

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/Tshivenda

Thangule 2019 Khandiso 2

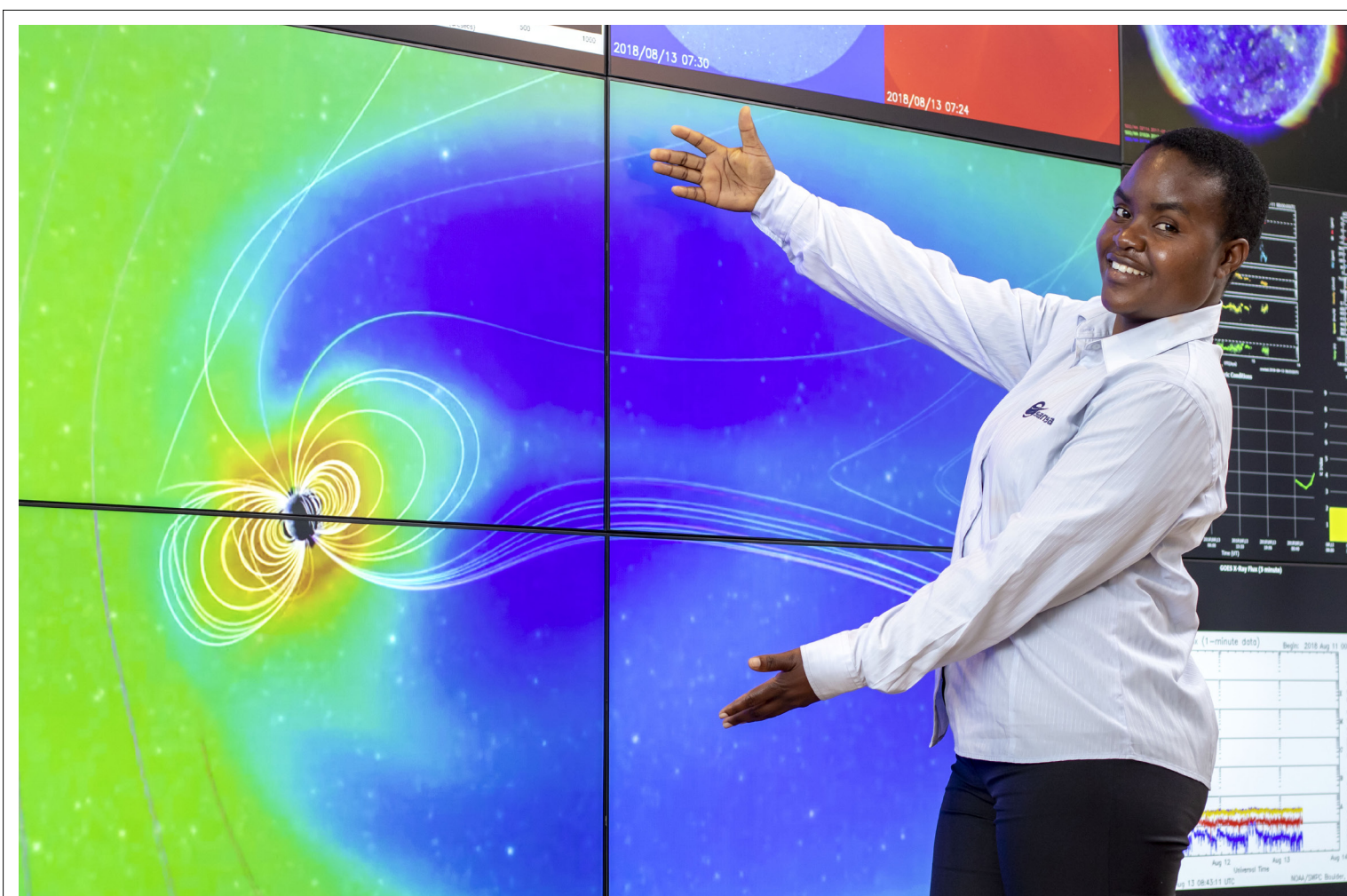


GBVF's lifelong effects on children
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JOBS INSIDE:

Dr Nndanganeni explores the galaxy



■ Dr Rendani Nndanganeni loves researching the impact of radiation on aviation.

More Matshediso

Nearly 10 years of tertiary study and a passion for physical science earned Dr Rendani Nndanganeni (33) her dream job as a space science researcher at the South African National Space Agency (SANSA).

