

Vuk'uzenzele

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Nyenyankulu 2021 Nkandziyiso 2



How are we raising the boy child?
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STAY SAFE
PROTECT SOUTH AFRICA
TOGETHER WE CAN BEAT CORONAVIRUS



Budget brings tax relief
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Stay alert during COVID-19 level 1

PEOPLE MUST continue to wear their face masks and follow all other safety protocols so that South Africa can overcome the pandemic and regrow the economy.

Sphelele Ngubane

The country has moved to Coronavirus Disease (COVID-19) alert level 1 but government urges people to continue with all the precautionary measures aimed at curbing the spread of the virus.

The wearing of face masks remains compulsory and there are still some restrictions to maintain low levels of infections and, in particular, to prevent super-spreading events. It has been a year since the first case of COVID-19 was reported in South Africa. More than 1.5 million

people have been infected and over 50 000 have died from the disease.

Dr Nkosazana Dlamini Zuma, the Minister of Cooperative Governance and Traditional Affairs, has provided details of the regulations that have changed, including the new curfew, which is from midnight to 4am. People may only be out of their properties during this time if they have a permit or a security or medical emergency.

Gatherings

The maximum number of people attending a religious, social, political or cultural gathering is 100

indoors or 250 outdoors, provided that the venue is big enough to allow for social distancing.

The number of people attending a funeral is limited to 100. If the venue is too small for people to be at least one-and-a-half metres from each other, then not more than 50% of the capacity of the venue may be used. Night vigils or after-funeral gatherings, including 'after-tears' gatherings, are not allowed.

Borders

- Land borders: Nothing changes as the 20 land borders which have

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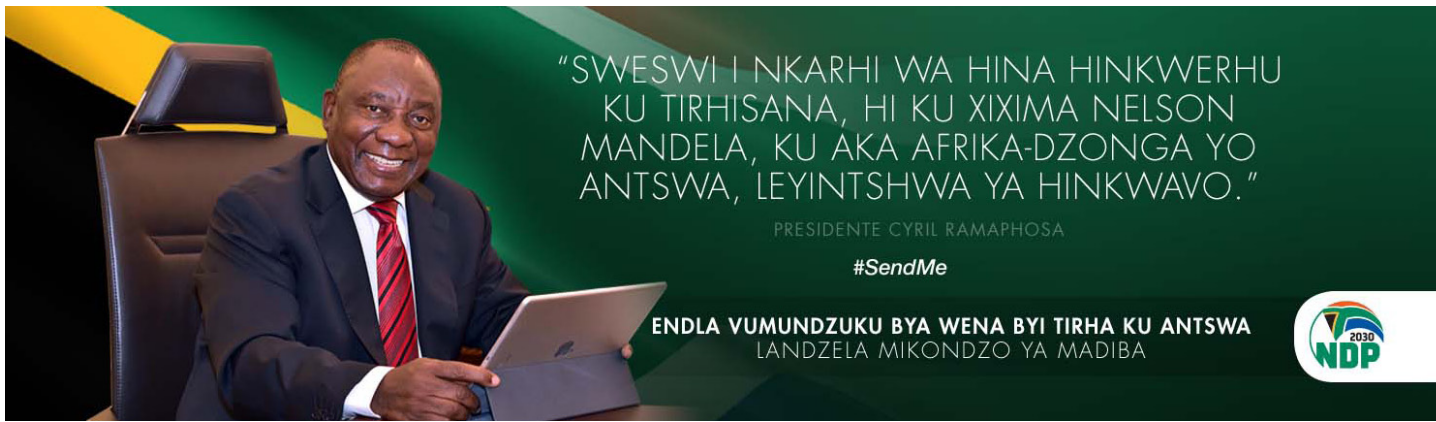
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Vukorhokeri bya Mfumo bya Xiphurofexinali

Loko ndzi hlaluriwa eka xiyimo xa ku va Phuresidente wa Afrika-Dzonga, ndzi vule leswaku ku aka mfumo lowu nga tlangisiki swipfuno, wa vuswikoti na ku va wa matikhomelone lowu nga hava vukungundzwana a ku ri xo rhangana emahlweni eka swirhangana swa mina.

