

Vuk'uzenzele


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JOBS INSIDE!

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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Zwine vha tea u divha nga ha u vhambadzwa ha vhathu



Silusapho Nyanda

Vhupuli ha ano maqulvha, vhune ha divhea sa u vhambadzwa ha vhathu, ndi vhuwe ha vhugevhenga vhune ha khou aluwa nga u tavhanya lifhasini. U vhambadzwa ha vhathu hu itwa nga nqila dzo fhambanaho, u ya nga dzangano li lwaho na u vhambadzwa ha vhathu la *Abolitionists 21* (A21). Li amba u ri:

- Phesenthe ya hanefha kha 43.4 wa vhathu vhane vha vha zwipondwa zwa u vhambadzwa ha vhathu vha kungwa nga zwikwe-

kwe zwa mushumo.

- Mirado ya mita i vhambadza phesenthe ya 11.2 ya zwipondwa.
- Phesenthe ya 9.6 i vha ya u vhambadzwa nga vhafunani (musi vhathu vho itwa uri vha fulufhele vha vhambadzi).
- U kungwa nga khonani zwi ita phesenthe ya 8.6 ya vhathu vho vhambadzwaho.
- Phesenthe ya 5.6 ya vhathu vho vhambadzwaho vho tou thubiwa.
- Mupfuluwo u shumiswa kha milandu ya phesenthe dza 2.6.

- Phesenthe ya 1.2 ya vhathu vho vhambadzwaho i kungwa nga vhatshidzi vha vuhfura.

U ya nga mbalombalo dza 2018/19 dza vhugevhenga, u vhambadzwa ha vhathu ho vha hu tshi khou humbulelwa u wela kha milandu ya hanefha kha ya 11 ya u tswiwa ha vhathu Afrika Tshipembe.

Vhahambadzi vha sedzesa vhathu vha sa shumi vhane vha khou todana na zwikhala zwa u khwiqisa matshilo avho na a vhana vhavho.

Muhasho wa Vhululamisi na Mveledziso ya Mulayotewa (DOJ & CD) wo ri vhana vhane vho vhambadzwa vha anzela u tambudzwa lwa vhudzekani, vha shumiselwa u shuma nga u kombetshedzwa kana zwipiqa zwa mivhili.

Kha vha thuse u thivhela u vhambadzwa ha vhathu

U ya nga ha muhasho, hu na ndi-

la dzo vhalaho dzine zwitshavha zwa nga qitsireledza ngadzo, hu tshi katelwa:

- U kwamana na Muhasho wa zwa Mishumo vhuqoni ha havho u itela u khwa-thingisedza mushumo une vho fulufhedziswa wone, zwihuluhulu ine ya vha nnda ha vundu kana nnda ha shango javho. Vhuqifari vhune ha solisea ha vhane vha nga vha vatholi kana mazhendedzi avho vhu tea u vhiqiwa mapholisani.
- Kha vha thogomele vhathu – vhanna kana vhafumakadzi – vhane vha ri vha na zwikhala zwa mishumo nahone vha fulufhedzisa masheleni manzhi kha tshikhala tshipfufhi.
- Kha vha funze vhana vhavho u thogomela vhathu vhalwane vhane vha lingedza u konana navho, zwi sa khathali uri nga tshivhili kana nga kha lufingothendeleki kana vhudavhidzani ha lthanethe.

- U vhiqiwa fhethu hune vha humbulela uri vhathu vhane vha khou vhambadzwa vho vhwewa hone (sa tsumbo, fhethu ha u rengisa muvhili, bulasini, mamagani kana zwipotoni) kha mulayo wapo kana kha vha nyanqadza-mafhungo.

DOJ&CD u humbela zwitshavha uri vha vule mafo kha zwipondwa zwa u vhambadzwa ha vhathu uri vha kone u thusa. Muhasho uri vhuqini ha zwipondwa a zwi koni u amba nyambo dzapo, vha vhonala vho hangea mushumoni wavho kana fhethu hune vha dzula hone, mafuvhalo na dziwe tsumbo dza uri vha khou tambudzwa nahone a vha na mañwalo a vhuqe. **1**

U humbulelwa ha u vhambadzwa ha vhathu hu nga vhiqiwa mapholisani kha 08600 10 111 kana Nomboro ya u Vhambadzwa ha Vhathu ya Lushaka ya 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

The 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. **1**

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

Pfushi kwae dzi alusa mutakalo wothe

U LA ZWILIWA ZWA MUPO u fhirisa u ja zwiliwa zwo dzulaho zwo lugela u liwa zwi khwiṅe kha mutakalo wavho.

Allison Cooper

Ula lwa mutakalo u itela pfushi kwae ndi tshipiḡa tsha ndeme kha kutshilele kwa mutakalo.

Hezwi ndi u ya nga Muhasho wa Mutakalo wa Lushaka, une wa ri u ja lwa mutakalo na u ita nyonyoloso nga misi zwi nga thusa u swikelela na u dzula u na muvhili wo takalaho na u fhungudza khohakhombo ya malwadze ane a fana na vhwulwadze ha swigiri, mutsiko muhulu wa malofha, vhwulwadze ha mbilu na pfuko.

