

Vuk'uzenzele

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Candice Cowen keeps others going

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Neeri Stroebel breaks the cycle of poverty

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Relief package supports the needy



Government is implementing a range of measures to provide relief to the poor and support the recovery of the economy.

Beneficiaries of these measures include people affected by the Coronavirus Disease (COVID-19) lock-

down restrictions and the unrest experienced in some parts of KwaZulu-Natal and Gauteng recently.

"We are taking decisive action now to secure the livelihoods of millions of people who have been threatened by both the pandemic and the unrest.

"We are announcing a range of measures to support the recovery of the economy and provide relief to the poor and those who are vulnerable as a result of the measures that we had to impose to deal with COVID-19," said President Cyril Ramaphosa.

Social Relief of Distress Grant

The President announced that government is reinstating the Social Relief of Distress Grant, to provide a monthly payment of R350 until the end of March 2022, to assist those who are unable to support themselves.

Government is expanding the number of people who are eligible for this grant by allowing unemployed caregivers, who currently receive a Child Support Grant, to apply.

Finance Minister Tito Mboweni recently said the grant will go a long way in helping people.

"This will cost about R27 billion which we have to find in the system. Looking after our own is not just a cost, but it is an investment that we should see going forward," he added.

President Ramaphosa said the Department of Social Development is also providing food relief.

"Government is contributing R400 million to the Humanitarian Crisis Relief Fund, established by the Solidarity Fund, to assist with the immediate needs of affected communities," he added.

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Zwitshavha zwi katelaho tshaka dzot̄he ndi zwa ndeme kha u bvelela ha Afrika Tshipembe

Musi khakhathi na tshinyadzo ya ndaka zwa zwa kwama zwipiqa zwa vundu ja KwaZulu-Natal na ja Gauteng zwezwino zwo vhanga mutshinyalo muhulwane kha ndaka na vhuditshidzi ha vhathu, zwo dovhafu zwa vha na masiandaitwa mahulwane kha tshumisano ya zwitshavha zwashu.

Hezwi zwo vhonala kha zwiwo zwi pfisaho vhutungu zwa itea vhuponi ha Phoenix na umona naho ngei eThekwini.

Nga tshifhinga tsha dzinwe khakhathi khulwane kha demokirasi yashu, na kha kilima ine yo no dzula yo khwātha kha u humbulelwa na nyofho, vhathu vhe vha tshila nga mulalo kha zwothe vho do shandukelana.

Hu kha di vha na zwinzhi zwine ra fanelu u zwi bvisela khagala nga ha zwiwo zwa itea. U engedzea ha mafhuno ane a si vhe a ngoho, zwinepe zwo lulamiswaho na mafhuno o khakheaho zwo ita uri hu vhe na vhukondi kha u khetha ngoho kha mazwifhi.

Fhedzi ri a zwi divha u bva kha mivhigo i re mulayoni na akhaunthu dla muthu nga muthu uri vhathu vho vha vha tshi khou khethululwa nga muvhala fhethu ho thivhiwaho dzibada zwi siho mulayoni, vhañwe vhathu vho tsitswa goloini dzavho vha rwiwa, ngeno vhañwe vho shoniswa na u tsitswa tshirunzi. Vhunzhi ha vhathu vho vhulawa.

Vhunzhi ha zwe zwa itea ndi mvelelo i sa thivhelei ya musi vhathu vha tshi dzhia mulayo vha u vhea zwandani zwavho. U

dzhia mulayo wa u vhea zwandani zwa u nnda ha thendelo a zwi naga do tendelwa kha lino shango. Ndi vhugevhenga nahone zwi khombo.

Zwazwino nga uri vhudziki ho vhuedzedza kha vhupo ho kwa meaho, vha mazhendedzi ashu a khombetshedzo ya mulayo vha khou ḥodisa zwiito zwothe zwa vhugevhenga.

