

# Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English / Xitsonga

September 2020 Edition 2



**Woza  
Metrics  
launched**

**Page 4**



**Save lives:  
Download  
COVID  
Alert SA**

**Page 6**

## Government moves against corruption



**Allison Cooper**

**P**resident Cyril Ramaphosa's promise to the nation to root out corruption relating to Coronavirus Disease (COVID-19) relief fund spending is being put

solidly into action, with various investigations underway and the suspension of numerous government officials.

The President established an anti-corruption centre, bringing together nine state law enforcement institutions, including the Special Investigat-

ing Unit (SIU), to investigate allegations of corruption in areas such as the distribution of food parcels, Unemployment Insurance Fund (UIF), social relief grants and the buying of medical supplies and personal protective equipment (PPE).

The President is determined that every instance of corrup-

tion will be thoroughly investigated, that those responsible for wrongdoing will be prosecuted and that all money should be recovered.

To ensure this, he signed a proclamation with the SIU to investigate any unlawful or improper conduct in the procurement of any goods, works

and services during or related to the national state of disaster in any state institution.

The President also asked Auditor General (AG) Kimi Makwetu to audit the key COVID-19 initiatives intro

**Cont. page 2**



To read Vuk'uzenzele download the GOVAPP on:



Search for SA Government on Google playstore or appstore

**CONTACT US**

Website: [www.gcis.gov.za](http://www.gcis.gov.za)  
[www.vukuzenzele.gov.za](http://www.vukuzenzele.gov.za)

Tshedimosetso House:  
1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 00083

Vuk'uzenzele

@VukuzenzeleNews

Email: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)  
Tel: (+27) 12 473 0353

**FREE COPY NOT FOR SALE**



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

PHURESCIDENTE CYRIL RAMAPHOSA

#SendMe

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



# Sirhelela vaxisati na vana va ka hina

**E**ka lembe leri nga hunda, hi siku leri fanka, magidi ya vaxisati, vaxinuna na vana va machile ku ya ePalamende ku ya kombisa ku vilela hikwalaho ka ku tlakuka ka ku pfinyiwa na ku dlayiwa ka vaxisati na van'hwanyana.

Hi nkarhi wolowo, tiko a ri chavisiwile hi ku dlayiwa ka Uyinene Mrwetyana, Leighandre Jegels, Jesse Hess na nhlayo ya vaxisati van'wana lava va nga lahlkeriwa hi vutomi bya vona emavokweni ya vaxinuna va tihanyi.

Ku suka eka vuyimelo hinkwabyo, lavantsongo na lavakulu, swichuden na vaxisati lava tirhaka, vakombisa ku vilela vo rhula a va khomile tipulakhadi leti a ti tsariwile

ku 'Enough is Enough' na 'Am I next?'. Ku vaviseka emoyeni na ku hlundzuka a swi tikile hi siku leriya.

Loko ndzi amukela swikoxo swa vona leswi swi nga vekiwa kahle, a swiri erivaleni eka mina leswaku hi fanele ku tirha hi ku hatlisa naswona hi ku tiyimisa. A swiri na nkoka eka mina leswaku a ndzi hlamulanga hi marito yo komba ku lulama na switshembiso swoka swi nga ri ntiyiso.

Endzhaku ka masikunyana, ndzi vitanile ntshamo wa nhlanganelo wa Palamende, laha hi nga tivisa hi Kungu ra Xilamulelamhangu ra Angulo ro lwsana na madzolonga yoya hi rimbewu na ku dlawa ka vaxisati (GBVF) ra R1.6 biliyoni.

Eka tin'hweti ta ntsevu leti nga hundza ta ku simekiwa, ku tirhisiwa ka mali eka tindzawulo to hambana hambana swi kongomisiwile hi vuntshwa ku seketela ku nghenelela ka nhlayiso na nseketelo wa vaponi, tikhapheni ta ku tivisa na nsivelu, ku antswisa milawu na tipholisi, ku tlakusa ku nyika vaxisati matimba ya xiikhonomi, na ku tiyisa sisiteme ya vululami.

Naswona sweswi hi le ka xiphemu xa ku cinca ka ku lulamisa milawu eka ku lwsana na (GBVF).

