

# Vuk'uzenzele

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**Amber Alert launched in SA**

**Page 4**



**The ups and downs of farming**

**Page 7**

## 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.

• Cont page 2



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# Sakha isizwe esinakekela izingane

**K**unesaga esijwayelekile emasikweni abantu abanengi base-Afrika esithi ingane yami ingane yakho. Lo mbono othi wonke umphakathi unesibophezelo ekuthuthukeni, ekufundiseni kanye nasekuvikeleleni ingane ngayinye—kuyavuka emqondweni wami uma ngicabanga ngobuhlungu kanye nokuphuka komoya ngeshlo sakamuva sokushona kwengane ebeyineminyaka eyi-13 vo ogama layo lingu-Enock Mpianzi oshonele ekhempini yesikole.

Ngeshwa, u-Enock akusiyena yedwa ingane edlulile emhlabeni ngenxa yezizathu ebezingagwemeka, uma ngabe abantu abadala bebesigcinile isibophezelo sokunakekela lezi zingane ngendlela efanele. Siyayikhumbula nenye yezingane egama layo lingu-Keabomohetswe Shaun Seboko, naye obeneminyaka eyi-13 ubudala, kanti yena uye waminza endaweni yokubhukuda esikoleni samabanga aphansi i-Magalieburg Primary School kube kunezinye izingane ezimbili eziye zashona emva kokuba iloli liye lashayisa udonga lwawela phezu kwabo.

Singacabanga nenqwaba yezingane, ezinjengo-Nathlia Pienaar obeneminyaka engu-6 ubudala, kanti yena uye washona emuva kokuhlangabezana nemvula yezi-nhlamvu ebeziqhamuka macala onke empini yezigebengu eCape Flats. Siyakukhumbula nokushona ngesihluku kuka-Michael Komape kanye no-Lumka Mkethwa, kanti laba bashona bobabili emva kokushona emgodini wendlu yangasese.

Lokhu kushona kwabantu abasha kanye nabanye abanengi bekungagwemeka. Bonke lobu buhlungu kanye nosizi bebungagwemeka kungenzeki uma bekuthathwe izinyathelo

ekuphephiseni izimpilo zalezi zingane neziko lomlilo.

Nokho-ke kimi kubukeka sengathi, umphakathi kanye nathi uqobo siyekelele izingane kunoma yini.

Ziningi kakhulu izingane ezizithola zisezimweni eziyingozi, nokungaba isikebhe sokuzakhela noma zilaxazwe zodwa emikhukhwini okubaswa ngopharafini kuyo. Uma izinkontileka zishiya imigodi ivulekile nengaphile noma izakhiwo zesikole zingakalungiswa ngokufanele noma izithuthi zesikole zigcwele ngokweqile, ngalokho izimpilo zalezi zingane zizobe zibekwa ebungozini.

Konke lokhu kungaphezu kobudedengu obujwayelekile kanye nokunganaki emsebenzini. Ziningi izingane eziqashwe ngeso lokhozi ngabanukubeza ngezocansi, izigebengu kanye nabathengisi bezidakamizwa ngenxa yokuthi babuthakathaka. Njengomphakathi, kumele sikhuthale kakhulu futhi sibe nomdlandla ekuqinisekiseni ukuthi izingane zethu ziyavikeleka kulokhu kulimala kanye nezinye izingozi.

Njengomphakathi, kufanele ukuba sakhe isiko lokuzibophezela.

Kufanele sizibophezele, ezinganeni zethu kanye nakwabanye. Njengoba nje sifuna ukuqinisekisa ukuthi izingane zikhulela endaweni ephaphile, enemfundiso nekhuthazayo ezindaweni zakithi, ngokunjalo kufanele siwuthathe umthwalo wokuvikela kanye nokunakekela labo esibaziyo kanye nesixhumana nabo.

Kumele siwuthathe umsebenzi wokunakekela lapho sishayela emgwaqweni. Nakuba lehlile

izinga labantu abashonele emgwaqweni kula maholide, kepha iqiniso elinzima kakhulu yilo nje elokuthi babalelwa kwi-1,600 abantu abashonile enyangeni nohhafu khona emigwaqweni yethu. Kuphinde kwethuse kakhulu ukuthi badlula izinkulungwane eziyi-9000 zabashayeli bakithi ababoshelwe amacala abandakanya ukushayela uphuzile, ukushayela ngesivinini eseqile, ukushayela budedengu kanye nokushayela ngokunganaki. Isiko lokuzibophezelo lichaza ukuthi kumele ushaye ngokucophelela futhi uhloniphe amalungelo abahamba ngezinyawo kanye nalabo abasebenzisa umgwaqo.

