 932 di tla bula ho tloha ka hora ya 08:00 hoseng ho ya ho hora ya 17:00 mantsiboya mafelong a beke a ho ingodisetsa ho vouta.

"Sena se etsetswa ho fa bakgethi ba batjha monyetla wa ho ingodisetsa ho vouta, esita le bakgethi ba seng ba ingodisitse ho hlaloba dintlha tsa bona tsa ngodiso."

Mashinini o itse hajwale ho na le bakgethi ba 26.1 milione ba ingodisitseng lenaneng la bohle la naha la ho vouta.

IEC e labalabela ho eketisa bonnyane ba bakgethi ba batjha ba milione e le nngwe

lenaneng la ho vouta pele ho dikgetho tsa 2019.

Mashinini o itse boingodiso ba ho vouta bo tla boela bo etswa ditsing tsa tshokollo ya batshwaruwa ho potoloha le naha, e le ho fa batshwaruwa monyetla wa ho etsa tokelo ya bona ya ho vouta.

"Molemong wa ho vouta, batshwaruwa ba nkuwa ba ingodiseditse ho vouta diterekeng tsa ho vouta tseo ditjhankana tsa bona di leng teng.

"Ba malapa a bao ba kwatlletsweng ditjhankaneng ba koptjwa ho ba isetsa ditokomane tsa bona tsa boitse-

biso (di-ID) pele ho sephethephethe sena sa boingodiso," ho rialo Mashinini.

Boingodiso ba ho vouta

IEC e a tshepa hore bakgethi ba seng ba ingodisitse, ba tla sebedisa monyetla ona ka hore ba lebe diteisheneng tsa bona tsa ho voutela ba ilo hlaloba ngodiso ya bona, haholoholo ho ya netefatsa le ho ntjhafatsa dintlha tsa di aterese tsa bona.

Ke sena seo o tshwanelang ho se tseba:

- Baahi bohle ba Aforika Borwa ba nang le dilemo tse

16 kapa kahodimo, ba nang le di-ID tsa semmuso, ba ka ingodisa e le bakgethi (leha e le hore ke bao ka letsatsi la ho vouta ba tla be ba le dilemo di 18 feela ba ka voutang).

- Bakgethi ba tshwanela ho nka khophi ya ID e nang le khoutu kapa karete ya ID kapa setifikeiti sa nakwana sa ID ha ba ilo ingodisa seterekeng sa ho voutela seo ba dulang ho sona.

- Ha ba ingodisa, bakgethi ba tla hloka ho fana ka diaterese tsa bona kapa tlhaloso ya moo ba dulang teng, ho dumella IEC hore e ba bee ka theko lenaneng le nepahetseng la bakgethi. Bopaki ba aterese ya moo motho a dulang teng ha bo hlokehe. Setsi sa kgokahano sa IEC le sona se tla thakgolwa pele ho mafelo a beke a boingodiso ba naha, mme se tla dula se sebe-tsa ho fihlela kamora mafelo

a beke a boingodiso ho thusa baahi ho ingodisa le ho vouta.

Mashinini o ipileditse ho bohle ba amehang, ho akga le mekga ya dipolotiki, mafapha le ditheo tsa mmuso, mehlodi ya ditaba esita le mekgatlo ya setjhaba, ho tshehetsa letsholo la ho ingodisa le ho kgothaletsa ho ingodisetsa ho vouta pele ho dikgetho. **SAnews**

Bakgethi ba ingodisitseng ba ka kena websaeteng ya IEC (www.elections.org.za) ho hlaloba dintlha tsa hajwale tsa boingodiso ba bona esita le moo diteishene tsa bona tsa ho voutela di leng teng. Ba ka boela ba romela dinomoro tsa bona tsa ID ka SMS ho 32819 hore ba amohele SMS e nang le dintlha tsa diaterese tsa diteishene tsa bona tsa ho voutela (SMS e ja R1).

First time voter eager to register for 2019 elections

More Matshediso

Ponalo 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. **V**

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.

Maele a hore o dule o bolokehile nakong ena ya monyaka wa mafelo a selemo

Dale Hes

Nako ya monyaka wa mafelo a selemo ke nako ya nyakallo. Empa e boela e eketsa ditlokotsi tse kang dikotsi tsa dikoloi, boshodu le ditlolo tse ding tsa molao. Latela dikeletso tsena ho netefatsa hore wena le baratuwa ba hao le ba le nako e monate, e bolokehileng.

Dula o bolokehile mebileng

Dikotsi tsa mebileng di eketseha hampempe nakong ya monyaka wa mafelo a selemo, mme ho shwa makgolokgolo a batho. Ho dula o bolokehile, netefatsa hore:

- O hlahloba koloi ya hao pele o kena leetong, ho netefatsa hore e boemong bo botle.
- Wena le bapalami ba hao le dula le tlamme mabanta.
- O a phomola kamora dihora tse ding le tse ding tse pedi haeba o kganna

- sebaka se se lelele.
- O qoba ho nwa o kganna ka hohlehohle.
- O tsitlallela sekepeleng sa lebelo le molaong ebile o hlompha melao e meng yohle ya tsela.
- Ela hloko makoloi a mang esita le ditaaso tseleng.
- Qoba ho sebedisa fonofono o ntse o kganna.

Polokeho ya bana

Dibaka tse ngata tsa boithabiso ke dibaka tse phetheselang haholo, ho bolelang hore ho na le kgonahalo ya hore ngwana wa hao a ka nna a o lahlehela kahara batho ba bangata.