Milawumbisi yinharhu ya nkoka leyfambelanaka na (GBVF) yi tivisiwile ePalamende sweswinyana. Hi ku tivisa Milawumbisi leyf, hi xixima xitshembiso lexi hi nga xi endla eka vakombisa ku vilela lembe leri nga hundza na le ka vaxisati hinkwavo va tiko leri.

Milawumbisi leyf nharhu yi endliwile ku pfala mavangwa lama pfumelakvaendli va swo biha va vugevenga lebyi ku ceceleta vululamini na ku nyika ku khumbheka hi ku hetiseka eka timfanelo ta vaxisati na vana va tiko ra hina.

Milawumbisi leyf, loko yi hetisisiwile, yi ta pfuna ku vuyisela ku titshembha ka vaxisati va tiko ra hina leswaku hakunene nawu wu kona ku va sirhelela.

Wo sungula i nawumbisi wo simeka Nawu wa ku Cinca wa Nawu wa Vugevenga (Milandzu ya Swamasangu na timhaka leti fambelanaka). Leswi swi endla nandzu wunshwa wa ku chavisa hi timhaka ta swa masangu, wu ndlandlamuke-

la eka xiyimo xa nandzu wa ku endla timhaka ta swa masangu na xaka, naswona wu ndlandlamuxa ntirho wa ku mangala wa vanhu lava ehleketelelaka nandzu wa timhaka ta swa masangu lowu endliweke eka n'wana.

Wu anamisa xiyimo xa Rhijisitara ra Tiko ra Vaendli va swobiha hi timhaka ta swa masangu (NRSO)

ku katsa vuxokoxoko bya vaendli va swobiha hi timhaka ta swa masangu hinkwavo. Ku fika sweswi, swi endliwile ntsena eka vaendli va swo biha hi timhaka ta swa masangu lava nga voniwa nandzu wo xanisa hi timhaka ta swa masangu eka vana kumbe vanhu lava nga tsoniwa emiehleketweni. Nkarhi lowu vuxokoxoko bya vaendli va swo biha byi faneleke

ku tshama wona eka rhijisitara wu engeteleriwile, naswona lava va nga tsariwa eka rhijisitara va ta fanelo ku vula loko va rhumela swikombelo swa ku tirha na vanhu lava nga



sirhelelekangiki. Nawumbisi wuthlha wu endla leswaku mavito ya vanhu lama ma nga eka NRSO kuva ma vekiwa erivaleni.

Ku Cinciwa ka Nawumbisi wa Vugevenga na Timhaka leti Fambelanaka swa tiya, exikarhi ka swin'wana, ku nyikiwa ka beyili eka vaendli va swo biha va GBVF, na ku anamisa milandzu laha xigwevo xale hansi xi faneleke ku sindzisiwa.

Ku cinca ku sindzisa timfanelo tintshwa eka vatirhi va nawu na le ka tikhoto ta hina.

Loko muchuchisi a nga kaneti beyili eka milandzu ya GBVF, u faneleku rhekhoda swivangelo swa yena.

Handle ka loko muehleketeleriwa wa GBVF a nga nyikaka mhaka ya leswaku hikwalaho ka yini a faneleku humesiwa hi beyili, khoto yi faneleku kombela ku alela kunkondza mafambiselo ya nandzu wa vugevenga wu fika emakumu.

Eka ku fikelela xiboho xa xikombelo xa beyili, tikhoto ti boheka ku tekela enhlokweni timhaka to hlaya.

Ti katsa tirhipoto ta loko ku nga si sungula ku tengiwa eka ku navela ka

nete. Ku sivela xiyimo laha vaendli va swo biha va nga tumbetaka matimbu ya madzolonga ya le mindyangwini, ndhawu yo hlayisa misirhelo yi ta endliwa.

Ku cinca loku ku nykiweke mavonelo ku tlhela ku landzelela tindzawulo ta Nhluvukiso wa Vaaki, Dyondzo ya masungulo, Dyondzo ya le henbla na Rihanyu ku nyika vu-korhokeri byo karhi eka vaponi laha byi lavekaka na ku va hundzisela eka nhlayiso wa vutshamo na rihanyu.

