

# Vuk'uzenzele



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English/Tshivenda

Fulwana 2021 Khandiso 1



**Driving COVID-19 jobs in Ekurhuleni**  
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**STAY SAFE**  
VACCINATE TO SAVE SOUTH AFRICA  
TOGETHER WE CAN BEAT THE CORONAVIRUS



**Partnership helps develop e-learning**  
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## Gogos' vaccine joy



■ **Nomamelika Philiso (119)** is all smiles after receiving the COVID-19 vaccine.



■ **Chithekile Hlabisa (101)** has already beaten COVID-19 once and has ensured she is protected from the virus by having the vaccine.

### More Matshediso and Ndyebo Kopo

**P**hase 2 of South Africa's mass vaccination programme is reaching the elderly across the country, at vaccination sites and in their homes.

Recently, 119-year-old Nomamelika Philiso of Mandleni village in KwaBhaca in the Eastern Cape received her first dose of the Pfizer vaccine.

Community health workers visited Philiso's home during a door-to-door campaign to register those who are over 60 years of age on the Electronic Vaccination Data System (EVDS).

They registered Philiso on the EVDS and not long after she was vaccinated at her home by senior health professional Thobeka Ludidi from Madzikane KaZulu Hospital.

Ludidi first screened Philiso before administering the vaccine.

### Happy and grateful

Philiso expressed gratitude to government for ensuring that she benefited from the vaccination programme.

"I am short of words. I am just happy and grateful," she says.

While Philiso's husband passed away in 1964 and eight of her nine children have also passed away, she is looking forward to spending time with her grandchildren and great grandchildren.

Another recently vaccinated gogo is 101-year-old Chithekile Hlabisa from Mzingazi in Richards Bay.

She received the first dose of the vaccine at Ngwelezana Hospital.

Hlabisa is extremely grateful to have received the vaccine as she spent four weeks in hospital due to the Coronavirus Disease (COVID-19) earlier this year.

Having battled with a heart condition for most of her life, she says it was only by God's grace that she survived. Unfortunately, one of

her daughters succumbed to the disease.

### Waiting patiently

Chithekile encourages other senior citizens to take the jab.

"I have been waiting patiently for the vaccine. Having survived COVID-19 and being hospitalised for this virus can be a scary episode.

"I was happy to hear that now we are vaccinating. All people my age and younger than me should take the vaccination as soon as possible."

While she admits she was initially afraid, Hlabisa says receiving more information about the vaccine put her mind at ease.

### Pulling out all the stops

Efforts are being made by various sectors to ensure that as many people over the age of 60 as possible register on the EVDS.

Pension payout points, where thousands of the elderly queue for their

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### CONTACT US



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@VukuzenzeleNews

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

Email: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)

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

Tel: (+27) 12 473 0353

Tshedimosetso House:

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

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# Vhaswa vhashu ndi vha vhuṭhogwa kha riṇe

**N**ga 16 Fulwi 1976, vhaswa vha Sowetona vha zwi-  
we zwipiṇa zwa shan-  
go vho takuwa vha lwa  
na vuvhi ha Pfunzo ya  
Vharema (*Bantu Education*).

Nga eneṇo ṇuvha na nga  
maṇwe maṇvha a tevhela-  
ho, vhanzhi vho ṇo xe-  
lelwa nga matshilo. Vho  
vhaulawa nga muvhuso  
wa tshiṇuho we wa vha  
u sa dzhieli ṇha matshilo  
a vharema nahone u sa  
humbuli tshithu musi u  
tshi ṇhasela vhatu vha  
songo ṇiṇamaho, vhana  
vha tshikolo vha sa ṇivhi  
tshithu.

Zwo iteaho zwo khwaṇ-  
hisa muhumbulo wa dzitshaka  
wa u lwa na muvhuso wa  
tshiṇalula zwa dovha zwa  
ṇetshedza ṇhuṇhuedzo  
i bvelaho phanṇa kha  
ndwa ya u lwela mbofholowo.

