

# 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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# Pfuna ku sivela Ku Pfariwa ka Mati

**KAPA-VUPELADYAMBU** i xifundzankulu xo sungula ku hlaseriwa hi switandzhaku swa matimba swa ku cinca ka maxelo.



## More Matshediso

**N**dzawulo ya Mati na Nkululo (DWS) yi le ku tirheni na Dorobankulu ra Kapa ku phalala dyandza leri nga eKapa-Vupeladyambu, leri nga nyanya kutlula hinkwawo eka malembe-xikhume.

Hi ku ya hi DWS ku vile na timpfula leti nga enelangiki naswona mimpimo ya madamu ya le ku enhleni.

Leswi swi sindzisile valawuri ku veka swipimelo swo tika ku sivela Ku Pfariwa ka Mati leyi nga tshukaka yi va kona, loko tiphayiphi ti pfumala mati.

Dorobankulu ra Kapa ri le ku tirhiseni ka swipimelo swa 6B. Leswi swi vula leswaku ku na mpimo wa siku na siku wa 50 wa tilitara ta mati kumbe ehansi hi munhu, hambi hi le kaya, entirhweni, exikolweni kumbe kwihi na kwihi.

Loko dorobankulu ra ha ri eku kongomiseni ka matshalatshala ya rona hinkwawo eka ku sivela Ku Pfariwa ka Mati, ri vurile leswaku ri lava ku va ri tilulamiserile xi-yimo laha ri nga ta teka vulawuri bya mphakelo wa mati wa dorobankulu ku tlherisela endzhaku ku fika eka vuxika.

Hi ta pfala mphakelo etiphayiphini loko madamu ya hina ya fikelela mpimo wa nhlanelo wa 13.5 wa tiphesente. Xikan'wekan'we loko mimpimo ya madamu yi fika 13.5 wa tiphesente, va ta sungula ku pfala sisiteme ya mphakelo, handle ka tindhawukulu ta mabindzu na mihlangano, yo tanihi swibedhhele," ku vula dorobankulu eka xitatimente.

Xikan'wekan'we loko leswi swi

humelela, vatshami va ta kota ku fikelela mati kusuka eka etindhawini to ka eka tona edorobankulu hinkwaro. Mutshami un'wana na un'wana u ta averiwa 25 wa tilitara ta mati hi siku.

Dorobankulu ri sungurile ku tirhisa Senthara ya Mitirho ya Timhangu (DOC) ya rona ku humelerisa Kungu ra Timhangu ta Mati, leri ri nga ta sungula ku tirha loko ku tshuka ku va na *Ku Pfariwa ka Mati*.

## Tiphayiphi ta mati yo boriwa

Dorobankulu ri sorile hi matimba ntirhiso wa le handle ka muako wa tiphayiphi ta mati yo boriwa naswona ri vurile leswaku matirhiselo eka swikongomelo swa ncheleto ya ta pimiwa kufika eka mimpimohenhla wa awara yin'we ntsena hi masiku ya Ravumbirhi na Mugqivela, ku nga si ba awara ya 9 nimixo na le ndzhaku ka awara ya 6 nimadyambu.



"Ntirhiso wa mati wa tiphayiphi ta mati yo boriwa kumbe tindhawu ta swihlovo ti fanele ku vekiwa timitara naswona vatirhisi hinkwawo va laveka ku hlayisa tirhekodo na ku endla leswaku ti kumeka ku va ti kamberiswa," ku vula dorobankulu.

Ri tlhele ri vula leswaku

vatshami va fanele ku kuma mpfumelelo kusuka eka DWS loko va lava ku xavisa kumbe ku xava mati ya tiphayiphi ta mati yo boriwa kumbe ya ndhawu xihlovo.

Tanihi xiphemu xa matshalatshala ya mfumo ku lawula matirhiselo ya mati, DWS yi vurile leswaku valawuri va le ku vekeni ka swipimelo swo tika ku tiyisisa leswaku avelo lowu pimiweke wa mati wa landzeleriwa.

Nakambe dorobankulu ri tirhisana na xipano xa nsindziso wa nawu na Yuniti yo Lavisisa yo Hlawuleka ku sindzisa ku landzeriwa ka swipimelo.

## Ku teka magoza ehenhla ka vaonhi

Ndzawulo ku nga ri khale yi endlile matshalatshala ya nhlanelo na doroba, ku ri karhi ku kongomisiwa eka migingiriko ya mati leyi nga riki enawini eMfuleni.

Pfumba leri a ri lava ku tirhana na ku tluriwa ka milawu ya mati ka nkarhi wa sweswi hinkwako na ku landzeriwa ka swipimelo swa mati, naswona ri kongomisiwile ngopfungopfu eka vuhlantswelo bya mimovha lebyi nga riki bya ximfumo.

