

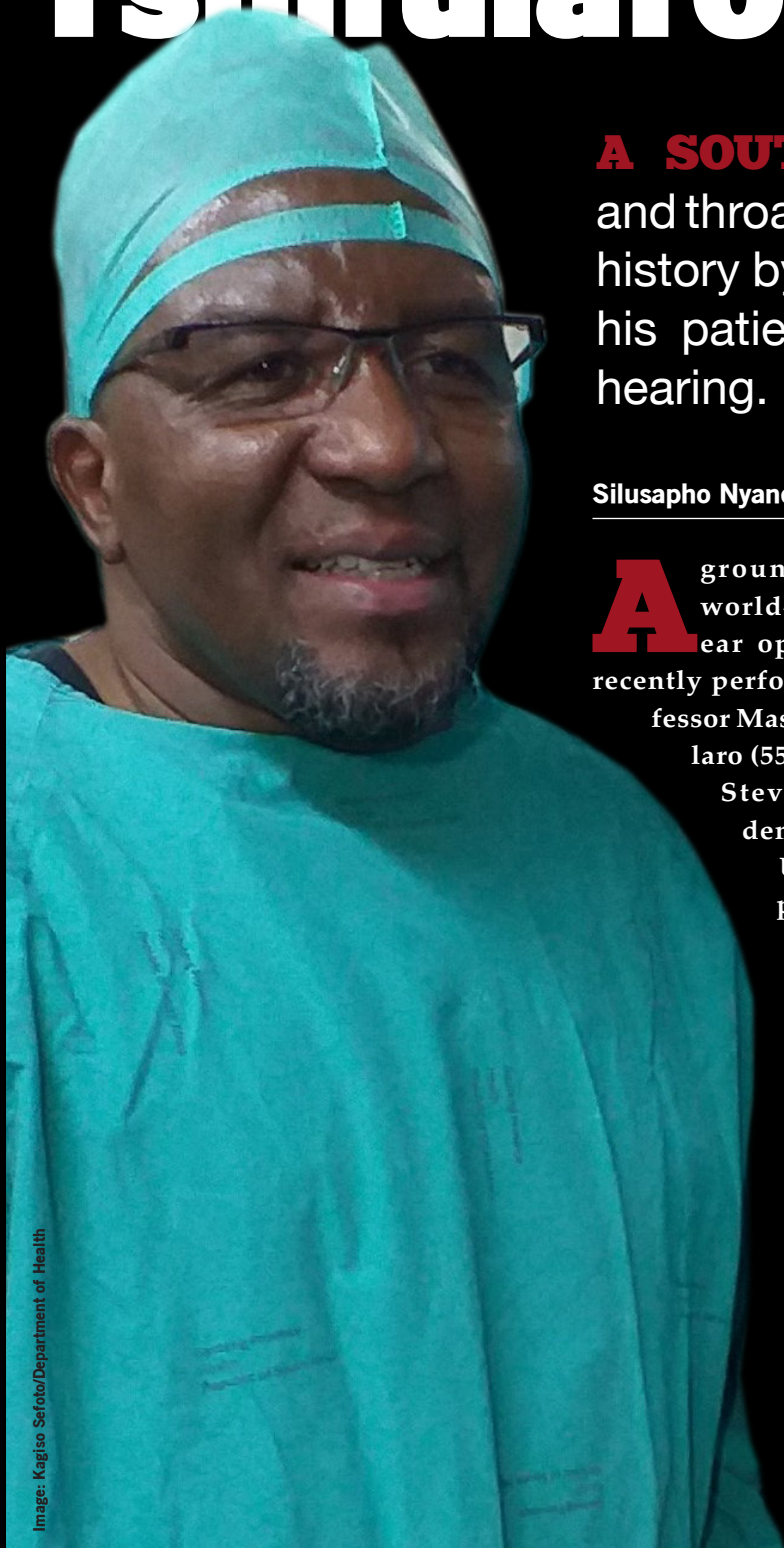
Vuk'uzenzele



Produced by Government Communications (GCIS)

| April 2019 Edition I

Halala! Prof Tshifularo Halala!



A SOUTH AFRICAN ear, nose and throat specialist has made world history by successfully operating on his patient's middle ear to restore hearing.

Silusapho Nyanda

A ground-breaking, world-first middle ear operation was recently performed by Professor Mashudu Tshifularo (55) at Pretoria's Steve Biko Academic Hospital. Using 3D printing technology, Prof Tshifularo and his team printed and replaced the middle ear's three bones in an operation that took three hours. "The desire to make a difference has always been in my heart. I have been

working on this project for the past 10 years. I started to get excited two years ago and went to the lab to work. The 3D technology is very exciting and has really changed the way we do things," he said.

Prof Tshifularo told *Vuk'uzenzele* that even though he faced some challenges during his research there was no turning back. "I would sleep thinking about it and wake up thinking about it. And, when I was busy, the ideas came and I would think 'Wow, this is it'. Then I would go back to the lab and try," he said.

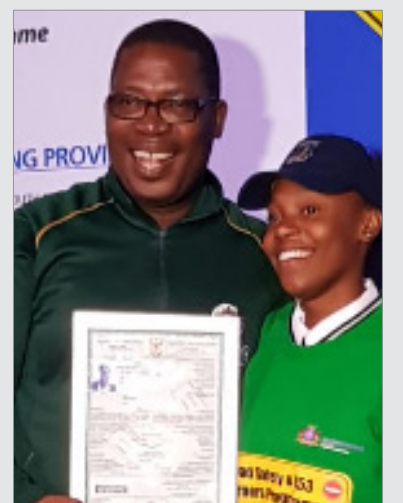
He did not fear that the operation would go wrong, due to his extensive training. Prof Tshifularo and his team removed the patient's three middle ear bones, which were broken in a car accident, and replaced them with the new

● **Cont. page 2**



Teach children how to recycle

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Pupils a step closer to being licensed drivers

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Did you know? THE 2019 ELECTIONS WILL BE HELD ON 8 MAY 2019

Teach children how to recycle

RECYCLING'S 'THREE RS' - reduce, reuse and recycle - are very useful for managing the waste we produce and reducing its impact on communities.



Piles of rubbish in streets, parks and fields are common in South Africa. Litter not only spoils otherwise beautiful areas, it also causes water and soil pollution, and poses a health risk. It is therefore important to teach children how to produce less waste and how to recycle.

According to the Department of Environmental Affairs, South Africans can find ways to reuse old and broken items. For example, old jars can be used to store items.

The department explained that recycling is a process of transforming rubbish into a raw material that can be shaped into a new item. It is important for communities to buy items that can be recycled such as glass, plastic and paper.

