

Vuk'uzenzele



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Farewell Mama Winnie



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E-mail: vukuzenzele@gcis.gov.za

Tel: (+27) 12 473 0353

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“Never, never and never again shall it be that this beautiful land will again experience the oppression of one by another and suffer the indignity of being the skunk of the world.”

Nelson Mandela



● **Cont. from page 1**

South Africa mourns heroine, struggle stalwart and mother-to-the-nation Mama Winnie Madikizela-Mandela, who took her last breath on 2 April at the age of 81.

"She died after a long illness, for which she had been in and out of hospital since the start of the year. She succumbed peacefully surrounded by her family and loved ones," said family spokesperson Victor Dlamini.

President Cyril Ramaphosa said her passing has created a profound sense of loss and deep sadness.

"Even at the darkest moments of our struggle for liberation, Mam' Winnie was an abiding symbol of the desire of our people to be free."

The President said in the midst of repression, she was a voice of defiance and resistance. In the face of exploitation, she was a champion of justice and equality.

"It was through marriage that she rose to prominence, but it was through her own contribution, her sacrifice and her unyielding determination that she gained the love and the respect of the nation."

He encouraged South Africans to mourn the passing of the heroine of the struggle, and to reflect on her rich, remarkable and meaningful life.

"Let us draw inspiration from the struggles that she fought and the dream of a better society to which she dedicated her life. We have lost a mother, a leader and an icon."

Mama Winnie Madikizela-Mandela received a Special Official Funeral at the Orlando Stadium in Soweto. True to the person that she was, the funeral was attended by thousands of diverse people.

Meanwhile, the Nelson Mandela Foundation paid their tributes to the icon and stalwart of the liberation.

"Mama Winnie Madikizela-Mandela's passing is a hard blow for the foundation. She travelled a very long road together with our founder, Nelson Mandela. She was a member of a generation of leaders which survived the most brutal period of state terror in apartheid South Africa. And she was a friend of the foundation.

"All South Africans are indebted to Mama Winnie... From the witness of her life, we knew we could stand tall; we knew also we could falter and stumble. Either condition was an affirmation of life. Her cry was our cry, and in 2018 we can say we did triumph.

"We will miss her, and our country will miss her. Hamba kahle (farewell) Mama," said foundation chairperson Professor Njabulo Ndebele. **V**



■ President Cyril Ramaphosa and his wife, Dr Tshepo Motsepe during Winnie Madikizela-Mandela's 80th birthday party.

Winnie Madikizela-Mandela: A timeline

1936: Madikizela-Mandela is born in Mbongweni, Transkei, in the Eastern Cape.



1953: She moves to Johannesburg after being admitted at the Jan Hofmeyr School of Social Work.

1958: Madikizela-Mandela marries Nelson Mandela in Bizana in the Eastern Cape.

1959: She gives birth to her first child, Zenani.

1960: Madikizela-Mandela gives birth to her second daughter, Zindziswa.

1962: Madikizela-Mandela is banned by the apartheid government and her movements restricted to the magisterial district of Johannesburg. The order also stipulated that she is not permitted to be quoted in the media. This follows the arrest of her husband during the previous year.



1965: A severe banning order is handed to Madikizela-Mandela, limiting her movements and barring her from moving anywhere other than her neighbourhood of Orlando West.

1969: Madikizela-Mandela's home is raided. She is arrested and kept in solitary confinement for 17 months. For the first 200 days she has no formal contact with any one, except for her interrogator Major Theunis Swanepoel, a notorious torturer.

1973: Madikizela-Mandela is arrested again

for meeting with another banned person, a photographer for Drum magazine, Peter Magubane. She is handed a 12-month sentence.



1977: Known as the year of the Brandfort banishment, Madikizela-Mandela is sent to the small town, 400 kilometres away from Johannesburg, for eight years.

1986: She returns to her home at 8115 Vilakazi Street, Orlando West, in Soweto. This was also the same year of the formation of the Mandela United Football Club (MUFC).



1990: Madikizela-Mandela is present when Nelson Mandela is released from Victor Verster Prison.

1992: She becomes President of the ANC Women's League (ANCWL).

1994: She is appointed Deputy Minister of Arts, Culture, Science and Technology, but is dismissed the following year for allegations of financial mismanagement.



2016: Madikizela-Mandela celebrates her 80th birthday at a gala at Cape Town's Mount Nelson Hotel with family, friends and colleagues, including President Cyril Ramaphosa. **V**

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government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

Tel: (+27) 12 473 0089 E-mail: vukuzenzele@gcis.gov.za
Address: Private Bag X745, Pretoria, 0001

Head of Editorial and Production
Tasneem Carrim | tasneem@gcis.gov.za

Editor-in-Chief
Des Latham | des@gcis.gov.za

Managing Editor
Ongezwa Mogotsi
ongezwa@gcis.gov.za

News Editor
Noluthando Motswai

Writer
Noluthando Motswai
More Matshediso
Jauhara Khan

Senior Designer
Tendai Gonese

Translators
Nomgcibelo Motha
Boitumelo Phalatse
Phakamani Dadlana

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Lala ngoxolo Qhawe lamaQhawe

The spear has fallen and we are a country in mourning.

We have lost yet another iconic freedom fighter who dedicated her life to building a South Africa of which we can all be proud.

Mam' Winnie Madikizela-Mandela was a freedom fighter, and a leader who defied the odds.

In her early life, she moved to Johannesburg from the Transkei to further her studies, however her exposure to social injustices caused by apartheid moved her to action. She took it upon herself to be part of the movement of change and work towards a free and fair South Africa. It took the better part of her life to realise this aspiration.

Mam' Winnie passed away in a month that is symbolic to all of us as it's a time when we as a country reflect on the journey travelled thus far as well as the journey we must all travel in order for future generations to enjoy freedom.

South Africa has lost a mother, a grandmother, a friend, a comrade, a leader and an icon.

She was the face of hope, a symbol of freedom and a courageous revolutionary. In the midst of repression, she was a voice of defiance and resistance.

In the face of exploitation, she was a champion of justice and equality.

Throughout her life she made an everlasting contribution to the struggle through sacrifice and her unyielding determination. Her dedication to the plight of her people gained her

the love and the respect of the nation.

For many years, she bore the brunt of the senseless brutality of the apartheid state with stoicism and fortitude. Despite the hardships she faced, she never doubted that the struggle for freedom and democracy would succeed.

She remained a tireless advocate for the dispossessed and the marginalised throughout her life. She was a voice for the voiceless.

Despite the hardships she faced, she never doubted that the struggle for freedom and democracy would succeed."

As we prepare to commemorate Freedom Day on 27 April let us not forget the price that many had to pay in order for us to be able to live in a free and democratic country.

Even at the darkest moments of our struggle for liberation, Mam' Winnie was an abiding symbol of the desire of our people to be free.

Nomzamo Winifred Zanyiwe Madikizela was the fifth of nine children and was born in the village of Mbongweni, Bizana, in the Transkei on 26 September 1936. Her father was a history teacher before



being appointed Minister of Forestry and Agriculture in the Transkei Bantustan during Kaizer Matanzima's rule. Her mother was a science teacher.

In 1953 she was admitted to Jan Hofmeyr School of Social Work in Johannesburg. This was the first time she left the Transkei and it was during her studies that she experienced the full effects of apartheid.

Mam' Winnie finished top of her class in 1955 and was offered a scholarship to further her studies in the United States. At the same time she was offered the position of medical social worker at the Baragwanath Hospital in Johannesburg. She opted to stay in South Africa and in so doing became the first black member of staff to fill that position.

During this time she met and befriended Adelaide Tsukudu, the wife of former African

National Congress president Oliver Tambo. Her interest in politics grew and her work as an activist started.

Mam' Winnie met Nelson Mandela during this time and the two celebrated their engagement together in Johannesburg on 25 May 1958.

Their marriage had to be strong enough to deal with multiple court cases launched by the apartheid state against Nelson Mandela, as well as police raids and an unstable upbringing for their children Zenani and Zindziswe.

Mam' Winnie was part of the mass action organised by women against the apartheid government's pass laws which was led by Lilian Ngoyi, Albertina Sisulu, among others.

The arrest and subsequent 27-year imprisonment of Nelson Mandela changed the direction of Mam' Winnie's life.

Her movements were restricted, she was harassed,

intimidated and eventually banned and she was kept in solitary confinement for more than 200 days without seeing her two young children.

However, she was not deterred. Mam' Winnie stood firm in her fight for a just society and in the belief that South Africa would be free one day.

It is now up to all of us to remember her legacy and continue her struggle for justice and equality for all.

Let us remember the rich, remarkable and meaningful life of our very own heroine and draw inspiration from the struggles that she fought and the dream of a better society to which she dedicated her life.

The time has come for all of us to take a collective deep breath, pick up the spear and continue to work towards changing the lives of all our people.

Rest in peace mother of the nation. **V**

Nelson Mandela: A legacy of freedom

THERE IS NO PERSON that embodies the spirit of freedom better than South Africa's first democratically-elected President Nelson Mandela.



