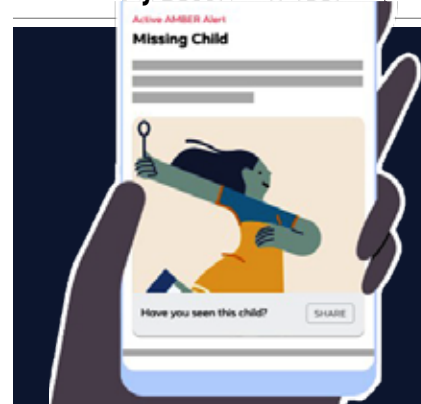


Vuk'uzenzele

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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.

• Cont page 2

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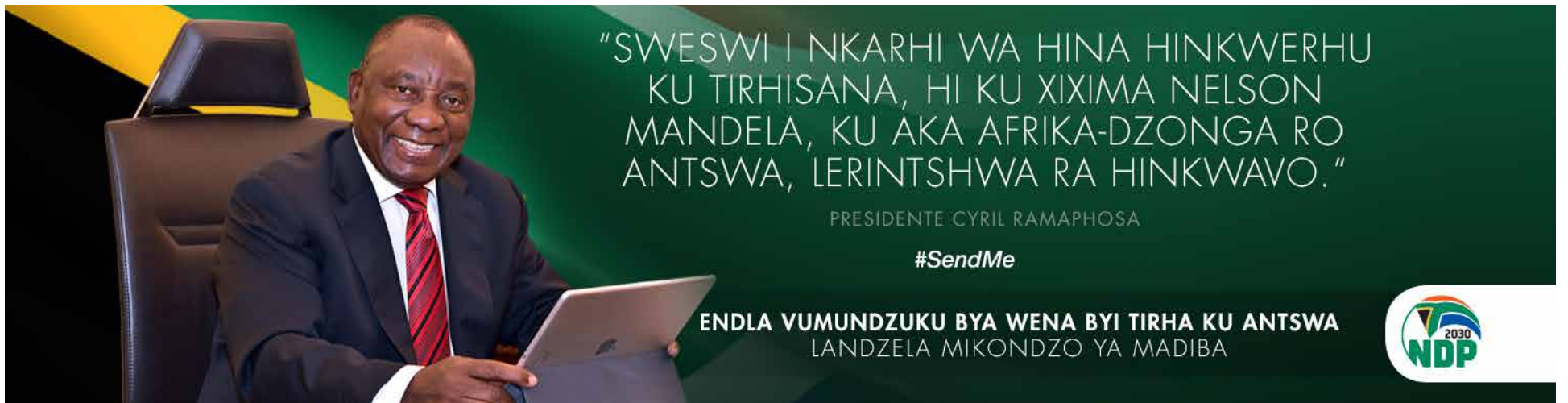

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"SWESWI I NKARHI WA HINA HINKWERHU KU TIRHISANA, HI KU XIXIMA NELSON MANDELA, KU AKA AFRIKA-DZONGA RO ANTSWA, LERINTSHWA RA HINKWAVO."

PRESIDENTE CYRIL RAMAPHOSA

#SendMe

ENDLA VUMUNDZUKU BYA WENA BYI TIRHA KU ANTSWA
LANDZELA MIKONDZO YA MADIBA



Ku aka rixaka leri hlayisaka vana

Ku na xivuriso lexi xi kumekaka exikarhi ka mifuwo yo tala lexi xi nge n'wana a hi wa un'we. Miehleketo leyi, ya leswaku muganga na vukulu bya wona wu na vutihlamuleri byo kurisa, ku nyika rihanyo na vuhlayiseki eka n'wana - swi ta emiehlekeweni ya mina loko ndzi anakanya rifu ra mahlomulambulu ra Enock Mpianzi wa malembe ya 13 ekampeni ya xikolo leya ha ku vaka kona.

Mhaka yo vava hileswaku Enock a hi n'wana a ri yexe loyi a lahlekeriweke hi vutomi bya yena hi swivangelo leswi a swi ta siveleka, loko ntsena vatswatsi a va kota ku hlayisa na ku va na vutihlamuleri. Hi nga tlhela hi ehleketa hi Keamohetswe Shaun Seboko wa 13 wa malembe, loyi a nga nwela exidziveni xa Xikolo xa Phurayimari xa Magaliesburg, na vana lavaya vambirhi lava nga lova eXikolweni xa Phurayimari xa Lekgolo eLimpopo endzhaku ka loko lori yi tlumbanile na khumbi kutani ri va wela.

