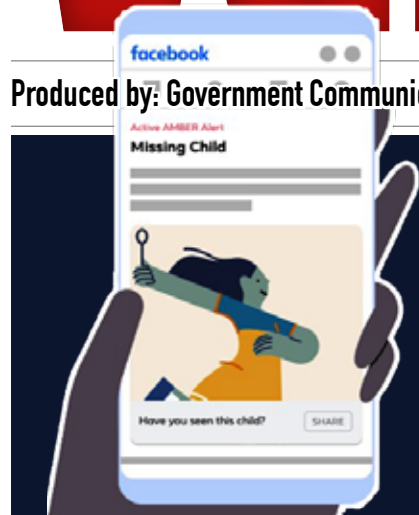


Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English / Tshivenda

February 2020 Edition 2



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Narysec kick-starts lives of rural youth



Silusapho Nyanda

The 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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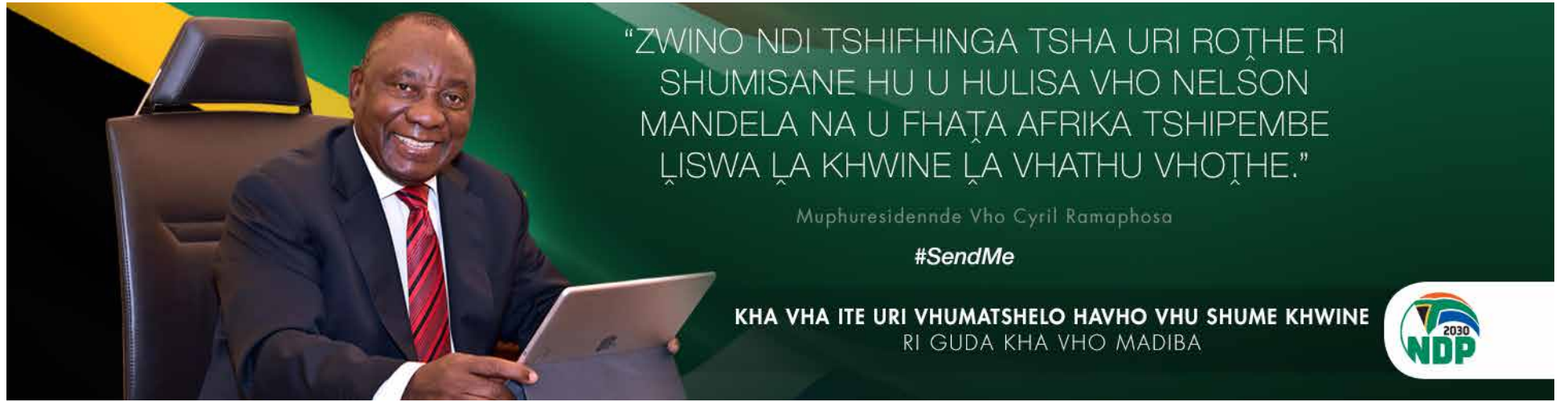
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U fhaṭa lushaka lu ṭhogomelaho vhana

Hu na murero wo ḡoweleaho kha mvelele nnzhi dza vhatu vha Afrika une wa ri zwi dzhia muvhundu woṭhe u alusa ṅwana. Muhumbulo uyu – wa uri vhadzulapo vhoṭhe vha na vhuḡifhinduleli ha u bveledzisa, vuvha na tsireledzo ya ṅwana muṅwe na muṅwe – murero uyu u a ḡa musi ndi tshi humbula nga ha ḡikhaulambilu na lufu lu vhaisho zwihulu lwa Enock Mpianzi wa vhukale ha miṅwaha ya 13 lwo iteaho zwezwino khempheni ya tshikolo.

Zwi vhaisho ndi zwaure, Enock a si ene ṅwana e eṭhe we a xeledwa nga vhutshilo nga zwiitisi zwine zwa vhukuma zwa nga thivhelea, arali vhatu vhaulwane vho vha vho ṅetshedza ndondolo na vhuḡifhinduleli. Muthu u a dovha hafhu a humbula nga ha muṅwe wa vhukale ha miṅwaha ya 13, Keamohetswe Shaun Seboko, we a nwela kotho zwenzwino damuni ḡa u bambela ḡa tshikolo tsha phuraimari tsha Magaliesburg, na vhana vha vhavhili vhe vha lovha tshikoloni tsha phuraimari tsha Lekgolo ngei Limpopo musi ṭiraka ḡi tshi zhaka luvhondo lwa vha wela.

