

# Vuk'uzenzele



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

Email: [vukuzenzele@gcis.gov.za](mailto: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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# Magoza yo pfluxeta ikhonomi

**K**u nga ri khale ku ta va lembe kusu-kela loko ku vile na mhangu leyi tivisiweke yo sungula ya khoronavhayirasi etikweni ra ka hina. Ntungukulu lowu wu tikisile swinene eka havumbirhi bya rihanyu ra vaaki na vutihanyisi bya timiliyoni ta vanhu va ka hina.

Vatirhi vo tala va lahlekeriwile hi xiphemu xa muholo wa vona tanihiloko tiawara ta vona ta ntirho ti hungutiwile na vo tala va hungutiwile emitirhweni.

Mabindzu yo talanyana ya lahlekeriwile swinene hikwalaho ka ku hungutiwa ka matirhelo. Man'wana a ma boheka ku pfala. Vanhu lava tirhaka eka sekitora yo ka yi nga ri ya ximfumo na vona va hluphekile.

Xo tika kutlula hinkwaswo, ntungukulu lowu wu koxile vutomi bya vahlayisi eka mindyangi yo tala, wu va siya va swelekile na ku chavela nkarhi lowu wa ha taka.

Leswi hi swona swi endlakaleswaku magozayamphalalo yo engeteleriwa ya vekiwile hikuva a swi fanerile na ku va swa xihatla. Naswona, sweswi nkarhi wa ku ya kwalomu ka lembe wu hundzile, hi nga vula leswaku magoza lama ma tikombile ku tirha kahle.

Eka milongo hinkwayo ya magoza ya mphalalo lama hi nga ma tivisa, kumbexana magoza lamaya mambirhi lamaya ma nga va na nkhumbo lowukulu a ku ri mudende wa COVID-19

wo hlawuleka na Xikimi xa Mphalalo wa Muthori/Muthoriwa xa Nkarhinyana xa COVID-19 xa UIF, lexi hi ntolovelo xi tivekaka tanihi COVID TERS.

A hi ta va hi nga kotangi ku simeka magoza lama hi nkarhi lowo koma loko a hi nga vangi na switirhisiwakulu swa mali ya nhlayiso swo angarhela leswi se swi nga kona.

Hi kotile ku angula eka xidingo lexikulukumba na ku va xa xihatla eka rixaka ra ka hina hikwalaho ka switirhisiwakulu swa tiko hinkwaro swo tivikana na tisisiteme ta Ejensi ya Mali ya Nhlayiso wa Vanhu ya Afrika-Dzonga (SASSA) na Ndzindzakhombo wa lava nga Tirhiki (UIF).

Hakunene a ku ri na swikanganyisi swa xithekiniki na swin'wana swikangananyi kwala ku fambeni, kambe swo tala swa swona swi lulamisiwile hi ku hatlisa. Tiejensi leta mfumo ti endlile ntirho wo saseka swinene ku tsarisa vavuyeriwa vantshwa va timiliyoni na ku tiyisisa leswaku va hakeriwile.

Nseketelo lowu nyikiweke hi UIF a wu nyika vutomi eka mabindzu na vatirhi lava a va ri eku tikeriweni.

Wu endle ku cinca exikarhi ka tikhamphani leti nga sala ti pfurile na leti ti nga boheka ku pfala, exikarhi ka mitirho leyi nga ponisiwa na mitirho leyi nga lahleka.

Leswi swi vuyisele mabindzu yo fana na Sihle's Brew, khefi ya swakudya swo dyela kwalaho eGau-

teng, leyi yi nga kota ku vuyisela vatirhi va yona va 18 hikwalaho ka xikimi xa TERS. Hikwalaho ka nseketelo wa mfumo, Mamoshlagae Trading and Projects, bindzu ra gezi ra timovha eMokopane, ri kotile ku hakela vatirhi va rona ku katsa na mali ya rhente na tihakelo ta vukorhokeri bya masipala hi nkarhi wa mpfalelo.

Vatirhi lava a va ri eka swiyimo swo tika va kotile ku amukela xiphemu xa muholo wa vona.

