

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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Kha vha thuse u thivhela Duvha Jine ha do Shaya na Shotha zwaḽo

VUNDU LA KAPA Vhukovhela ndi ja u thoma u tangana na masiandaitwa mahulu a tshanduko ya mutsho.



More Matshediso

Muhasho wa Maḽi na Vhuthathatshili (DWS) u khou shumisana na ḽorobo ya Kapa u thusa kha gomelelo li re Kapa Vhukovhela, lihulusa kha miḽwaha ya fumi yo fhiraho.

U ya nga DWS, a hu athu na mvula yo linganaho nahone tshikalo tsha maḽi madamuni tshi khou ḽi tsa tshi tshi ya.

Hezwi zwo kombetshedza muvhuso u vhea maga a konḽaho u lengisa khonadzeo dza Duvha Jine ha do Shaya na Shotha zwaḽo, hune bommbi dza do vha dzi si na maḽi.

ḽorobo ya Kapa Vhukovhela i khou thoma na nyiledzo dza 6B. Hezwi zwi amba uri hu na tshikalo tsha ḽuvha tsha lithara dza maḽi dza 50 u ya fhasi, hu nga vha hu hayani, mushumoni, tshikoloni kana huḽwe na huḽwe.

Musi ḽorobo yo tou fombe kha u lwisa Duvha Jine ha do Shaya na Shotha zwaḽo, hu khou ambiwa uri ḽorobo i khou tea u ḽilugisela nyimele ine ya do kona u dzhia ndango ya ḽisedzo ya maḽi a ḽorobo u itela uri ḽisedzo i swike na vhuria.

“Ri do vala ḽisedzo ya maḽi dzibombbini musu madamu ashu a tshi swika kha tshiimo tsha peshente dza 13.5. Musu madamu a tshi swika kha tshiimo tsha peshente dza 13.5, vha do thoma u vala ḽila dza dziphaiphi, nga ḽḽa ha fhethu ha ndeme ha vhubindudzi na zwiimiswa zwi ngaho zwibadela,” ḽorobo yo ralo kha tshitamenende.

Musi izwi zwi tshi itea, vhadzulapo vha do wana maḽi u bva kha zwiko zwine zwa do vha zwo

dzudzanywa u mona na ḽorobo. Mudzulapo muḽwe na muḽwe u do ḽekedzwa maḽi a lithara dza 25 nga ḽuvha.

ḽorobo yo thoma u shumisa Senthara ya Tshumelo ya Zwiwo (DOC) u bvedza Puḽane ya Tshivo tsha Maḽi, ine ya do thoma nga Duvha Jine ha do Shaya na Shotha zwaḽo.



Magwedzho

ḽorobo yo ima lurandala kha u lwisa u shumiswa ha ma-gwedzho a ḽḽa nahone i amba uri zwa u sheledza zwi do tea u itwa lwa tshifhinga tshi sa fhiriho awara nthi nga ḽuvha, nga Lavhuvhili na Mugivhela, phanḽa ha awara ya 9 nga matsheloni na nga murahu ha awara ya 6 nga madekwana.

“U shumiswa ha maḽi a gwedzho/tshisima zwi tea u vha na tshikalo nahone vhatu vhoḽhe vhane vha a shumisa vha tea u ḽwala fhasi uri vha dzule vha na rekhodo u itela vhaḽoli,” ḽorobo yo ralo.

ḽorobo yo dovha hafhu ya ri vhadzulapo vha do tea u wana thendelo kha DWS arali vha khou ḽoḽa u renga kana u rengisa maḽi a gwedzho/tshisima.

Sa tshipiḽa tsha ḽingedzo dza muvhuso dza u langa maḽi, DWS yo ri muvhuso u khou vhea maga a konḽaho vhukuma u khwaḽisedza uri nyiledzo ya u shumiswa ha maḽi i khou tevhedzwa.

ḽorobo i khou shumisana na tshigwada tsha vha shumaho na zwa mulayo khathihi na Yuniti ya Vhuḽodisizi ya Tshipentshele u khwaḽisedza u tevhedzwa ha maga.

U dzhia maga kha vha pfukaho mulayo

A si kale muhasho wo ḽidzhenisa kha fulo lo tanganelaho na ḽorobo, vho sedzesa kha u shumiswa ha maḽi lu siho mulayoni ngei Mfuleni.

Fulo lo do sedza kha vhukhaxhi hoḽhe ha kushumisele kwa maḽi zwa zwino na vhutevhedzi ha nyiledzo ya maḽi, zwiḽwane fhethu hu tangziwaho dzigoloi hu si ha fomaḽa ho topoliwaho.

