

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English / Tshivenda

November 2020 Edition 1



Avoid becoming a human trafficking victim Page 5



STAY SAFE
PROTECT SOUTH AFRICA
TOGETHER WE CAN BEAT CORONAVIRUS



Lucky leads flourishing gaming business Page 7

SA rolls up sleeves to recover from COVID-19



“This is a plan through which all of us as South Africans should work together to build a new economy.”

in the economy, securing our energy supply, and freeing up digital infrastructure,” he added.

This plan directly responds to

and reliable energy supply within two years;

- Create and support over 800 000 work opportunities in the immediate term to respond to job losses;
- Unlock more than R1 trillion in infrastructure investment over the next four years;
- Reduce data costs for every South African and expand broadband access to low-income households;
- Reverse the decline of the local manufacturing sector and promote reindustrialisation through deeper levels of localisation and exports;
- Resuscitate vulnerable sectors such as tourism, which have been hard hit by the pandemic.

According to the modelling done by National Treasury, the implementation of this plan will raise growth to around three percent on average over the next 10 years.

the immediate economic impact of COVID-19 by driving job creation and expanding support for vulnerable households.

“We aim to do this primarily through a major infrastructure programme and a large-scale employment stimulus, coupled with an intensive localisation drive and industrial expansion,” says President Ramaphosa.

According to the President, the interventions outlined in this plan will:

- Achieve sufficient, secure

More Matshediso

President Cyril Ramaphosa recently announced government's Reconstruction and Recovery Plan to help South Africa recover from the devastating economic impact of the COVID-19

pandemic.

The announcement was made at a Joint Hybrid Sitting of Parliament.

The President says it is important to get people back into the jobs they lost during the Coronavirus (COVID-19) pandemic.

“We are determined to create more employment opportuni-

ties for those who were unemployed before the pandemic or who had given up looking for work,” the President says.

“This means unleashing the potential of our economy by, among others, implementing necessary reforms, removing regulatory barriers that increase costs and create inefficiencies

Cont. page 2



To read Vuk'uzenzele download the GOVAPP on:



Search for SA Government on Google playstore or appstore

CONTACT US

 Vuk'uzenzele  @VukuzenzeleNews

Website: www.gcis.gov.za
www.vukuzenzele.gov.za

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

Tshedimosetso House:

1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

FREE COPY NOT FOR SALE



U tutuwedza ikonōmi i shumaho

Urwelwa tari ha mbekanyamushumo ya Tshituwedi tsha Vhusikamushumo tsha Muphuresidennde vhege yo fheleho zwo sumbedza tsudzuluwo ya mutheo kha maitete ashu a u lwa na vhusayamushumo..

Ri khou dzhia vhukando vuhulwane vhukuma na vuhovheleli ha vhubinduzi u lambedza vhukoni ha vathu, hune muvhuso wa vha musiki na mukonisi wa mishumo.

Tshituwedi tsha Vhusikamushumo tsha Muphuresidennde ndi tshi sa athu vhonwa kha tshikalo na vuphara hatsho nahone tshi katela vhubinduzi ha u lambedza vathu ha masheleli a lingano R100 bilioni minwahani miraru i daho.

Ri do tsireledza na u sika mishumo yo netshedzwaho masheleni thwii na thusedzo dza u tikedza kha zwa u ditshidza musu mimaraga ya zwa mishumo i tshi khou vha khwine nga murahu ha tshiwo tsha tshitzhili tsha corona. Tshinwe na tshinwe tsha izwi tsho lugela u thomiwa, nahone zwi tou vha nyengedzedzo ya vhu dikumedzeli vhu re hone.

Musi dzinwe thusedzo dzo fhatwa nga kha maanda a mbekanyamushumo dzi re hone, tshituwedi tshi dovha tsha katela ndila ntswa na vhutumbuli.

