

# Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English / Setswana

February 2020 Edition 2



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# Narysec kick-starts lives of rural youth



**Silusapho Nyanda**

**T**he Department of Rural Development and Land Reform's (DRDLR) youth flagship training programme, the National Rural Youth Services Corps (Narysec), is set to transform the life of a young woman from a rural Limpopo village. Sana Magwete (25), who lives near Mokopane, has been selected as a programme participant. She said she can now see a brighter future ahead of her.

"I am hoping to acquire skills that will enable me to be an entrepreneur. I would like to start a chicken abattoir because there is no such business in my village and people in my area love meat. I am almost certain that the business will succeed," she said.

She said unemployment is very prevalent in her village. "There are no job opportunities for the youth. I am hoping that once I finish with the programme and get my business up and running,

I will be able to create jobs for locals and also make a living for myself and my family members."

Magwete said last year the village chief gathered the local youth to inform them about Narysec and the opportunities it offers.

"Fifteen young people, including myself, were selected from my village," she said.

They are already at Narysec's college in Thaba Nchu in the Free State, where they will spend four months before being deployed for training in different areas. During training, Magwete said they get a monthly stipend of R1 320 for the first four months, after which it will be increased to R3 000.

### Skills for rural youth

Narysec is a 24-month skills development programme that targets unemployed rural youth.

Mamosweu Tsoabi (32) was part of the programme in 2010.

■ Mamosweu Tsoabi is a National Rural Youth Services Corps (Narysec) alumni who uses the skills she learnt from the programme to construct structures on her vegetable farm.

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"JAANONG KE NAKO YA GORE RE DIRE MMOGO, GO TLOTLA NELSON MANDELA, GO AGA AFORIKA BORWA E NTŠHWA, E E BOTOKA YA BOTLHE."

MOPORESITENTE CYRIL RAMAPHOSA

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RE GO AGELA BOKAMOSO JO BO BOTOKA  
RE ITHUTA GO TSWA MO DITIRONG TSA GA MADIBA



## Go aga setšhaba se se kgathalelang bana

**G**o na le seane se se tlwaelegileng go bontsi ba ditso tsa maAforika se se reng ngwana sejo o a tlhakane-lwa. Kakanyo eno – ya gore setšhaba ka bophara se na le maikarabelo go kgolo, tshiamelo le pabalesego ya ngwana yo mongwe le yo mongwe – e mo monaganong fa ke nagana ka loso lo lo utlwisang botlhoko le go feretlha maikutlo la ga Enock Mpianzii wa dingwaga di le 13 kwa khempeng ya sekolo sešweng jaana.

Ka kutlobotlhoko, Enock ga se ngwana a le nosi go latlhegelwa ke botshelo jwa gagwe e le ka ntlha ya mabaka ao a ka neng a ka thibelwa, fa fela bagolo ba ne ba nnile kelotlhoko le go nna le maikarabelo. Motho o nagana ka yo mongwe yo o dingwaga di le 13, Keamohetswe Shaun Seboko, yoo sešweng jaana a sa tswang go nwele mo letamong la bothumelo kwa sekolong se se potlana sa Magaliesburg, le bana ba babedi bao ba tlhokafetseng kwa Sekolo se se Potlana sa Legolo kwa Limpopo fa llori e thula lebotla leo le neng la ba wela.

Gape ke iphitlhela ke nagana le ka bontsijwba bana, jaaka Nathlia Pienaar wa dingwaga di le 6, yoo o neng a bolawa ke lerumo la tlhobolo le le neng le sa mo lebana la dintwa tsa digongwana tsa disenyi kwa Cape Flats. Re gopola le dintsho tse di botlhoko tsa Michael Komape le Lumka Mkethwa, bao ka bobedi ba tlogetseng lefatshe le le ka kwano morago ga go wela mo mesimeng ya dintlwanaboithusetso.

Matshelo a bana botlhe bano, mmogo le matshelo a ba bangwe ba le bantsi, go ne go sa tlhokege gore re a latlhegelwe. Masula

otlhe ano a ka bo a thibetswe fa go ka bo go tserwe dikgato go faposa bana bano mo kotsing.

Mo go nna go lebege o kare, jaaka baagi, re foseditse bana ba rona.