SANSA is a government agency that reports to the Department of Science and Technology, and is part of the worldwide network of space weather centres and magnetic observatories. It plays an important part in monitoring the near-Earth space environment.

In simple terms, the agency works mainly with satellites.

After completing matric in rural Limpopo, Dr Nndanganeni's decade of tertiary

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National Orders nomination information inside.



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Masiandoitwa a GBVF a tshothe kha vhutshilo ha vhana

KHAKHATHI DZO DISENDEKAHO nga mbeu na mabulayo a vhafumakadzi nga vha vhafunwa vhavho dzi nga vha na masiandoitwa o kalulaho a mutakalo, nyaluwo na u bvelela ha n'wana.



Allison Cooper

Vhana vhane vha aluwa miṭani ine ya vha na dzikhakhathi dzo dīsendekaho nga mbeu na u vhulawa ha vhafumakadzi nga vhafunwa vhavho (GBVF) vha dzulela u pfa vha si na fulufhelo.

Hezwi ndi u ya nga Vho Dr Dudu Ngubeni, dokotela wa zwa mishumoni kha Muhasho wa Mutakalo Gauteng, vhane vho khwaṭhisedza uri tshaka dzothe dza GBVF ndi u pfuka pfanelo dza vhana.

GBVF ndi khakhathi dzine dzo livhiswa kha muthu kana tshigwada, dzo dīsendeka nga phambano ya mbeu. "GBVF ndi ngoho i pfisaho vhuṭungu shango lothe nga vphuphara nahone zwi tshusaho ndi zwa uri zwo ḡalesa Afrika Tshipembe," vho ralo Vho Dr Ngubeni.

"Kha vha humbule uri u tzipiwa na u rwiwa zwi ita mini kha vhana. Nṭha ha mafuvhalo a muvhili na masiandoitwa a tshifhinga tshilapfu a vhuḡipfi na thaidzo dza muhumbulo zwine zwa nga livhisa kha u ḡivhulaha, hu na thaidzo dza zwa matshilele, samba na u sa ṭanganedzwa nga vhatu," vho ralo vha tshi ḡadzisa.

Masiandoitwa a tshifhinga tshilapfu

Masiandoitwa a GBVF a a fhambana kha vhana u ya nga zwiitisi zwo fhambanaho, u fana na lushaka lwa hone, u ri zwo itea lungana na vhezani

ha u tambudzwa. Zwiṅwe zwiṭhikeledzi muṭani, u fana na vhabebi vhane vha vha na vhulwadze ha muhumbulo kana thaidzo ya u shumiswisa ha zwidzidzivhadzi zwi nga ṇanisa masiandoitwa.

GBVF i nga vha nga u amba, lwa u vha isa muvhili, lwa vhudzekani kana lwa muhumbulo. "Vhana vha kha khohakhombo khulwane ya thaidzo dza muhumbulo na matshilele, hu si na ndavha uri vho tambudzwa thwii kana hai." vho ralo Vho Dr Ngubeni.

"Ndi ngoho yo n'walwaho fhasi ya uri vhanana nga u angaredza, vha na maanda na ndangulo kha vhafumakadzi na vhana, kanzhi zwi tshi itwa nga kha dzikhakhathi. GBVF i kundisa vhana tshikhala tsha u ḡibveledza vhukoni havho lwo fhelelaho. Vha nga shanduwa u sa tsha pfa u tambula nahone vha nga fhedza vha tshi dzhia uri dzikhakhathi ndi yone nḡila yo teaho ya u swikelela miḡoro yau," vho ḡadzisa nga ralo.

Vhana vhaṭuku vhane vha khou vhone kana u tshenzhema GBVF vha nga vho dzhenwa nga mazhuluzhulu kana nyofho dzo kalulaho; mutsiko; u xelexwa nga dzangalelo kha zwa tshikolo, khonani kana zwiṅwe zwithu zwe vho vha vha tshi zwi takalela kale; u kundelwa u eḡela, hu tshi katelwa miḡoro ya u tshuwisa kana u ḡishishela wo lala; vuhali ho kalulaho, mbiti na u xelexwa nga dzangalelo ḡa zwiḡiwa.

Vhana vho no aluwaho vha ḡisumbledza nga nḡila yo fhambanaho. Vhatukana vha nga sumbedza mbiti dzavho lu vhone, nga u vha na vuhali; u shumisa dzikhakhathi u tandulula thaidzo; kana u shumisa halwa na zwidzidzivhadzi, u itela u hangwa nga ha tshenzhemo na zwithu zwi si zwa vhuḡi zwo iteaho.