Izwi zwi katela u dikumedzela kha zwine ra zwi vhidza uri 'mushumo wa tshitshavha'. Ri khou shuma kha mahumbulwa a kale a uri a hu na thahalelo ya mishumo une wa fanela u itwa u tandulula thaidzo nznhi dza matshiliso tshitshavhani tshashu. Tshipikwa ndi u tikedza vhukoni vuhulwane vhu vho nahalo, vhukoni ha vhurangeli na ha zwiimiswa vhu re hone tshitshavhani nga vuphara u dzhenisa vathu mushumoni une wa dzhiela ntha madzangalelo a vhothe. Mushumo uyu u kwama thero dza tshaka dzo fhambanaho, hu tshi katela tsireledzo ya zwiliwa, u fhelisa khakhathi dzo ditikaho nga mbeu, u khwinifhadza madzulo a tshayanadzanywa na zwinwe

zwinzhi.

Hezwi zwi do engedza ndingedzo dza sekhithara ya phuraivethe, zwi tshi tendela tshikalo tshihulwane na tshanduko kha zwa matshiliso khathihi na ndila ntswa dza vhusumisani na tshitshavha.

Tshituwedi tshi katela mbekanyamushumo ya lushaka ntswa ya u thola vathu sa vha gudisi na vathusi zwikoloni. Zwikolo zwi khou thola vathu zwa zwino, u netshedza zwikhala zwiswa kha vhu po vhuwe na vhuwe u mona na shango nga vuphara.

Mushumo wa muvhuso a si mushumo u sa todi zwikili fhedzi. Hu khou sedzwa na kha masia othe a vho khunyeledzaho pfunzo dza ntha, na zwikhala zwa vhaongi, vho gudelaho saintsi, vha mishumo ya zwanza na vhanwevho.

Tshituwedi tshi do dovha tsha tsireledza mishumo kha dzisekhithara dzi sa koniho u ditsireledza dzo kwameaho lu shushaho nga dwadze. Thikhedzo i do netshedzwa vhashumi kha Mveledziso ya Nyaluwo ya Nwana a tsho Mutuku, nga manndesa vha dishumi vha vhafumakadzi Vhorabulasi vhatuku vha fira ho 74,000 vha do tangedza mindende ya ndambedzo kha zwa mveledzo.

Sa lushaka, ri toda vhu tsila na mvelele u takusa mimuya yashu hafhu – tshituwedi tshi netshedza ndambedzo ya masheleni ntswa u thusa sekhithara uri i dovhe i kone u diimisa, zwi tshi katela na thikhedzo kha u sikwa ha zwi re ngomu ha didzhithala na u tangedzwa vhu vhambadzi ha elékithroniki kha inthanethe.

Hezwi zwi do konisa vha tsila u dowela milayo miswa ya zwa maraga ye dwadze la ri hwesa yone rothe na u dzhavhula zwikhala zwiswa zwa nyaluwo.

Tshikonisi tsha ndeme tsha tsiko ya mishumo nga vuphara, tsho itwaho uri tshi vhe tsha vhu thogwa vhu kuma nga dwadze, ndi vhu tumani. U kunda u fhandekana ha didzhithala, tshituwedi tshi

do netshedza zwirathisi zwo angalalaho zwa luvhilo luhulu zwi sa duriho kha midji ya mbuelo thukhu nga kha thikhedzo ntswa dza thumanyo na tangedzwa ya WiFi ya mahala ya nnyi na nnyi.

Musi shango jashu li tshi khou vha khwine u bva kha mutshinyalo wo vhangwaho nga dwadze la tshitzhili tsha corona, ri hune a ri timatimi vuhulu ha mishumo u re phanda hashu.

Ri fanela u swikela mvusuludzo ya ikononi i katelaho vathu vhothe nga u tsvhanya. Ri fanela u ita uri vhu nzhi ha vathu vhashu vha khou dovha hafhu vha shuma. Ri fanela u dovha ra kona u bvelela hafhu kha netshedzo ya tshumelo ya ndeme na themamveledziso ya ndeme, ri tshi tandulula hafhu khaedu dza zwa matshiliso na u shandukisa lokhesheni na vhu po ha mahayani. Mushumo wa tshitshavha ndi tshishumiswa tshine tsha nga ita zwothe zwa zwi re afho ntha: u sika mishumo kha tshikalo tshi todeaho lwa tshifhinganyana musu maraga i tshi khou vhu lelelana ngonani, na u sika ndeme ya matshiliso kha mishumo wonoyo.

