

Vuk'uzenzele

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English /Xitsonga

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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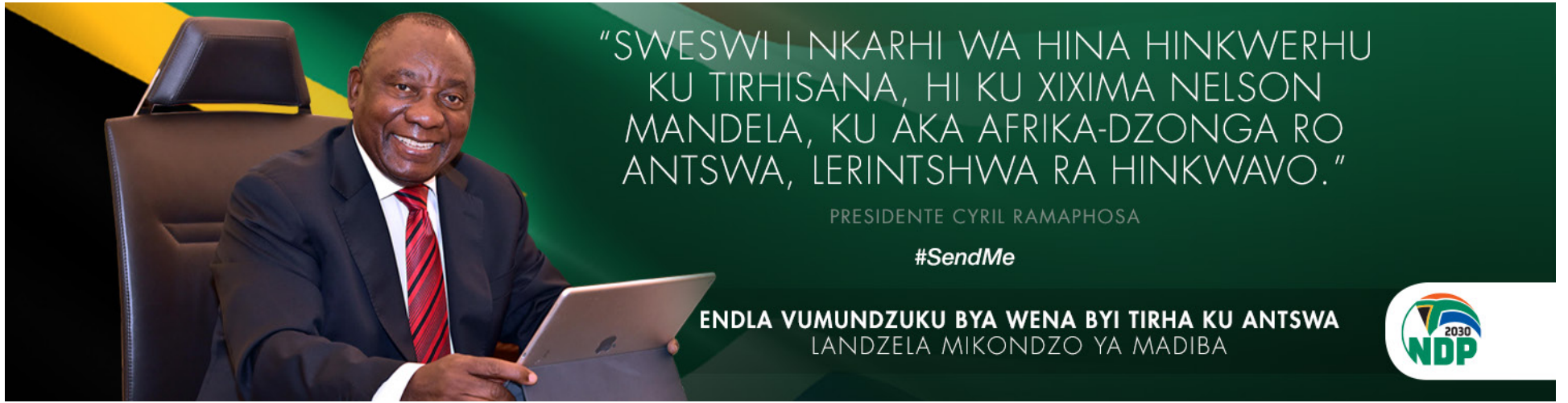
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A hi tirhisaneni ku lunghisa swa timali ta hina

Mpimanyeto lowu andlarilweke hi Holo-bye wa swa Timali, Tito Mboweni wu nyika nhlaluvo wo tivikana wa xiyimo xa ikhonomi ya hina.

Tinhlayo ti swi veka erivaleni leswaku handlekaloko hi teka goza sweswi ku hundzuluxa swilo, ku ta va na mikarhi yo tika swinene emahlweni.

Ku swi veka kahle erivaleni, hi le ku tirhiseni ka mali swinene kutlula leyi hi yi ngenhisaka.

Hikwalaho ka sweswo, hi le ku yeni emahlweni hi lombetela, naswona ku durha ka ku tlherisa xikweleti le ku tlakukeni. Hi ntiyiso, tihakelo ta ku tlherisa xikweleti sweswi i xiyenge lexi kulaka hi ku hatlisa swinene na matirhiselo mali. Hi tirhisa mali yo tala eka ku tlherisa tihakelo ta swikweleti kutlula leswi hi swi endlisaka xiswona eka swa rihanyu; ko va ntsena dyondzo na nhluvukiso wa vaaki swi kumaka yo tala.

Xiyimo lexi xa kakanisa hindlela ya khombo naswona a xi yiseki emahlweni.

Hi dinga ku endla ku cinca ko tivikana naswona hi dinga ku yi endla sweswi.

