

Vuk'uzenzele

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English / Xitsonga

July 2020 Edition 2



Centres readied for little ones' return
Page 5



Being clean and sober is addict's new high
Page 7

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.

Cont. page 2



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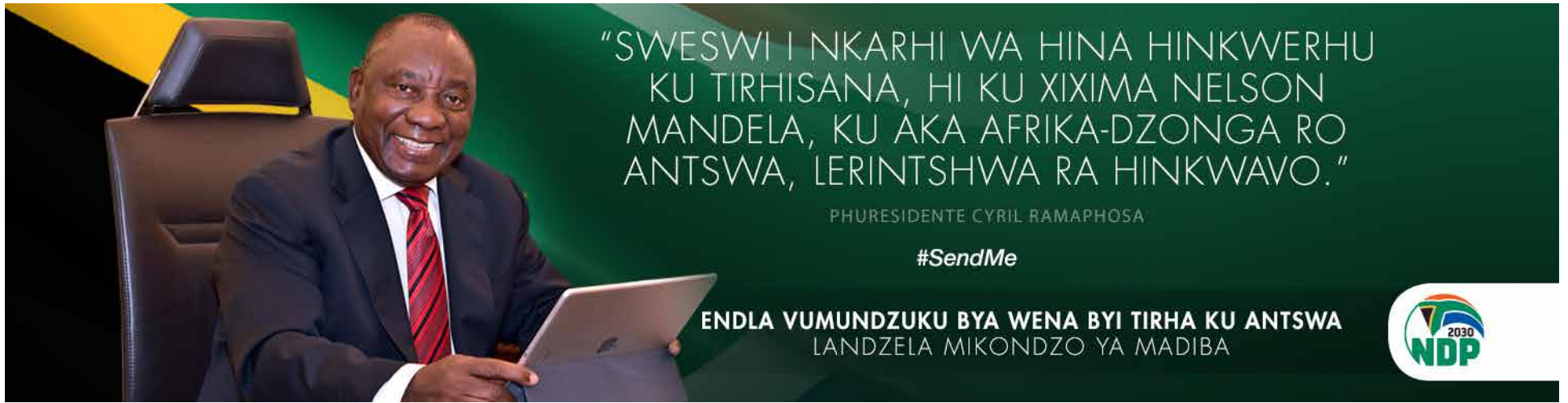
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"SWESWI I NKARHI WA HINA HINKWERHU KU TIRHISANA, HI KU XIXIMA NELSON MANDELA, KU AKA AFRIKA-DZONGA RO ANTSWA, LERINTSHWA RA HINKWAVO."

PHURESDENTE CYRIL RAMAPHOSA

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ENDLA VUMUNDZUKU BYA WENA BYI TIRHA KU ANTSWA
LANDZELA MIKONDZO YA MADIBA



Nxiximo wo hlawuleka wa vatirhi va ka hina va nhlayiso wa swa rihanyo



Nhlayo ya mafu h-kwalaho ka khoro-navhayirasi ku nga ri khale yi hundzile nthalo wa 2,000. Exikarhi ka lavaya va lahlekeriweke hi vutomi bya vona i vatirhi va swa rihanyo, tiphurofexinali leti nga na vutivi na swikili leti a ti ongola vavabyi, naswona a va ri nseketelo na vakhongoteri va lava nga exibedhlele lava tivekeke voxe kusuka eka mindyangu ya vona.

Leswaku vavanuna na vavasati lava va tirhaka leyo hlonipheka na ku chaviseka ya mitirho leyi hi vona lava va khomiwaka hi vuvabyi na ku hundza emisaveni i nkharisa lowu hetaka matimba.

Hi vona vuthu ra le mahlweni ra ku lwisana na ntungukulu lowu. Va le ku tirheni ehansi ka ntshikelelo lowukulu naswona va boheka ku byarha mpingu wa le miehleketsweni wa ku tiva leswaku va le nxungetweni wa ku khomiwa hi xitsongwatsongwana lexi. Hi vona tinghwazi ta vaxinuna na vaxisati ta ntiyiso ta nyimpi ya hina ehenhla ka khoronavhayirasi.

