

Vuk'uzenzele

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English / Tshivenda

July 2020 Edition 2



Centres readied for little ones' return
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Being clean and sober is addict's new high
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STAY SAFE
PROTECT SOUTH AFRICA
TOGETHER WE CAN BEAT CORONAVIRUS

COVID-19 is dangerous and we must take care

WITH 196 750 coronavirus cases and 3 199 deaths recorded by 5 July, government is again urging citizens to protect themselves and adhere to lockdown regulations.

Allison Cooper

South Africa is seeing a fast rise in its number of coronavirus (COVID-19) cases and government expects infections to surge in July and August.

The word surge entails a sudden and big increase in the number of positive cases, as recently seen in Gauteng, where the number of infections has grown to over 63 400 in a short period of time.

Health Minister Zweli Mkhize explains that various factors will contribute to the surge, including people moving around more; people getting together in groups; and people not wear-

ing face masks and not social distancing.

As a result of the increasing number of cases, President Cyril Ramaphosa has extended the employment of 20 000 South African National Defence Force (SANDF) members from 27 June until 30 September.

Apart from helping to maintain law and order and protect the country's borders, the SANDF will work with the National Department of Health in managing the virus through the provision of field hospitals, medical screening and quarantine facilities. It will also support the Department of Cooperative Governance and Traditional Affairs' efforts to maintain and enhance the



President Cyril Ramaphosa has extended the deployment of 20 000 South African National Defence Force members until 20 September 2020 to help manage the virus.

living conditions of the population. This will include the supply of water.

After visiting Mpumalanga on 3 July, President Ramaphosa said he was pleased with the province's efforts to fight the

virus. Mpumalanga is one of the least affected provinces. At the time of the President's visit, it had 1 478 cases, with 520 recoveries and nine fatalities.

He warned, however, that while more industrialised prov-

inces with bigger populations had far more cases, the surge in infections would hit all regions. People must not let their guard down, he said.

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

Muphuresidennde Vho Cyril Ramaphosa

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



Ndivhuwo dzo khetheaho kha vhashumi vha ndondolamutakalo vhashu



Tshivhalo tsha dzimpfu dza tshitzhili tsha corona zwa zwino tsho paḡa 2000. Kha vho lovha ho na vhashumi vha ndondolamutakalo, vho ramaṭalimakone vhe vha ṭhogomela vha lwalaho, nahone vhe vha thikhedzo na mukhuthadzi kha avho vha re sibatela vho khethelwaho thungo kha miṭa yavho.

Zwauri vhanna na vhafumakadzi vho hwalaho mushumo wo khetheaho na u ṭhonifheaho na vhone vha khou kavhiwa nga vholwadze vha lovha ndi zwithu zwi vhaihaho vhukuma.

Vha tou vha tshivhindini tsha u lwa na dwadze iji. Vha shuma vhe fhasi ha mutsiko muhulu nahone vha tea u hwala mutsiko kha muhumbulo u ḡivha zwauri vha tou vha kha khonadzeo ya khombo ya u nga kavhiwa nga vairasi. Vha tou vha vhahali vhukuma kha nndwa yashu ya u lwisana na tshitzhili tsha corona.

Ri nea ṭhompheo vhahali avha vha Afrika Tshipembe vhe vha ṭutshela mahaya avho, miṭa na vhafunwa vavho vha ya mushumoni dzikiljini vha sa fhidzi ḡuvha liṭwe na liṭwe. Vha afho vha ṅetshedza ndondolo

ya zwa dzilafho, thikhedzo ya zwa ndaulo na dziṅwe tshumelo dzi ngaho u kunakisa na u fha zwiljwa.

Musi vha tshi khou ita mushumo wavho we vha gudela, na riṅevho ri na vhuḡifhinduleli khavho na miṭa yavho. Mutakalo wavho na tsireledzo yavho zwi tea u vha zwone zwa ndeme.

