

Vuk'uzenzele



Produced by Government Communications (GCIS)

English/Siswati

| Ingongoni 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

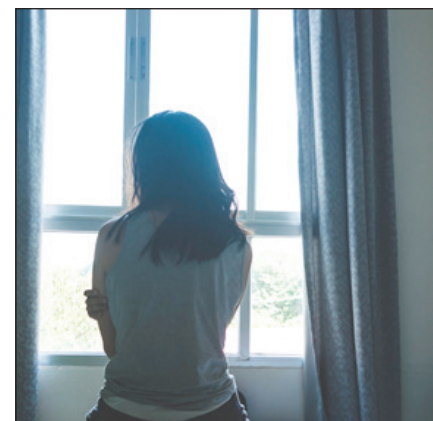
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**REGISTER
TO VOTE**

26 – 27 January
2019

**Last chance to
register to vote**

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**How abuse
affects survivors**


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Litfuba lekugcina lekubhalisela kuvota

BANTFU BASENINGIZIMU AFRIKA kufuneka basebentise lilungelo labo lelilikuMtsetfosisekelo bavotele licembu labo letepolitiki lebalitsandzako.

Imphelelasontfo yekubhalisela kuvota itawuba ngeMgcibelo, ti-26 nangeLisontfo, ti-27 Bhimbidwane 2019 ngekusho kwasihlalo Wekhomishini Yelukhetfo Letimele (i-IEC), Glen Mashinini.

Mashinini watsi tonkhe titeshi tekuvota leti-22 932 titawuvulwa kusuka ngensimbi ye-08h00 kuya kuye-17h00 kulemphelelasontfo yekubhalisela kuvota.

“Loku kwentelwa kuvumela bavoti labasha babhalise nekutsi labo labangacali kuvota babuyekete futsi bahlale iminingwane yabo.”

Mashinini watsi nyalo kunebavoti labatigidzi leti-26.1 lababhalisile kuloluhlu lwebavoti lwavelonkhe.

I-IEC ihlose kungeta lokungenani bavoti labasha labasigidzi kuloluhlu lwebavoti ngembi kwelukhetfo lwe-2019.



Mashinini watsi kubhalisela kuvota kutawentiwa nasetikhungwini tekucondzisa similo (majele) eveni lonkhe kute tiboshwa nato tisebentise lilungelo lato lekuvota.

“Mayelana nekuvota, tiboshwa titsatfwa njengebavoti lababhalisela kuvota esigodzini lijele lelikuso.

“Emalunga emndeni labo lababoshiwe labasetikhungwini tekucondzisa similo ayacelwa kutsi atfume-

le bomatise babo kubo ngembi kwekucala kubhalisela kuvota,” kwasho Mashinini.

Kubhalisela kuvota

I-IEC iyatsembe kutsi bavoti, lesevele babhalisile, batawusebentisa lelitfuba kuvakashela etiteshini tekuvota bayohlola kutsi babhalisile nekucinisekisa kanye nekulungisa iminingwane yemakheli abo.

Naku lekufanele ukwati:

- Tonkhe takhamuti taseNingizimu Afrika letineminyaka le-16 nangetulu letinamatisi losemtsetfweni tingabhalisela kuba bavoti (noma kutawuvota kuphela labo labaneminyaka lokungenani le-18 ngelilanga lekuvota).
- Bavoti kufuneka bete namatisi lonebhakhodi, khadimatisi (i-smart card) noma sitifiketi sesikhashana samatisi uma baya kuyobhalisa esigodzini sekuvota lebahlala kuso.
- Uma babhalisa, bavoti kufanele banikete likheli labo noma bachaze indzawo lebahlala kuyo kute Ikhomishini Yelukhetfo Letimele ikhone kubafaka esigcemeni lekungiso seluhlu lwekuvota. Bufakazi belikheli abudzingeki. Sikhungo sekutsintsana Sekhomishini Yelukhetfo Letimele sitawucala kusebenta ngembi kwemphelelasontfo yekubhalisela lukhetfo kantsi

sitawusebenta kute kwengce imphelasontfo yekubhalisa kute kulekelelwe takhamuti tibhalise futsi tivote.