Hi losa maAfrika-Dzonga lava xitiyanhlana lava va sukelaka makaya ya vona, mindyangu na varhandziwa va vona ku ya entirhweni masiku hinkwawo etitlilini, eswibedhlele na le ka miako yin'wana ya swa

rihanyo. Kwalaho va phakela vukorhokeri bya nseketelo wa mafambiselo, bya nhlayiso wa swa vutshunguri na vukorhokeri byin'wana byo fana na ku basisa na ku phamela.

Tanihiloko va ri karhi va endla leswi ku nga ntirho wa vona wa xiphurofexinali, na hina ha boheka ku va endlela swo karhi vona na mindyangu ya vona.

Rihanyo ra vona na vuhlayiseki bya vona swi boheka ku va swa nkoka eka hinkwaswo.

Ha va xixima na ku va tiyisisa tanihi vavanuna na vavasati lava va kombiseke leswaku va tiyimiserile ku veka vutomi bya vona enxungetweni ku endla leswaku hina hi hanya.

Eka vona ku endla ntirho wa vona lowu lavaka ntamu swinene va dinga nseketelo wa hina xikan'we na nsirhelelo hi ku va nyika switirhisiwa swo sirhelela munhu yena n'wini (PPE).

Hi nseketelo wa Nkwama wa Nseketelano na minyikelo kusuka eka maAfrika-Dzonga vo tala hi un'weun'we, mabindzu, tifawundexini na mifumo yin'wana, hi kotile ku xava switirhisiwa swo sirhelela munhu yena n'wini swa vatirhi lava vuthu ra le mahlweni va xitiyanhlana. Laha ku veke na mikayivelo ya PPE swibedhlele swa ka hina swi le ku tirhaneni na yona ku tiyisisa leswaku yi

kumeka.

Ha swi tiva leswaku mfikelelo wa PPE a hi ntlhontlho wu ri woxe lowu vatirhi va ka hina va nhlayiso wa swa rihanyo va langutaneke na wona. Etikweni hinkwaro titlilini na swibedhlele swi langutana na mikayivelo ya vatirhi. Xiphiquo lexi xi le ku ololoxiwani.

Ku seketela ntirho lowu vatirhi va ka hina va vuthu ra le mahlweni va wu endlaka etikweni hinkwaro hi le ku rhumeleni ka Vaholobye na Swandla swa Vaholobye eka xin'wana na xin'wana xa swifundzatsongo etikweni ku vona hi ya hina mahlo mitlhontlho yo karhi leyi nga eka swifundzatsongo leswi na ku tirha na valawuri va swa rihanyo va swifundzakulu.

Hi dinga ku tirhisana ku teka magoza yo sirhelela rihanyo ku nga ri ntsena ra vatirhi va ka hina va vuthu ra le mahlweni kambe vuthu hinkwaro ra vatirhi.

Se ku vile na ntirho wa kahle swinene lowu endlaweke hi tiyuniyoni eka ku dyondzisa swirho hi mayelana na vula-wuri na nsivelo na nsivelamavabyi. Ti tlhela ti seketela ntirho wa Ndzawulo ya Mitirho na Vatirhi eka ku endla vukamberi bya le ndhawini ya ntirho ku tiyisisa leswaku ku na milawu ya rihanyo na vuhlayiseki leyi simekiweke ya vati-

rhi lava vuyelaka entirhweni.

To tala ta tiyuniyoni ta vatirhi ti tlhela ti nyika swirho swa tona vuxokoxoko bya khoronavhayirasi naswona vathori va le ku endleni ka maphumba ya vulemukisi.

Wun'wana wa mitlhontlho leyi yi tumbulukeke etikweni ra ka hina i ku hlekuriwa ka vanhu lava va kombeke vumbhoni bya ku va na khoronavhayirasi.