Teachers have a vital role to play in educating children about recycling. Through recycling programmes at schools, chil-

dren can be taught how to manage waste responsibly from a young age.

How to set up a recycling programme in your school

- The first step of setting up the programme is to appoint a recycling committee.
- The second step is to find out how much waste the school is throwing away and the type of waste produced. Collect waste and separate it into the various types, then work out the weight of the waste produced a month.

- Third step is to identify waste to be recycled and decide which types of waste the school will focus on. Contact recycling companies in the area to make arrangements for the companies to collect the waste regularly.
- Fourth step is to mark the different types of waste and assign people to various roles, such as collecting rubbish or separating waste.
- Fifth step is to start your programme and make sure that everyone in the school knows about it so that they can recycle too. **V**



From page 1

bones, which are less than one centimetre each and made from titanium.

"The ear has the outer ear, middle ear and inner ear. The middle ear is made up of the membrane and three tiny bones. When you clean the ear you feel the membrane and when you touch it, it's very sensitive. It's like a speaker because it amplifies sound from outside.

"The three bones in the middle ear are the hammer, anvil and stirrup. Ligaments and muscles keep them in place. They sit in an empty space. They hang," he said.

The medical breakthrough will enable those born without middle ear bones to have them built and fitted into their ear.



Prof Tshifularo left high-paying private sector jobs in favour of public service. The father of four said he stays in the public sector to train young doctors and to improve his research.

"I am encouraged and wondering what is next, but I am more determined to go back to the lab and do more research because I know academically there are a lot of questions that

we need to answer."

With a love for imparting knowledge, Prof Tshifularo is passionate about growing young talent.

"I want to train our young doctors and I want the

impact not to be my own, but for the country and the continent," said Prof Tshifularo, who hopes that his achievement will plant the seeds of motivation in young doctors. **V**



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"NOW IS THE TIME FOR ALL OF US TO WORK TOGETHER, IN HONOUR OF NELSON MANDELA, TO BUILD A NEW, BETTER SOUTH AFRICA FOR ALL."

PRESIDENT CYRIL RAMAPHOSA

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MAKING YOUR FUTURE WORK BETTER
LEARNING FROM MADIBA



Freedom comes with responsibility

As a South African, what does freedom or Freedom Day mean to you?

For millions of us, 27 April 1994 will forever remain etched in our minds as an epoch-making day on which the country held its first democratic elections which ushered in the post-apartheid dispensation.

We fondly remember the inauguration of Struggle stalwart Nelson Mandela as the first democratically elected President of South Africa but we also recall our sadness at the high price paid by significant numbers of compatriots who had made extreme sacrifices in their fight against the apartheid system.

Today, with freedom and democracy firmly embedded in our society, we appreciate how the values of our freedom – which include equality, human rights, respect and dignity – bind us together as a peace-loving nation that is united in its diversity.

These values commit us to make a meaningful contribution towards building a country that is free of oppression and discrimination.

The Bill of Rights in our

world-acclaimed Constitution of the Republic of South Africa of 1996, ensures the protection and promotion of basic human rights for all people in this beautiful country.

To breathe life into our Constitution, it is our duty and responsibility as a nation to treat one another equally and fairly, and with respect and dignity.

We are proud of the human rights culture that prevails in South Africa today, which serves as one of the cornerstones of our democracy and as a beacon to many nations elsewhere.

We treasure – and others respect – our constitutional order based on the tireless and indomitable resistance and deep sacrifice we had to invest to dislodge the apartheid system.

Based on this history, we know our nation will not fully enjoy the benefits of freedom as long as any among us are still subjected to discrimination, oppression and exploitation.

Gender-based violence (GBV) is one challenge in our society that undermines our hard-won freedom.

We must therefore do

all we can to end GBV to entrench gender equality.

Gender equality demands that men and women should be free to develop themselves and reach their full potential, irrespective of their sexual orientation and beliefs.

For gender equality to be realised, the aspirations of men and women need to be valued on an equal footing, especially in terms of socio-economic opportunities.

Our Constitution clearly states that no-one should be discriminated against on the basis of race, gender, religion, national, ethnic or social origin, disability, culture, language, status or appearance.

In essence, we must secure the dignity of all who live in South Africa.

It is tragic that we experience violations of our Constitution and the law, such as we see around our schools with disturbing regularity.

Our children should be safe at schools and in our homes and communities, without living in fear of being sexually violated or killed. No one has the right to hurt, bully or intimidate others. Our Constitution

states that "every child has the right to basic nutrition, shelter, healthcare and social services, as well as the right to be protected from maltreatment, neglect, abuse or degradation".

We need to secure a better future for our children by protecting them, spending time with them, imparting sound values to them and setting examples for them that build healthy families and communities.

One seemingly small but vitally important area in which we can help our children and our nation is to overcome the challenge of a poor reading culture in South Africa.

Reading expands our minds, our vocabulary and truly opens up new frontiers of opportunity – in our country and the world.

We can help our children by setting aside 30 minutes a day to read with them. If we do that diligently and consistently, our children will be empowered and their comprehension skills will improve.

At the other end of the scale of life, the promotion and protection of the rights of older persons and people with disabilities in our society is of equal importance.

They too deserve to be treated with respect and dignity.

Let us join hands in sustaining our freedom by promoting human rights in our homes, religious institutions, schools and communities.

Let us also work together to make sure that we protect our environment.

The Constitution provides that everyone has a right to an environment that is not harmful. We should all make an effort to clean the environment, reuse, reduce and recycle. Be exemplary to others in your community by picking up litter and putting it in the garbage bin.

As we mark a quarter century of freedom and democracy in April 2019, let us embrace and deepen our freedom – including the responsibility that rests on all of us to ensure that we live in a free and democratic society for centuries to come.

The world is full of examples where democracy has been replaced with systems of governance that feed off and feed into the worst inclinations of humanity.

We should never regress. Growing South Africa must remain our inspiration. **V**

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Together we move South Africa forward

#SendMe #ThumaMina

Flamingo Project saves Cape cancer patients

Silusapho Nyanda

The Flamingo Project is funding and helping breast and colorectal cancer patients at the Groote Schuur and Tygerberg hospitals to undergo life-saving operations.

Dr Liana Roodt, the head of the Flamingo Project, said that over 500 women in the Cape have already been able to have operations for breast cancer as a result of the project.

She explained that the project raises funds for those who cannot afford treatment costs and donates pamper packs to patients on the treatment list.

"To address the surgical backlog for breast cancer patients at these hospitals, we fund additional theatre time for these operations over weekends. We also coordinate



■ Doctors Liana Roodt and Kenward Chibuye from Groote Schuur Hospital operating on a cancer patient as part of the Flamingo Project.

surgical and anaesthetic volunteers to assist us to perform these additional surgeries.

