

# Vuk'uzenzele



Produced by: Government Communication & Information System (GCIS)

English/Setswana

Mopitlwe 2021 Kgatiso 1

**STATE OF THE NATION ADDRESS**

**GROW SOUTH AFRICA**

**SONA special edition**



## SA rolls up sleeves for COVID-19 vaccination



President Cyril Ramaphosa was one of the first South Africans to receive the Johnson & Johnson (J&J) COVID-19 vaccine.

**Allison Cooper**

President Cyril Ramaphosa and Health Minister Dr Zweli Mkhize recently led the nation by example when they launched South Africa's mass Coronavirus Disease (COVID-19) vaccination programme. They joined the first healthcare workers in the country to be vaccinated.

The President demonstrated his confidence in the Johnson & Johnson (J&J) COVID-19 vaccine and helped to allay people's fears when he was vaccinated against the virus at the Khayelitsha District Hospital in the Western Cape.

The first batch of J&J vaccines arrived in the country on 16 February.

"It gives me great pleasure to announce that the first batch of 80 000 doses of the J&J vaccine is being prepared for distribution across South Africa with immediate effect," the President says.

"As this batch has already been approved by the South African Health Products Regulatory Authority, these vaccines will be rapidly dispatched to all provinces," he added.

Most vaccination centres were ready to begin the vaccination programme from 17 February.

The President says he is pleased

that the vaccination programme commenced in mid-February, as was previously announced by government.

This feat was realised even though South Africa's roll-out of the AstraZeneca vaccine that arrived on 1 February, had to be suspended as they are not effective against the 501Y.V2 virus variant that is dominant in the country.

Minister Mkhize says the AstraZeneca vaccines will be distributed to countries that do not have the 501Y.V2 virus variant. "There will, therefore, be no wasteful expenditure," he confirmed.

"I would like to congratulate the Vaccine Inter-Ministerial Committee, the Ministerial Advisory Committee on Vaccines, Minister Mkhize and his team, and the Medical Research Council for responding so rapidly and effectively to this challenge," the President says.

Nurse Zoliswa Gidi-Dyosi will go down in history as South Africa's first healthcare worker to receive the vaccine. To date, over 380 000 healthcare workers have registered to be vaccinated.

### J&J vaccine is safe

The President confirmed that the J&J vaccine was shown to be safe

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"JAANONG KE NAKO YA GORE RE DIRE MMOGO,  
GO TLOTLA NELSON MANDELA, GO AGA AFORIKA  
BORWA E NTŠHWA, E E BOTOKA YA BOTLHE."

MOPRESITENTE CYRIL RAMAPHOSA

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RE GO AGELA BOKAMOSO JO BO BOTOKA  
RE ITHUTA GO TSWA MO DITIRONG TSA GA MADIBA



## Dikgato tsa go tsoolosa ikonomi



**M**o nakong e e sa fediseng pelo re tla bo re dira ngwaga e sale go begiwa ga kgetse ya ntlha ya mogare wa corona mo nageng ya rona. Leroborobo le bakile ditshenyegelo tse dintsi mo maokelong a naga le mo matshelong a dimilione tsa batho ba rona.

Bontsi jwa badiri ba latlhegetswe ke karolo ya lotseno la bona jaaka diura tsa tiro tsa bona di ne tsa fokodiwa le ba le bantsi ba le bogisitswe tiro. Dikgwebo di le mmalwa di itemogetse ditatlhegelo tse dintsi ka ntlha ya go fokotsa ga ditiro tsa tsona. Tse dingwe tsona di ne tsa gapeletsega go tswalwa. Batho ba ba rekisang mo mebileng le bona ba amegile thata.

Se se boima go gaisa ke gore leroborobo leno le fetile ka matshelo a bao mo malapeng a le mantsi e neng e le bona batlamedi, ba a tlogela a humanegile le go sa itse se isago e ba tsholetseng sona.

Ke sona seo dikgato tse di anameng tsa namolo tseo di neng tsa diragadiwa di ne di le botlhokwa ebile di le makgabeadipapetla. Mme, jaanong ka gore go setse go

fetile bokana ka ngwaga, re ka re dikgato tseno di itshupile di le molemo.