Dale Hes

Former President Nelson Mandela's legacy is closely intertwined with the ideals of freedom.

He dedicated his entire life to fighting for the freedom of the people of South Africa.

A fighter's spirit

There is no doubt that Mandela always had a fighter's spirit and the courage to stand up for injustice. This was first evident in his days at the University of Fort Hare, where the young Mandela refused to take his seat on the Student Representative Council because he disagreed with the manner in which elections were run. Despite facing expulsion, Mandela was steadfast in his beliefs and decided not to return to the university after the student holidays in 1940.

In 1944, Mandela joined the ANC, becoming part of a group of young intellectuals (including Walter Sisulu and Oliver Tambo) who fearlessly critiqued the way the organisation was run and were instrumental in forming the ANC Youth League. Mandela and his comrades showed their political savviness early on, creating the landmark Programme of Action that the ANC would adopt several years later

following the victory of the apartheid-instigating National Party in the 1948 elections. The Programme of Action called for non-violent mass protest action, including strikes, civil disobedience and boycotts.

In May 1950, the ANC, Communist Party and South African Indian Congress embarked on the highly successful national May Day strike. Mandela was convinced that freedom would only come from creating a broad-based, non-racial alliance against white minority rule and apartheid.

An icon in the struggle for freedom

Mandela was now recognised as one of the most influential leaders of the liberation campaign. In the 1950s, he travelled around South Africa recruiting volunteers to defy apartheid laws, established a legal practice with Tambo to defend people affected by apartheid, and rose to become the deputy national president of the ANC. He was arrested several times and a banning order against him was repeatedly reinstated.

But nothing could sway Mandela from his course. He, along with struggle icons such as Moses Kotane, Joe Slovo and Dr. Yusuf Dadoo, played a leading role in the creation of the 1955 Freedom Charter – one of the

most iconic declarations in the struggle. The Freedom Charter contained demands that today form much of the backbone of

Even during his 27 years in prison, Mandela continued to fight for the freedom of South Africans

South Africa's Constitution.

Mandela was acquitted during the Treason Trial which started in 1956, after which time he realised that passive resistance against apartheid had been ineffective, especially when the government was responding with violence. This prompted the decision to form Umkhonto we Sizwe, the military wing of the ANC. Mandela was appointed Commander-in-Chief.

Police raided an underground safe house at Lilliesleaf Farm, Rivonia, in 1962, and Mandela and his compatriots were subsequently found guilty of treason in The Rivonia Trial and

sentenced to life imprisonment in 1964.

Creating (and living) the Constitution

Mandela played a crucial role in the formation of our current Constitution. The work began as far back as 1960, when he and other ANC leaders convened the All-In African Conference to discuss possible actions after the banning of the ANC. At the conference, Mandela called for a national convention to draft a new non-racial democratic constitution for South Africa.

Mandela was tasked with writing a letter to Prime Minister Hendrik Verwoerd, drawing attention to the resolution and calling for talks to discuss the drafting of a new constitution, but the letter was ignored. However, this, in addition to the Freedom Charter, firmly laid in place the foundations for our present-day constitution.

Even during his 27 years in prison, Mandela continued to fight for the freedom of South Africans, having regular correspondences with ANC leaders and government officials. In the 1980s, a surge in violence forced the national government to consider the ANC's requests for talks relating to the establishment of a democracy, and there was fierce international pressure to have Mandela and other political prisoners released.

On February 11, 1990, Mandela walked out of the Victor Verster prison in Pretoria to worldwide celebration. The man who had fought tirelessly to liberate all South Africans, was eventually free, and the promise of freedom in the country shone bright on the horizon.

Freedom realised

Formal negotiations for the creation of a new constitution began in December 1991, and stretched out over two years. The Interim Constitution of 1993 was formally enacted on 27 April 1994, the day of our first democratic election (now celebrated as Freedom Day) and the day which saw South Africans vote for their icon of freedom, Mandela, to be their democratic President.

It is fitting that the final Constitution of the Republic of South Africa was signed into law two years later by Mandela, the man who had played such a crucial role in its development, and who passionately lived the constitutional principles of freedom, equality, non-racialism and social justice.

Mandela's philosophy on freedom was perfectly summed up in A Long Walk to Freedom, when he said: "For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." **V**



Mandela's living legacy for children continues

Gabi Khumalo

There's a reason why South Africa's first democratically elected President Nelson Mandela was affectionately referred to as the "father of the nation".

He was called such not only for his fatherly role he played during his leadership of South Africa, but also for the love and support he has showed to children around the world.

Mandela's love for children and the love that children showed to him is well documented. Be it sharing his birthday cake with them, or raising funds for programmes creating beneficial environments for the welfare of children, Mandela was at the forefront of these initiatives.

It was this love for children that pressed Madiba to want to leave a living legacy for them, even when he's gone. The Nelson Mandela Children's Hospital (NMCH), which opened its doors for its first patients in 2017, is a testimony of his love and care for children.

NMCH a brainchild of the Nelson Mandela Trust

The NMCH is the brainchild of the Nelson Mandela Children's Hospital Trust, initiated by the Nelson Mandela Children's Fund in 2009. The trust was established and tasked with raising R1 billion to build and equip a children's hospital to meet the tertiary paediatric healthcare needs in Southern Africa.

Thanks to donors from around the world, the construction of the hospital started in April 2014, and on the December 2016 saw the launch of the NMCH.

The hospital is one of two specialised children's hospitals in the country. Africa only has four specialised children's hospitals, compared to 23 in Canada, 19 in Australia, 20 in Germany and 157 in the United States.

The hospital is next to Wits

University's Medical School and is close to other medical facilities in Parktown, Johannesburg. The state-of-the-art hospital officially opened its doors in June 2017, when it took its first referred patients.

As the country commemorates the Nelson Mandela Centenary this year, *Vuk'uzenzele* recently sat down with hospital CEO Dr Mandisa Maholwana to check on activities within the hospital, as well as the impact on the lives of children.

Dr Maholwana joined the hospital on 1 July 2017, following an appointment of executive leadership in the first quarter of the year.

She said that the role is to provide super specialised services for the children of the country and the region.

"We are looking at specialised procedures like paediatric spinal surgery, paediatric neurosurgery, paediatric cardiology, which looks at, for example, congenital heart conditions for children from before they

the disease process, or if they need surgical intervention, those children can be operated on," she said.

Maholwana said the hospital would be opened in phases before it becomes fully operational. Phase one, which was implemented last year included the opening of Anaesthesiology Department to administer anaesthesia, alongside with the radiology unit, pharmacy and a day ward.

Phase one

The first phase was easy to implement, and within a month after the hospital's opening,



When the Nelson Mandela Children's Hospital is fully operational it will employ approximately 150 doctors and 451 paediatric nursing professionals.

it started accepting referral patients for radiology services and performing Magnetic Resonance Imaging (MRI) scans and CAT (CT) scans. Since the referral of patients to NMCH started, Dr Maholwana noted that the backlog at hospitals like Charlotte Maxeke Johannesburg Academic Hospital has been cleared completely.

The two-year waiting list and times for MIR and CT scan appointments has also been reduced significantly. Chris Hani Baragwanath Academic Hospital, Rahima Moosa Mother and Child Hospital and Steve Biko Academic Hospital.

"We've seen a lot of children with cancer and tumours and that has been the greatest impact of the hospital, even oncology patients are being diagnosed and treated immediately."

Phase two

During the second phase, the hospital provided nephrology services, which includes dialysis for children, cardiology services which looks at specialised diagnostic areas like electrocardiogram (ECG) procedures, echocardiography procedure, and cardiopulmonary exercise testing procedure, which is the first in the country for children.

This phase also included the opening of a Paediatric Intensive Care Unit (ICU) complex, looking at paediatric ICU and neonatal ICU. The ICU complex, which was officially opened by the Gauteng Health Department on 28 February 2018 is now fully operational.

Phase three

The next phase for the hospital will be the opening of surgical services to be followed by the last phase, the opening of paediatric oncology unit.

In preparing for surgical

services, Dr Maholwana said the hospital has started the recruitment and commissioning for neurosurgical procedures, orthopaedic, general paediatric surgery services and cardiothoracic surgery procedures.

"We are taking a staggered approach so that once we set up one service, we go to the next service. We recruit, we talk to all the academic heads so that as a team, we decide how we are going to offer the service and how we rotate people to the hospital," she explained.

Currently, the hospital has 200 beds and over 180 staff members, including nurses, doctors and administration.

When it is fully operational, it is envisaged that it will employ approximately 150 doctors and 451 paediatric nursing professionals, as well as allied services.

The hospital is currently working with a number of international children's hospitals like Toronto's Sick Kids Hospital in Canada and Great Ormond Street Hospital in London, where they share experiences and best practices.

Dr Maholwana said the hospital is determined to continue Nelson Mandela's legacy by working hard and ensuring children who come to NMCH feel his spirit, live like children, and are treated like children. **V**

Cervical cancer to be zapped

STATE-OF-THE-ART machines will help medical doctors detect cervical cancer in its early stages.

