

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English /Setswana

March 2020 Edition 2



Environmental education centres share the joy of nature

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Running around the world for charity

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All-woman firefighting team makes history

■ With the world celebrating International Women's Day on the 8th of March, the Juliet Crew is shattering gender stereotypes by proving that women can tame raging fires.

Image: by Jurie Senekal



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Tla re direng mmogo go fetola seemo sa rona sa ga jaana sa matlole

Tekanyetsokabo jaa-ka e tlhagisitswe ke Tona ya Matlole Tito Mboweni e tlhagisa tsheka-tsheko e e fodileng tlhogo e e ka ga maemo a ikonomi ya rona.

Dipalopalo tse di rebotsweng di baya mo phatlalatseng gore fa re sa dire sengwe gona jaanong go fetola maemo a re leng mo go ona, go tla nna boima le go feta mo tsamaong ya nako.

Fa re bua puo phaa, re dirisa madi a le mantsi go feta a re nang le ona.

Ka ntlha ya seno, re iphitlhela gangwe le gape re adima madi, mme dinamane tsa madi a re a adimang di tswela go susumoga. Nnete tota ke gore madi a dinamane a re a duelelang ke a mantsi tota mme re iphitlhela re duelela dinamane fela go na le go fokotsa dikoloto. Re iphitlhela re isa madi a a boitshegang kwa dikolotong go feta a re a isang kwa mererong ya tsa boitekanelo; ke fela merero ya thuto le ya loago e e bonang madi a mantsinyana.

Seemo seno se kotsi thata ebile se ka se re ise gope.

Re gapeletsega gore re tsaye dikgato mme re gapeletsega go di tsaya gone jaanong.

Go na le mabaka a le mantsinyana a a dirileng gore re iphitlhela re le mo re leng ga jaana.

Ikonomi ya rona ga e ise e gole go le kalo mo dingwageng di le lesome tse di fetileng, mme seno se tlhodilwe bogolosegolo ke matsapa a matlole mo lefatsheng a go itemogetsweng ona ka ngwaga wa 2008 mmogo le kwelotlase ya go rekiwa ga dime-nerale tsa rona tse re di rekisang kwa dinageng tsa kwa ntle. Ka ntlha ya mabaka ano, pokeditso ya lekgetho la naga ya rona e nnele e e bokoa mme re na re iphitlhela re gapeletsega go adima madi a mangwe gape go tshegetsira tiriso ya madi mo mererong ya tlhabololo, ya mafaratlhatlha a setšhaba le mo go duelelang

megolo. Dithulaganyo tsa go goga puso ka nko mmogo le tsa bonweenwee le tsona di ne tsa ama tsamaiso ya puso ka tsela e e maswe, tsa kgoreletsa tiragatso e e lolameng, mmogo le ya taolo e e lolameng ya matlole mo ditheong di le mmalwa tsa puso, go akaretsa le tsa Dikgwebokgolo tsa Puso (di-SOE).

Matsapa a go leka go tsosolosa ikonomi ya rona mo pakeng ya dingwaga di le pedi tse di fetileng mmogo le a go tsolosola ditheo tsa rona jaanong a ntse a kgorelediwa ke matsapa a kgaolo ya motlakase, a gape a kgoreletsang kgolo ya ikonomi mme seno se tlhola gape morwalo o mongwe gape o o bokete tota mo tirisong ya matlole a puso.

Go ya ka tekanyetsokabo ya ga jaana se se botlhokwa thata mo go rona ke go busetsa sekeng maemo a ikonomi gore e tswela go gola, go fokotsa tiriso ya matlole mo ditheong tsa puso le go ritibatsa dikoloto tsa rona.

Tekanyetsokabo eno ke karolo e e botlhokwa thata mo letsholong la rona la kgolo e e akaretsang botlhe, go tlhola ditiro, go dira dipeetso le go busa puso e e nang le bokgoni.