"We also provide support

to newly diagnosed breast, ovarian, cervical and uterine cancer patients, by providing weekly pamper packs to them

at both hospitals," said Dr Roodt.

Whilst the Flamingo Project conducts the surgeries, it does

not decide who is eligible for treatment. "The hospitals decide which patients require surgery, which ensures that they remain in the system and complete the rest of their treatment. Surgery is only one aspect of the treatment plan to manage breast cancer," Dr Roodt explained.

The Flamingo Project was launched due to the long patient waiting lists at both hospitals.

The project also assists with the post-treatment process and provides support to the staff working with patients, in a resource-limited environment. "We have created a patient room, donated two ultrasound machines, host yearly staff wellness days and assist where we can with the running of the Groote Schuur Breast and Endocrine Surgical Unit," Dr Roodt confirmed. ■

The dangers of childhood depression



With rising reports of youth suicides in South Africa – the youngest of which was a mere six years old in 2017 – it is important for adults to learn everything they can about depression and how to spot it in children.

In 2018, the South African Depression and Anxiety Group (SADAG), which deals with hundreds of calls each day relating to youth

and mental health, reported that 31.5 percent of teen suicide attempts required medical treatment; 17.6 percent of teens had considered attempting suicide; one in four university students had been diagnosed with depression; and over 20 percent of 18-year olds had one or more suicide attempts.

According to the World Health Organisation, half of all mental health conditions

start by 14 years of age, but most cases are undetected and untreated.

"That's why it is important that parents, teachers, grandparents, loved ones and communities know that depression can affect young people too," the SADAG said.

It is important to know the signs of depression and suicide and how to get help before it is too late.

Signs of depression

According to psychiatrist Dr Pralene Maharaj from the Gauteng Department of Health's Sterkfontein Psychiatric Hospital in Krugersdorp, signs that a child is suffering from depression vary according to their age and brain development.

Some of the warning signs include no participation in previously enjoyable school activities, weight loss or gain, sleeping problems, not

completing homework, lack of participation in the classroom, a drop in marks and difficulty concentrating.

"However, depression is hard to diagnose in children because it could be an underlying problem. For example, perhaps they have a learning difficulty and are not coping at school. It is very important that they [children] receive the correct diagnosis and are treated holistically," she said.

Teen suicide

SADAG is seeing increased cases of depressed children and teens and is receiving more calls from children who feel helpless, hopeless and even suicidal.

While some suicides may occur without any outward warning, most do not. The most effective way to prevent suicide is to learn to recognise the signs of someone at risk, take these signs seriously

and know how to respond to them.

Danger signs include:

- previous suicide attempts;
- talking about death or suicide;
- depression;
- change in sleeping patterns;
- change in appetite or weight;
- speaking or moving with unusual speed or slowness;
- fatigue or loss of energy;
- feelings of worthlessness, self-reproach or guilt; and
- extreme anxiety, agitation or enraged behaviour; and drug or alcohol abuse. ■

What can I do?

Childhood depression is serious and it is important that the child is properly evaluated. Visit your closest mental health clinic, hospital or doctor as soon as possible. You can also contact:

a Cipla 24-hour mental health helpline at 0800 456 789.

a SADAG helpline at 011 234 4837 or the Suicide Crisis Line at 0800 567 567.

New ablution facilities handed to KZN school



Amalooloo, a private company, donated toilets to Ubhle Bemvelo Primary School as part of eradicating unsafe toilets.

Silusapho Nyanda

Pupils of Ubhle Bemvelo Primary School in Mtubatuba, Kwa-Zulu-Natal will now be using safe new toilets, thanks to a partnership between govern-

ment and the private sector. The 48 toilets were donated by Amalooloo, a private company, after a call made by President Cyril Ramaphosa for business to work with government in eradicating unsafe toilets. The Principal

of Ubhle Bemvelo Primary School, Oscar Sithole, said they are grateful for the toilets as they ensured that pupils are safe. He said the toilets would protect pupils from contracting illnesses. "Having proper toilets in

our school is a reflection of transformation. The school has been without proper ablution facilities for a long time," said Sithole.

Of the 48 toilets, six were especially designed to be used by Grade R pupils.

"There are extra toilets for Grade R. There were initially 42 toilets but they have given us an additional six," he said.

The handover of the toilets was done at the launch of the roll-out of Sanitation Appropriate for Education Initiative (SAFE) by the Minister of Basic Education, Angie Motshekga.

The SAFE initiative has seen the construction of 787 safe and grade-appropriate sanitation facilities, with a further 841 schools either in planning, design or construction stages across schools in the country.

Ubhle Bemvelo Primary is the first school in KwaZu-

lu-Natal to receive toilets as part of the SAFE programme.

"Studies show that proper sanitation and good hygiene practices increase learner participation in class while reducing absenteeism due to illnesses such as diarrhea and pneumonia," Minister Motshekga said.

The Minister said the initiative sought to deliver ablution facilities speedily by working with private sector companies. **U**

DID YOU KNOW?

Through the Accelerated Schools Infrastructure Delivery Initiative about 226 sanitation projects and 21 inappropriate structures have reached completion.

Pupils a step closer to being licensed drivers



Gauteng MEC Panyaza Lesufi hands over a learner's licence certificate to one of the pupils who benefitted from the K53 learner's licences programme.

Silusapho Nyanda

The ownership of a driving licence can be a door opener

for young job seekers. This prompted the Gauteng Department of Education (GDE) to give pupils from no-fee schools an oppor-

tunity to be qualified drivers.

Pupils from selected no-fee schools in Gauteng recently took the first step of being drivers by taking part in the K53 learner's licence programme.

The objective of the programme is to equip young people with professional driving and life skills. In addition, it is aimed at tackling challenges related to road fatalities due to limited road safety education.

Mbali Malekane from Selelekela Secondary School in Soweto, who received her learner's licence certificate, said she was grateful for the opportunity that had been handed to her.

"The learner's (licence) test at Langlaagte was difficult but it had to be done because it was a good opportunity," she said.

"We are truly living in an

"We are truly living in an equal South Africa where we all have the same opportunities."

equal South Africa where we all have the same opportunities," she said.

The GDE's plan is to have matriculants graduating

with multiple skills.

"We are proud of all the learners who participated in this programme. Those who acquired the K53 learner's licences will gradually be assisted to obtain their K53 driving licence," said Gauteng Education MEC Panyaza Lesufi.

The department said the programme participants are all grade 11 pupils over the age of 17 who come from public schools in Gauteng.

MEC Lesufi said his department is planning to partner with private sector companies to offer skills training.

He said the aim is to ensure that pupils no longer leave township schools in search of quality education. **U**

Capturing the imagination with reading



■ Children's book author Vuyolwethu Madanda says reading with her son Bono has brought them closer as a family.

