

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

Page 2



Stop, look, look, again

Page 7



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Tel: (+27) 12 473 0353

● Cont. page 2

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Sita kuvikela kuphela kwemanti

SIFUNDA SASENSHONALANGA KAPA

sekucala kubuketana nemitselela lematima yekugucuka kwesimo selitulo.



More Matshediso

Litiko leTemanti Nekutfutwa Kwelindle (i-DWS) lisebentisana neLidolobha laseKapa kuphulungula lesomiso lesiseNshonalanga Kapa, lekungulesibi kakhulu kunalesake saba khona eminyakeni lelishumi.

Ngekusho kwe-DWS imvula ayikani ngalokwanele kantsi emazinga emadamu ehlile.

Loku kuphokelele labaphetse kutsi babeke imitsetfo lecinile kute kutsi emanti angapheli ngekushesha, lapho kutawuba bete emanti etimpompini.

Lidolobha laseKapa litawungenisa imikhawulo yelizinga 6B. Loku kusho kutsi kutawuba nemkhawulo welusuku longemalitha la-50 emanti noma ngaphansi umuntu ngamunye, noma ngabe kusekhaya, emsebenzini, esikolweni noma kuphi kulenye indzawo.

Ngalesikhatsi lelidolobha licondize yonke imitamo yalo yekuvikela kuphela kwemanti, litsi lidzinga kutilungiselela simo lapho khona lingakhona kulawula lokwetfulwa kwemanti kulelidolobha kudzimate kufike busika.

"Sitawuvala kutfunyelwa kwemanti etimpompini uma ngabe emadamu etfu afinyelela ezingeni lelingemaphesenti langu-13.5. Uma ngabe emazinga emadamu sekakumaphesenti langu-13.5, sitawucala kuvala loluhlelo lwekutfumela emanti etimpompini, ngaphandle kwetindzawo letibalulekile te-

mabhizinisi netikhungo, letinjenge tibhedlela," kusho lelidolobha ngesitatimende.

Uma loku kwenteka, emanti bantfu batawalandza etindzaweni letibekiwe kulo lonkhe lelidolobha. Umuntu ngamunye utawunikwa amalitha lange-25 ngelilanga.

Lelidolobha livule Tikhungo talo Letisebenta Ngetinhlelele (i-DOC) kutsi ticale luhlelo lwe-Water Disaster Plan, letitawucala kusebenta uma ngabe kwenteka kutsi kuphele emanti.



Emabhumashini

Lelidolobha alikukhutsati nakancane lokusetjentiswa kwemabhumashini lagujwa ngaphandle kantsi litsi kutelelela kutawufinyetwa kube sikhatsi lesingandluli lihora linye kuphela ngaboLesibili nangeMgcibelo, ngembi kwenzimbi ye-9 ekuseni nangemuva kwenzimbi ye-6 ntsambama.

"Ibhulomashini/indzawo lengumtumbo wemanti kufanele ikalwe kantsi bonkhe labayisebentisako kufanele bagcine emarekhodi futsi agcinwe kwentelwa kuhlolwa," kusho lelidolobha.

Lichubeke latsi bantfu labahlala khona kufanele batfole

imvume ka-DWS uma ngabe bafuna kutsenga noma kutsengisa emanti emabhumashini/indzawo lengumtumbo wemanti.

Njengencye yemitamo yahlumende yekulawula kusetjentiswa kwemanti, i-DWS itse labaphetse basebentisa tindlela leticinile kute bacinisekise kwekutsi lemitsetfo lecinile lebekiwe yekwabelwa kwemanti iyalandzelelwa.

Lelidolobha lisebenta nelicembu lebemsetfo neLitsimba Lebaphenyi Lelikhetsekile kucinisekisa kuhambisana nemtsetfo.

Kutsatsa tinyatselo ngekumelana nalabaphula umtsetfo

Lelitiko lisandza kwenta umtamo ngekubambisana nalelidolobha, libukete ekusetjentisweni kwemanti ngendlela lengafanele endzaweni yaseMfuleni.

Lenchubo ihlose kucondzisa konkhe kungasebentiseki kahle kwemanti nekungahambisani nalomtsetfo wekusebentisa emanti ngendlela lebekiwe, bebabukete ikakhulukati kuletindzawo letiwasha timoto letingekho emtsetfweni.

