

Vuk'uzenzele



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Health's fight against cancer goes nuclear

GOVERNMENT INVESTS in the latest technology to assist cancer patients.



Residents of Ga-Rankuwa and surrounding areas now have access to state-of-the-art oncology unit.

The Gauteng Department of Health has pumped R36 million into a new oncology facility that will ensure that cancer patients in Ga-Rankuwa, Tshwane and surrounding areas have easier access to treatment.

"I cannot contain my excitement at the launch of

this much-needed biomedical equipment because to us, patient care and safety will always come first," said Health MEC Dr Gwen Ramokgopa.

She said the first-of-its kind PET-CT imaging system in Africa serves as testimony to the department's commitment to improving

patient care.

"The facility brings advanced oncology care to patients, with a new leading-edge oncology diagnostics facility that harnesses multiple technologies to provide high-quality data quickly," she said.

The oncology facility is fitted with new equipment

including an advanced Philips Ingenuity TF PET/CT which is a nuclear imaging technique. It evaluates the structure and function of cells and body tissue providing oncologists with a patient-specific method of treatment.

"The system has already helped guide decision making for early diagnosis and assessment of treatment efficacy for over 105 patients since its installation. We are thrilled with the results and the level of care we are able to provide to our people with this world-class technology," said Dr George Mukhari Academic Hospital's Head of Nuclear Medicine Dr Trevor Mdaka.

The Hospital serves 1,7 million people both the North West province and Limpopo provinces.

MEC Ramokgopa said the launch marked the beginning of the end to suffer



Water warning for schools

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Stop, look, look, again

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Thusa go thibelwe Letsatsi La Tlhokagalo ya Metsi

KAPA BOKONE ke porofense ya ntlha go itemogela ditlamorago tse di masisi tsa phetogo ya tlelaementa



More Matshediso

Lefapha la Metsi le Kgeleloleswe (DWS) le dirisana le ba Toropokgolo ya Kapa go namola leuba kwa Kapa Bokone, leuba le le masisi le le iseng le bonwe mo dingwa gong di le lesome.

Go ya ka ba DWS ga go dipula tse di lekaneng tse di neleng mme seelo sa metsi mo matamong se wetse tlase.

Seno se gapeleditse bothati go tlhagisa dikgato tse di gagametseng go diegisa kgonagalo ya Tlhokagalo ya Metsi, fa dithepe di kgala metsi.

Toropokgolo ya Kapa e diragatsa legato la selekanyetso sa 6B. Seno se raya gore motho a le mongwe o na le tiriso ya selekanyetso sa letsatsi sa dilitara tsa metsi di le 50 kgotsa kwa tlase, e ka tswa e le kwa gae, tirong, sekolong kgotsa gongwe le gongwe.

Fa toropokgolo e ntse e tsepamisitse maiteko otlhe a yona mo go thibeleng Letsatsi la Tlhokagalo ya Metsi, ya re e tshwanela go nna e ipaakanyeditse maemo ao a tla e kgontshang go laola metsi a yona le go a lelefatsa go fitlha setlha sa mariga se goroga.

“Re tla tswala metsi a a yang kwa dithepeng fa matamo a rona otlhe a fitlha go seelo sa diperesente di le 13.5. Fa fela seelo sa matamo se fitlha go diperesente di le 13.5, ba tla simolola go tswala dipeipe tsa metsi, ntle le mo mafelong a a botlhokwa a kgwebo le mo ditheong tse di jaaka maokelo, go rialo toropokgolo mo polelo e

ba e ba e dirileng.

Fela fa seno se simolola go diragala, baagi ba tla bona metsi mo mafelong a go gelela metsi go ralala toropokgolo. Moagi a le mongwe o tla neelwa dilitara di le 25 tsa metsi ka letsatsi.

Toropokgolo e simolotse ka Tikwatikwe e e Dirang ka tiragalo tsa Matlhotlhapelo (DOC) go diragatsa Leano la Matlhotlhapelo a a tlholwang ke Metsi le le tla diragadiwang fa go ka tlhokagala Metsi.



