

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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Yintoni ekufuneka uyazi malunga nokurhweba ngabantu



Silusapho Nyanda

Ubukhoboka bale mihla, obaziwa nanjengokurhweba ngabantu, lolunye lolwaphulo-mthetho olukhula ngokukhawuleza ehlabathini jikelele.

Ukurhweba ngabantu kwenziwa ngeendlela ezahlukileyo, ngokombutho olwa ukurhweba ngabantu owaziwa ngokuba ngabaBhangisi 21 (A21). Uthi:

- Malunga neepesenti ezingama-43.4 zamakhoba athengiswayo afunyanwa ngokusebenzisa izithembi-

so zobuxoki zemisebenzi.

- Amalungu eentsapho arhweba ngeepesenti ezili-11.2 zamakhoba.
- Iipesenti ezili-9.6 ziquka ukuthengiswa ngumntu othandana naye (xa abantu belungiselwa ukuba bathembe abathengisi babo).
- Abahlolo baqhatha baze bathengise iipesenti ezisi-8.6 zabantu ekurhwebatywa ngabo.
- Iipesenti ezi-5.6 zabantu abathengiswayo bayathinjwa baqweqwediswe.
- Kwiiipesenti ezi-2.6 kuse-tyenziswa iimeko zoku-

fuduka.

- Iipesenti e-1.2 yabantu ekurhwebatywa ngabo baqhathwa ngosindiso lobuxoki.

Ngokweenkcukacha-manani zolwaphulo-mthetho zowama-2018/19, ukurhweba ngabantu kwakucingelwa ukuba kusemva ngamatyala ali-11 okuthinjwa ubuncinane eMzantsi Afrika.

Abarhwebi abarhweba ngabantu bakhulisa ngokujolisa kubantu abangaphangeliyo abajonga amathuba okuphucula imeko yobomi babo nabantwana.

ISebe lezoBulungisa noPhuhliso loMgaqo-siseko (DOJ&CD) lithi abantwana ekurhwebatywa ngabo basoloko bexhatshazwa ngezesondo, banyanzeliswe ukuba basebenze okanye kuthengiswe amalungu wabo omzimba.

Ncedisa ekuthinteleni ukurhweba ngabantu

Ngokwesebe, zininzi iindlela

uluntu olunokuzikhusela ngazo, eziquka:

- Ukunxulumana neSebe lezeMisebenzi kwindawo oluhlala kuyo ukuqinisekisa amathuba omsebenzi, ingakumbi lawo angaphandle kwephondo lakho okanye akwelinye ilizwe. Nasiphi na isenzo esikrokrekayo sabo banokuba ngabaqeshi okanye ii-arhente ezibasebenzelayo kufuneka zixelwe emapoliseni.
- Ukuphaphamela abantu – amadoda namanina – abathi banamathuba emisebenzi athembisa imali eninzi ngexeshana elifutshane.
- Ukufundisa abantwana bakho ukuba baqaphele abantu abadala abazama ukuba ngabahlobo babo, nokuba ubuso ngobuso, ngeselula okanye ngencoko ye-intanethi.
- Ukuxela iindawo apho ucingela ukuba abantu ekurhwebatywa ngabo ba-

gcinwe khona (umzekelo, indawo yamahenyukazi, iifama, iifektri neendawo ezithengisa utywala) kwabasemagunyeni nakwabeendaba.

I-DOJ&CD ibongoza uluntu ukuba lujonge amakhoba okurhweba ngabantu ukwenzela ukuba bafunelwe uncedo. Lithi amakhoba asoloko engakwazi ukuthetha ulwimi lwasekuhlaleni, abonakala evalelekile kwimisebenzi yawo okanye kwindawo ahlala kuzo, asenokuba nemigruzulo nezinye iimpawu zokuxhatshazwa emzimbeni kwaye awanawo namaxwebhu okuzazisa. **V**

Ukurhweba ngabantu okukrokrelwayo kungaxelwa emapoliseni kule nombolo yomnxeba: 08600 10 111 okanye ngokutsalela kuMnxeba ongaHlawulelwayo wokuRhweba ngaBantu weSizwe kule nombolo: 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

Isondlo esifanelekileyo sikhuthaza impilo ngokubanzi

UKUTYA UKUTYA KOQOBO endaweni yokutya okufakwe izithako kwahlelwa kungcono kakhulu empilweni yakho.

Allison Cooper

Ukutya ngokusempilweni ukuqinisekisa isondlo esifanelekileyo yinxalenye ebalulekileyo kwindlela yokuphila.