Ri a vha ṭhonifha na u vha tikedza sa vhanna na vhafumakadzi vhe vha sumbedza uri vho ḡiimisela u vhea vhutshilo havho kha khonadzeo ya khombo vha tshi itela uri ri tshile.

Khavho u ita mushumo wavho u ṭḡaḡa vhuḡifhinduleli vhuulwane vha ṭḡaḡa thikhedzo yashu khathihi na tsireledzo nga u ṅetshedza zwishumiswa zwa u tsireledza muthu ene muṅe (PPE).

Nga kha thikhedzo ya Tshikwama tsha Mulanga na ndambedzo dzi bvaho kha vhunzhi ha vathu vha Afrika Tshipembe, mabindu, dzifoundesheni na miṅwe mivhuso, ro kona u wana zwishumiswa zwa u tsireledza muthu ene muṅe hu tshi itelwa mihaga iyi ya vhashumi vha re tshivhindini. He ha vha hu na ṭhahalelo ya

Zwishumiswa zwa u Tsireledza Muthu ene muṅe (PPE) zwibatela zwashu zwi khou sedzana nazwo nga u ṭavhanya u vhona uri zwi vhe hone.

Ri a ḡivha zwauri u swikela Zwishumiswa zwa u Tsireledza Muthu ene muṅe (PPE) a si yone khaedu i yoṭhe ine vhashumi vha ndondolamutakalo vhashu vha ṭangana nayo. U mona na shango dzikiljini na zwibatela zwi khou ṭangana na khaedu dza ṭhahalelo ya vhashumi. Thaidzo iyi i khou sedziwa.

U tikedza mushumo une vhashumi vhashu vha re tshivhidzini vha khou ita u mona na shango ri khou rumela dzi-Minista na Vhafarisa dzi-Minista kha tshijiriki tshinwe na tshinwe kha shango u ya u wanulusa khaedu nkene kha zwiṭiriki izwi na u shuma na vha maandalanga vha zwa mutakalo kha vundu.

Ri tea u shumisana u tsireledza mutakalo hu si wa vhashumi vha re tshivhindini fhedzi, fhedzi na u itela na vhashumi vhoṭhe.

Zwa zwino hu na mushumo wavhuḡi uno khou itwa nga madzangano wa u funza miraḡo nga zwa ndango ya phirela, u thivhela na tsiravhulwadze.

Vha khou tikedza mushumo wa Muhasho wa zwa Mushumo na Vhashumi kha u tshimbidza zwa vhuṭoli ha mushumoni u vhona uri matshimbidzele a zwa tsireledzo na mutakalo a kha ngona u itela vhashumi vha no khou humela mushumoni. Vhunzhi ha madzangano ashu a vhashumi a khou ṅetshedza mafhungo nga ha tshitzhili tsha corona kha miraḡo yao nahone vatholi vha khou tshimbidza mafulo a u tsivhudza.

Iṅwe ya khaedu yo ṭahaho kha shango ṭashu ndi u shata samba vathu vhe vha itwa ndingo vha wanala uri vha na tshitzhili tsha corona. Sa tshitzhavha, ri na vhuḡifhinduleli roṭhe ha u fhelisa zwa u shata samba vathu vho kavhiwaho nga tshitzhili tsha corona. Ho vha na mivhigo i vhaihaho ya vathu vhe vha thudzelwa thungo nga tshitshavha tsha tshe tsha gwalabela vhalwadze vha re na tshitzhili tsha corona musi vha tshi khou ṭanganedza kha zwibatela na kiljini dzapo. Hezwi zwi tea u ima.

Sa zwe ra ṭangana roṭhe u ṭutuwedza zwa u ṭanganedza vathu vha tshilaho vhe na HIV ra imedzana ra lwisana na zwa u ponda, ri tea u sumbedza u pfesesa, u konḡelela, vhuhwavho na u pfela vhuṭungu miṭa ya vho kavhiwaho khathihi na avho vho kavhiwaho nga vairasi iyi.