Tsumbo i dzulela u tanzelwa kha mbekanyamushumo khulwane dza zwa mishumo ya tshitshavha dzo thomiwaho nga United States nga murahu ha Mutsiko Muhulu wa Ikononi minwahani ya vho 1930. Itshi a tsho ngo vha tshituwedi fhedzi, tsho dovha tsha takusela ntha u shela mulenzhe nga tshitshavha na mukatelo.

Hu na tsumbo dzo vhalaho dza mbekanyamushumo dza vhutumbuli ha mishumo wa tshitshavha kha lifhasi li khou bvelelaho, hu tshi katelwa na India, Ethiopia na fano Afrika Tshipembe. Mbekanyamushumo idzi dzi ita vhubinduzi thwii kha ikononi dzapo, dzi tshi swikela vhu po vhu shayaho u thoma, u tikedza mabindu matuku apo u bva afho dza rothela dzi tshi ya kha ikononi nga vuphara.

Dzi dovha dza tutuwedza u shela mulenzhe nga tshitshavha na mukatelo, dzi

tshi netshedza lushaka ndila dza u shandukisa matshilo avho sa musu vha tshi thoma maitete maswa a zwa mushumo. Nga u ita izwi, vha shela mulenzhe kha u shandukisa zwothe kha ndinganyiso yapo na kha tshitshavha tsho tangedzwa.

Ndambedzo nga muvhuso kha tshitshavha u tikedza mishumo na u sika zwikhala zwa ikononi zwi vhubaho ndeme ya matshiliso zwi ita zwithu zwizhi u fhira u tandulula tshiwo tsha u shayea ha mishumo fhedzi.

Zwi nea phindulo, ngauri zwi shumisa zwishumiswa zwa muvhuso u fhindula kha thodea dza lushaka lwapo, hu nga vha vhu po ha u awela kana ha u dimvumvusa, tsireledzo ya zwiliwa, senthara dza mveledziso ya nyaluwo ya vhana vhatuku, kana u itela bada dza khwine dzi swikeleleaho.

I bvela phanda, ngauri i netshedza tsireledzo ya zwa matshiliso na tsireledzo ya mbuelo kha avho vha shayaho na zwiliwa ngauri vha khou balelwa u wana mishumo.

Ndi vhubinduzi kha vhu matshelo, ngauri i tikedza adzhenda ya u vusuludza ikononi nga vuphara nga u ita vathu vhashu uri vha shume kha u khwinisa themamveledziso ya lushaka na ya masipala.

Nga thikhedzo kha tshituwedi, ri khou sikela mishumo avho vha i todeaho, ra shandukisa lwa tshothe matshilo a zwitshavha zwothe.

U fana na mbekanyamushumo dza mishumo wa tshitshavha u mona na lifhasi, tshituwedi itshi tshi tikedza na u tshimbilelana na mishumo wa vhu thogwa wa sekhithara ya phuraivethe kha u sika mishumo. Tsho fhambana na zwinwe, ngauri musu mvusuludzo i tshi khou bvelela, tshikalo tsha mishumo ya tshitshavha tshi do tsela fhasi.

Tshenzhemo ya mishumo na zwiliwo wanwaho nga vhavhuelwa vha Tshituwedi tsha Vhusikamushumo tsha Muphuresidennde i do khwinisa khonadzeo dza u wana mishumo wo fanelaho.

Tshenzhemo yo wanwaho i dovha ya vha ndila ya u ya kha mishumo wa vhu dikumedzisi. Vhadzheneli vha do khwinifhadza zwikili na vhu kuni havho ha u thoma mabindu a vhone vha ne, vha nga shumisa mbuelo yo khatshaho yo netshedzwaho nga mushumo wa tshitshavha u ya kha ma nwe masia a minwe mishumo i disaho mbuelo.

Ndo dzulela u khwatshisedza uri tshiwo tsha COVID-19 ndi fashitere la zwikhala zwa u fhatwa khwine hafhu.