Vhaswa vha dzula vha  
vhone vharangaphanṇa  
vha migwalabo ya zwi-  
tshavha, u bva kha  
migwalabo i songo tendel-  
waho ngei Latin Amerika  
kha miṇwaha ya u  
fhedzisela ya vho1950,  
u swika kha migwalabo  
ya u mona na Afrika  
kha miṇwaha ya u  
fhedzisela ya vho1960.

ṇivhazwakale i lingedza  
u ṇwala u shela mulenzhe  
ha murafho wa 1976  
kha dzanganoṇa dzitshaka  
na kha ndwa ya u lwa  
na tsikeledzo khathihi  
na tshayavhulamukanyi.

Ndwaiyi ya ṇivhazwakale  
yo iteaho kha miṇwaha  
ya 45 yo fhelaho i bvela  
phanṇa na u humbulwa  
u mona na Afrika na  
ṇifhasi ṇoṇhe.

Zwi a ṇungufhadza zwa  
uri ṇivho ya 16 Fulwi  
i khou fhungudzea kha  
vhaswa vha Afrika  
Tshipembe. Hezwi  
zwi khou itea vhu-  
kati ha murafho u  
vhidzwaho *Generation Z*,  
kana vhaswa vho  
bebwo vhu-  
kati ha ṇwaha

wa 1997 na ṇwaha wa 2015.

ṇhoṇisiso ya Vhuṇifari  
ha Tshitshavha tsha Afrika  
Tshipembe ya 2019/2020  
yo anṇadzwaho nga vha  
Khoroya ṇhoṇisiso ya  
Saintsi ya Vhathu yo  
wanulusa zwa uri u ya  
hanefha kha 40% ya  
murafho wa *Generation Z*  
a vha athu u pfa ṇivhaz-  
wakale ya zwo iteaho  
nga 16 Fulwi. Tshivhalo  
tsha phesenthe i lingana-  
ho na heneyo vho no  
zwi pfa fhedzi vha  
ṇivha zwiṇuku kana  
a vha ṇivhi tshithu  
nga ha iyo ṇivhazwakale.

Naho zwo ralo, ṇhoṇisiso  
dzo dovha hafhu dza  
wanulusa zwa uri vhaswa  
vha murafho wonoyu  
vho ṇiimisela u guda  
nga ha zwo iteaho kha  
ṇivhazwakale zwa  
ndeme nahone vha a  
dovha hafhu vha tenda  
kha vhuṇhogwa hazwo  
vhu bvelaho phanṇa.

Ri khou fanela u ita  
zwinzhi sa shango u  
itela u khwaṇhisedza  
uri mulaedza wa 1976  
u khou pfukiswa lwa  
ngoho.

Hovhu ndi vhuṇifhinduleli  
hoṇanganelaho ha  
muvhuso, zwikolo,  
zwiimiswa zwa pfunzo  
dza ṇha, vhabebi,  
miṇa, vhaimbibi, vha-  
tsila, na tshitshavha  
tshoṇhe.

Murafho we wa bebwo  
nga murahu ha muvhuso  
wa tshiṇalula wo  
fhedzisela wo wana  
shango ṇine ṇa vha  
na Ndayotewa ya  
demokirasi na hune  
mbofholowo dza  
vhuṇhogwa dzo  
tsireledza.

Zwikhala zwine vhaswa  
vha vharema vha vha  
nazwo ṇamusi ndi  
zwhulwane nga maanṇa  
nahone zwo khwiṇis-  
wa vhu-  
kuma.

U dzulela u amba nga  
ha zwo iteaho nga 16  
Fulwi ndi tshihumbudzi  
kha murafho wa ṇamusi  
tsha vhuṇiṇetshedzeli  
vhu-  
lwane he ha itwa u  
itela u wana



mbofholowo ine vha vha  
nayo ṇamusi.

ṇuvha ṇa Vhaswa ndi  
tshihumbudzi tsha maanṇa  
mahulwane na nyito ya  
uri vhaswa vha fanela u  
tou ṇisikela vhumatshelo  
ha khwiṇe.

