

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English / TshiVenda

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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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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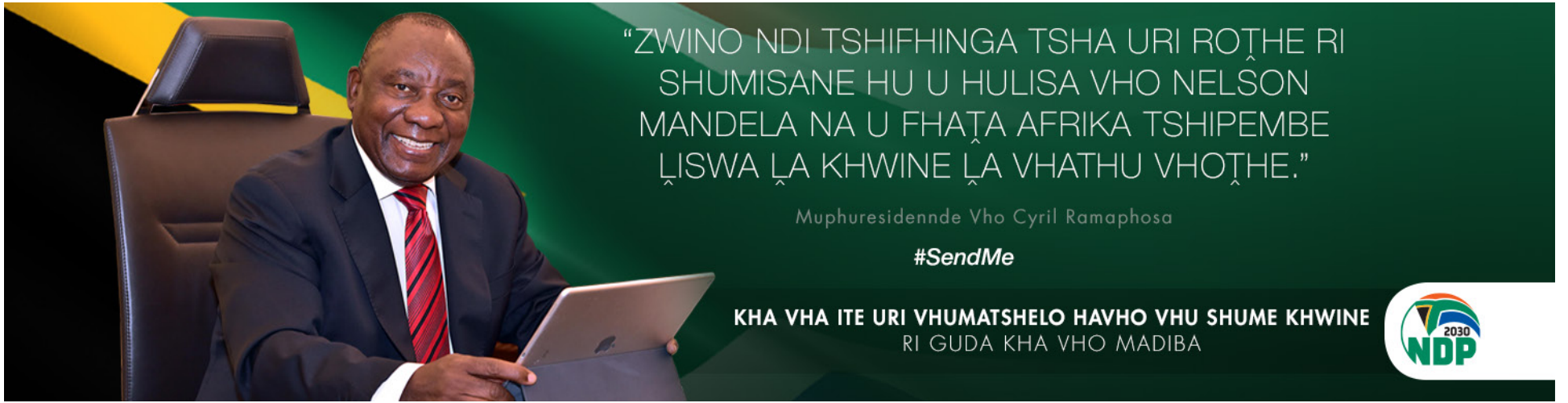
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“ZWINO NDI TSHIFHINGA TSHA URI ROṬHE RI SHUMISANE HU U HULISA VHO NELSON MANDELA NA U FHAṬA AFRIKA TSHIPEMBE LISWA LA KHWINE LA VHATHU VHOṬHE.”

Muphresidennde Vho Cyril Ramaphosa

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KHA VHA ITE URI VHUMATSEHO HAVHO VHU SHUME KHWINE RI GUDA KHA VHO MADIBA



Kha ri shumisane roṭhe u itela u dzudzanya zwa masheleni ashu

Mugaganyagwama wo ṅetshedzwa ho nga Minista wa zwa Masheleni Vho Tito Mboweni wo sumbedza ṭhaṭhuvho ya ndemesa ya tshiimo tsha ikonomi yashu.

Figara dzo zwi vhea khagala zwauri ra sa ita nyito zwino ra shandukisa zwithu, hu ḍo vha na zwifhinga zwinzhi zwi konḍaho phanḍa.

Zwo vheiva nga ṅila i leluwaho, ri khou shumisa masheleni manzhi u fhirisa zwine ra khou hola zwone.

Zwo ralo, ri khou hadzimesa, mbadelo dza u kona u badela tshikolodo itsho nga ṅila kwao dzi khou gonya. Zwa vhukuma ndi zwauri, mbadelo dza u kona u badela tshikolodo nga ṅila kwao zwazwino ndi yone tshinyalelo i no khou aluwa nga luvhilo. Ri shumisesa masheleni manzhi kha mbadelamurahu ya tshikolodo u fhirisa zwine ra ita kha mutakalo; ndi kha mveledziso ya zwa matshilisano na zwa pfunzo fhedzi hune ha wanwa masheleni manzhi.

Tshiimo itshi tshi a tima timisa nahone a si tshine ra nga ṭuwa ngatsho.

Ri tea u ita tshanduko dza ndeme nahone ri tea u dzi ita zwino.