Khombo ya u wana Malwadze a si a Phirela (dziNCD) i thoma vhuhanani ya fhatela vhutshiloni ha muthu.

DziNCD dzi katela u oma miraḡo, malwadze a mbilu, pfuko, swigiri na vhwulwadze ha tswio vhu sa fholi. Fhongo ja u dzhiela nḡa pfushi kha maḡuvha a u thoma a 1 000 (u bva kha u ḡihwala u ya kha miḡwaha mivhili) ndi zwa ndeme u thivhela u fhesa- na u dzima pfushi.

Naho zwo ralo, u dzulela u ja



zwiliwa zwa mupo – zwine swigiri yo engedzedzwaho i fhasi, mapfura na muḡo nahone zwi re na vithamini nnzhi, minerala na maḡete – zwi nga thusa kha u thivhela u vha na muvhili u sa ḡoḡei, dziNCD na lufu lu vhangwa ho nga aya malwadze.

Ndeme ya zwiliwa zwa mupo

Zwiliwa zwa mupo a zwo ngo engedzedzwa, zwo dzudzan- nywa zwiḡuku nahone zwi liwa zwi kha tshiiimo tshazwo tsha mvumbo. Zwi katela zwiliwa zwi songo dzudzan- nywaho, zwine zwa fana na zwipiḡa zwine zwa

lea zwa mitshelo na miroho; na zwine zwo dzudzan- nywa zwiḡuku sa, outzu, raisi ya buraweni na ḡawa. Zwoḡe a zwo ngo tea u engedzwa muḡo, swigiri kana mapfura.

Naho zwiliwa zwo dzudzan- nywaho zwi tshi vhone zwi tshi fana na zwiliwa zwa mupo, zwo engedzedzwa nga ḡila ine a zwi tsha fana na zwiliwa zwe zwa bva khazwo nahone zwi na pfushi ḡhukhu kana u sa vha nadzo tshoḡe. Nahone zwi na thimbanywa ḡhanu kana u fhirisa dzine dza fana na swigiri, mapfura, muḡo na zwithivhelausi- na. Zwinwiwa zwi na swigiri ndi

tsumbo ya khwiṅe.

Thimbanywa dzi ita uri zwiliwa zwi vhe na muthetshelo wa khwiṅe, fhedzi arali wa nga zwi lesa, zwi ita uri hu vhe na u ḡelwa nga muvhili. U lesa muḡo zwi baḡekanywa na malwadze a mbilu na mutsiko wa fhasi wa malofha.

Kha vha vhulunge tshede

Zwiliwa zwi a ḡura. Muhasho wo ḡekedza tsivhudzo dzi tevhelaho u itela u fhungudza mbadelo, musi ri tshi kha ḡi kona u dzudzan- nya zwiliwa zwi re na mutakalo:

- Kha vha ḡoḡane na mite- ngo ya fhasi mavhengeleni kana tshipentshele.
- Vha sedze datumu ya u fhelelwa nga tshifhinga na vhwunzani ha zwiliwa zwine vha renga nga tshipe- ntshede.
- Kha vha khwaḡisedze uri vha na tshede yo linga- naho ye vha vhulunga na fhethu ha u vhulungela uri vha renga nga vhwunzhi (fhedzi vha ḡole uri zwi fhe- lelwa lini nga tshifhinga).

- U itela ndeme ya khwiṅe, kha vha renga mitshelo na miroho nga khalaḡwaha yazwo.
- Zwibveledzwa zwo omi- swaho zwi fanaho na mugayo, fuḡauru ya goroi, raisi, pasiḡa, ḡhuvhule na zwiliwa zwo xwatudzawho, zwi a dzula lwa tshifhinga tshilapfu nahone zwi nga renga nga vhwunzhi.
- U renga zwithu nga tshithi- hi nga tshithihi zwi ḡura u fhira u renga nga vhwunzhi.
- Kha vha renga zwiliwa zwa zwikoḡikoḡini na zwo dzulaho zwo lugela u ja zwi zwiḡuku. Zwi a ḡura nahone zwi anzela u vha na swigiri nnzhi, muḡo na mapfura.
- Zwiliwa zwa vhana zwa maboḡeloni zwi a ḡura. Kha vha shumise zwiliwa zwitete na miroho ine ya nga sukea uri zwi kone u lea. **U**

* **Mulaedza wa vhuḡilai wa Muhasho wa Mutakalo wa Lushaka.**

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

Choking, smoke inha- lation or drowning can happen sudden- ly and getting help can be the difference between life and death.

Being able to do cardiopul- monary resuscitation (CPR) can be crucial.

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

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



CPR is to follow the Circu- lation, Airway and Breath- ing method (CAB system) which helps a first-respond- er 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 con- tinued adequate breathing, reassessing the patient con- tinuously.

If this does not work, one must apply 30 chest com- pressions, then look inside

the mouth and remove any foreign object, and admin- ister 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 be- fore 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.