Re dirile ditshwetso tsa go se kgaole matlole a puso. Tshwetso ya go a kgaola e ne e tla nna le ditlamorago tse dikgolo tota mo ditirelong tsa loago tse batho ba ba humanegileng ba ikaegileng ka tsona thata. E ne gape e ka tshela peterole mo molelong ka e ne e tla dira gore go fokodiwe megolo ya badiredipuso, e ne e tla dira gore go ngotliwe ditirelo tsa puso ka go fokotsa ditheo le makala a mangwe a puso, e ne e tla dira gore go ngotliwe seatla mo dituelelong tsa madi a go leboga badiredipuso bao ba dirileng ka boineelo mmogo le go fokotsa madi a go rola tiro a badiredipuso, go akaretsa le go okediwa gape le tuelelo ya lekgetho mmogo le go rekisa dithoto tse di botlhokwa tsa puso.

Tekanyetsokabo e e ka ga go kgaolwa ga madi e ne e tla rutlomolola dikgato tsotlhe tsa kgolo ya ikonomi le go koafatsa bokgoni jwa puso jwa go tlhotlhetisa dikgato tse di ikaegileng ka ikonomi le go fitlhelela ditlhokwa tsa batho.

Mo boemong jwa tshwetso ya mothale oo, re tlhagisitse tekanyetsokabo e e tsayang tsia dikgato di le dintsi tse di farologaneng tse di sekasekilweng tota go ka fokotsa tiriso ya madi, tsa oketsa letseno le go tlhotlhetisa kgolo mo ikonoming.

Mo dingwageng di le tharo tse di tlang, re solofela go boloka madi a le kanaka R261 bilione ka go kgaola ditekanyetsokabo tsa a mangwe a mafapha a le mantsinyana le go fokotsa lebelo leo dituelelo tsa megolo ya badiredipuso le golang ka lona.

Le fa go le jalo, re tla tlhoka go dirisa madi a le mantsi gore re kgone go atlega mo go tshegetseng theosešwa ya di-SOE tse di jaaka Eskom le Setlamo sa Difo-fane tsa Aforika Borwa (SAA).

Ka ntlha ya seno, re solofela go nna le phokotso ya go se duelele dinamane ya bokaneka R156 bilione mo pakagareng ya monongwaga.

Seno se tla re thusa go fokotsa dikoloto le go fokotsa dikadimo tsa madi.

Karolo e kgolo ya dipoloko tsa rona e tla tlhaga mo go fokotseng lebelo leo dituelelo tsa megolo le golang ka lona.

Seno se tla tlhoka gore re nne fatshe re tšhotlhe kgang eno re le mmogo le bannaleseabe botlhe, bogolosegolo ba mekgatlho ya badiri. Dipuisano tsa mothale ono di tlhoka go tshwariwa ka maitlhommo a go batla ditharabololo. Ke itumedisitswe ke phisegelo ya maphata otlhe ya go dumela go nna karolo ya dipuisano tse di botlhokwa thata tseo maitlhommo a tsona e leng go bona ditharabololo.

Maitlhommo a rona ga se go kgaolo palo ya badiredipuso, ke go tlhatlhoba lebelo leo megolo ya bona e golang ka lona. Megolo ya badiredipuso e tlhatlogile ka lebelo le le kwa godimo tota go

gaisa la infleišene mo dingwageng di le dintsi tse di fetileng, ka jalo, re tlhoka go baakanya kgang eno fa e le gore re batla go busetsa mo taolong tsamaiso ya matlole a puso. Seno se akaretsa le taolo ya matlole a batho ka bobona, moo dituelelo tsa sengwe se ba se reka- ng di golang ka lebelo le le fetang la infleišene – e ka tswa e le tsa motlakase, tsa mogala wa seatla tse di jaaka tsa go reka metsotso le *data* kgotsa tsa dijo – ka ntlha ya gore ka gale di tla imetsa dipatana tsa bona le go dira gore ba tlhoke tsetsepelo mo mading a bona.