Isiko lokuzibophezela lichaza ukuthi kumele obaba babe khona njalo ezimpilweni zezingane. Bangingi kakhulu abantu besifazane abazithola bekhulisa izingane ngabodwana, lokho kwehlisa amathemba okuphepha kubona kanye nasezinganeni.

Isiko lokuzibophezela lichaza ukuthi kumele sizibandakanya ocansini oluphephile kanye nokuthi singaziphosi egciwaneni leSandulela Ngculazi. Akumele siphuze utshwala ngokweqile kanye nokusebenzisa izidakamizwa. Kumele sizame sizigcine siphilile ukuze sigweme izifo ezivikelekayo kanye nokuphila isikhathi eside.

Amasiko anjengalawo kumele amukelwe ikakhulukazi yilabo abanezikhundla namandla kanye nomthelela, noma ngabe bangabaholi bamasonto noma otopolitiki, abaholi bendabuko noma osaziwayo. Emagameni kanye nesezenzweni zabo, kumele babonakale bakha izikhhamizi ezingcono ezik-

wazi ukuncoma okuhle futhi abanakekelayo.

Iziphathimandla kanye nabasebenzi bomphakathi abakhethiweyo bathenjiwe ngokuzibophezela ekuqinisekiseni ukuphepha kanye nokwazisana njengezakhamizi. Kumele baqinisekise ukuthi kunezakhiwo ezanele kanye neziphephile ezikoleni. Kumele basukumele phezu uma ngabe kunokuphazamiseka ekuphahleni kwamanzi emiphakathini noma kubikwa ukuthi khona lapho ugesi wokukhanyisa umgwaqo ungasebenzi ngendlela. Kumele baqinisekise ukuthi imigomo yezempilo kanye nokuphepha kusebenza ngendlela eyiyo kanye nokuthi imithetho iyagcinwa.

Ukungezela kule misebenzi eyenzekayo ezindaweni zikahulumeni, kuwo wonke amazinga, kumele basisebenzise isibophezelo, kumele kwesinye isikhathi uthathe izinyathelo ezehlukile ekwenzeni izinto ngendlela eyiyo. Njengendlela yokungenelela odabeni lwezingane ezishonile kanye ezishone ezindlini zangasese eziyimigodi, sathatha isinyathelo esisheshayo ngokubeka phambili EZOKUPHEPHA ngokufaka izindlu zangasese ezisesimweni kuzo zonke izikole kuleli zwe. Siye sajuba uMbutho Wokuphepha Nokuvikela eNingizimu Afrika ukuba weseke amaphoyisa ezinhlelweni zawo zokunciphisa lwamaqembu ezigelekeqe. Kamuva nje, sibambisene, nomphakathi, siye sasungula usizo lohlelo oluphuthumayo ngendlela yokuzama ukulwa nodlame olubhekiswe kwabesifazane kanye nezingane.

Noma kunjalo, kuyacaca ukuthi kuningi okusadingeka

ukuthi kwenziwe, singuhulumeni futhi singumphakathi.

Sizishayela ihlombe zonke izinhlangano kanye nalabo abazibophezele ekutheni bazise abanye. Kunabantu abafana no-Ralph Bouwers kanye no-Mark Nicholson, nokuyibo abahlelele abantu abasha imidlalo eyahlukene endaweni yase-Lavender Hill eKapa bezama ukuthi lezi zingane ngingabi uvanzi kulezi zigebengu. Kukhona omama, osisi kanye namadodakazi abasebenza ngaphandle kokubheka inkokhelo yenhlangano ebizwa nge-Operation Bobbi Bear endaweni yaseManzimtoti KwaZulu-Natal okuyiyo eyenza umsebenzi omkhulu wokuhluzeka ngezindlu zesikhashana kulezo zingane ezihlukumezile.

Kunezinhlangothini eziningi ezihambisana nokholo ezifana no-South African Catholic Bishops' Conference, nengiye ngahlangana nabo base bangitshela ngemisebenzi abayenzayo ukuphendula izidingo zabantu abantulayo, ukweseka imindeni ukuba ikwazi ukunakekela futhi ifundise kanye nokufundisa futhi isize abantu abasha ukuze bakwazi ukubhekana nazo zonke izinkinga ababhekana nazo.

Lezi zakhamizi zaseNingizimu Afrika zisikhombisa indlela. Ngokuhle ekubeni isibonelo, basikhumbuza ukuthi kuchazani ukuzibophezela kuthina kanye nakwabanye.

