

Vuk'uzenzele



Produced by Government Communications (GCIS)

English/isiNdebele

| UNobayeni 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

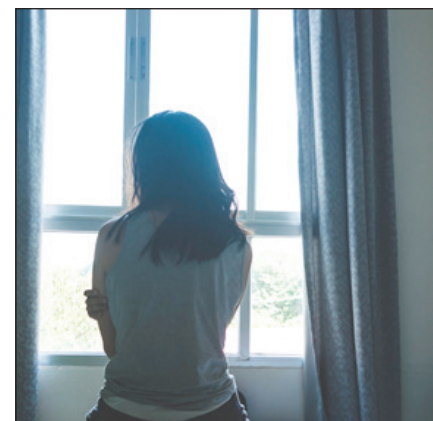
● **Cont. on page 2**

**REGISTER
TO VOTE**

26 – 27 January
2019

**Last chance to
register to vote**

Page 5



**How abuse
affects survivors**


Page 12



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Ithuba Lokugcina Lokutlolisela Ukuvowuda

AMASEWULA AFRIKA kufuze asebenzise ilungelo lawo lomThethosisekelo avowudele isiqhema sepolitiki esithandwa ngiwo.

Ipelaveke yokutlolisela ukuvowuda Mgqibelo wamhlana ama-26 no-Sondarha wamhlana ama-27 kuTjhirhweni wee-2019, ngokutjho kwakaSihlalo weKomitjhini yezama-Khetho eziJameleko (i-IEC), u-Glen Mashinini.

UMashinini uthi zoma-22 932 iinteyitjhi zokuvowudela zizokuvulwa nge-iri lobu-08:00 bezi-yokuvalwa ngelesi-17:00 ngepelaveke yokutlolisela ukuvowuda.

“Leli lithuba labavowudi abathomako ukuthi bazitlolise, nelabavowudi ebebavele bakhona ukuthi balungise bavuselele imininingwanabo.”

UMashinini uthi njenganje baziingidi ezima-26.1 abavowudi esele bakhona erhelweni labavowudi leli-zwe loke.

I-IEC ithemba ukuthi ubuncani bakhona bazakungezeleleka ngesigidi sinye abavowudi abatjha erhelweni lokuvowuda lelizwe loke, ngaphambi kwekhetho lomnyaka wee-2019.

UMashinini uthi ihlelo lokutlolisela ukuvowuda lizokufikiswa nemajele elizweni lokeli, kobanyana iimbotjhwa nazo zizokuthola ithuba lokusebenzisa ilungelo lazo lokuvowuda.

“Iimbotjhwa zithathwa ukuthi zitlolisele ukuvowuda esiyingini sokuvowuda lapho ijele lazo likhona. “Bemakhabo beembotjhwa ezivalelwe emajele njenganje bakhonjelwa ukuthi babasele abomazisi babo ngaphambi kobana kufike isikhathi sokutlolisela ukuvowuda,” kutjho uMashinini.

Ukutlolisela Ukuvowuda

I-IEC inethemba lokuthi abavowudi, esele bakhona erhelweni labavowudi njenganje, bazakusebenzisa ithubeli ukuyokuhlola eenteyitjhini zabo zokuvowuda bayokuvuselela imininingwanabo yeemphande.

Nakhu Ofanele Ukwazi:

- Zoke izakhamuzi zeSewula Afrika ezineminyaka eli-16 nengaphezulu ezinabomazisi abasemthethweni zinelungelo lokuzitlolisa njengabavowudi (nanyana nje kubabantu abazabe sebhlanganise iminyaka eli-18 ubuncani bakhona ngelanga lokuvowuda kwaphela, abazakuvunyelwa ukuvowuda).
- Abavowudi kufanele bakhambe naboMazisi babo abanebhakhowudi, namkha uMazisi oliKarada, namkha isitifikethi sakamazisi wesikhatjhana nabayozitlolisa esiyingini sokuvowuda lapho bahlala khona namkha lapho bavame ukuhlala khona.

• Nabazitlolisela ukuvowuda, abavowudi kuzakufuneka batjho isiphande lapho bahlala khona namkha bahlathulule ukuthi bahlala kuphi, kobanyana i-IEC izokwazi ukubafaka esigabeni esifaneleko serhelo labavowudi. Akunasidingo sobufakazi bokuthi umuntu uhlala kuphi.