Mo dikgatong tsa namolo tse di tsenyeletsang tsotlhe tseo di neng tsa itsisiwe, gongwe dikgato di le pedi tseo di nnileng le seabe se segolo e ne e le thuso ya loago e e kgethegileng ya COVID-19 mmogo le ya Sekema sa UIF sa go Thusa Mothapi/Modiri sa COVID-19, seo se itsegeng thata ka COVID TERS.

Re ne re ka se kgone go thankgolola dikgato tseno mo sebakeng sa nako e e khutshwane jaana fa re kabo re sena mafaratlhatlha a magolo a tshireletso ya loago ao a setseng a le gona.

Re ne ra kgona go samagana le tlhoko eno e kgolo ebile e le makgabeadipapetla go setšhaba sa rona ka ditebogo go mafaratlhatlha a magolo naga ka bophara le ditsamaiso tsa Setheo sa Tshireletso ya Loago sa Aforika Borwa (SASSA) le Letlola la Inšorense ya go Kgaolwa kwa Tiron (UIF).

Tota go ne go na le mathata a setegeniki le a mangwe mo tseleng, fela bontsi jwa tseno di ne di rarabolwa ka bonako. Ditheo tseno tsa

puso di dirile tiro e e tswileng diatla go kwadisa dimilione tsa baamogeladitshwanelo ba bantšhwa le go netefatsa gore ba duetswe.

Tshegetso e e neetsweng ke UIF e thusitse dikgwebo le badiri ba ba sokolang. E dirile pharologano magareng ga dikhamphani tse di tswelletseng go dira le tseo di pateletsegileng go tswalwa, magareng ga ditiro tse di bolokilweng le tse di latlhegileng.

Seno se ungewetse dikgwebo tse di jaaka Sihle's Brew, e leng lefelo la borekisetso dijo mo Gauteng, leo le neng la kgona go boloka ditiro tsa badiri ba le 18 ba lona ka ntlha ya sekema sa TERS. Ka ditebogo go tshegetso ya puso, Mamoshalagae Trading and Projects, kgwebo ya go baakanya dikoloi kwa Mokopane, e ne ya kgona go duela badiri ba yona gammogo le go duela rente le direite tsa yona ka nako ya go sekega nakwana ga ditiro tsa ka fa nageng.

Badiri bao ba neng ba le mo maemong a a masisi ba ne ba kgona go amogela karolo ya megolo ya bona.

Lindiwe Ntuli, mothusa mmueledi kwa Centurion, o boletse ka moo go amogela ditshwanelo tsa gagwe go mo kgontshitseng go direla tiro ya gagwe kwa gae le go duela rente.

Go na le dikgang di le dintsi tsa dikhamphani tse di kgonneng go dira mo sebakeng sa ngwaga e le ka ntlha ya thuso e ba e amogetseng go tswa kwa UIF. Seno se tsenyeletsa le dikgwebopotlana tse di thusitsweng ke dithusotlola tse di farologaneng le dikadimo tse di neetsweng ke mafapha a le mantsinyana.

Dikgato tseno di thusitse batho ba rona thata mo nakong ya fa ba ne ba di tlhoka.

Jaaka re tswa mo matsholong a go thusa baagi mme re tsena mo go a tsoolosa ya ikonomi, re tshwanetse go simolola go nagana ka tsela e nngwe.

Le fa dikgato tseno tsa matsholo a go thusa baagi e le tsa nakwana, ikonomi e tla tswelela go itemogela ditlamorago tsa leroborobo lobakanyana.

Le fa dikiletso tsa go sekega nakwana ditiro tsa ka fa nageng di repisitswe, dikhamphani tse dintsi di sokola go samagana le ditlamorago tsa dikgwedi tsa phokotso ya ditiro le go sa direng lotseno.

Ke ka ntlha ya lebaka leno, go latela dipuisano tse di tse-neletseng le balekani ba loago mo Lekgotleng la Naga la Tlhabololo ya Ikonomi le Ditiro (NEDLAC), thuso ya COVID TERS e atolositswe go fitlha ka 15 Mopitlwe 2021 go thusa maphata ao a iseng a kgone go busetsa ditiro tsotlhe tsa one sekeng.