Megolo ya badiredipuso ke yona karolo e e kwa godimo e go sengwang madi mo go yona fa re baya dilo ka lenaneo la merero ya ikonomi. Kgolo ya megolo ya badiredipuso e setse e feta tiriso ya matlole mo diporokeng tse digolo go lebilwe kgolo mo isagong le didirisiwa tse di botlhokwa mo kabong ya ditirelo.

Megolo ya badiredipuso ka jalo e tla nna yona karolo e le nngwe fela e re tla fokotsang tirisomadi mo go yona. Ke tsere tshwetso ya gore re ka se oketse megolo ya batlhankedi ba bago-lwane ba puso monongwaga.

Seno se tla morago ga gore re fokotse dikungwelo tse dingwe tse ba neng ba na le tsona fa re kwalola sešwa bukana ya ditirelo tsa batlhankedi ba bago-lwane ba puso ya *Ministerial Handbook*. Monongwaga re tla phasalatsa molao o mošwa o o tla tsenyang tirisong letlhommo la megolo mo ditheong tsa puso le mo ditlamong tsa Puso (di-SOC) go thibela dituelelo tse di boitshegang tse di duelelwang ditokololo tsa diboto mmogo le bakhuduthamaga ba tsona.

Bakaulengwe ba rona ba mekgatlho ya badiri ba bua nnete fa ba re re tshwanetse go tsaya dikgato go bontsha gore re emakgatlanong le tirisobotlhaswa ya madi a puso ka go samagana le bonweenwee, go kgutlisa tirisomatlole e e botlhaswa, e e seng mosola e bile e se mo molaong.

Re tla diragatsa seno le go dira go tlala seatla.

Le fa go busetsa mo taolong megolo ya badiredipuso e le

sengwe se se botlhokwa thata go ka tsepamisa matlole a puso, go baakanya ka fao maphata a puso a diragatsang tiro ya ona ka teng ke sona sa botlhokwa go gaisa fa re batla go aga puso e e nang le bokgoni le e e dirang tiro ya yona sentle. Re tlhoka go tsenya batho ba ba maleba mo diphatlhatirong tse di tshwanetseng.

Jaaka re simolola go boloka tiriso ya matlole mo ditheong tsa puso, re samagana le leeto la rona la go godisa ikonomi. Ke ka ntlha ya kgang eno e leng gore, le fa go na le sekgala se segolo mo matloleng, re ka se tsenyeng tirisong koketso ya lekgetho e e kwa godimo. Boemong jwa seno, baduelalekgetho ba tla utlwelela botlhoko mme go tla nna le dikgato di le dintsiyana go atolosa lekgetho la dikoporasi.

Re gatela pele gape le mo dikgatong tsa go busetsa maemo sekeng mo makaleng a a jaaka a tlamelolo ya motlakase, mafelo a boemakepe le a diterene mmogo le a mafaratlhatlha a ditlhaeletsano ka maitlhommo a go fokotsa ditshe-nyegelo tsa go bula dikgweba ka fa nageng. Ka setheo sa Tlamelo ka Matlole a Mafaratlhatlha a Ditheo tsa Puso maitlhommo a rona ke go bokeletsa tlamelolo ka matlole go tswa mo ditheong tse dintsi tse di farologaneng gore di tle go beeletsa mo lenaaneng la rona le legolo la dikago. Ka go dirisa togamaano ya rona ya diintaseteri mmogo le letsholo la rona la go ngoka dipeetso re bulela dikgoro tsa dikarolo tse di botlhokwa thata mo kgolong ya ikonomi.

Re baakanya taolo ya matlole a puso gore re kgone go diragatsa kgolo e e akaretsang botlhe mmogo le go tlhola ditiro.

Maemo fa a le jaana a tlhoka gore re se ikaketse. A tlhoka gore re dirisane mmogo, go na le go fetlha dikgogakgogano. Go na le mo re tla tshwanetse go ikentsha setlhabelo le mo re tla tshwanetse go naganelana gone.