The KwaZulu-Natal Department of Health has invested about R900 000 in purchasing 15 new cervical cancer machines.

Unlike many cancers, cancer of the cervix is preventable and the new Large Loop Excision of the Transformation Zone (LLETZ) machines make it easier to detect abnormalities in the cervix that could lead to cancer.

The LLETZ is said to be one of the most effective procedures to prevent cancer of the cervix occurring in women who have been identified as being at high risk.

The function of the LLETZ machine is to conduct a small, non-invasive surgical procedure on the woman's cervix.

Using electrical current, the LLETZ procedure removes that part of the cervix where the cells are becoming abnormal and which might develop into cancer.

These abnormal cells can be detected by a pap smear, which must be done regularly.

An important feature of cancer of the cervix is that the disease has a long pre-cancer phase which lasts for several years. This provides an opportunity to detect it by pap smear and then to treat it with the LLETZ procedure before it progresses to cancer.

The new machines will therefore increase the capacity to prevent cancer of the cervix in KwaZulu-Natal by allowing this procedure to be available in more sites.

Currently, 17 hospitals in the province have these purpose-designed, functioning LLETZ machines

The machines will be distributed at Nkandla, Eshowe, Benedictine, Nkonjeni, Osindisweni and King Dinuzulu hospitals.

KwaZulu-Natal health MEC Dr Sibongiseni Dhlomo said the machines will be used by medical officers because the province does not have oncologists in far flung areas.

"From now onwards, with the advent of LLETZ procedures, particularly in rural-based hos-

pitals, we are sure to treat this form of ailment before it progresses to cancer, which again, we emphasise, is preventable," said MEC Dhlomo.

Medical officers have been trained to use the machines and the aim of the programme is to focus more on prevention by ensuring that abnormalities are detected early. Waiting times for cervical cancer treatment will also be reduced.

Cervical cancer caused by HPV

Dr Neil Moran, head of the clinical obstetrics and gynaecology with the KwaZulu-Natal Department of Health, said the cause of cervical cancer is the human papillomavirus (HPV) which is a sexually transmitted disease that is extremely common.

"A large proportion of young sexually active people would have been infected with this virus. It doesn't cause symptoms and people wouldn't know that they have the virus.

"For most people, the body gets ride of the virus naturally.



■ From left KwaZulu-Natal Health MEC Dr Sibongiseni Dhlomo with acting head of the department Dr Musa Gumede, UKZN Head Obstetrics and Gynaecology Prof Motshidisi Sebitloane and head of Obstetrics and Gynaecology in the provincial department Dr Neil Moran during the unveiling of the new Large Loop Excision of the Transformation Zone (LLETZ) machines.

In a small proportion of women, the virus remains in the cervix which will cause changes to the cells of the cervix and make them abnormal."

Dr Moran added that abnormal cells can develop into cancer of the cervix over a long period of time.

"This means there is a pre-cancerous phase which gives us time to prevent the disease.

"Treatment of cancer is complicated but the prevention of

it by removing abnormal cells is very simple." ■

DID YOU KNOW?

Despite the efficacy of screening for cervical cancer to ensure early detection and treatment, at least 10 women per day die in South Africa because of this disease.

Strong bones may decrease osteoporosis

LOOKING AFTER your bones during your youth can help prevent complications as you age.

With April being health awareness month, maybe you should think about going for a check-up for osteoporosis to determine if your bones are healthy and strong.

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both.

How does this condition come about?

The bones in our body are not solid and unchanging. Every day there is a process of breakdown and rebuilding going on; the bones are being constantly remoulded.

Usually the two processes are in a state of balance and the bones maintain a cer-

tain thickness and strength. However, as we get older, an imbalance develops and there is more breakdown of bone than repair. The bones therefore become thinner.

The body needs calcium for the normal function of all the cells. The bones form a sort of calcium bank for the body. If there is a shortage, then calcium will be drawn out of the bones and the bones will remain lacking in calcium.

Why is this important?

The importance of osteoporosis check-ups lies in the fact that the condition may cause serious problems. It is much more common in women, especially in menopause. About one third of women over the age of 65 will suffer a fracture of a vertebra. Another

common site of fractures in elderly women is the hip bone.

Risk factors

- Genetic factors.
- A family history of osteoporosis or a fracture due to osteoporosis.
- As women get older, the level of hormones, especially oestrogen, drops. This causes a decrease in the absorption of calcium and a tendency to osteoporosis.

Medical and surgical problems

Certain drugs cause loss of bone mineral. These include cortisone and anti-epileptic medication. Having a hysterectomy before menopause, especially if the ovaries are

also removed, increases the risk of osteoporosis, as do overactive thyroid or para-thyroid glands.

Lifestyle

Lifestyle plays a very definite role in the development of osteoporosis. It can increase the likelihood or aggravate osteoporosis. Smoking, alcohol intake, drinking a lot of tea or coffee, insufficient intake of calcium and lack of weight-bearing exercises are some of the factors.

How can osteoporosis be prevented?

Start by maintaining bone health in your youth. These same bones will then be able to better resist osteoporosis in middle and old age. Exercise regularly - walk or jog for

an hour three times a week. Avoid or reduce alcohol, smoking and tea and coffee intake.

Diet and supplements

Increase your calcium intake by drinking milk and eating yoghurt and cheese. Calcium can also be taken in the form of a supplement, particularly for women who cannot tolerate dairy products.

Prevention is better than cure

Osteoporosis poses a real threat to the well-being and lives of millions of women. It is much easier to prevent it than to treat it. Lifestyle changes play as important a role in your bone health as all the medicines that are or can be used. ■

Your health, your right!



■ The Patients' Right Charter is embedded in the South African health system

Adele Schormann

The Patients' Rights Charter ensures that all South Africans have the right to quality healthcare.

It was put in place by the South African Department of Health to uphold, protect and promote patients' rights when receiving medical care and it is important to know what your rights and responsibilities are.

According to the Constitution of the Republic of South Africa (Act No 108 of 1996), patients have the following rights:

Urgent medical care

If you are in need of urgent medical care you can be admitted to your nearest hospital and treated until you are stable, regardless of whether or not you have medical aid. A hospital may not turn a patient away until they have been

stabilised.

Access to a healthy and safe environment

The healthcare facility/environment should offer adequate and clean water supply, sanitation and waste disposal etc. This is meant to promote and ensure a patient's physical and mental wellbeing.

Participation in decision making

Your opinion matters. Medical professionals must involve patients in the decision-making processes that will impact their health.

Access to healthcare particulars

Having the right to access to healthcare entails various things:

- Patients should understand the recommended treatment and rehabilitation so that they can weigh up their options and the consequences.
- Provision should be made for special needs patients, such as disabled people,

pregnant women, the elderly and people living with HIV/Aids.

- Patients have the right to counselling, without discrimination, coercion or violence. This includes counselling for cancer, HIV/Aids and other illnesses.
- In the case of terminal illness or incurable diseases, patients should be given the option of affordable and effective palliative care.
- Healthcare practitioners and providers should be courteous, patient, tolerant and show empathy.
- Patients must be given access to medical information, such as the availability of healthcare services, in a language of their choice.

Privacy and confidentiality

A patient's information may not be disclosed to a third party without their consent or without a court order.

Get a second opinion

Every patient has the right to seek a second opinion before giving consent or refusing treatment.

Continuity of care

A healthcare professional may not abandon a patient.

Responsibilities of the patient

A patient must:

- Respect the rights of other patients and healthcare providers.
- Comply with prescribed treatment or rehabilitation.
- Look after themselves so that they can be healthy and protect the environment.
- Patients may not abuse the healthcare system and must provide accurate information about their health status.

Every patient has the right to complain if they feel a practice or professional is not obeying the law and a full investigation can be launched. Remember that with rights, come responsibilities. Ensure that you maintain a healthy lifestyle. ■

Exposing the myths of albinism

PEOPLE WITH ALBINISM are at risk of isolation because the condition is misunderstood.

Adele Schormann

Whilst many cultures believe that people who have albinism have magic powers, *Vuk'uzenzele* presents the facts about this genetic condition.

According to the Albinism Society of South Africa, albinism is an inherited genetic condition that reduces the amount of melanin pigment formed in the skin, hair or eyes.

This means that a person is unable to produce normal colouring and their skin is light or pale, with freckles, whilst their body hair can vary from white to yellow or light brown. They may also have sensitive eyes or be visually impaired.

Albinism is not contagious, it is inherited. A child with albinism receives the defective gene from both parents and it



■ Albinism is a condition that reduces the amount of melanin pigment formed in the skin, hair or eyes.

is common for parents with normal skin colour to have a child with albinism.

Albinism occurs in all racial and ethnic groups throughout the world.

Setting the record straight

Nomasonto Mazibuko, the

founder of the Albinism Society of South Africa, recently addressed various myths about the condition.