Matona Fatman

Imagine being able to give your child the world and all the knowledge in it. Anyone can do this, thanks to the

magic of cheaply priced books.

In fact, you mostly do not have to spend a cent, as a library card instantly gives you access to thousands of books, free of charge.

By picking up a book, you give your child the keys to open doors to worlds that would otherwise be impossible to reach. Children living in Mqanduli in the Eastern Cape can use their minds to

go anywhere they wish in the world.

Children's book author Vuyolwethu Madanda agrees, saying reading sets children up for future success.

"Through reading, children can learn the art of logic. This is a skill that is carried through life's learning, one that is transferable to different learning areas and school subjects."

In her upcoming book, *Iholid eCoffee Bay* (Holiday in Coffee Bay), Madanda wants

"Through reading, children can learn the art of logic."

children to experience the joy of the simple things in life – playing out in the sun by the sea – even if they have never been to the beach.

"I want the reader to feel the warmth of the sun; hear, smell and taste the ocean. The book is about the experience of being on holiday and really just doing fun things out in the sun," Madanda says.

"A child who grows up reading about the universe around them grows up with a thirst for knowledge, understanding that they too have an important role to play in the world. Books give children the words to express themselves, and teach them what they need to know as they grow," said Madanda.



Reading for 30 minutes



with your child helps improve their literacy.

"Reading does not only have to happen with books. On a commute, read any pamphlets and road signs you might pass. This will give your child a better understanding of the world around them."

"If you are trying out a new recipe from a magazine, read the instructions with your child. Find age appropriate stories to share with them from the newspaper. This way, reading becomes part of daily life," she said.

Madanda swears by reading as a way of bringing her family closer. She takes turns with her husband to read to her five-year-old son every night.

For this writer, who comes from a culturally diverse background, reading in as many languages as possible helps to give her son a sense of belonging and keeps him connected to his Xhosa and Venda roots.

"Reading can also help us break open conversations with our children. Many times you're not really going to lecture a young child about the dos and don'ts of life... Sometimes the best way to do that is to find a book that addresses what you, as a parent, want to say. You can share many messages through stories," says Madanda. ■

Top 10 tips to help children enjoy reading

1. Make books a part of family life – even if it is for five or 10 minutes, aim to read every day.
2. Join your local library – your children will get access to hundreds of books for free.
3. Read about something they are interested in – it does not matter if it is fiction, poetry, comic books or non-fiction.
4. All reading is good – do not rule out non-fiction, comics, graphic novels, magazines or leaflets.
5. Get comfortable! – whether it is on a beanbag or the sofa, make sure your child has somewhere comfy to read on their own too.
6. Ask questions – ask your child questions as you read to keep them interested in the story, for example, 'Can you remember what has happened so far?' and 'What do you think will happen next?'
7. Read whenever you get the chance – have a book or magazine for any time your child has to wait, like at the clinic or in the transport back home after school.
8. Read favourites again and again – re-reading helps to build fluency and confidence.
9. Enjoy bedtime stories – it is a great way to end the day and spend valuable time with them.
10. Make the most of rhyme and repetition – books with rhymes and repeated words or phrases are great for getting your kids to join in and remember the words. *Source: Pearson

The power of reading together

Jauhara Khan

Telelevision icon Oprah Winfrey started a reading revolution in the United States when she started her own book club in the 1990s. Books on her recommendation list became best sellers overnight and jumpstarted the careers of many great writers. It also motivated people around the world to start their own book clubs and begin to enjoy reading again.

In South Africa, national reading for pleasure campaign, Nal'ibali, runs more than 4 000 reading clubs for children, and trains individuals and organisations to run reading clubs for children in their communities.

Nal'ibali spokesperson Sally du Preez said, "Reading clubs are relaxed, informal spaces where children can enjoy books, stories and other literacy-related activities such as songs and games in their home languages as well as English.



The sustainability of these reading clubs is supported through mentoring, resource provision and partnerships."

The campaign runs over 4 000 active reading clubs in all nine provinces reaching over 120 000 children, and 84 percent of these clubs meet at least once a week. The reading clubs give children regular, enjoyable opportunities to learn, said du Preez.

She added that over 22 000 people had been trained in reading for enjoyment, at least 8 959 people were currently running or volunteering at reading clubs, and more than 17 000 people had joined Nal'ibali's broader network of literacy activists known as "FUNda Leaders".

Du Preez said FUNda Leaders are trained in teaching creative self-expression, exploration

and thinking together.

"If activities around reading are in languages that children do not understand, using methods that are not accessible or fun, they become meaningless and undesirable for children. Whether formal or informal education, reading has to be meaningful. We keep this in mind when we train adults on literacy and storytelling," she said. **V**

How to start a book club

1. Invite friends to join the club. You can invite as many people as you want, including neighbours, friends or family.
2. Decide on the kind of book club you want to have – will you read books of a specific type only – for example, books written by South African writers only – or a variety of books?
3. Decide with book club members on where you will hold book club meetings.
4. Hold a pre-book club meeting to decide which book you will read first, and how often you will meet to discuss the book.
5. Keep book club meetings exciting and interesting by changing venues, creating themes and questions for each meeting.

If you would like to join the Nal'ibali's FUNda Leader network log on to www.nalibali.org, on the mobisite – www.nalibali.mobi, or call centre on 021 180 40 80.

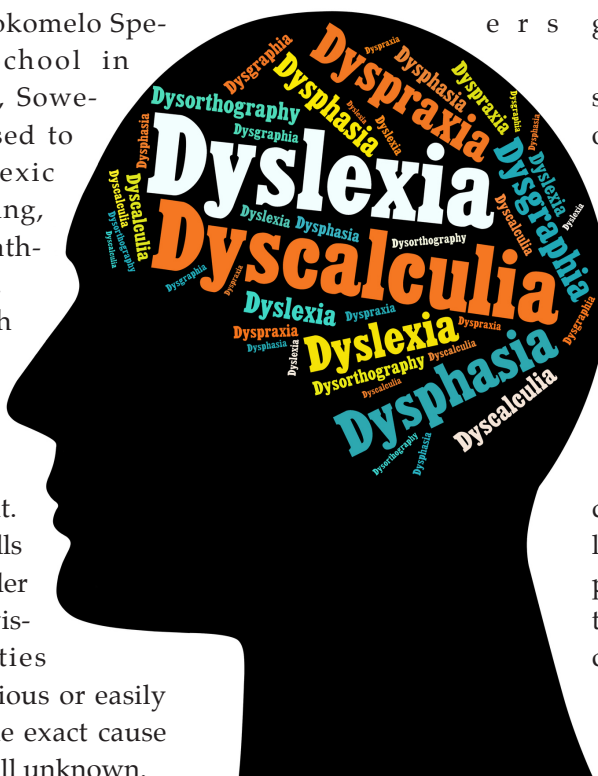
New resources for dyslexic kids

A PARTNERSHIP between government, the MTN SA Foundation and Samsung is ensuring that dyslexic learners have access to better resources.