"Ngekwemikhawulo yalelidolobha yemazinga 6B, lamanti ladlekako (lanatsekako) amasipala angeke asetjentiselwa kuwasha timoto. Tindzawo tekuwasha timoto letingekho emtsetfweni tidla emanti lamanyenti. Banini betindzawo tekuwasha timoto letinyenti basebentisa emaphayiphi latimele kuhambisa ibhizinisi yabo, kantsi labanye basebentisa emanti lavela etimpompini," kusho lelitiko.

Noma bakhona labangemancusa emanti labatinikele labasebentela kusita kuvikela kuphela kwemanti, lelidolobha licela bantfu balo kutsi nabo badlale indzima yabo ekongeni emanti.

"Sicela bonkhe labasebentisa emanti kutsi bangenelele kulomtamo weLidolobha LaseKapa," kusho Lisekela Sodolobha waseKapa Ian Neilson. ▣

Emasu ekonga emanti

- Vala impompi ngalesikhatsi ugeza ematinyo, ushefa noma ufaka insipho etandleni
- Shawa sikhathana kantsi usebentise emanti lamancane nawugeza
- Vikela kutsenga emanti lasemabhodleleni.

Imoto

- Washa imoto yakho ngelibhakede nesipontshi kuphela.



Esigezelweni

- Shawa kunekusebentisa libhavu
- Sebentisa emanti lamancane ebhavinini
- Gezisani bantfwana labancane ndzawonye
- Flashani emathoyilethi uma ngabe sekunuka kakhulu
- Beka sitini ku-cistern yakho kwehlisa lizinga lekusebenta kwemanti.



Likhishi

- Sebentisa izinki levaliwe uma uwasha titja, kunekutsi uwavulele aphume
- Sebentisa insipho yekuwasha titja ibe yincane, ehlisa sidzingo sekutipula
- Vala izinki ngalesikhatsi uwasha tibhidvo, kunekutsi uwavulele aphume
- Sebentisa lamanti lowashe ngawo titselo netibhidvo kutselela timbali.



Timbali Nengadze

- Tselela timbali ngalesikhatsi kusapholile
- Tselela timbali ngalamanti lowasebentise ekhishini nawuwasha titselo netibhidvo
- Sebentisa manyolo wemvelo nalongenamkhemikhali engadzeni
- Emalunga emphakatsi ayacelwa kutsi asebentise emamitha abo emanti kuhlola lapho kuvuta khona emanti.

Buka imitha yemanti ngembi nangemuva kwemahora lamabili, uma ngabe

ningakaze nisebentise emanti. Uma ngabe lemitha ayisafani nasekucaleni, kusho kutsi kukhona lapho kuvuta khona. Takhamuti tiyacelwa kutsi tilungise timpompi letivutako. Impompi levuta ngelitfonsi linye ngelisekhondi imosha amalitha lalinganiselwa ku-10 220 emanti ngemnyaka.



Siyini somiso?

Somiso sehlakalo lesiyimvelo lesihambisana nesimo selitulo. Singahlasela tigozi letinyenti ngetinyanga noma iminyaka kantsi sinemtselela ekukhicitweni kwekudla, kantsi sehlisa iminyaka yekuphila nekungena kwemnotfo etigodzini letinkhulu noma emaveni onkhe.

Youth put to work

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

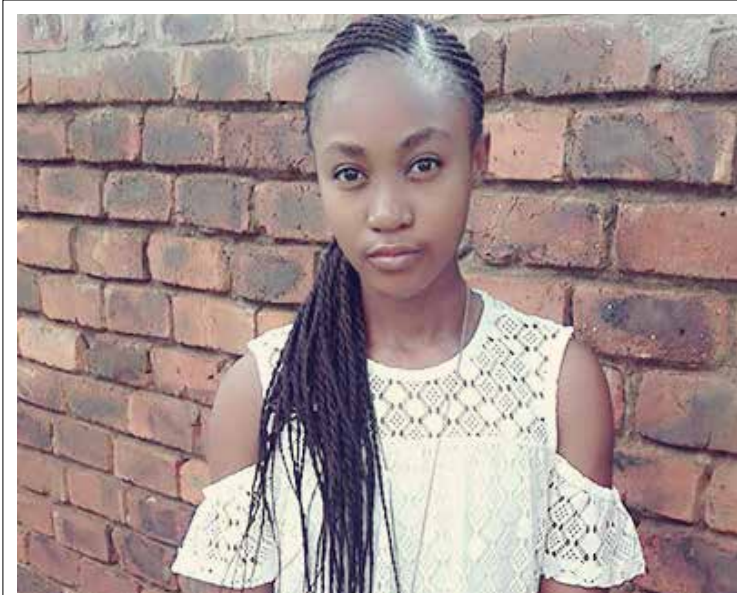
More Matshediso

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 Keketso, who also completed