"Hi ku landza swipimelo swa mpimo wa 6B, mati yo nweka ya masipala a ya tirhisiwi ku hlantswa mimovha. Vuhlantswelo bya timovha lebyi nga riki bya ximfumo byi tirhisa mati yo tala. Vinyi va vuhlantswelo bya timovha vo tala va tirhisa tiphayiphi ta xitandi ku fambisa mabindzu ya vona, kasi van'wana va tirhisa mati ku suka eka tiphayiphi ta vona," ku vula ndzawulo.

Hambileswi ku nga na va yimeri va mati lava tiyimiseleke vo tala lava va tirhaka ku pfuna ku papalata Ku Pfariwa ka Mati, dorobankulu ri komberile vaaki va rona ku endla xiave xa vona eka ku hlayisa mati.

"Hi lava vatirhisi va mati hinkwawo ku tikatsa eka matshalatshala ya Team Cape Town," ku vula Xandla xa Meyara wa Dorobankulu ra Kapa Ian Neilson.

## Switsundzuxo swa ku hlayisa mati

- Pfala phayiphi loko u hlukhla meno, u kerha kumbe u chukuchela xisibi eswandleni.
- Teka nkarhi wutsongo exawareneni naswona tirhisa mati matsongo loko u hlamba ebavhini.
- Papalata ku xava mati ya le bodheleni.

## Movha

- Hlantswa movha wa wena hi bakiti na xiponci ntsena.



## Kamara ro hlambela

- Tirhisa xawara ematshan'weni ya bavhu.
- Tirhisa mati matsongo ebavhini.
- Nghenisa vana lavatsongo ebavhini xikan'we.
- Gwedhla xihambukelo ntsena loko risema ri endla swi va swi fanerile.
- Vekela xitina endzeni ka sisitene ya xihambukelo ku hunguta matirhiselo ya mati.



## Khixi

- Tirhisa sinki leyi pfariweke ku hlantswa swibye, ematshan'weni ya phayiphi leyi pfuleriweke.
- Tirhisa xisibi xo hlantswa tindhichi xitsongo, ku hunguta xilaveko xa ku basisa.
- Tirhisa sinki leyi pfariweke ku basisa miroho, ematshan'weni ya phayiphi leyi pfuleriweke.
- Tirhisa mati lama u ya tirhiseke ku basisa mihandzu na miroho ku cheleta hi wona swimilani.



## Swimilani na Xirhapa

- Cheleta swimilani hi nkarhi lowu nga hola swinene wa siku.
- Cheleta swimilani hi mati lama u ya tirhiseke ekhixini ku basisa mihandzu na miroho.
- Tirhisa swikumiwa swa xirhapa swa ntumbuluko na leswi nga hava tikhemikali.

Vaaki na vona va khutaziwa ku tirhisa mitara ya vona ya mati ku kambela ku pfuta ka mati loko nga thumbiwangiki.

Hlaya mitara ya mati ku nga si fika nkarhi wa tiawara timbirhi na le ndzhaku ka tona, loko ku ri hava mati lama tirhisiweke. Loko mitara ya mati yi nga kombi nhlayo yo fana hi nkhaqato, kutani ku na laha ku pfutaka.

Vatshami na vona va khutaziwa ku lunghisa tiphayiphi leti thonaka. Phayiphi leyi thonaka hi mpimo wa nthonsi rin'we hi sekondi yi halatela kufika kwalomu ka 10 220 wa tilitara ta mati hi lembe.



## Xana dyandza i yini?

Dyandza i mhangu ya ntumbuluko leyi fambelanaka na maxelo. Ri nga khumba swiphemu swa tiko leswikulu ku ringana tin'hwetini kumbe malembe naswona ri na ntshikelelo eka andziso wa swakudya, naswona ri hunguta mpimo wa malembe lama languteriweke ku hanyiwa na matirhelo ya ikhonomi ya swiphemu swa tiko leswikulu kumbe tiko hinkwaro.