Muthu u a dovha a humbula hafhu nga ha vhana vhanzhi, sa Nathlia Pienaar wa vhukale ha miṅwaha ya 6, vane vha khou vbulawa kha nndwa dza magevhenga ngei fuletheni dza Kapa. Ri humbula hafhu mpfu dzi khaulaho mbilu dza Michael Komape na Lumka Mkethwa, vuvhili havho vho lovha musi vho wela kha mabunga a dindi.

Matshilo oṭhe ayo a vhatu vhaṭuku, na matshilo a vhaṅwe vhanzhi, o vha a tshi ḡo vha a songo ṭuwa. Makhaua mbilu haya oṭhe o vha a tshi ḡo vha o thivhelea arali ho vha na maga o dzhiwaho a u tsireledza vhana kha fhethu hu huvhadzaho.

Zwi ntsumbedza uri, sa lushaka, ri khou laṭedza vhana vhashu.

Vhana vhanzhi vha ḡiwana vhe kha nyimele dzi ofhisaho, kana tshikhwekwethe tsha tshifhinganyana mulamboni kana u vha sia vha vhoṭhe mukhukhuni hu na lammba ḡa pharafeni. Musi vhorakhonṭiraka vha tshi sia mitshini i songo tsireledzea kana themamveledziso dza tshikolo dzi sa khou londotwa kana tshienedzi tsha u ya tshikoloni tsho ḡala lu kalulaho, matshilo a vhana a vha o vhwewa kha khombo.

Fhedzi hu na zwinzhi u fhirisa u sa vha na ndavha na u sokou litshedzela mushumo. Vhana vhanzhi ndi zwipondwa zwa vhabtzipi, magevhenga na vharengisi vha zwidzidzivhadzi nga maanḡa ngauri a vha koni u ḡitsireledza. Sa lushaka, ri tea u vha na vhurongwane na u ṭalifha vhukuma kha zwa u tsireledza vhana vhashu kha khombo idzi na dziṅwe.

Sa lushaka, ri tea u fhaṭa mvelele ya vhuḡifhinduleli.

Ri tea u vha na vhuḡifhinduleli kha riṅe vhaṅe, kha vhana vhashu na kha vhaṅwe. Musi ri tshi ṭoḡa u vha uri vhana vha khou kona u aluwa kha vhuṭo vhu na ṭhuṭhuwedzo, ndondolo na tsireledzo, zwo ralo ri tea u pfa zwi mushumo washu u tsireledza na u londota vhoṭhe vane ra vha ḡivha na vane ra

tshilisana navho.

Ri tea u pfa mushumo hoyu wa u londota na musi ri dzibadani. Musi ri tshi khou ṭanganedza phungudzeo kha khombo dza badani kha tshifhinganga tsha madakalo, ngoho i shushaho ndi ya uri vhatu vha fhiraho 1,600 vho lovha dzibadani dzashu kha tshifhinganga tsha ṅwedzi na hafu. Zwi a kula nungo zwaure vhaireili vha fhiraho 9,000 vho farelwa vhutshinyi vhu katelaho u reila vho kambiva, luvhilo, u reila nga u sa londa. Mvelele ya vhuḡifhinduleli zwi amba uri roṭhe ri tea u reila nga vhurongwane na u ṭhonifha pfanelo dza vhaendangaṅayo na vhaṅwe vhashumisi vha bada.

Mvelele ya vhuḡifhinduleli zwi amba uri vho khotsi vha tea u vha hone kha matshilo a vhana vha vho. Vhafumakadzi vhanzhi vha alusa vhana vhe vhoṭhe, zwine zwa anzela u fhungudza khonadzeo dzavho dza u bvelela na dza vhana vha vho.

Mvelele ya vhuḡifhinduleli zwi dovha hafhu zwa amba uri ri tea u ḡigudisa vhudzekani ho tsireledzeaho na u sa ḡiwedza kana u wedza vhaṅwe kha HIV. A ri tei u shumisa zwikambi kana zwidzidzivhadzi. Ri tea u lusa u tshila ri na mutakalo u itela uri ri thivhele malwadze ane a tsireledzea na u tshila matshilo malapfu.

Mvelele iyi i tea u kutelwa nga maanḡa nga havho vane kha lushaka vha fara maimo a maanḡalanga na vhuṭuṭuwedzi, kana vharangaphanḡa vha zwa vhurerele kana vhorapoloṭiki, vharangaphanḡa vha zwa mvelele kana vhaḡivhalea. Nga kha maipfi kana nyito dzavho, vha tea u lusa u fhaṭa lushaka lwa

khwine lune vhoṭhe vha dzhielewa ṅṅha na u londotwa.