Ko va ntsena mfumo wa vuswikoti, lowu nga tlangisiki swipfuno, wa matikhomelone na ku va wu lava nhluvukiso ntsena wu nga kotaka ku humelerisa eka ku tinyiketela ku antswisa vutomi bya vanhu va tiko leri.

Leswi swi vula leswaku vukorhokeri bya mfumo byi boheka ku va na vatirhi va vavanuna na vavasati lava nga tiphurofexinali, lava nga na swikili, lava nga tilaveriki swa vona vini na ku va lava nga tshembeka.

Va boheka ku va va tinyiketela ku tiyisisa mikhuvanene ya Vumbiwa, naswona va boheka, tanihiloko ndzi vurile eka mbulavulo wa ku vekiwa exitulwini, "va korhokela hi ku tshembeka xivangelo xa vaaki ntsena handle ka swin'wana".

Eka mavhiki mambirhi lama nga hundza, mikanerisano ya vaaki a yi ri ku endlekeni eka dokumente ya pholisi ya nkoka leyi yi nga ta nyika mafufufu lamakulu eka matshalatshala ya hina ya ku seketela, ku tiyisa na ku nyika vuswikoti eka vukorhokeri bya mfumo.

Rimba ra Nsimeko ra Rixaka ra mpfapfarhuto eka ku endla Vukorhokeri bya Mfumo byi va bya Xiphurofexinali ri na xikongomelo xa ku aka mfumo lowu korhokelaka

vanhu va ka hina ku antswa, lowu wu sirheleriweke eka ku nghenelela ka tipolitiki loku nga fanelangiki na laha ku thoriwa swi endliwaka hi ku ya hi mipimo yo ringanela.

Rimba leri ri pasisiwile hi Khabinete hi Hukuri lembe leri nga hela naswona mikanerisano ya xivumbeko na tisekitara to hambanahambana ta vaaki yi le ku endliweni sweswi.

Makumembirhinkombo wa malembe eka xidemo-kirasi, swi nga vuriwa hi vukorhokeri bya mfumo leswaku loko swikhwama swo hlayanyana swa kahle swinene swi ri kona, hi na mitlhontho yo tivikana eka tindzawulo ta mfumo to tala hi mayelana na swikili, vuswikoti, na moya wa xiphurofexinali.

Hinkwaswo hi ntlovelo kutlula mpimo, vanhu va thoriwile na ku tlakusiwa ku ya eka swiyimo leswi swi nga fanelangiki kumbe va nga swi thwaselangiki. Leswi swi khumba matirhelo ya mfumo, kambe swi tlhela swi hoxa xandla eka ku tholana hi vuxaka, ku nghenelela ka tipolitiki eka ntirho wa tindzawulo, ku pfumaleka ka vutihlamuleri, vufambisi byo ka byi nga lulamangi na vukungundzwana.

Ku tlhela ku va na xiphiquo xo fambelana xa ku nghenelela ka tipolitiki na vurhangerinkulu eka mafambiselo ya vukorhokeri bya mfumo.

Munhu u dinga ntsena ku languta eka ku pfumaleka ntshamiseko eka tindzawulo ta mfumo loko vafambisinkulu va cincacinciwa kumbe ku siviwa nkarhi na nkarhi loko ku thoriwa Holobyelontshwa.

Valawurinkulu vo Angarhe-

la na tinhloko ta tindzawulo ta swifundzakulu hi vona va khumbekaka ngopfungopfu.

Eka tindzawulo tin'wana, tiDG, tiHoD na vafambisi va vurhangerinkulu va vile na ntshamiseko eka nkarhi wa vona wa ku khoma hofisi, leswi pfumelalaka tindzawulo ku tirha hi nkavanyeto wuntsongo. Eka vuningi bya tindzawulo leti laha ku nga na ntshamiseko wa vurhangeri, mivuyelo ya oditi yi tala ku va leynene naswona timali ta mfumo ti humeseriwa vutihlamuleri. Laha ku nga na nhlayo ya le henhla ya ku fambetela na ku siviwa ka tinhloko ta tindzawulo, ku tala ku tshama ku ri na nkavanyeto wa mafambiselo.