Tanihi rixaka, hi na vutihlamuleri bya nhlanganelo ku simula ku hlekuriwa ka vanhu lava khomiweke hi khoronavhayirasi. Ku vile na swiviko swo vavisa swa vanhu lava va nga eku tsan'wiwani emigangeni ya ka vona na swa ku va miganga yi kombisa ku vilela ehenhla ka vavabyi va khoronavhayirasi lava va amukeriwaka eswibedhlele na le titlilini ta le migangeni. Leswi swi boheka ku yima.

Tanihiloko hi hlanganile ku kondletela ku amukeriwaka vanhu lava hanyaka na HIV na ku yima hi tiya ehenhla ka ku xanisiwa, hi boheka ku komba ntwisiso, nkondzelelo, tintswalo, ku twela na ntwelavusiwana eka lavaya va tluleriweke hi xitsongwatsongwana na mindyangu ya vona.

Ku vuriwa leswaku ku hlekuriwa loku ku lawuriwa hi nchavo wa ku khomiwa vuvabyi na mpfumaleko wa ntwisiso. Ndlela ya kahle swinene ku hlula nchavo wa rintumbuluko wa vuvabyi na ntlulelo wa vuvabyi i ku landzelela milawu ya nsivelamavabyi leyi yi simekiweke.

Nchavo wa ntluletavuvabyi wu kona hakunene naswona i ntiyiso. Hi nkarhi wun'we, ha swi tiva leswi hi bohekaka ku swi endla ku tisirhelela hina na van'wana.

Ha swi tiva leswi swi vangaka xitsongwatsongwana na leswi hi nga swi endlaka ku tisirhelela eka ku tluleriwa hi vuvabyi.

Ha swi tiva leswaku hi boheka

ku siya mpfhukanyana exikarhi ka vanhu, ku tiveka wexe loko hi khumbanile na lava va tluleriweke hi vuvabyi na ku ya exibedhlele loko hi ri na swikombeto.


Hi boheka ku ya emahlweni hi leteriwa hi mitiyiso naswona ku nga ri maveriveri.

Nkarhi lowu munhu wihi kumbe wihi a nga vulaka leswaku a nga tiva munhu wihi kumbe wihi loyi a tluleriweke kumbe a khumbekeke hi khoronavhayirasi wu hundzile khale Sweswi, kutlula leswi swi nga tshama swi va xiswona, vanghana va hina, mindyangu, vatirhikulobye na vaakelana va dinga ku tweriwa na nseketelo.

Emasikwini, emavhikini na le tin'hwetini leta ha taka, mikarhi yin'wana hi ta tikuma hi ri na mimoya ya le hansa na ku va hi chava tanihiloko hi ri karhi hi vona tinhlayo ta vanhu lava khomiweke hi vuvabyi na ku lova ti ri karhi ti ya emahlweni ti tlakuka. Ku nga ha va ku ri leswaku swilo swi nyanyile, kambe ha tiyisisa leswaku hi ta antswa. Van'watisayense va ka hina na vatsundzuxi va swa vutshunguri va hi byele leswaku mpimo wa mitluletavuvabyi wu ta tlakuka tanihiloko hi ri karhi hi ya emaninginingini. Kambe hakunene wu ta ya ehansi.

Hi xixima vatirhi va swa rihanyo lava va lahlekeriweke hi vutomi bya vona va ri karhi va ongola vavabyi. Hi ku va tsundzuka, a hi tihlayiseni hina na vaakatikokulobye va hina hi ku tlanga xiphemu xa hina.

Hi ta xi hlula xitsongwatsongwana lexi kutani hi aka rixaka ra ka hina hi vuntshwa. Hi vonile mikarhi yo tika swinene naswona hi humelerile.

Hi nga hlayiseni matimba hambi xi ri xitiyanhlana loko hi ri karhi hi tirhisana ku ponisa vutomi. 