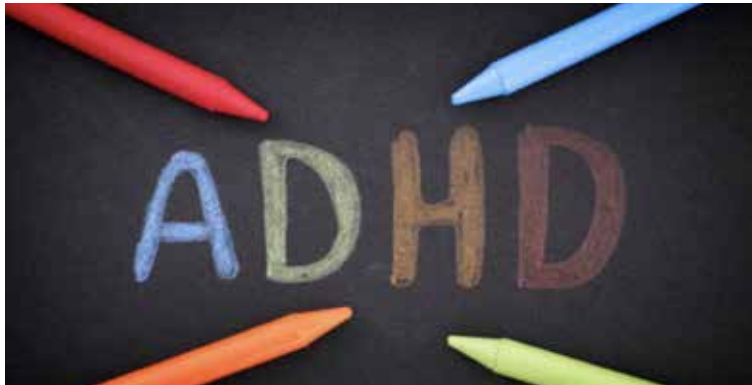
Leli zwe selaziwa ngezinto ezimbi zodwa. Bangingi abantu abaphangalele, kusenjalo ziningi nezingane ezihlukumezekile futhi zaphazamiseka emqondweni.

Singakwazi ukuziqeda naye lezi zenzo zobubi ezibanga ubuhlungu obungaka uma sisonke, omunye nomunye, singazibophezela ekukhuliseni ngendlela izingane ezindaweni zasemakhaya eNingizimu Afrika. **V**



# Konke okumele ukwazi nge-ADHD ne-ADD

**LUKHONA USIZO** oluhlelelwe ukusiza izingane ezingakwazi ukugxilisa umqondo kanye nokuzilawula.



## Silusapho Nyanda

Uma ngabe ingane eguliswa ukuhluleka ukugxilisa umqondo kanye nokugula kokungakwazi ukuzilawula (i-ADHD) noma ukuhluleka ukugxilisa umqondo (i-ADD) ingalashwa, lezo zimo zingaba nomthelela omubi ongathatha isikhathi eside kakhulu esimweni sempilo saleyo ngane. Lokhu sikuzwa ngo-Dkt.

Khatija Jhabhay, okunguye ongumphathi Wophiko Lwezokulashwa Kwesimo Somqondo Sezingane Ezincane Nezikhulile esibhedlela i-Townhill eMgungundlovu (i-Child and Adolescent Psychiatry).

Uchaze wathi uma sezizindala, lezi zingane zingaba sengcupheni yokuhlaselwa ngezinye izimo ezingaphazamisa umqondo, njengesifo sexhala nokhwantalala, futhi zingasebenzisa izidakamizwa ngendlela engafanele.

I-ADHD ne-ADD ingaphazamisa impumelelo kwezemfundo futhi nendlela yokuziphatha kwazo ingabacasula abanye abantu. Lezi zingane zingazithola zingasathandeki, zingene ezinkingeni futhi zivame ukuba sengozini.

“Isimo sengane ngayinye sehlukele futhi siyathuthuka, ngakho-ke kubalulekile ukuba lezi ngane zihlolwe ngokwempilo ngokugcwele futhi kubonakale nezinye izimo okungenzeka zibe nomthelela ekukhuleni kwayo futhi kubonakale imizamo engenziwa ukuze kusizwe lezi ngane ukuba zifinyelele lapho zingafinyelela khona,” ngokusho kuka-Dkt. Jhabhay.

Uchaza wathi i-ADHD ne-ADD, iyizinkinga zokukhula kwemithambo ezidala izinkinga zokuphapha, njegokuhluleka ukugxilisa umqondo.

Lokhu kugula kuvame uku-

vela ngalezi zindlela:

- ukwenza amaphutha ange-nasidingo
- ukungawuqedi umsebenzi owunikiwe
- ukulahla izinto
- ukuphazamiseka kalula kokwenzayo kanye nokukhohlwa

Izibonelo zokuqina ngokweqile noma ukwenza izinto ngokunganaki zibandakanya:

- ukunyakazisa izandla kanye nezinyawo kungenzeke lutho
- ukulokhu ushayanisa izinyawo noma izandla
- ukujikajika uma uhlezi esitulweni
- ukuvele umemeze izimpendulo ungakhonjwanga kanye nokuvele usukume ngaphandle kwemvume.