She used an example of a person with albinism standing in a queue at the supermarket and said that people stare, which makes the person very uncomfortable.

"There are myths that people with albinism do not die, they disappear, and if one has sexual intercourse with a person with albinism, their HIV status is cured," said Mazibuko.

"Another myth is that when you drink the blood of a person with albinism, you will have supernatural powers and very good luck. There is even a belief that if you chop up the body parts of a person with albinism and take them to a witchdoctor, you will have luck," she added.

Most people turn a blind eye to people with albinism.

"We need to have more education and advocacy programmes to address the issues facing people with albinism."

Mazibuko believes that these myths will cease to exist once the older generation, who clings to them, have passed away.

"This is a generation gap

issue. Gradually and eventually it will come to an end. In the past, murderers could get away with what they had done because people believed that those with albinism disappear. Because they were trafficked or killed, no one would tell the story. But the police are working day and night to track down these killers," said Mazibuko. ■

DID YOU KNOW?

that due to the sensitivity of the skin, a person with albinism can develop sores that could be cancerous? It is important for people with albinism to stay out of the sun from 11:00 to 13:00 and to apply sun lotion.

Local community reaps farm's rewards

FARMING HAS ensured a better life for a KwaZulu-Natal farmer and his community.

Hlengiwe Ngobese

When Mhlonipheni Zulu (54) dropped out of school to look after his father's cattle, he had no idea it would motivate him to start his own farming business. Zulu owns the 820-hectare Gelykwater Farm in Babanango, KwaZulu-Natal, which breeds and sells cows, sheep and chickens to the market.

The farm has 350 cows and 170 sheep and on average sells between 60 and 70 cows annually. Zulu has employed nine permanent workers from local disadvantaged families and plans to employ another six at the start of the maize and bean harvesting season.

Zulu also owns tree harvesting company Siyawisa Hlathi.

It wasn't easy for Zulu to start his farm as he had to withdraw all of his savings from his tree harvesting business to buy the land. "I didn't have enough money to fence the farm. I approached Ithala



■ Mhlonipheni Zulu with his livestock at Gelykwater Farm in Babanango, in the north of KwaZulu-Natal.

Bank for a loan and luckily my application was successful. I had no choice but to make it work because I invested all I had into the farm and the loan had to be paid back. I worked hard and planted maize to use for feeding," he said.

Since starting the farm two years ago, Zulu has faced a number of challenges, includ-

ing finding the right staff to look after his farm when he is busy with Siyawisa Hlathi. "The animals are like babies and they need to be looked after 24/7. You have to be there all the time and always have a stock of medication, especially for ticks," he said.

Nkosinathi Mhlongo, one of Zulu's employees, said he

enjoys his job because it helps him to provide for his family.

"I don't have any plans to move. In future, I want to breed and sell chickens because I have gained a lot of experience here," he said.

Zulu encourages people to work hard to achieve their dreams. "Education is important, but if you didn't have

access to it, like me, you must try to do something you enjoy and have the skills to do," said Zulu.

He encourages aspiring farmers to be patient when starting their business. "The farming business is not as simple as it looks. You must have patience because you cannot start now and make money tomorrow. It is a long process that requires patience and a love of farming," he said.

His secrets to success are determination, commitment, sharing experience with other farmers and a love of farming.

Siyawisa Hlathi used to employ 300 workers for manual harvesting, but the introduction of machines has decreased this number to 40.

Zulu works with his wife Nkosingiphile at Siyawisa Hlathi. The former teacher manages office administration while Zulu manages the overall operations.

"To work with my wife helps a lot, because she is always there for the business," he said. ■

Living off the land

SUCCESSFUL MPUMALANGA farmer encourages the youth to consider farming as a career.

Adele Schormann

Moniwa Skhosana (65) is a born and bred farmer who encourages the youth to follow in his footsteps.

Skhosana is the proud owner of Moniwa Agricultural Project, a profitable maize, strawberry, cattle and sheep farm in Emalahleni, Mpumalanga.

"Growing up on a farm made me the person I am today. I was raised farming cows, with my father," he said.

Watching his father being able to support the entire family by farming encouraged him to start and focus on his own business.

"I started farming with

nothing. Now I look back and I am really fortunate to have achieved everything that I have. I encourage young people to get into agriculture, because it is a way of life. Our forefathers

"I encourage young people to get into agriculture, because it is a way of life."

survived by farming and we can too," he said.

Skhosana received his 1 500-hectare farm, which is ideal for crop and animal farming, from the Department of Rural Development and Land Reform's Proactive Land

Acquisition Strategy Programme in 2011. In 2013, the department gave him 30 pregnant Nguni cows and one bull, which are still going strong.

The farm employs 24 people, 16 of which are permanent employees and eight are casual workers.

The successful farmer, who believes in the spirit of ubuntu and often donates to poor families and events, encourages the youth not to overlook farming as a possible career.

"Umuntu ngumuntu ngabantu," he says, which means 'You are because I am'.

Through his efforts and countless hours farming the land, Skhosana has bought the farm



■ Moniwa Skhosana is a born farmer who also encourages young people to be part of the agricultural sector.

implements and other production tools he needed.

Skhosana maintains a close relationship with government and receives advice and technical support on crop and livestock management and record control; mechanisation support

for crop production and the bailing of fodder.

Following a hail storm, which led to crop, contour and waterway damage, the department assisted him to survey the land and plan waterways and contours. ■

Biorefinery to boost competitiveness

THE SOUTH AFRICAN government has launched a R37.5 million biorefinery facility in Durban, which is set to extract maximum value from biomass waste.

Hlengiwe Ngobese

The Biorefinery Industry Development Facility (BIDF), which is a first for South Africa, will support innovation in forestry, agro processing and other biomass-based industries.

It was launched by the Minister of Science and Technology, Mmamoloko Kubayi-Ngubane, at the Council for Scientific and Industrial Research's (CSIR) Durban campus recently.

The facility will initially focus on the forestry sector, which is under global financial strain, and technological innovations have been earmarked to help prevent job losses and enable sector growth.

Biorefinery in South Africa's pulp and paper industry is limited, with wood, pulp and paper waste ending up in landfill sites or being burnt, stockpiled or pumped out to sea. The potential to extract value is not realised, which means lost opportunities for the country's economy. For example, high-value speciality chemicals can be extracted from sawmill and dust shavings and mill sludge can be

converted into nanocrystalline cellulose, biopolymers and biogas.

Speaking at the launch, Minister Kubayi-Ngubane said that a ministerial review report has highlighted several challenges that impede the growth and strengthening of the country's national system of innovation, including the low level of investment by the private sector into research and development.

"A key recommendation from the report is for government to put effective measures and mechanisms in place to attract the private sector to invest in research and development and innovation (RDI).

"A key long-term outcomes measure would be increased sector contribution to the gross domestic product through stronger RDI-based industrial development," the Minister said.

The Minister explained that the BIDF is a good example of strategic support from government to a science council that has the potential to lead to long-term sustainable public private partnerships. Partnerships that have the potential to make a fundamental contri-



Science and Technology, Minister Mmamoloko Kubayi-Ngubane, at the Council for Scientific and Industrial Research's (CSIR) Durban campus during the launch of the Biorefinery Industry Development Facility.

bution to addressing the triple challenge of poverty, inequality and unemployment.

The BIDF will enable cutting-edge research development and demonstration biorefinery initiatives for lignocellulosic biomass waste to produce valuable products. It will also enable the up-scaling, piloting and demonstration of biorefinery technologies; promote inter- and multi-disciplinary research

cooperation amongst key players; facilitate the training of skilled researchers and engineers in the biorefinery field; and integrate and activate rural-based biorefinery facilities. This will enable farmers and grassroots communities to participate in and benefit from the implementation of the bio-economy strategy, through biomass supply, technology localisation and demonstration facilities.

Biorefinery programmes that have been identified for South Africa include forestry, sugar, green waste and algae.

Significant investments are being made to develop the human capital required to support the sector. The CSIR has partnered with the University of KwaZulu-Natal to develop the required skills and expertise that will enable and promote biorefinery technologies in South Africa.

Jazzing up South African music

RENOWNED instrumentalist to bring African sound during his shows in Pretoria.

Music lovers can expect traditional jazz that radiates with South African heritage during Sibusiso 'Mash' Mashiloane's shows at the State Theatre.

Mashiloane will make the piano keys dance at two ground-breaking performances that will differ from each other.

For the first concert, happening on 13 April, Mashiloane is bringing the powerful Mash Trio from Durban.

During the second performance, on 18 May, he will pay homage to legends such as Zim Ngqawana, Andile Yenana, Moses Taiwa Molelek-

wa and Bheki Mseleku.

"I feel honoured to get an opportunity to pay tribute to my legends. This is the music I grew up with, that influenced me and coming from the composers that I respect so much. I want to make sure these compositions will never be forgotten. It is our heritage that must be preserved," said Mashiloane.

The pianist has a long-term view of giving Africans music that values our local roots and breeds a new, de-colonised generation of musicians, music collectors and live music audiences who will pride themselves on their African heritage.

