

# Vuk'uzenzele



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## 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

**S**ince 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

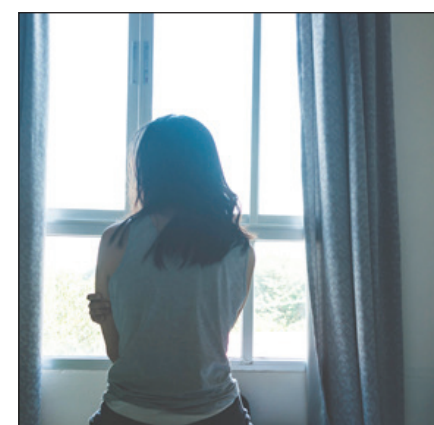
● **Cont. on page 2**

**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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# Tshikhala tsha u fhedzisela tsha u dinwalisela u khetha

**MAAFRIKA** Tshipembe vha tea u shumisa pfanelo dzavho dza Ndayotewa u khetha dzangano line vha li funa.



**M**afhelo a vhege a u dinwalisela u khetha a do vha nga Mugivhela wa la 26 na Sondaha ya la 27 Phando 2019, u ya nga mudzulatshidulo wa Khomishini ya zwa Khetho (IEC), Vho Glen Mashinini.

Vho Mashinini vha ri zwiitshi zwothe zwa 22 932 zwi do vha zwo vula u bva nga 08h00 u swika 17h00 nga vhege iyo ya u dinwalisela u khetha.

"Izwi ndi u itela vhakhethi vhaswa uri vha dinwalise na vha kale uri vha sedzuluse zwidombbedzwa zwavho."

Vho Mashinini vha ri hu na vhakhethi vho dinwalisaho kha mutevhe wa vhakhethi wa lushaka vha swikaho milioni dza 26.1.

IEC i tama u engedza milioni nthihi ya vhakhethi vhaswa kha mutevhe wa vhakhethi phanda ha khetho dza 2019.

Vho Mashinini vha ri u

dinwalisa uhu hu do itwa na kha senthara dza ndulamiso u mona na shango u itela uri vhafariwa vha shumise pfanelo dzavho dza u khetha.

"Malugana na u khetha, vhafariwa vha dzhiwa vho dinwalisela u khetha kha tshirikiri tsha u khethela tshine dzhele ine vha vha khayoy vha khatsho.

"Miya ya avho vho vaelwaho kha zwiimiswa zwa ndulamiso vha humbelwa u isa manwalo a vhupe a vhafariwa phanda ha fulo la u dinwalisa," Vha ralo Vho Mashinini.

**U dinwalisa ha Mukhethi** IEC i na fulufhelo la uri vhakhethi, vho no dinwalisaho, vha do dzhia tshikhala itshi vha ya kha vhupo ha u khetha ha havho u sedza zwidombbedzwa zwavho, zwi hulusa u khwaṭhisedza na u ita tshanduko arali zwo tea

kha zwidombbedzwa zwa diresi dzavho.

Zwine vha tea u zwi divha ndi hezwi:

- Vhadzulapo vha Afrika Tshipembe vhothe vane vha vha na minwaha ya 16 na u fhira, vane vha vha na basa ya tshiofisi, vha nga dinwalisa sa vhakhethi (nahohu avho vane vha do vha vhe na minwaha ya 18 nga duvha la u khetha vane vha do tendelwa u khetha).
- Vhakhethi vha tea u dzhia linwalo lavho la vhupe line la vha na bar-code, basa ya smart card kana tshitifikheithi tsha vhupe tsha tshifhinganyana musi vha tshi ya u dinwalisa kha zwiitshi zwa u vouthela zwa hune vha dzula hone.
- Musi vha tshi dinwalisa, vhakhethi vha tea u netshedza diresi ya hune vha dzula hone kana u talutshedza hune vha dzula hone u itela

uri Khomishini

i vha vhee

fhethu ho teaho

kha mutevhe

wa vhakhethi.

Linwalo li sumbaho hune vha dzula hone a li todei.