“Lezi zimpawu ezivame ukubonakala ezindaweni ezimbili noma ngaphezulu- njengas-ekhaya, esikoleni, uma ena-

bangani noma izihlobo noma kwezinye nje izindawo kanti-futhi kuyaye kuphazamise ukuhlala nabantu, nokwenza umsebenzi wesikole neminye imisebenzi nje. Izimpawu ezimbi zivame ukuvela ngaphambi kweminyaka eyi-12 kanti-ke zivame ukuthi okungenani zithathe isikhathi esingangezinyanga eziyisithupha.

Othisha bayakwazi ukubona izinkinga zokuziphatha futhi bangakwazi ukuyidlulisela ukuze ihlolwe isimo sempilo. Ziningi kakhulu izindlela zokwelashwa ezingasetshenzi-swa. **U**

Ukuze uthole ulwazi oluthe thuthu mayelana ne-ADHD kanye ne-ADD, shayela Inombolo Yolwazi Ngesimo Sempilo ku 0800 567567, inombolo yosizo nge-ADHD 0800 55 44, 33 noma iqembu elibhekelele Ukhwantalala Nesifo Sexhala eNingizimu Afrika i-South African Depression and Anxiety Group ku-0800 456 789. Ungaphinde futhi uvakashele udokotela wakho noma umtholampilo wangakini.

# 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.

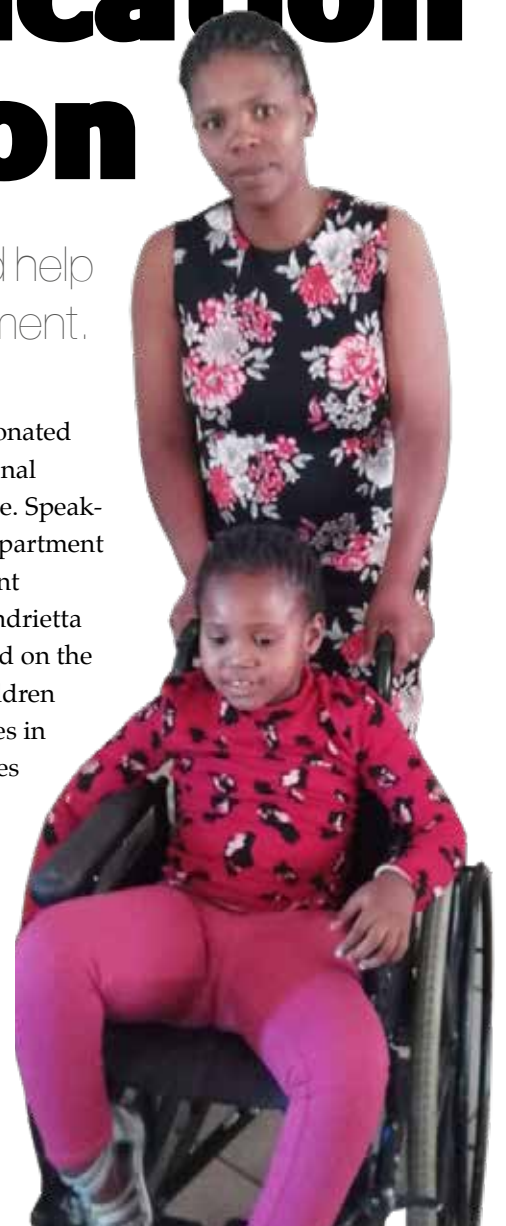
The department contributes a subsidy of R20 per child, which covers children between the ages of two and seven and those who are 18 years of age and above.

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. **U**

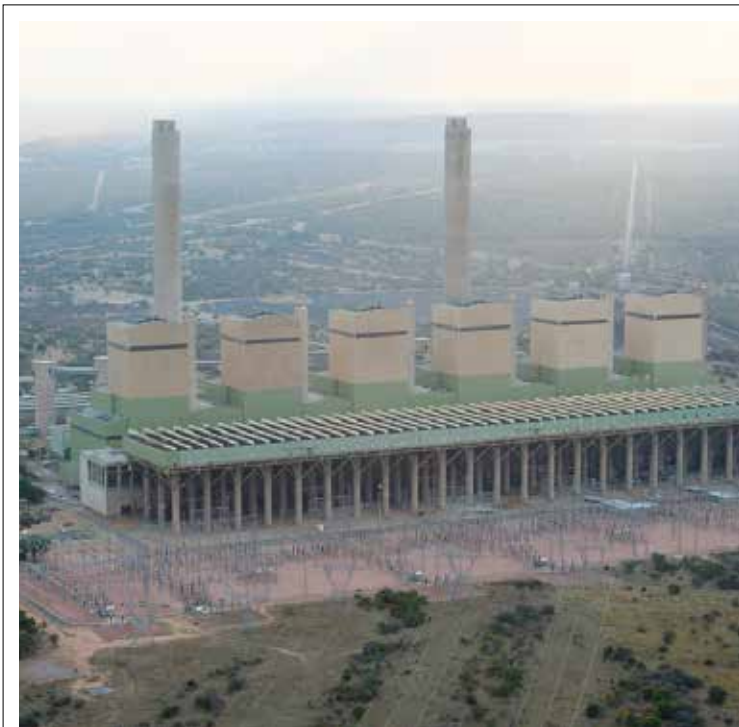
**Elizabeth Bacela with her daughter Lithemba who has cerebral palsy and speech impairment. Lithemba is now receiving the necessary care from the newly opened ECDs in Upington.**