Mashiloane is a prolific artist whose academic credentials speak volumes about the passion and discipline he has for music.

He has a Masters in Jazz Performance and graduated Cum Laude from the University of KwaZulu-Natal. He is currently busy with his PhD, focusing on South African composers, and also lectures at the University of KwaZulu-Natal and Durban Music School.

His teachings have a strong focus on developing and growing talent from a firm foundation of African roots.

Mashiloane is an integral performer and has been well



Sibusiso Mash Mashiloane to hold two exciting shows at the State Theatre in Pretoria.

received by audiences while touring the country and beyond to promote his two albums: Amanz' Olwandle and

Rotha – A Tribute to Mama. **V**

Tickets for the shows are available at Computicket for R120.

Combatting the big dry

WITH THE DROUGHT having been declared a national disaster, *Vuk'uzenzele* gets to the cause of it and what's being done to save water.

Dale Hes

With the drought having reached crisis levels in the Northern and Eastern Cape, where dam levels in the Nelson Mandela Bay Metropolitan Municipality are at only 25 percent, it is time for South Africans to unite to save this scarce and precious resource.

A drought is a prolonged period of abnormally low rainfall which leads to a shortage of water.

According to an associate professor at the University of Cape Town's Department of Oceanography Dr Mathieu Roualt the main causes of the drought are the El Niño effect and climate change.

"El Niño is a natural and periodic phenomenon that comes back every three to five years and can last up to two years. It increases temperatures in the Pacific



■ Desalination plants, pipe-fixing programmes, water recycling and groundwater abstraction have all been identified as solutions to the drought issue in the country.

and Indian oceans, which in turn can cause drought conditions," he said.

Climate change is defined as the change in global or regional climate patterns that started in the mid to late 20th century and is largely attributed to increased levels of atmospheric carbon dioxide produced by the use of fossil fuels.

"Over the past century, southern Africa has suffered

from dramatic year-on-year changes in the climate, leading to severe droughts and a disturbance in the marine and terrestrial ecosystems. These changes affect the agricultural industry, water reserves and fisheries and thus the broader economy. They also affect the flow of water in streams and vegetation and the fluxes of nutrients into the ocean," Dr Roualt explained.

These impacts are felt par-

ticularly hard by South Africa because our country already has a relatively low average annual rainfall of 450 millilitres (ml), compared to the global average of 860 ml.

What are the impacts of the drought?

In February, the Department of Cooperative Government and Traditional Affairs (COGTA) reclassified the drought as a national disaster.

"After re-assessing the magnitude and severity of the ongoing drought occurring in at least three provinces, disaster management reclassified the drought as a national disaster," said the head of the National Disaster Management Centre, Dr Mmaphaka Tau.

Although the economic impacts of the drought are difficult to measure, there has been a massive impact on the agricultural sector. In the Western Cape, which is the country's second-largest

contributor to the agricultural gross domestic product, around 21 000 jobs were lost in the third quarter of last year. Wheat production dropped by 47 percent in 2017 and there could be a shortfall of as much as 90 million litres of wine for export and local sales.

Water shortages will also have devastating impacts on sanitation, healthcare and tourism.

What is being done to deal with the situation?

Drought-stricken municipalities have implemented strict water restrictions for residents and businesses.

Desalination plants, pipe-fixing programmes, water recycling and groundwater abstraction have all been identified as solutions to the issue, with these projects already at various stages of completion. ■

Credit Amendment Bill offers relief

DEBTORS WHO OWE under R50 000 and meet certain criteria will benefit from the passing of the Draft Credit Amendment Bill.

Dale Hes

If you are one of the approximately 10 million South Africans struggling with debt issues, help could be on the way.

The Draft National Credit Amendment Bill was submitted for public comment at the end of 2017.

The Draft Bill outlines government's proposed debt interventions, with the aim of providing relief to citizens who have no effective or efficient options to get themselves out of debt.

The development of the Draft Bill was based on the dire need to address the issue of debt in South Africa.

There was extensive research into international debt relief initiatives and the viability of such a move in South Africa



was studied.

Members of the public were invited to submit public comment on the Bill until 15 January 2018, with public hearings held on 6 and 7 February.

If Parliament passes the Draft Bill the relevant amendments will be made to the National Credit Act, and South Africans who meet certain criteria will

be able to apply for debt relief.

How will it work?

- A person applying for debt relief has to be a South African citizen under a credit agreement.
- The total owed debt should not exceed R50 000.
- The applicant should

receive no income or an income that, in the six months before making the application, was not more than R7 500 per month.

- The applicant should have no assets that can be converted into cash (excluding certain necessities).
 - Certain credit agreements, including developmental credit agreements, are excluded.
 - Consumers who are under debt review, or against whom legal action has been taken for not settling their debt, do not qualify for debt intervention.
 - Only one application can be made per applicant.
- If the National Credit Regulator rules that the applicant

requires assistance, the credit agreement could be suspended for 12 months, depending on the applicant's financial circumstances.

During the public hearings numerous stakeholders, ranging from banks to debt counsellors, accounting firms, labour unions and government departments, gave presentations. Following these hearings, it has been recommended that the Draft Bill be referred in order to remove any constitutional uncertainties.

Who can consumers turn to when they are in debt?

If you're currently struggling with debt, or have any other related issues, contact Consumer Relief on **0861 0861 10**. ■

Gauteng on the move

A NEW APP is making public transport easier to navigate.

Nonkululeko Mathebula

The Gauteng Department of Roads and Transport has launched a mobile app, *Gauteng on the Move*, for its public transport system which will enable commuters to connect to different modes of transport seamlessly.

Gauteng on the Move will take the uncertainty out of using public transport, as it provides commuters with real-time information, transport schedules and costs for the Gautrain, Metrobus, A Re Yeng, Rea Vaya, Metrorail, Gautrain Bus Services, Johannesburg City Sightseeing Bus, Tshwane Bus Services and minibus taxi services.

Gauteng Transport MEC Ismail Vadi said the department recognised the need for smart technology and intelligent transport

systems as contributors to the development of the transport system.

"The Gauteng Provincial Government has invested time, effort and resources into the development of this journey planner that enables commuters to easily connect to major transport modes within the province.

Transport revolution

"We are already seeing the power of technological innovations that are reshaping public transport services. There's no doubt that global technological changes are sparking a revolution in the transport sector, and we must adopt and adapt to these changes," he said.

Vadi confirmed that the province will continue to use innovation, research and development to promote a smart province to improve efficiency and

access to transport services.

Once downloaded, the app enables users to plan their journey by selecting their desired transport modes, travel times and other options, such as the shortest and cheapest trip.

Johannesburg student and commuter Glen Dlamini said the app will see thousands of commuters sigh with relief.

"It really is an amazing app. It's a great initiative from the government and it's definitely game changing, especially for a young person like me who commutes from Soweto to the University of Johannesburg in Auckland Park every day.

"At least now I can plan my trips better, in terms of my finances, and calculate the travelling times to my destinations.

"I think it's an amazing app and as a person that's not from the province,



it will be convenient for me with regard to getting around," said Khanyo Malunga, when she spoke to *Vuk'uzenzele* in Blairgowrie.

"If I'm here for a job in-

terview, I'll be able to plan better and know my way around," she added.

The app is available for Android and iPhone devices, from the various app stores. **■**

Waste becomes wages

A SUCCESSFUL government waste management programme has created temporary employment for 190 youth whilst ensuring a litter-free environment.



■ The North West provincial government spends R2.5 million in waste management, in at least 10 of its municipalities

Bokone Bophirima's Department of Local Government and Human Settlements has invested over R2.5 million in waste management, in at least 10 of its municipalities, through its Youth in Waste Management Programme.

The programme created temporary employment for 190 youth in the North West's Lekwa Teemane, Ditsobotla, Ratlou, Greater Taung, Kgetlengrivier, Mamusa, Moretele, Tswaing, Maquassi Hills and Ramotshere Moiloa local municipalities from July 2017 to January 2018.

The programme assisted these municipalities with waste removal and the operation and maintenance of

waste and illegal dumping sites, and generated awareness around waste management, including recycling, and waste removal, from schools, sidewalks, parks and central business districts.

The youth was encouraged to take part in waste management ventures and partnerships were forged with stakeholders for implementation.

Municipalities were responsible for recruiting participants, through their ward councillors, and they targeted unemployed youth, the disabled, child-headed households and the poor. Participants received a monthly stipend of R1 800 and a certificate of participation.

Modise Ngazire (28) from Setlagole in Ratlou said the programme gave him necessary work exposure and ensured that he could put food on the table every day and buy necessities for his two children.

Ngazire, who is an orphan, matriculated in 2008. He was selected from Ratlou municipality's database of unemployed youth to participate in the programme.

"I am very grateful for the opportunity that was presented to me, at a time when I desperately needed it, and I wish that the programme could run in the next financial year so that other unemployed young people can have the same opportunity and gain the experience that I did," he said. **■**

Listeriosis: Alert for pregnant women

As the country battles the listeriosis outbreak pregnant women are among the highest at risk. Here is how you can protect yourself if you are pregnant.

