

Vuk'uzenzele



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STATE OF THE NATION ADDRESS

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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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@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

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Maga a u vusuludza ikonomi



Hu si kale hu ḡo vha ho fhela ṅwaha u bva tshe ha ḡivhadzwa tshiwo tsha tshitzhili tsha corona kha shango ḡashu. Dwadze ḡo vhangana dozwō khulwane kha zwoṱhe, mutakalo wa tshitshavha na vhuḡitshidzi ha miḡioni dza vhatu vhashu.

Vhashumi vhanzhi vho lozwa tshipiḡa tsha mbuelo dzavho musi awara dzavho dza u shuma dzo fhungudzwa ngeno vhaṅwe vhanzhi vho tou fhelelwa nga mishumo. Mabindu manzhi o vha na ndozwo khulwane vhumama nga vhangana ḡa phungudzo dza mishumo. Maṅwe o vho ḡo tea u tou vala. Vhathu vha shumaho kha sekhithara dza tshayanudzanywa na vhone vho kwamea.

Tshi konḡaho u fhirisa zwoṱhe, dwadze ḡo dzhia matshilo a vhaunḡi kha miḡa minzhi, ḡa sia vhatu vha tshi shaya na u tshuwela vhumatshelo.

Ndi ngazwo maga a ḡaḡulo mahulwanesa e ra a dzudzanya o fanela nahone a a shishi. Tshiṅwe hafhu, zwazwino ngauri ṅwaha wo no vha tsini na u fhela, ri nga amba zwa uri maga eneo o sumbedza a tshi shuma.

Kha zwoṱhe zwi ṱoḡeaho kha maga a ḡaḡulo e ra a

ḡivhadza, khamusi maga mavhili e a vha na mvelelo khulwane vhumama o vha ḡa mundende wa matshiliso na COVID-19 na ḡa Tshikimu tsha ḡaḡulo ya Tshifhinganyana ya Mutholi/Mutholiwa tsha UIF tsha COVID-19, tshi ḡivheaho sa COVID TERS.

Ro vha ri sa nga ḡo kona u ṅetshedza maga ayo nga kha tshifhinga tshitukutuku arali ro vha ri si na themamveledziso yo angalalaho ya tsireledzo ya matshiliso i khou shumaho.

Ro kona u fhindula kha ḡoḡea iyi khulwane vhumama nga u ḡavhanyedza kha tshitshavha tshashu, ri livhuwa themamveledziso khulwane vhumama ya shango ḡoṱhe na sisiteme ya Zhendedzi ḡa Tsireledzo ya Matshiliso ḡa Afrika Tshipembe (SASSA) na Tshikwama tsha Ndingakombo ya Vhushayamishumo (UIF).

Ho ḡi vha na vhumakhi kha kushumisele kwa zwithu na u khakhisea nyana hanefha ṅḡilani, fhedzi vhumazhi hazwo zwo lugiswa nga u ḡavhanya. Mazhendedzi aya a muvhuso o ita muvhuso wavhuḡi wa u ṅwalisa dzimiḡioni dza vhavhuelwa vhaswa na u khwaḡhisedza uri vho holelwa.

Thikhedzo yo ṅetshedzwa-

ho nga UIF yo phulusa mabindu na vhashumi vha konḡelwaho. Yo ita tshanduko vhumakhi ha khamphani dze dza sala dzi tshe dzo vula na dze dza vha dzi tshikhou kombetshedza u vala, vhumakhi ha mishumo yo tsireledzwo na mishumo yo lozweaho.

Mabindu o vhumelwaho u fana na Sihle's Brew, resitorento i re Gauteng, ye ya kona u vhumlunga vhashumi vhayo vha 18 nga thikhedzo ya tshikimu tsha TERS. Ndivhuwo kha thikhedzo ya muvhuso saizwi na Mamoshalagae Trading and Projects, bindu ḡi shumaho nga sisiteme dza zwa muḡagasi kha dzigoloi ḡi wanalaho Mokopane, na ḡone ḡo kona u badela vhashumi vhaḡo na rennde yaḡo na mbadelo dza masipala nga tshifhinga tsha nyiledzo dza u tshimbila.