Hu na zwiitisi zwo vhalaho zwa tshiimo tshine ra vha khatsho zwino. Ikonomi yashu a yo ngo aluwesa kha miṅwaha ya fumi yo fhiraho, zwo itiswa nga vilili ḷa ḷifhasi ḷa zwa masheleni ḷa 2008 na u fhungudzea ha ṭhoḍea ya mineraḷa dzine ra vhambadzela nḍa. Zwo ralo, khuvhanganyo ya mbuelo yo vha fhasisa nahone ro tou tea u koloda zwinzhi u itela u bveledza u shumisa masheleni kha mveledziso, themamveledziso na kha miholo. Nga tshifhinga themamveledziso tshithihi, u hambokwa ha muvhuso na tshandanguvhoni zwo kwama

mavhusele, mashumele kwao na vhudziki ha zwa masheleni kha zwiimiswa zwa muvhuso zwo vhalaho, zwi tshi katela mabindu a langwaho nga muvhuso (dziSOE).

Ndingedzo dza kha miṅwaha mivhili yo fhiraho dza u vusulusa ikonomi na u fhaṭulula zwiimiswa zwazwino zwi khou dzhielwa fhasi nga vilili ḷa muḍagasi, iṅwe nyaluwo i konḍaho na u vhea muṅwe muhwalo hafhu kha masheleni a muvhuso.

Zwipikwa zwashu kha mugaganyagwama uyu zwo ralo ndi u vhuwedzedza ikonomi kha gondo ḷa nyaluwo, ndango ya tshumiso ya masheleni a muvhuso na u vhea tshikolodo tshashu kha ngona.

Mugaganyagwama ndi tshipiḍa tsha ndeme tsha vhutshimbidzi hashu u itela nyaluwo i katelaho zwoṭhe, u sika mishumo, vhubindudzi na muvhuso u ḍikonaho.

Ro ita tsheo i re kha ngona hu si u tevhela ṅila ya nyimele ya ikonomi i si yavhuḍi. ṅila iyo yo vha i tshi ḍo vhona hune ha tea u fhungudzwa nga maanḍa kha u shumisa masheleni kha tshumelo dza matshilisano dzine vhashai vha ḍitika ngadzo. Zwo vha zwi tshi ḍo dzhenisesa nga maanḍa phungudzo ya miholo ya vhashumeli vha muvhuso, muelo wa vhashumi vha muvhuso, u fhungudza bonasi na phensheni, u engedza muthelo na u rengisa thundu dza muvhuso dza ndeme.

Mugaganyagwama wa nyimele ya ikonomi i si yavhuḍi wo vha u tshi ḍo vha wo vha isa hafhu khonadzeo ya nyaluwo wa hoṭefhadza khonadzeo ya muvhuso u ṭuṭuwedza nyito ya ikonomi na u swikela ṭhoḍea dza vhathu.

Naho zwo ralo, ro ṅetshedza mugaganyagwama wo faraho mutshotshonono wa maga o

sedzwaho zwavhuḍi nahone o dzudzanyeaho u itela u fara zwavhuḍi mashumisele a masheleni, nyaluso ya muthelo wa mbuelo na ṭuṭuwedzo ya nyaluwo.

Kha miṅwaha miraru i ḍaho, ri khou lavhelela u swikela mbulungelo ya heneffa kha R261 bilioni nga u fhungudza migaganyagwama ya mihasho minzhi na u fhungudza phimo ine mulayotibe wa muhlo wa tshumelo ya muvhuso wa engedzwa ngayo. Kha tshifhinga tshenetsho tshithihi, naho zwo ralo, ri khou tea u shumisa masheleni manzhi u tikedza u dzudzanywa hafhu ha mabindu a langwaho nga muvhuso a ngaho sa Eskom na SAA. Zwo ralo, ri lavhelela ṭhumbulotsalela ya R156 bilioni kha u shumiswa ha masheleni kha zwi si na muiṅapfuma kha tshifhinga kati.

Izwi zwi ḍo thusa u fhungudza ṭhahelero na u fhungudza ṭhoḍea dzashu dza u hadzima.

Tshipiḍa tshihulwane tsha u vhulunga tshi ḍo bva kha u fhungudza phimo ine mulayotibe washu wa muhlo wa aluwa ngatsho. Izwi zwi ḍo ṭoḍa nyambedzano dzo dzudzana nga ngona vhukati ha vhashumisani vhoṭhe vha zwa matshilisano, fhedzi nga maanḍa na vha mbumbano dza sekithara dza muvhuso. Vhuḍidzhenisi uhu vhu tea u tshimbidzwa nga muya wa u ṭoḍa thandululo. Ndi a khwaṭhiswa nga lutamo lwa madzangano oṭhe lwa u ḍidzhenisa kha nyambedzano dza vhuṭhogwa dzo sedzaho kha u wana thandululo.