Bana ba le bantsi ba iphitlhela ba le mo maemong a a kotsi, e ka nna mo mokorwaneng oo ba o itiretseng go kgabaganya noka kgotsa ba tlogetswe ba le nosi mo mokhukhung ka lebone la parafene. Fa boradikonteraka ba tlogela mafelo ao ba a epileng a sa sireletswa kgotsa mafaratlhatlha a sekolo a sa tlhokome-lwe kgotsa sepalangwa sa sekolo se tletse go feta selekanyo, matshelo a bana a bewa mo kotsing.

Fela kwa tirong botlhaswa le boitlhokomoloso di kwa pele.

Bana ba le bantsi ba beilwe le-itlho ke basotlakaki ka thobalano, digongwana tsa disenyi le barekisi ba diritibatsi ka tlhamalalo gonne ba le ba le-loko la batho ba ba tshelang mo tleleng. Jaaka baagi, re tlhoka go nna tlhaga le go bonala thata mo go sireletseng bana ba rona go tseno le dikotsi tse dingwe.

Jaaka baagi, re tlhoka go dira gore e nne setlwaedi go nna le maikarabelo.

Re tlhoka go ikemela, re emelele bana ba rona le bathoba bangwe. Fela jaaka re tlhoka go netefatsa gore bana ba golela mo tikologong e e sireletsegileng, e e nonotshang le e e kgalthisang, re tlhoka go dira fela jalo le rona go dira tiro ya go sireletsa le go tlhokomela botlhe bao re ba itseng le bao reamanang le bona.

Re tshwanetse go bona kgato eno ya tlhokomelo le mo ditse-leng tsa rona, Le fa re amogela kwelotlase ya dintsho tsa mo mebileng, nnete e e ngomolang pelo ke gore batho ba feta 1,600 ba latlhegetswe ke matshelo mo

mebileng ya rona mo sebakeng sa kgwedi le halofo. Go swabisa nko go feta molomo gore bakgweetsi ba dikoloi ba feta 9 000 ba ne ba tlhatlhelwa mabapi le ditlolomolao tse di tsenyeletsang go kgweetsa o nole nnotagi, go kgweetsa ka lobelo le le kwa godimo, go kgweetsa botlhaswa le go itlhokomolosa melawana ya go kgweetsa mo tseleng. Kgato eno ya go itlwaetsa go rwalwa maikarabelo e kaya gore rotlhe re tshwanetse go kgweetsa ka pabalesego le go tlotla ditshwanelo tsa batsamaakadinao le badirisi ba bangwe ba tsela.

Kgato ya go itlwaetsa go rwala maikarabelo e kaya gore borre ba tlhoka go godisa le go nna teng mo matshelong a bana ba bona.

Basadi ba le bantsi ba iphitlhela ba lebanwe ke go godisa bana ka bobona, mme seno go le gantsi se ba kgoreletsa go ka atlega mo matshelong a bona le bana ba bona.

Kgato ya go itlwaetsa go rwala maikarabelo gape e kaya gore re tshwanetse go ikamanya le merero ya thobalano e e sireletsegileng le go sa fetelwe ke mogare wa HIV kgotsa go o fetisetsa go ba bangwe. Ga re a tshwanela go dirisa nnotagi kgotsa diritibatsi botlhaswa. Re tshwanetse go nna le phisege-lo ya go tshela botshelo jo bo itekanetseng gore re tle re fapoge malwetse ao a kgonang go thibelwa le go tshela matshelo a malele.

Dikgato tsa mothale ono di tshwanetse go amogelwa bogolosegolo ke botlhe mo setšhabeng ba ba nang le maemo a taolo le tshosometso, e ka nna baeteledipele ba sedumedi kgotsa boradipolotiki, baeteledipele ba setso kgotsa batho ba ba itsegeng.

Ka mafoko a bona le ditiro, ba tshwanetse go batla go aga setšhaba se se botoka seo mo go sona botlhe ba tlotliwang le go tlhokomelwa.

Batlhankedi ba ba tlhophi-lweng le badiredipuso ba rwesitswe maikarabelo a go netefatsa pabalesego le tshiamelo ya baagi. Ba tshwanetse go netefatsa gore go na le mafaratlhatlha a a lekaneng le a go babalesega kwa dikolong.

Ba tshwanetse go tsiboga ka bonako fa go na le kgoreletsego ya kelelo ya metsi mo baaging kgotsa fa go begiwa mabone a mo mebileng a a sa direng. Ba tshwanetse go netefatsa gore melao ya boitekanelo le pabalesego e a obamelwa le gore go na le molao.