# Youth put to work

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

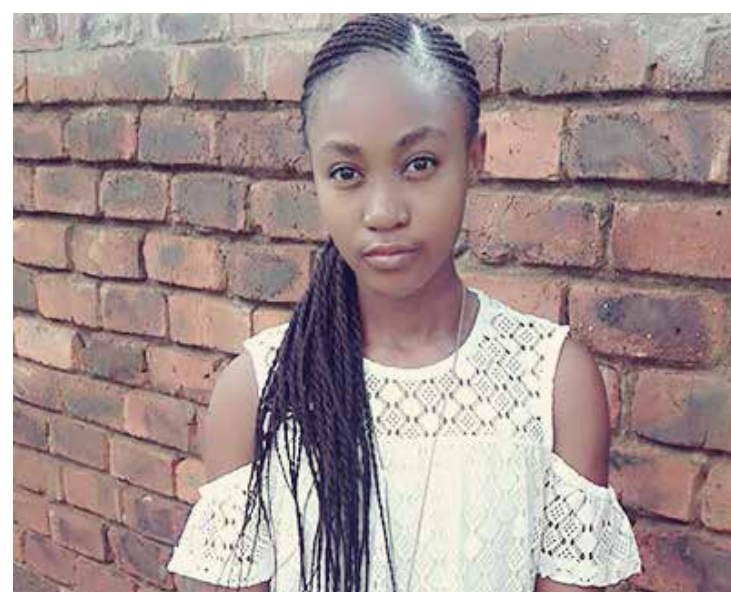
## More Matshediso

**W**hen 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. ■

## Tithrisele matimba ya wena, mangala mpfinyo

**TITLHERISELE MATIMBA YA WENA** hi ku mangala mpfinyo na nxaniso wa swa masangu eka vulawuri lebyi faneleke.

### Adele Schormann

**K**u va muxanisiwa wa nxaniso wa swa masangu kumbe mpfinyo i wun'wana wa mitokoto yo tshova moya leyi munhu a nga langutanaka na yona. Hi swona swi endlaka leswaku Vukorhokeri bya Maphorisa ya Afrika-Dzonga (SAPS) byi vekile tisisiteme ku tiyisisa leswaku swi olova na ku va swi hlayisekile eka va nhu ku mangala vugevenga lebyi.

Muvulavuleri wa maphorisa ya Mpumalanga Kolonele Mtsholi Bhembe u vurile leswaku i swa nkoka leswaku vaakandhawu va tirha na maphorisa na ku mangala vugevenga lebyi.

"Tanihi maphorisa, i ntirho wa

hina ku tirha xiave lexikulu eka ku tiyisisa leswaku vaonhi va xupuriwa na leswaku vaxanisiwa va hlayisekile. Hi khutaza vaakandhawu ku ya va ya mangala milandzu ya mpfinyo exitichini xa maphorisa xa le kusuhi na vona," ku vula Bhembe. Vaxanisiwa va fanele ku mangala milandzu ya muxaka wa swa masangu emaphoriseni ku nga si hela 72 wa tiawara ta ku va vugevenga byolebyo byi endlekile.

Bhembe u tsundzuxile vaxanisiwa va mpfinyo ku va va kuma nkhangotelo wa ku vaviseka emoyeni wa xiphurofexinali endzhaku ka nxivixivi wa vona.

"U nga ha titwa u thyakile naswona u lava ku hlamba hi ku vuyelela naswona u nga ha va u chuha na ku chava ku humela ehandle. Ku hava na wun'we wa

miangulo leyi wu nga tolovelekangiki. U fanele ku tsundzuka leswaku ku na vukorhokeri lebyi kumekaka ku ku pfuna," a vula.

Greater Rape Intervention Project (GRIP) hi yin'wana ya mihlangano leyi yi pfunaka vaxanisiwa lavava mpfinyiweke ku va va kamberwa HIV / AIDS na mavabyi man'wana.

Mutirhi wa ta vanhu wa GRIP Thandiwe Maseko u vurile leswaku nhlango wu hlayisa vaxanisiwa lava mpfinyiweke.

"Hi nyika mphako wa nhlayiso na ku endla leswaku vaxanisiwa va tshama endlwini ya vuhlayiseki kufikela loko va lunghekele ku vulavula. Hi na vakhongoteri va kahle swinene na ku va lava hlayisaka swinene lava lunghekeke ku pfuna," a vula. ■

### Hilaha nandzu wo pfinya wu mangariwaka hakona emaphoriseni:

- Xosungula, yana etlilini u ya kuma nkambelo wa vutshunguri. Xiviko lexi xi ta vumba xiphemu xa fayili ya nandzu lowu naswona xi ta pfuna maphorisa ku khoma muonhi loyi.
- Endzhaku ka swona yana exitichini xa maphorisa xa le kusuhi kutani u pfula nandzu. Phorisa ri ta ku vutisela vuxokoxoko bya wena n'wini na hi mayelana na leswi swi ku humeleleke. Hlamula hi ntiyiso naswona ringeta ku tsundzuka vuxokoxoko byo tala hilaha swi kotekaka hakona. Ri nga va endlelo ro vava, kambe vuxokoxoko lebyi byi ta pfuna eka vulavisisi.
- Kombela phorisa leri lavisisaka nomboro ya rona ya vutihlanganisi, ku endlela leswaku u kota ku tihlanganisa na rona ku kuma vuxokoxoko lebyintshwa. Phorisa leri lavisisaka na rona ri ta tihlanganisa na wena loko vuxokoxoko byin'wana byi laveka.