Vhaofisiri vho khethwaho na vhashumeli vha muvhuso vho fhulufhelwa nga vhuḡifhinduleli ha u vha tsireledzo na vuvha ha vhadzulapo. Vha tea u vha uri hu na themamveledziso dzo teaho zwikoloni. Vha tea u dzhia maga nga u ṭavhanya musi hu na khakhathi ya ṅḡisedzo ya maḡi kha vhadzulapo kana musi mavhone a zwiṭaraṭani o tshi n-yalaho o vhiḡiwa. Vha tea u vha uri milayo ya vhuṭsireledzi na mutakalo i khou tevhedzwa na uri mulayo u khou tevhedzwa.

Ho sedzwa mushumo u no khou itwa kha muvhuso, kha masia oṭhe, u ita uri vhuḡifhinduleli uhu vhu vhone, tshiṅwe tshifhinganga ri tea u dzhia maga mahulwane. U fhindula kha dzimpfu na mafuvhalo o vhangwaho musi vhana vha tshi wela kha mabunga a dindi, ro rwela ṭari vhurangeli ha SAFE u tshimbidza ṅetshedzo ya mabunga o teaho kha zwikolo zwoṭhe kha shango. Ro rumela Mmbi ya Vhupileli ya Lushaka ya Afrika Tshipembe kha zwipiḡa zwa Ḋorobo ya Kapa u tikedza mapholisa kha ndingedzo dzavho dza u fhungudza khakhathi dzi itwaho nga magevhenga. Zwenzwino, ro ṭanganana na vhashumeli vha muvhuso, ro ḡidzhenisa kha pulane ya u fhindula zwa shishi u itela u fhelisa khakhathi dzi itelwaho vhafumakadzi na vhana.

Naho zwo ralo, hu vhone hu na zwinzhi zwine ra tea u ita, sa muvhuso nahone sa lushaka.

Ri fhululedza madzangano na vhatu avho vhe vha vhea mahaḡani avho vhuḡifhinduleli

ha vuvha ha vhaṅwe vhatu. Hu na vhatu vha ngaho sa Vho Ralph Bouwers na Vho Mark Nicholson, vhe vha dzudzanya mishumo ya vhuḡimvumvusi ha vhaswa ngei Lavender Hill kha ḡa Ḋorobo ya Kapa u vha tsireledza kha u shandukela kha zwa vhugevhenga. Hu na vhomme, dzikhaldzi na vhasidzanyana vane vha shuma sa matshudeni vha sa shumeli malamba kha Operation Bobbi Bear, dzangano ḡi re Amanzimtoti ngei KwaZulu-Natal ḡine ḡa ṅetshedza haya kha vhana vhaṭuku vhe vha tambudzwa.

Hu na zwigwada zwo ḡisendekaho nga zwa lutendo zwi ngaho sa Khonferentsi ya Mabishopho a Khathyoḡiki Tshipembe ha Afrika, vhe nda ṭanganana navho zwenzwino vhe vha mmbudza nga ha mushumo une vha khou ita u fhindula ṭhoḡea dza vhashayi, u tikedza miṭa uri i vhe i londaho na u ṭhogomela nga maanḡa na u thusa vhaswa musi vha tshi livhana na khaedu nnzhi dzi re phanḡa havho. Vhatu avha vha Afrika Tshipembe vha khou ri sumbedza ṅḡila. Nga kha tsumbo dzavho, vha khou ri humbudza zwaure zwi amba mini u dzhia vhuḡifhinduleli hashu riṅe vhaṅe na ha vhaṅwe.

Shango ḡi ḡo no ṭanzilela makhauambilu manzhi vhukuma. Matshilo manzhi a vhatu vhaṭuku o lozwea, vhana vhanzhi vho vhaishala na u thithisea muhumbulo.

Ri nga fhelisa makhauambilu haya arali roṭhe, muṅwe na muṅwe washu, a tshi dzhia vhuḡifhinduleli ha u alusa vhana kha mivhundu yashu yavhuḡi ya Afrika Tshipembe. **U**

Mafhungo nga vhuḡdalo nga ha ADHD na ADD

HU NA THUSO ine ya vha hone kha vhana vhane vha konḡelwa u thetshesela zwavhuḡi, u vha na mafufulu o kalulaho na u sa dzulisea



Silusapho Nyanda

Arali ḡwana ane a vha na thaidzo ya u konḡelwa u thetshesela zwavhuḡi, u sa dzulisea na u vha na mafufulu o kalulaho (ADHD) kana u a konḡelwa u thetshesela zwavhuḡi na u sa dzulisea (ADD) a sa ilafhiwa, nyimele idzo dzi nga vha na masiandaitwa a tshifhinga tshilapfu kha mutakalo wawe.