Mo godimo ga tiro e e tsweletseeng eo e diragalang go ralala le maphata a puso ka bophara, go diragatsa maikarabelo ano, ka dinako tse dingwe re ne re tshwanelwa ke go tsaya dikgato tse di kgethegileng go gaisa.

Mo go samaganeng le dintsho le dikotsi tse di bakilweng ke bana ka go wela mo mesimeng ya dintlwanaboithusetso, re ne ra thankgolola letsholo la SAFE go itlhaganedisa go neelana ka dintlwanaboithusetso tse di maleba mo dikolong tsotlhe mo nageng. Re rometse Sesole sa Tshireletso sa Bosetšhaba sa Aforika Borwa kwa mafelong a mangwe a a kwa Motse Kapa go tshegetsa tiro ya mapodisa mo maitekong a bona a go fokotsa dikhuduego tsa digongwana tsa bosenyi. Sešweng jaana, re le mmogo le mekgatlho ya baagi, re simolotse leano la tshoganyetso la tsibogelo go fedisa tirisodikgoka e e totileng basadi le bana.

Le fa go le jalo, go tlhamaletse


gore go santse go le go gontsi go re tlhokang go go dira, jaaka puso le setšhaba.

Re akgola mekgatlho mmogo le batho b aba ikemetseng ka bobobna bao ba tsereng maikarabelo a go tlhokomela ba bangwe. Go na le batho ba tshwana le Ralph Bouwers le Mark Nicholson, bao ba rulgantseng ditiro tsa boitapoloso tsa bašwa kwa Lavender Hill kwa Motse Kapa e le go ba tlosa mo go ka ikamanyeng le digongwana tsa basenyi. Go na le bomme, boausi le bana ba basetsana bao ba dirang jaaka baithaopi ba baithuti mo mekgatlhong wa Operation Bobbi Bear, kwa Amanzimtoti kwa KwaZulu-Natal o o tlamelang bana ba bannye bao ba sotlakakilweng ka marobalo.

Go na le ditlhopho tse dintsi tsa sedumedi jaaka Southern African Catholic Bishops' Conference, bao ke kopaneng le bona sešweng jaana bao ba mpoleletseng ka ga tiro e ba e dirang go samagana le ditlhoko tsa bahumanegi, go tshegetsa malapa go nna le tlhokomelo e e tseneletseng le go nonotsha le go thusa bašwa go mekana le dikgwetlho tse di fa pele ga bona.

MaAforika Borwa ano a re bontsha tsela le nnete. Ka ditiro tsa bona, ba re gopotsa gore go kaya eng go nna motho yo o maikarabelo le go rwala maikarabelo mo go ba bangwe.

Naga eno ya rona e ipone-tse matlhotlhapelo a se kana ka sepe. Re latlhegetswe ke matshelo a bašwa ba rona a le mantis tota, ban aba rona ba le bantsi tota ba utlwisitswe botlhoko le go kgoberega maikutlo.

Re ka tliša matlhoko ano kwa bokhutlong fa rotlhe, mongwe le mongwe wa rona, a tsaya maikarabelo a go godisa bana mo motseng wa rona wa Aforika Borwa o mogolo. 



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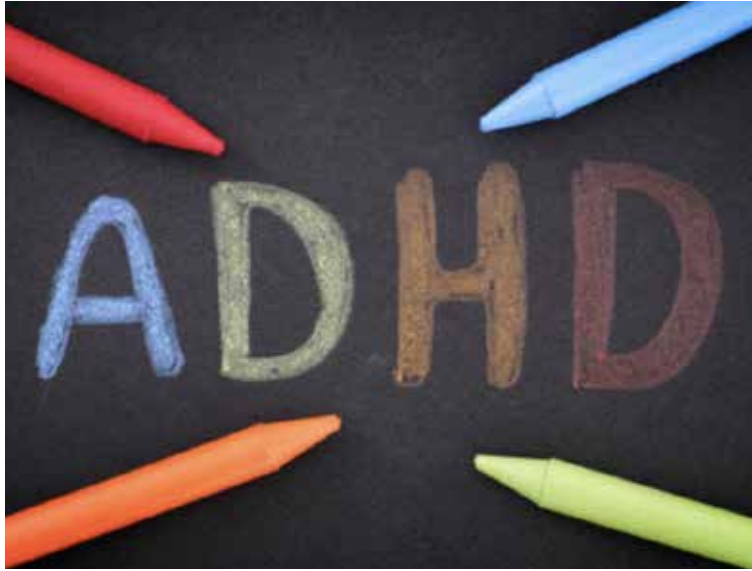
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# Dintlha tse di feletseng ka ga ADHD le ADD

**GO NA LE THUSO** go bana ba ba nang le bokoa jwa go sisibala le go tlhwaya tsebe le go nna le matlhagathaga a a feteletseng.