Thaidzo dzine vhaswa  
vha Afrika Tshipembe  
vha vha nadzo ṇamusi  
ndi nanzhi. Vhaswa vha  
dzula vha vha vhuṇhogwa  
kha u ṇisa tshanduko,  
zwi si na ndavha uri  
ndi kha u ṇoṇa pfunzo  
ya mahala na kana kha  
u lwa na malwadze a  
tshitshavha a fanaho  
na khakhathi dzo ṇitika-  
ho nga mbeu.

ṇamusi thaidzo khu-  
lwanesa ine vhaswa vha  
khou lwa nayo ndi ya  
vhusayamishumo, he  
ha hulela nga mulandu  
wa dwadze ṇa COVID-19.

U sika zwikhala zwinzhi  
hu u itela vhaswa, na  
tswikelo kha zwenezwo  
zwikhala, ndi tshipikwa  
tsha u thoma tsha  
muvhuso.

Zwoṇhe zwine ra zwi  
ita sa muvhuso zwi shela  
mulenzhe kha u khwiṇis-  
wa matshilo a vhaswa.  
U fhenya vhusayamishumo  
kha vhaswa zwi ṇoṇa  
u ṇavhanyiswa ha  
nyaluwo ya ikonomi,  
nga maanṇesa kha  
dzisekhi-thara dzi ṇoṇa  
vhashumi vhanzhi,  
na u fhaṇa vhu-  
koni ha muvhuso u  
itela u khunyeledza  
mushumo wawo

wa mveledziso.

Ri khou dovha hafhu  
ra tshimbidza uyu  
mushumo nga kha  
thusedzo dzo pikwaho.  
Hezwi zwi katela  
Thusedzo ya Mishumo  
ya Vhaswa ya Muphuresi-  
dennde, ine yo no ṇetshedza  
zwikhala zwa mishumo  
na thikhedzo ya vhuṇitshidzi  
kha vhaswa vhanzhi.

Ro rwela ṇari mutevhe  
wa maṇwe maga u itela  
u sika zwikhala zwa  
mishumo, u khwiṇis-  
wa mveledziso ya  
zwikili, u tikedza  
vhoramabindu vha  
vha kha ṇi vha vhuṇuku  
na u konisa u shela  
mulenzhe ha vhaswa  
kha ikonomi.

Hezwi zwi katela u  
thomiwa ha Netiweke  
ya Ndangulo ya Tswikelelo  
ya Mishumo ya Lushaka  
ya Vhaswa vha Afrika  
Tshipembe, ya u ita  
uri zwi lelutshela vhaswa  
u lavhelesa na u swikela  
zwikhala zwa mishumo  
vha dovha hafhu vha  
wana thikhedzo i  
shumaho ya u wana  
magondo a u dzhena  
kha mushumo u re  
hone.

Hezwi zwi vhu-  
kati ha zwipikwa zwa  
ndeme kha Thusedzo  
ya Mishumo ya Vhaswa  
ya Muphuresidennde,  
ye ya rwelwa ṇari  
kha vhege dza phanṇa  
ha musi ri tshi dzhena  
kha muvalelo wa  
lushaka ṇwaha wo  
fhelaho nahone ine  
zwa-zwino ya khou  
thoma u shu-

miswa lwo fhelelaho.

Thusedzo ya Mishumo  
ya Vhaswa ya Muphuresi-  
dennde yo itwa nga  
kha kupfeselele kwa  
uri u tandulula tshiwo  
tsha vhusayamishumo  
ha vhaswa zwi ṇoṇa  
kuhumbulele kwa  
vhuṇali khathihi na  
tshumisano dzo  
khwaṇhaho u mona  
na zwi-tshavha.

Tshipikwa tshayo  
tsha u fhedzisela ndi  
u wana maitele ane  
a shuma, kha mveledziso  
ya zwikili kana kha  
mbekanyamaitele dza  
u anṇadza mishumo  
dzi re hone, na u  
swikisa izwi kha vhaswa  
vhanzhi.

Tshandemesa, iṇanganedza  
uri vhaswa vha fanela  
u vha vhu-  
kati ha ndingedzo  
iṇwe na iṇwe ya u  
khwiṇisa zwikhala  
zwa mishumo ya  
vhaswa. Vhaswa ndi  
vha ndeme, vha dovha  
hafhu vha vha tshihali  
tshashu tshihulwane  
kha ino nndwa.