Swiyimo leswi muchuchisi a nga alaka ku chuchisa loko milandzu yi endliwile ehansi ka Nawu lowu cinciweke kumbe ku rhabisa nandzu loko swi katsa ku vaviseka ka miri kumbe laha xidlayi xi nga tirhisiwa ku chavisa mumangali swi pimiwile.

Eka ku cinciwa lokukulu ka Nawu, loko un'wana a ri na vutivi, ku tshembha ko twala kumbe ku ehleketelela ko twala leswaku madzolonga ya le ndyangwini ya endliwile eka n'wana, munhu loyi a nga na vutsoniwa kumbe muduhari naswona a tsandzeka ku mangala nandzu lowu eka soxaliweke kumbe phorisa va nga fayiniwa kumbe ku khomiwa.

Kufana na, ku tsandzeka ka membara ya SAPS ku landzelela milawu ehansi ka Nawu yi ta tekiwa tanihi matikhomelo yo biha naswona yi faneleku mangariwa eka Matsalani wa Vukhorhokeri bya Maphorisa.

Nawu hi wona hi ntiyiso wu sirhelelaka xichava, ngopfu ngopfu lava nga sirhelelekangiki. Loko swi tirhisiwa kahle, i xitiyisi xa nawu xa matimba xa vululami.

Vaxisati va Afrika-Dzonga va karhelel hi swiendlo swo twela vusiwana leswi swi nga lunghiseki yin'wana ya timfanelo ta nkoka eka hinkwato - ku hanya eka ntshuxeko eka ku chava.

Mfumo lowu na vakhomaxiave va wona va ta endla swakahle hi vaxisati va Afrika-Dzonga. A hi nga va khomisi tingana.

# Woza Matrics yi simekiwa

**PHUROGIREME YA WOZA MATRICS** yi kongomisiwile ku pfuna vadyondzi va Giredi 12 leswaku va pasa swikambelo swa vona.



## Dale Hes

Vadyondzi va metiriki va nan'wa-ka va hlanganile na mitlhotlhlo yo tala hikokwalaho ka vuvabyi bya Khoronavhayiras (COVID-19).

Ndzawulo ya Dyondzo ya Masungulo yi tiyisisile leswaku ku pfuriwa ka swikolo nakambe i swin'wana swa swirhangana swa yona swa le henbla, ku katsa na ku seketela vadyondzi hi tiphurogireme to hambarahambana ku va pfuna leswaku va hetisa lembedyondzo hi ndlela leyi humelakla.

Yin'wana ya tiphurogireme leti i Woza Matrics, leyi simekiweke hi Ndzhati hi ku tirhisana na vanakulorhi va vuhaxi na vativinkulu va dyondzo.

Tanihi xiphemu xa phurogireme, tidyondzoxidzi ta ntsevu ta ka metiriki ta karhi ta haxiwa emoyeni eka SABC, DSTV na Openview (chanele 122) masiku hinkwawo ku ringana mavhiki ya ntsevu ku suka hi 8 ku fika 10 nimixo na 1 ku fika 3 nimadyambu. Xikongomelo i ku pfuna vadyondzi ku tilulamisela swikambelo swa vona swo hetelela.

Switirhisiwa leswi swi ta tlhela swi nyika tidyondzo leti humelelaka hi nkarhi walowo ti haxiwaka hi wona, laha vadyondzi va nga vutisaka vadyondzisi swivutiso. Switsundzuxo swa swikambelo naswona swa nyikiwa. Woza Matrics yi lemuka leswaku hambileswi vadyondzi hin-kwavo va nga lahlkeriwa hi nkarhi wa vona wo dyondza, vadyondzi va ka Giredi 12 va khumbhekile ku tlula vadyondzi hinkwavo hikuva timaraka ta vona ti na nkoka swinene eka vumundzuku bya vona bya mitirho na ku amukeriwa ka vona eyunivhesithi.

Holobye wa Dyondzo ya Masungulo Angie Motshikga u vula leswaku phurogireme leyi yi na nkoka loko ku langutiwa ku kavanyetiwa loku ku nga va kona loku ku vangiweke hi COVID-19.