Hi nga tlhela hi ehleketa hi ta vana vo tala, ku fana na n'wana wa malembe ya tsevu Nathlia Pienaar, loyi a dlaweke handle ka nandzu etinyimpini ta mitlawa eTifuleteni ta Kapa. Hi tlhela hi tsundzuka mafu ya mahlomulambulu ya Michael Komape na Lumka Mkethwa, lava havambirhi va loveke endzhaku ka ku wela eswihambukelweni swa magoji.

Vutomi lebyi hinkwabyo ka byona bya vana lavatsongo, na vutomi bya van'wana lavo tala, a byi fanele byi nga lahlekangi. Makhombo lawa hinkwawo ka wona a ya fanele ya siveriwile

loko a ku tekiwile tindlela to ma sivela hi ku endla leswaku vana lava va kumeka etindhawini leti hlayisekeke. Hi ku vona ka mina, tanihi rixaka, hi le ku tsandzekeni ku hlayisa vana va hina.

Vana vo tala kutlula mpimo va tikuma va ri eka swiyimo swa khombo, ku nga va swikwekwetsu swa xinkadyana enambiyeni, kumbe va tshikiwa va ri voxo emikhukhwini na rivoni ra pharafini. Loko van'watikontiraka va tshika michini yo cela misava yi nga sirheleriwanga kumbe swimakiwakulu swa xikolo swi nga sirheleriwangi kumbe swifambo swa xikolo swi rhwala vana vo tala kutlula mpimo, sweswo swi tisa nxungeto evuton'wini bya vona.

Kambe ku na swo tala swo tlula futa leri ndzi vulavulaka harona. Vana vo tala va landzeleriwa hi swifamona leswi lavaka ku va hlasela hi timhaka ta swa masangu, mitlawa ya vugevenga na vaxavisi va swidzidziharisi hikuva vana lava va hlaseleka hi ku olova. Tanihi rixaka, hi fanele ku tshama hi pfule mahlo ni ku xalamuka ku hlayisa vana va hina emakhombyeni lawa.

Tanihi rixaka, hi fanele ku vumba ntlovelo wa vutihlamuleri.

Hi fanele ku va ni vutihlamuleri bya hina vini, bya vana va hina na van'wana. Ku fana na ku tiyisisa leswaku vana va kula etindhawini leti hlayisekeke, leti akaka na ku nyanyula. Swi tano, hi fanele ku titwa hi ri na ntirho wo hlayisa vanhu hinkwavo lava hi va tivaka na ku tshama na vona.

Hi fanele ku titwa hi ri na ntirho lowu emagondzweni.

Loko hi ri karhi hi amukela ku ya ehansi ka mafu emagondzweni hi nkarhi wa makhisimusi, ntiyiso wo vava hileswaku kutlula vanhu va 1, 600 va lovile emagondzweni ya ka hina en'hwetini yin'we na hafu. Swi hlambisa timbilu ku tiva leswaku kutlula 9, 000 wa vachayeri va mimovha va khomiwile hikwalaho ka milandzu leyi katsaka ku chayela va pyopyiwile, ku chayela hi rivilo na ku chayela hi vusofa. Ntlovelo wa vutihlamuleri swi vula leswaku hinkwerhu hi fanele ku chayela hindlela leyi hlayisekeke na ku hlonipha timfanelo ta van'wamilenge na van'wana va tirhisa va magondzo.

Ntlovelo wa vutihlamuleri swi vula leswaku vatatana va fanele ku va kona evuton'wini bya vana va vona. Vamanana vo tala va kumeka va kurisa vana va vona va ri voxo, leswi swi hungutaka vuswikoti bya vona na vana va vona byo humelela.

Ntlovelo wa vutihlamuleri swi tlhela vula leswaku hi fanele ku tisirhelela loko hi endla timhaka ta swa masangu hi papalata ku tihoxa na ku hoxa van'wana ekhombyeni ra HIV. A hi fanelanga ku tirhisa xihoko hi tindlela to biha na ku tirhisa swidzidziharisi. Hi fanele ku navela ku hanya vutomi bya rihanyo lerinene leswaku hi papalata mavabyi lama yo tala lava ya sivelekaka leswaku hi va na vutomi byo leha.

Ntlovelo wo tano wu fanele ku amukeriwa ngopfungopfu hi vanhu lava erixakeni va nga na swiyimo swa matimba na nkucetelo, ku nga varhangeri va vukhongereri kumbe van'watipolitiki, varhangeri va xintu kumbe vanhu va ndhuma.

Hi marito kumbe swiendlo swa vona, va fanele ku aka tiko laha vanhu hinkwavo va tekeriwaka enhlokweni na ku hlayiseka.