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

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 Department 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. **V**

Tfola emandla akho futsi, bika kudlwengulwa

TFOLA EMANDLA akho futsi ngekubika kudlwengulwa nekuhlukunyetwa ngetemacansi kulabaphetse labafanele.

Adele Schormann

Kuba ngulohlukunyetwe ngetemacansi noma udlwengulwe kuyintfo lebuhlungu kakhulu le umuntu angabukana nayo. Kungako Emaphoyisa ase-Ningizimu Afrika (i-SAPS) abe netinhlelo lebatilungisako kwenta kube lula futsi kuphephe kutsi bantfu bakhone kubika lobugebengu.

Sikhulumeli semaphoyisa ase-Mpumalanga Colonel Mtsholi Bhembe utsi kubalulekile kutsi umphakatsi usebentisane nemaphoyisa babike ngalobugebengu.

"Njengemaphoyisa, kungumsebenti wetfu kudlala indzima lenkhulu ekucinisekiseni kwekutsi labenta lobugebengu

bayabanjwa nalabo labahlukemetekile baphatseke kahle. Sice-la umphakatsi kutsi ute utobika emacala ekudlwengulwa esitshini semaphoyisa lesisedvute nabo," kusho Bhembe.

Labahlukunyetiwe kufanele babike bugebengu bekuhlukunyetwa ngetemacansi emaphoyiseni kungakandluli emahora lange-72 ngemuva kwekutsi kwenteke lobugebengu.

Bhembe ucwayise labahlukunyetwe ngekudlwengulwa kutsi batfole lusito lwabochwephesha labacwayisa ngetinhlungu ngemuva kwaleshlakalo.

Utsi, "Ungahle utive ungcolile ufune kugeza emahlandla lamalwa kantsi ungatfuka wesabe kuphumela ngaphandle. Akukho nakunye kwaloku lokungakajwayeleki noma kungatsi akusikahle. Kufanele ukhumbule

kwekutsi kunetinsita letikhona kutsi tikusite".

I-Greater Rape Intervention Project (GRIP) ingulenyeye yetinhlangano letisita labahlukunyetwe ngekudlwengulwa kutsi bahlololwe ligciwane Lesandvulelangculazi Nengculazi (i-HIV/Aids) naletinye tifo.

Sonhlalakahle we-GRIP Thandiwe Maseko utsi lenhlangano inakekela labahlukunyetwe ngekudlwengulwa.

Utsi, "Sibaniketa umgodla wekubanakekela bese laba labahlukunyetiwe bahlala endlini yetfu yekuphepha badzimate balungele kukhuluma. Sina- bochwephesha labahambembili labanakekela ngalokundlulele futsi bahlala balungele kusita". **V**

Ungalibika njani licala lekudlwengulwa emaphoyiseni:

- **Kwekucala, yani emfolamphilo uyohlolwa. Lombiko utawuba yincenye yelifayela lalelicala kantsi kutawusita emaphoyisa kutsi abambe lona lotsintsekako.**
- **Hamba uye emaphoyiseni lasedvute naye uyovula licala. Leliphoyisa litakubuta imininingwane yakho nekutsi kwentekeki kuwe. Phendvula ubatjele liciniso uzame nekukhumbula yonkhe imininingwane ngendlela longakhona ngayo. Kungahle kube yinchubo lebuhlungu, kodwa lolwatiso lutawusita nakwentiwa luphenyo.**
- **Cela imininingwane yekutsintsana nalomphenyi, kute kutsi utsintsane naye kukwatisa ngalokuchubekako. Lomphenyi naye utakutsintsa uma ngabe kudzingeka lolunye lwatiso loludzingekako.**