Thusotlola e e kgethegileng ya COVID e atolositswe ka dikgwedi tse dingwe di le tharo.

Tseno e sala e ntse e le dikgato tsa paka e khutshwane. Seo re tsepamisitseng mogopolo mo go sona ga jaana e tshwanetse go nna mo go tlhameng tikologo e e kgontshang dikgwebo go boela maemong, mmogo le kgolo ya ikonomi eo e tlholang ditiro le go ngoka peeletso.

Tsoolosa ya ikonomi e tlele go nna boima mme e tla tsaya nako, bogolo jang ka re santse re le mo gare ga leroborobo.

Le fa tota dikgato tseno tsa go tsoolosa ikonomi di le botlhokwa ga jaana, ga re kitla re kgona go di tswelalisa go ya go ile.

Re tlhoka go netefatsa gore dikgato tseno tsa tsoolosa

ya ikonomi di neelana ka motheo o o tsepameng wa pusetso maemong e e anameng ntle le go tsenya naga mo sekolong se segolo. Ntle le fa re ka fokotsa sekoloto sa naga ya rona gore maemo a yona a tokafale, ga re kitla re kgona go busetsa ikonomi mo maemong.

Rele naga re tshwanetse go tswa mo matsholong a go thusa baagi mme re tsena mo go a tsoolosa ya ikonomi, mme rotlhe re tshwanetse go nna karolo ya kgato eno.

Re le puso, re tlhoka go dira ditshweetso tse di thata ka ga ditshenyegelo tsa puso le go di tsenya tirisong monongwaga.

Dikhamphani di tla tlhoka go itshimololela mekgwa le ditsamaiso tseo di sireletsang tswelelo le morokotso wa bona, go boloka ditiro e le ntlha e e kwa pele.

Re tshwanetse go busetsa madi a rona mo ikonoming ya rona ka go reka dikuno tsa ka fa nageng, ka go tshegetsa dikgwebo le diintaseteri tsa ka fa nageng le go rekela batlha gisi ba dikuno le ditirelo ba ka fa nageng.

Molwetse yo o gobetseng mme a bonagala e le molwetse yo a ka folang o neelwa tshidilommele go mo thusa gore a nonofe go fitlhele a itharabologelwa mo e bileng a ka ema ntle le thuso.

Go fela jalo le ka matsholo ano a go thusa baagi a a sa tselang go nnela ruri, a tshwanetse go tsewa jaaka mekgwa ya go thusa ikonomi ya rona go ikemela. Maikaelelo magolo a rona ke go ikemela.

Re le naga, a rotlhe re tsenye seatla. A re nneng karolo ya tlhabololo le tswelopele ya rona.

A re soleng mosola matsholo ano a go thusa baagi a a okeleditsweng nako gore a re thuse go tsoolosa ikonomi ya rona ka maatla. **U**

Re tsholetsa le go Sirelets **DITSHWANELO** tsa Basadi,  
Bana le tsa Batho ba ba sa kgoneng go itshireletsa

## LEANO LA DINTLHA DI LE THATARO LA KANTORO YA TONA

**“TLA RE TLHOMELENG GO LWANTSHANA LE TIRISODIKGOKA  
MO BATHONG BA BONG JO BO RILENG”**

### NTLHA YA NTLHA

Batswasetlhabelo botlhe ba tshwanetse go tlotliwa, ba neelwe seriti le go botsolodiwa dipotso ke bathankedi ba sepodisi ba ba katiseditsweng go nna kelotlhoko fa ba thusa batswasetlhabelo.

### NTLHA YA BOBEDI

Batswasetlhabelo ba tshwanetse go thusediwa kwa Phaposing e e Thusang Motswasetlhabelo go Digela Matswalo (VFR) kgotsa kwa phaposing nngwe fela kwa seteišeneng sa sepodisi e mo go yona motswasetlhabelo a tla bulang kgetse ntle le go boifa go ntsha se se mo mafatlheng a gagwe kgotsa mo lefelong lengwe le lengwe le le nang le ditirelo tsa go tshegetsa batswasetlhabelo.

### NTLHA YA BORARO

Batswasetlhabelo ba tla romelwa/go isiwa kwa ngakeng go lekola seemo sa bona gore go bokeletswe bopaki jwa itekanelo le gore go kwalwe pegelo ya ditlathobo tsa bongaka.