Mashinini ucele bonkhe labatsintsekako, lokufaka emacembu etepolitiki, ematiko netikhungo tahlumende, betindzaba kanye netinhlangano temmango kutsi basekele lomkhankhaso wekubhalisa nekugcugcutela kubhalisela kuvota ngembi kwelukhetfo. **SAnews**

Bavoti lababhalisile bangavakashela iwebhusayithi Yekhomishini Yelukhetfo Letimele (www.elections.org.za) kuhlola iminingwane yabo yanyalo kanye nendzawo sitheshi lesikuyo. Bangaphindza batfumele inombolo yabo yamatisi nge-SMS ku-32810 kute batfole i-SMS lenelikheli lesitheshi sabo sekuvota. (i-SMS ibita 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.

Tindlela longatigcina ngato uphephile kulesikhatsi semaholide Akhisimusi

Dale Hes

Sikhatsi semaholide Akhisimusi sikhatsi senjabulo. Kodvwa siphindze siletse bungoti lobukhulu lobufana netingoti tetimoto, kweba nalamanye emacala. Landzela leticwayiso kucinisekisa kutsi uba nesikhatsi lesiphephile nalesitfokotisako netihlobo takho.

Hlala uphephile emigwaceni

Tingoti temgwaco tiba tiningi kakhulu ngesikhatsi semaholide Akhisimusi, lapho bantfu labanengi bashona. Kute uhlale uphephile, cinisekisa kutsi:

- Wenta luhlolo lwemoto ngembi kwekucala luhambo, kute ucinisekise kutsi imoto yakho isesimeni lesikahle.
- Wena nebagibeli bakho nihlala nibophe emabhandi.
- Utsatsa likhefu njalo emva kwemahora

- lamabili uma ushayela libanga lelidze.
- Gwema kushayela udzakiwe.
- Landzela silinganiso sesivinini lesibekiwe bese ulandzela yonkhe imitsetfo yemgwaco.
- Caphela letinye tigitjela nalabahamba ngetinyawo.
- Gwema kusebentisa lucingo uma ushayela.

Kuvikeleka kwebantfwana

Tindzawo tetiningi letivakashelwako tihlala timatasatasa, lokusho kutsi kunematfuba ekutsi umntfwana wakho advuke lapho kugcwele khona bantfu.

- Kubalulekile futsi kutsi uhlale ubagadzile bantfwana bakho uma benta tintfo letifana nekubhukusha elwandle noma badlala etindzaweni tekudlala. Nati letinye ticwayiso tekugcina umntfwana wakho uphephile:
- Cinisekisa kutsi ba-

ntfwana labancane bahlala bagadziwe ngumntfu lomdzala.

- Emotweni, cinisekisa kutsi bantfwana labancane bahlala bafase libhandi.
- Fundzisa bantfwana labasakhulile inombolo yamakhalekhikhini wakho labatayishayela uma basesimeni lesibucayi.
- Cinisekisa kutsi bantfwana labangakwati kubhukusha kahle bagcokiswa tinsita tekubhukusha.



- Fundzisa bantfwana kutsi bangagibeli imoto yemuntfu labangamati futsi bangakhulumi nemuntfu labangamati.
- Bamba umntfwana ngesandla uma usetindzaweni letimatasatasa nanoma weca umgwaco.
- Fundza tintfo letisisekelo telusito lwekucala kute ukhone kutisebentisa uma usesimeni setemphilo lesibucayi.