Swirho swa mfumo leswi hlauriweke na vatirhelamfumo va byarhisiwile vutihlamuleri byo tiyisisa vusirheleri na rihanyo ra vaaki. Va fanele ku tiyisisa leswaku ku na switirhisiwa swo ringanela na vuhlayiseki eswikolweni. Va fanele ku teka magoza ya xihatlalo loko ku ri na nkavanyeto wa mphakelo wa mati emigangeni kumbe loko va kuma swiviko swa timboni ta le switarateni leti ta nga ha tirhiki kahle. Va fanele ku tiyisisa leswaku milawu ya rihanyo na vuhlayiseki ya landzeleriwa naswona milawu ya tiko ya pfuxetiwa.

Ku engetela eka ntirho lowu yaka emahlweni eka mfumo ku fikelela vutihlamuleri lebyi ndzi vulavulaka hi byona eka swiyenge hinkwaswo swa mfumo, mikarhi yin'wana hi fanele ku teka magoza ya vukari. Hi ku landzelela mafu ya vana yo wela eswihambukelweni swa magoji, hi simekile pfumba ra SAFE ku hatlisisa mphakelo wa swihambukelo leswi amukelekaka eswikolweni hinkwaswo etikweni. Hi rhumerile Mavuthu ya Vusirheleri bya Rixaka ya Afrika-Dzonga etindhawini tin'wana ta Dorobakulu ra Kapa ku ya seketela maphorisa eka matshalatshala ya vona yo hunguta madzolonga ya mitlawa. A hi khale hi tihlanganisile na mitlawa ya vaaki ku simeka kungu ra magoza yo herisa madzolonga eka vavasati na vana.

Hambiswiritano, ka ha ri na swo tala leswi hi faneleke ku swi endla tanihi mfumo na rixaka.

Hi ba mandla hi vuyelela eka vanhu na mitlawa leyi tekeke vutihlamuleri byo langutela rihanyo ra van'wana vanhu. Ku na vanhu vo fana na Ralph Bowers na Mark Nicholson, lava va kunguhateke migingiriko ya vuhungasi bya vantshwa eLavender Hill eka Dorobakulu ra Kapa ku va sivela ku ngenela mitlawa ya vugevenga. Lava i vamanana, vasesi na vanhwanalava tirhaka hi ku tinyiketa tanihi swichudeni hi ku tirhisa Pfumba ra Bobbi Bear, ku nga nhlngano eAmanzimtoti eKwaZulu-Natal lowu wu nyikaka vutumbelo eka vana lavatsongo lava va hlaseriweke.

Ku na mitlawa yo tala ya vupfumeri ku fana na Khomferense ya Tibixopo ta Tikhatoliki ta le Dzongeni wa Afrika, leyi ndza ha ku hlanganaka na yona ku nga ri khale leyi yi ndzi hl-amuseleke hi mitirho leyi va yi endlaka ku angula eka swidingo swa lava va sweleke, ku seketela mindyangu leswaku yi hlayiseka na ku pfuna vantshwa ku lwa na mitlholho leyi va langutaneke na yona.

MaAfrika-Dzonga lava va hi komba ndlela. Hi ku tirhisa xikombiso xa vona, va hi tsundzuxa leswaku swi vula yini ku byarha vutihlamuleri bya hina vini na bya van'wana vanhu.

Tiko leri ri hlanganile na makhombo yo tala kutlula mpimo. Vutomi bya vantshwa vo tala byi lahlekile, vana vo tala va vavisekile enyameni na le moyeni.

Hi nga herisa makhombo lawa loko hinkwerhu, un'wana na un'wana wa hina, a byarha vutihlamuleri byo kurisa vana etikweni ra ka hina ra Afrika-Dzonga ro saseka swonghasi.



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 Department: Government Communication and Information System
 REPUBLIC OF SOUTH AFRICA

Vuxokoxoko bya ADHD na ADD Silusapho Nyanda

KU NA MPFUNO lowu kumekaka wa vana lava xanisiwaka hi mavabyi ya nkayivelo wa nkongomiso wa miehleketo na nkankongomisamiehleketo.



Loko n'wana loyi a xanisiwaka hi vuvabyi bya nkankongomisamiehleketo (ADHD) kumbe vuvabyi bya nkayivelo wa nkongomisamiehleketo (ADD) a nga tshunguriwi, swiyimo leswi swi nga va na ntshikelelo wo hamboloka wa nkarhi wo leha eka rihanyo ra yena.