Ku na swivangelo swo talanyana swa xiyimo lexi hi nga eka xona sweswi. Ikhonomi a yi kulangi swinene eka malembexikhume lama nga hundza, ngopfungopfu hikwalaho ka nkitsinkitsi wa swa timali wa 2008 na ku wa eka ku laveka ka swicelwa leswi hi swi tundzelaka matiko mambe. Hikwalaho ka sweswo, nhlengeteleto wa xibalo wu vile lowu nga tsana naswona hi bohekile ku lombana swinene ku kota ku tirhisa mali eka nhluvukiso, swimakiwankulu na miholo. Hi nkarhi wun'we,

ntekelavulawuri wa mfumo na vukungundzwana swi khu mbile mafumelo, matirhelo ya kahle ya mitirho na ku yisa emahlweni swa timali eka mihlangano ya mfumo yo talanyana, ku katsa na mabindzu lama nga ehansi ka vun'wini bya mfumo (tiSOE).

Matshalatshala ya malembe mambirhi lama nga hundza yo pfuxeta ikhonomi na ku aka mihlangano hi vuntshwa se ma soriwile hi nkitsinkitsi wa gezi, leswi kamanyetaka ku yisa emahlweni ku kula na ku rhwexa ndzhwalo wo engetela ehenhla ka swa timali ta mfumo.

Hikokwalaho, swirhangana swa hina eka mpimanyeto lowu swi fanele ku vuyisa ikhonomi ya hina eka ndlela ya ku kula na ku kamanyeta ku tirhisiwa ka timali ta mfumo na ku tshamisekisa xikweleti xa hina.

Mpimanyeto lowu i xiphemu lexi fambaka swin'we xa pfhumba ra hina ra ku kula ka nkatsahinkwavo, ku tumbuluxiwa ka mitirho, vuvekisi na mfumo lowu nga na vuswikoti.

Hi tekile xiboho lexi nga na xikongomelo xa ku nga landzeleli ndlela ya ku boha nkhamu. Ndlela yoleyo a yi ta va yi vile na mitsemo leyikulu eka ku tirhisiwa ka mali eka vukorhokeri bya vaaki lebyi vanhu lava sweleke va tshembelaka eka byona. Ayi ta va yi khumbile ku hungutiwa hindlela yo hlamarisa ka miholo ya vatirhelamfumo, sayizi ya vukorhokeri bya mfumo, ku tsemiwa ka tibonasi na tiphenceni, ku tlakusiwa ka swibalo na ku xaviswa ka rifuwonhundzu ra mfumo.

Mpimanyeto lowu boha nkhamu a wu ta va wu onhile vuswikoti bya hina bya ku kula na ku tsanisa vuswikoti

bya mfumo ku hlohotela ngingiriko wa ikhonomi na ku fikelela swidingo swa vanhu.

Ematshan'weni hi andlarile mpimanyeto lowu wu nga naku hambana wa magoza lama ringanisiweke na ku va lama langutisisiweke kahle ku kamanyeta ku tirhisiwa ka mali, ku engetela xibalo na ku khutaza ku kula.

Emalembeni manharhu lama taka, hi langutela ku fikelela nhlayiso wa kwalomu ka R261 wa tibiliyoni hi ku tsema mipimanyeto ya tindzawulo to talanyana na ku hunguta mpimo lowu bili ya miholo ya vatirhelamfumo yi tlakuka hawona. Hambiswiritano, hi nkarhi wun'we, hi ta dinga ku tirhisa mali yo tala ku seketela ku vumbiwa hi vuntshwa ka tiSOE to fana na Eskom na SAA. Hikwalaho ka sweswo, hi langutela ku hungutiwa ka nsalo wa R156 wa tibiliyoni eka ku tirhisiwa ka mali loku nga riki na ntswalo eka theme ya le xikarhi.

Leswi swi ta pfuna ku hunguta nkayivelo na ku hunguta swidingo swa hina swa ku lombana.