Silusapho Nyanda

**F**a ngwana yo a nang le Bokoa jwa go Sisibala le go Tlhwaya Tsebe le go nna le Matlhagathaga a a Feteletseng (ADHD) kgotsa Bokoa jwa go sa Kgone go Tlhwaya Tsebe (ADD)

bo sa alafiwe, maemo a ka nna le ditlamorago tse di sa siamang tsa paka e telele mo boitekanelong jwa gagwe.

Seno ke go ya ka Ngaka Khatija Jhabzhay, yoo a etele-tseng pele Yuniti ya Child and Adolescent Psychiatry kwa Townhill Hospital kwa Pieter-

maritzburg, KwaZulu-Natal.

O tlhalositse gore jaaka bago-  
lo, bana bano ba ka nna le kotsi e e oketsegileng ya malwetse a mangwe a tlhaganyo, jaaka matshwenyego le kgatelelo ya maikutlo, mme gape ba ka dirisa diritibatsi botlhaswa.

ADHD le ADD e ama tswelopele ya dithuto tsa bana mme maitsholo a bona a ka tena ba bangwe. Bana bano ba ka nna ba se ratiwe, ba tsena mo mathateng le go tshabelelwa ke dikotsi.

“Maemo a ngwana yo mongwe le yo mongwe a tshwana a le nosi mme a tswelela go nna a ntse a gola, ka jalo go botlhokwa go dira tlhatlhobo e e feletseng ya kalafi go lemoga mabaka a mangwe ao a ka amang tswelopele ya bona, gammogo le maatla ao a ka agelelwang go ba thusa go fitlhelela bokgoni jo bo feletseng

jwa bona,” go rialo Ngaka Jhabzhay.

O tlhalositse gore ADHD le ADD ke makoa a kgolo le tswelopele ya boboko eo e tlhagelelang ka mathata a maitsholo, jaaka go sa kgone go tlhwaya tsebe.

Seno se bonala ka mokgwa wa:

- go dira diphoso tse di botlhaswa
- go sa fetse ditiro
- go timetsa dilwana
- go kgoreletsega bonolo le go lebala.

Dikao tsa go nna matlhagathaga a a feteletseng kgotsa go dira o sa akanye go tsenyelsetsa:

- go etsaetsega
- go phophotha diatla kgotsa dinao
- go tlhonatlhona mo mannong a bona
- go phantsha dikarabo le

go emelela ka dinao fa go solofetswe gore ba nne fa fatshe.

“Matshwao a tlhagelela ka maemo a mabedi kgotsa go feta – kwa gae, kwa sekolong, le fa a na le ditsala kgotsa balosika kgotsa ka nako ya ditirwana tse dingwe – le go tsenagare ditiro tsa loago, tsa kwa tirong kgotsa tsa kwa sekolong. Matshwao a a tseneletseng go gaisa a tlhagelela pele ga dingwaga di le 12 mme a tshwanetse go nna teng sebaka sa bonnye jwa dikgwedi di le thataro.

Barutabana ba kgona go bona mathata a maitsholo mme ba ka romela ngwana go ka dirwa tlhatlhobo e e tseneletseng ya ngaka. Go na le dikalafi tse di farologaneng tse o ka di tsayang tsia. **V**

Go bona tshedimosetso ka ga ADHD le ADD, ikgolaganye le Mental Health Information Line mo go 0800 567 567, ADHD Helpline mo go 0800 55 44 33 kgotsa South African Depression and Anxiety Group mo go 0800 456 789. O ka nna gape wa etela ngaka ya gago kgotsa lefelo la selegae la boitekanelo.

# Early childhood education improves in Upington

**THE BRAINS OF PRESCHOOL** children grow at an incredible rate and help lay the foundations of language, thinking and social and emotional development.

Silusapho Nyanda

**C**hildren from Upington in the Northern Cape are benefiting from 10 early childhood development (ECDs) centres recently launched by the Department of Social Development (DSD).