Ho boetse ho bohlokwa ho disa bana ba hao ha ba etsa dintho tse kang ho sesa lewatle kapa ho sebedisa mabala a dipapadi. Ke tsena tse ding dikeletso tsa hore bana ba hao ba dule ba bolokehile:

- Netefatsa hore bana ba banyane ba dula ba le katlasa tataiso ya batho ba baholo ba nang le

- boikarabelo.
- Netefatsa hore bana ba banyane ba tlama mabanta ka koloing.
- Ruta bana ba hao ba baholwanyane ho tseba nomoro ya fonofono ya hao ya letsoho ka hlooho, hore ba o letsetse maemong a tshohanyetso.
- Netefatsa hore bana ba sa tsebeng ho sesa hantle ba apeswa dithuseti tsa diphakeng ha ba sesa.
- Ruta bana ba hao hore ba se ke ba kena ho hang ka koloing ya motho eo ba sa mo tsebeng, le



- hore ba se ke ba qoqa le batho bao ba sa ba tsebeng.
- Tshwara ngwana wa hao ka letsoho ha o le dibakeng tse phetheselang le ha o tshela mmila.
- Ithute makgabane a motheo a thuso ya pele, ho etsetsa hore o kgone ho itlolaka moo ho ka hlahang mathata a hlohang tsa bongaka.

Ditlolo tsa molao

Ho na le diketsahalo tse eketsehang tsa ho thuba matlong le boshodu nakong ya monyaka wa mafelo a

selemo. Eba sedi ka dinako tsohle mme o nkele hloohong maemo a latelang a polokeho:

- Ha o ya matsatsing a phomolo, netefatsa hore difenstere tsohle di kwetswe mme le mamati a notletswe.
- Haeba e mong wa baahisane ba hao ho se moo a yang teng, mo kope hore a nne a akgele leihlo ha hao.
- Ha o le phomolong, dula o patile dintho tsa boleng tse kang difonofono tsa letsoho le dipatjhe.
- Notlela koloi ka nako tsohle haeba o tla ya thoko le yona ho sa natshehe bolelele ba sebaka seo o tla se nka. Netefatsa hore e notlelehile ka ho hlahloba diloto tsa mamati.
- Boloka dinomoro tsa ditshebeletso tsa tshohanyetso tse kang tsa diambolense le tsa mapolesa di le haufi.

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

Answering 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.

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 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.

Sebedisa tjhelete ka bohlale Keresemeseng ena

O SE KE WA etsa phoso e kgolo ya ho sebedisa tjhelete e ngata ho feta eo o nang le yona.

Allison Cooper

Nako ya monyaka wa mafelo a selemo ha e a tshwanela ho o siya o le dikolotong ha e feta.

“Ho sebedisa tjhelete ho feta tekanyo ho tla o kenya tebetebeng ya dikoloto’. Ho bohlokwa ho qoba ho sebedisa tjhelete ho feta tekanyo Keresemeseng ena, hobane

“Se ke wa sebedisa tjhelete eo o se nang yona.”

kgabareng e ka ba le ditlamorao tse bosula ditjheleteng tsa hao esita le ditekanyetso tsa hao tsa ditjhelete,” ho itsalo Matthys Potgieter, mookamedi wa dithekiso wa DebtSafe.

“Ho ikutlwa hamonate hoo, ha o sebedisa tjhelete ho feta tekanyo ka Pudungwana le ka Tshitwe ke ntho ya na-



kwana, mme bareki ba tla utlwa maima a ho etsa dintho tse sa rerwang mafelong a Pherekong 2019. Se ke wa sebedisa tjhelete eo o se nang yona,” o ekeeditse jwalo Potgieter.

Mellony Ramalho wa African Bank o ile a re hangata basebetsi ba lefshwa maqalong a Tshitwe, e leng ntho e etsang hore nako ya bona

ya hore ba fumane meputso ya Pherekong e lelefale le ho feta.

“Pherekong ke kgwedi e nyolosetsang bathong ba bangata, moo ba bang ba kgelohelang dikareteng tsa dikoloto kapa ba ilo kadima tjhelete. Ho bohlokwa hore o dule o hlahlile mahlo ka tjhelete eo o e sebedisang.

Ho molemo ho etsa diteka-

nyetso tsa ditjhelete e le ho qoba ho tlodisa tshebediso ya tjhelete,” ho itsalo Ramalho.

Potgieter o eletsa bareki ka hore ba qale ho reka digrosare tsa Keresemese ho sa kganya ba be ba netefatse hore ba tlatsa dihatsetsi le diphaposi tsa bona tsa poloke-lo ya dijo ka metswako e tla dula nako e telele, ho boloka ditekanyetso tsa bona tsa di-

tjhelete di le taolong esita le ho qoba boturu ba ho reka ka motsotso wa ho qetela.

Kamoo Potgieter a eletsang bareki kateng hore ba boloke ditekanyetso tsa bona tsa ditjhelete di le taolong:

- Tlatsa sehatsetsi sa hao le phaposi ya polokelo ya grosare ka dintho tse tla dula nako e telele.
- Sebedisang koloi e lenngwe. Ho sebedisa dikoloi tse mmalwa ho bolela hore ho tla sebediswa peterole e nyane le tjhelete e nyane.
- Qoba mebila e lefellowang ha ho kgoneha.
- Ho e na le ho reka dimpho, e re bana ba beikhele beng ka wena dibakwang tsa boiqapelo ba bona.
- Reka di-grosare tsa hao tsa Keresemese ho sa kganya.

Monongwaha setlamo sa DebtSafe se kgothaletsa bareki ho nahana ka ho sebedisa pampiri feela e sootho ho phuthela dimpho, kaha e le theko e tlase ebile e baballa tikoloho. **U**

Quality affordable smart phone for Africa

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

In 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. **U SAnews.gov.za**