Zwo ambiwa uri zwa u shata samba zwi itiswa nga nyofho dza u shavha u kavhiwa nga vholwadze na u sa pfesesa. Nḡila ya khwiṅe ya u kunda nyofho dza vholwadze na dza u kavhiwa ndi u tevhedza maitela a tsiravhulwadze ane a vha hone. U ofha u kavhiwa zwi tou dzula zwi kha muthu nahone ndi zwa vhukuma. Ri tshi kha zwenezwo, ri a ḡivha zwine ra tea u ita u ḡitsireledza na u tsireledza vhaṅwe.

Ri a ḡivha zwine zwa vhangavairasi na zwine ra nga ita u itela u ḡitsireledza kha u kavhiwa. Ri a zwi ḡivha uri ri tea u dzula ro sia tshikhala vhukati ha iwe muṅe na muṅwe muthu, u ḡikhethela thungo arali ro ṭangana na avho vho kavhiwaho na u ya sibatela arali ri na tsumbadwadze.

Ri tea u dzula ri tshi khou langwa nga mafhungo a vhu-kuma hu si mavharivhari.

Tshifhinga tshe muthu a vha a tshi nga ri ha ḡivhi muthu o kavhiwaho kana a kwameaho nga tshitzhili tsha corona tsho fhira kale. Zwa zwino, nṭha ha izwo, khonani dzashu, miṭa, vhashumisani na vhaḡura vha ṭḡaḡa khuthadzo na thikhedzo yashu.

Kha maḡuvha, dzivhege na miṅwedzi i ḡaho, tshinwe tshifhinga ri ḡo ḡiwana ri tshi shaya fhu-lufhelo na u ḡala nyofho musi ri tshi vhona tshivhalo tsha vathu vho kavhiwaho na vha lovha tshi tshi khou engedzea tshi tshi ya nṭha. Zwi ḡo vha hu uri zwithu zwo vhiḡa vhukuma, fhedzi ri a fhu-lufhela uri zwi ḡo vha khwiṅe. Vhaeletshedzi vha zwa dzilafho na vhorasantsi vhashu vho ri vhudza uri phimo ya u kavhiwa i ḡo ya nṭha musi ri tshi ya tsini na maṭhakhe azwo. Fhedzi zwi ḡo tselafhasi.

Ri ṭhonifha na u khoḡa vhashumi vha ndondolamutakalo vhe vha lovha musi vha tshi khou ṭhogomela vhalwadze. Ri tshi khou vha elelwa, kha ri dzule ri tshi ḡitsireledza na u tsireledza vhadzulapo vhashu nga u ita tshipiḡa tshashu.

Ri ḡo kunda vairasi hei ra fhaṭulula tshitshavha tshashu. Ro vhona zwifhinga zwi konḡaho nahone ro kunda.

Kha ri shumise maandḡa oṭhe na nungo dzoṭhe musi ri tshi khou shumisana u itela u phulusa matshilo. **V**

MASWA-MASWA A COVID-19

Muswa wa rabulasi o t̄anganedza thikhedzo ya COVID-19.

RABULASI wa Kapa Vhukovhela ane a khou bvelela ndi muñwe wa vhavhuelwa vha Tshikwama tsha Ndiliso ya Tshitzhili tsha Corona tsha muvhuso.

Silusapho Nyanda

Nomagcinandile Suduka wa miñwaha ya 27 u khou alusa lupfumo na ifa la muṭa wa hawe nga u bindudza kha zwa vhulimi.

Muṇe wa 4 U and 4 Me Primary Cooperative ngei kusini kwa Mooiplaas o t̄anganedza thikhedzo i bvaho kha Tshikwama tsha Ndiliso ya Tshitzhili tsha Corona (COVID-19) tsha Muhasho wa Mveledziso ya Mahayani, Mbuedzedzo ya Mavu na zwa Vhulimi u itela bulasi yawe ya miroho, zwifuwo na makumba.