Nga tshino tshifhinga tsha vilili lihulwane, ri do vha ri sa khou diitela tshilidzi nga u ita pfulufhedziso dzi sa konadzei dzi no disa ndavhelelo, ra vho fhedza ri khou kundelwa u dzi swikelela. Ndi ngazwo thusedzo na thikhedzo dzothe dza mishumo na zwa u kona u ditshidza dzi tshi lambedzwa lwo fhelelaho, hu na pulane ya u thomiwa ha mishumo i re khagala.

Tshituwedi tsha vhusikamushumo a si nga ha vhu dikumedzeli vhu songo bviselwaho khagala u itela tshifhinga tshi daho, fhedzi ndi nga ha u sikiwa ha mishumo hanefha zwino.

Tshituwedi ndi mbuelo ya vhu vhudzisi na vhu kwamani ho angalalaho na mihasho ya lushaka, mavundu na dorobo khulwane uri zwi ole mbekanyamushumo ya mishumo ine ya nga bviswa kana u aluswa kha minwedzi ya rathi.

Mihasho i thomaho mushumo na vhanwe vhashumisani kana vathu vha kwameaho vho lingwa vhu kuni havho ha u kona u thoma tshithu nga vhu ronwane.

Kha mbekanyamushumo dzothe dzi welaho nga fhasi ha tshituwedi, zwikhala zwi do kunguwedzwa nga vuphara na u tholiwa hu do vha hu sa dzhiho sia, ho vuleaho nahone hu re khagala.

Zwipikwa zwa ra divhetshela ndi zwine zwa konadze, zwi a kalea na u swikelele, zwa dovha hafhu zwa disa ngudo u bva kha tshenzhemo dzo fhiraho na maitete kwao a dzitshakatsaka.

Vathu vhashu vho lugela na u diimisele u shuma. Vhu kuni vhu huluhulu uvhu vhu fanela u langwa, na zwikili na vhu kuni zwashu rothe zwi do shumiswa kha u fhatwa nga huswa shango jashu nga murahu ha dwadze la tshitzhili tsha corona.

Tshituwedi tsha Vhusikamushumo tsha Muphuresidennde tshi netshedza tshikhala tsha u femuluwa kha vha mita ye ya kondelela vhu ria vhu lapfu vhu kondehaho vha tshi khou wana mbuelo dzo fhu ngudzwaho, na kha vathu vho fhedzaho tshifhinga tshilapfu vha sa shumi.

Mushumo wavhu di wa vhu kuma ndi pfanelo ya muthu mu nwe na mu nwe. Ndi tshiimo tsha nyaluwo ya ikononi tshi teaho u itea phanda ha zwothe na vhu dziki ha matshiliso.

Nga u shumisa pfanelo iyi ya mutheo, Tshituwedi tsha Vhusikamushumo tsha Muphuresidennde tshi khou shela mulenzhe zwihulu kha u kona u dzhia tsho nga u tsvhanya u fhatwa tshitshavha tshi shumaho.

Kha vha thivhele u vha tshipondwa tsha u rengiswa ha vhathu



Silusapho Nyanda

Musi tshivhalo tsha milandu ya u rengiswa ha vhathu i vhwahwa tshi tshi khou engedzea, ndi zwa ndeme uri vha dzhie maga u khwaṭhisedza tsiredzo yavho.

Uri vha sa vhe tshipondwa tsha u rengiswa ha vhathu vha fanela u ṭutshela u tshimbila vhe vhoṭhe vhusiku

kana zwiṭarātani zwi si na vhathu.

Ndi zwa ndeme uri vha limuwe zwine zwa khou bvelela hoṭhe hune vha vha hone zwifhinga zwoṭhe. U dzula vho fhaṭuwa zwi ḡo vha thusa u vhona zwithu zwo bvaho nḡa ha nḡila. Arali vha vhona muthu kana goloi i tshi khou vha sala murahu, kha vha wane fhethu ho ḡalaho vhathu vha kwame mapholisa kana

muthu ane vha mu fulufhela nga u ṭavhanyedza.