Tshigwada tsha mafogisi tsho newa mushumo wa u shumana na mabulayo nahone tshi khou shuma tshi tsini na zwitshavha zwapo. Ho vha na u farwa ha vhathu nahone avho vhane vha vha na vhudifhinduleli vha do livhana na tshanda tsho fhelelaho tsha mulayo.

Mafhuno manzhi nga ha zwiwo ngei Phoenix o sumbedza zwo vha ndingedzo dla u ita uri luñwe lushaka lu ḥanutshe luñwe. Zwo khuschedza nga vhathu vha sa divhei kha vhudavhidzani ha kha inthanethe na nga kha zwigwada zwa u rumelana milaedza hu tshi itwa mbilo khulwane na u ita khuwelelo ya ndifhedzo.

Hu na ndingedzo ya u sumbedza izwi sa tshiga tsha u balanganya vhushaka vhukati ha tshitshavha tsha vharema na tsha maindia.

Zwenezwo musi hu na vhathu vhe vha lingedza u sa fara nga ndila yone vhathu vha sa ḥikoneli na u vhanga nndwa, huna avho vhane vha khou ḥoda u sumbedza zwiito zwa vhugevhenga sa ndila ya phambano vhukati ha dzitshaka hu u itela zwipikwa zwavho.

A vha nga bveleli. Afrika Tshipembe li na divhazwakale yavhuđi ya zwitshavha zwa

mulayo u si na tshikhetho na wa vhuthihi. Tshitshavha tsha vharema na tsha maindia zwo vha zwo farana kha nndwa ya u lwa na tshitalula, na uri musi zwo ḥangana na zwiñwe zwitshavha, zwi dzula zwo ḥiimisela u vha tshitshavha tsho faranaho na u vha tshitshavha tsha demokirasi.

Kha u fhindula kha nyofho na u sa thembea, vhathu vha ngei Phoenix na kha vhuñwe vhupo ha tsini ha Bhambayi, Zwelitsha na Amaoti vha khou lugisa tshinyalelo.

Nga thusedzo ya muñgano wa mulalo we wa thomiwa nga vha Tshumelo ya Mapholisa ya Afrika Tshipembe nga tshumisano na vharangaphanda vha tshitshavha, zwitshavha zwo ḥangana hu u itela u tikedza avho vhe vha kwamea nga khakhathi na u vula ndila dla u ambedzana.

Hetshi a si tshone tshiqida tshi tshothe tsha shango tshe tsha livhana na khaeddu dzo ralihi.

Ndingedzo dzashu dla u fha zwitshavha zwo ḥanganelaho dzo hanganea nga mulandu wa ifa ja tshitalula tsho dzudzanywaho na tshayandingano i khou bvelaho phanda.

Vhupo hashu ha dzidzoroboni na ha mahayani vhu kha di vha ho khethekana nga mbeu na nga tshimo tsha muthu. Hezwi zwi kula nungo tshumisano khethihi na kupfesesele, zwa dovhafu zwa khakhisa mushumo we ra u ita kha u fha tshitshavha tshi si na khethululo nga lushaka.

U khakhulula zwikhakhsis izwi hu fanelu u vha tshiqida tsha mushumo washu wa u fha ikonomi i katelaho na u vhañisa ndila dla u tshila dla MaAfrika



Tshipembe vhot̄he.

Ndi nga zwo ri tshi khou shuma u itela u fha tsha vhupo ha doroboni vhu bvelelaho khethihi na ikonomi dza mahayani, na u lavhelesa kha nyaluwo ya mabindu mañku. Ndi nga zwo ri tshi khou bindudza kha themamveledizo kha vhupo uvhu na u shuma u khwiñisa ndisedzo ya tshumelo.

Nga tshenetshi tshifhinga, ri khou fanelu u livhana na khethululo nga muvhala tshitshavhani tshashu. Ri khou fanelu u vha na nyambedzano dla ngoho hu si nga ha mavhonele ashu kha vhañwe vhathu fhedzi, na nga ha zwiimo zwa matshilisano zwine zwa ri khethekanya.