Muhasho wo ṅetshedza R1.2 bilioni ya dzivoutshara kha vhorabulasi vhane vha vha na ṭhōḡea.

Suduka o amba uri voutshara dzi ḡo mu thusa u alusa sia la



■ Nomagcinandile Suduka o shandukisa bulasi ya u unḡa muṭa wa hawe ya vha bindu liṭuku.

vhubveledzi ha makumba la bindu laṅwe. "Ndo t̄anganedza voutshara tharu dza ṭhanganyela ya R19 000. Voutshara ya R12 000 ya u renga khuhu

dza makumba dza 100, voutshara ya R6 500 ya u renga zwiliwa na voutshara ya R500 ya u renga mishonga."

O thoma bulasi yawe ya u

bveledza makumba nga u fusha khuhu dza hayani nga zwiliwa zwa u alusa khuhu dzi no khou alamela, zwine zwa konisa u bveledza makumba nga khuhu dzi songo gombiwa. Khuhu dzawe dza 50 zwa zwino dzi bveledza makumba a 50 nga ḡuvha ane a a rengisa vhege iñwe na iñwe.

Suduka, ane a fuwa mbudzi dza 73, nngu dza 25 na kholomo dza 25, o thoma zwa vhulimivhufuwi nga 2015 nga murahu ha muso o wana Ṭhanziela ya N6 ya Public Management kha Gudedzi la Vhugudisi ya Ikhala na kha Gudedzi la Vhugudisi na Pfunzo ya Mushumo wa Zwanḡa. Muso o vhona uri shangoni

a hu na zwikhala zwinzhi zwa mushumo, o humbula u dzhia vhuḡifhinduleli ha bulasi u unḡa muṭa wa hawe a i shandukisa ya vha bindu li

bveledzaho mbuelo.

Suduka o amba uri: "Ro aluwa ri tshi ita zwa vhorabulasi, zwo ralo nga murahu ha muso ndo ṭhaphudza ngudo dzanga ndo humbula u vha rabulasi u fhirisa zwa u ya u ṭoḡa mushumo."

Hezwi zwo sumbedza u vha tsheo yo ṭuṭuwedzwaho, sa i zwi o alusa mbudzi na kholomo dzo vhalaho.

Bulasi ya miroho ya hekithara dza rathi ya Suduka i bveledza mavhele, maḡabula, eregisi na ṅawa. Mavhele a ṭavhiwa kha hekithara ṅa, maḡabula kha hekithara nthihi ngeno eregisi na ṅawa zwi tshi ṅekana hekithara yo salaho.

Suduka o guda zwinzhi kha COVID-19, nga maanḡa zwa uri ndaka dzawe dza ṅṭhesa ndi zwanḡa zwawe na u shuma nga maanḡa. **U**

Grow your own food and save money

Silusapho Nyanda

A gardener in Kwa-Zulu-Natal has proven to be a smart businessman, selling his home-grown produce to put money in his pocket. This is thanks to the One Home, One Garden and Fruit Tree programme aimed for Kwa-Zulu-Natal residents.

Muziwakhe Nsele (42) is a popular man in Hlathini, a village near Melmoth where he lives and sells vegetables such as beans, cabbage and potatoes.

Nsele's business grew in leaps and bounds following the outbreak of the coronavirus (COVID-19), with people buying from him rather than travelling

to the shops.

With his profit, Nsele has bought six goats and plans to expand his agriculture business. "I will also be investing in layers and broiler chickens to expand my income streams through the sale of eggs and whole chickens," Nsele says.

The father of six says his business received a boost from the One Home, One Garden and Fruit Tree programme run by the province's Department of Agriculture and Rural Development (DARD).