Silusapho Nyanda

A multimedia centre at Tlhokomelo Special School in Meadowlands, Soweto, is being used to develop dyslexic learners' reading, writing and mathematical skills.

People with dyslexia struggle to link letters to the sounds that the letters represent. The condition falls within the broader category of 'invisible' disabilities as it is not obvious or easily identifiable. The exact cause of dyslexia is still unknown.



The centre at Tlhokomelo uses modern technology to teach learners

how to read and formulate sentences. It has helped 133 learners to improve their grammatical skills.

"Since the programme started, we have seen a lot of improvement in counting, reading and writing. Some learners were very confused by numbers, but now they are interested in them," said Reuben Tshiswise, one of the school's teachers.

The programme uses computers to teach learners how to draw, sort colours and formulate and read sentences. "The programme develops their thinking skills," Tshiswise confirmed.

School principal Josh Maluleka explained that learners have pens which they

use to scroll sentences, which the computer then reads aloud. The school has 16 teachers who have been trained to use the system.

"The learners have shown a huge improvement as they progress into other classes," Maluleka said.

Social Development Deputy Minister Hendrietta Bogopane-Zulu attended the opening of the multimedia centre and said there was little understanding of dyslexia in South Africa.

"The need for the early identification and recognition of dyslexia in South Africa remains pressing as there is very little understanding and barely any intervention measures for dyslexic learners in our schools. Awareness of this

DID YOU KNOW?

- Dyslexia affects about 10 percent of the population
- It is a language-based learning problem that makes writing, reading, spelling and the pronunciation of words difficult.

What are the symptoms of dyslexia?

- Difficulty in reading aloud.
- Slow and labour-intensive reading and writing.
- Problems spelling.
- Avoiding activities that involve reading.
- Mispronouncing names or words, or problems retrieving words.

learning difficulty remains low across the country," said Deputy Minister Bogopane-Zulu. **V**

STOP GBV

All South Africans must respond to **GENDER-BASED VIOLENCE (GBV)** and femicide.

In 2018 President Cyril Ramaphosa took a stand against this scourge by hosting the first GBV Summit in South Africa.

This was a platform where all sectors of South Africa which included government, civil society and survivors of GBV were under one umbrella to find solutions on how the country can stop abuse.

As a way of taking a stand and showing the country's commitment to end GBV and femicide President Ramaphosa will sign a declaration which is also a plan of action of how South Africa will end this problem.

This is scheduled to take place at the Booyens Magistrates' Court in Gauteng on 28 March.



President Ramaphosa will also be responding to the key areas that were discussed at the GBV Summit. They are as follows:

- 1. Political and community leadership** must support and champion the cause of eradicating GBV and femicide.
- 2. Political, community, family and business leadership** should be held accountable

- 3. Immediately set up an Interim Structure** which is funded, with the eventual objective of establishing a national, multi-stakeholder Council. The composition of the Council must be inclusive and representative with consideration of at least 51 percent of civil society and

appointments must be transparent.

- 4. Adequate resourcing of Thuthuzela Care Centres**, sexual offences courts and shelters that respond to the needs of all people including people, with disabilities and LGBTQIA.
- 5. A National Strategic Plan (NSP) on GBV and femicide** is developed within the next six months. The NSP should be resourced, implemented, monitored and evaluated regularly.
- 6. Ensure that all laws and policies**, programmes and interventions are adequately planned, costed and resourced in line with a gender-responsive planning, budgeting and monitoring evaluation framework across government.
- 7. Retain, resource, strengthen and reinvigorate** the institutional mechanisms, including the national **gender machinery**.
- 8. Promote woman-centred economic development.**
- 9. Strengthen the information and research base** to develop effective, **coordinated evidence-based policy** and programming.
- 10. A targeted, social behaviour change programme** to address patriarchal values and norms and structural drivers of GBV is developed and implemented across all sectors of South Africa.
- 11. Evaluate existing education interventions** with a view to strengthen them to ensure a comprehensive



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context training for the media sector.

13. Ensure ongoing capacity-building, specialisation and strengthened coordination informed by legislation, norms, standards and protocols on GBV.

14. Fast track the review of existing laws and policies on GBV to be victim-centred and ensure all other relevant laws respond to GBV.

15. Implement the recommendations that have been identified from reviews and address legislative gaps.

16. Consider creating a regulatory framework for religious institutions to curb sexual abuses and crimes under the guises of religion.

17. Revisit and fast track all outstanding laws and Bills that relate to GBV and femicide, including the decriminalisation of sex work.

response at all levels of education.

12. Convene a meeting of all **communicators on GBV** to adopt ethical guidelines, to cover language used, approaches for sensitivity (social media package) and social

Did you Know?

- The Booyens Magistrate's Court at Oakdene in the south of Johannesburg, is making access to justice services more convenient for the community.
- Prior to the construction of the court communities in this area were serviced by the Johannesburg Central Magistrate's Court which required them to travel up to 13 kilometres to be assisted.
- The facility was built at a cost of just over R242 million.

What services does the Booyens Magistrate's Court offer?



- Maintenance matters
- Domestic violence matters
- Children's Court
- Harassment Court matters
- Civil law services
- Small Claims Court and criminal law services.



What can I do if I am a victim of sexual violence.

Visit a Thuthuzela Care Centre which offers the following services:

- Comfort
- Medical care
- Access to the legal system
- Counselling.

How to contact a Thuthuzela Care Centre in your area?



Contact the GBV Command Centre in your area by calling 0800 428 428 or send a 'Please call me' to *120*7867#

Are you based in the south of Johannesburg and need a Thuthuzela Care Centre?

- Baragwanath Thuthuzela Care Centre – 011 933 9234/1206
- Lenasia Thuthuzela Care Centre – 011 211 0632

KHUSELEKA ONE STOP CENTRES

The Department of Social Development has six Khuseleka One-Stop Centres in the country to provide psycho-social support services to survivors of GBV. Out of the six is the Ikhaya Lethemba One-Stop Centre established in Johannesburg.

IF YOU ARE BEING ABUSED OR SUSPECT THAT SOMEONE IS BEING ABUSED, CALL:

- South African Police Service – 10111
- Childline – 0800 055555
- Stop Women Abuse Hotline 0800 150 150
- Lifeline on 0861 322 322 or 021 461 1111



Young chicken farmer breeds success

A YOUNG CHICKEN farmer is making his mark in the poultry industry, thanks to a partnership with his local abattoir that enables him to sell his chicken under his own brand name.

