

Vuk'uzenzele

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Once empty land now thriving community farm

THE MEMBERS of an agricultural cooperative are working towards becoming large-scale, commercial farmers – thanks to the power of community unity and the support of government.

Owen Mngadi

By working together, the Middelpoos community in Saldanha Bay in the Western Cape has turned an empty plot of land into a vibrant, mixed agricultural farm. The people of Middelpoos realised how much more they could achieve as a community than they could as individuals and formed the Thembelihle small-scale farmer cooperative. Today, the group is collectively working the 112-hectare farm it leases from the municipality to combat hunger, poverty and unemployment. According to Gerrit de



Thembelihle cooperative recently received over R6 million in equipment and support from government. Photo supplied

Bruyn (58), chairperson of the cooperative, members of the community started to use the vacant land to grow food in the then informal settlement in 2011. With more and more people starting food gardens on the land, the community decided to work together to form a cooperative. The cooperative approached the Saldanha Bay Municipality and signed a formal five-year lease agreement to use the land for farming in 2017. In 2019, while the 2017 contract was still in existence, they renewed the contract after intervention by the Department of Agriculture, Land Reform and Rural Development. This year, they signed a seven-year lease agreement that will come to an end in 2026. De Bruyn says they

Cont. on page 2



Stem cell donation is a painless way to help save lives

Page 4




Empowering Ekangala's learners through mining

Page 7




NDP 2030

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Seemo sa go tshaba ga mabone ga se na tharabololo ya phetakapejana mme le fa go le jalo go na le kgatelopele e e bonagalang e e setseng e dirilwe

Motho mongwe le mongwe yo a nna- ng ka fa nageng eno, beke e e fetileng e mabone a tshabileng gantsi thata mo go yona e nnele e e dubang maikutlo le go nna boima tota mo go bona. Go bona baagi ba tshakgetse mo go maswe jaaka go le go a tlhaloganyega.

Jaaka Eskom e gapeletsega gore e kgone go thibela go phutlhamela ruri ga diyuniti tsa tlamelo ya motlakase, batho, malapa le dikgwebo botlhe ba ne ba iphitlhela ba samagane le ditiragalo tsa go tshaba ga motlakase sebaka sa diura di le nne nako le nako fa a tshaba.

Go tshaba ga mabone ga se fela selo se se selekang fela. Ke selo se gape se nang le ditlamorago tse di sa itumediseng le e seng mo dikarolong tsotlhe tsa matshelelo a rona e ka tswa e le mo lephateng la thuto kgotsa la pabalesago kgotsa mo ditirelong tsa kalafo. Dikgwebo tsotlhe e ka tswa e le tse dikgolo kgotsa tse di potlana di tswelela go latlhegelwa ke madi ka ntlha ya seno mme matsapa ano a motlakase a dira gore re nne mo kotsing ya go latlhegelwa ke babeeletsi le go palelwa ke go tsosolosa ikonomi ya rona.

Batho ba felelwa ke tsholofelo gonne ga ba bone maemo a ritibala e bile go bonagala e kete bothata jono ga go ko bo yang.

Tota le fa re farafere ke lefifi ka ntlha ya go tshaba ga mabone go tshwanetse go bonagale gore go na le sengwe se se diriwang ka bothata jono.

Re dirile kgatelopele mo dikgatong tse dingwe gape tse ke buileng ka tsona mo kgwedding ya Phukwi, le fa tota ditlamorago tsa dikgato tseno di ise di bonagale.

Ka ntlha ya tiro e e sa ikanyegeng ya metseletsele ya deteišene tsa Eskom tse di fetlhang motlakase ka malatlha, go tlhamaletse gore re ka se

kgone go fedisa tiragalo ya go tshaba ga motlakase mo gautshwane. Ka bomadimabe seemo se re tsheleng mo go sona seno ke peo e e sa bolong go jadiwa.

Selo sa ntlha se re batlang go smagana le sona ka bonako ke go fokotsa makgetlo a motlakase o tshabang ka ona mmogo le sebaka seo a se tsayang fa a tshabile mme seno se tla diriwa ka go rarabolola matsapa a go robega ga diteišene tsa motlakase.