Lindiwe Ntuli, munhu loyi a leteriweke switsongo eka swa nawu eCenturion, u rungurile hilaha ku kuma mivuyelo ya yena swi nga n'wi pfumelela hakona ku tirha a ri ekaya na ku kota ku fikelela rhente ya yena.

Ku na switori swo tala swa tikhamphani leti ti nga kota ku tshama ta ha tirha ku ya emahlweni eka lembe leri nga hundza hikwalaho ka nseketelo lowu ti nga wu kuma kusuka eka UIF.

Swo fana swi nga vuriwa hi mabindzu lamatsongo lama nga pfuniwa hi malimpfuneto yo hambanahambana na mali yo lomba leyi a yi nyikiwa hi tindzawulo to hlayanyana.

Magoza lawa ma pfunile swinene vanhu va ka hina hi nkarhi wa vona wa ku dinga.

Loko ha ha cinca kusuka eka mphalalo ku ya eka nhlakarhelo, hi fanele ku cinca maendlelo.

Loko magoza lama mphalalo ma endleriwile ku va ma xinkadyana, ikhonomi yi ta ya emahlweni yi twa swi-

tandzhaku swa ntungukulu ku ringana nkarhi wo leha.

Hambi tanihileswi swipimelo swa mpfalelo swi nga olovisiwa, tikhamphani to tala ti le ku tikeriweni ku kondzelela switandzhaku swo landzela swa tin'hweti ta matirhelo lama hungutiweke na ku lahlekeriwa hi malinhlengeleto.

Swi hikwalaho ka xivangelelo lexi leswaku, hi ku landza mikanerisano yo leha na vanakulobye va vaaki eka NEDLAC, mbuyelo wa COVID TERS wu engeteleriweke kufika hi siku ra 15 Nyenyanankulu 2021 eka tisekitara leti a ti nga koti ku tirha hi ku hetiseka.

Malimpfuneto ya COVID yo hlawuleka yi engeteleriwile kuya eka tin'hweti tinharhu.

Lama ku tshama ku ri magoza ya nkarhinyana.

Nkongomo wa hina sweswi wu fanele wu va eka ku tumbuluxa mbangu lowu kotisaka mabindzu ku hlakarhela, na ku kula ka ikhonomi leyi yi nga xihlohloteri xa ku tumbuluxiwa ka mitirho na ku koka rinoko ra vuvukisi.

Nhlakarhelo wu ta tika naswona wu ta teka nkarhi, kungari nkarhinyana hikuva ha ha ri exikarhi ka ntungukulu.

Xa nko ka tanihileswi magoza lama mphalalo lama ma xiswona sweswi, a hi nga swi koti ku ma yisa emahlweni ku ya ku yile.

Hi fanele ku tiyisisa leswaku magoza lama mphalalo ma nyika masungulo mo tiya ma nhlakarhelo wo

anama handle ko ndzondzometa tiko eswikweletini.

Handle ka loko hi nga hunguta xikweleti xa hina xa rixaka kufika eka tilevhele leti yisekaka emahlweni ku hava nhlakarhelo wo twala wa ikhonomi wu nga fikelelekaka.

Ku lemuka ka hina ka rixaka sweswi swi fanele ku suka eka xivandla xa mphalalo ku ya eka xa nhlakarhelo, naswona hinkwerhu hi fanele ku va xiphemu xa ku tikarhata loku.

Tanihi mfumo, swiboho swo tika hi matirhiselo ya mali ya mfumo swi ta dinga ku tekiwa na ku simekiwa lembe leri.

Tikhamphani ti ta dinga ku va na maendlelo mantshwa eka ku fambisa tindlela na tiphurosese leti ti sirhelelaka vuyisekamahlweni na mpindzulo, na ku vuyisela mitirho ku va leswi swi rhangaka emahlweni.

Hi fanele ku tlherisela mali ya hina eka ikhonomi ya hina hi ku xava swimakiwa swa laha tikweni, hi seketela mabindzu ya laha tikweni na tiindasitiri na ku xava eka vaphakeri va laha tikweni.