Ri bvulela muṇadzi u  
konṇelela ha muswa  
muṇwe na muṇwe  
ane a khou ita mushumo  
wawe kha u fhaṇa  
na u bveledzisa ṇino  
shango.

Ndi vhaswa vane vha  
khou shuma hu si na  
malamba zwi-  
tshavhani zwashu,  
vane vha khou fhaṇa  
shango ṇashu nga  
kha Thusedzo ya  
Mishumo ya Vhaswa  
ya Muphuresidennde,  
vane vha khou  
tshimbidza mabindu  
a vhone vhaṇe na  
vane vha khou guda  
u itela u ṇikhwiṇifhadza.

Ndi vhaswa vane vha  
khou ṇiitela ṇila  
dzavho vha tshi  
khou tshimbila khathihi  
na vha miṇa yavho.

Ri bvulela muṇadzi  
vhaswa vane vha khou  
shuma u itela u khwiṇis-  
wa matshilo avho.  
Vhaswa vha khou  
ita mushumo wavo;  
vha ṇoṇa muvhuso,  
na tshitshavha tshoṇhe,  
uri ri ite mushumo  
washu.

Shango ṇashu ṇi  
khou fhira kha tshifhinga  
tshi konṇaho, fhedzi  
ri khou shuma ṇuvha  
ṇiṇwenaṇiṇweuṇanṇavhudza  
mikano ya fulufhelo.

Ri khou vhone u  
gonyela ṇha ha  
nyaluwo kha ikonomi  
yashu, ri na fulufhelo  
uri izwi zwi ṇo  
shandukela kha  
zwikhala zwa khwiṇe  
zwa vhoṇhe. Mushumo  
washu zwazwino  
ndi u khwaṇhisedza  
uri vhaswa vho  
lugela nahone vha  
a kona u swikelela  
zwikhala izwi, na u  
ṇisikela zwa vhone  
vhaṇe. **U**

# Kha vha thivhele u swa Nga vhuno vhuriha

Vho Allison Cooper

**M**usi vhuriha vhu tshi isa ho ea ya vhududo, vhu dovha hafhu ha engedza khovhakhombo ya u huvhala nga u swa nga makhanela, mililo, zwi ofu, hithara khathihi na ma i a u fhisa.

“Mafuvhalo a u swa a alesa nga tshifhinga tsha vhuriha ngauralo vhabebi na vha hogomeli vha fanela u hogomela na u fhirisa u itela u khwa hisedza tsiredzo yavho na ya vhana vhavho,” vho ralo Vho Dokotela Gary Dos Passos.

Ndi Muhulwane wa Yunithi ya zwa mafuvhalo a U swa ngei Red Cross War Memorial Children's Hospital (RCW-MCH) na u vha mura o wa komiti ya vhumanguli kha Burn Society of South Africa.

Musi zwiwo zwa mililo i songo lavhelelwaho zwi sa thivhelei, mafuvhalo ma-



U swa nga mulilo zwi nga vha mafuvhalo mahulwane.

nzhi a u swa a nga kona u thivhelwa nga u dzula wo fha uwa, hogomelo kwayo nga vhaulwane khathihi na u shumiswa ha mililo nga nila yo tsiredzeaho.

“U swa nga mulilo ndi mafuvhalo mahulwane ane a vha na masiandaitwa a amani na muhumbuloni na mutakalo kha vho ponyaho na vha mi a yavho,” vho ralo Vho Dokotela Dos Passos.

## Ri nga thivhela hani u swa

Mafuvhalo a u swa a nga thivhelwa heneffho hayani.

Dzi we ngeletshedzo khedzi:

- Kha vha vhee metshisi, aithara, zwishumiswa zwa u thusa u phaladza mulilo (phe hirolo na pharafeni), makhanela, xasi na ma enzhe a pharafeni na hithara kule na vhana.
- Vha songo shela zwishumiswa zwa u thusa u phaladza mulilo muliloni. Hezwi zwi khombo vhukuma.
- Vha songo tendela vhana vha tshi tambela tsini na ma enzhe a pharafeni kana a xasi kana hithara.
- Vha songo takula wana

musi vha tshi khou bika kana vha utshela wana a si na hogomelo ngomu kana tsini na lufhera lwa u bikela.