Lawa mavonelo ya Dkd Khatija Jhazbhay, loyi a rhangelaka Yuniti ya Vuvabyi bya Miehleketo ya Vantshwa na Vana

eXibedhlele xa Townhill ePiet-ermaritzburg, KwaZulu-Natal.

U vule leswaku tanihi vatswatsi, vana lava va ta va na nxungeto lowu tlakukaka wa vuvabyi byin'wana bya miehleketo, ku fana na nchavo na ntshikelelamiehleketo, na ku tlhela va tirhisa swidzidziharisi hi ndlela yo biha.

ADHD na ADD ti khumba matirhelo ya vana etidyondzweni naswona mahanyelo ya vona ya nga hlundzukisa van'wana. Vana lava va nga ha vengiwa hi van'wana, va nghena

ekhombyeni na ku weriwa hi tinghozi.

"Swiyimo swa n'wana un'wana na un'wana swi fana swi ri swoxe na ku ya swi ndlandlamuka, kutani swi na nkoka ku endla mihlahluvo ya xitlilinkali yo angarhela ku kuma swiphemu swin'wana leswi nga vaka swi hlohlotela ku kula ka vona, xikan'we na matimba lama nga ndlandlamukisiwaka ku va pfuna ku fikelela vuswikoti bya vona hi vutalo," ku vula Dkd Jhazbhay.

U vule leswaku ADHD na ADD i mavabyi ya ku kula ka longobyongo lama vangaka ku tikeriwa ka mahanyelo, ku fana na ku pfumaleka ka nkongomisamiehleketo.

Vuvabyi lebyi byi teka xivumbeko xa:

- Ku endla swihoxo hi ndlela ya futa

- Ku tsandzeka ku hetisa mitirho yo karhi
- Ku lahla swilo
- Ku hambukisiwa hi ku olova eka nkongomiso wa miehleketo na ku rivala ngopfu Swikombiso swa munhu wa nkankongomisamiehleketo kumbe loyi a endleka swilo handle ka ku rhanga hi ku swi ehleketsisa swi katsa:

- ku swoswaswoswa tintiho kumbe mikondzo
- ku huhisa swandla na mikondzo
- Ku tsandzeka ku tshamiseka exitulwini
- ku nyika tinhlamulo handle ko ehleketa na ku yima hi milenge laha u languteriweke ku tshama ehansi.

"Swikombeto swi endleka etindhawini timbirhi kumbe kutlula – emakaya, eswikolweni, eka vanghana kumbe maxaka kumbe

hi nkarhi wa migingiriko yin'wana – naswona swa nghenelela na le ka matirhelo ya le vanhwi, emitirhweni na le eswikolweni. Swikombeto swa matimba swi endleka ku nga si fika malembe ya 12 naswona swi fanele ku va kona ku ringana hi mpimohansi wa tin'hweti ta tsevu.

Vadyondzisi va kota ku vona ku tikeriwa ka mahanyelo naswona va nga rhumela n'wana loyi ku ya kuma nhlahluvo wa xitlilinkali. Ku na swihlawuriwa swo hambanahambana swa vutshunguri leswi nga langutisisiwaka. **1**

Ku kuma vuxokoxoko hi mayelana na ADHD na ADD, tihlanganise eka Riqingho ra Vuxokoxoko bya Timhaka ta Rihanyo ra Miehleketo eka 0800 567 567, Riqingho ra Mpfuno ra ADHD eka 0800 55 44 33 kumbe Ntlawa wa Ntshikelelamiehleketo na Nchavo wa Afrika-Dzonga eka 0800 456 789. U nga tlhela u endzela dokodela kumbe muako wa rihanyo wa le mugangeni.

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.