Five-year-old Lithemba Bacela, who lives with cerebral palsy and has a speech impairment, is better able to indicate what she feels and needs, thanks to her time at one of these centres, Oasis Skills Development Centre's ECD unit.

Lithemba lives in Paballelo with her mother, Elizabeth Bacela, who said her child's

communication skills have improved since she started at the centre last year. Elizabeth said the stimulation area has been particularly beneficial.

“Lithemba can now indicate when she is thirsty, hungry or has wet herself”.

The Oasis ECD centre is one of 10 that received a new building from the National Lotteries Commission (NLC) as part of the commission's Legacy Project. This countrywide initiative is aligned with the National Development Plan's commitment to improving education, innovation and training, and contributing to the goal of ensuring that all children have at least two years of preschool education.

The centre accommodates

children who live with a variety of conditions, including autism, down syndrome, cerebral palsy and foetal alcohol syndrome. Each of the four classes at the ECD centre has 10 to 15 pupils, says Acting Chairperson of Oasis Skills Development Centre Marina Johannesen.

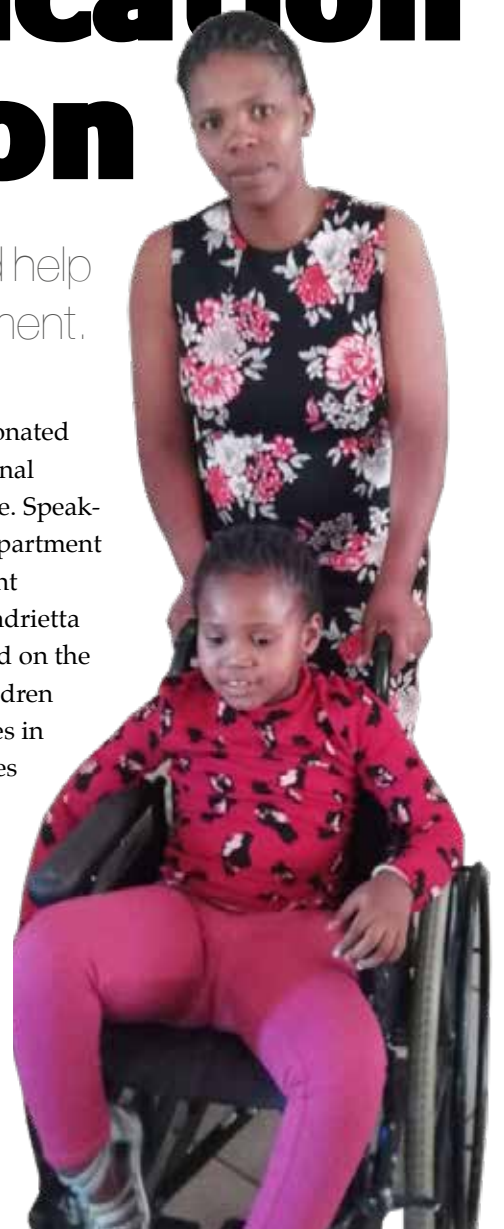
The department contributes a subsidy of R20 per child, which covers children between the ages of two and seven and those who are 18 years of age and above.

In 2015, the DSD donated a stimulation centre, computer lab and a bus to transport pupils to and from school.

“Once a week, therapists from the local hospital come to the centre to assess and treat the children,” says Johannesen.

The new building, donated recently is an additional blessing for the centre. Speaking at the launch, Department of Social Development Deputy Minister Hendrietta Bogopane-Zulu called on the public to include children living with disabilities in dialogues about issues that affect them. **V**

**Elizabeth Bacela with her daughter Lithemba who has cerebral palsy and speech impairment. Lithemba is now receiving the necessary care from the newly opened ECDs in Upington.**



# Bona tshedimosetso e e mo dinakong mme o sekegetse motlakase

## GO NA LE

**DILO** di le dintsi tse maAforika Borwa a ka di dirang go somarela motlakase le go efoga go kgaolwa ga motlakase.

Silusapho Nyanda

**M**otsamaisi wa Namaosatshe wa Seteišene sa Motlakase sa Matimba sa Eskom Obakeng Mabotja o rile go tlohega ga motlakase o o lekaneng mo Aforika Borwa go ama matshelo a batho gonne ditiro tse di tlwaelegileng ga di direge ka nako ya fa go kgaotswe motlakase.