- Kha vha khwa hisedze uri ge ela i fhethu hune wana a sa swikele. Kha vha renge ge ela i si na thambo arali vha tshi nga kona.
- Vha songo hwala gokoko a vhlisa ma i kana khali dza ma i a u fhisa vha tsini na vhana.
- Kha vha rembulusele mikhungelo ya khali kule na phan a ha tshi ofu.
- Kha vha vhee makhanela nga ngomu ha bo elo a ngilasi ihulwane ine a vha na mu avha fhasi ngauralo a o bvela nna arali bo elo a wa.
- Vha songo fukedza mililo nga mu avha. Mufhiso u a dzula kha mu avha lwa dziawara.
- Kha vha shele ma i a u rothola u thoma ngomu ba-

vuni, vha kone u engedza nga a u fhisa. Tshifhinga tsho he vha thetshesele ma i avho a u a mba nga luku avhavha u thoma.

Arali vha iwana vhe khomboni ya u swa nga mulilo, vha ime, vha ipose fhasi vha vhumbuluwe u itela u dzima khavhu ya mulilo.

“Mufhiso u bvaho kha mulilo, ma i a u fhisa kana u swa nga mu agasi zwi o bvela phan a na u fhisa tsikila lwa tshifhinga tshilapfu nga murahu ha u fhandekana na tsho vha fhisaho.

“Kha vha dzime u fhisa nga u vhea tshipi a tsha muvhili tsho swaho kha ma i a u rothola a bommbini lwa mithethe ya 20. Vha songo shumisa aisi, mafhi kana tshibveledzwa tshi we na tshi we tshine tsha vha na mapfura kha fuvhalo a u swa,” vho ralo Vho Dokotela Dos Passos. **U**

U itela u wana dziwe ngeletshedzo dza u thivhela u swa, kha vha dalele [www.childsafe.org.za](http://www.childsafe.org.za).

# Good health by the cupful

**THE PEBBLES PROJECT** and UK-based tea company Twinings have teamed up help farmworkers stay healthy.

Allison Cooper

**T**ea farmworkers and their families, in remote parts of the Western Cape, now have access to healthcare closer to their homes, as a result of a mobile health service in the area.

The mobile clinic was launched by non-profit organisation, the Pebbles Project, and Twinings, a United Kingdom-based tea company, to support around 800 farmworkers and their families on a number of rooibos tea farms in Clanwilliam and Citrusdal.

The mobile clinic conducts wellness screenings and provides routine health check-ups, primary healthcare support and over-the-counter



Rooibos tea farmworker Johanna Beukes with Sister Lenay Zimri, who runs the new mobile health service.

health products.

It will also conduct health and wellness workshops on topics such as family planning, maternal health, hygiene, TB, HIV/AIDS, substance abuse and lifestyle diseases.

Sophia Warner, the Chief

Executive Officer of the Pebbles Project, says a lack of access to quality healthcare poses a major challenge for those working and living in farming communities in remote areas where Twinings sources rooibos tea.

“Many farmworkers do not

receive regular health check-ups or the medical attention or information they need in time, and consequently suffer risks of more serious health conditions that could have been prevented if treated earlier.”

A lack of information also

contributes to health challenges which impacts the farmworkers' ability to work and care for their families.

“The goal of the project is to enable rooibos tea farmworkers to take control of their health and receive the medical support they need,” says Warner.

Albert Smit, from a farm in Jakkalvlei, says the farmworkers are grateful. “We are so happy... As a result of the service, we have less staff having to visit the local clinic and less absenteeism at work,” he adds.

The Pebbles Project's partnership with Twinings is part of the company's responsible sourcing programme called Sourced with Care.

Céline Gilart, the Head of Social Impact for Twinings, says Sourced with Care ensures that the company sources responsibly, but also acts as a force for good to improve the quality of life in communities from which it sources. **U**