# Ukukhanyiswa nokucishwa kukagesi

## ZININGI KAKHULU

izinto izakhamizi saseNingizimu Afrika ezingazenza ukonga ugesi ukuze kugwenywe ukucishwa kukagesi ngenhloso yokuwonga.



Isiphehlilandla i-Matimba Power station esiseLimpopo sidlala indima esemqoka ekukhiqizeni ugesi eNingizimu Afrika.

### Silusapho Nyanda

**I**bamba Lomphathi Wesiteshi sokuphehla ugesi e-Matimba Power Station u-Obakeng Mabotja uthi ukushoda kwamandla kagesi anele eNingizimu Afrika kunomthelela omubi kakhulu ezimpilweni zabantu njengoba imisebenzi evamile njengokupheka nokuqhuba amabhizinisi kungenzeke

ime ugesi uvaliwe.

Isiteshi sokuphehla ugesi esaziwa nge-Matimba Power Station sitholakala endaweni yaseLephalale, eLimpopo.

U-Mabotja uchaze wathi ukucishwa kukagesi ngenhloso yokuwonga kwenzeka lapho inkampani i-Eskom yehluleka ukuphehla ugesi owanele

ukuhlangabezana nezidingongqangi zikagesi kuleli zwe. Ngalokho-ke, uye wathi, kubalulekile ukuthi zonke izakhamizi zaseNingizimu Afrika zenze konke okusemandleni ukuwonga ugesi.

Amacebo eza nenkampani i-Eskom okusebenzisa ugesi kancane:

- Cisha ugesi uma uphuma endlini
- Sebenzisa amagulobhu asebenzisa ugesi kancane nabizwa ngama-LED bulbs
- Cisha zonke izinto ezisebenza ngogesi uma ungazisebenzisi
- Vama ukusebenzisa amanzi abandayo, ungasebenzisa nashisayo uma kunesidingo
- Mboza igiza yakho ngezingu ezibamba ukushisa.

Ziningi izinto ezingaphazamisa ukuphehlwa kukagesi, lokhu kungabandakanya ukuvuselelwa kwezakhiwo zikagesi, ukucima kukagesi okungahleliwe kanye, nokubaluleke kakhulu, nesimo sezulu.

UMabotja uthi isiphehlilandla sakhe sikagesi, sithikanyezwe kakhulu wukushisa kwesimo sezulu.

“Ezinsukwini ezishisa kakhulu, isiteshi sokuphehla ugesi siyehluleka ukuphehla amandla ngendlela okufanele siphehle ngayo,” kusho yena.

Isiteshi sokuphehla ugesi esaziwa ngeMatimba Power Station nokuyisiteshi esise-

benzisa amalahlle ukuphehla ugesi, sakhelwa ukuba sikwazi ukuphehla amandla kagesi alinganiselwa ku-3999 MW.

“Ukuphakelwa kwamandla kagesi kwenziwa ngokusebenzisana nezinye iziteshi ezincane. Ugesi lo uyaye uhambe ngezintambo nomlilo emikhulu bese uhambe njalo uze ufinyelele ezintanjeni nomlilo omncane. Emva kwalokho Ugesi uyaye uthunyelwe eziteshini ezinkulu jikelele.”

Amalahle asetshenziswa eziteshini zokuphehlwa kukagesi aqhamuka ezimayini zase-Exxaro's Grootegeluk. Uyaye uthunyelwe emi-bhoshongweni nasemagunjini okugcina ugesi, ngaphambi kokuba aye ezindaweni zokuphehla ugesi lapho afike aphe ndulwe khona ugesi, kusho U-Mabotja. **1**

Ngokuthola ulwazi oluthe thuthu ngamacebo okongiwa kukagesi, ungavakashela kule webhusayithi: [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**