

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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Leswi u faneleke ku swi tiva hi mayelana na ku ngungumerisiwa ka vanhu



Silusapho Nyanda

Vuhlonga bya maxingulawa lebyi tivekaka tanihi ku ngungumerisiwa ka vanhu hi byin'wana bya vugevenga bya matiko ya misava lebyi kulaka hi xihatla.

Ku ngungumerisiwa ka vanhu ku endliwa hi tindlela to hambanahambana, hi ku ya hi nhlangano wo lwisana na ku ngungumerisiwa wa *Abolitionists 21* (A21). Wu vula leswaku:

- Kwalomu ka 43.4 wa tiphesente ta vaxanisiwa hi ku ngungumerisiwa va kumiwa hi vuxisi bya mitirho.
- Swirho swa ndyangu swi

ngungumerisa 11.2 wa tiphesente ta vaxanisiwa.

- 9.6 wa tiphesente ti katsa ku ngungumerisiwa ka varhandzani va vuxisi (laha vanhu va endliwaka va tshemba va ngungumerisi va vona).
- Vanghana va xisa na ku xavisa 6 wa tiphesente ta vanhu lava ngungumerisiweke.
- 5.6 wa tiphesente ta vanhu lava ngungumerisiweke va tlhakisiwa.
- Vuhlapfa byi tirhisiwa eka 2.6 wa tiphesente ta timhangu.
- 1.2 wa tiphesente ta vanhu lava ngungumerisiweke va wela eka vaponisi va

vuxisi.

Hi ku ya hi tinhlayonhlayo ta vugevenga ta 2018/19, ku ngungumerisiwa a ku ehleketiwa ku va ku khumbeka hi mpimohansi wa 11 wa milandzu ya ku tlhakisa eAfrika-Dzonga.

Vangungumerisi va tala ku lava vanhu lava nga tirhiki lava va lavaka swivandlanene swa ku antswisa swiyimo swa vona swa vutomi na vana va vona.

Ndzawulo ya swa Vululami na Nhluvukiso wa Vumbiwa (DOJ&CD) yi vule leswaku vana lava ngungumerisiweke va tala ku xanisiwa hi swa masangu, va tirhisiwa eka vatirhi lava tirhisiwaka hi nsindziso kumbe swirho swa vona swa miri.

Pfuneta ku sivela ku ngungumerisiwa ka vanhu

Hi ku ya hi ndzawulo, ku na tindlela to talanyana leti vaakindhawu va nga tisirhelelaka hatona leti katsaka:

- Ku tihlanganisa na Ndzawulo ya Vatirhi endhawini ya ka n'wina ku kuma ntiyiso wa mitirho leyi navetisiweke, ngop-

fungopfu leyi nga ehandle ka xifundzakulu kumbe tiko ra ka n'wina. Matikhomelo lama kakanisaka wahi kumbe wahi hi vatholi lava nga tshukaka va thola kumbe tiejente ta vona ya fanele ku mangariwa emaphoriseni.

- Hi ku va na vukheta hi vanhu –havumbirhi bya vavanuna na vamanana –lava va vulaka leswaku va na swivandlanene swa mitirho leswi tshembisaka mali yo tala hi nkarhi lowutsanana.
- Ku dyondzisa vana va wena ku va na vukheta hi vatswatsi lava ringetaka ku tiendla vanghana va vona, ku nga va hi vona hi voxwe, hi ku tirhisa selifoni kumbe tipulatifomo to burisana ta Inthanete.
- Ku mangala tindhawu leti u ehleketelaka leswaku vanhu lava ngungumerisiweke va vekiwile eka tona (tanihi xikombiso, tindhawu to xavisa masangu, mapurasi, tifeme na tindhawu to xavisa byalwa)

eka mfumo wa miganga na swihangalasangungu.

DOJ&CD yi hlohlotela vaakindhawu ku va va xiyaxiya vaxanisiwa va ku ngungumerisiwa ka vanhu leswaku va ta kota ku pfuneka. Yi vule leswaku vaxanisiwa hi mikarhi yo tala a va swi koti ku vulavula ririmi ra le mugangeni, va languteka va phasiwile eka mitirho ya vona kumbe eka ndhawu leyi va tshamaka eka yona, va nga ha va na swivati na swikombo swin'wana swa ku xanisiwa hi ku biwa, naswona a va na mapasi. **V**

Ku ngungumerisiwa ka vanhu loku ehleketelawaka ku nga mangariwa emaphoriseni eka 08600 10 111 kumbe Nomboro yo Mangala ku Ngungumerisiwa ka Vanhu ya Rixaka hi ku fonela 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. **V**

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

Mphamlonene wu hlohlotella rihanyu ro angarhela

KU DYA SWAKUDYA LESWI NGA SWA NTUMBULUKO ematshan'weni ya leswi phurosesiweke kutlula mpimo swa antswa swinene eka rihanyu ra wena.

Allison Cooper

Ku dya swakudya leswi akaka miri ku endlela ku kuma mphamelonene i xiphemu xa nkoka xa hanyelo leri nga na rihanyu lerinene.