Xiphemu lexikulu xa nhlayiso xi ta ta kusuka eka ku hungutiwa ka mpimo lowu bili ya hina ya miholo yi kulaka hawona. Leswi swi ta lava mikanerisano leyi kongomisaka exikarhi ka vatirhisani va vaaki hinkwavo, kambe ngopfungopfu eka tiyuniyoni ta sekitara ya mfumo. Mivulavurisano leyi yi dinga ku endliwa hi moya wa ku lava switshunxo. Ndzi tiyisiwa mbilu hi ku hiseka ka mavandla hinkwavo ka ku vulavurisana eka mikanerisano yo tivikana leyi nga na xikongomelo xa ku kuma xitshunxo.

Endlelo ra hina a hi ku tsema hindlela yo hlamarisa sayizi ya vatirhelamfumo, kambe i ku kambela mpimo lowu miholo ya hina yi kulaka hawona. Miholo ya vatirhelamfumo hi nhlayoxikarhi yi tlakukile hi mpimo wa le henhla swinene kutlula inifulexini emalembeni

lamo tala, naswona hi dinga ku lunghisa leswi loko hi fanele ku tisa timali ta mfumo ehansi ka vulawuri. Nakambe leswi swi tirha eka malawulelo ya timali ta vanhu vona vini, laha loko nchumu wa matirhiselo ya timali wahi kumbe wahi lava ma tlakukaka hi mpimo wa kutlula inifulexini – ku nga va nxavo wa gezi, mixavo ya swifambo kumbe swakudya – mikarhi hinkwayo hi ta veka mpimanyeto na timali ta munhu ehansi ka ntshikelelo na le handle ka ndzinganano.

Bili ya miholo yi tshama yi ri xiphemu lexikulukumba xa ku tirhisiwa ka mali hi ntlawahato wa ikhonomi. Ku kula ka bili ya miholo swi sungurile ku hetlwa matimba hi ku tirhisiwa ka timali eka tiphurojeke to lava xumankulu eka ku kula ka nkarhi lowu taka na michumu leyi yi nga ya nkoka swonghasi eka mphakelo wa vukorhokeri.

Bili ya miholo ya vatirhelamfumo hindlela yihi kumbe yihi a hi xiyenge xi ri xoxe laha hi tsemaka kona tihakelo. Ndzi tekile xiboho xa leswaku a ku nga vi na ku tlakuka eka miholo ya vakhomantirho lava hlawuriweke nan'waka. Leswi swi landzela ku hungutiwa ka mivuyelo leyi tumbulukaka eka micinco ya Buku ya Vuxokoxoko ya Vaholobye. Hi ta hangalasa nawu lowuntshwa nan'waka lowu tivisaka rimba ra miholo eka mavandla ya mfumo na tikhamphani leti nga ehansi vun'wini bya mfumo ku sivela muholo lowu tlulaka mpimo eka swirho swa bodo na varhangerinkulu.


Varikwerhu va hina va tiyuniyoni ta vatirhi va vula swona loko va ku hi fanele hindlela leyi kombisekaka hi sivela ku pfuta ka timali ta mfumo hi ku tirhana na vukungundzwana, ku herisa matirhiselo ya mali lama hambanaka na milawu, lava ma nga hava mbuyelo na ku va wa ku tlangisa. Hi ta endla leswi na swin'wana swo tala.

Tanihiloko hi ri karhi hi

kamanyeta swinene bili ya miholo ya mfumo, i swa nkoka swonghasi ku tshamisekisa timali ta mfumo, ku antswisa matirhelo ya sekitara ya mfumo i swa nkoka swinene loko hi lava ku aka mfumo lowu nga na vuswikoti, lowu tirhaka hi ku hatlisa ku ri hava ntlangiso wa swipfuno. Hi dinga vanhu vo tala lavanene eka swiyimo leswi nga fanela.