Silusapho Nyanda

Mafikeng chicken farmer Siyabonga Mhlabane (26) has gone beyond the average chicken farming enterprise by raising, slaughtering, processing and packaging his own chicken products.

Mhlabane spotted a gap in Mafikeng's poultry industry when he went to study agriculture at North West University.

"I fell in love with poultry and chose poultry science as a module. That's when I began to understand the potential that the industry has and the production shortages that South Africa faces," he explained.

South Africans consume

more chicken than the country produces, which ensured that Mhlabane had a market for his chicken.

"All of the major producers supply chicken to RCL Foods, which is KFC's biggest supplier. KFC is the biggest consumer of chicken in South Africa, the rest go to retail," he said.

Mhlabane chose to enter into the full value chain so that he could maximise his business potential. He raises his own chickens before sending them to a local abattoir to be slaughtered, processed and packaged under his brand, Alfred Daisy Poultry.

The farm, which processes 3 000 grain-fed chickens a month, sells to fast-food outlets, supermarkets, res-

taurants and members of the community. It also sells offcuts to locals.

Mhlabane wants to grow his business so that he can open his own abattoir and supply bigger markets.

"Studying modules such as agri-business propelled me to go start my own business in 2018," said Mhlabane.

When he first started the business, he used to slaughter manually for his clients.

He told *Vuk'uzenzele* that he started his business with 100 chicks, after receiving a R7 000 loan from his mother who was also a chicken farmer.

He then received additional funding of R50 000 from the National Youth Development Agency. **V**



Chicken farmer Siyabonga Mhlabane proudly displays his chicken product.

ooo

Young dairy farmer dreams big

A FREE STATE dairy farmer is doing all she can to turn her dairy farm into a profitable business.

More Matshediso

Helping her father manage his dairy farm in her youth has ensured that Beauty Mokoena (31) is now regarded one of the best subsistence farmers in the Free State.

In 2018 Mokoena was recognised as the best producer in the Thabo-Mofutsanyane District and received the MEC Special Award for her efforts during the 19th Annual Female Entrepreneur Ceremonial Awards.

The ceremony was held by the Free State Department of Agriculture and Rural Development to acknowledge and encourage the participation of women, young women and women living with disabilities in the agricultural sector.



Beauty Mokoena milks one of her 12 cows, she hopes to grow her dairy farm.

"I used to help my father with minimal duties such as cleaning, attending meetings and buying essentials that he needed for the farm.

"Spending a lot of time with him made me develop

an interest in farming," said Mokoena, who hails from Mangaung village in Qwa-Qwa.

After completing matric, Mokoena enrolled at Maluti TVET College to study for a

Diploma in Primary Agriculture. Unfortunately, her father passed on when she was in her third year and she had to take over the farm.

"Studying helped me a lot because I learnt about animal production, management, maintenance, how to take care of livestock and their medical needs, and agriculture as a business. The nice thing about agriculture is that you learn new things every day, as you come across different challenges," she said.

The dairy farm does not currently operate as a formal business, but Mokoena's family of six survives from what it produces.

"We currently have 12 cows and we milk seven of them. On a good day they can produce up to 45 litres of milk. I want to turn the farm into a

profitable business one day," she said.

Mokoena revamped the farm a bit with the money that she won when she received the MEC Special Award.

She was also offered an opportunity to represent the Free State in China in 2018, during the seminar on Modern Agric-Economy Management for Developing Countries.

She encourages young people, especially from rural towns, to take farming seriously and consider it as a career.

"The fact that jobs are scarce should encourage young people to be determined and passionate about agriculture because it is one of the things that most of our parents have knowledge of," she said. **V**

Are your children cyber safe?



More Matshediso

When people use the Internet, cell phones, or other devices to send or post text or images intended to hurt, intimidate or embarrass another person – this is cyberbullying.

It can be a painful experience, especially when it affects school learners who are also using

technology and social media to communicate with friends and family.

According to Basic Education spokesperson Elijah Mhlanga, cyberbullies use voice messages, text messages, images, videos, websites or personal web pages to repeatedly harass, intimidate or embarrass another person or a group of people.

In most cases, Mhlanga said,

bullies pretend to be other people online to trick others.

They spread lies and rumours about victims; trick people into revealing personal information; send or forward mean text messages; and post pictures of victims without their consent.

“Cyberbullying can pose a serious barrier to learning when it is directed to learners,” he said.

Mhlanga advised learners to

never give out their personal information online, whether in instant message profiles, chat rooms, blogs or personal websites.

“They must protect their passwords. The only people who should know their passwords are their parents,” said Mhlanga.

The department has the following tips for learners who have been victimised and those who know someone who is being cyberbullied:

- If someone sends a mean or threatening message, do not respond. Save it or print it out and show it to an adult.
- Never open emails from someone you do not know or from someone you know is a bully.
- Do not put anything online that you would not want your friends or classmates to see.
- Do not send messages when you are angry.
- Help children who are bullied online by not joining in.
- Show bullying messages to an adult.
- Always be as polite online as

you are in person.

- Be aware that cyberspace is public space and online messages are permanent.

He also said parents should know about cyberbullying and get involved in preventing it.

What parents should look out for:

- **Emotional signs:** Your child becomes withdrawn or shy, shows signs of depression, is extremely moody or agitated, is anxious or overly stressed out, and shows signs of aggressive behaviour.
- **Academic signs:** Your child does not want to go to school, gets into trouble at school, skips school, loses interest in school and their marks suffer.
- **Social signs:** Your child suddenly stops using the computer, changes eating or sleeping habits and has nightmares, no longer wants to participate in activities they once enjoyed, they hurt themselves, attempts or threatens suicide and suddenly changes friends. **U**



School code of conduct explained



More Matshediso

The Department of Basic Education (DBE) defines a school code of conduct as a document that spells out the rules that

learners must follow and the disciplinary system that will be enforced if the rules are broken.

The department's spokesperson Elijah Mhlanga says that a school's code of conduct ap-

plies to all learners when they are on the school's premises, when they are representing the school or attending a school function.

He explains that the code of conduct is important because

it spells out various issues relating to safety, security and discipline.

“These include, but are not limited to, general school rules; school and class attendance; safety of personal possessions; school uniform and appearance; and providing a clear view on the school's disciplinary systems, its grading of offences and the prescribed punishment or remedy thereof,” Mhlanga explains.

Who drafts it?

Mhlanga says a school's management team, which includes teachers and the principal, is responsible for drafting the code of conduct. It must then be adopted in consultation with the school's governing body to ensure that parents are aware of it.