“Malugana na nyiledzo ya ḽorobo ya levele ya 6B, maḽi ane a endedzwa nga masipala ha ngo tea u shumiswa u tanzwa golo. Fhethu ha u tanzwa dzigoloi hu si ha fomaḽa hu shumisesa maḽi. Vhunzhi ha vhaḽe vha fhethu hu tangziwaho golo vha shumisa bommbi dzi bvisa-ho maḽi manzhi u tshimbidza mabindu avho, ngeno vhaḽwe vha tshi shumisa phaiphi dzavho,” muhasho wo ralo.

Naho hu na vhaimelelii vhanzhi kha zwa maḽi vho ḽikekedzela-ho vhaḽe vha khou shuma u thusa kha u thivhela Duvha Jine ha do Shaya na Shotha zwaḽo, ḽorobo yo humbela vhadzulapo uri vha shele mulenzhe kha u vhulunga maḽi.

“Ri khou tama uri vhashumisi vha maḽi vhoḽhe vha farisane na tshigwada tsha Kapa Vhukovhela,” izwo zwo ambiwa nga Mufarisa Neḽorobo wa Kapa Vhukovhela Vho Ian Neilson. ■

Ngeletshedzo dza u vhulunga maḽi

- Kha vha vale bommbi musu vha tshi tamba maḽo, u vheula kana u ḽola tshisibe zwanḽani.
- Kha vha dzhie tshifhinga tshiku shawarani kana vha shumise maḽi maḽu bavuni.
- A vha tutshele kule na u renga maḽi a maboḽeloni.

Goloi

- Kha vha tanzwe goloi yavho nga bakete na tshipontshi fhedzi.



Lufherani lwa u tumbela

- Kha vha shumise shawara madzuloni a bavu.
- A vha shumise maḽi maḽu bavuni.
- Kha vha tanzwe vhana nga tshifhinga tshithihi.
- Kha vha gwedzhe bunga musu munukho u sa tsha konḽelelea.
- Kha vha dzhenise tshidina kha thanḽe li faraho maḽi a u gwedzha bungani u itela u fhungudza u shumisesa maḽi.



Lufherani lwa u bikela (khishini)

- Kha vha shumise zinki yo valwaho musu vha tshi tanzwa zwigoḽelo madzuloni a u tanzwa nga maḽi ane a khou shuluwa bommbini.
- Kha vha shumise tshisibe tshiku, u itela uri vha si tukise lunzhi.
- Kha vha shumise zinki yo valwaho u tanzwa miroho madzuloni a u tanzwa nga maḽi ane a khou shuluwa bommbini.
- Kha vha shumise maḽi e vha tanzwa ngao miroho na mitshelo u sheledza miri.



Miri na Ngade

- Kha vha sheledze miri musu mirunzi yo no tiba.
 - Kha vha sheledze miri nga maḽi e vha shumisa khishini u tanzwa miroho na mitshelo.
 - Kha vha shumise zwibvedzwa zwa ngadeni zwa mupo.
- Miraḽo ya tshitshavha vha khou humbelwa uri vha shumise mithara ya maḽi u vbona arali hu na maḽi ane a khou bvuda .



Muhasho uri “kha vha vhaḽe mithara wa maḽi phanḽa ha awara mbili na nga murahu ha awara mbili musu maḽi a sa khou shumiswa. Arali mbalo dza mithara wa maḽi dzi sa fani, zwi amba uri hu na u bvuda”.

Vhadzulapo vha khou humbelwa uri vha tshintshe bommbi dzine dza khou bvuda. Bommbi ine ya khou rothisa maḽi nga luvhilo lwa shotha lithihi nga sekondo i tambisa maḽi a linganaho lithara dzine dza nga swika 10 220 nga ḽwaha.

Gomelelo ndi mini?

Gomelelo ndi tshiwo tsha mupo tshine tshi baḽekanywa na mutsho. Li nga kwama vhupo ho fhambanaho lwa ḽwedzi kana miḽwaha nahone zwi kwama u bvedzwa ha zwiliwa, ja fhungudza ndavhelelo dza vhutshilo na kushumele kwa ikonomi ya vhupo kana shango nga vphupara.