Loko hi ri karhi hi lawula ku tirhisiwa ka timali ka mfumo, hi le ku hlongoriseni ka ku kula. Hi xona xivangelo lexi xa leswaku, hambiloko ku ri na vangwa ra nkama wa timali, ku hava mitlakukokulu ya xibalo. Ematshan'weni, ku na ku wisisiwa ka vabari hi wun'wewun'we na magoza lamo talanyana ku anamisa tshaku ra xibalo xa tikhamphanikulu. Nakambe hi le ku susumeteleni emahlweni hi mipfuxeto leyi fikaka ekule eka swiyenge swo fana na mphakelo wa gezi, tihlaluko, swiporo na vuhlanganisi bya swa tiqingho ku hunguta ku dhurha ka ku endla bindzu. Hi ku tirhisa Nkwama wa Swimakiwakulu hi na xikongomelo xa ku hlengetela timali kusuka eka swihlovo swo hambana kufika eka ku vekisa eka nongonoko wo aka lowukulu. Hi ku tirhisa qhinga ra hina ra tiindasitiri na pfhumba ra vuvekisi hi le ku pfuleleni ka swiyenge swa nkoka swa ku kula.

Hi le ku lunghiseni ka timali ta hina ta mfumo ku endla ku kula ka nkatsahinkwavo na ku tumbuluxiwa ka mitirho swi koteka. Mikarhi yo tano yi lava hina leswaku hi va na ntiyiso, ku nga ri ku lerisa. Yi lava ntirhisano, ku nga ri ntlimbo. Ku tipfumata swo karhi na ku endla vucincanisi swi ta boheka ku endliwa.

Hi le ka leswi hi ri swin'we, naswona hi avelana vutihlamuleri bya nhlanganelo ku byarha switluto, ku tluta xikan'we na ku lawula tiko ra ka hina ri tsemakanya mati ya timheho ta matimba. 

Nseketelo wa vavabyi wu na nkoka eku lweni na TB

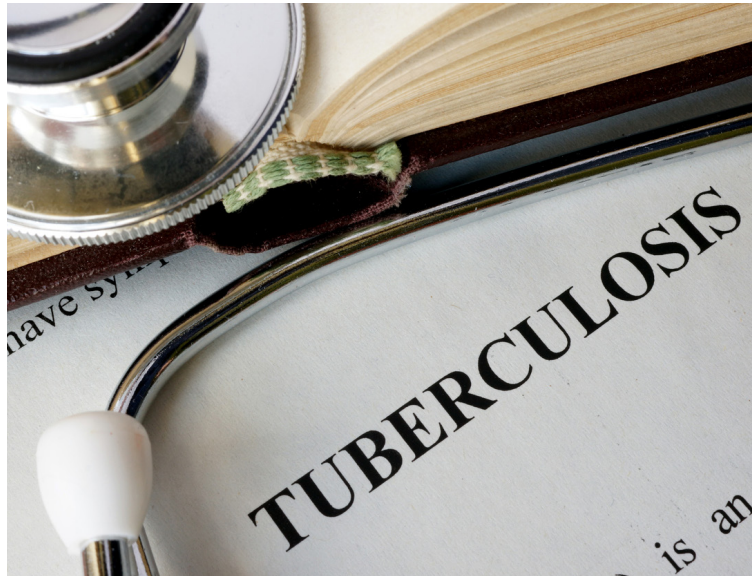
Dale Hes

Phurojeke ya Rifuva ya US AID eAfrika-Dzonga yi vonaka tanihi xikombiso lexinene xa hilaha mfumo, miganga na tiNGO ti nga tirhisana-ka hakona ku herisa rifuva (TB) hi ku nyika nseketelo lowu hetisekeke eka vavabyi.

Afrika-Dzonga yi rhangile emahlweni eka nyimpi ya misava yo lwisana na TB, naswona *United States Agency for International Development (USAID)* yi ngenelrile ku pfuna.

Phurojeke ya malembe ya ntlhanu leyi sunguleke hi 2016 yi karhi ya endliwa hi ku tirhisana na Ndzawulo ya swa Rihanyu ya Rixaka eka nhungu wa swifundzankulu swa Afrika-Dzonga.