The programme encourages people to start gardening at their homes as a means of fighting poverty and Nsele received seeds, fertiliser and advice from DARD.



■ Muziwakhe Nsele is becoming a successful businessman, thanks to his vegetable garden.

DARD MEC Bongive Sithole-Moloi says the One Home, One Garden and Fruit Tree programme assists families that are suffering because of COVID-19. She says: "The programme

remains a crucial seed for a sustainable rural economy and with specific interventions and support from DARD, it can reduce and eliminate poverty through subsistence farming." **U**

To be part of the programme, visit the office of DARD at your local municipality. The contact details of the DARD offices can be found on the department's website www.kzndard.gov.za. Alternatively, call the department at 033 355 9100.

Tips on how to start a garden:

- Make sure you know which plants your soil will support.
- Ready your garden by first ploughing the land more than once without planting.
- Add fertiliser.
- Remove all weeds.

U fhaṭa vhuṭshilo ha khwiṇe

Ubva kha nyimele i nyadziseaho ngei kusini kwa KwaNongoma, KwaZulu-Natal, Silondiwe Magwaza wa miṅwaha ya 23 o kunda zwithithisi zwinzhi u swikela muloro wawe wa u vha mulanguli wa zwa u fhaṭa.

U aluwa o tingwa nga themamveledziso dzi shaedzaho zwo ṭuṭuwedza Magwaza u sedzulusa nḡila ntswa dza u takusa tshitshavha tsha hawe. Zwa zwino ndi muraḡo wa u thoma kha muṭa wa hawe u wana digirii.

Magwaza o wana ndalukano Yunivesithi ya Witwatersrand nga 2019, he a wana digirii ya u thoma ya ngudo dza zwa u fhaṭa.

O amba uri: "KwaNongoma i na themamveledziso dzi shaedzaho vhuṭshilo nahone ṅetshedzo yadzo i nga i khou tshimbila nga nḡila ya u ongolowa. Ho sedzwa khaedu dzoṭhe dzine dza livhana na ḡorobo yapo, ndo ṭuṭuwedzea u ita tshiṅwe tshithu

tshi elanaho na zwa u fhaṭa u itela uri ndi vhe muṅwe wa vhatu vha shandukisaho nyimele ya zwino."

U wana hawe ndalukano a zwo ngo vha zwi leluwaho. Magwaza uri o wana zwi tshi mu konḡela u futelela nga mulandu wa mbilaelo dza tshifhinga tshoṭhe dza ndambedzo. Zwo ralo, Zhendedzi ḡa Thikhedzo ḡa Themamveledziso ḡa Masi-pala ḡo ḡidzhenisa uri ḡi thuse.

O amba uri: "Ndo vha ndi tshi dzulela u tsikea nga maanḡa nga mafhungo a ndambedzo sa zwi ndi tshi bva kha nyimele i si yavhuḡi. Izwo zwo vha izwo u swika nga 2018, musi ndi tshi wana basari kha vha MISA. Izwi zwo nthusa u ṭhaphudza digirii yanga ndi si tshe na muṅwe mutsiko. Nda wana zwoṭhe zwo badelwa, zwe nḡe nda vha ndi tshi tea u ita ho vha u sedzana na ngudo dzanga.

Magwaza ndi muṅwe wa matshudeni vha maḡana vha fhiraho kha mbeka-



■ Sa ene wa u thoma u wana digiri muṭani wa hawe, Silondiwe Magwaza u livhuwa MISA.

nyamushumo dza mveledziso ya vhaswa ya MISA ṅwaha muṅwe na muṅwe. Mbekanyamushumo dzi ṅetshedza ndambedzo na thikhedzo dza u thusa matshudeni u wana mishumo musi vho wana ndalukano.