Eno ke kgwetlho e e tona ya tiro ka ntlha ya fa diteišene tsa motlakase di onetse jaaka e le tsa kgale, e bile gape mo nakong e e fetileng tiro e e botlhokwa thata ya tlhokomelo le tsosoloso ya meago le dithoto tsa mafelo ano e ne e sa diragadiwe ka dinako tse di tshwanetseng.

Eskom e samagane le go tsenya tirisong ka bonako dikgato tse di tla tokafatsang maemo go dira gore mafelo a tlamelo ya motlakase a dire botoka, gonne a botlhokwa thata jaaka go santse go letetswe gore diporojeke tse dintšhwa tsa phetlho ya motlakase di gokelelwe mo tlamelong ya motlakase.

Eskom e samagane le ntlha e e botlhokwa ya go tlhoka palo e e lekaneng ya batlamedi ba malatlha, mmogo le ya go dirisana le ba Transnet mabapi le ntlha ya go ruala malatlha le ya go netefatsa gore boleng jwa ona ga bo fokotsege fa ba tloga ka ona kwa meepong ya malatlha go leba kwa diteišeneng tsa motlakase. Eskom e samagane gape le ditiragalo tsa go tlamelwa ka malatlha a boleng jwa ona bo sa reng sepe, a gantsi e leng ona a a dirang gore diteišene tsa motlakase di robege. Batho ba ba nang le maitemogelo mo go tsamaiseng deteišene tsa motlakase ba a busiwa gore ba tle go thusa go dira gore tlamelo ya

motlakase e dire ka tshwanelo, ba tle go thusa go a tlhokomela mmogo le go katisa badiredi ba ba leng teng ga jaana.

Go netefatsa gore ditiro tse di botlhokwa tsa tlhokomelo le tsosoloso ya meago le dithoto go samaganwa le tsona go sa le gale, go samaganwe le dipuisano go fokotsa ditlhokwa tse dintšintsi tse di tlhokagalang mo barekising ba diphatse ka fa nageng mmogo le mo baaging ba ba baakanyang didirisiwa tsa go fetlha motlakase tse di robegileng.

Mo go samaganeng le matsapa a tlhalelo ya motlakase a re tobaneng le ona ga jaanong, Eskom fa e sale go tloga ka kgwedi ya Phukwi e ntse e samagane le go reka motlakase o o tlhokagalang ka bonako, mme mo bekeng e e fetileng e thankgolotse letsholo la dithendara tsa go reka motlakase wa tshoganyetso wa dimekawate di le 1 000 mo ditlamong tse di leng teng tse di tlhagisang motlakase tse ga jaana di nang le motlakase mmogo le go reka le o o tswang kwa dinageng tse re agisaneng le tsona.

Puso e lebelela ka leitlho le le ntšhotšho bokgoni, maitemogelo le kitso ya baeteledipele ba setheo sa Eskom maithomo e le go dira bonnete jwa gore setlamo seno se thapa batho ba ba diphatse mo tirong ya bona go sa kgathalesege maemo a bona mo setlamong seno.

Ditharabololo tseno di tla thusa ditiragalo tse dintsi tsa go tshaba sebaka ga mabone jaaka re ipaakanyetsa go tsenya motlakase o montšhwa mo tlamelong ya motlakase mo pakeng e e khutshwanyana e e tlang gore re kgone go oketsa tlamelo ya mabone.

Mo malobanyaneng puso e saenile dikonteraka tsa dithendara le ditlamo di le tharo tse di finyeletseng mo

Letsholong la Kopoya Botlhano ya Dithendara tsa go tlamela naga ka motlakase o o fetlhiwang ka ditsela tse dintšhwa o o ka fitlhang dimekawate di le 420. Go solofetsweng gore ka kgwedi ya Diphalane mo ngwageng wa 2024 motlakase ono wa ditlamo di le tharo o tla golaganngwa le diyuniti tsa tlamelo ya motlakase, mme ga jaanong go saletse dithulaganyo tse go samaganweng le tsona tsa gore go saeniwe dikonteraka tse dingwe gape le ditlamo di le 22 tse di finyeletseng.