LESWINTSHWA HI KHORONAVHAYIRASI

N'wamapurasi lontsongo a kuma nseketelo wa COVID-19

N'WAMAPURASI loyi a ha taka wa le Kapa-Vuhumadyambu hi un'wana wa vavuyeriwa va Nkwama wa Mphalalo wa Khoronavhayirasi wa mfumo.

Silusapho Nyanda

Nomagcinandile Suduka (27) u kurisa ndzhaka ya ndyangu wa ka vona na rifumo hi ku vekisa eka vurimi.

N'wini wa 4 U na 4 Me Primary Cooperative emugangeni wa Mooiplaas u kumile nseketelo kusuka eka Nkwama wa Mphalalo wa Khoronavhayirasi (COVID-19) wa Ndzawulo ya Vurimi, Antswiso wa Misava na Nhluvukiso wa Matikoxikaya wa purasi ra yena ra matandza, swifuwo na matsavu.

Ndzawulo yi nyikile tivhawuchara leti nga na nkoka wa R1.2 wa tibilyoni eka van'wamapurasi lava dingaka.

Suduka u vula leswaku tivhawuchara ta yena ti ta



■ Nomagcinandile Suduka u cincile purasi ra ka vona ro tihanyisa ri va bindzu leritsongo.

n'wi pfuna ku kurisa tlhelo ra ku endlwa ka matandza ra bindzu ra yena. "Ndzi kumile tivhawuchara tinharhu leti endlaka R19 000. Vhawuchara ya R12 000 yo

xava 100 ra tihuku to tshikela matandza, vhawuchara ya R6 500 yo xava swakudya swa tihuku na vhawuchara ya R500 yo xava mirhi." U sungurile purasi ra yena

ra ku endla matandza hi ku phamela tihuku ta ka vona ta xintima hi swakudya swa tihuku to tshikela matandza, leswi swi endlaka leswaku tihuku ti tshikela matandza ti nga hlanganangi na tihuku ta xinuna. Sweswi tihuku ta yena ta 50 ti humesa 50 wa matandza siku na siku, lama a ma xavisaka vhiki na vhiki.

Suduka, loyi a tlhelaka a fuwa timbuti ta 73, 25 wa tinyimpfu na 25 wa tihomu, u sungurile vurimi hi 2015 endzhaku ka loko a kumile Xitifikhethi xa yena xa N6 xa Public Management kusuka eka Ikhala Training and Vocational Education and Training College. Endzhaku ka ku lemuka leswaku a ku nga ri na swivandlanene swa mitirho swo tala le handle, u kunguhatile ku teka purasi ra ka vona ro tihanyisa a ri cinca ri va bindzu ro vuye-

risa.

Suduka u vula leswaku: "Hi kurile hi karhi hi titoloveta swa mapurasi, hikwalaho endzhaku ka loko ndzi thwasile ndzi kunguhatile ku endla vurimi handle ko lava ntirho."

Leswi swi tikombile kuri xibohe xa nhlohloto, tanihiloko a kurisile nhlayo ya timbuti na tihomu.

Purasi ra Suduka ra tihekitara ta tsevu ra matsavu ri humesa mavele, mazambhala, swibalakatsa na tinyawa.

Mavele ma byariwa eka tihekitara ta mune, mazambhala eka hekitara yin'we, naswona swibalakatsa na tinyawa swi byariwa eka hekitara yin'we leyo hetelela.

Suduka u dyondzile swo tala kusuka eka COVID-19, ngopfungopfu leswaku rifuwo ra yena lerikulu i mavoko ya yena na ku tirha hi matimba. **V**

Grow your own food and save money

Silusapho Nyanda

Agardener 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." **V**

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.

Ku aka vutomi byo antswa

Kusuka eka masungulo ya xiyimo xa le hansi emugangeni wa KwaNongoma, eKwaZulu-Natal, Silondiwe Magwaza wa 23 wa malembe hi vukhale u hlurile swikanganyisi swo tala ku fikelela norho wa yena wo va mininjhere wa swa vumaki.

