

Vuk'uzenzele

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English / Siswati

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Environmental education centres share the joy of nature

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Running around the world for charity

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JOBS INSIDE:

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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Kusekelwa kwetigulane kumcoka ekulweni ne-TB

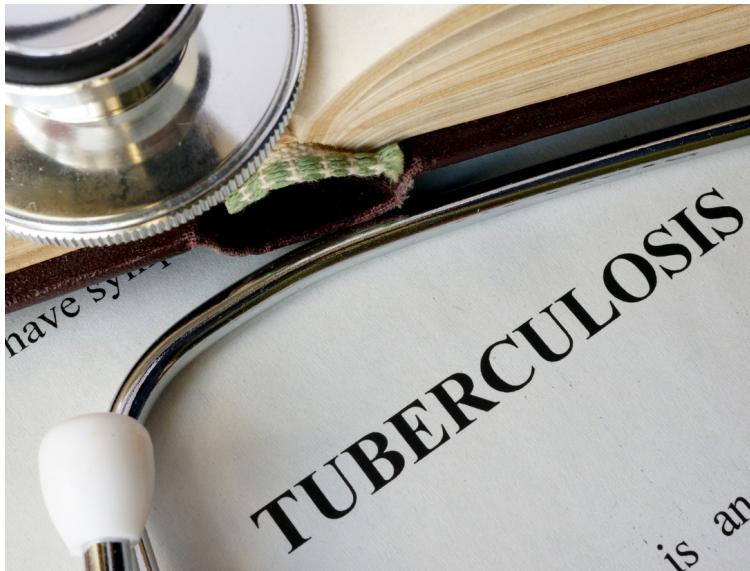
Dale Hes

Lomkamo we-US AID weSifo seSifuba eNingizimu Afrika ukhomba kuba sibonelo lesikahle sekutsi hulumende, imimmango kanye nema-NGO bangasebentisana njani kulwa nesifo sesifuba (i-TB) ngekwesekela tigulane ngalokufanele.

INingizimu Afrika itsetse sncumo sekuba ngumholi kulemphi yemhlaba wonkhe yekulwa ne-TB, futsi I-ejensi yaseMelika Yekutfutfukisa Emave eMhlaba (i-USAID) nayo ingenele kute isite.

Lomkamo weminyaka lesihlanu, locale ngemnyaka we-2016, wentiwa ngekubambisana neLitiko Lavelonke Letemphilo etifundzeni tase-Ningizimu Afrika leti-siphohlongo.

Kunye kwaletincenyne letimcoka kakhulu talomkamo kusekela ema-NGO lasekela ummango. Lomkamo unika



ema-NGO lange-21 lasekela tigulane letingetulu kwale-3500 imali, linyenti lato lise-maphandleni.

Mosamoria eFreyistata

IMosamaria yaseMangaung, ingulenye yema-NGO latfole imali kulumklamo. Lenhlangano inelicembu letisebenti temmango tetemphilo, umphatsi wemklamo kanye nesisebenti lesitsatsa imininingwane, bonkhe basebenta kucinisekisa kutsi tigulane titfola kwelashwa kute

tiphile ngesikhatsi lesitinyanga letisitfupha.

"Sicashe banakekeli labange-74 kulomklamo. Eku-caleni besisebenta ngetigulane letinge-200, tabese tiba nge-400, kantsi kulenkontileka yetfu yanyalo sinetigulane letinge-500 lesisebenta ngato onkhe emalanga. Letigulane titfunyelwa kitsi uma kutfolakala kutsi tine-TB emitfolamphilo lehlukahlune leyimfica yeLidolobhakati iMangaung," kusho umchumanisi weMosa-

maria Trudie Harrison.

IMosamaria yenta umkhanhoso wekuhlola njalo nge-nyanga ngekungena likhaya nelikhaya kute ifole tigulane te-TB letisha bese ticala kwelashwa leso sikhatsi.

Harrison utsi umsebenti weMosamaria unciphise kukhishwa inyumbatana lokumayelana ne-TB, yakha budlelwane lobucinile nemmango futsi lobuholele kutsi kube nemanani lancono ekulashwa ngalokunemphumelelo.

"Sibonelo, ngemnyaka we-2015, tigulane tetfu letinge-514 talashwa taphila," kusho Harrison.

Harrison usicocela indzaba yalesinye sigulane seMosamaria. Sesekelwa onkhe malanga ngumnakelvi weMosamaria, lowacinisekisa kutsi sinatsa emaphilisi aso onkhe malanga futsi wasisita ngemphuphu nangetimphahla letisha.

"Sacedza kwelashwa futsi saphila. Sabuyela emuva emsebentini wasongoba umca-shi bekasibekela umsebenti

waso," kusho Harrison.