Maitete ashu a si a u tou fhungudza muelo wa tshumelo dza muvhuso nga u tou hwiḍa, fhedzi ndi u tou ṭola phimo ine miholo ya aluwa ngayo. Miholo ya tshumelo dza muvhuso i na u ya nga mbalotshikati nyengedzo i na phimo ya ṅthesa u fhirisa inflesheni lwa miṅwaha minzhi,

zwo ralo ri tea u dzudzanya hezwi zwithu arali ri tshi khou ṭoḍa u wana masheleni a muvhuso a kha ndango. Izwi zwi dovha zwa ya na kha ndango ya masheleni a vhathu vhone vhaṅe, hune arali tshiteṅwa tshi no shumisa masheleni tshihwe na tshihwe tshine tsha aluwa kha phimo i fhiraho inflesheni – hu nga vha mbadelotiwa dza muḍagasi, mbadelotiwa dza ṭhingokhwalwa kana zwiḷiwa – zwi ḍo dzulela u vhea mugaganyagwama muṅwe na muṅwe wa muthu ene muṅwe na masheleni fhasi ha mutsiko na u sa vha kha ngona.

Mulayotibe wa muhlo u dzulela u vha tshipiḍa tshihulwane sa tsha u shumisa masheleni zwi tshi ya nga khethekanyo ya ikonomi. Nyaluwo kha mulayotibe wa muhlo yo no thoma u bvisela thungo zwa u shumisa masheleni kha thandela dza pfuma u itela nyaluwo ya tshifhinga tshidaho na zwiṅwa zwine zwa vha zwa ndeme kha ṅisedzo ya tshumelo.

Mulayotibe wa muhlo wa vhashumeli vha muvhuso u nga si vuwe wo vha wone fhedzi une ra khou fhungudza mbadelo. Ndo humbula zwauri a hu nga vhi na nyengedzo kha miholo ya vhaofisiri vha muvhuso vhahulwane ṅaṅwaha. Izwi zwi khou tevhela ṭhumbulo kha mbuelo dzo simuwaho zwi tshi bva kha tshanduko dzi re kha Bugupfarwa ya Dziminisṭa. Ri ḍo anḍadza mulayo muswa ṅaṅwaha une wa ḍivhadza muhanga wa miholo ya zwiimiswa zwa muvhuso na khamphani dzi langwaho nga muvhuso u thivhela mbadelo dzo kalulaho dza miraḍo ya bodo na vhaofisiri vhahulwane.

Vhashumisani na riṅe vha mbumbano ya vhashumi vha kha ngoho musi vha tshi amba uri ri tea nga ṅila i vhalaho u thivhela u bva kana u vbuḍiswa ha masheleni a muvhuso nga u amba nga ha tshandanguvhoni, u fhelisa zwithu zwi si ho kha ngona, tshumiso ya masheleni nga ṅila ya u sa londa. He-

zwi ri ḍo zwi ita na zwiṅwe zwinzhi.

Naho u fara mulayotibe wa miholo ya vhashumeli vha muvhuso zwi zwa ndeme u itela u vhea kha ngona masheleni a muvhuso, u khwinisa mashumele a sekithara dza muvhoso ndi zwa ndeme nga maanḍa arali ri tshi khou ṭoḍa u fhaṭa muvhoso u na vhukoni vhu-hulwane. Ri ṭoḍa vhuṅzhi ha vhathu kwao kha maimo kwao.

Musi ri tshi fara tshumiso ya masheleni a muvhoso, ri khou fungelela nyaluwo. Ndi nga ṅwambo wa hezwi uri, naho hu na tshikhala kha zwa masheleni, a hu na nyengedzo ya muthelo khulwane. Madzuloni azwo, hu na u rulwa nyana ha vhatheleli na maga o vhalaho u itela u alusa mbadelo ya phimamuthelo wa vhabindudzi. Ri khou ya phanḍa na tshanduko dza ndeme kha masia a ngaho sa ṅetshedzo ya muḍagasi, vhuimangalavha na zwiporo kathihi na vhudavidzani ha kule u fhungudza mbadelo dza vhubindudzi. Nga kha Tshikwama tsha Themamveledziso ro lavhelela u tshimbidza zwa u ṅetshedza masheleni u bva kha zwiko zwo vhalaho u itela u vhulunga kha mbekanyamushumo ya u fhaṭa khulwane. Nga kha tshimbidzo yashu ya tshithathedzhi tsha zwa ṅdowetshumo na mbulungelo ri khou vula masia manzhi a nyaluwo.