Arali phambano ya lupfumo na zwikhala fano Afrika Tshipembe i kha di langwa nga muvhala na mbeu, a ri nga koni u fha tsha shango lo faranaho zwa vhukuma.

Zwiwo zwa ngei Phoenix ndi tshihumbudzi tshi vhaishaho tsha mushumo munzhi une ra kha di fanelu u u ita u itela u fha zwitshavha zwi katelaho zwe zwa thukhukanya mikano ya zwe zwa itea kale.

Zwiwo izwo zwi dovhafu zwa sumbedza ndila ine vhañwe vha vho ḥiimisela ngayo u ri

khethekanya, na uri ri nga zwi itisa hani u ita zwothe zwa u hanedzana navho.

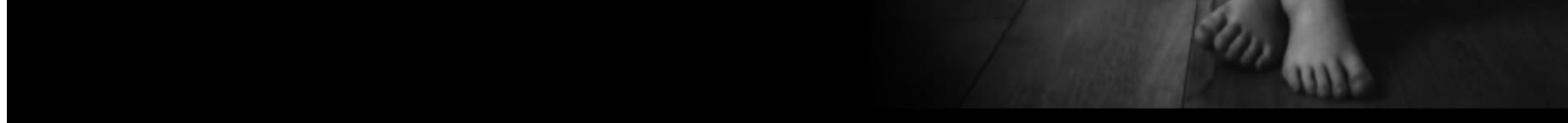
Ndi vhudifhinduleli hashu ho ḥanganelaho u tikedza zwitshavha izwi zwa ngei eThekwini na huñwevho kha lwendo lwavho lwo livhaho kha vhupfumedzani na phodzo.

Demokirasi yashu yo sikwa nga vhadziamulalo na vhasiki vha vhukonani vhukati ha vhathu. Vhañivi vha zwa u fha vha mboholowo yashu vho vha vhe vharema, maindia, makhaladi na vhanna na vhafumakadzi vha vhatshena vhane vha vha na ḥuñhuwedzo khulwane vhe vha nanga gondo la vhupfumedzani u fhira ja ndifhedzo, na ja mulalo u fhira ja nndwa.

Musi ri tshi khou lwela u fhola kha vhutungu uvhu ho ḥanganelaho vhu sa kondelelei, kha ri ime ri tshithu tshithihi. Kha ri kunde phambano dzashu ri tshi khou lwela zwivhuya zwo ḥoweleaho.

Kha ri shumisane rothe kha u lwela vhumatshelo ha khwiñe vhone muñwe na muñwe a vha na mukovhe wa u lingana na wa muñwe.

Kha vha thuse vhagudiswa u langa **COVID-19**



VHABEBI NA VHADEDEDZI vha nga thusa vhagudiswa u kondelela mbilaelo khathihi na mutsiko une vha khou tangana nawo nga mulandu wa dwadze la Tshitzhili tsha *Corona*.

More Matshediso

Vhagudi swa vho tangana na khaedu nnzhi nga mulandu wa Vhulwadze ha Tshitzhi- li tsha *Corona (COVID-19)* khathihi na nyiledzo dza muvalelo.

Ho vha na tshanduko dza misi yo^{the} kha vhupo ha ngudo kha zwikolo zwa Afrika Tshipembe, dzine dza nga sia vhana vha tshi pfa vha na mbilaelo na nyofho.

Vhagudiswa vho do fanelu u pfukela kha liphasi liswa la u guda nga kha inthanethe kana la ngudo dzo khakhiseaho, u sendedzwa kule na khonani dzavho, u xelelwa, na u pfa vhutungu, zwine zwothe hezwo zwa nga ita uri vha pfe vha tshi vhilaela na u tsikeledzea.