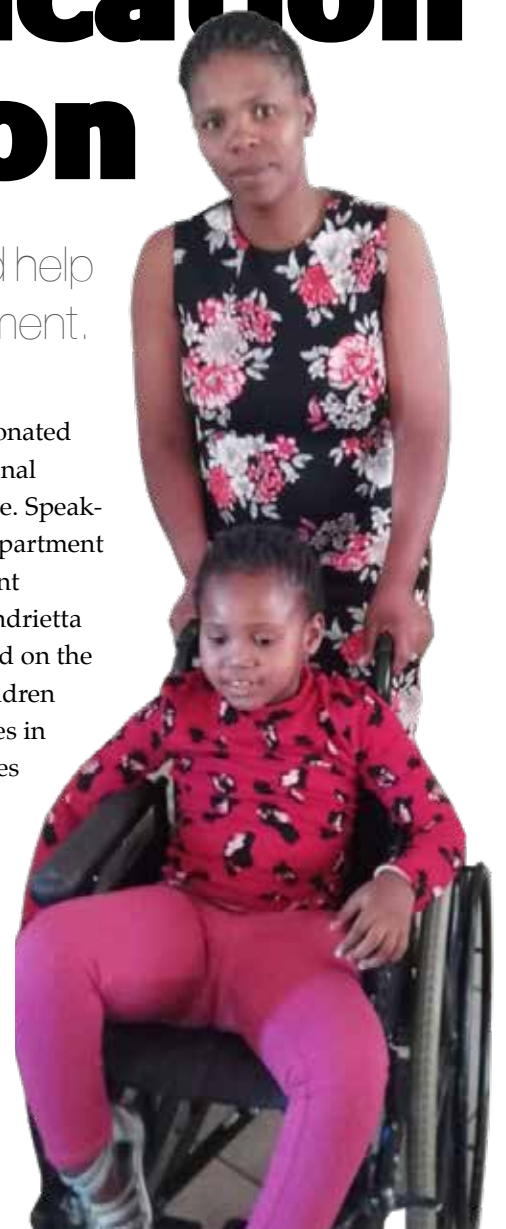
The department contributes a subsidy of R20 per child, which covers children between the ages of two and seven and those who are 18 years of age and above.

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. **1**

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.



Ku lumekeriwa no timeriwa

KU NA SWILO SWO

hambanahambana leswi maAfrika-Dzonga va nga swi endlaka ku hlayisa gezi na ku papalata ku timeka ka gezi.

Mufambisi wa Xitichi wo Khomela wa Xitichi xa Gezi xa Matimba xa Eskom Obakeng Mabotja u vule leswaku ku pfumaleka ka gezi ro ringanela eAfrika-Dzonga swi tshikelela vutomi bya vanhu hikuva migingiriko ya ntlovelo a swi nga humeleli hi nkarhi wa ku timeka ka gezi.



■ Xitichi xa Gezi xa Matimba lexi nga eLimpopo xi tirha ntirho wa nkoka swonghasi eka ku endla gezi eAfrika-Dzonga.

Xitichi xa Gezi xa Matimba xi kumeka eLephalale, Limpopo. Mabotja u hlamusele leswaku ku timeka ka gezi swi humelela loko Eskom yi tsandzeka ku endla gezi ro enela ku fikelela swilaveko swa tiko. Hiko-kwalaho, u vule leswaku i swa nkoka swonghasi leswaku maAfrika-Dzonga hinkwawo va tirha xiphemu xa vona hi ku tirhisa gezi ritsongo.

Switsundzuxo swa Eskom swo tirhisa gezi ritsongo:

- Tima timboni loko u suka ekamareni
- Tirhisa tindhlulupu ta LED
- Tima switirhisiwa swa gezi loko u nga ri eku swi tirhiseni
- Tirhisa mati yo titimela nt-sena, handle ka loko swi fanerile
- Tirhisa nkumba wa rihiso ku

funengeta gizara ya wena. Swiphemu swo tala swi nga kavanyeta ku endlwa ka gezi, ku katsa na vuhlayisi, ku timeka ka gezi loko nga kunguhateriwangiki, kasi xa nkoka swonghasi, maxelo. Mabotja u vule leswaku pulanti ya yena, ngopfungopfu, ya khumbeka hi maxelo yo hisa swinene. "Hi

masiku ya mumu lowukulu, xitichi a xi swi koti ku endla gezi hi matimba hinkwawo ya xona," a vula. Xitichi xa Gezi xa Matimba xi tirhisa malahla ku endla gezi, naswona xi endleriwile ku endla 3990 MW.

"Gezi ri hangalasiwa hi ku tirhisa xitichitsongo xa vuhangalasi. Ri famba hi tinta mbhu to hundzisa ta nsusumeto wa le henhla kutani ri hundza hi le ka swihungatanzilo swa mpimo wa le hansi leswi swi tirhaka ku hunguta nsusumeto.

Kutani gezi leri ri hundziseriwa eka tintambhu ta gezi ta rixaka."

Malahla ya xitichi lexa gezi ya huma emugodini wa Grootegeluk wa Exxaro. Malahla lawa ya tleketliwa hi ku tirhisa bandhi ro hundzisa ya yisiwa emadulwini na le tiyinkhweni ta Matimba, ya nga si yisiwa eswigaywini laha ya siriwaka na ku hundzuriwa ya va gezi, ku vula Mabotja. **V**

Ku kuma switsundzuxo hi mayelana na ku hlayisa gezi, endzela webusayiti 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. **V**