

Vuk'uzenzele



Produced by Government Communications (GCIS)

English / isiZulu

| February 2018 Edition 2

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

Page 2



Stop, look, look, again

Page 7



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Tel: (+27) 12 473 0353

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● **Cont. page 2**

Siza ukulwisana nosuku lokuntuleka kwamanzi

INTSHONALANGA KAPA isifundazwe sokuqala esikhungethwe umthelela wokuguquguquka kwesimo sezulu.



More Matshedisiso

UMnyango Wezamanzi Nokuthuthwa Kwendle (i-DWS) usebenzisana neDolobha laseKapa ukulwisana nesomiso eNtshonalanga Kapa, okuyisomiso esibi kwezizike zahlasela eminyakeni eyishumi.

Ngokwe-DWS kube nokuntuleka kwezimvula futhi kwehla nezinga lamanzi emadamini.

Lokhu sekwenze iziphathimandla zibeke izinyathelo eziqinile ukunweba isikhathi sokufika kosuku lokuntuleka kwamanzi, lapho amathangi azobe omile.

IDolobha laseKapa liqala imikhawulo yezinga u-6B. Lokhu kuchaza ukuthi kuzoba nomkhawulo wansuku zonke wamalitha amanzi angama-50 noma angaphansi kumuntu ngamunye, osekhaya, emsebenzini, esikoleni noma kwenye indawo.

Njengoba idolobha ligxile emizamweni yokulwisana nosuku lokuntuleka kwamanzi, lithe lidinga ukulungiselela isimo lapho lizokwazi ukulawula uhlelo lwedolobha lokuthunyelwa kwamanzi ukuze kuze kufike ubusika.

"Sizokuvala ukuthunyelwa kwamanzi kompompuma amadamu ethu efika ezingeni elingu-13.5%. Uma izinga lamadamu lifika ku-13.5%, bazoqala ukuvala amapayipi athumela amanzi, ngaphandle kwezindawo zezamabhezini ezisemqoka kanye nezikhungo, ezifana nezibhedlela," ngokulandisa kwedolobha esitatimendeni salo.

Uma sekufika lesi sikhathi, izakhamuzi zizokwazi ukuthola amanzi ezizindeni eziphakela ngamanzi edolobheni lonkana.

Isakhamuzi ngasinye sizokwabelwa amalitha amanzi angama-25 ngosuku.

IDolobha selivule Isikhungo Esisebenza Ngezinhlekelele (i-DOC) ukusebenzisa Uhlelo Lwamanzi Lwenhlekelele, olu-zoqala uma sekufike usuku lokuntuleka kwamanzi.



Amapitsi

IDolobha selikugxekile ukusetshenziswa kwamapitsi futhi lathi ukusetshenziswa kwawo ukuze kuniselwe kuzoba ihora elilodwa kuphela ngoLwesibili kanye nangoMgqibelo, ngaphambi kwehora lesi-9 ekuseni futhi ngemuva kwehora lesi-6 ntabama.

"Ukusetshenziswa kwamapitsi okanye imithombo yamanzi kufanele kukalwe ngamamitha futhi bonke abakusebenzisayo bagcine amarekhodi azotholakala uma kufanele ahlole," kusho idolobha.

Lengeze ngokuthi izakhamuzi kufanele zithole imvume ku-DWS uma zifuna ukudayisa noma ukuthenga amanzi asemapitsini/nasemithonjeni yamanzi.

Njengomzamo kahulumeni wokulawula ukusetshenziswa kwamanzi, i-DWS ithe iziphathimandla zibeke izinyathelo eziqinile ukuqikelela ukuthi ukuphakelwa kwamanzi ngendlela ebekelwe imikhawu-

lo kuyalandelwa.

IDolobha futhi lisebenzisana nethimba eliqinisekisa ukulandelwa komthetho kanye noPhiko Oluphenyayo Olukhethekile ukuqikelela ukulandelwa komthetho.

Ukuthathela izinyathelo abaphula umthetho

Umnyango ngokuhlanganyela nedolobha usanda kugasela eMfuleni, ugxile ezenzweni zokusetshenziswa kwamanzi ngokungekho semthethweni.