Hezwi ndi u ya nga Dokotela Vho Khatija Jhazbhay, vhane

vha rangaphanḡa Yuniti ya zwa Muhumbulo ya Vhaswa na Vhana ngei Sibadela tsha Townhill Pietermaritzburg, ngei KwaZulu-Natal.

Vho ḡlutshedza uri vho no aluwa, vhana avha vha nga vha kha khombo khulwane ya dziḡwe nyimele dza muhumbulo, dzi nga ho sa mbilaelo na mutsiko, nahone vha nga shumisa zwikambi lu si lwavhudi.

ADHD na ADD vhu kwama mvelaphanḡa dza pfunzo dza vhana nahone maitele avho a nga kwatisa vhaḡwe. Vhana na vhone vha nga nyaliwa, vha dzhena khakhathini na u welwa

nga dzikhombo.

Dokotela Vho Jhazbhay vho amba uri: "Nyimele dza ḡwana muḡwe na muḡwe dzi a aluwa nahone a dzi fani, zwo ralo ndi zwa ndeme u ita ḡḡḡvho ya kiḡnikhaḡa yo ḡanḡavhuwaho u vhona zwiḡwe zwithu zwine zwa nga vha zwi tshi kwama mveledziso dzavho, khathihi na zwa ndeme zwine zwa nga itwa u vha thusa u swikela hune vha tea u swikela vhukoni havho ho fhelelaho."

Vho ḡlutshedza uri ADHD na ADD ndi thithiso ya nyaluwo ya maluvhi ine ya sumbedziswa nga vhuḡifari vhu si havhuḡi, zwi ngaho sa u sa kona u dzulisea na u thetshesela zwavhuḡi.

Izwi zwi vhone nga:

- u ita vhuḡhaki vhu sa tei u itwa
- u sa fhedza mishumo
- u xedza zwithu

- u khakhisea na u hangwa nga u ḡavhanya

Tsumbo dza u sa dzulisea na u vha na mafufulu o kalulaho kana u sa langea zwi katela:

- mazhuluzhulu
- u tambisa zwanḡa kana milenzhe
- u swenda swenda kha tshidulo
- u sokou fhindula u songo thoma wa humbula na u sokou takuwa wa ima u tshi khou lavhelelwa u dzula.

"Tsumbadwadze dzi vhone fhethu huvhili kana u fhira – hayani, tshikoloni, u na khonani kana mashaka kana musi hu na miḡwe mishumo – zwa thithisa mashumele a tshikolo, zwa mushumo kana zwa matshiliso. Tsumbadwadze dzo kalulaho dzi vhone ḡwana a sa athu swika miḡwaha ya 12 nahone

zwi tea u vhone lwa miḡwedzi ya heneḡa kha ya rathi.

Vhadededzi vha a kona u topola vhuḡifari vhu siho kha ngona nahone vha nga isa ḡwana kha ḡḡḡvho ya zwa kiḡnikhaḡa. Izwi ndi maitele a dzilafho o fhambanaho ane a nga shumiswa. **V**

Mafhungo nga ha ADHD na ADD, vha kwama Lu ingo lwa Mafhungo a zwa Mutakalo wa Muhumbulo kha 0800 567 567, lu ingo lwa thuso lwa ADHD kha 0800 55 44 33 kana Tshigwada tshi thusaho vha re na Mbilaelo na Mitsiko Afrika Tshipembe kha 0800 456 789. Vha nga dalela dokotela wavho kana zwiimiswa zwapo zwa mutakalo.

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

Children 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.