Didiba tse di borilweng

Toropokgolo ga e rotloetse tiriso ya didiba tse di borilweng tse di kwa ntle ga dikago mme ya re go nosetsa ka metsi a tsona go tla beelwa selekanyetso sa ura e le nngwe fela ka boLabobedi le boLamatlhatso, pele ga 9am le morago ga 6pm.

“Tiriso ya metsi a a tswang mo didibeng tse di borilweng /petseng e tshwanetse e nne le mmetara mme botlhe ba ba a dirisang ba tshwanetse go tshola direkoto mme ba di tlhagise ka nako ya fa go tlhatlhabiwa”, toropokgolo e rialo.

E tlaleditse ka gore baagi ba tshwanetse go bona tetla go tswa go DWS fa ba rata go reki-sa kgotsa go reka metsi a sediba se se borilweng/petse.

Jaaka karolo ya maiteko a puso go laola tiriso ya metsi, DWS e ne ya re bothati bo diragatsa dikgato tse di gagametseng go bona seelo se se lekanyeditsweng sa metsi se obamelwa.

Toropokgolo e dirisana le ba tiragato ya molao le ba Yuniti ya Dipatlisiso tse di Kgethegileng (Special Investigating Unit) go diragatsa kobamelo ya selekanyetso sa metsi.

Go tsaya dikgato kgalhanong le batlolamolao

Lefapha le sa tswa go dira ka tshwaraganelo le toropokgolo le tsepile mo ditiragalong tse di seng mo molaong tse di malebana le metsi kwa Mfuleni.

Maikaelelo e le go rarabolola ditiragalo tsotlhe tsa go se obamele kgotsa go se diragatse selekanyetso se se beilweng sa metsi, segolobogolo mafelo a go tlhatswa dijanaga a a seng ka fa molaong.

“Go ya ka legato la toropokgolo la selekanyetso sa 6B, metsi a mmasepala a a leng mo metemeng e mennye ga a ne a dirisediwa go tlhatswa dikoloi. Mafelo a a seng mo molaong a a tlhatswang dikoloi a dirisa metsi a le mantsi. Palo ya beng ba mafelo a a go tlhatswa dikoloi ba dirisa dipeipi tse di ikemet-seng mo dikgwebong tsa bona, mme ba bangwe ba dirisa metsi go tswa mo dithepeng” go rialo lefapha.

Le fa go le dikemedi di le dintsi tse di boineelo tse di dirang ka metsi, go thusa go efoga Letsatsi la Tlhokagalo ya Metsi, toropokgolo e dirile boikuelo mo baaging ba yona go nna le seabe mo go somareleng metsi.

“Re tlhoka botlhe ba ba dirisang metsi go ikamaganya le maiteko a Setlhopho sa Toropokgolo ya Kapa,” go rialo Motlatsammeyara wa Toropokgolo ya Kapa Ian Neilson. **V**

Maele a go somarela metsi

- Tswala thepe fa o tlhapa meno, o beola kgotsa o tshasa sesepa mo diatleng.
- Dirisa šawara go tlhapa mme o dirise metsi a mannye fa o tlhapa.
- Efoga go reka metsi a a mo dibotlolong.

Koloi

- Dirisa kgamelole seponšhe fela go tlhatswa koloi.



Phaposi ya go tlhapa

- Šawara mo boemong ba go dirisa bata go tlhapa.
- Dirisa metsi a mannye fa o dirisa bata go tlhapa.
- Tlhapisa bana ba ba nnye mmogo.
- Folaša metsi a a mo ntlwaneng fela fa go utlwala monkgo.
- Baya setena ka fa gare ga sisitene go fokotsa tiriso ya metsi.



Boapelo

- Tswala sinki fa o tlhatswa dijana, o se tlogele metsi a elela go tswa mo thepeng.
- Dirisa sesepa se le sennye fela sa go tlhatswa dijana, gore o seka wa pateletsega go di tsokotsa.
- Tswala sinki fa o tlhatswa merogo, e seng go tlogela metsi a elela mo thepeng.
- Dirisa metsi a o tlhatswitseng merogo le maungo go nosetsa dijalo.



