

# Vuk'uzenzele


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## Africa's new tech giant

Sihle Manda

President Cyril Ramaphosa's programme of reviving the South African economy has received another boost.

This was evident at the much-anticipated launch of the Mara Phone manufacturing plant at the Dube Trade Port in Durban recently. The plant is a first of its kind in South Africa.

The launch comes 12 months after company chief executive Ashish Thakkar announced at the inaugural Africa Investment Forum in November 2018 that the company would invest R1.5 billion in a South African business venture over the next five years.

The Rwanda-based Mara group took the President on

a tour of the modern state-of-the-art plant. The plant is anticipated to have an annual production capacity of over 1.2 million handsets of the Mara X and Mara Z cellphones.

A total of 200 people have been employed at the plant with 94 percent of them being youth, while 67 percent are women.

Speaking at the event, President Ramaphosa said the Mara Phone's venture was giving practical effects to the government's investment drive.

"It was described as a pipe dream. Today we are reaping the fruits of what was promised. We are delighted about this great launch because it is going to instill a lot of confidence in other manufacturers that South Africa indeed is a place where



■ The Mara Phone manufacturing plant situated in Durban has created about 200 jobs with 94 percent of them being youth and 67 percent are women.

they should all come and invest. We are delighted because Mara is a proudly African venture that is producing a South African product."

He said the company's effort

represents a great advance in the technological and electronical sector.

"We are delighted that you are increasing our technological capabilities by bringing your

company here and emboldening the skills talent that we have," he said.

In his State of the Nation Ad

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# Se o swanetšego go se tseba ka kgwebo ka batho



## Silusapho Nyanda

**B**okgoba bja mehleng yeno, bo tsebegago gape ka gore ke go gweba ka batho, ke bo bongwe bja mabosenyi a lefase a a golago ka lebelo.

Kgwebo ka batho e dirwa ka mekgwa e mentši, go ya ka mokgatlo wa go lwantšha go gweba ka batho wa *Abolitionists 21* (A21). Mokgatlo wo o re:

- Batšwasehlabelo ba kgwebo ka batho ba e ka bago ba 43.4% ba tanywa ka mešomo ya boradia.
- Batšwasehlabelo ba 11.2%

ba thopša ke maloko a lapa.

- Batšwasehlabelo ba kgwebo ka batho ba 9.6% ke bao ba radiilwego ka tša Marato (ge batho ba lokišetšwa go ba le tshepo segwereng sa motho yo a gwebago ka batho).
- Batšwasehlabelo ba kgwebo ka batho ba 8.6% ba radiwa le go rekišwa ke bagwera ba bona.
- Batšwasehlabelo ba kgwebo ka batho ba 5.6% ke bao ba thopilwego.
- Batšwasehlabelo ba kgwebo ka batho ba 2.6% ke ba

melato ya bofoladi.

- Batšwasehlabelo ba kgwebo ka batho ba 1.2% ke ba ba welago ka matsogong a baphološi ba maaka.

Go ya ka dipalopalo tša bosenyi tša 2018/19, kgwebo ka batho e be e naganwa go ba morago ka melato e e ka bago e 11 ya go thopša ka Afrika Borwa.

Bagweba ka batho gantši ba šetša batho ba go se šome bao ba nyakago menyetla go ka kaonafatša maemo a bona a bophelo le a bana ba bona.

Kgoro ya Toka le Tlhabollo ya Molaotheo (DOJ&CD) e rile bana ba go gwebjwago ka bona gantši ba tlaišwa ka thobalo, ba šomišwa go mešomo ya kgapeletšo goba ka ditho tša bona tša mmele.

## Thuša go Thibela Kgwebo ka Batho

Go ya ka kgoro, go na le ditsela tše ntšinyana tše ditšhaba di kago itšhireletša ka tšona, go

akaretša:

- Go ikgokaganya le Kgoro ya Mešomo le Bašomi tikologong ya gago go netefatša dikgoba tša mešomo, kudukudu tšeo di lego ka ntle ga profense goba naga ya gago. Boitshwaro bofe goba bofe bjo bo belaetšago ka bengmešomo goba diagente tša bona bo swanetše go begwa maphodiseng.
- Go phafogela batho – bobedi banna le basadi – bao ba rego ba na le dikgoba tša mešomo tše di tshepišago tšhelete e ntši ka nako e kopana.
- Go ruta bana ba gago go phafogela batho ba bagolo bao ba nyakago go gwerana le bona, e ka ba ka sebele, goba ka sellathekeng goba ka mekgwa ya poledišano ya inthanete.
- Go bega mafelo moo o gononelago gore batho ba ba thopilwego ba bewa gona (go fa mohlala, lefelo la ba-

gweba-ka-mmele, dipolase, difeketori le dišhebine) go maphodisa goba babegaditaba.