Xin'wana xa swiphemu swa nkoka swa phurojeke i ku seketela tiNGO leti kumekaka emigangeni. Phurojeke yi pfuneta hi swa timali eka 21 wa tiNGO leti nga seketela ku tlula 3500 wa vavabyi, leti nhlayo-



nyingi ya tona ti kumekaka ematikoxikaya.

Mosamoria eFree State

Mosamoria, leyi kumekaka eMangaung hi yin'wana ya tiNGO leti kumeke mpfuneto wa swa timali kusuka eka phurojeke. Nhlango wu na xipano xa vatirhi va rihanyu va miganga, mufambisi wa phurojeke na muteki wa data lava hinkwavo va tirhaka ku tiyisisa leswaku vavabyi va nwa tiphilisi ta vona hi mfanelo leswaku va kota ku

hola ku nga si hela ntsevu wa tin'hweti.

"Hi thorile 74 wa vanyiki va vuhlayiseki eka phurojeke leyi. Eku sunguleni, a hi tirha na vavabyi va 200, endzhaku hi va na 400 wa vona, naswona eka kontiraka ya hina ya sweswi hi na 500 wa vavabyi lava hi tirhaka na vona siku na siku. Vavabyi lava va rhumeriwa eka hina loko va kumeka va ri na TB eka tithliniki to hambanahambana kusuka eka dorobankulu ra Mangaung," ku vula mu-

hlanganisi wa Mosamoria, Trudie Harrison.

Mosamoria yi endla mapfumba yo kambela ya muti hi muti n'hweti na n'hweti ku kuma vavabyi vantshwa va TB, kutani yi va nyika vutshunguri xikan'wekan'we.

Harrison u vula leswaku ntirho wa Mosamoria wu hungutile tingana leti tisiwaka hi vavabyi ta TB, yi akile vuxaka na miganga na ku tisa ku humelela ko antswa eka vutshunguri bya TB.

"Xikombiso, hi 2018, 514 wa vavabyi va hina va tshunguriwile," ku vula Harrison.


Harrison u hi byela hi ta xitori xa wun'wana wa vavabyi va Mosamoria. U nyikiwile nseketelo wa siku na siku hi munyiki wa vuhlayiseki wa Mosamoria, loyi a nga tiyisisa leswaku a nwa tiphilisi ta yena siku rin'wana na rin'wana na ku tlhela a n'wi pfuna hi mugayo na swiambalo swintshwa.

"U hetile vutshunguri

bya yena, kutani a hola. U tlhelerile entirhweni hikuva muthori wa yena a hlayisile ntirho wa yena," ku vula Harrison.

Tiva swikombiso swa TB

Loko u ri na swin'wana swa swikombiso leswi, kutani u fanele ku endzela tithliniki kumbe xibedhlele xa wena xa le kusuhi ku ya kamberiswa TB:

- Ku khohlola loko hetaka mavhiki manharhu kumbe ku tlula
- Ku khohlola ngati
- Ku vava ka xifuva, kumbe ku twa ku vava loko u hefemula kumbe ku khohlola
- Ku hela miri handle ka ku tiyimisela
- Ku karhala
- Ku hisa miri. 

Ku kuma mahungu hi xitalo hi mayelana na Phurojeke ya Rifuva ya USAID eAfrika-Dzonga, bana riqingho eka: 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 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 (NISCWT), which will be taken to Cabinet for consideration in the first half of this year.

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 yi nyika matimba eka maAfrika-Dzonga

More Matshediso

Hi ku tshikelela kunupu, vanhu va kota ku twisisa mpimanyeto wa tiko hi ku olova, a ku khensisiwe ya le ka inthante leyi vuriwaka Vulekamali.

Webusayiti yi tumbuluxiwile malembe mambirhi lama nga hundza hi Vutameri bya Timali ta Tiko hi ku tirhisana na mihlangano yo yimela vaakatiko yo hlava.