Mu

đ

divhi mueletshedzi wa muhumbulo Vho Boitumelo Tlhapane, vhane vha shumela Yunithi ya Pfunzo i Katelaho ngei kha Muhasho wa Pfunzo wa Free State, vha ri u pfa u na mbilaelo kana u na mutsiko nga zwifhinga izwi zwa u tou lingedza zwi a pfesesea.

"Lwa tshifhinga tshi linganaho
ñwaha na hafu zwino, vhagu-
diswa vho do fanela u shandukela
kha ndila ntswa dza u guda, dzine
dza vha na u ḥangana hutuku na
tshifhinga tshituku tsha u funzwa.

"Vhanzhi vho do fanela u vhala vhe vhothe, zwenezwo musi vha tshi khou tshila na nyofhonga ha vhumatshelo havho na masiandoitwa a *COVID-19* kha

fulufhelo na miloro yavho, mita khathihi na kha matshilo avho a zwa matshilisano,” vho ralo Vho Tlhapané.

**Vha nga zwi
kondelela hani**

Vho ḥalutshedza uri u vhilaela
ndi u tshuwa kana u humbulesa
nga ha tshithu tshine tsha vha na
mvelelo dzi sa ḥivhei. U thusa
vhana uri vha kone u kondelela,
vho ḥetshedza ngeletshedzo dzi
tevhelaho:

- Kha vha pfesese uri zwo faneluuri muthu a vhilaele kana a ofhe. Hezwi a zwi ambi uri a vha na nungo. Zwo luga uri a vha sa dzulisee.
 - Zwine vha ita musi vho tshuwa ndi zwone zwine zwa vha zwa ndeme. Vha khou tevhedza milayo yothe ya *COVID-19* ye ya vhewa u itela u vha tsire-ledza na u tsireledza vhañwe? Ndi zwifhio zwiñwe zwine vha nga ita u itela u khwañhisizedza uri vhone na vhañwe vho tsireledzea?
 - Hu na mafhungo a vhu-kuma ane vha a ñivha nga ha *COVID-19* u itela musi vho kavhiwa kana ane vha muñivha o kavhiwa?
 - Vha na thikhedzo ya vhadededzi, miña na khonani ya u vha thusa musi vha tshi pfa vha sa khou dzulisea kana vha na mutsiko kana vha tshi vhi-laela? Hezwi ndi zwa ndeme.

miswa zwa inthanethe na gurupu
dza ngudo dza kha inthanethe;
nga u dzudzanya zwi humbudzi
u itela u ḥuṭu wedza vhagudiswa
uri vha vhale vhe hayani; na nga
u vha ḥuṭu wedza u amba nga ha
nyofho dzavho dza nga ha u guda.

"Hezwi ndi zwa ndeme, nga maandesa kha therodzine vha wana dzi tshi vha nea khaedu," vho dadzisa.

Miṭa na khonani vha nga
netshedza vhagudiswa thi-
khedzo ya vhudipfi, nga ndila ya
thuthuwedzo na u vha khwathisa
tshifhinga tshoṭhe, who ralo Vho
Tlhapané.

"Vhagudiswa vha fanela u humbudzwa tshifhinga tshothe uri ndingedzo dzavho na vhudikumedzeli havho zwi khou vhonala nahone zwi khou takalelwa, hezwo zwi engedza vhudifulufheli havho."

Vha nga fhungudza hani u vhilaela

Vho Tlhapané vha ri hu na ndila dzo fhambanaho dzine vhabebi na vhagudiswa vha nga fhu- ngudza u vhilaela. Idzi dzi katela dzi tevhelaho:

- Kha vha khwathisedze uri hu na ndila ya vhuronwane ya u vhala, u edela na u ambedzana na vhañwe. Hezwi zwi do thusa vhana u swikelela zwipikwa zwavho khathihi na mađuvha a u swikelela ngao, zwenezwo musi vha tshi khou vha thusa uri vha pfe vha na ndangulo kha pfunzo dzavho.
 - Vhagudiswa vha fanelu u

shumisa zwiko zwe^{the} zwe
netshedzwaho zwikoloni na
kha mbekenyamushumo dza
zwa pfunzo, zwi tshi ya nga
zwine zwa fanelu u funzwa,
zwine zwa hashwa kha
thelevishini na kha radio.