Seno se re ama rotlhe, mme re tshwanetse go jara maikarabelo mmogo mme rotlhe re thusane go goga le go ntsha naga ya rona mo tobetobeng e e leng mo go yona. **V**

Go naya molwetse tshegetso go botlhokwa thata mo go lwantsheng bolwetse jwa TB

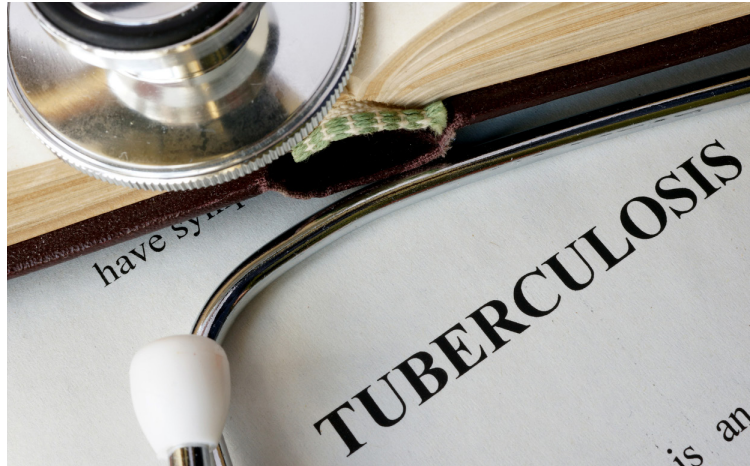
Dale Hes

Porojeke ya Aforika Borwa e e ka ga Bolwetse jwa Lehuba (TB) e e dirang mo go yona mmogo le Setheo sa Amerika sa Tlhabololo ya Dinaga tsa Boditshabatshaba (USAID) ke sekao se se siameng se se bontshang gore puso, baagi le Mekgatlho e e Seng ya Puso (di-NGO) ba ka dira mmogo go lwantsha TB ka go tshegetsa balwetse ka tsela e e siameng.

Aforika Borwa e tsere maemo a ketapele mo lefatsheng a go lwantshana le TB, mme ba USAID ba tsentsa seatla go neelana ka thuso.

Porojeke ya dingwaga di le tlhano eno, eo e simolotseng ka 2016, e ntse e dirwa ka bolekane le Lefapha la Bosetshaba la Boitekanelo mo diporofenseng di le robedi tsa Aforika Borwa.

E nngwe ya dikarolo tse di botlhokwa go gaisa tsa porojeke eno ke go tshegetsa matsholo a di-NGO tse di leng mo metseng.



Porojeke e neelana ka matlole go di-NGO di le 21 tseo di tshegeditseng balwetse ba feta ba le 3 500, mme bontsi jwa tsone ke tseo di leng kwa dikgaolong tsa metseselegae.

Mosamaria kwa Porofenseng ya Foreisetata

Mokgatlho wa Mosamaria o o fitlhelwang kwa Mangaung, ke o mongwe wa di-NGO tse di amogetseng matlole go tswa mo porojekeng eno. Mokgatlho ono o na le setlhopha sa badiredi ba tsa boitekanelo, motsamaisi wa porojeke le motsayatsheidi-

mosetso bao botlho ba dirang go netefatsa gore balwetse ba nwa melemo ya bona gore ba tle ba fole mo sebakeng sa dikgwedi di le thataro.

"Re thapile batlhokomedi ba le 74 mo porojekeng eno. Fa re simolola re ne re dira le balwetse ba le 200, morago ya nna balwetse ba le 400, mme konterakeng ya rona ya ga jaana re na le balwetse ba le 500 bao re dirang le bona letsatsi le letsatsi. Balwetse ba romelwa mo go rona fa ba sena go bonwa gore ba tshwae-ditswe ke mogare wa TB go tswa kwa dikliniking di le robongwe tse di farologaneng mo

Toropokgolo ya Mangaung," go bua jalo motsamaisi wa Mosamaria Trudie Harrison.

Kgwedi le kgwedi Mosamaria e tsamaya ntlo le ntlwana go dira ditlhatlho tsa go bona balwetse ba TB ba ba ntshwa le go ba naya kalafi ka gangwe.