Ri khou dzudzanya masheleni ashu a muvhoso u itela uri nyaluwo i angaredzaho zwoṭhe na u sika mishumo zwi konadzee. Zwifhinga zwo ralo zwi ṭoḍa riṅe ri tshi ḍivha zwine zwa tea u itwa, ri si vhe vhathu vha sa koni u shandukisa kuhumbulele. Tshi ṭoḍa tshumisano, hu si khuḍano. U pfesesana na u ḍikumedzela zwi tea u itwa.

Ri kha hezwi zwithu roṭhe, nahone ri kovhelana vhuḍifhinduleli vthuthihi, ra dzhia magungwa, ra ita muduba muthihi ra tshimbidza shango ḷashu ḷa fhira kha maḍi a magabelo haya. **V**

Thikhedzo ya mulwadze ndi ya ndeme kha u lwa na TB

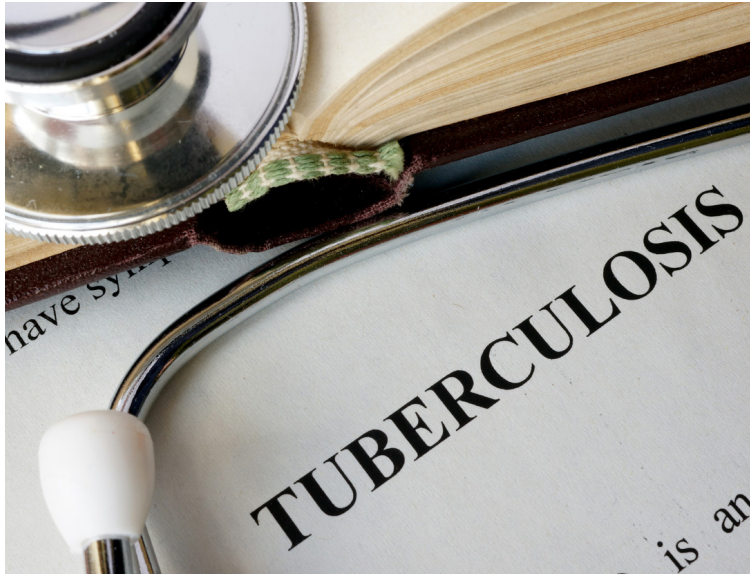
Dale Hes

Thandela ya Afrika Tshipembe ya Lufhiha ya USAID i khou sumbedza u vha tsumbo yavhuḁi ya uri muvhuso, zwi-tshavha na dziNGO, zwoṁhe zwi nga shumisana u fhelisa lufhiha (TB) nga u ṁetshedza vhalwadze thikhedzo kwao.

Afrika Tshipembe ḁo dzhia vhuimo ha vhurangaphanda kha nndwa ya ḁifhasi ya u lwisana na TB, Zhendedzi ḁa United States ḁa Mveledziso ya Tshakatshaka (USAID) ḁo ḁidzhenisa u itela u ṁetshedza thusedzo.

Thandela ya miṁwaha miṁanu, ye ya thoma nga 2016, i khou tshimbizwa i na tshumisano na Mhasho wa Mutakalo wa Lushaka kha mavundu a malo a Afrika Tshipembe.

Tshinwe tsha zwipiḁa zwa ndemesa tsha thandela ndi u tikedza NGO dza zwi-tshavha. Thandela i ṁetshedza ndambedzo kha NGO dza 21 dze dza tikedza vhalwadze vha fhiraho 3500, vhunzhi



havho vha wanala vhuṁoni ha mahayani.

Mosamoria kha ḁa Free State

I wanala kha ḁa Mangaung, Mosamaria ndi iṁwe ya dziNGO dze dza wana ndambedzo i tshi bva kha thandela. Dzangano ḁo ḁi na tshigwada tsha vhashumi vha zwa mutakalo zwi-tshavhani, mulangulathandela na mufaradata vhane vhoṁhe vha shuma u itela u vhona uri vhalwadze vha dzule vha kha dzilafho u itela uri vha fhole kha tshifhinga tsha miṁwedzi

ya rathi.