Dijalo le Tshimo

- Nosetsa dijalo ka nako e go seng mogote.
- Nosetsa dijalo le merogo ka metsi a o a dirisitsweng mo boapelong go tsokotsa merogo le maungo.
- Dirisa dijalo tsa tlhago le tsa okanike tse di tswang mo tshimong

Setšhaba se rotloediwa go dirisa mmetara go sekaseka fa go se metsi a a dutlang a a sa bonagaleng.

“Bala mmetara wa metsi mo pakeng ya diura di le pedi, fa go se metsi ape a a dirisitsweng. Fa se o se badileng mo mmetareng se sa tshwane le palo e e leng mo mmetareng, seo se kaya fa go dutla,” lefapha le rialo

Baagi ba rotloediwa go baakanya dithepe tse di dutlang. Thepe e e dutlang e e ntshang lerothodi le le lengwe mo motsotswaneng e senya diletara tsa metsi di ka nna di le 10 220 ka ngwaga.



Leuba ke eng?

Leuba le matlhotlhapelo a tlhago a a amanang le tsa bolepi. Le ka ama dididika tse dintsi mo dikgweding di le mmalwamo ngwageng mme le na le khueto mo tlhagisong ya dijo, mo go ngotleng matshelo le mo lkoniming ys dikgaolokgolo kgotsa mo nageng ka bophara.

Youth put to work

THE DEPARTMENT of Public Works' bursary and artisan programme is honing skills and making dreams come true.

More Matshediso

When Bonolo Rakgalakana (18) passed grade 12 last year, she thought her dreams of becoming a mechanical engineer would have to be put on hold because her parents could not afford to pay university fees.

Rakgalakana, from Eersterust in Tshwane, thought that just like her sister she would have to join the national defence force and start fending for herself after matric. Little did she know that her hard work had already secured a bright future for her.

"My older sister passed matric very well but my parents did not have money to send her to university, so she took a gap year. She then applied and got a job at the national defence force. I thought fate had the same in store for me, but my hard work was rewarded with a bursary from the Department of Public Works," said Rakgalakana.

Rakgalakana's twin sister



Bonolo Rakgalakana is one of the top learners who received a bursary from the Department of Public Works.

Koketso, who also completed matric with flying colours in 2017, has also been awarded a bursary from the department.

The sisters were top achievers at Mamelodi Secondary School last year and received distinctions in all of their subjects.

"We did not have access to the internet, library books and good sports fields, but we attended extra morning and afternoon classes as matriculants," said Rakgalakana.

Their names were on the De-

partment of Public Works' list of about 30 deserving learners from the class of 2017 who were awarded bursaries to pursue their career dream in the built industry.

The bursary is valued at R130 000 a year, for each learner, and covers tuition, accommodation, meals, textbooks, academic resources and a monthly allowance. The department has invested R3,9 million in 2018's first-year students.

Rakgalakana has enrolled at

the University of Cape Town for a Mechanical Engineering degree.

"I have wanted to do it from when I was in Grade 10. I'm looking forward to working for the Department of Public Works, as a way of giving back to show my appreciation," she said.

The department's Chief Director for Professional Services Vangile Manzini said the bursary programme was introduced in 2014 and aims to harness scarce skills in the built industry.

So far, the department has awarded bursaries to approximately 288 deserving youth from disadvantaged communities.

The beneficiaries pursue careers in engineering (civil, structural, transport, electrical, water care, mechanical, chemical and hydrology); analytical chemistry; construction management; quantity surveying; architecture; landscape architecture; urban and regional planning; interior design; horticulture; actuarial science and property studies.

In addition to providing bursaries, the department's Artisan Development and Young Professionals Programme for learners who enrol at technical vocational education and training colleges, enables learners who obtain trade test certificates, for various trades within the construction industry, to become electricians, bricklayers, carpenters or plumbers.