Vhashumi vhe vha vha vha kha nyimele dzi konḡaho vho kona u ḡanganedza tshipiḡa tsha miholo yavho.

Vho Lindiwe Ntuli vha ngei Centurion, vho gudelaho zwa mulayo, vho ḡalutshedza uri u ḡanganedza mbuelo dzavho zwo vha konisa hani u shuma vhe hayani na u kona u badela rennde.

Hu na zwiṱori zwinzhi zwa khamphani dze dza kona u bvela phanḡa na u shuma na u kona u badela vhashumi vhadzo kha ṅwaha wo fhiraho nga kha thikhedzo ye vha i wana u bva kha UIF. Zwi fanaho na zwenezwo zwi nga ambelwa mabindu maḡuku e a kona u thuswa nga mindende yo fhambanaho na khadzimiso dza masheleni dzo ṅetshedzwo nga mihasho yo vhalaho.

Maga enea o thusa zwihulwane vhatu vhashu nga tshifhinga tsha musi vha tshikhou ṱoḡa thuso.

Musi ri tshi pfukela kha mvusuludzo u bva kha ḡaḡulo, ri ḡo fanela u shandukisa maitete.

Musi maga aya a ḡaḡulo o vha o sikelwa u vha a tshifhinga nyana, ikonomi i ḡo isa phanḡa na u tshenzhema masiandaitwa a dwadze lwa tshifhinga nyana.

Naho nyiledzo dza u tshimbila dzo fhungudzwa, khamphani nanzhi dzi khou konḡelwa u ya phanḡa na mishumo nga murahu ha mvelelo mmbi kha miṅwedzi ye ya fhela hu sa khou shumawa na u xelwa nga mbuelo.

Ndi nga kha mbuno iyi uri, nga murahu ha nyambe dzano yo angalalaho na vhashumisani na muvhuso vha Khoro ya Mveledziso ya Mishumo na Ikonomi ya Lushaka (NEDLAC), mbuelo ya COVID TERS yo engedzwa u swika nga ḡa 15 Thafamuhwe 2021 u itela sekhithara dze dza sa kone u shuma lwo fhelelaho.

Mundende wa tshipentshela wa COVID-19 wo engedzwa nga miṅwe miṅwedzi miraru.

Hezwi zwi dzula zwi maga a tshifhinga nyana.

Ndavheleso yashu zwazwino i fanela u vha kha u sika vhumo vhu konisaho u itela uri mabindu a vhumeelele, na u itela nyaluwo ya ikonomi ine ya ṱuṱuwedza u sikwa ha mishumo na u kungva vhumindudzi.

Mvusuludzo i ḡo konḡa nahone i ḡo dzhia tshifhinga, zwihulwane ngauri ri kha ḡi vha vhumakhi ha dwadze.

Naho maga aya a ḡaḡulo a a ndeme zwazwino, a ri nga ḡo kona u a bveledza u swika nga hu sa fheli.

Ri fanela u vhumona uri maga aya a ḡaḡulo a ṅetshedza mutheo wo khwaḡhaho u itela mvusuludzo yo

ḡanḡavhuwaho hu si na u dzhenisa shango tshoṱhe zwikolodoni. Nga ṅḡa ha musi ri tshi nga kona u tsitsela fhasi tshikolodo tsha shango kha ḡeveḡe dzi langeaho a hu na mvusuludzo ya ikonomi i fushaho ine ya nga konadzea.

Vhuthihi hashu kha vhumeelele ha lushaka zwazwino hu fanela u pfuka kha sia ḡa ḡaḡulo u ya kha ha mvusuludzo, nahone roṱhe ri fanela u vha tshipiḡa tsha vhumidini uvhu.

Sa muvhuso, tsheo dzi konḡaho kha masheleni a shumiswaho nga muvhuso dzi ḡo fanela u dzhiwa nahone dza thoma u shuma honoyu ṅwaha.

Khamphani dzi ḡo fanela u vha na vhumtumbuli kha ṅḡila ya kutshimbidzele na maitete zwine zwa tsireledza mvelaphanḡa yo khwaḡhaho na vhumakhi hadzo ha u wana mbuelo, hune u vhumlungwa ha mishumo ha vha tshone tshithu tshihulwane tshidzielwaho ṅḡa.