Xin'we xa swibumabumelo swa nkoka leswi endliweke eka rimba ra mpfapfarhuto hi leswaku vukorhokeri bya mfumo, ngopfungopfu eka swiyimo swa le henhla byi boheka ku nga tirhiseriwi tipolitiki na leswaku tindzawulo ta mfumo ti boheka ku sirheleriwa eka tipolitiki.

Ku endliwa ka xiphurofexinali swi fanerile ku endlela ntshamiseko eka vukorhokeri bya mfumo, ngopfungopfu eka swiyimo swa le henhla. Vatirhelamfumo va boheka ku ya emahlweni va tirha mitirho ya vona "handle ka micinco yihi kumbe yihi ya Vaholobye, Swirho swa Khansele ya Vurhangerinkulu kumbe Vakhanselara endzeni ka vandla leri fumaka leri ri nga na matimba ya mafambiselo, kumbe ku cinca ka mavandla ya tipolitiki endzhaku ka mihlawulo".

Hi le ku ringanyeteni ka miantswiso yo hlayanyana, tanihi ku engetelela nkarhi wa ku khoma hofisi wa Tinhloko ta

Ndzawulo hi ku ya hi mpimo wo ringanela na matirhelo, ku endla mihlahluvo ya vuswikoti bya ntirho na ku katsa Khomixini ya Vukorhokeri bya Mfumo eka ti-nthavhiyu ta Valawurinkulu vo Angarhela na Swandla swa Valawurinkulu vo Angarhela.

Ku tivisa swikambelo swa vutengi eka vanhu lava hlaluriweke swi ta pfuna leswaku hi kota ku kuma vatirhelamfumo lava nga ta korhokela hi ku tshembeka. Hi tlhela hi dinga ku ndlandlamuxa swikambelo swo nghena swo boha leswi hi nga swi tivisa hi Dzivamisoko 2020 ku hundza eka vufambisi bya le henhla.

Mifumo leyi hlaluvukaka leyi nga humelela yi na magoza lama fanaka lama nga ta pfuna ku antswisa moya wa xiphurofexinali endzeni ka vukorhokeri bya mfumo.

Loko ha ha tsala eka rimba ra mpfapfarhuto, "xibyurokirasi xi boheka ku ya emahlweni ku simeka hi ku tshembeka na hi vurhonwana xilerisoximfumo xa tipolitiki lexi nga vekiwa.

Hi ringanyeta endlelo ra vurhon'wana swinene eka ku laviwa na ku hlaluriwa ka vatirhelamfumo, vutivisi bya matirhelo na malawulelo ya matirhelo. Leswi swi katsa ku dyondza loku yaka emahlweni na ndlela ya nhlukiso wa xiphurofexinali yo vonaka ya mutirhelamfumo un'wana na un'wana.

Rimba ra mpfapfarhuto ri veka ntshikelelo eka xidingo xa ku endla vatirhelamfumo va va na vutihlamuleri eka matirhiselo ya mali lama hambanaka na milawu, ku tshika ntlovelo wa ku ka va nga katsiwi eka mixupulo eka malawulelo yo homboloka na

ku yiveteriwa ka swipfuno swa mfumo.

Ku endla vukorhokeri bya mfumo byi va bya xiphurofexinali swi katsa vuleteri bya vaofisiri lava nga na vutihlamuleri eka swiyenge hinkwaswo swa mfumo eka milulamiso ya milawu leyi nyikiweke leyi faneleke.

Xikolo xa Mfumo xa Rixaka xi na xiave xa nkoka ku xi tlanga eka mhaka leyi.

Moya wa xiphurofexinali a wu hi mayelana na ku va na mithwaso leyi faneleke na swikili swa xithekiniki ntsena, kambe wu tlhela wu va hi mayelana na ku va na mipimo leyi faneleke ya nhlonipho, ku titsongahata na vutengi eka ku tirhana na vaaki.