Bugebengu

Liyakhula lizinga letehlaka-

lo tekugcekeza etindlini kanye netekweba ngesikhatsi semaholide Akhisimusi. Hlalaucaphelengasosonkhe sikhatsi bese ulandzela nati tindlela tekutivikela:

- Uma uyovakasha, cinisekisa kutsi onkhe emafasitelo netivalo tendlu yakho tikhiyiwe.
- Uma munye kubomakhelwane bakho atawubakhona, mcele akubukele indlu yakho.
- Ngalesikhatsi uvakashile, cinisekisa kutsi tintfo letibalulekile letinjengabomakhalekhikhini netikhwama temali atikho emehlweni ebantfu.
- Imoto yakho ayihlale ikhiyiwe uma uyishiya ngaso sonkhe sikhatsi. Cinisekisa kutsi ikhiyiwe ngekuhlola tibambo tetivalo temoto.
- Gcina dvutane tinombolo tetinsita tesimo lesibucayi letifana netema-ambulensi kanye netemaphoyisa.

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.

Sebentisa imali ngebuhlakani

UNGENTI LIPHUTSA Ielimbi lekusebentisa imali kwendlula leyo lonayo.

Allison Cooper

Sikhatsi semaholide aKhisimusi akufuneki sishiye kuvuleke umgodzi wetikweleti.

“Kusebentisa imali ngalokwendlulele kufana nesikweleti lesikukhatsatako lesiviwa nguwe wedvwa. Ku-

“Ungasebentisi imali longenayo.”

ncono kakhulu kugwema kusebentisa imali ngalokwendlulele kuloKhisimusi ngoba kungaba nemtselela lomkhulu emalini yakho isikhatsi lesidze,” kwasho umphatsi wetekutsenga nekutsengisa weDebtSafe Malthys Potgieter.

“Bumnandzi bekusebenti-



sa imali ngalokwendlulele ngeLweti nangeNgongoni yintfo yesikhashana letawenta batsengi badvonse matima ngenca yetincumo lebangakaticabangisisi labatitsetse ngasekupheleni kwaBhimbidwane 2019. Ungasebentisi imali longenayo,” kwangeta Potgieter.

Mellony Ramalho we-African Bank watsi tisebenti tivamise kuholelwa ngembi kwesikhatsi ngeNgongoni,

lokwenta sikhatsi sekulindza kuhola ngaBhimbidwane sibe sidze.

“Bhimbidwane yinyanga lematima ebantfwini labanengi, labanye bagcina basebentisa ema-credit card noma baboleke imali. Kubalulekile kuhlala ucaphela kuloko losebentisa imali kuko. Kuncono kwenta luhlu lwetinto lotawusebentisa imali kuto kute ubalekele kusebentisa imali ngalokwendlulele,”

kwasho Ramalho.

Potgieter ucwayisa batsengi kutsi bacale kutsenga tintfo tangeNgongoni kusanesikhatsi futsi bacinisekise kutsi banekudla lokwanele futsi banetinhlobo tekudla letitawuhlala sikhatsi lesidze, kute bakhone kulawula indlela lebayisebentisa ngayo imali yabonekugwema kutsenga sekute sikhatsi tintfo setibita kakhulu.

Potgieter wecwayise batsengi nganati tindlela labangayonga ngato imali:

- Batsenge kudla lokuningi lokutawuhlala sikhatsi lesidze.
- Babuke kutsi angeke bagibelisane emotweni leyodvwa. Kusebentisa timoto letimbalwa kusho kutsi kutawusebenta imali lencane kuphethilomu.
- Gwema kusebentisa imigwaco lekhokhelwako uma kukhonakala.
- Bantfwana abasebentise tintfo labatisungulele tona kwenta tipho tetihlobo kunekutsi titsengwe.
- Cala kusanesisikhatsi kutsengela Khisimusi.

Lomnyaka licembu leDebt-Safe ligcugcutela batsengi kutsi basebentise liphepha leletayelekile lelinsundvu kugocotela tipho, lelitsengakako futsi lelingenabungoti kundalo. **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. **SAnews.gov.za**