■ Seteišene sa Motlakase sa Matimba se se kwa Limpopo se samagane le karolo e e botlhokwa ya go tlamela Aforika Borwa ka motlakase.

Seteišene sa Motlakase sa Matimba se kwa Lephallale, Limpopo.

Mabotja o tshalositse gore go kgaolwa ga motlakase go diragala fa Eskom e sa kgone go tshagisa motlakase o o lekaneng go fithelela ditlhoko tsa naga. Ka jalo, go botlhokwa gore maAforika Borwa otlhe a tshameke karolo ya bona mo go diriseng motlakase yo o

kwa tlase.

Maele a go dirisa motlakase o o kwa tlase go tswa go Eskom:

- Tima mabone fa o tswa mo phaposing.
- Dirisa mabone a LED.
- Tima didiriswa tsa motlakase fa o sa di dirise.
- Dirisa fela metsi a a tsididi, ntle le fa go tlohega.
- Dirisa kobo e e thutafetseng

go phuthela sebedisa metsi sa gago.

Mabaka a le mmalwa a ka kgoreletsa tshagiso ya motlakase, go tsenyeletsa tlhokomelo, go kgaolwa go go sa lebelelwang, mme se se botlhokwa go gaisa ke maemo a bosa.

Mabotja o rile polanta ya gagwe, bogolosegolo, ke yona e e amiwang ke maemo a

mogote yo o kwa godimo.

“Mo matsatsing a a mogote go gaisa, seteišene se retelelwa ke go tshagisa motlakase ka bokgoni jwa sona jo bo feletseng,” a rialo.

Seteišene sa Motlakase sa Matimba se dirisa malatlha go tshagisa motlakase, mme se dirilwe go tshagisa 3990 MW.

“Motlakase o phasaladiwa ka tiriso ya seteišenepotlana sa phasalatso. O tsamaya ka mela ya phetiso ya maatlaloto a a kwa godimo le go feta ka diphetoleli tlase go fokotsa maatlaloto.

Motlakase morago o fetisediwe go kiriti ya bosetšhaba.”

Malatlha a seteišene sa motlakase a tswa kwa moepong wa Exxaro's Grootegeluk. O tsamaisiwa ka thulaganyo ya lebantaphetiso go ya go mafeloapeelo, pele a ya kwa ditshilong fao a thubiwang le go fetolelwa go nna motlakase, ga rialo Mabotja. ①

Go bona maele ka ga tsela ya go somarela motlakase, etela webosaete ya Eskom e leng: [www.eskom.co.za](http://www.eskom.co.za)

# The ups and downs of farming

**A MPUMALANGA** emerging farmer is ploughing ahead, having already won a prestigious award and secured a substantial contract for her maize.



■ Njabulo Mbokane runs a 200-hectare farm. She is seeking funding to purchase a tractor which will allow her to expand her business.

Silusapho Nyanda

**A** young female maize farmer is taking giant leaps towards becoming a successful commercial farmer.

Njabulo Mbokane (24), the owner of a 200-hectare non-genetically modified organism yellow maize farm, was recently named the South African Breweries (SAB) and FarmSol Young Emerging Farmer of the Year.

The Ermelo-based farmer leases two farms; one in her hometown; where she grows crops, and the other in Lothair; where she raises sheep.

Despite only starting farming in 2016, Mbokane already has a year-on-year maize contract with SAB.

She is part of the FarmSol programme, which is an SAB Thrive Fund initiative aimed at funding Agri-SMMEs; providing technical training and support to emerging farmers; giving access to modern production inputs and patient financing to qualifying enterprises and enabling emerging farmers to find a route to market for their produce.

“FarmSol mentors us and helps us with training. It also assists us in taking samples of the maize and soil.” Mbokane was financially unable to study further after matric but knew that agriculture held many opportunities for people with the will to work hard.

“I started farming because I saw a gap that young people should explore and I went for it.”

Mbokane employs three permanent staff members and hires 15 seasonal employees during peak periods. She is looking to expand her operations to include cattle and vegetables once she has secured her own land and farming equipment.

Having her own tractors, for instance, will enable her to plant on time whereas with hired equipment, she can only plant when the tractor owner has finished his planting.

Mbokane started the farm with her mother's pension payout and said that young people need not wait for a big break before making a start on their farming dream. “Start with the little that you have, even if it's the garden in your backyard, and grow from there,” she said. ①