What is Listeria in pregnancy

You can get a listeria infection from eating contaminated food. The listeria bacteria are found in nature and in some foods. Listeria is not a new disease but it's only over the last ten years that it's been widely recognised that the bacteria can be transmitted through food. While listeria infection is uncommon and causes few or no symptoms in healthy people, it can be very dangerous. If you get a listeria infection during your pregnancy, there is a high risk that it will be transmitted to your unborn child. Listeria infection of the fetus can lead to miscarriage, still birth, premature birth or can make a newborn baby very ill.

Prevention is better than cure

It's important you reduce the risk of contracting this infection during your pregnancy. You can do this by taking simple food hygiene steps at home, being careful about what you eat when eating out, and avoiding certain foods at higher risk of listeria contamination.

How you can reduce the risk of listeria during pregnancy

For the health of you and your baby during pregnancy, it is important that you select a nutritious diet from a wide variety of foods such as vegetables, fruit, dairy foods, bread, cereals, pasta, lean meat, fish, eggs and nuts. However, you should eat freshly cooked or freshly prepared food only. It's important that you do not eat food where there is any doubt about its hygienic preparation and/or storage. Avoid eating foods during pregnancy which could contain listeria.

These are mostly chilled, ready-to-eat foods including:

- soft cheese such as brie, camembert and ricotta (these are safe if cooked and served hot)
- takeaway cooked diced chicken (as used in chicken sandwiches)
- cold meats
- pate
- pre-prepared or stored salads
- raw seafood (such as oysters and sashimi)
- smoked seafood such as smoked salmon, smoked oysters (canned are safe)

Other precautions

Listeria is destroyed by conventional cooking, so freshly cooked foods are safe to eat. However, listeria is one of the few bacteria that will grow in refrigerated foods. This is why chilled ready-to-eat foods and refrigerated foods should be avoided. Do not eat food that has been prepared and then stored in a refrigerator for more than 12 hours. It's best not to use salad bars in restaurants, supermarkets or delicatessens. Refrigerated foods that are past their 'use by' or 'best before' dates should also not be eaten.

Make sure it's really hot

If you buy ready-to-eat, hot food, make sure it's served steaming hot. When reheating food in the microwave at home, make sure it's steaming hot throughout.

Eating out

Only eat food that is served hot. Do not eat food that is served lukewarm. It is best to avoid buffet meals. If this isn't possible, choose the hot foods only. Avoid pre-prepared salads.

Eating out

Only eat food that is served hot. Do not eat food that is served lukewarm. It is best to avoid buffet meals. If this isn't possible, choose the hot foods only. Avoid pre-prepared salads.

Good food hygiene

- Take some simple food hygiene steps to reduce the risk of listeria infection and other food-borne illnesses.
- Always thaw ready-to-eat frozen food in the fridge or microwave —don't thaw at room temperature.
- Keep raw meat covered and separate from cooked food and ready-to-eat food.
- Always store raw meat below other food in the refrigerator to prevent it dripping onto food.
- Wash hands, knives and cutting boards after handling raw food to avoid cross contamination of cooked and ready-to-eat food.
- Thoroughly cook all raw food of animal origin.
- Keep hot food hot (above 60°C) and cold foods cold (at or below 5°C).
- Don't let cooked foods cool down on the bench. Put in the fridge after the steam has gone.
- Thoroughly reheat food until steaming hot.
- Avoid unpasteurised milk or food made from unpasteurised milk.

FOODS TO AVOID

People at risk should avoid eating: unpasteurised milk or dairy products, soft cheeses (e.g. feta, goat, brie), prepared salads, cold meats and refrigerated patés

A guide to foods which are safe and those at 'higher risk' of listeria contamination

FOOD TYPE	SAFE/AVOID	PRECAUTIONS
Canned Meat & Fish	Safe	Once opened store in fridge, use within 12 hours.
Cheese		
Soft cheese such as brie, feta, camembert and ricotta	AVOID	
Spreads and processed cheese	Safe	Ensure packaging is intact.
Hard yellow cheese	Safe	Store in fridge.
Cold meats (Roast or boiled)		
Ready cooked (from supermarket, sandwich bars, etc)	AVOID	
Home cooked	Safe	Use within 12 hours of cooking or freeze. Unused portions can be thawed in the fridge. Use immediately.
Chicken		
Home cooked	Safe	Cook thoroughly. Use immediately or store in fridge and use within 12 hours.
Hot take-away chicken	Safe	Make sure it's steaming hot when you buy it. Use immediately or store in fridge and use within 12 hours.
Ready cooked, cold (whole or sliced)	AVOID	
Pate		
Ready-made (packaged or loose)	AVOID	
Salads		
Ready-made (from salad bars, packaged, etc)	AVOID	
Home-made	Safe	Wash all vegetables thoroughly. Store in fridge, use within 12 hours.
Salad Dressings	Safe	Store opened containers in the fridge.
Seafood		
Raw (oysters, sashimi or sushi)	AVOID	
Smoked (chilled or frozen)	AVOID	

LISTERIA & PREGNANCY



Listeriosis is preventable and curable



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INVITATION OF NOMINATIONS FOR APPOINTMENT AS NON-EXECUTIVE MEMBERS OF THE BOARD OF THE SOUTH AFRICAN POST OFFICE

Dr Siyabonga Cyprian Cwele, MP, the Minister of Telecommunications and Postal Services, invites the public to nominate persons for appointment as non-executive members of the Board of the South African Post Office SOC Ltd, in terms of section 11(1)(a) of the South African Post Office SOC Ltd Act no. 22 of 2011, as amended.

Written nominations must contain the following:

- In respect of the nominator, a signed nomination letter bearing the full name, identity number, physical and postal address, telephone number and e-mail address of the nominator.
- In respect of nominee, a signed letter of acceptance of the nomination must be accompanied by a comprehensive curriculum vita (CV) and certified proof of academic qualifications and identity documents (ID). The CV must have the following information: identity number, physical and postal addresses; telephone and facsimile number; and e-mail address. An indication of representation of people with disabilities is required where applicable.

Candidates must possess skills, knowledge, qualifications and experience in one or more of the following:

- Postal services and postal services management;
- Mail Operations, Postal Regulatory (International expertise and understanding of regulation and transformation of the postal sector);
- Property Management;
- Logistics and Courier Services;
- Sales and Marketing and e-Commerce;
- Corporate Governance, IT Governance, and Ethics;
- Retail expertise (with a demonstrable successful track record of strategic retail leadership in rural and peri-urban areas);
- Financial Inclusion, Finance and Financial Services (financial accounting, management accounting, financial management,

financial reporting, auditing, corporate finance, banking and non-banking financial services);

- Legal and Contract Management;
- Information Communication and Technologies;
- Supply Chain Management (including Contract Management);
- Human Capital (with demonstrable ER experience in a large corporate);
- Business Analyst;
- Project Management;
- Transformation in terms of diversity and inclusion, particularly the delivery of services to underserved areas; and
- Any other field of expertise that may assist in transforming the Post Office into a sustainable company that meets the developmental objectives of the Republic.

Possession of the following will be an advantage:

- Public Sector leadership and experience in relevant legislation and regulation like SAPO Act, Postbank Act, ECA, PFMA;
- Turnaround specialist skills; and
- Board Membership experience particularly in a state-owned company.

Candidates must be South African citizens and will be required to disclose financial interest in line with section 10 of the Act.

In addition, all applicants need to comply with Section 11(4)(c) of the SAPO Act in that members of the Board must be fit and proper persons as contemplated in section 44(2)(d) of the Banks Act.

Successful candidates must submit themselves to SAQA verification of qualification and must obtain security clearance.

NB: Nominations will not be considered unless all the requirements set out above are met. Correspondence will be entered into with shortlisted candidates only.

Written Nominations must be addressed to:

The Director-General, Department of Telecommunications and Postal Services
For attention: Ms. Precious Tsolo, The Director, SOE Governance and Support, First Floor, Block B, iParioli Office Park,
1166 Park Street, Hatfield, Pretoria

Alternatively, email to NEDAPPOINTMENT@dtps.gov.za
Enquiries: 012.421.7025 or 012.427.8243

CLOSING DATE FOR NOMINATIONS: Friday, 20 April 2018

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Enquiries: Mr. ALT Makapela, Tel: (043) 701 3128

PROVINCIAL OFFICE

Chief Director: Human Resources Operations: Private Bag X 9005, East London 5201 or

Hand deliver at Department of Labour, No.3 Hill Street, East London.