After it has been adopted by the governing body, it is monitored by the Provincial Department of Education. “This is done by circuit managers who vet codes of conduct in line with the South African Schools Act and the South African Constitution,” said Mhlanga.

He adds that the DBE seeks

to ensure that the codes of conduct are uniform, inclusive and enforced.

The national department has a sample code of conduct that schools can follow when drafting their own and gives examples of what should be included.

“If parents are not happy with something in the code of conduct, such as issues relating to learner's hair or uniform, they may raise their concerns to the school's management team,” Mhlanga says.

He adds that parents can raise issues directly with the school in question as the code of conduct is specific to each school. Parents and caregivers can also escalate issues to their district education office. **U**

For more information, contact the Department of Basic Education's Call Centre at 0800 202 933, email callcentre@dbe.gov.za or contact the switchboard at 012 357 3000.

No more bad hair days

YOUNG FEMALE entrepreneurs' natural haircare products are ensuring healthy ethnic hair in South Africa and abroad.

More Matshedis

When Mantshadi Mokoena (33) struggled to find haircare products suitable for her hair, she started making her own.

In 2014 she launched the Nalane Group, with her younger sister Karabo, to produce natural haircare products under the Nalane ea Afrika brand.

"The haircare range is infused with a unique blend of indigenous African oils that nourish and strengthen natural coils. All five products are essential for moisturising ethnic hair and making it manageable," Mokoena said.

"We started testing the market in 2013 when we handed out samples to family and friends who wanted to know what my secret was for keeping my

hair healthy," she added.

Her dream of running a haircare company became a reality when Nalane ea Afrika won R250 000 in the Tabalaza Youth Development Programme, which is hosted by the Free State Department of Economic, Small Business Development, Tourism and Environmental Affairs.

The Mokoena sisters are based in Gauteng, due to other employment and studies, but the bulk of their clients are in the Free State where they have employed four distributors. The sisters look after the company's Gauteng clients and sales have increased over the past five years.

Nalane Group also sells its products via an online store to ensure that South Africans and clients abroad have access to them.

"There is a big need for



■ Mantshadi and Karabo Mokoena showcasing their haircare range at the Biodiversity Convention held in Thohoyandou, Limpopo.

African products for Africans around the world. The challenge is always how to get the products to them. We recently listed our products in an online store for the United States and Canadian markets. Previously, we had to rely on family or friends

travelling abroad to carry the products for us, so this has made it a lot easier," she said.

Mokoena has encouraged budding entrepreneurs to not give up on their dreams, regardless of the challenges they face.

"The process to get assistance can take time, but our government is here to help us. We need to do our bit and come up with products and services that are bankable, instead of focusing on what is quick and easy," said Mokoena. ■

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Healing contained in Mazoyi Mixture

A YOUNG businessman is making inroads in the natural medicine industry.

Silusapho Nyanda

Mazoyi Mixture medicinal bottles are flying off the shelves of pharmacies around the country and curing minor illnesses which affect young children.

The mixture made from aloe as a main ingredient is produced by Lwazi Marawu's company called Mazoyi Group.

Marawu says the mixture cures illnesses such as colic, eczema, phlegm and wind.

He started the business

in 2009 when he saw how newly born babies and toddlers were affected by the four illnesses.

The 33-year-old businessman from Butterworth in the Eastern Cape said his mixture was tested by the Agricultural Research Council and the Egolibio Life Sciences Incubator.

The mixture is made at Marawu's factory in Alice where he cooks the herbs with his team using machinery which were bought by a R50 000 loan from the Raymond Mhlaba Municipality.

Marawu said the business was distributing to the Link pharmacy group and retail chain stores.

"We distribute to selected Link pharmacies, Super-spars and cosmetic chain stores. We also distribute to wholesalers such as City Wholesalers and Africa Cash and Carry."

Marawu, who holds a bachelor's degree in Public Management, added that receiving an education was vital for youngsters who aspire to go in to business. He said studying business



■ Owner of Mazoyi Mixture Lwazi Marawu sells his medicinal mixtures across the country.

management helped him to think as a businessman.

Mazoyi Mixture is also distributed in Gauteng, with the secret to it is success being a good understanding of the company's target market which are mainly in rural areas.

"Our business is about

working with people who then refer others to our business because of how we deal with them," he said.

Marawu said Mazoyi Mixture currently employs 14 people who produce 15 000 to 18 000 bottles of the mixture. These are packaged in 500 millilitre bottles. ■

Reduce . Reuse . Recycle . Recover



Are you making a difference?

Section 24 of the South African Constitution states:
"Everyone has the right to an environment that is
not harmful to their health or well-being."



environmental affairs
Department:
Environmental Affairs
REPUBLIC OF SOUTH AFRICA



WHAT WILL PEOPLE SAY?



There is no excuse for abuse.
People can only help if they know.

TELL SOMEONE.

Police: 10111
Stop Gender Violence: 0800 150 150
Childline: 0800 055 555

Violence and abuse are poison to society. Let's make it stop.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA



SA cuisine goes to Moscow



More Matshediso

The Department of Trade and Industry (the dti) is inviting businesses in the food sec-

tor to submit applications to participate in the 2019 World Food Moscow fair in Russia.

The World Food Moscow will be held from 24 to 27

September 2019 in Moscow, Russia.

The World Food Moscow was established in 1991. It is a major exhibition serving the global food and drinks industry.

According to the dti, exhibitors are grouped in nine main sectors to ensure that visitors can easily find products of interest, compare them and engage with key buyers.

"The World Food Moscow fair covers the food sectors including fruit products, juice concentrates, canned fruit and vegetable, dried fruit, herbs and spices, nuts and snacks, fisheries and tea products," the department said.

The application forms and guidelines can be downloaded from: www.thedti.gov.za/trade_investment/emia_national_pavilions.jsp

The department will offer the following financial support to qualifying small businesses:

- Exhibition space and booth rental costs;
- Freight-forwarding of display materials;
- Air travel assistance up to R17 000;
- Daily subsistence allowance of R3 000 per day;

The importance of exhibiting

The department also said that trade shows could be one of the most effective marketing tools available for a small business.

"This is where customers are found in large numbers to see products in action and meet small businesses face-to-face," the department explained.

However, the department discouraged exhibiting companies from relying entirely on the efforts of the organiser to attract and keep visitors to their stands.

Tips on how to participate better during exhibitions

Pre-show marketing: It is vital in ensuring that the right people are aware of your presence at an exhibi-

tion. This includes potential clients and existing ones.

Examples of this strategy include mail campaigns, fax or email, telemarketing, special reports on the website, and use postcards or teasers weeks before the show to get the client's attention.