Mukonanyi wa Mosamaria Vho Trudie Harrison vho amba uri: “Ro thola vhaṁetshedzandondolo vha 74. Mathomoni ro shuma na vhalwadze vha 200, ha ḁa vhalwadze vha 400, na uri zwazwino ri na vhalwadze vha 500 kha khonṁiraka vhane ra shuma navho ḁuvha ḁiṁwe na ḁiṁwe. Vhalwadze vha rumelwa kha riṁe musi vho ṁhathuvhiwa vha wanala vha na TB vha tshi bva kha kiliniki dzo fhambanaho dza ṁahe ḁoroboni khulwane ya Mangaung.”

Mosamaria i tshimbizwa mafu-

lo a u ṁhathuvha a muḁi nga muḁi nwedzi muṁwe na muṁwe u itela u wanulusa vhalwadze vhaswa vha TB na u mbo ḁidzheniswa kha dzilafho nga u ṁavhanya.

Vho Harrison vho amba uri mushumo wa Mosamoria wo fhungudza samba ḁi ṁumanyi-swaho na TB, wa fhaṁa vhusaka vhu re tsinisa na tshitshavha wa dovha hafhu wa isa kha phimo dza khwine dza dzilafho kwao.

Vho Harrison vho amba uri: “Sa tsumbo, nga 2018, vhalwadze vhashu vha 514 vho fhola.”


Vho Harrison vho kovhana tshihori tsha muṁwe wa vhalwadze vha Mosamaria. Vho vha vha tshi khou ṁewa thikhedzo ya ḁuvha ḁiṁwe na ḁiṁwe nga muṁetshedzandondolo wa Mosamaria, we a vhona zwa uri vha mila philisi dzavho ḁuvha ḁiṁwe na ḁiṁwe vha dovha vha thuswa nga mugayo na zwiambaro zwiswa.

Vho Harrison vho amba uri: “Vho khunyeledza dzilafho nahone vho fhola. Vho humela

mushumoni saizwi mutholi wavho o vha vhetshela mushumo wavho.”

Kha vha ḁivhe tsumbadwadze dza TB

Arali vha na dziṁwe dza tsumbadwadze dzi tevhelaho, zwo ralo vha tea u dalela sibadela kana kiliniki ya havho u itwa ndingo dza TB:

- U hoṁola hu dzihaho vhege tharu na u fhira
- U hoṁola malofha
- Vhuṁungu khanani, kana vhuṁungu musi u tshi fema kana u hoṁola
- U wa tshileme hu songo lavhelelwaho
- Maneto
- Mufhiso. 

Mafhungo nga vhuḁalo nga ha USAID Thandela ya Afrika Tshipembe ya TB, kha vha vha kwame kha: 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. 1

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.

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. 1

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

Vulekamali i maandafhadza MaAfrika Tshipembe

Vho More Matshediso

Nga u tou putedza bathoni, vhathu vha nga kona u wana mafhungo a migaganyagwama ya shango zwo leluwa, ri livhuwa sisiteme ya lubuvhi i vhidzawo Vulekamali.

Phothaḷa yo thomiwa miḿwaha mivhili yo fhiraho nga vha Vhufaragwama ha Lushaka vho ḷanganelana na madzangano a vhadzulapo o vhalaho.

Thandela iyi ya vthuthomazwiswa yo wina pfufho nga tshifhinga tsha Pfufho dza Vhuthomazwiswa dza Sekithara dza Nnyi na Nnyi dza vhu17 dza 2019, fhasi ha khethekanyo ya *Innovations Harnessing 4IR Solutions*.

Mulangi wa Vhufaragwama ha Lushaka Vho Andile Best, vhane vha rangaphanda vhurangeli ha phothaḷa ya Vulekamali, vho amba uri ndivho yayo khulwane ndi u engedza dzangalelo ḷa nnyi na nnyi, vhuḷidzhenisi na ḷdivho ya mbekanyamushumo dza zwa masheleni dza muvhuso.

Vho ḷalutshedza uri: “Hezwi ndi vhuḷikumedzeli ha Vhufaragwa-

ma ha Lushaka ha u bvela kha-gala nga ha masheleni a nnyi na nnyi. Mafhungo a zwa mugaganyagwama o no anḷadzwa kale kha webusaithi ya Vhufaragwama, fhedzi phothaḷa i fara data i swikeleleaho nga ḷḷila i shumiseaho, u itela khovhanyo ya mafhungo a shumaho, tse-nguluso na ḷhoḷisiso.