CLOSING DATE FOR APPLICATIONS: 02 May 2018 at 16:00 | For full details of the advertised posts visit our website: www.labour.gov.za

Applications must be submitted on form Z83, obtainable from any Public Service Department or on the internet at www.gov.za/documents. The completed and signed form Z83 should be accompanied by a recently updated, comprehensive CV as well as recently certified copies of all qualification(s) including a Senior Certificate and ID-document [Driver's license where applicable]. Non-RSA Citizens/Permanent Resident Permit Holders must attach a copy of their Permanent Residence Permits to their applications. Should you be in possession of a foreign qualification, it must be accompanied by an evaluation certificate from the South African Qualification Authority (SAQA). Applicants who do not comply with the above-mentioned requirements, as well as applications received late, will not be considered. The Department does not accept applications via fax or email. Failure to submit all the requested documents will result in the application not being considered. Correspondence will be limited to short-listed candidates only. If you have not been contacted within eight (8) weeks after the closing date of this advertisement, please accept that your application was unsuccessful. Suitable candidates will be subjected to a personnel suitability check (criminal record, citizenship, credit record checks, qualification verification and employment verification). Where applicable, candidates will be subjected to a skills/knowledge test. All shortlisted candidates for SMS posts will be subjected to a technical competency exercise that intends to test relevant technical elements of the job, the logistics of which will be communicated by the Department. Following the interview and technical exercise, the selection panel will recommend candidates to attend generic managerial competencies using the mandated DPSA SMS competency assessment tools. Successful candidates will be appointed on a probation period of 12 months. The Department reserves the right not to make any appointment(s) to the above post. The successful candidate will be expected to sign a performance agreement. The Department of Labour is an equal opportunity affirmative action employer. The employment decision shall be informed by the Employment Equity Plan of the Department. It is the Department's intention to promote equity (race, gender and disability) through the filling of this post(s) with a candidate whose transfer / promotion / appointment will promote representativity in line with the numerical targets as contained in our Employment Equity Plan.

Stay in touch with the department, visit: [website: www.labour.gov.za](http://www.labour.gov.za) | Facebook: Department of Labour | twitter: @deptoflabour



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REPUBLIC OF SOUTH AFRICA



Boost for KZN's brightest businessmen

AN ANNUAL provincial competition is helping keep KwaZulu-Natal's commercial flame burning brightly.

Hlengiwe Ngobese

Eight small business leaders from KwaZulu-Natal have been recognised for their role in developing an entrepreneurial province.

The annual awards hosted by the Ithala Development Finance Corporation recognise business achievements and excellence as well as the contribution to job creation and economic growth.

Eight of 16 nominees, all Ithala clients from the agriculture, franchise, media, tourism and logistics services sectors, were selected as winners, earning prize money for their businesses and a charity of their choice.

Speaking to Vuku'uzenzele, Ithala Acting Group Chief Executive Themba Mathe said: "In selecting the finalists for the awards, we nominated key clients who epitomise the spirit of entrepreneurship, have a good financial performance track record, have made an impact in their community and demonstrate innovation and personal integrity."

Ithala aims to be a catalyst for economic development and empowerment. As a committed responsible financial services provider, Ithala offers financial and non-financial support to viable businesses to help them grow and advance.

"We are mandated to deliver development and empowerment solutions and encourage participation in all sectors of the economy through employment creation, skills transfer and training. Special attention is paid to disadvantaged communities.

"The Business Achievers Awards initiative complements government's efforts to address the triple challenges of poverty, inequality and unemployment and achieve the goals set out in the National Development Plan through the implementation of radical socio-economic transformation.

"Small businesses need to thrive as they are an important lever to create jobs and grow the economy inclusively," he said.

Over the past three years, Ithala has loaned R878.6 mil-

lion to nearly 700 businesses, resulting in over 8 000 jobs being created.

Winners

The overall winner who took away the Entrepreneur of the Year title and R100 000 plus R10 000 for charity was Phumulani

Ngwenya, the owner of Siyanda Stationery trading as Kwalala Lodge.

Pongola resident Ngwenya was an entrepreneur from young, selling boiled eggs and sweet potatoes at school. A prominent figure in the local tourism sector, Ngwenya has 171 employees.

Five category award winners each received R30 000 plus R5 000 for charity. They are: Logistical Services Business of the Year: Thamsanqa Ngcobo of Umlalazi Trading; Franchise Business of the Year: Muziwethu Shinga of Majestic



■ Phumulani Ngwenya of Kwalala Lodge was the overall winner of the Ithala Business Awards held in Durban recently.

King Fast Foods; Micro Business of the Year: Zaba Ngunbane of Logoman Designs; Agriculture Business of the Year: Bhekuyise Magwaza of Ngqobeni Farm; and Tourism and Hospitality Business of the Year: Mlungisi Nzuza from Nongoma.

This year's special award for the Most Promising Young

Entrepreneur went to Sabelo Buthelezi, the owner of Limco Logistics.

KwaZulu-Natal MEC for Economic Development, Tourism and Environmental Affairs Sihle Zikalala encouraged the winners to expand their business and become recognised both nationally and across Africa. ■

Sandile Ntuli breaking the barriers in logistics

HARD WORK, INNOVATION and a financial leg up by Ithala changed impoverished student's life.

Hlengiwe Ngobese

When Sandile Ntuli dropped out of university for financial reasons, he had no idea that he was about to become an entrepreneur!

At 37, he is the owner of Banokwakha Logistics, which specialises in providing logistical services to the coal mining sector in Ulundi, KwaZulu-Natal, as well as long haulage services nationally and in Africa.

When Ntuli started the business, he didn't know anything about logistics but just a few years later, in 2017, he won the overall prize at the Business Achiever Awards hosted by Ithala Development Finance Corporation. In addition to Entrepreneur of the Year, his business was also named



■ Sandile Ntuli test driving one of his trucks at their office in Pinetown, west of Durban.

Logistical Services Business of the Year.

Ithala is KwaZulu-Natal's development finance agency and the platform from which Ntuli was able to grow his business.

He said he cried when he was forced to abandon his en-

gineering studies. "But I now realise that it was the plan of God to move me away from varsity to start this business. Banokwakha has 12 trucks that work in the coal mining sector with graders, excavators as well as water tankers. I also

have 16 long haulage trucks that work nationally as well as in Mozambique, Zambia and Angola. The company has 60 permanent workers," he said.

Ntuli said when he started the business, he was subcontracted by a white-owned company.

"I had only one truck when I got that contract and bought three more and we ended up with four trucks working in the coal mines. Just when we thought we have arrived, we lost the contract."

Luck was on his side, however, because he soon won a new contract, which is when he approached Ithala for a loan to buy new trucks to replace the second-hand ones that he had acquired and which often had mechanical problems.

"Ithala gave me a R27 million loan and we were able to

buy brand new trucks. I had to work very hard to make it work because the business is all I had. I didn't have a degree to fall back on if I failed," he said.

Ntuli said the logistics industry is dominated by white-owned businesses and breaking into the market was not easy.

He encouraged aspiring KwaZulu-Natal entrepreneurs looking for financial assistance to contact Ithala, especially the youth and women.

Ithala's primary focus is to increase the participation of black people in all sectors of the economy. Last year it was a finalist in the Vision 2030 Awards in the Industrial Action Plan Award category in recognition of its contributions to moving the nation forward. ■

Trade missions to Ghana, Nigeria a success

South African companies that formed part of the Department of Trade and Industry's (dti) Outward Trade and Investment Mission (OTIM) to Ghana and Nigeria have hailed the trade mission a success.

The two nation OTIM aimed to increase trade and investment between South Africa and the West African countries. The mission also aims to promote bilateral trade and explore investment opportunities.

Lithon Project Consultants was among the 18 companies that participated in the OTIM that started in Ghana on 18 March and then moved to Nigeria.

The company's Executive Chairman Adriaan Grobler said they received an impressive response from government and businesses and managed to make leads which



■ The two nation Outward Trade and Investment Mission aims to increase trade and investment between South Africa and the West African countries.

will be considered.

Grobler said the missions gave his company entry into new markets.

"Firstly I wish to thank the dti for the opportunity granted to our company to participate in this outward selling and investment mission to Ghana and Nigeria. This gave us great

entry to new markets, which would have been difficult to do on our own.

"In Ghana four private construction companies requested joint ventures on turnkey projects and discussions are continuing to finalise areas of interest. In Nigeria, companies in the field of market

research, oil and gas, mining and construction were interested in partnering on long-term projects," said Grobler.