Ri fanela u longela tshelode yashu hafhu kha ikonomi yashu nga u renga zwibveledzwa zwapo, u tikedza mabindu apo na ṅḡowetshumo dzapo na u renga kha vhumadisedzi vha tshumelo vhapo.

Mulwadze o huvhalaho ane a vha na tshikhala tshihulwane tsha u fhola u ṅetshedzwa dzilafho ḡa zwa muvhumakhi tshifhinga tshoṱhe u itela uri a vhe na maanḡa u swikela a tshi nga kona u ima a sa thusiwi.

Zworalo maga haya a ḡaḡulo a tshifhinga nyana a fanela u vhumona sa ṅḡila ya u vhumedzwa ikonomi yashu vhumzuloni. Tshipikwa tshashu tsha u fhedzisela ndi u kona u tshimbila hafhu.

Sa shango, roṱhe kha ri shele mulenzhe. Kha ri vhe tshipiḡa tsha mveledziso na mvelaphanḡa yashu.

Kha ri shumise ḡaḡulo yo engedzwo u tshimbidza mvusuludzo yo khwaḡhaho.

Kha vha bveledze na u tsireledza **PFANELO** dza Vhafumakadzi, Vhana na zwigwada zwa vha sa koni u Ditsireledza.

PULANE YA MBUNO DZA RATHI YA **ZWA MINISTA**

“**AYIHLOME MALUGANA NA KHAKHATHI DZO DITIKAHO NGA MBEU**”

Mbuno ya 1

Vhaponwa vhothe vha fanela u farwa nga thonifho, lu re na tshirunzi vha dovha hafhu vha vhudziswa dzimbudziso nga vhaofisiri vho pfumbudzwaho nga ngila i thonifheaho kha mupondwa.

Mbuno ya 2

Vhaponwa vha fanela u thuselwa lufherani lwa vhukonani ha mupondwa (VFR) kana kha lufhera lwa u thadulanya hune tshitatamennde tsha do dzhiwa lwa tshiphirini Tshitshini tsha Mapholisa kana huwe fhethu hune ha netshedza tshumelo dza thikhedzo kha mupondwa.

Mbuno ya 3

Vhaponwa vha do livhiswa/iswa kha maitele a ndingo dza mutakalo nga vhadivhi vha nondolamutakalo u itela u wana vhuṭanzi ha zwa mutakalo uri vha kone u riwala muvhigo wa zwa mutakalo.

Mbuno ya 4

Thodiso dzi fanela u itwa nga Yunithi ya Thodiso ya Khakhathi dza Miṭani, Tsireledzo ya Vhana na Milandu ya Vhudzekani (FCS) kana nga fogisi li re na pfumbudzo i tshimbilelanaho na zwenezwo.

Mbuno ya 5

Vha miṭa khathihi na vhaponwa vha milandu ya vhudzekani, u vhulawa ha vhatshifumakadzini na tshishimedzatshetshe vha fanela u livhiswa kha tshumelo dza thikhedzo ya mupondwa dzine dza vha hone kha khethekanyo ya thuso ya zwa mulayo, ya zwa mutakalo, ya zwa matshilisano na ya zwa muhumbulo.

Mbuno ya 6

Vhaponwa vha fanela u dzulela u netshedzwa vhuṭanzi nga ha mvelaphanda ya milandu yavho kha mutheo wa musi mulandu u tshi khou bvela phanda.



KHA VHA VHIGE ZWIITO ZWA KHAKHATHI DZO DITIKAHO NGA MBEU NA VHAPONDWA VHAHONE VHE TSHIPHIRINI KHA

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U livhana na vhuṭungu ha u xeletwa nga ane wa mu funa



Vhathu vhanzhi vho xeletwa nga vhafunwa vhavho nga mulandu wa dwadze la tshitzhili tsha corona nahone lufu lwa hone lu pfala lu tshi nga a si lwa vhukuma.

“A vha vhoṭhe”, vho ralo muḍivhi wa zwa muhumbulo Vho Zanele Ludziya u bva sibandela tsha Stikland ngei Kapa Vhukovhela.