U ya nga ha Vho Best, Vulekamali i tikedza vhuḷidzhenisi ha vhadzulapo na nnyi na nnyi kha maitele a u shumisa mugaganyagwama ya konisa vhadzulapo u vha na tsheonḷivhadzwa nga ha milayo ya muvhuso.

Vho Best vho amba uri: “Arali ra humbela tshitshavha u shela mulenzhe kha maitele a mashumisele a zwa mugaganyagwama nahone vha tshi bva kha vhuimo vhune a vha ḷivhi tshithu, vha nga si kone u ita ndongwa dza ndeme. Tsha vhuvhili, ri ḷoḷa nnyi na nnyi a tshi ḷivha uri muvhuso u shumisa hani masheleni a tshi bva kha tshikwama tsha nnyi na nnyi.”

Sa tsumbo, madzangano a vhadzulapo a dzulela u ḷoḷa u ḷivha uri muvhuso u ḷetshedza

hani tshumelo, na zwa uri tshumelo dzi ḷumanywa hani na mugaganyagwama na zwa uri muvhuso wapo, wa vundu kana wa lushaka i na vhuḷifhinduleli naa na tshumelo dzo khetheaho.

Vho Best vho amba uri vhuḷikati ha vhwamei nga thandela iyi hu na Muhasho wa Tsedzuluso, Vhulavhelesi na Vhupulani; ḷhanganyo ya vhadzulapo ya Imali Yethu; Vhurangeli ha ḷifhasi na Senthara ya Vhuelethshedzi ha zwa Thekiniki ya Muvhuso.

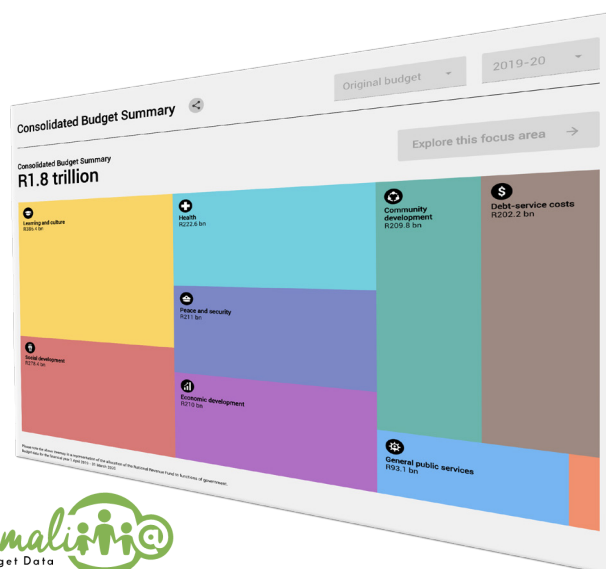
Kha ḷeveḷe inwe na inwe ya u tsha tsho na kha tshiim-

iswa tsha vhuvhusi tshinwe na tshinwe, hu na vhuimeli ha vhoḷthe muvhuso na vhadzulapo.

Vha tshi khou amba vho imela madzangano a vhadzulapo a kwameaho, Vho Zukiswa Kota, ḷhoho ya Mbekanyamushumo ya Vhulavhelesi na Vhutikedzi ngei kha Mulavhelesi wa Vhuḷifhinduleli ha Tshumelo dza Muvhuso na muthusamukonanyi muhulwane wa Imali Yethu, vho amba uri maitele a re na vhuḷifhinduleli a zwa mugaganyagwama ndi a vhuḷo-gwa kha dimokirasi. Tshipikwa

tshihulwane hu u ḷuḷuwedza ḷḷisedzo ya tshumelo dza khwine.

“Kha riḷe, u swikela mafhungo nga u ḷavhanya zwi amba uri a u dzuleli u vha u na vhadzulapo vho sinyuswaho na uri vha sa ḷivhi nga ha maitele a mugaganyagwama.”vho ralo, vha engedza nga zwa uri vathu vha na kupfele kwa khwine nga u ḷavhanya ha u ḷoḷea ha u amba nga ha migaganyagwama nahone vha a ḷivha uri vha amba na nnyi nga zwi vha dinaho. 1



Miraḷo ya tshitshavha vha nga swikela Vulekamali nga u dalela
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