Harrison a re tiro ya Mosamaria e fokoditse kgetholo le mamudu e e ntseng e le teng ka ga TB, e gagamaditse dikamano magareng ga baagi mmogo le go tlhatlosa dipalopalo tsa katlego tse di ka ga pholo ya kalafo.

"Sekao, ka ngwaga wa 2018, balwetse ba rona ba le 514 ba bone pholo go tswa mo kalafong eno," go rialo Harrison.

Harrison o arolelana kang ya yo mongwe wa balwetse ba Mosamaria. O ne a bona tshegetso letsatsi le letsatsi go tswa go motlhokomeding wa Mosamaria, yo a neng a netefatsa gore o nwa dipilisi tsa gagwe letsatsi le letsatsi mme mo godimo ga foo re netefaditse gape gore re mo rekela bupi le diaparo tse dintshwa.


"O ne a kgona go konosetsa

kalafi mme ga jaanong o fodile.

O ne a boela tirong ya gagwe ka mothapi wa gagwe a ne a mo e beetse," ga rialo Harrison.

Itse matshwao a TB

Fa o na le mangwe a matshwao a a latelang, o tshwanetse go etela kliniki e e gaufi le wena kgotsa bookelo go tlathlobe-lwa bolwetse jwa TB:

- Go gotlholo lobaka lwa dibeke di le tharo kgotsa go feta;
- Go ntsha segotlholo se se nang le madi fa o gotlholo;
- Ditlhabi mo sehubeng, kgotsa setlhabi fa o hema kgotsa o gotlholo;
- Go fokotsega mmele e se ka maikaelelo;
- Letsapa le le feteletseng;
- Letshoroma. 

Go bona tshedimosetso ka bottlalo ka ga Porojeke ya Aforika Borwa le USAID ka ga TB, letsetsa: 012 484 9300.

All you need to know about hearing loss

Allison Cooper

When you struggle to hear, your ability to communicate effectively is compromised and it can become difficult to enjoy taking part in daily activities such as outings with friends, business meetings, talking on the phone or listening to the television at normal level.

According to the South African National Deaf Association, hearing loss exists when there is diminished sensitivity to the sounds normally heard.

Hearing impairments are categorised by:

- their type, severity and the age of onset (before or after language is acquired), and can exist in only one ear or both ears.

■ can occur in the outer or middle ear (conductive hearing loss) or in the inner ear (sensory-neural hearing loss), or both (mixed hearing loss).

■ In the outer and middle ear, typical problems include too much earwax, infection of the auditory canal or infection of the eardrum, or otosclerosis, which is the abnormal growth of bone.

■ In the inner ear, the majority of hearing problems result from damaged inner ear structures caused by aging, excessive exposure to loud noise, injury, illness and certain medications.

Hearing loss can range in severity from mild to profound and can be temporary or permanent.

A person with mild hearing loss is unable to hear soft

sounds and has difficulty understanding speech in noisy environments; with moderate hearing loss, they are unable to hear soft and moderately loud sounds and have considerable difficulty understanding speech, particularly with background noise; with severe hearing loss, they are unable to hear most sounds; and with profound hearing loss, some very loud sounds are audible but communication without a hearing instrument is difficult.

Signs of hearing loss

In adults, hearing loss can develop gradually over several years. When this happens, most people are not aware of it until family or friends bring it to their attention.

Risk factors for hearing loss, that should be evaluated by an


audiologist, include;

- trouble understanding people;
- dizziness or a balance problem;
- ringing in the ears (tinnitus);
- muffled or plugged ears;
- ear or head trauma and a family history of hearing loss.

Signs of hearing loss in children:

- not being startled by loud sounds;
- can't locate the source of sounds;
- often touching or pulling on one or both ears;
- stop babbling or make more high-pitched screaming sounds at six to eight months;
- need louder sound levels to function;



- often misunderstand spoken directions;
- not responding when called;
- withdrawing from social contact. 