"Metiriki yi na ntshikelelo kambe 2020 yi vile na mintshikelelo yo tala. Ndzi rhandza ku hoyozela vadyondzi hinkwavo va ka Giredi 12 na mindyangu ya vona eka ku tiyisela na vutinyeketi bya vona. Swi le rivaleni leswaku nseketelo wo ngetelela wa laveka eka vadyondzi na swona hi ta ya emahlweni hi

endla tano. Ku sele tin'hweti to hlaya hi nga si fika emakumu ka lembe naswona Woza Matrics ri ta nyika vadyondzi nseketelo lowu va wu lavaka ku tilulamisela swikambelo swo hetelela," a vula.

Phurogireme leyi iyo hlawa-leka hikuva yi kongomisiwile eka vanyingi va vadyondzi va Giredi 12 lava va nga koteki ku fikelela inthanete na vuhanaganisi byin'wana bya xidijitali nkarhi na nkarhi. Vuhaxi byi ta va kona leswaku byi fikelela vanyingi va 1.2 miliyoni wa vadyondzi lava va nga ta tsala Metiriki hi Hukuri. Khansele ya Vaholobye va Dyondzo yi khutazile vadyondzi hin-kwavo na vatswari ku tirhisa switirhisiwa leswi.

CEO wa SABC Madoda Mxakwe u vula leswaku nhlangano lowu wa vuhaxi wa tinyungubyisa ku va xiphemu xa pfhumba leri.

"Hi tsakile ngopfu ku va un'wana wa swiyengenkulu leswi tiyimiseleke ku sirhelela lembexidyondzo ra ka Metiriki ra 2020. Tanihi muhaxi wa tiko hinkwaro, ha boheka ku tiyisisa leswaku minonganoko ya hina yi katsa tiphurogireme to hlaya ta tidyondzo, ngo-pfungopfu hi nkarhi lowu ti lavekaka ngopfu."

## Swivutiso swa wena swi hlamuriwa

### Hi tihis tidyondzo leti khumbhekaka?

- Tinhlayo
- Ntivotiko (Geography)
- Sayense ya Vutomi (Life Sciences)
- Sayense ya Mbalango (Physical Sciences)
- Ntivotinkota (Accounting)
- Tinhlayonhlayo (Maths Literacy).

### Hikokwalaho ka yini mikarhi ley i hlawuriwile hikuva vadyondzi va nga va va ri exikolweni?

- Mikarhi yo ya exikolweni ya hambana hi ku ya hi swifundza na swifundzankulu hikokwalaho ka nawu wo siya pfhuka exikarhi ka vanhu. Vadyondzi va ka metiriki va ta va va ri emakaya hi nkarhi wa vuhaxi.
- tiphesente titsongo ta vadyondzi na vona va karhi va dyondza va ri emakaya.
- Minonganoko yi ta haxiwa hi ku vuyelela endzhaku ka 4 nimadyambu eka Openview yi tlhela yi va kona eka DSTV Catch-Up.

### Hikokwalaho ka yini hi vulavula hi Metiriki ntsena?

- Vadyondzi va ka Metiriki va le hansi ka ntshikelelo wo pulana vutomi bya vona endzhaku ka Metiriki.
- Vadyondzi va ka Metiriki va hlanganile na ku kavanyetiwa eka tidyondzo ta vona ku suka hi Nyenyenyan hikuva vundzeni bya tidyondzo ta vona a byi hungutiwanga.
- Vadyondzi va ka Metiriki va tlhelerile endzhaku swinene eka tidyondzo ta vona.

### Xana nonganoko wa vuhaxi bya tidyondzo leti ndzi ta wu kuma kwihi?

Nonganoko wa vuhaxi wa kumeka eka swiletelo swa TV na le ka webisayiti ya Woza Matrics eka wozametrics.co.za. Vuhaxi byo vuyelela byi ta va kona.

### Xana nseketelo wa karhi wu nyikiwa vatswari na vadyondzisi?

Ina. Nonganoko wa vuhaxi wu ta va na minonganokontsongo ya switsundzuxo eka vatswari hi tindlela to seketela vana va vona lava endlaka Metiriki. Yin'wana ya minonganokontsongo ley i ta languta vadyondzi naswona xitirhisiwa xa WhatsApp xa Ndzwawulo ya Dyondzo ya Masungulo xa Teacher Connect WhatsApp xi ta hangalasa timhakankulu eka vadyondzisi.