O amba uri: "Ndo vha ndo sedza phanḡa kha vhuṭambo hashu ha u ambara magaweni a digiri. Ho vha

hu tshi ḡo amba zwinzhi ndo sedza zwauri ndo vha ndi tshi khou ya u vha wa u thoma u wana digiri muṭani wa hashu. Ndi kha ḡi fhuḡufhela uri ri vhe na vhuṭambo hashu ha u ambara magaweni a digiri, fhedzi izwi a zwi nga konadzei nga ṅwambo wa dwadze ḡa tshitzhili tsha corona."

Ṅḡowetshumo ya zwa u fhaṭa yo ḡalesa vhatu vha

vhanna.

O amba uri: "Tshiṅwe tshifhinga, vhafumakadzi vha a itwa uri vha pfe vha tshi ḡinyadza ngauri vhuṭshilo havho ha u ḡisa tshanduko vhu a timatimiwa. Tshiṅwe tshifhinga zwine vha amba a zwi thetsheswi.

"Ndo nanga vhuḡanguli ha zwa u fhaṭa ngauri ndi tenda zwauri ndi na maanḡa a u shandukisa ṅḡowetshumo na u khwinisa hu re na ṭhoḡea.

Ndo vhona vhafumakadzi kha ṅḡowetshumo heyi vha tshi khou swikela maimo a nḡha nahone vha na ṭhuṭuwedzo. Ndi tenda uri na nḡe ndi nga zwi kona. **U**

Basari dza MISA dzi a kungedzelwa kha www.misa.gov.za u bva nga Khubvumedzi, kha Facebook @MISA, kha Twitter @MISA_CoGTA na kha Instagram @MISA_CoGTA.

Don't share fake news!

Allison Cooper

Nelisiwe Dlamini (30), a researcher at the Council for Scientific and Industrial Research (CSIR), says it's important to verify stories from social media, especially those about the coronavirus (COVID-19), before sharing them.



"Some young people are becoming ringleaders of the spread of false information. This has the potential to create panic," she says.

Since the outbreak of COVID-19, the CSIR has created a dashboard to assist government and health

institutions to track the spread of misinformation, in order to avoid unnecessary public panic. The dashboard categorises information as misinformation (misleading content), disinformation (information that is untrue and mal-information (hate speech).

Dlamini is part of the team that does research and also helps categorise information in the dashboard.

A data dash-

board is an information management tool or website that tracks, analyses and displays information to monitor the performance of a business or department.

According to Dlamini, social media platforms become a great danger when used to share false information.

"Whether it's with the intention to harm or not, it creates social conflict, distracts people from the real issues and undermines government's, public authorities' and other organisations' efforts to curb the spread of COVID-19 and maintain social order."

She says there are numerous ways to identify fake news, including reading the whole story and not just the heading, being critical of everything you read and examining the source of the story.

"Reporting fake news is necessary, as it will help to take down fake news

stories from multiple platforms," says Dlamini.

A journey to research

Dlamini joined the CSIR in 2014, when she was awarded a studentship to pursue her MSc Computer Science degree. "It was a foot in the door for me and has since afforded me great opportunities," she says.

She was also awarded a grant from the Young Researcher's Establishment Fund, which she sites as a wonderful opportunity in her career.

Born in Pinetown, KwaZulu-Natal, Dlamini says women hoping to follow in her footsteps need to be interested in and have a passion for research.

To become a researcher, learners need to take maths and science in high school. "After school I studied computer science and information systems and technology, which laid a strong founda-

tion for me," says Dlamini, who also holds a BcomHon Information Systems and Technology degree.

She didn't always know she wanted to be a researcher. "When I joined the CSIR, I was so amazed by the multi-disciplinary research that is done to make a difference in our country," she says.

This Women's Day, Dlamini says if there was ever a time for women to be bold and do everything they have ever wished to do, it is now. "We need to support each other and unite and always remember to celebrate each other. This alone will propel us." **U**

You can report fake news by emailing fakenewsalert@dtps.gov.za, sending a WhatsApp to 067 966 4015 or on the website www.real411.org.