Tati timphawu te-TB

Uma una letinye taletimphawu letilandzelako, kufuneka leso sikhatsi uvakashele umtfolamphilo lodvutane nawe noma sibhedlela kute uhlolwe i-TB:

- Kukhwehlela sikhatsi lesimaviki lamatsatfu noma langetulu
- Kukhwehlela kuphume ingati
- Kuba netinhlungu esifubeni, noma kuva buhlungu uma uphefumula noma uma ukhwehlela
- Kuncipha kwemtimba lokungakahloswa
- Kukhatsala
- Kuba nemfiva / umkhu-hlane.

Kutfola lwatiso lolabantu mayelana neMklamo we-USAID TB waseNingizimu Afrika, shayela ku: 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;



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 tech-



nology, improved information collection and sharing amongst law enforcement authorities,

better regional and national co-operation and more meaningful involvement of the pri-

vate 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 (NISCT), which will be taken to Cabinet for consideration in the first half of this year.

The NISCT 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.

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. **V**

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

I-Vulekamali Inika Bantfu BaseNingizimu Afrika Emandla

More Matshediso

Ngekuchafata nje inkinobho, bantfu bayakhona kuvisisa kalula lwabiwomali lwalelive, kungenca inchubo ye-inthanethi lebitwa ngekutsi yiVulekamali.

Lephothali (likhasi lewebhusayithi) yasungulwa Lihhovisi leMgcinimafa waVelonke eminyakeni lembili leyengcile ngekubambisana netinhlangano temmango letinengi.

Lomklamo lomusha watfola umklomelo ngesikhatsi seMiklomelo ye-17 yeteBuchwephe-sha kuMkhakha waHulumende eeMnyaka we-2019, ngaphansi kweMkhakha weKusebentisa Tisombululo Letisha te-4IR.

Umcondzisi weteMafa aVelonkhe Andile Best, longumholi walomtamo wephothali yeVulekamali, utsite inhoso yawo lenkhulu kukhulisa lisasa lemmango, lekuhlanganyaela nekwati tinhlelo tahulumende tetetimali.

"Loku kutibophelela kweLihhovisi letekugcinwa kweMafa

laVelonkhe ekubekeni kakhulu ebaleni timali tahulumende. Lwatiso lolumayelana nelwabiwomali sevele lushicilelwé kuwebhusayithi yeLihhovisi leTekugcinwa kweMafa, kodwa iphothali icuketse Iwatiso lekufinyeleka kulo kalula ngendlela lesebentiseka kalula, kute kwabelwane kahle ngeIwatiso, kucubungula nekwenta lucwaningo," wachaza njalo.

Ngekusho kwaBest, iVulekamali isekela kungenela kwetinhlangano temmango kanye nemmango kutinchubo telwabiwomali futsi yenta takhamuti tibe nekucocisana lokuhlutekile mayelana netinhubomgomu tahulumende.

"Uma sicela ummango kutsi ube yincenyé kutinchubo telwabiwomali bese kutfolakala kutsi awati, angeke ukhone kufaka emagalelo lasezingeni. Kwesibili, sifuna ummango wati kutsi hulumende uyi-sebentisa njani imali lebuya esikhwameni sahulumende," kwasho Best.

Sibonelo, tinhlangano temmango tivamise kufuna kwati kutsi hulumende uye-

nta njani utefula njani tinsita, kutsi tinsita tichumana njani nelwabiwomali nekutsi ingabe hulumende wavelonkhe, wesi-fundza newendzawo ubophe-leleke njani kutinsita letsita.

Best utsite labanye balingani labatsintsekako kulomklamo Litiko Letekuhlela, Kucaphe-la Nekuhlola; lubumbano Iwetinhlangano temmango i-Imali Yethu; Umtamo we-Mhlabawonkhe neSikhungo sa-Hulumende seBuchwephesha

Kutekululeka.

Kulo lonkhe lizinga lekutsatsa sincumo nakuleso naleso sa-khiwo sekuphatsa, kune-kumelelwa kwako kokubili hulumende netinhlangano temmango, washo njalo.

Akhulumela tinhlangano temmango letiyincenyé yaloku, Zukiswa Kota, loyinhloko yeLuhlelo Lwekugadza neKukhulumela. Kutemiseben-ti yaHulumende Yekugadza neKuphendvula lophindze

abe ngumchumanisi lohamba embili we-Imali Yethu, utsite tinchubo telwabiwomali tekutiphendvulela timcoka kuntsandvo yelinyenti. Inhlo-so lenkhulu kufaka umtselela ekwetfulweni kancono kwetinsita, washo njalo.

"Kitsi, kufinyelela kalula lwatiso kusho kutsi angeke uhlale unemimmango letfukutsele nalengati ngetinchubo telwabiwomali," washo njalo, wengete watsi bantfu banelwati loluncono lwekutsi kudzingeka kube nekusheshisa uma baphawula ngelwabiwomali futsi bayati kutsi kufuneka bakhulume nabani mayelana netintfo letibakhatsatko. **V**

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