This information was supplied by the South African National Deaf Association (www.sanda.org.za)

If you suspect that you could be suffering from hearing loss, visit your nearest clinic or an audiologist.

Victories recorded in the war on rhino poaching

More Matshediso

Rhino poaching in South Africa has declined from 768 rhino killed for their horn in 2018 to 594 in 2019.

This is according to Minister of Environment, Forestry and Fisheries Barbara Creecy.

She says the decrease is the result of additional steps taken by government to curb poaching and paid tribute to the rangers who work tirelessly each day to stop poachers.

Anti-poaching measures implemented by government include improved capabilities to react to poaching incidents through better situational awareness and use of technology, improved information collection and sharing amongst law enforcement authorities,



better regional and national co-operation and more meaningful involvement of the private sector, non-governmental organisations and donors.

"A decline in poaching for five consecutive years is a reflection of the diligent work of the men and women who put their lives on the line daily to combat rhino poaching, often coming into direct contact with ruthless poachers," says the minister.

She says that steps to address rhino poaching and wildlife crime across the country are aligned with the Integrated Strategic Management of Rhinoceros plan and with the principles set out in the draft National Integrated Strategy to Combat Wildlife Trafficking (NISCWT), which will be taken to Cabinet for consideration in the first half of this year.

From January to December 2019, 178 suspected poachers were arrested in the Kruger National Park. Nationally, 332 suspects were arrested for rhino poaching and rhino horn trafficking.

The NISCWT aims to strengthen the law enforcement aspects of the Integrated Strategic Management of Rhinoceros plan and broadens the scope to combat other wildlife trafficking, not only rhino poaching.

With regard to elephant poaching, the department says 31 elephant were poached in South Africa in 2019, of which 30 were from the Kruger National Park and one was from Mapungubwe National Park. This is a far cry from the 71 poached in 2018.

Members of the public can report any suspicious activities to the Environmental Crime Hotline at 0800 205 005 or the SAPS number 10111.

Vulekamali e maatlafatsa maAforika Borwa

More Matshediso

Ka go tobetsa fela konopo, batho ba kgona go tlhaloganya bonolo ditekanyetsokabo tsa naga, seno ke ka ntlha ya tsamaiso ya inthanete e e bidiwang Vulekamali.

Phothale eno e ne ya tlhomiwa dingwaga di le pedi tse di fetileng ke Lefapha la Matlotlo a Bosetšhaba ka tirisanommo go le mekgatlho ya baagi e le mentsinyana.

Porojeke eno ya boitshimoleledi e fentse sekgele ka nako ya Dikgele tsa 2019 tsa bo 17 tsa Boitshimoleledi tsa Lephata la Setšhaba, ka fa tlase ga setlhopha sa Pokeletso ya Boitshimoleledi mo Ditharabololong tsa Merero ya Phetogo ya Inta-seteri e e ka ga Thekenoloji ya Sešweng (4IR).

Mokaedi wa Matlotlo a Bosetšhaba Andile Best, yoo a eteletse kwa pele phothale ya boitshimoleledi ya Vulekamali, o rile maikaelelomagolo ke go oketsa kgatlhegelo ya setšhaba, botsaakarolo le kitso ya mana-

neo a puso a ditšhelete.

"Seno ke maitlamo a Lefapha la Matlotlo a Bosetšhaba go nna mo mpaananeng ka ga matlole a naga. Tshedimosetso ka ga tekanyetsokabo e setse e phasaladitswe mo webosae-teng ya Lefapha la Matlotlo a Bosetšhaba, fela diphothale di na le tshedimosetso e e fitlhelelwang ka mokgwa o o bonolo, go kgontsha karolelano ya tshedimosetso, tshakatsheko le patlisiso ka tsela e e nonofileng," o tlhalositse jalo.

Go ya ka Best, Vulekamali e tshegetsatshe go nna le seabe ga baagi le setšhaba mo ditsamaisong tsa tekanyetsokabo le go kgontsha baagi go tshwara dipuisano tse di nang le mooko ka ga dipholisi tsa puso.