Vukorhokeri bya mfumo byi hambanane, byi ri na vunavi lebyikulu bya swikili, mithwaso na vuswikoti.

Vatirhelamfumo vo tala va na swikili swo kongomisa leswi swi faneleke eka ku phakela loku tirhaka kahle ka vukorhokeri. Hikokwalaho, a hi mhaka ngopfu ya leswaku hi dinga vukorhokeri bya mfumo lebyitsongo: lexi hi xi dingaka ngopfu i vukorhokeri bya mfumo lebyi ringaneleke xikongomelo lebyi nga na swikili leswi ringaneleke, matikhomelone ma xiphurofexinali na ku tinyiketela ku korhokela vanhu.

Vavanuna na vavasati va vukorhokeri bya mfumo va dinga ku nyikiwa vuswikoti ku kota ku tlanga xiphemu xa vona eka ku fambisa nhluvukiso na ku tiyisa xidemokirasi. Lexi i xitiyisiso xa hina xo tlula hinkwaswo xa mfumo wo swi kota lowu korhokelaka ku tsakela ka vaakatiko.

Ndzi mi kombela ku va xiphemu xa phuroseso ya mikanerisano ya vaaki hi mayelana na rimba ra mpfapfarhuto, leri ri kumekaka eka webusayiti ya Xikolo xa Mfumo xa Rixaka, na ku endla leswaku rito ra wena ri twiwa.

Vukorhokeri bya mfumo a hi bya vandla rin'we ro karhi, kumbe a byi fanelangi ku va ndhawu ya ntlawa wo karhi lowu nga na ku navela. A byi fanelangi byi va nawu eka byona n'wini.

Vukorhokeri bya mfumo i bya vanhu wa Afrika-Dzonga. Byi fanele ku korhokela vona naswona vona ntsena. **V**

Local doctor opens free clinic for Chatsworth community

COMMUNITY-FUNDED clinic gives patients with COVID-19 a fighting chance.

■ Dr Diveshni Govender helping a COVID-19 patient at the Havenside Clinic.



A new clinic opened by a Durban-based doctor is assisting the community in the fight against the Coronavirus Disease (COVID-19)

and it is doing it for free. The clinic, operating from the Havenside Community Hall in Chatsworth, was established by Dr Diveshni Govender (39) in a bid to

cope with the second wave of COVID-19 infections. Hundreds of patients have been treated at the clinic since it opened its doors in January. "The number of COVID-19

patients we were seeing increased to the point where I had to treat some patients in their cars, in the shopping complex where my practice is located," she says.

Dr Govender contacted community activists to assist with getting her access to use the Havenside Community Hall as a makeshift clinic. Govender says that the clinic is run on donations from several non-governmental organisations, businesses and members of the community.

The 30-bed clinic has helped patients like Jeeveshni Abraham (47) and her family. Abraham, her husband and two children were admitted to the clinic after her symptoms started to worsen.

"At the clinic, we received quality care and medication. We also had access to oxygen to help with breathing a little easier when we were in distress. The clinic also admitted my brother, his wife and children when they con-

tracted the virus," she says.

When Abrahams and her family were discharged from the clinic they received medicine packages to take home.

Dr Govender says that the free medicine they dispense from the clinic is made possible through donations from members of the community.

According to her, the clinic mainly treats patients who are above 45 years of age, with about 10% of patients under the age of 12. She says that the clinic has also partnered with a private ambulance company to transport patients who need elevated care to a hospital, at no cost.

Dr Govender says: "The partnership has saved several lives as patients who are in urgent need of transport to a hospital no longer have to wait a long time for an ambulance."

Dr Govender is assisted by two nurses and has also employed a cleaner to assist at the clinic. **U**

Ku Tlangela Siku ra *Down Syndrome* ra Misava

Kgaogelo Letsebe

Down Syndrome International yi tiyisile Nyenyankulu 21 tanihi Siku ra *Down Syndrome* ra Misava ku tlangela lava va lwelaka ku katsiwa ka varhandziwa va vona lava va hanya ka na vuvabyi lebyi.