Muvabyi loyi a nga vaviseka a nga na ntshembo wa nhlakarhelo u nyikiwa therapi ya le mirini ya nkarhi na nkarhi ku n'wi pfuna ku tiya kukondza a kota ku yima hi yexe.

Xana magoza lama ma mphalalo ma nkarhinyana ma nga voniwa tanihi tindlela to vuyisela ikhonomi ya hina yi yima nakambe.

Xikongomelokulu xa hina i ku famba nakambe.

Tanihi rixaka, a hi hoxeni xandla hinkwerhu. A hi veni xiphemu xa nhluvuko na ndlandlamuko wa hina vini.

A hi tirhiseni mphalalo wo engeteleriwa ku susumeta nhlakarhelo wo tiya swinene.

Hlohotela na ku Sirhelela **TIMFANELO** ta Vavasati,  
Vana na mitlawa leyi nga sirhelelekangiki

## **KUNGU RA TIPOYINTI TA NTSEVU RA VAHOLOBYE**

### **“AYIHLOME KU LWA NA MADZOLONGA YO YA HI RIMBEWU”**

#### **POYINTI YA 1**

Vaxanisiwa hinkwavo va fanele ku hloniphiwa, ku tirhiseriwa vukheta na ku kamberiwa swilaveko hi maphorisa lama ma leteriweke hi ndlela yo twela muxanisiwa.

#### **POYINTI YA 2**

Vaxanisiwa va fanele ku pfuniwa eka Kamara leri Vaxanisiwa va Titwaka va Ntshuxekile (VFR) kumbe kamara rin'wana laha xitatimente xi nga tekeriwaka kona exihundleni eka Xitichi xa Maphorisa kumbe eka tindhawu tin'wana leti ti nyikaka vukorhokeri bya nseketelo wa vaxanisiwa.

#### **POYINTI YA 3**

Vaxanisiwa va ta hundziseriwa/yisiwa eka nkambelo wa vutshunguri hi mutivi wa swa rihanyu ku kuma vumbhoni bya vutshunguri na ku tata mbuyelo wa vutshunguri.

#### **POYINTI YA 4**

Ndzavisiso wu fanele wu endliwa hi Yuniti ya Vulavisisi bya Madzolonga ya le Midyangwini, Nsirhelelo wa Vana na Milandzu ya Timhaka ta swa Masangu (FCS) kumbe fokisi leri ri nga leteriwa hilaha swi lavekaka hakona.

#### **POYINTI YA 5**

Mindyangu na vaxanisiwa va milandzu ya timhaka ta swa masangu, ku dlayeteriwa ka vavasati na ku dlayiwa ka ticece hi vamaana wa tona swi fanele ku hundziseriwa eka vukorhokeri bya nseketelo wa vaxanisiwa lebyi byi kumekaka etindhawini toleto ku kuma mpfuno wa swa nawu, wa vanhu na wa swa miehleketo.

#### **POYINTI YA 6**

Vaxanisiwa va fanele ku nyikiwa xiviko xa mafambelo ya milandzu ya timhangu ta vona hi ndlela leyi yi yaka emahlweni.



**MANGALA MADZOLONGA YO YA HI RIMBEWU NA VAXANISIWA VA WONA U NGA TIVEKI EKA  
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**civilian secretariat  
for police service**

Department:  
Civilian Secretariat for Police Service  
REPUBLIC OF SOUTH AFRICA



## Ku tirhana na ku lahlekeriwa hi murhandziwa



**V**anhu vo tala va lahlekeriwile hi varhandziwa hikwalaho ka ntungukulu wa Khoronavhayirasi naswona rifu hakanyingiri nga twala ingaku a hntiyiso.

“A wu wexe,” ku vula mutivi wa swa miehleketo wa muganga Zanele Ludziya kusuka eXibedhlele xa Stikland eKapa-Vupeladyambu.

Ku lahlekeriwa hi murhandziwa a swi olovi naswitsanana naswona swi

nga ku pfluxela mitlhaveko yo hambanahambana.