DOJ&CD e hlohloeditše ditšhaba go ntšha mahlo dinameng go batšwasehlabelo ba kgwebo ka batho gore ba hwetše thušo. Go ukangwa gore gantši batšwasehlabelo ba ga ba bolele polelo ya lefelo, ba bonagala ba kgakgetšwe mešomong ya bona goba lefelong le ba dulago go lona, ba ka ba le mabadi le maswao a mangwe a tlaišo ya mmele gomme ga ba na ditokumente tša boitsebišo. **U**

**Kgonono ya kgwebo ka batho e ka begwa maphosideng go 08600 10 111 goba Nomorong ya mogala wa go se lefelwe ya Bosetšhaba ya go Lwantšha Kgwebo ka Batho ka go leletša 0800 222 777.**

# Abused women and children get safe haven

**PRESIDENT CYRIL RAMAPHOSA'S** Emergency Action Plan on Gender-Based Violence and Femicide includes the provision of adequate care and support for survivors. The newly opened White Door Centre in Kuruman is a direct response.



## Silusapho Nyanda

**T**he White Door Centre of Hope in Seeding Village in Kuruman, Northern Cape provides a 24-hour response and safe space for victims

and survivors of gender based violence (GBV).

Opened recently, the centre will take in and offer psychosocial support to up to eight victims of GBV crimes such as domestic abuse, sexual abuse and human trafficking. The centre has two social work-

ers and a house mother. It is one of seven in the province, said Hendrina Samson of the Northern Cape Department of Social Development.

She said the White Door Centre of Hope is an immediate contact centre that gives victims of GBV access to counselling, a temporary safe haven from an abuser and, if necessary, facilitates a safe place for victims of GBV.

"This facility is based within the community, women will have the right to contact us at any given time as it's a place for any women and children."

Victims of GBV will be put in contact with the police,

doctors and given all the necessary help. "When a woman has been abused, it often happens that they go to a family member where the partner can find them. This place then allows for the police, doctor, psychologist, priest to contact the facility and place these women there."

Members of the public and women that have been abused can also walk into the centre for help.

The White Door Centres of Hope are also linked to the GBV Command Centre (GBVCC) which is a 24-hour tollfree hotline that gives GBV victims psychosocial care and support. **U**

## DID YOU KNOW?

Community members can also report abuse to the GBV Command Centre by phoning 0800 428 428, sending an SMS with the words Help to 31531 or a Call Me Back with the USSD code: \*120\*7867#.

The centre caters for people with speech and hearing impairment through Skype. To use this function, one must add 'HelpMe GBV' on their Skype account. The GBVCC website address is: [www.gbv.org.za](http://www.gbv.org.za)



# Phepo e botse a kgothaletša go pheleng gabotse mmeleng

**GO JA DIJO** tša tlhago go e na le tše di fetositšwego go loketše kudu boemo bja gago bja tša maphelo.

Allison Cooper

**G**o ja gabotse go nete-fatša phepo e botse ke setho se bohlokwa sa maphelole a mabotse.

Se ke go ya ka Kgoro ya Bosešhaba ya Maphelo, eo e rile-go go ja gabotse le go itšhidolla gafetšakgafetša go ka thuša go fihlelela le go laola boima bjo bobotse le go fokotša dikotsi tša go ka ba le malwetši bjalo ka bolwetši bja swikiri, bolwetši bja madi a magolo, tlhaselo ya pelo le kankere.

Kotsi ya go ka swara ke Malwetši a go se Fetele (di-NCD) e thoma go tloga bjaneng gomme ya gola bophelong ka moka.

Di-NCD di akaretša bolwetši bja go hwa lehlakore, malwetši a pelo, dikankere, bolwetši bja swikiri le bolwetši bja go se alafege bja dipshio.

Kgopolo ya go kgothaletša phepo mo matsatšing a mathomo a 1 000 (go tšwa boimaneng go ya go mengwaga e mebedi) e bohlokwa go thibela phepo ye e fetelešego goba phepo ya tlase.

Le ge go le bjalo, go ja dijo tše ntši tša tlhago kgafetša-



kgafetša – tše di nago le swikiri, makhura le letswai tša tlase le go ba le divitamine, diminerale le faeba tše ntši – go ka thuša go thibela go nona ga go se nyakege, di-NCD le lehu go tšwa malwetšing a.