Leswi swi hi ku ya hi Ndzawulo ya swa Rihanyu ya Rixaka leyi vuleke leswaku madyelo lama nga na rihanyu na vutiolori bya nkarhi na nkarhi swi nga pfuneta ku fikelela na ku hlayisa ntiko lowu nga na rihanyu na ku hunguta nxungeto wa mavabyi yo fana na mavabyi ya chukela, ntshikelelahenlangati, mavabyi ya mbilu na mfukuzana.

Nxungeto wo kuma Mavabyi Lama nga Tluleliki (tiNCD) wu sungula eka vuhlangi na ku akela evuton'wini hinkwabyo.

TiNCD ti katsa mavabyi yo oma rihlanguti, timfukuzana, mavabyi ya chukela na mavabyi ya tinsu yo godzombela. Nongoti wa ku tlakusa mphamelonene eka masiku ya 1000 yo sungula (kusukela eka ku kuma khwiri kufikela eka malembe mambirhi hi vukhale) i wa nkoka ku sivelela mphamelo wo tlula mpimo na mphamelohansi.



Hambiswiritano, ku tshamela ku dya swakudya leswi nga swa ntumbuluko mikarhi hinkwayo – leswi nga ehansi hi chukela leri tatisiweke, mafurha na munyu wa le hansi na ku va na nhlayo ya henhlanyana hi ntumbuluko ya tivhitamini, timinerali na mampimpfi – swi nga pfuneta ku sivelela ku nyuhela loku nga lavekiki, tiNCD na rifu hikwalaho ka mavabyi lawa.

Nkoka wa swakudya leswi nga swa ntumbuluko

Swakudya leswi nga swa ntumbuluko a swi cinciwangi, swi phurosesiwile katsongo hilaha swi kotekaka hakona, naswona swi dyiwa swi ri eka xiyimo xa swona xa ntumbuluko. Leswi swi katsa swakudya leswi nga phurosesiwangiki, swo fana na swiphemu leswi dyiwaka

swa mihandzu na matsavu; na swakudya leswi phurosesiweke katsongo swo fana na otsi, rhayisi ya buraweni na tinyawa. Haswimbirhi a swi fanelangi swi cheriwa munyu, chukela, tiyili kumbe mafurha.

Hambileswi swakudya leswi phurosesiweke swa ha fanaka na nchumu wa swakudya swa masungulo, swi cinciwenyana kufikela eka xiyimo laha swi nga ha faniki na swakudya leswi swi humaka eka swona na ku va na switsongo swinene kumbe swi ri hava swiakamiri swa masungulo. Swi tlhela hi ntolovelu swi va na swichelachelana swa ntlhanu kumbe kutlula swo fana na chukela, tiyili, mafurha, munyu, tia-ntioxidente na swisivelakubola. Swakunwa leswi nga na chukela i xikombiso lexinene.

Swichelachelana leswi swi endla swimakiwa swi xawula ku antswa kambe loko swi dyiwa hi mpimo lowukulu swi nga vangela ku tekiwa ka enoji kutlula mpimo leswi nga hoxaka xandla eka ku nyuhela. Ku dya munyu wo tala swi tlhela swi fambelana na ntshikelelahenlangati na mavabyi ya mbilu.

Hlayisa mali

Swakudya swa durha. Ndzawulo yi nyike switsundzuxo leswi landzelaka ku ku pfuneta ku hunguta tihakelo, loko u ri karhi u swi kota ku sweka swakudya leswi akaka miri:

- Lava mibukuto kumbe swipexali evhengeleni.
- Xiya masiku ya ku hundzeriwa hi nkarhi ya swakudya leswi u swi xavaka swi ri eka mbhukuto.
- Vona leswaku u na mali yo tatisela yo ringana na ndhawu yo hlayisa ku endlela ku xava hi xitalo (kambe xiya leswaku u tirhisa swakudya leswi swi nga se hundzeriwa hi nkarhi).
- Ku kuma nkoka wo antswa, xava mihandzu na matsavu loko ku ri nguva

ya swona.

- Swimakiwa leswi nga oma swo fana na mugayo, fulawara ya koroni, rhayisi, phasita, khosikhosi na swakudya leswi gwitsirisiweke swi tshama nkarhi wo lehanyana, naswona swi nga xaviwa hi xitalo.
- Swilo leswi xaviswaka hi xin'wexin'we hi mikarhi yo tala swa durha kutlula ku xava hi xitalo.
- Xava swakudya switsanana leswi nga emathinini, leswi lulamisiweke kumbe leswi lulameleke ku dyiwa. Swa durha swinene, naswona hi mikarhi yo tala swi tele chukela, munyu na mafurha.
- Swakudya swa tincece leswi lulameleke ku dyiwa leswi nga emabodhleleni swa durha. Tirhisa swakudya na matsavu lawa ma nga kandziwaka kumbe ku siriwa ya hlanganiseriwa ku va mfa-mbelano lowu faneleke. **U**

*** Vuxokoxoko lebyi byi huma eka Ndzawulo ya swa Rihanyu ya Rixaka.**

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 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.