"Fa re kopa setšhaba go tsaya karolo mo ditsamaisong tsa tekanyetsokabo mme ba tla ba sena kitso, ba ka se tle ka dikakanyo tse di nang le boleng. Sabobedi, re batla setšhaba se nne le kitso ya gore puso e dirisa madi a a tswang mo sekgwameng sa setšhaba jang," Ga rialo Best.

Sekao, mekgatlho ya baagi go le gantsi e batla go itse gore puso e neelana ka ditirelo jang, ditirelo tseno di golagane jang le tekanyetso le gore a ke puso ya bosetšhaba, ya porofense kgotsa ya selegae e e rweleng maikarabelo a ditirelo tse di rileng.

Best o rile mo gare ga baamegi ba ba nang le seabe mo porojekeng eno go na le Lefapha la Tiromaano, Tekolo le Tshakatsheko ya Tiro (DPME); mekgatlho wa baagi wa Imali Yethu; Mekgatlho wa Lefatshe wa tsa

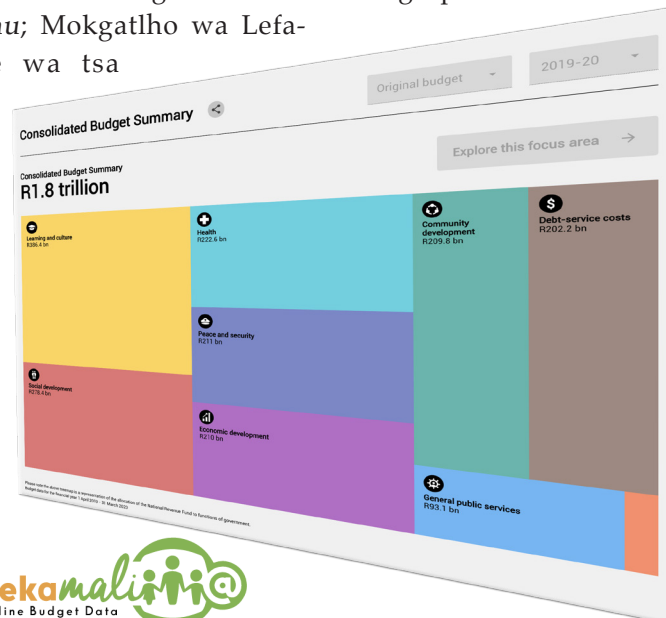
Boitshimoleledi le Setheo sa Puso sa Dikgakololo Mabapi le Merero ya Setegeniki.

Kwa maemong a mangwe le a mangwe a go dira tshwetso le a puso, go na le kemedi ya puso le ya baagi, a rialo.

Fa a bua mo boemong jwa mekgatlho ya baagi e e nang le seabe, Zukisa Kota, tlhogo ya Lenaneo la Tekolo le Tshagetso kwa Tekolong ya Maikarabelo a Tirelo tsa Setšhaba yo gape e leng mogokanyi yo o eteletseng pele Imali

Yethu, o rile ditsamaiso tsa maikarabelo a tekanyetsokabo di botlhokwa go gaisa mo pusong ya temokerasi. Maikaelelomagolo a tsona ke go susumetsa thebolo ya ditirelo e e botoka, a rialo.

"Go rona, go fitlhelela tshedimosetso ka bonako go kaya gore ga o nne ka gale o tena baagi le go sa itse sepe ka ga ditsamaiso tsa tekanyetsokabo," a rialo, a tlaleletsa ka gore batho ba tlhaloganya botlhokwa jwa go tshwaela ka ga tekanyetsokabo ka bonako mme ba itse gore ba ka bua le mang ka ga mathata a bona.



Maloko a setšhaba a ka bona Vulekamali ka go etela www.vulekamali.gov.za Mabapi le dipotso, romela imeile go feedback@vulekamali.gov.za kgotsa molaetsa mo go Twitter: @vulekamali kgotsa mo go Facebook: vulekamali.