### Xana nonganoko wu ta tlhela wu lwa na mintshikelelo ley i langutaneke na vadyondzi va ka Metiriki?

Ina. Ku ta va na minonganokontsongo yo hlaya ley i nyikaka swiletelo leswi yelanaka na vutomi bya swichudeni, ku lwa na ntshikelelo na ku chava.

# Nseketelo wa khoto wa vatwisiwakuvara va GBV



## More Matshediso

**L**oko u xanisiwile hi madzolonga ya rimbe-wu (GBV) naswona u lava nseketelo ekhoto, Nhlangano wa Vuchuchisi wa Rixa-ka (NPA) wu na vukorhokerhi byo hlawuleka lebyi wu nga ku pfunaka hi byona.

Phurogireme ya Vululamisel o bya Khoto ya Ke Bona Lesedi yi kona eTikhoto ta Milandzu ya Timhaka ta Masangu to tala na tin'wana tikhoto leti tirhanaka na GBV. Ke Bona Lesedi swi vula 'Ndzi vona ku vonakala' loko swi hundzuluxiwa ku suka eka Xitswana.

Mutwisiwakuvara wa GBV a nga yisa xikombelo eka NPA ku ya kuma mpfuno. Muchuchi-

sinkulu kumbe mufambisi wa vululamisel o bya khoto u ta ya emahlweni a hlawula muofisiri wa vululamisel o bya khoto leswaku a ta pfuneta eka timhaka leti.

"Vukorhokerhi lebyi a byi tshembhisi mbuyelo wo karhi mayelana na nandzu naswona ntokoto wa munhu un'wana na un'wana a wu fani na wa wun'wana. Hambiswiritano byi nyika mutwisiwakuvara matimba na ku n'wi vuyisela xindzhuti xa yena," ku vula xitativende xa NPA.

Ku na 161 wa vaofisiri va vululamisel o etikhoto to hambahambana etikweni hinkwaro.

Vukorhokerhi lebyi i byin'wana bya vupfhumba lebyi tivisiweke hi mfumo ku lwa na ndzhukano

wa GBV.

Hi ku ya hi NPA, mumanganandzu, mutwisiwakuvara, muponi kumbe mbhoni va ta hlanganisiwa hi muofisiri wa vululamisel o bya khoto ku suka ekhoto laha a nga ta nyika vu-mbhoni bya yena kona.

Muofisiri wa vululamisel o bya khoto u ta va kona ku seketela mumanganandzu ekhoto na hi nkarhi wa ku tengiwa ka nandzu. Switirhi swo hlawuleka swa tirhisiwa ku komba mutwi-siwakuvara hi mahlo ya yena leswaku u tekeriwa enhlokweni, ku hlayiseka na ku hloniphwa.

Vamangananandzu va nga ha tirhisa tindzimi ta vona naswona muofisiri wa vululamisel o bya khoto u ta tiyisisa leswaku mutwisiwakuvara u rhumeri-wa eka xiyege xa vutsundzuxi kumbe therapi, hi xikongomelo xo hetisisa rendzo ra yena.

Vavasati na vana vo tala lava xanisiweke hi GBV, xikombiso, ku pfinya, va khumbheka mayelana na ku ya ekhoto ku ya nyika vumbhoni lebyi yelanaka ni ku humesa vuxokoxoko bya timhaka ta masangu emahlweni ka vanhu vo ka va nga va tivi.

Vukorhokerhi lebyi byi ta va pfuna leswaku va oloveriwa.

U nga tihlanganisa na Mufambisi/Muhlanganisi wa Vululamisel o bya Khoto exifundzeninkulu xa wena hi ku ba riqingho kumbe ku emeyila eka vuolanganisi lebyi byi nga laha hansi:

- **Kapa Vuhumadyambu (Grahamstown)**  
– Pumla Nomfemele- 041 502 5443 –  
*Pnomfemele@justice.gov.za*
- **Kapa Vuhumadyambu (Mthatha)** – Sindisiwe Buthelezi – 047 501 2646 – *Sbuthelezi@npa.gov.za*
- **Free State** – Ena Liebenberg – 051 410 6029 – *Eliebenberg@npa.gov.za*
- **Gauteng (Joni)** – Asewa Fundi – 011 220 4085 – *Afundi@npa.gov.za*
- **Gauteng (Pitori)** – Esther Kabini – 012 351 6713 – *EKabini@npa.gov.za*
- **Kwa-Zulu Natal** – Roelien Wiesner – 033 3928712 – *RWiesner@npa.gov.za*
- **Limpopo** – Reneilwe Mashamaite – 015 483 0302 – *Rmashamaite@justice.gov.za*
- **Kapa N'walungu** – Henley Nathan Sass – 054 337 5375 – *HSass@justice.gov.za*
- **N'walungu Vupeladyambu** – Mmanotshe Seletisha – 012 700 9000 – *Mseletisha@justice.gov.za*
- **Kapa Vupeladyambu** – Gary Titus – 021 487 7287/021 421 7287 – *Gvtitus@npa.gov.za*
- **Hofisinkulu ya-NPA** – Karen Tewson – 012 845 6399/012 812 6399 – *Ktewson@npa.gov.za*

Tinomboro tin'wana ta nkoka leti lavaka ku hlayisiwa:

- Vukorhokerhi bya ndzindzakhombo bya SAPS: 10111
- Sethara ya Ndzeriso wa GBV: 0800 428 428 kumbe u photosa \*120\*7867# ku suka eka selula yin'wana na yin'wana.
- Vanhu lava va nga na vutsoniwa: rhumela xihungwana 'help' eka 31531
- Nomboro ya mpfuno ya nhlaselo wa vavasati: 0800 150 150
- Nomboro ya mpfuno wa vanhu ya Afrika-Dzonga: 0800 055 555
- Nomboro ya Vugevenga ya SAPS: 0860 10111 kumbe SMS 32211
- Swivilelo swa vukorhokerhi bya GBVF (SAPS): 0800 333 177/ *complaintsnodalpoint@saps.gov.za*
- Nomboro ya Mpfuno wa Madzolonga ya le Mindyangwini: 0800 150 150
- Nomboro ya Mpfuno wa AIDS: 0800 012 322

# How to deal with divorce

## More Matshediso

**D**ivorce can be a painful separation of two people who were once married and loved each other at a certain point in their lives.

This is according to Ntwagae Shuping, a social worker supervisor at Bophelong Psychiatric Hospital in North West.

He further defines the concept of divorce as the death of marriage and says it impacts on the people who are close to the couple, especially if the two people were committed to each other.

Shuping says there are various challenges that married people face in their union

and sometimes they choose to divorce instead of working things out.

### "Divorce is not just the relational separation of the couple.

**It has emotional, mental, spiritual, financial and physical impacts on those involved. They also fear the unknown."**

**He says the following issues could lead to divorce:**

- Spouses having different belief systems, which re-

sults in conflict.

- Interfering or over-involved in-laws.
  - The inability to conceive children.
  - Different approaches or opinions to disciplining children.
  - Infidelity or having children out of wedlock.
  - Improper use of money.
  - Unhealthy sexual relationship between the couple.
  - Domestic violence.
- "Divorce is not just the relational separation of the couple. It has emotional, mental, spiritual, financial and physical impacts on those involved. They also fear the unknown," Shuping adds.

Sometimes, once a divorce

has been finalised, the divorcees experience challenges that include fighting for custody of the children, depression and the loss of assets.

### Advice for managing divorce

As a professional who sometimes provides counselling to people who have been affected by divorce, Shuping has a few tips for those who find it hard to accept the reality of being divorced.

- If you have done your best to salvage your marriage, honestly, let go.
- Speak to the people who you trust and who value you, such as your support system.

• Renew your strength and try to start a new life after divorce.

• If you think you are the cause of the divorce, ask for forgiveness and forgive yourself too.

• Allow yourself to go through all the stages of loss.

• Guard against harbouring a grudge against your ex-partner. This grudge will slow down your healing. harbouring a grudge will destroy future relationships if you want to remarry.

• Leave the door open for reconciliation.

While getting a divorce ends a chapter in your life – and you will feel a range of emotions, from anger and loss to frustration and possibly relief – he says it is important to remember that it also signals a new beginning.