NgokweSebe lezeMpilo leSizwe, nelithi ukutya ngokusempilweni nokuzilongarhoqo kungakunceda ekufeze-kiseni nasekugcineni ubunzima obusempilweni nokuhlisa umngcipheko wezifo ezifana neswekile, uxinzelelo lwegazi, isifo sentliziyo nesomhlaza.

Umngcipheko wokuqalwa ziZifo eziNgosuleliyo (ii-NCD) uqala ebuntwaneni kwaye uya ukhula ubomi bonke.

Ii-NCD ziquka isifo sokuficala, isifo sentliziyo, umhlaza, isifo seswekile nesifo sezintso esinganyangekiyo. Umba wokubethelela kwisondlo kwiintsuku ezili-1000 zokuqala (ukususela ekukhawulweni ukuya kwiminyaka emibini) ubalulekile ukuthintela ingxaki yokungondleki okanye eyokuba nomzimba omkhulu ngokugqithisileyo.

Nangona kunjalo, ukutya rho-



qo ukutya koqobo – okugalelwe kancinci iswekile, amafutha netyuwa nokuneqondo eliphezulu lezakha-mzimba ezibizwa iivithamini, iiminerali ne-fibre – kunganceda ukuthintela ukutyeba okungafunekiyo, ii-NCDs nokufa ngenxa yezi zifo.

Ukubaluleka kokutya koqobo

Ukutya koqobo akucolwanga, futhi kuhlelwe kancinci kangangoko ngezithako ezingezozendalo kwaye kutyiwa kunjalo. Kuquka ukutya okungahlelwananga ngezithako ezingezozendalo okufana neendawo ezityekayo zeziqhamo nemifuno; kunye nokutya okuhlelwe kancinci

ngezithako ezingezozendalo okufana ne-owuthsi, irayisi emdaka ngombala nemidumba. Konke kufanele ukuba akongezwanga tyuwa, swekile, na-oli okanye mafutha.

Nangona ukutya okuhleliweyo ngezithako ezingezozendalo kufana nokutya kwenene, kuguqulwe kwaba kwimo apho kungafaniyo nokutya okusuka kuko kwaye kuqulathe izondlo zokuqala ezincinci kakhulu okanye zingabikho kwazona. Kananjalo zikwaqulatha izithako ezintlanu nangaphezulu ezifana neswekile, i-oli, amafutha, ityuwa, ii-anti-oxidants nezinqanda-kubola. Iziselo ezineswekile ngowona mzekelo

mhle.

Ezi zithako zenza iimveliso zinambitheke ngcono, kodwa xa zityiwa ngomlinganiselo omkhulu zingabangela ukongezeka kwamandla okunokwenza igalelo ekutyebeni. Ukusebenzisa kakhulu ityuwa kukwahambelana nesifo soxizenzelo lwegazi kunye nezifo zentliziyo.

Yonga imali

Ukutya kubiza kakhulu. Isebe libonelele ngezi ngcebiso zilandelayo ukukunceda ukuba unciphise iindleko, ngeli xesha usakwazi ukupheka ukutya okusempilweni:

- Jonga ukwehla kwamaxabiso okanye xa amaxabiso ephantsi ezivenkileni.
- Jonga imihla yokuphelelwa nomgangatho wokutya okuthenga ngexabiso eliphantsi.
- Qinisekisa ukuba unemali eyaneleyo nendawo yokugcina ukuze uthenge ngobuninzi (kodwa jonga ukuba ukutya oko uza kusebenzisa ngaphambi kokuba kuphelelwe lixesha).

- Ngexabiso elingcono, thenga iziqhamo nemifuno xa ilixesha lazo.
- Iimveliso ezomileyo ezifana nomgubo wombona, umgubo wengqolowa, irayisi, ipasta, i-couscous nokutya okukhenkceziweyo kuhlala ixesha elide kwaye kungathengwa ngobuninzi.
- Izinto ezithengwa nganye zezona zibiza kakhulu kunokuzithenga ngobuninzi.
- Thenga ukutya okunokkxiweyo, okusele kulungisiweyo okanye okulungele ukutyiwa okumbalwa. Kuxabisa kakhulu kwaye kusoloko kuneswekile, ityuwa namafutha amaninzi.
- Ukutya kweentsana okusele kulungele ukutyiwa okusebhotileni kuxabisa kakhulu. Sebenzisa ukutya okutsha nemifuno enokubondwa okanye ixhoxhwe kakuhle. **U**

* **Ulwazi ngentlonelo yeSebe lezeMpilo leSizwe.**

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.