Down Syndrome (DS) i mpfilungano wa tikhiromozomu lowu wu humelalaka loko munhu a va muyimana.

Mutirhi wa swa vutshunguri wa le Mpumalanga Dkd Midah Maluleka u ri, "Ku na nhlayo yo engetelela ya 21 wa tikhiromozomu (*Trisomy 21*) leyi yi vangaka ku hlwela ka ku kula ka miri na ku kula ka miehleketo. A ku na xivangelo xo kongoma xa tikhiromozomu leto engetelela. Swi tiyisisiwile leswaku

a ku na vuxaka na malembe hi vukhale, xiyimo xa swa vanhu na swa ikhonomi, rixakanghohe kumbe vukhongereri. Naswona a swi na xitekelelo."

Maluleka u engetela leswaku DS i mpfilungano wa tikhiromozomu wo toloveleka swinene eka tincece leta ha ku velekiwaka. "Un'we eka 1 000 ra vana lava velekiwaka eka matiko ya misava lama nga fuma laha ku nga na rin'we eka 650 wa tincece leti velekiwaka eka matiko lama hluvukaka, kufana na ra hina, ta khumbeka. Xo antswa 80% ta vana lava va khomiwaka hi DS va velekiwa hi vamanana lava nga ehansi ka malembe ya 35 hi vukhale, hambileswi vavasati lava va nga ehnhla ka malembe ya 35 hi vukhale va voniwaka

va ri eka nxungeto wa le henhla wo kuma n'wana loyi a nga na DS."

U vula leswaku hikuva mpfilungano lowu wu nga kumeka kusukela eka vuyimana, ku na swikombo leswi tikombaka leswi swi nga langutiwaka. "Eka swiphemu swa le masungulweni ya vuyimana, xikene xa alitirasawundi xa 12-13 wa mavhiki xa hlohloteriwa.

Leswi swi pima hi nkhaqato ku bumbula ka swihalaki leswi swi nga endzhaku ka nhamu ya ricece, leswi vuriwaka xikene xa mihomboloko ya tikhiromozomu.

Leswi swi tala ku va swikulu eka tincece leti nga na DS.

Xikambelo xin'wana xa loko munhu a nga si veleka i xikambelo xa xihalaki xa xivelekelo. Leswi hi loko mpimo lowutsongo wa

xihalaki xa xivelekelo wu tekiwa kutani wu rhumeriwa ku ya kamberiwa tikhiromozomu. Xikambelo lexi xi kwalomu ka 98% ta nkhaqato wa mfembo."

Maluleka u vula leswaku vana lava nga na DS va kota ku hanya vutomi byo hetiseka, bya rihanyu lerinene na ku va byo leha.

Hambileswi ku nga riki na ntshungulo, vanhu lava va nga na DS va vuyeriwa eka makaya ya rirhandzu, nhlayiso wa vutshunguri lowu faneleke, ku pfuniwa hi ku hatlisa, vukorhokeri bya dyondzo na bya mitirho ya mavoko. Hikwalaho ka nhlayiso wa vutshunguri lowu antswisiweke, vanhu vo tala lava va nga velekiwa na *Down Syndrome* namuntlha va na kwalomu ka 55 wa malembe lama va

ehleketeleriwaka ku hanya wona. Vanhu lava va nga na DS va na matitwelo na swidingo swo fana na swa munhu un'wana na un'wana naswona va ringaneriwile hi swivandlanene na nhlayiso lowu fanaka," ku vula Maluleka.

Mudyondzisi wa le N'walungu-Vupeladyambu Tshepo Kekana u ri, "A hi swichudeni hinkwaswo leswi swi nga swidingo swo hlawuleka leswi swi dingaka ku ya eka swikolo swo lulamisa na swikolo swo hlawuleka. Ku na swingariswingani swi kotaka ku kondzelela eka swikolo swa ntlovelo. Hi ku dyondza loku yaka emahlweni, nseketelo na ku lehiseriwa timbilu, swichudeni leswi swi nga kota ku tirha kahle." **U**