Manzini said there are about 88 young professionals who have obtained professional registration since the introduction of the programme in 2007, and 53 artisans have been successfully registered since the implementation of the programme in 2015.

Beneficiaries come from schools across the country that are participating in the department's schools programme. Schools can join the programme through the district office if they are producing a pass rate above 65 per cent in maths and science, and are located in rural areas, farms or townships. **U**

Tsaya maatla a gago, bega petelelo

TSAYA MAATLA o begele bothati jo bo maleba tiragalo ya petelelo le tshotlakako ka thobalano.

Adele Schormann

Go nna motswasetlhabelo wa tshotlakako ka thobalano kgotsa petelelo ke nngwe ya maitemogelo a a maswe a motho a ka lebaganang le ona. Ke ka fao Tirelo ya Sepodisi sa Aforikaborwa (SAPS) e dirisang tsamaiso eo e dirang gore go nne bonolo ebile go sireletsegile go batho go ka bega bosenyi jono.

Sebui sa sepodisi sa kwa Mpumalanga Mokolonele Mtsholi Bhembe o rile go botlhokwa gore baagi ba dirisane le sepodisi le go bega bosenyi jono.

"Rona, jaaka re le ba sepodisi, ke tiro ya rona go nna le seabe se segolo go netefatsa fa batlolamola ba tlhagelela fa pele ga

kgotla le go bona batswasetlhabelo ba nna ba bolokesegile. Re rotloetsa baagi go tlhagelela le go bega dikgetse tsa petelelo kwa diteiseneng tsa sepodise tse di gaufi le bona," o rialo Bhembe.

Batswasetlhabelo ba tshwanetse go begela sepodisi ditiragalo tseno tsa bosenyi ba thobalano mo diureng di le 72 tsa tiragalo ya bosenyi jono.

Bhembe o ne a eletsa batswasetlhabelo ba petelelo go bona thuso ya thitibatsomaikutlo ya morago ga go welwa ke setlhogo seno.

"O ka bona e kete o leswe mme wa batla go tlhapa-gangwe le gape mme e bile o ka nna ka letshogo le go tshaba go tswela kwa ntle. Ga go epe ya tsibogelo eo e e sa tlwaele-gang. O tshwanetse ka metlha

o gakologelwe gore go ditirelo tse di leng gone tse di ka go thusang," o rialo.

Porojeke ya Greater Rape Intervention (GRIP) ke nngwe ya ditheo tse di thusang batswasetlhabelo ba petelelo go dira diteko tsa HIV/Aids le tsa malwetse mangwe.

Modirediloago wa GRIP Thandiwe Maseko a re setheo se tlhokomela batswasetlhabelo ba petelelo.

"Re tlamela ka sephuthelwana sa thuso le go letla motswasetlhabelo go nna mo ntlong e e bolokese-gileng go fitlha a kgona go bua. Re na le baritibatsomaikutlo ba ba siameng ba ba nang le tlhokomelo e bile ba nna ba le gone ka metlha go thusa," o rialo. **U**

O bega jang kgetse ya petelelo kwa sepodising:

- Sa ntlha, o ya kwa tliniking go tlhatlhabiwa. Pegelo e tla nna karolo ya kgetse mme e tla thusa sepodisi go tshwara motlolamola.
- Morago o ye kwa seteiseneng se se gaufi sa sepodisi go bula kgetse. Lepodisi le tla go botsa dipotso tse di ka ga wena le go go botsa ka se se go diragaletseng. Araba ka dikarabo ka boammaruri mme o leke go gakologelwa dintlha tse di ntsinyana ka fa o ka kgonang. E ka nna tiragalo e e bothoko, fela tshedimotsetso e tla thusa sepodisi mo dipatlising.
- Kopa dinomoro tsa mogala tsa lepodisi le le batlising kgetse, gore o kgone go letsa go itse se se diragalang ka kgetse. Lepodisi le le batlising le tla ikgolaganya le wena fa go na le tshedimotsetso nngwe e e tlhokagalang.