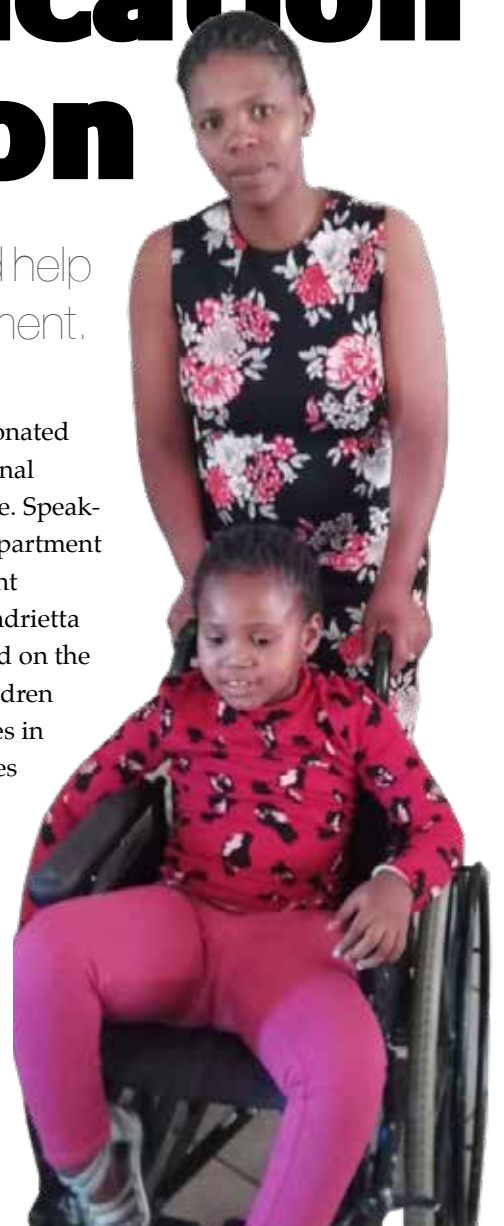
The department contributes a subsidy of R20 per child, which covers children between the ages of two and seven and those who are 18 years of age and above.

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.



Fungu u Tsime

Silusapho Nyanda

HU NA ZWITHU

zwinzhi zwine vhatu vha Afrika Tshipembe vha nga ita u vhulunga muḁagasi na u thivhela phungudzo ya muḁagasi.



■ Tshiḁitshi tsha Muḁagasi tsha Matimba ngei Limpopo tshi khou ita mushumo wa ndeme vhukuma kha u bveledza muḁagasi Afrika Tshipembe

vhatu ngauri mishumo ino dzulela u itwa musi hu na phungudzo ya muḁagasi.

Tshiḁitshi tsha Muḁagasi tsha Matimba tshi wanala Lephalale, Limpopo.

Vho Mabotja vho ḁalutshedza uri phungudzo ya muḁagasi i bvelela musi Eskom i tshi balelwa u bveledza muḁagasi wo lingana u swikela ḁoḁea dza shango. Ngauralo ndi zwa ndeme,

uri vhatu vhoḁhe vha Afrika Tshipembe vha ite zwine vha nga kona u shumisa muḁagasi muḁuku.

Tsivhudzo i bvaho kha vha Eskom zwi tshi ya kha u shumisa muḁagasi mutuku:

- Kha vha tsime mavhone musi vha tshi bva lufherani
- Kha vha shumise gulupu dza LED
- Kha vha tsime zwishumis-

wa zwa muḁagasi musi zwi sa khou shumiswa

- Vha shumise maḁi a u rothola fhedzi, nga nḁani arali hu na zwa ndeme
- Kha vha shumise nguvho ya thyemaḁa u fukedza giza yavho.

Zwiitisi zwinzhi zwi nga thivhela mveledzo ya muḁagasi, zwi tshi katela ndondolo, u tsima hu songo lavhelelwa-ho na, tsha ndemesa, mutsho.

Vho Mabotja vho amba uri ḁimaga ḁavho, nga maanḁa, ḁo kwamea nga mutsho wa mufhiso u re nḁa.

Vho amba uri: “Nga maḁu-vha o no fhisesa, tshiḁitshi a tshi koni u bveledza muḁagasi nga nḁila yo teaho.”

Tshiḁitshi tsha Muḁagasi tsha Matimba tshi shumisa mala-sha u bveledza muḁagasi, nahone tsho itwa nga nḁila ine tsha bveledza Mega Watsi (MW) dza 3990.

“Muḁagasi u kovhekanywa nga kha tshiḁitshi tshiḁuku tsha khovhekanyo. U tshimbila kha zwirathisi zwa volithedzhi ya nḁa wa fhira kha ḁhirantsifoma ya u fhu-ngudza u itela u fhungudza volithedzhi.

Muḁagasi u konaha u rathiswa wa ya kha gridi ya lushaka.”

Vho Mabotja vho amba uri malasha a tshiḁitshi tsha muḁagasi a bva kha mugodi wa Exxaro Grootegeluk. A endedzwa nga sisteme ya u tshimbidza a iswa kha dzi silo na dzi bunker dza Matimba, phanḁa ha musi a tshi iswa kha zwigayo hune a kwashekanywa a shandukiswa a vha muḁagasi.📍

U wana tsivhudzo nga vhu alo kha zwa uri vha nga vhulunga hani mu agasi, kha vha dalele webusaithi ya Eskom: 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.📍