### NTLHA YA BONE

Dipatlisiso di tshwanetswe go diriwa ke ba Yuniti ya Dintwa tsa kwa Malapeng, Tshireletso ya Bana le Ditlolomolao tsa Thobalano (FCS) kgotsa letseka lengwe le lengwe le le katisitsweng mo mererong ya mothale ono.

### NTLHA YA BOTLHANO

Batswasetlhabelo ba ditlolomolao tsa thobalano, dipolao tsa basadi le dipolao tsa masea mmogo le ba malapa a bona ba tshwanetswe go romelwa kwa mafelong a ditirelo tsa tshegetso ya batswasetlhabelo mo tikologong ya bona gore ba tlamelwe ka thuso ya semolao, ya boitekanelo, ya loago le ya go thobiwa maikutlo gore ba itekanele mo moweng.

### NTLHA YA BORATARO

Batswasetlhabelo ba tshwanetswe go neelwa tshedimose tso gangwe le gape ka se se diragalang mo kgetseng ya bona ntle le gore e nne bona ba ba tsayang matsapa a go botsolotsa seno.



**BEGA DITIRAGALO TSA TIRISODIKGOKA MO BATHONG BA BONG JO BO RILENG MMOGO LE  
BATSWASETLHABELO BA DITIRO TSENO KA GO NNA TLHOKAINA KA GO DIRISA DINTLHA TSA  
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## Go samagana le tatlhegelo ya motho yo o mo ratang



**B**atho ba le bantsi ba latlhegetswe ke bao ba ba ratang ka ntlha ya leroborobo la mogare wa *corona* mme go le gantsi loso le ka utlwala o kare ke toro. "Ga o nosi," go bua mothobamaikutlo Zanele Ludziya go tswa kwa Bookelong jwa Stikland kwa porofenseng ya Kapa Bophirima.

Go latlhegelwa ke motho yo o mo ratang ga go bonolo mme seno se ka tsosolo-

sa maikutlo a mangwe a mantsi.

"Go na le matshwao a le mantsi a o ka a lebelelang fa motho yo o mo ratang a le mo kutlobotlhokong, fela go tlhokega ga matshwao ga go kae gore motho ga a mo kutlobotlhokong.

"Batho ba ka tlhagisa matshwao a tshakgalo, go tenega, go tlhomola pelo kgotsa a go se nne le kgatlhegelo. Ditlhaloganyo tsa bona le tsona di ka amega, ka di ka nna di tletse

megopolo le go nagana ka motho yo o tlhokafetseng.

Gape ba ka nna le bothata jwa go reetsa kgotsa ba ka bonagala e kete ba gakanegile," go bua Ludziya.

O gakolola batho go ela tlhoko go fetoga ga maitsholo, jaaka go lela lela fela kgotsa tiriso e e oketsegileng ya nnotagi le diritibatsi. "Ba ka tsuba go feta ka moo ba tlwaetseng, ba ka ikgogela morago kgotsa ba nna ba le nosi kgotsa ba ka efoga batho le mafelo. Ba ka batla tidimalo kgotsa modumo o o kwa godimo. Gape ba ka nna bogale kgotsa pelo e khutshwane," a rialo.

Fa o tshegetsa motho yo o mo ratang, Ludziya a re go a thusa go tlhaloganya ka fao kutlobotlhoko e tsamayang ka teng le gore mongwe le mongwe o na le maitemogelo a a farologaneng a yona. O tlhalosa gore kutlobotlhoko ga se tiragalo e e go diragalelang gangwe fela mme ke selo se e reng se go diragaletse se tsee nako go fola, mme go le gantsi batho ba feta

mo dikgatong tse di farologaneng tsa kutlobotlhoko.