Iziko lezokwazisa le-IEC nalo lizokuvulwa ngaphambi kobana ifike ipelaveke yokutlolisela ukuvowuda; nje-ke lizakusebenza bekube ngemva kwepelaveke yokutlolisela ukuvowuda, lisiza izakhamuzi ukutlolisela ukuvowuda, noku-vowuda ngokwakho.

UMashinini ukhombela boke ababelani, iinqhema zepolitiki, iminyango neenjamiso zikarhulumende, iimbikiindaba kunye neenhlango zomphakathi ukuthi zisekele ijima nehlelo lokutlolisela ukuvowuda, zibe zikhuthaze nabantu ukuthi bazitlolisele ukuvowuda, ngaphambi kwekhetho. **SAnews**

Abavowudi abatlolisiweko bangavakatjhela ubunzinzolwazi be-IEC ku-www.elections.org.za bahlale imininingwanabo yakhathesi yokuvowuda nokuthi sikuphi sabo isiteyitjhi sokuvowudela. Bangathumela neenomboro zabo ze-ID nge-SMS ku: 32810 kobanyana bazokuthola i-SMS enesiphande sesiteyitjhi sabo sokuvowudela (i-SMS ibiza 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.

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.

Iiyeleliso Ezizakuphephisa Kilamaholideyi KaKresmusi

Dale Hes

A maholideyi ka-Kresmusi asikha-
thi sethabo. Kodwana anjalo nje andisa namathuba wezehlakalo ezinjengeengozi zendlela, ukweba nobunye ubulelesi. Landela iiyeleliso ezilandelako nanzi ukwenzisa isiqiniseko sokobana uhlala uphephile bewuthabile nalabo obathandako.

Hlala Uphephile Eendleleni

Iingozi zendlela zanda okurarako ngamaholideyi kaKresmusi, zibulale amakhulukhulu wabantu. Ukuze uhlale uphephile, yenza isiqiniseko sokobana:

- Ikoloyakho uthoma ngokuyihlola ntanzi ngaphambi kobana uthathe ikhambo, kobanyana uzokuba nesiqiniseko sokuthi isebujameni obulungileko;

- Wena nabantu obakhwezileko nihlala niwabophile amabhande;
- Unande uphumula ngemva kwama-awa amabili nayibe ukhamba ibanga elide ngekoloyi;
- Ungathomi utjhaye uselele namkha uselele ibe uyatjhayela ngahlanye;
- Khamba ngebelo elivunyelweko kwaphela, nemithetho yendlela uyihloniphe yoke;
- Tjheja uyelele ezinye iinkoloyi nabakhambi ngeenyawo;
- Musa ukusebenzisa iselifoni ibe uyatjhayela.

Ukuphepha Kwabantwana

Iindawo zamaholideyi ezinengi zinabantu abanengi abazivakatjhelako; lokho-ke kutjho ukuthi umntwana-kho angadurha hlangana newoma labantu abazababalapho.

Kuqakathekile nokuthi

uhlale ubeke ilihlo ebantwaneni bakho nabazithabisa ngezinto ezenziwa lapho, njengalokhuya nabaduda elwandle namkha lokhuya nabadlala eenkundleni zokudlalela. Nanzi ezinye iiyeleliso ongaphephisa ngazo abantwabakho:

- Yenza isiqiniseko sokobana abantwana abancani bahlala beluswe mumuntu omkhulu othembekileko nanyana owazisako;
- Ngekoloyini, yenza isiqiniseko sokuthi abantwana bawabophile amabhande;
- Fundisa abantwana abakhudlwana inomboro yakho yeselifoni, wenzelele ukuthi bakghone ukukufowunela nayibe kukhona okwenza ukuthi ufuneke ngokurhabekileko;
- Yenza isiqiniseko sokuthi abantwana abangakwazi kuhle ukududa bathola iinsiza zokudu-

da ezibasiza ukuthi bangacwili nabadudako;

- Fundisa abantwabakho ukuthi bangathomi bangene ekoloyini yomuntu otjhili nanyana abangamaziko begodu bangathomi bakhulume nabantu abatjhili nanyana abangabaziko.
- Umntwanakho mbanibe ngesandla naniseendaweni eziphithizelako nalokhuya naneqa indlela.
- Funda isizo lokuthoma kobanyana uzokukghona ukusiza nakube kufuneka isizo lokwelapha elirhabako.

Ubulelesi

Buyanda ubulelesi boku-gqekeza emizini nebo-kweba ngamaholideyi ka-Kresmusi. Hlala utjhejile uyelele ngaso soke isikhathi, uthathe nananzi iiyeleliso zokuphepha:

- Yelega ukuthi woke amafesidere neminya-

ngo yendlu kukhiyelwe nawukhambako usiya emaholideyini.