Vharengisi vha vhathu tshifhinga tshinzhi vha shumisa pfulufhedziso ya mushumo u dzhia nga khani zwipondwa zwavho vha dzhena zwipondwa izwo nga u zwi ḡea mu-shumo kana luḡwe lushaka lwa tshikhala. Maitele aya a zwiito izwi zwa u rengisa vhathu a nga itea huḡwe na huḡwe – na kha vhu-

davhidzani ha midia, tshikoloni, mimoḡoni na nḡa ha nḡu yavho.

Vha khwaṭhisedze uri vha ita ṭhoḡuluso ya vhurwane nga ha vhatholi vhenveho phanḡa ha musu vha tshi ya u ṭangana navho lwa ḡama u itela dziinthaviu. Hezwi zwi nga itiwa nga u khwaṭhisedza uri nangoho khamphani i a tshila nga u kwamana na Khomishini ya Nḡivho ya Ndaka na Dzikhampani.

Vha fanela u vhudza muthu ane vha mu fulufhela musu vha tshi khou ya inthaviu vha dzudzanya navho uri vha vha founele nga murahu ha tshifhinga tshingafhani. Arali zwi tshi konadzea, kha vha vhe na muḡwe wa u ṭuwa navho.

Vha ṭhogomele musu vha tshi shumisa vhudavhidzani nga midia, zwihulu musu muthu ane vha si mu ḡivhe a tshi ḡinetshedzela u thusa, u ḡea tshelede, fhethu ha u dzula kana tshikhala tsha mushumo hu phindulo ya zwe vha ḡwala.

Arali vha tshi khou ya u

ṭangana na muthu muswa, kha vha zwi ite fhethu ha nnyi na nnyi vha dovhe hafhu vha vhudze muthu ane vha mu fulufhela hune vha vha hone.

Musi vha tshi khou bva na vhana, vha vha sendedze tsini vha dovhe vha vhone uri vha khou kona u vha vhona tshifhinga tshoṭhe.

Vha songo vhuya vha ruma vhana u ya u ita mishumo mikene hu si na muthu muhulwane a fulufhedzeaho wa u vha ṭhogomela. Kha vha ḡidzhenise kha ḡo-welo ya u ṭola vhana vhavho tshifhinga tshoṭhe, uri vha ḡivhe hune vha vha hone.

Mafhungo aya vho a ḡetshedzwa nga Muhasho wa Vhulamukanyi na Mveledziso ya Ndayotewa

U ḡivha zwinzhi nga ha u rengiswa ha vhathu vha founele Nomboro ya Lushaka nga ha u rengiswa ha vhathu kha: 0800 222 777. U vha zwiito zwa u rengiswa ha vhathu vha founele mapholisa kha: 10111.

Healing childhood trauma

A NON-GOVERNMENTAL

organisation is working hard to help young children deal with past hurts and trauma in the Western Cape

Silusapho Nyanda

The Community Keepers non-governmental organisation (NGO) is addressing child abuse by providing 28 schools in the Western Cape with trauma counselling services.

The NGO has counsellors and social workers permanently located at schools in Cape Town and the Cape Winelands. The team of professionals assist pupils who have been victims of violence



at home or their local communities.

The NGO's Chief Executive Officer Gerrit Taning says

they treat pupils with different traumatic experiences through group and individual sessions.

"We work in disadvantaged communities where violence is prevalent. We help children who have experienced adverse childhood experiences such as abuse, loss, poverty and other challenges that are faced by children," says Taning.

One of the key topics the NGO seeks to address during sessions with the pupils is the belief that 'men don't cry'. The organisation aims to teach young boys to be in tune with their feelings and emotions. This will encourage young boys to talk about their feelings and experiences.

Taning says that trauma can cause behavioural problems in children.

"When there is a cycle of traumatic experiences that builds up it often affects children negatively. A quiet child will start lashing out and engaging in risky behaviour. A child that was outgoing suddenly becomes withdrawn. Some pupils go from the brightest students to not being able to keep up with their peers."

He says that trauma can be dealt with, but it requires proactive teaching of children before the cycle is repeated.

Schools looking to partner with Community Keepers can call 072 781 5535 or email info@community-keepers.org.