At the show: Ensure that all staff who will be manning the stand are presentable, approachable, and have a wide knowledge of the company and its products.

Provide them with all necessary material for promoting the product or service and enough business cards to hand to other exhibitors. Keep a record of visitors to your stand.

After the show: Follow up. Chase up leads, make appointments, call visitors who showed an interest as soon as possible while their memories are still fresh. ■

For more information on the application process contact Virginia Mbuyisa on 012 394 5988 or email: Vmbuyisa@thedti.gov.za as well as Hloniphile Nkiwane on 012 394 3496 or email: HNkiwane@thedti.gov.za



Travel smart abroad

More Matshediso

Traveling or working abroad can be exciting, but it can also be traumatic if one is faced with an emergency or death.

The Department of International Relations and Cooperation's (DIRCO) Consular Service has the "Travel Smart" campaign to guide South Africans on what to look out for when visiting or applying for work outside national borders.

"Travel Smart" is aimed at encouraging South Africans to research their destinations and the laws of the countries they seek to visit or apply for work.

The campaign seeks to improve the general under-

standing of the Consular Services provided by the DIRCO in the country and abroad. It also gives South African travellers tips on what to do in the event of an emergency when in a foreign country.

South African travellers can be offered urgent advice in the event of a natural disaster, civil unrest or family emergencies, by a South African Embassy or consulate officials.

During the launch of the campaign, Department of International Relations and Cooperation Deputy Minister Reginah Mhaule said most South Africans face the reality of being destitute in foreign countries and under these circumstances often seek assistance without prior

knowledge of what services the department is mandated to provide.

"This situation must be changed and I believe that the Consular Service campaign will enable us to do so," she said.

How to stay safe abroad:

- Acting responsibly and being aware of the risks (check news reports of any problems in the area you will be visiting).
- Registering at a South African Embassy or Consulate General abroad after arrival at your destination or before your departure from South Africa.
- Taking out full travel insurance and overseas health plan.

- Checking with your doctor or travel clinic what vaccinations and other health precautions you may need to take for your trip.
- Filling in the next-of-kin details in your passport.
- Not being tempted to use drugs.
- Respecting the culture and customs of the countries you are visiting. ■



This month in history

Saturday, 1 April 1961 – Robben Island is turned into a maximum security prison

It is believed that thousands of years ago, people lived on Robben Island. After the Dutch had settled at the Cape, the island was used mainly as a hospital for people with leprosy and the mentally and chronically ill because it was believed it was safer to keep them separated from the rest of the community. Patients were quarantined on part of the island, while the other part was used as a prison. During World War II, the island was used mainly as a training camp. The island was officially turned into a maximum security prison in 1961. It was used to incarcerate more than 3 000 political prisoners between 1961 and 1991, the most famous being Nelson Mandela. Since 1997, the island has been serving as a museum and heritage site.

(Sahistory.org)

Let freedom reign

Citizens who pass through the doors of the National Assembly and the National Council of Provinces (NCOP) will always be reminded of the fundamental principles upon which South Africa is founded on.

This was according to President Cyril Ramaphosa who unveiled the inscriptions depicting the values of the Constitution in Parliament, Cape Town recently.

Freedom and democracy, equality and diversity, unity and reconciliation are among several values that were written in bold letters on the steps of the NCOP as the President unveiled them.

He said public representatives need to ask themselves whether they contribute, in their own way, to forging a society characterised by equality and diversity, unity and reconciliation.

“Are we building institutions that promote openness and participation, oversight and accountability?”

“Are we pursuing a national programme that advances reconstruction and development?”



President Cyril Ramaphosa has unveiled inscriptions depicting the values of the Constitution of the Republic of South Africa on the steps of Parliament.

“These are the principles for which many in our country fought and for which many lost their lives.

“The values that underwrite these inscriptions are reflected in the Freedom Charter, adopted in Kliptown in 1955,” he said.

The President said the values contained in the inscriptions have universal appeal in that they are consistent with the Universal Declaration of Human Rights and find resonance with the rest of progressive humanity.

“These principles therefore

not only bind us together as a nation, but they bind us to the peoples of the world. It is significant that these principles are being inscribed on the steps of Parliament as we celebrate 25 years of a free and democratic South Africa.”

The values contained in the

inscriptions were best embodied by former President Nelson Mandela and Struggle icon Mama Albertina Sisulu, and they did so with consistency and integrity, said the President.

“They were fearless champions of equality, understanding that South Africa would never be free until the rights, opportunities and material conditions of its people would no longer be determined by their race.

“They understood the other ways in which inequality was manifested.”

President Ramaphosa also called on public representatives to campaign in a responsible manner as the country gets ready to hold its national and provincial elections on 8 May.

“I call on all of us as leaders and representatives of our people – as we embark on elections work and campaign for our different parties – to continue to observe these values and do or say nothing that will cause disunity among South Africans.

“Let us all campaign responsibly and do our part to ensure free, fair and credible elections,” he said. **V**

SAnews.gov.za

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Western Cape runs a healthy lifestyle campaign

More Matshediso

The Western Cape Government is helping residents to make healthier decisions about their lifestyles through healthier eating habits and physical activity.

The Western Cape on Wellness (WoW) initiative encourages community members to be more active.

It includes active public sessions where communities can take part in activities such as aerobics at no charge, and the sessions are open to all ages and fitness levels.

By participating in this programme, government says residents can reduce the risk



The Western Cape on Wellness Initiative is encouraging communities to be more active and look after their health.

of getting non-communicable diseases.

Western Cape Government gym instructor Neil Naidoo recently led a public aerobics

class in the Iziko Museum.

“Physical inactivity, unhealthy eating and an unhealthy weight are considered major risk factors for a number

of harmful health outcomes including obesity, diabetes, hypertension, cardio-vascular diseases and other non-communicable diseases,” he explained.

The risk profile of ordinary South Africans indicates that nearly seven out of every 10 women and one in three men are overweight or obese; one in three women and one in five men have hypertension.

According to the WoW initiative, the risk profile also shows that between 11 and 13 percent may be diabetic or have impaired glucose tolerance.

Research also shows that over 80 percent of the South African population relies on the state services for healthcare.

“We are mobilising and

introducing the entire public to a healthier lifestyle. This shows that you don’t have to go to a gym to live a healthier lifestyle,” he said.

“You can engage in any sort of movement, actions or mobilisation of your body. If you are dancing or doing anything that’s active, you are making a move to a healthier lifestyle. The entire public is welcome to participate in the WoW Active Public sessions,” he added.

The WoW Active Public sessions take place every Wednesday in the Company’s Garden or in the Whale Well of the Iziko Museum.

The Western Cape Government Gym also hosts employees’ only sessions on Wednesdays from 11:15 to 11:45. **V**