### Dikgato tse di tlwaelegileng tsa kutlobotlhoko

Dikgato tse di tlwaelegileng tsa kutlobotlhoko ke go sa dumele kgotsa go itlosa mo bathong (go itemogela go swa bogatsu kgotsa go nna le letshogo); tshakgalo (go tshakgalela ba bangwe etswa ba sa dira sepe se se phoso); go ipona phoso (go ipona molato ka dilo tse o sa di dirang kgotsa tse o sa di buang); kgateleleo ya maikutlo (kutlobotlhoko e e tlang fa o lemoga gore botshelo bo tla tswelela kwa ntle le motho yo o mo ratang yo a tlhokafetseng); le go amogela (go bona tsela ya go tshela botshelo jo bo feletseng kwa ntle ga motho yoo).

"Tsela e nngwe ya go itshokela kutlobotlhoko kgotsa go tshegetsa motho yo o mo ratang yo a leng mo kutlobotlhokong ke go tlhaloganya ka fao kutlobotlhoko e go amileng kgotsa ka fao e amileng

yo o mo ratang. Seno se ka netefaletsa motho yo o utlwilweng botlhoko gore seo a se itemogelang ke seo batho ba bangwe ba tshelang le sona. Inaganele kgotsa o naganele motho yo mongwe ka go itirela molemo kgotsa go direla motho yo mongwe molemo, go se iphelele pelo kgotsa go se felele motho yo mongwe pelo le go tlhaloganya mabaka mme o gakologelwe gore kwa bofelong seno se tla feta," go bua Ludziya. **V**

**O ka thusa motho yo o latlhegetswe ke yo a mo ratang ka go ba botsa gore ba tlhoka tshegetso e e jang. Gape go na le mekgatlo e e seng ya puso, e e jaaka South African Depression and Anxiety Group, eo e neelang ka tshegetso. Etela webosaete ya bona mo go [www.sadag.org](http://www.sadag.org) kgotsa o letsetsa mogala wa bona wa thuso mo go 0800 567 567.**

## Get free help for a gambling disorder



**Kgaogelo Letsebe**

**T**here is no denying there is a certain glamour to gambling. Yet, for someone suffering from a gambling addiction, life is far from glamorous.

This is according to Lesego Kwanini (34), a marketing consultant from Alexandra, who started gambling in 2010 to escape the stress of her relationship and financial situation.

"It started innocently, taking a chance on the slot machines.

It wasn't long before I was hooked. In one day, I won R50 000. It's hard to say no to that kind of rush. But in the end, my habit cost far more than I ever won," says Kwanini.

Between 2010 and 2015, Kwanini lost her job, family and friends. "I was lying to the people closest to me, but I didn't care... I had my slot machines – they were my friends."

It was only a matter of time before those 'friends' turned into enemies. Running out of money to support her gambling habit, Kwanini found herself in debt and turned to loan sharks, who she could not pay back. "I was on the verge of suicide," she admits.

While at a casino, Kwanini saw a pamphlet about the South African Responsible Gambling Foundation's (SARGF) treatment programme for problem gamblers. She attended the foundation's free outpatient counselling sessions for three months. "It was hard. There were many times I felt like gambling, but I stayed strong," she says.

"I feel blessed now. I'm in a happy place."

According to Sibongile Simelane-Quntana, the Executive Director of the SARGF, a problem gambler is someone who continues to gamble despite the negative consequences or impact it has on their life. They also do not want to stop.

There are many signs a disordered gambler may exhibit, including being withdrawn, tired and asking for money or loans, she says.

"There are no winners in gambling, only some who lose less," says psychiatrist Dr Mike West, who practises at Akeso Milnerton.

Betting on games of chance or horses is harmless fun for most people but, when people lose control over their gambling habit, it can be as addictive and destructive as using drugs, says Dr West.

He advises regular gamblers to ask themselves the following questions:

- Do you hide the extent of your gambling?
- Do you gamble to escape

from problems?

- Are you making larger bets?
- When you are not gambling, do you feel irritable or depressed?
- Do you crave gambling or spend a lot of time thinking about gambling?
- Have you had difficulties in the workplace because of gambling?
- Is your gambling negatively affecting your relationships?

If you answer yes to these questions, Dr West advises an in-depth assessment for a gambling disorder. **V**

If you think you need help, contact SARGF's toll-free, 24-hour helpline at 0800 006 008, send a WhatsApp to 076 675 0710 or visit [www.responsiblegambling.org.za](http://www.responsiblegambling.org.za). All services, including support, information, assessment and referral for face-to-face counselling, are free.