Phurojeke ya vutumbuluxi yi winile sagwadi hi nkarhi wa Masagwadi ya Sekithara ya Vutumbuluxi ya Vaaki ya vu17 hi 2019, ehansi ka xiyenge xa Swintshuxo leswi Hlohlotelaka Vutumbuluxi bya 4IR.

Mufambisi wa Vutameri bya Timali ta Tiko, Andile Best loyi a rhangelaka pfumba ra webusayiti ya Vulekamali u vule leswaku xikongomel-onkulu xa pfumba leri i ku tlakusa ku tsakela ka vaaki, ku nghenelela na vutivi bya minongonoko ya swa timali ya mfumo.

"Loku i ku tiyimisela ka Vutameri bya Timali ta Tiko

ka ku va erivaleni swinene hi mayelana na timali ta mfumo. Vuxokoxoko bya mpimanyeto se byi kandziyisiwile eka webusayiti ya Vutameri bya Timali ta Tiko, kambe webusayiti leyi yi na vuxokoxoko lebyi fikelelekaka hi ku olova hi xivumbeko lexi tirhisekaka ku olovisa ku avelana ka mahungu, nxopanopo na na vulavisisi lebyi hetisekeke," ku hlamusela yena.

Hi ku ya hi Best, Vulekamali yi seketela ku nghenelela ka mihlangano ya vaaki na vaaki eka maendlelo ya mpimanyeto naswona yi endla leswaku vaakitiko va va na ku vulavurisana loku nga na vutivi byo enta hi mayelana na tipholisi ta mfumo.

"Loku hi kombela vaakatiko ku nghenelela eka maendlelo ya mpimanyeto va karhi va nga tivi nchumu hi timhaka leti, a va nge swi koti ku nyika mavonelo ya nkoka. Xavumbirhi, hi lava leswaku vaaki va tiva hilaha mfumo wu tirhisaka mali ya nkwama wa wona hakona," ku vula Best. Xikombiso, mihlangano ya

vaakatiko yi tshama yi ri karhi yi lava ku tiva hilaha mfumo wu nyikaka vukorhokeri hako-na, ndlela leyi vukorhokeri byi nga na vuxaka na mpimanyeto hayona na loko mfumo wa rixaka, wa swifundzankulu na wa muganga wu ri na vutihlamuleri bya vukorhokeri byo kongoma.

Best u vule leswaku exikarhi ka van'wana vatekaxiave eka phurojeke leyi i Ndzawulo yo Kambisisa Matirhelo no Hlela; nhlangano wa vaakatiko wa Imali Yethu; Pfumba ra Misava na Senthara yo Tsundzuxa

Mfumo ya swa Xithekiniki.

"Eka levhele yin'wana na yin'wana ya ku teka swiboho na le ka nhlangano wun'wana na wun'wana wa mfumo, ku na vuyimeri bya mfumo na mihlangano ya vaakitiko", ku vula yena.

Loko a vulavula hi ku yimela mihlangano ya vaakatiko leyi khumbekaka, Zukiswa Kota, murhangeri wa Nongonoko wo Veka Tihlo na Nseketelo eka Muvekatihlo wa Vutihlamuleri bya Vukorhokeri bya Mfumo na mihlanganisi loyi a nga rhangelwa wa Imali Yethu u

vule leswaku maendlelo ya mpimanyeto lawa ma nga na vutihlamuleri i ya nkoka eka xidemokirasi. "Xikongomel-onkulu i ku kucetela mphamelo wa vukorhokeri wo antswa", ku vula yena.

"Eka hina, ku fikelela mahungu hi xihatla swi vula leswaku a wu tshami u ri na miganga leyi hlundzukeke, leyi nga tiveki nchumu hi maendlelo ya mpimanyeto, a vula, a tlhela a engetela," ku vula yena, a tatisa leswaku vanhu va na matwiselo yo antswa na xihatla yo bumabumela hi mayelano na mpimanyeto, naswona va swi tiva leswaku va fanele va tihlanganisa na mani mayelana na swiphigo leswi va hlanganaka na swona. **1**