Lo mkhankaso kuhloswe ngawo ukudingida ukuphulwa kwemithetho kwamanje kanye nokulandela imikhawulo yamanzi, futhi uqondiswe ikakhulukazi ezikhungweni eziwasha izimoto ngokungekho emthethweni.

"Ngokwamazinga emikhawulo 6B yedolobha, amanzi kamasipala angaphuzwa ngeke asetshenziswe ukuwasha izimoto. Izindawo zokuwasha izimoto ezingekho emthethweni zisebenzisa amanzi amaningi. Abanikazi bezindawo zokuwasha izimoto abanengi basebenzisa ompompuma abafakelwe umphakathi emabhezini abo, abanye basebenzisa amanzi ompompuma babo," kuchaza umnyango.

Nakuba emaningi amaxusa amanzi azimisele asebenzayo ukusiza ukunqanda usuku lokuntuleka kwamanzi, idolobha licele izakhamuzi ukuba zidlale indima yazo ekongeni amanzi.

"Sifuna bonke abasebenzisa amanzi bajoyine imizamo yeDolobha laseKapa," ngokusho kwePhini likaSodolobha waseKapa u-Ian Neilson. **V**

Amasu okonga amanzi

- Vala umpompuma uma uxubha, ushefa noma ugcoba insipho ezandleni
- Ngena eshaweni isikhashana futhi usebenzise amanzi amancane uma ugeza
- Gwema ukusebenzisa amanzi athengwayo.

Imoto

- Washa imoto yakho ngebhakede nesiphontshi kuphela.



Amagumbi okugeza

- Ngena eshaweni esikhundleni sikabhavu
- Sebenzisa amanzi amancane kubhavu
- Geza izingane ezincane ndawonye
- Fulasha indlu yangasese kuphela uma kunephunga
- Beka isitini endishini yamanzi okufulasha ukunciphisa ukusetshenziswa kwamanzi.



Ekhishini

- Sebenzisa usinki ovalwayo uma ugeza izitsha, esikhundleni sikampompuma
- Sebenzisa insipho yokugeza izitsha encane, ukugwema isidingo sokuhlambulula
- Sebenzisa usinki ovaliwe uma uhlambulula imifino, esikhundleni sikampompuma
- Sebenzisa amanzi owasebenzise ukuhlambulula izithelo nemifino uma unisela izitshalo.



Izimbali nesivande

- Nisela izimbali uma sekupholile
- Nisela izimbali ngamanzi owasebenzise ekhishini ukuhlambulula izithelo nemifino
- Sebenzisa umanyolo wemvelo nongenamakhemikhali esivandeni.



Amalungu omphakathi ayacelwa ukuba asebenzise amamitha amanzi ukuhlola ukuconsa kwamanzi okungabikiwe.

Funda imitha yamanzi ngaphambi futhi ngemuva kwesikhathi esingamahora amabili, uma engekho amanzi aseke asetshenziswa. Uma imitha yamanzi ingasafani, kuchaza ukuthi kukhona lapho econsa khona.

Izakhamuzi ziyacelwa ukuba zilungise ompompuma abaconsayo. Umpompuma oconsa ngesilinganiso seconsi elilodwa umzuzwana umosha amanzi alinganiselwa kumalitha ayizi-10 220 ngonyaka.

Yini isomiso?

Isomiso inhlekelele yemvelo ehambisana nesimo sezulu. Ingahlasela kakhulu izifunda izinyanga noma iminyaka futhi sinomthelela ekukhiqizweni kokudla, futhi sehlasela iminyaka yokuphila komuntu kanye namandla ezomnotho ezifundeni ezingingoma emazweni wonkana.