Vhasidzana vha anzela u zwi khuba nga ngomu mbiluni. Vha nga thoma u ḡibvisa kha vhatu, mazhuluzhulu kana mutsiko wa muhumbulo; vha thoma u vha na maḡele a songo dzudzanyeaho kana u ḡihuvhadza nga u ḡitshea

"GBVF i kundisa vhana tshikhala tsha u ḡibveledza vhukoni havho lwo fhelelaho."

kana u shumisa zwiḡambi na zwidzidzivhadzi.

Vhunzhi ha zwiḡhinga, masiandoitwa a GBVF kha vhana a dzhia tshifhinga tshilapfu nga murahu ha u tambudzwa. Vho no vha vhaaluwa, hu na khonadzeo khulwane ya uri vhone vhane vha ḡidzhenise kha vhusaka vhu re na dzikhakhathi na u tambudzana. "Ngudo dzo sumbedzisa uri vhana vhane vha tshenzhema GBVF vha nga aluwa vha tshi tenda kha u sa lingana ha maanda, kha

vhusaka ha matshilano na ha tshitshavha. Vha dovha vha vha vhone vhane vha fhedza vha tshi tshila nga kutshilele kune kwa ita uri hu vhe na GBVF," vho ralo vha tshi ṭalutshedza Dr Vho Ngubeni.

Vhana vha nga fhedza vha tshi vha vhone vhatambudzi vha GBVF

Vho Siliziwe Mbambo, mushumela vhapo wa u tsireledza vhana u bva Senthara ya Vhana na Vhafumakadzi ya Saartjie Baartman (SBCWC), vha tendelana nazwo. "Musi vha tshi vho aluwa, vhana vha nga fhedza vha tshi vha vhone vhatambudzi vha GBVF kana u shumisa zwidzidzivhadzi," vho ralo.

SBCWC i shumana na milandu miswa ya GBVF ḡuvha ḡiṅwe na ḡiṅwe. "Vhuzhi ha vhana vha kwamea nga GBVF thwii kana zwi songo livhana navho thwii, zwine zwa vha vhea kha khohakhombo khulwane. Senthara yo vhone nyaluwo kha tshivhalo tsha vhane vha khou ṭoḡa tshumelo nahone GBVF ndi tshone tshivhanga tshihulwane," vho ralo Vho Mbambo.

Kha muṅwe mulandu, n'wana o vha a tshi khou ṭoḡa u ḡivhulaha nga mulandu wa u shaya thikhedzo ya vhabebi, lufuno na u ṭanganedziwa. "Vhabebi vho vha vha tshi dzulela u lwa na u semana, phanda ha vhana. Nga mulandu wa izwo, n'wana a xelexwa nga dzangalelo ḡa tshikolo na

bono," vho ralo Vho Mbambo.

Vhana vha anzela u edzisela matshilele. Vhatukana vha edzisela vkhokhosi avho kha u tambudza vhafumakadzi. Vhasidzana vha guda u bva kha vhafumakadzi uri dzikhakhathi ndi nḡila ya matshilele nahone vha tea u tshila nazwo. Naho zwo ralo, a si vhothe vhana vhane vha dzhia mai-tele o ralo. Vhunzhi havho vha lingedza uri vha songo ita vkhukhaki ho itwaho nga vhabebi vhavho.

Vhana na vhaswa vhane vha khou aluwa hune vha tshenzhema GBVF vha tea u ṭolwa nga vhashumi vha mutakalo vho pfumbudzwaho, vhane vha ḡo ta dzilafho ḡo teaho ḡa muhumbulo na tsivhudzo dza matshilele. Dzilafho ḡi katela theraphi, kha dziṅwe nyimele, mishonga i a thusa. Vhabebi kana vhaṭhogomeli vha sa tambudzi na vhone vha ṭoḡa thikhedzo. ■

U itela zwidodombedzwa zwinzhi kana thikhedzo kha vhana vhane vho kwamea nga GBVF, kha vha founele nomboro ya mahala ya Senthara ya Ndaulo ya GBVF kha: 0800 428 428 kana vha humbele uri mushumela vhapo a vha founele nga u puṭedza *120*7867# kha luṭingokhwalwa. Vha nga dovha hafhu vha kwama vha Stop Gender Violence Helpline kha 0800 150 150 kana SBCWC kha: 021 633 5287.