- Senthara ya vhudavhidzani ya Khomishini ya zwa Khetho i do vha yo luga phanda ha mafhelo a vhege ya u dinwalisa a lushaka, nahone i do shuma na musi mafhelo a vhege a u dinwalisa o no fhira u itela u thusa vhadzulapo u dinwalisa na u khetha.
- Vho Mashinini vha ita khumbelo kha vhothe vha kwameaho, hu tshi katela mahoro a polotiki, mihasho na zwiimiswa zwa muvhuso, madzangano a vhudavhidzani na a tshitshavha uri vha tikedze fulo ili la u dinwalisa na u tutuwedza u dinwalisela u khetha phanda ha dzikhetho. **SAnews**

**Vhakhethi vho dinwalisaho vha nga dalela webusaithi ya Khomishini ya Khetho ([www.elections.org.za](http://www.elections.org.za)) u itela u vhona zwidombbedzwa zwavho zwa zwi nwalisa na hune tshiti tshavho tsha u khethela tsha vha hone. Vha nga rumela nomboro yavho ya basa kha nomboro ya SMS ya 32810 u itela u wana SMS ine ya vha na diresi ya vukhethelo ha hatsho. (Mutengo wa SMS ndi R1).**

## First time voter eager to register for 2019 elections

### More Matshediso

**P**onalo 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.**



# Tsivhudzo dza uri vha dzule vho tsireledzea nga maɖuvha aya a vhuawelo

Dale Hes

**M**aɖuvha a vhuawelo ndi maɖuvha a u diphina. Fhedzi a a dovha a ɖisa nyimele dzi fanaho na khombo dza moɖoro, vhuvhava na vhuŋwe vhugevhenga. Kha vha tevhedze tsivhudzo idzi uri vha vhe na maɖuvha a madakalo o tsireledzeaho na vhafunwa vhavho.

## Kha vha dzule vho tsireledzea dzibadani

Khombo dza badani dzi a engagedzea vhukuma nga maɖuvha a vhuawelo, dza dovha dza dzhia maɖana a vhutshilo. Kha vha dzule vho tsireledzea nga u vhona uri:

- Vha sedzuluse moɖoro wavho musi vha sa athu u fara lwendo u itela uri moɖoro wavho u vhe u kha nyimele yavhuɖi.
- Vhone na vhanameli vhavho vha tea u dzula vho vhofha bannda ɭa

- tsireledzo.
- Vha tea u awela nga mura-hu ha awara mbili dziŋwe na dziŋwe musi vha tshi khou fara lwendo lulapfu.
- Vha tea u litsha u nwa musi vha tshi khou reila.
- Vha reile nga luvhilo lwo kaliwaho nahone vha tevhedze milayo yothe ya badani.
- Vha ɖhogomele miŋwe mimoɖoro khathihi na vhaendanganayo.
- Vha songo shumisa luɖingo lwavho musi vha tshi khou reila.

## Tsireledzo ya vhana

Vhupo vhunzhi ha madakalo vhu dzula vhu tshi tou vha mupfufhi u si mphire, zwine zwa amba uri hu na khonadzeo ya uri ŋwana wavho a nga xela vhukati ha gogo ɭa vhatu.

Ndi zwa ndeme uri vha dzule vho lavhelesa vhana vhavho musi vha tshi khou u ita zwithu zwi fanaho na u bambela lwanzheni kana vha tshi khou tamba mu-

davhini. Dziŋwe tsivhudzo dza u ita uri vhana vhavho vha dzule vho tsireledzea a si idzi:

- Kha vha vhone uri vhana vhavho vhaɖuku vha fhasi ha ndango ya muthu muhulwane.
- Vha ite uri musi vhana vha moɖoroni, vha dzule vho tsireledziwa .
- Kha vha funɖedze vhana vhavho nomboro yavho ya luɖingo u itela misi ya khombo.
- Kha vha ite uri vhana vhane vha si kone u bambela vha ambadzwe mabannda a zwanɖani ane a papamala.
- Kha vha funze vhana vhavho uri vha songo dzhena moɖoroni wa vhatu vhane vha si vha ɖivhe na uri vha songo davhidzana na vhatu vhane vha si vha ɖivhe.
- Kha vha fare tshanɖa tsha ŋwana wavho musi vha fhethu ho ɖalesaho vhatu na musi vha tshi pfuka bada.



- Kha vha gude thusothangi u itea uri vha kone u thusa kha nyimele ya shishi.

## Vhugevhenga

Hu na u hulela ha milandu ya u pwashiwa ha dzinnɖu na u tswa nga zwifhinga zwa misi ya madakalo. Kha vha dzule vho fhaɖuwa tshifhinga tshothe nahone vha dzhie maga a tsireledzo a tevhelaho:

- Musi vha tshi ya maɖuvhani a madakalo, vha vhone uri mafasiɖere na mavothi a muɖi wavho zwo khiiwa.
- Arali muŋwe wa vha-

dzulatsini vhavho a tshi ɖo vha e hone hayani, vha mu humbele uri a ite a tshi posa iɖo muɖini wavho.