Ku kula a rhendzeriwile hi miako ya xiyimo xa le hansi swi hlohlolele Magwaza ku ringeta tindlela tintshwa ku tlakusa muganga wa ka vona.

Sweswi hi yena munhu wo sungula endyangwini wa ka vona ku kuma digiri.

Magwaza u thwase eYunivesithi ya Witwatersrand hi 2019, a kuma digiri ya masungulo ya tidyondzo ta vumaki.

"KwaNongoma yi na swimakiwakulu swa xiyimo xa le hansi naswona ku hluvuka swi tikomba swi nonoka swinene.

Hi ku languta mitlhonthlo leyi langutaneke dorobatsongo ra ka hina, ni hlohlolekile ku endla swin'wana ma yelana na vumaki leswaku

ndzi ta va un'wana wa vanhu lava nga ta cinca xiyimo xa sweswi," a vula.

Ku kuma nthwaso wa yena a swi nga olovi. Magwaza u vula leswaku swi n'wi tikerile ku yingisa hikwalaho ka ku vilela hi tihakelo. Kutani, *Municipal Infrastructure Support Agent (MISA)* yi ngenelerile ku pfuna.

"A ndzi hamba ndzi vilela swinene hi tihakelo hikuva ndzi karhi ndzi huma evuswetini. Sweswo swi ve kufika hi 2018, loko ndzi kuma basari kusuka eka MISA. Leswi swi ndzi pfunile ku va ndzi hetisa digiri ya mina ndzi ri hava mabibi. A ndzi hakeleriwile swilo hinkwaswo, leswi a ndzi fanele ku swi endla a kuri ku tinyiketela eka tidyondzo ta mina," a vula.

Magwaza hi un'wana wa madzana ya swichudeni leswi swi pasaka hikwalaho ka minongoloko yo hluvukisa vantshwa ya MISA lembe na lembe. Minongoloko leyi yi nyika tihakelo na nseketelo



■ Tanihi munhu wo sungula ku kuma digiri endyangwini wa ka vona, Silondiwe Magwaza u khensa MISA.

naswona yi pfuna swichudeni ku kuma mitirho loko se swi thwasile.

"A ndzi languterile ntlangu wo tlangela ku ambala gaweni. A swi ta vula swo tala tanihiloko a ndzi tava wo

sungula ku ambala gaweni endyangwini waka hina. Ndza tshemba leswaku hi ta va na nkhuvo wo tlangela ku ambala gaweni wa hina, kambe leswi swi nga ka swi nga koteki hikwalaho ka ntungukulu wa

khoronavhayirasi," a vula.

Indasitiri ya vumaki yi tele ngopfungopfu vavanuna.

"Mikarhi yin'wana, vavasati va endliwa leswaku va titwa va ri lavatsongo hikuva vuswikoti bya vona byo tisa ku cinca bya soriwa. Nkarhi wun'wana a va yingiseriwi.

"Ndzi ale ndzi hlawula vufambisi bya swa vumaki hikuva ndza tshemba leswaku ndzi na matimba yo cinca indasitiri leyi na ku yi antswisa laha swi faneleke. Ndzi vonile vavasati va ya eka swiyimo swa le henhla eka indasitiri leyi na ku va na nhlohlotelo. Ndza tshemba leswaku na mina ndzi ta fikelela," a vula. **U**

Tibasari ta MISA ti navetisiwa eka www.misa.gov.za kusuka hi Ndzati, eka Facebook @MISA, eka Twitter @MISA_CoGTA na le ka 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.



■ Passionate researcher at the CSIR, Nelisiwe Dlamini, warns South Africans, especially the youth, not to share fake news because it creates panic especially during the COVID-19 pandemic.

"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 in-

formation in the dashboard.

A data dashboard 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 foundation 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.