Youth put to work

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

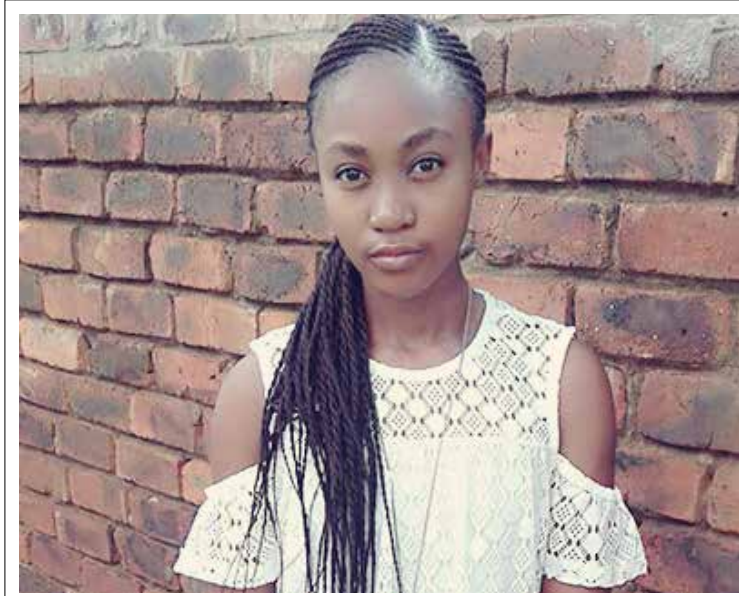
More Matshediso

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 Koketso, 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 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**

Kha vha dzhie maanda avho murahu, kha vha vhige zwiito zwa u tzipa

KHA VHA DZHIE maanda avho murahu nga u vhiga u tambudzwa lwa vhudzekani fhethu ho teaho.

Adele Schormann

Uvha tshipondwa tsha u tambudzwa lwa vhudzekani kana u tzipiwa ndi inwe ya tshenzhemo khulu i disaho mutsiko wa muhumbulo ine muthu a nga fangana nayo. Ndi ngazwo Muhasho wa Tshipholisa wa Afrika Tshipembe (SAPS) wo vhea maga u itela uri zwi leluwe na u vha wo tsireledzea musi muthu a tshi vhiga vhugevhenga uvhu.

Muambeli wa mapholisa a Mpumalanga mukholonele Vho-Mtsholi Bhembe vho amba uri ndi zwa ndeme uri tshitshavha tshi shumisane na mapholisa nahone vha vhige vhugevhenga uvhu.

"Sa mapholisa, ndi mushumo washu muhulwane u vhona uri

vhatshinyi vha khou livhana na mulayo nahone vhapondwa vha zwanani zwavhuqi. Ri kwengweledza vhadzulapo uri vha bvele khagala vha vhige milandu ya u tzipa zwiitshini zwa mapholisa zwa tsini," vha ralo Vho-Bhembe.

Vhapondwa vha tea u vhiga vhugevhenga ha zwa vhudzekani mapholisa hu sa athu fhela awara dza 72 u bva tshe vhugevhenga ha itea.

Vho-Bhembe vho tsivhudza vhapondwa vha u tzipiwa uri vha tode thuso ya zwa muhumbulo ya maimo a ntha nga murahu ha tshiwo.

"Ni nga pfa uri ni na tshika nahone na toda u famba lunzhi lunzhi na vha na nyofho dza u bvela nnda. Vhuqipfi uvho ndi ho dowealeho vhukuma. Ni tea

u humbula zwauri hu na tshumelo dzi re hone dzo itelwaho u ni thusa," vho ralo.

Thandela ya u Dzhenela hu Hulwane kha u Tzipiwa (GRIP) ndi inwe ya madzangano ane a thusa vhapondwa vha u tzipiwa uri vha ite ndingo dza HIV/Aids na mañwe malwadze.

Mushumela vhapo wa GRIP Vho-Thandiwe Maseko vha ri dzangano ili li fhogomela zwipondwa zwa u tzipiwa.

"Ri nekedza fhogomelo na u tendela zwipondwa zwi tshidzula nduni dzo tsireledzea ho u swikela vha tshi vhona uri vho lugela u amba. Ri na vhakhuthadzi makone vha na lufuno vho diimisela ho u thusa," vho ralo. **■**

Kuvhigele kwa mulandu wa u tzipa mapholisa:

- Tsha u thoma, iyani kijiniki u tolwa. Muvhigo u do vha tshipida tsha faila ya mulandu nahone zwi do thusa mapholisa u fara mutshinyi.
- U bva afho iyani kha tshiti tsha mapholisa tsha tsini u vula mulandu. Muofisiri vha do ni humbela zwidombedzwa zwa vhuñe na u toda u divha zwo iteaho. Fhindulani nga vhungo nahone ni lingedze u humbula vhuñzhi ha zwidombedzwa u ya nga hune na nga kona. Lu nga vha lwendo lu vavhaho, fhedzi vhuñzhi vhu do thusa kha fhodisiso.
- Humbelani nomboro dza muofisiri mufofisi, u ri ni kone u vha kwama na uri vha ni divhadze nga ha mvelaphanda. Muofisiri mufofisi u do ni kwama arali hu na zwiñwe zwidombedzwa zwine zwa khou todea.