“Ku na swikombo swo tala leswi u nga swi langu-taka loko murhandziwa a ri ku tweni ka ku vava ko sukeriwa, kambe ku pfumaleka ka swikombeto a swi vuli leswaku munhu a nga twi ku vava ko sukeriwa.

“Vanhu va nga komba swikombo swa ku hlundzuka, ku nyangatseka, ku tsana kumbe ku pfumala ku tsakela. Ku tirha ka miehleketo ya vona swi nga tlhela swi khumbeka, tanihiloko

va nga vaka va taleriwile swinene hi swo swi ehleketa na hi mikhumbhulo ya mufi. Va nga tlhela va va na ku tikeriwa hi nkongomiso wa miehleketo kumbe va nga languteka va pfilunganyekile,” ku vula Ludziya.

U tsundzuxa vanhu ku va va tiva ku cinca ka matikhomelo, ko tanihi ku rila kumbe ku tlakuka ka ku nwa byalwa na ku tirhisa swidzidziharisi. “Va nga ha dzaha kutlula leswi va dzahisaka xiswona hi ntlovelelo, va nga papalata kumbe ku tiveka wexe kumbe va nga papalata ku va vanhu na ku va etindhawini to karhi. Va nga lava ku miyela kumbe huwa leyi tlakukeke. Va nga tlhela va va na vurhena kumbe va kariha,” a vula.

Loko hi ri eku seketeleni ka murhandziwa, Ludziya u vula leswaku swa pfuna ku twisisa phurose ya ku twa ku vava ko sukeriwa na leswaku un'wana na un'wana u swi tokota hi ku hambana. U hlamusela leswaku ku twa ku vava ko sukeriwa a hi xiyimo,

kambe i phurose, naswona vanhu hi xitalo va hundza eka switeji swa ku twa ku vava ko sukeriwa.

### Switeji leswi nga toloveleka swa ku twa ku vava ko sukeriwa

Switeji leswi nga toloveleka swa ku twa ku vava ko sukeriwa i ku tiarisa kumbe ku tiveka wexe (ku va switwi swi nga tirhi eka swiphemu swin'wana swa miri kumbe ku hlamala); ku hlundzuka (ku hlundzuka van'wana va nga onhanga nchumu); ku navela leswaku murhandziwa wa wena a nga sirheleriwa loko ko endliwa swin'wana (ku va na switwi swa ku tivona nandzu eka swilo leswi a nga swi endlangiki kumbe ku swi vula); ntshikelelo wa miehleketo (ku tsana loku ku taka hi ku lemuka leswaku vutomi byi ta ya emahlweni murhandziwa wa vona a nga ri kona); na ku amukela (ku kuma ndlela yo hanya vutomi byo helela munhu luya a nga ri kona).

“Ndlela yin'we ya ku

kondzelela kumbe yo komba nseketelo i ku twisisa xiteji xa ku twa ku vava ko sukeriwa lexi u nga eka xona kumbe lexi murhandziwa a nga eku xi tokoteni. Leswi swi nga tlhela swi tiyisisa munhu loyi a twaka ku vava ko sukeriwa leswaku leswi a swi tokotaka swi tolovelekile. Khoma munhu yaloye kumbe u tikhoma hi tintswalo, ku lehisa mbilu na ku twisisa, u ri karhi u tsundzuka leswaku leswi u swi tokotaka swi ta hundza,” ku vula Ludziya. **V**

**U nga pfuna un'wana loyi a nga lahlekeriwa hi murhandziwa hi ku n'wi vutisa leswaku i muxaka wa njhani wa nseketelo lowu a wu dingaka. Ku tlhela ku va na mihlangano yo ka yi nga ri ya mfumo, yo fana na Ntlawa wa Ntshikelelo wa Miehleketo na Nchavo wa Afrika-Dzonga, lowu wu nyikaka nseketelo. Endzela webusayiti ya vona eka [www.sadag.org](http://www.sadag.org) kumbe u foyinela nomboro yo pfuna eka 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.