- Nayibe kukhona umakhelwana ozabe akhona nawungekho wena, mkhombele ukuthi akuphosele ilihlo kwakho.
- Nasele usemaholideyini, yenza ukuthi ipahla eligugu enjengamaselifoni neempatjhi zemali uhlala uyisithelisi, ingabi semehlweni wabantu.
- Ikoloyakho ayihlale ikhiyelwe nawutjhidako hlanu kwayo, nanyana ngabe utjhida isikhathi esincani kangangani. Qinisekisa ukuthi nangambala ukhiyele ngokuhlolisisa iimbambo zeminyango ukuthi zikhiyeleke kuhle na.
- Beka eduze inomboro zefoni zabesizo elirhabako abanjengama-ambulensi namapholisa.

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.

Sebenzisa Imali Ngokuyelela

UNGATHOMI WENZE UMTJHAPHO wokusebenzisa imali edlula onayo.

Allison Cooper

A maholideyi ka-Kresmusi akukafaneli ukuthi akutjhiye usegebhegebheni yesikwelede esithuwelelako.

“Ukusebenzisa imali ngokweqileko kufana nesikwelede esiliphela endlebeni. Kungaba kuhle khulu

“Musa ukusebenzisa imali onganayo.”

nange ungabalekela ukusebenzisa imali ngokweqileko kiloKresmusi, ngoba ukusebenzisa imali ngokweqileko kungaba nomphumela omumbi emalini onayo ngemva kwesikhathi,” kutjho umphathi wezokumaketha nokuthengisa

kwa-DebtSafe, u-Matthys Potgieter.

“Ubumnandi bokuthenga ngenyanga kaSinyikhaba nekaNobayeni kuphela msinyana khulu, abathengi bathome ukuzwa ubuhlungu bezenzo zabo zokuthengela butjhwileni ekupheleni kwakaTjhirhweni wee-2019. Musa ukusebenzisa imali onganayo namkha musa ukuthenga ngemali onganayo,” kungezelela u-Potgieter.

UMphathi we-African Bank u-Mellony Ramalho uthi abasebenzi bavamise ukurhola msinyana nanyana ngaphambi kwesikhathi ngenyanga kaNobayeni; lokho-ke kwenza ukuthi umrholwabo kaTjhirhweni ufike ngelikade khulu.

“Inyanga kaTjhirhweni yinyanga ebudisi khulu ebantwini abanengi, kangangokuthi abanye bagcina badanele ekusebenziseni ama-credit card namkha ba-



gcine babolekile. Kuqakathekile ukuthi uhlale ulimuka, utjheje ukuthi uyisebenzisa kangangani imali. Kungaba ngcono khulu ukuthi imalakhokho uyihlelele, uyihlukanise ngokuyaba ngaphambikobana uthome ukuyisebenzisa, nawuzakubalekela ukusebenzisa imali ngokweqileko,” kutjho u-Ramalho.

U-Potgieter ulimukisa abathengi ukuthi bathome kusese nesikhathi ukuthengela uKresmusi, begodu

babe benze nesiqiniseko sokuthi indawabo yokubeka ukudla namafriji wabo azele ukugoma okuhlala isikhathi eside, ukwenzelela ukuthi imali abanayo ihlale ilawuleka, nokubalekela ukuthenga kwamarhabarhaba nokudla imali enengi.

U-Potgieter uyelalisa abathengi ngeendlela zokungasebenzisi imali ngokweqileko:

- Thenga ukugoma ngo-

bunengi bewuthenge imihlobo ekghona ukuhlala isikhathi eside.

- Sebenzisa iqhinga lokukhwezana eenkoloyini. Ukunciphisa inani leenkoloyi kutjho ukuphukunguka kweembaseli ezisetyenziswa eenkhwelweni.
- Lapho kukghonakala khona, balekela ukukhamba ngeendlela ezibhadalelwako.
- Kunokobana nithenge iziphopho, kungaba njani nange uthi abentwana ababhage amabhago enizenzele wona enizozithabisa ngawo nabantu enikhonzeneko.
- Zithenge kusese nje, izinto ozozidinga ngoKresmusi.

Nonyaka isiqhema se-DebtSafe sikhuthaza abathengi ukuthi baqalelele ukusebenzisa iphepha lokuphuthela iziphopho elisundu, ngoba liyathengeka begodu alisilaphazi ibhoduluko. **V**

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. **V SAnews.gov.za**