- Vhabebi vha nga thusa nga u khwathisedza uri vhagudiswa a vha khou tanea zwi hulu kha mafhungo a *COVID-19*, nga maandesa zwi kwamaho mpfu na pfunzo dza zwimbevha, sa musi izwi zwi tshi nga enge-dza nyofho dzavho zwa dovha hafhu zwa livhisa kha zwiñwe zwiimo zwa mihumbulo.

Vhagudiswa vha fanela u fhungudza u shumisesa vhu-davhidzani ha kha inthanethe, ngauri zwi tambisa tshifhinga tsha u vhala zwa dovha hafhu zwa vha tshikhakhisi tshihu-lwane.

Muṭa u nga kona u ḥowela matshilele avho nga u enge-dza mishumo ya ḥhogomelo ya vhone vhañe, i fanaho na nyonyoloso ya muvhili na zwa u tampa mitambo.

Incedza ur vihla vnavlo vla tsikeledzea. Hezwi zwi katela:

 - U bviswa ha ḥwana na u ḥikhethela thungo ha vhañwe.
 - Kuļele na kueđelele zwi songo ḥoweleaho.
 - Vhudipfi ho kalulaho, u fana na u dzulela u lila, u pfa u na ndađo kana u ḥavhanya u kwata.
 - U kundelwa u livhisa ḥhogomelo.
 - U sa fhedza mishumo na tshuñwahaya.
 - Thaidzo dza vhudifari, dzi fanaho na mbiti.
 - U ḥiimelela uri a sa ye tshi-koloni.
 - U dzulela u vha e kha founu yawe kana netiweke dza vhu-davhidzani ha kha inthanethe.
 - U kundelwa u fhedza miinwe mishumo ya vhushtilo ha duvha 

"Arali mugudiswa o xelewaa
nga muthu ane a mufuna, a nga
shenzhema tsumbadwadze dza
u pfa yhutungu kana u vhilaela.

"Ndi zwa ndeme uri tshikolo na
vhabebi vha rumele vhagudiswa
vha kha thikhedzo ya nya-
nbedzano dza muhumbulu,
dzine dza ɳetshedzwa nga
Muhasho wa Pfunzo ya Mutheo,
tana u dalela zwiko zwa mahala
tana kiliniki dzapo u itela zwe
vha rumelwa," vho ralo Vho

Tlhopane

Związki zwierząt mutsiko

Vhabebi vha fanelu u fhaṭuwa
vha lavhelesa zwiga zwe fha-
mabanaho zwine zwa nga su-
mbedza uri vhana vhavho who
tsikeledzea. Hezwi zwi katela:

- U bviswa ha ñwana na u dikhethela thungo ha vhañwe.
 - Kulele na kueñelele zwi songo ñoweleaho.
 - Vhudipfi ho kalulaho, u fana na u dzulela u lila, u pfa u na ndaño kana u ñavhanya u kwata.
 - U kundelwa u livhisat hogomelo.
 - U sa fhedza mishumo na tshuñwahaya.
 - Thaidzo dza vhudifari, dzi fanaho na mbiti.
 - U ñiimelela uri a sa ye tshikoloni.
 - U dzulela u vha e kha founu yawe kana netiweke dza vhudavhidzani ha kha inthanethe.
 - U kundelwa u fhedza miñwe mishumo ya vhutshilo ha duyha

U itela u wana thuso,
vhabebi na vhana vha nga
dalela ofisi dla tshitiriki dla

Vha nga dovha hafhu vha
founela Tshigwada tsha Thuso
ya zwa Mutsiko na Mbilaelo
tsha Afrika Tshipembe, kha
0800 567 567 kana vha rumela
mulaedza wa SMS kha 31393
ngauralo mueletshedzi u do
vha founela murabu.