Youth put to work

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

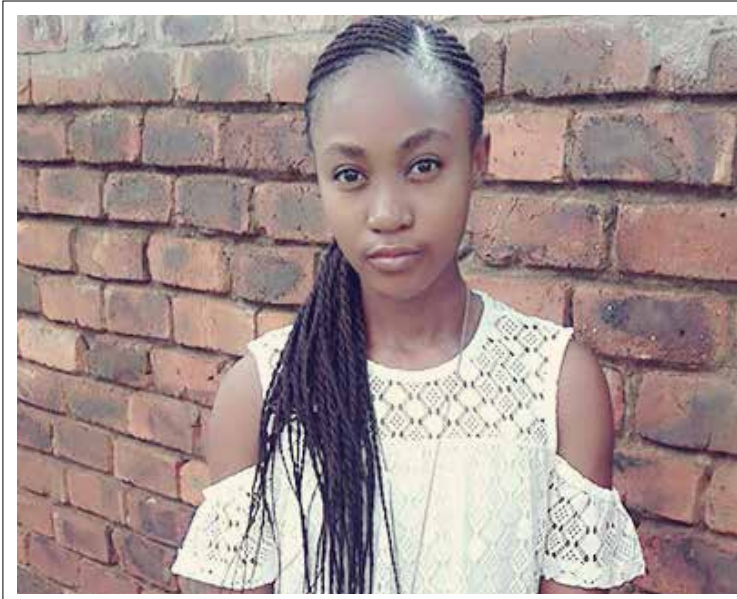
More Matshediso

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



Bonolo Rakgalakana is one of the top learners who received a bursary from the Department of Public Works.

Koketso, who also completed 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. **V**

Buyisa amandla akho, bika ngokunukubezwa

BUYISA AMANDLA akho ubike kuziphathimandla ezifanele ngokudlwengulwa nangokuhlukunyezwa ngokocansi.

Ukuba isisulu sokunukubezwa ngokocansi noma ukudlwengulwa kuyinto ebulungu nethusayo umuntu angabhekana nayo. Ingakho uMbutho wamaPhoyisa waseNingizimu Afrika (i-SAPS) usubeke izinhlelo zokwenza kube lula futhi kuphephe kubantu ukubika lobu bugebengu.

Okhulumela amaphoyisa aseMpumalanga uColonel Mtsholi Bhembe uthe kubalulekile ukuba umphakathi usebenzisane namaphoyisa futhi ubike lobu bugebengu.

"Njengamaphoyisa, kuwumsebenzi wethu ukudlala indima enkulu ukuqinisekisa ukuthi ababhebezeli bayabanjwa

futhi izisulu zobugebengu zisezandleni eziphephile. Sicela ukuba umphakathi uze ubike amacala okudlwengulwa eziteshini zamaphoyisa eziseduzane," kuqhuba uBhembe.

Izisulu zokunukubezwa kufanele zibike ubugebengu bezocansi emaphoyiseni engakapheli amahora angama-72 kwenzeka ubugebengu.

UBhembe uyalele izisulu zokudlwengulwa ukuba zifune usizo lokululekwa ngemuva kwezigameko ezithusayo ezibuhlungu.

"Ungazizwa uncolile futhi ugeze uphindelela futhi usabe ukuphuma. Akukho okungajwayelekile kulokhu futhi nokungaqhelekile. Kufanele ukhumbule ukuthi kunosizo

olutholakalayo ukukusiza," esaqhuba.

I-Greater Rape Intervention Project (i-GRIP) enye yezinhlangano ezisiza izisulu zokudlwengulwa ukuba zihlale Igciwane Lesandulelangculazi (i-HIV) neNgculazi (i-Aids) nezinye izifo.

Usonhlalakahle we-GRIP uThandiwe Maseko uthe le nhlangano inakekela izisulu zokudlwengulwa.

"Sihlinzekela ngokunakekela futhi sivumele izisulu zihlale endlini lapho ziqashwe khona zize zikulungele ukukhuluma. Sinabaluleki abaphambili futhi abanakekelayo kakhulu abalindele ukukusiza," ngokusho kwakhe. **V**

Libikwa kanjani emaphoyiseni icala lokudlwengulwa:

- Okokuqala, hamba uye emtholampilo ukuze uhlolwe. Umbiko uzoba ingxenye yefayele lecala futhi uzosiza amaphoyisa ukubamba umsolwa.
- Bese uya esiteshini samaphoyisa esiseduze uvule icala. Iphoyisa lizobuza imininingwane eqondene nawe futhi nokukwehlele. Phendula ngokuthembeka futhi uzame ukukhumbula imininingwane eminingi. Kungaba uhlelo olubuhlungu, kodwa imininingwane izosiza uma sekwenziwa uphenyo.
- Cela inombolo yokuxhumana nomphenyi, ukuze ukwazi ukuxhumana naye ngeminye imininingwane. Umphenyi uzophinde axhumane nawe uma kudingeka eminye imininingwane.