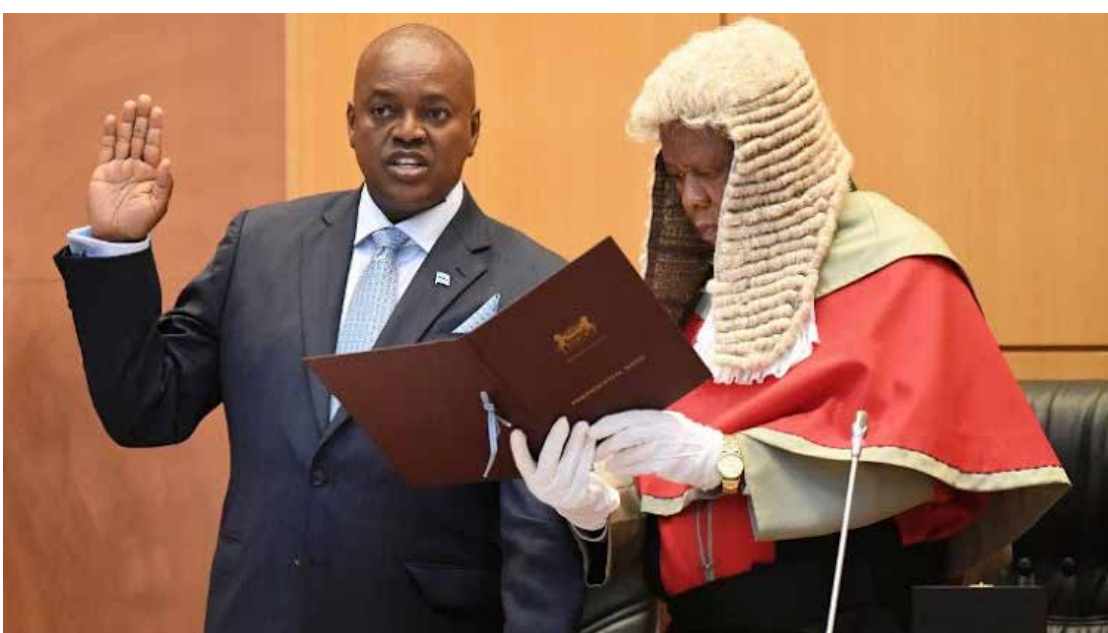
Meanwhile, President of the Built Environment Professions Export Council (BEP-EC), Cornelis Hugo Korsten, said the council has also made headway.

He said the site visit to the Meridian Port Service (MPS) Tema port expansion project in Ghana stood out for him. During that site visit, the delegation learnt about the state of the ports and rail infrastructure and upgrades that will be undertaken at the site.

Korsten said the port expansion project presented opportunities for South African businesses, adding that there was a lot they could do for the Tema port to be revived.

"We will encourage our members to get involved in Ghana and Nigeria because for the continent to succeed globally, we have to improve infrastructure. Africa is endowed with resources and the best way to move these resources is through improved infrastructure networks across the region to fully exploit our economic potential," said Korsten. ■

New president for Botswana



■ The new President of Botswana Mokgweetsi Masisi during his swearing in.

Botswana's new President Mokgweetsi Masisi was sworn in earlier this month. President Cyril Ramaphosa President congratulated Masisi on his inauguration.

President Masisi takes over from President Ian Khama who has stepped down after a constitutionally mandated two terms in office. President Ramaphosa commended the people of Botswana for the

smooth transfer of power, thus setting once again a good model for democracy on the continent.

President Ramaphosa recalled that the relationship with Botswana is not only based on geographical proximity, but also on close historical and cultural ties and common interests. He reiterated South Africa's commitment to continue working with Botswana on a wide range of

issues. The two countries are united in the desire to build a better life for our people, and to pursue regional economic integration, as well as political and security stability in the SADC region.

President Ramaphosa further stated that he is looking forward to meeting President Masisi later this year, during the 5th session of the Bi-National Commission between South Africa and Botswana. ■

This month in history

Hugh Masekela is born

Tuesday, 4 April 1939

On 4 April 1939 Hugh Ramapolo Masekela, South African musician, was born in Witbank, South Africa. Masekela grew up playing the piano and at a young age was introduced to the trumpet by Father Trevor Huddleston.

Masekela mastered the trumpet and went on to play in South Africa's first jazz youth orchestra, the Huddleston Jazz Band. Masekela later collaborated with many famous artists and played in the orchestra for the successful South African Broadway style hit, King Kong.

In 1961 Masekela went into exile after the political unrest surrounding the 1960 Sharpeville Massacre. Masekela studied at London's Guildhall School, then the Manhattan School of Music. In New York he befriended Harry Belafonte, who helped him to settle in the United States as a student.

While in New York, Masekela composed and recorded many new songs; including his 1968 number one hit "Grazing in the Grass", which won him a Grammy for "Best Contemporary Pop Performance - Instrumental" that same year.

Masekela, returned to South Africa in the early 1990s and continued to produce music and perform extensive tours around the world. Sadly he passed away in January 2018 at the age of 78. His spirit lives on as he remains as one of South Africa's most celebrated musicians, along with Abdullah Ibrahim and Miriam Makeba to whom he was married at one time.

Source: www.sahistory.org

International community mourns Mam' Winnie

MADIKIZELA-MANDELA - a star that shined brightest in the darkest hours.

Jauhara Khan

Tributes have poured in from across the world in memory of iconic struggle stalwart Mam' Winnie Madikizela-Mandela, who died at the aged of 81.

International leaders and celebrities offered heartfelt condolences and shared memories in honour of Madikizela-Mandela, who spent her life fighting against the oppressive apartheid in South Africa.

Among those leading the tributes were Graca Machel,

■ Graca Machel, widow of former President Nelson Mandela wrote a moving letter to the late Winnie Madikizela-Mandela, referring to her as her "big sister".



"It is my prayer that as befitting tributes are paid to you both at home and abroad, all of us will internalise the values you helped to mould and birth into existence"

widow of former President Nelson Mandela; spiritual leaders Reverend Al Sharpton and Reverend Jessie Jackson and actors Viola Davis, Jennifer Hudson and Idris Elba.

Machel wrote a moving letter to Madikizela-Mandela, referring to her as "big sister".

"The extraordinary life you led is an example of resilient fortitude and inextinguishable passion that is a source of inspiration to us all of how to courageously confront challenges with unwavering strength and determination. Thank you for your brilliant

wisdom, your fierce defiance, and your stylish beauty," wrote Machel.

"Fortunately, stars shine brightest during the darkest of hours... Your legacy will be an uplifting beacon from which we can continue to draw guidance and strength during difficult times."

"You loved our people unconditionally and sacrificed so much for our freedom. It is my prayer that as befitting tributes are paid to you both at home and abroad, all of us will internalise the values you helped to mould and birth into existence."

"As a nation, I hope we will stand tall and proud, and as uncompromising as you were in the defence and protection of our rights. As one of our brightest stars, continue to be the lioness that protects your children and your grandchildren. Warm their hearts so that while your transition may shake them, it does not break their spirit."

Kenyan president Uhuru Kenyatta tweeted, "In the end, her courage was rewarded she lived to see Nelson Mandela free she lived to see her coun-

try liberated and she went on to serve a free South Africa until her death."

Davis also took to Twitter to share a photo of Madikizela-Mandela, calling her, "A woman who epitomised how the power of a woman's love, intelligence and vision can change a culture."

On Instagram, Hudson posted, "Peace be still! The fight you fought will never be forgotten." Hudson played Madikizela-Mandela in the 2011 film, "Winnie".

Elba, who played Madikizela-Mandela's ex-husband Nelson Mandela in the film Long Walk to Freedom, shared, "Rest in peace Mama Winnie. My heart is heavy right now. You lived a full and important life contributing to the liberation of a nation. You will never be forgotten."

Jackson said, "In the darkest hours of the struggle to free South Africa, with Nelson Mandela in prison, the face of hope and courage was Winnie Mandela. May she forever rest in power."

The Reverend Al Sharpton called Madikizela-Mandela "a true warrior and queen". ■

On social media

Social networks weighed heavy this week with emotional tributes and messages to the iconic anti-apartheid leader Winnie Madikizela-Madikizela Mandela. The hashtag

#winniemadikizelamandela continues to trend on social media as the world remembers "The Mother of the Nation". Zanele Lwana (@ZaneleLwana) tweeted, "Mama we always looked at your fierce fearless spirit throughout the course of history as a source of motivation and inspiration, encouragement for us to continue to fight, confront the enemy without fear. You led the fight against colonialism from the front."

Mmaphuti Mashamaite @Miss_Masha23 shared, "Your contribution to the struggle is eternal. Your powerful black woman voice...is eternal. We are because you were...An icon, a leader, a revolutionary, a pillar. Rest in power Mama."

Tali Major @TaliMaja was "overwhelmed with a deep sense of loss. Mama Winnie Madikizela-Mandela has succumbed to heaven's call. Rest in Peace!"

In a succinct tweet, TLC @tshepanglerato offered, "She left... quietly. Unexpectedly. Untamed."

Christene David Christenedavid called Madikizela-Mandela a heroine. "Undoubtedly a powerhouse that steered our country into democracy. A women of strength and determination. We remember you and salute you. Rest in Power." Nomsa Motale nomsa_motale hailed Madikizela-Mandela's independent spirit. "She was her own womxn. She was not just a political leader's wife, she had her own independence, aside that. She was not just "a mother" of the nation, but a warrior who tore down the notion that womxn are only to be "seen and not heard!" @whoisbelladonna said, "Mama Winnie, you refused to be broken!!! You took many losses, and made sacrifices for the liberation of your people. You not only refused to be silenced, you stood for freedom from injustice. The epitome of a strong **AFRICAN QUEEN!** Please give our love to Papa Nelson and may you both **REST IN POWER!**"