U xeletwa nga mufunwa wau a zwo ngo vhuya zwa leluwa nahone zwi nga ḍisa tshaka dzo fhambanaho dza vhuḍipfi.

“Hu na zwiḡa zwinzhi zwine vha nga zwi limuha musu mufunwa wavho a tshi khou pfa vhuṭungu, fhedzi u sa vha hone ha zwiḡa a zwi ambi uri muthu ha khou pfa vhuṭungu.

“Vhathu vha nga

sumbedza u sinyuwa, u dinalea, u ṭungufhala kana u sa vha na dzangalelo. Nḡila ine vha ita ngayo zwithu na yone i nga kwamea, sa musu vha tshi nga vha vha tshi khou vhilaedziswa nga mihumbulo na ngelelo dza mufu. Vha nga dovha hafhu vha vha na thaidzo ya u thetshesha kana vha sumbedza vha tshi kanganyisea”, vho ralo Vho Ludziya.

Vha eletshedza vhathu uri vha ṭhogomele tshanduko dza vhuḍifari, dzi fanaho na u sokou lila kana u hulela ha tshumiso ya zwiḡambi na zwidzidzivhadzi. “Vha nga daha u fhirisa zwe vha vha vha tshi dahisa zwone, vha nga ḡibvisa kana u ḡivalela kana vha ṭutshela fhethu kana vhathu. Vha nga ṭoḡa vhudziki kana phosho khulwane. Vha nga pfa vha na mbiti kana vha dinalea nga u ṭavhanya”, vho ralo.

Musi vha tshi khou tikedza muthu ane vha mu funa, Vho Ludziya vha ri zwi a thusa u pfesesa maitele a u vha vhuṭunguni na uri vhathu vha pfa vhuṭungu

nga nḡila dzo fhambanaho. Vho ṭalutshedza uri u pfa vhuṭungu a si tshiimo, fhedzi ndi maitele, zworalo vhathu vha dzulela u fhirira kha maga a u vha vhuṭunguni.

Maga o ḡowealeho a sumbedzaho u vha vhuṭunguni

Maga o ḡowealeho a u vha vhuṭunguni ndi u sa ṭanganedza kana u ṭutshela kule na vhaṅwe vhathu (u tshenzhema tshivhevhe kana u hanganea); tsinyuwo (u sinyutshela vhaṅwe vha si na zwe vha tshinya); u ḡiimisela u ita tshiṅwe na tshiṅwe u fhelisa vhuṭungu (u ḡivhona mulandu kha zwithu zwe wa sa zwi ite kana u zwi amba); mutsiko (u ṭungufhala hune ha ḡa musu vha tshi limuwa uri vhutshilo vhu ḡo bvela phanḡa hu si na vhafunwa vhavho); na u ṭanganedza (u wana nḡila ya u isa phanḡa na vhutshilo hu si na honoyo muthu).

“Nḡila nthihi ya u kona u tshila na nyimele kana u

netshedza thikhedzo ndi u pfesesa uri u kha ḡiga ḡifhio ḡa vhuṭungu kana ḡine ane vha mu funa a vha khaḡo. Hezwi zwi nga ita uri muthu a khou pfaho vhuṭungu a pfe uri zwine a khou tshenzhema zwo ḡowealea. Kha vha ḡifare kana u fara muṅwe muthu nga vhuthu, vha sa fheli mbilu na u pfesesa, vha na muhumbulo wa uri zwine vha khou zwi tshenzhema zwi ḡo fhirira,” vho ralo Vho Ludziya. **V**

Vha nga thusa muṅwe muthu we a xeletwa nga mufunwa wawe nga u vha vhudzisa uri ndi ifhio thikhedzo ine vha khou i ṭoḡa. Hu na madzangano a si a muvhuso, a fanaho na Tshigwada tsha Mutsiko na Mbilaelo tsha Afrika Tshipembe, tshine tsha netshedza thikhedzo. Kha vha dalele webusaithi yavho kha www.sadag.org kana vha founele nomboro ya thuso kha 0800 567 567.

Get free help for a gambling disorder



Kgaogelo Letsebe

There 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. All services, including support, information, assessment and referral for face-to-face counselling, are free.