- Musi vha madakaloni, vha vhetshele kule zwithu zwi fanaho na ɖhingo-thendeleki na zwipatshi.
- Vha sie moɖoro wavho wo khiiwa arali vha tshi ɖo fhedza tshifhinga tshilapfu vha kule nawo. Vha sedze kavhili u itela uri vha vhe na vhuɖanzi ha uri wo khiiwa.
- Vha tea u dzula vha na nomboro dza tshumelo dza shishi u fana na ambu-ɭese na mapholisa. **V**

# 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

**A**nswering 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. **V**

## 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](mailto: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.



# Kha vha shumise masheleni nga ndila ya vhuṭali

**VHA SONGO** ita vhuṭakhi vuhulu ha u shumisesa masheleni manzhi u fhira ane vha vha nao nga haya maḍuvha a vhuawelo.

Allison Cooper

**M**aḍuvha a vhuawelo a songo vha sia vha na tshikolodo tshihulwane.

“U shumisa masheleni lwo kalulaho zwi fana na u vha na thongwana dza tshikolodo dzi vha dinaho, “tshiendani tshavho tsha masheleni” Ndi

**“Vha songo shumisa masheleni ane vha si vhe nao.”**

zwavhuḍi u sa shumisesa masheleni nga hei Khushumusi ngauri zwi nga vha na masiandaitwa a si avhuḍi kha masheleni na mugaganyagwama wavho lwa tshifhinga tshilapfu,” Vha ralo Vho Matthys Potgieter, mulangi wa zwa mimaraga na thengiso kha



DebtSafe.

“Hovhu vhuḍipfi havhuḍi ha u shumisesa masheleni nga Lara na Nyendavhusiku ndi ha tshifhinga tshipfufhi nahone vharengi vha ḍo pfa u vhavha nga tsheo dzavho dza u sa londa mafheloni a ṅwedzi wa Phando nga 2019. Vha songo shumisa masheleni ane vha si

vhe nao, “Vha ralo vha tshi engedza Vho Potgieter

Vho Mellony Ramalho vha African Bank vha ri vhashumi vha anzela u holelwa u ṭavhanya nga ṅwedzi wa Nyendavhusiku, zwa ita uri vha lindele tshifhinga tshilapfu vha sa athu u hola nga ṅwedzi wa Phando.

“Phando ndi ṅwedzi u konḍaho kha vhathu vhanzhi, zwi ita uri vhaṅwe vha nange u shumisa garaṭa dza zwikolodo kana u ita tshikolodo. Ndi zwa ndeme u dzula u tshi ḍivha zwine wa ḍo ita nga masheleni. Ndi khwiṅe u ita mugaganyagwama u itela uri u sa shumisesa masheleni,” Vha ralo Vho Ramalho.

Vho Potgieter vha tsivhudza vharengi uri vha rene zwishumiswa zwa Khushumusi u ṭavhanya na u vhona uri dzi-raga na zwixwatudzi zwavho zwo ḡadzwa nga zwishumiswa zwi sa ṭavhanyi u sina, u itela u dzudza mugaganyagwama wavho nga fhasi ha ndaulo na u thivhela u renga u lenga musi zwithu zwi tshi vho ḡura.

Zwine Vho Potgieter vha eletshedza vharengi nga hazwo nga ha uri vha nga dzudza hani mugaganyagwama wavho nga fhasi ha ndaulo:

- Kha vha ḡadze zwixwatudzi na dziraga dzavho nga

zwishumiswa zwi sa ṭavhanyi u sina

- Kha vha humbule u shumisa moḡoro muthihi na vhaṅwe vhathu vha shumaho navho kana vha tshi ya fhethu huthihi. U shumisa moḡoro muthihi zwi amba u shumisa tshelede ṭhukhu ya peṭirolu
- Kha lingedze nga ṅdila dzoṭhe u sa shumisa bada dzi re na thologethi
- Vhudzuloni ha u renga zwifhiwa kha vha ri vhana vha tou ḡibakela zwiliwa zwine vha ḍo dzangela vhone vhaṅe u itela vhafunwa vhavho
- Kha vha thome u renga zwithu zwa Khushumusi hu tshe na tshifhinga.

Uno ṅwaha, tshigwada tsha Debtsafe tshi khou ṭuṭuwedza vharengi uri vha shumise mabambiri o ḡowealeaho a buraweni u putela zwifhiwa, ane a swikelea nahone ane a vha avhuḍi kha mupo. **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.

**I**n 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**