## Bohlokwa bja DiJo tša Tlhago

Dijo tša tlhago ga di a fetotšwa, di fetositšwe gannyane ka mo go kgonegago gomme di jewa maamong a tšona a tlhago. Di akaretša dijo tše di sa fetotšwa-go, bjalo ka dikarolo tše di jewago tša dienywa le merogo;

le dijo tše di fetositšwego gannyane, bjalo ka dioutse, reisi e phifadu le dinawa. Bobedi ga di a swanela go ba le letswai, swikiri, dioli goba makhura a a okeditšwego.

Le ge dijo tše di fetositšwego di sa swana le sejo sa pele, di fetositšwe kudu moo di sa tlego di swana le dijo tše di tšwago go tšona le go ba le dinyutrie tše nnyane goba go se be le e tee ya dinyutrie tša pele. Gape di tletše ka ditwaki tše tlhano go ba go feta bjalo ka swikiri, dioli, makhura, dilwantšha tshenywa ya disele le diboloki.

Dinamoneiti ke mohlala o mobotse.

Ditwaki tše di dira go re ditšweletša di be le tatso e ka-one, eupša ge di jewa kudu di ka baka go nona ka lebaka la sukiri ya tšona ye e feteletšego.

Go ja letswai le le ntši gape go ka baka bolwetši bja madi a magolo le malwetši a pelo.

## Boloka Tšhelete

Dijo di a tura. Kgoro e abile dikeletšo tše di latelago go go thuša go ka fokotša ditshe-nyagalelo, ge ka lehlakoreng le lengwe o kgona go dira dijo tša phepo:

- Lebelela dithekišo goba diphokoletšo tša mabenkele.
- Lebelela dinako tša go bola le khwaliti ya dijo tše o di rekago ka phokoletšo.
- Netefatša gore o na le tšhelete ye e lekanego le lefelo la go boloka go ka reka ka bontši (eupša lebelela gore o tla šomiša dijo pele di bola).
- Gore di go tšwele mohlala, reka dienywa

le merogo ka nako ya tšona.

- Ditšweletša tša go oma bjalo ka mafela, flouru, reisi, pasta, kousekouse le dijo tše di tšidifatswa-go di beiwa nako e telele gomme di ka rekwa ka bontši.
- Go reka dilo ka se tee ka se tee go tura kudu go e na le go reka ka bontši.
- Reka dijo tše nnyane tša ka gare ga ditsitswana, tše di apeilwego goba tše di loketšwego go jewa. Tšona di tura kudu gomme gantši di na le swikiri, letswai le makhura a mantši.
- DiJo tša bana tše di loketšwego go jewa tša ka gare ka mapotlelwana di tura kudu. Šomiša dijo tša go hlweka le merogo ye e kago kga-betlelwa goba go ritwa ka tsela ya maleba gore di jege. **U**

**\* Tshedimošo go tšwa go Kgoro ya Bosešhaba ya Maphelo.**

## Knowing CPR can be a life saver

**WITH SUMMER** and the festive season upon us, knowing what to do in an emergency can save a life.

Silusapho Nyanda

**C**hoking, smoke inhalation or drowning can happen suddenly and getting help can be the difference between life and death.

Being able to do cardiopulmonary resuscitation (CPR) can be crucial.

The Western Cape Department of Health says CPR is an emergency procedure done to manually keep the brain functioning.

This life-saving technique is very useful in many emergencies, including heart attacks or near drownings, where someone's breathing or heartbeat has stopped." The best way to perform



CPR is to follow the Circulation, Airway and Breathing method (CAB system) which helps a first-responder remember the sequence of

steps during CPR.

The Resuscitation Council of Southern Africa (RCSA) said when performing CPR on an unconscious adult

the procedure is 30 thrusts in the middle of the chest, followed by two breaths on the unconscious victim. CPR must continue until help arrives.

When performing CPR on a child who is choking, the child gets five back slaps and up to five chest thrusts. Next, one must open the baby's mouth to look for and remove any visible foreign material.

If this works, you place the patient in the recovery position and check for continued adequate breathing, reassessing the patient continuously.

If this does not work, one must apply 30 chest compressions, then look inside

the mouth and remove any foreign object, and administer two breaths until the baby is able to breathe again or help arrives.

If you're alone and have immediate access to a telephone, call the ambulance yourself before beginning CPR. **U**

For more information on performing CPR, visit <https://www.westerncape.gov.za/general-publication/cardiopulmonary-resuscitation-cpr>. Alternatively, phone the RCSA at 011 478 3989 or visit: [www.resus.co.za](http://www.resus.co.za).