Motlakase o o tla rekiwang mo Letsholo la Kopoya Boratara ya Dithendara o tla oketsa o o leng teng go tloga mo dimekawateng di le 2 600 go dira gore e nne di le 4 200.

Komiti ya Taolo ya Mathata a Motlakase ka fa Nageng e ke sa tswang go e thapa mo kgwedding ya Phukwi e samagane le tiro ya go fetola melao le melawanataolo mo lephateng leno gore re kgone go tlhoma lekala la motlakase le le dirang sentle le go gaisana le makala a mangwe.

Re phasaladitse dikarolo tse di kwalolotsweng sešwa tse di khutlisang kgang ya gore maphata a poraefete ao a tlhagisang motlakase a tshwanetse go nna le dilaesense gore ba kgone go tlhagisa mmetela o o rileng wa motlakase mme baagi go solofetswe gore ba ntshe se se mo mafatlheng a bona ka ga ona. Seno se tla bulela dipeeletso tse dikgolo dikgoro, ka go dira gore batlhagisi ba motlakase ba oketsege ka lebelo le ka bonako gore re kgone go gokelela motlakase o o fetlhiwang ka ditsela tse dintšhwa mo diyuniting tsa tlamelo ya motlakase.

Mo mafelong a a botlhokwa thata mo tikologong a mo go ona kgonagalo ya go kgotlhela kgotsa go senya tikologo e leng kwa tlase thata fa go tlhonngwa

mafaratlhatlha a tsamaiso ya motlakase mo go ona, tetla ya go dira jalo go tswa kwa bookameding jwa tikologo ga e sa tlhokagala.


Nako e e neng e tsewa gore diporojeke tsa motlakase di rebolelwe tetla ya go dirisa lefatshe mmogo le ya go letelelwa gore motlakase o di o tlhagisang o gokelelwe mo diyuniting tsa tlamelo ya motlakase e fokotsegile thata, mmogo le yona ya thulaganyo ya go kwadisa mafelo a tlhagiso ya motlakase e e laolwang ke Bothati jwa Naga jwa Taolo ya Motlakase wa Aforika Borwa (NERSA).

Le fa tota re samagane le go oketsa motlakase o o tlhangelang, ka fa letlhakoreng le lengwe re tshwanetse go oketsa dikgato tsa go sonaga motlakase, segolobogolo mo nakong eo motlakase o dirisiwang ke batho ba bantsi ka nako e le nngwe.

Re le baagi re tshwanetse go ipopa ngatana e le nngwe mme re fokotse boima jo bo jarilweng ke diyuniti tsa tlamelo ya motlakase. Seno se raya gore re tshwanetse go sonaga motlakase, re tshwanetse go tshwarisa batho ba ba ikogelang motlakase le go nota mabone mmogo le go duelela motlakase yo re o dirisang. Dikgwebo, malapa le ditheo le mafapha a puso botlhe ba tshwanetse go duelela motlakase yo ba o dirisang wa Eskom gore e kgone go dira tiro ya yona e e botlhokwa thata ya tlhokomelo le tsosoloso ya meago le dithoto gonne tiro eno e botlhokwa thata mo go direng gore re nne le mabone.

Jaaka mabone a tswetse go tshabela ruri, batho ba bantsi ba setse ba nyemile mooko moo ba bonang e le gore go ka nna botoka thata fa go ka leselwa fela gonne bothata jono bo retetse.

Le fa go le jalo, fa re ka lebelela seo re setseng re se dirile re sa lebelele fela matsapa a a re farafere, go tlhamaletse gore go na le kgatelopele ya mmatota e re setseng re e dirile mme seno se tshwanetse go re tiisa mmooko.

Jaaka re dira ka lepotlapotla go baakanya matsapa a a re farafere go se ikanyege ga motlakase wa naga ya rona, ka fa letlhakoreng le lengwe re samagane le ditharabololo tsa go dira gore ka fa nageng ya rona re nne le motlakase o o sa tlhangelang, o o tla nnelang ruri mme re se tlhole re nna le matsapa a motlakase. 

The burden of depression in people with albinism

OFTEN ISOLATED by their communities, many people who live with albinism suffer in silence as life becomes unbearable.

Phakama Mbonambi

The dehumanisation of people living with albinism, especially in many sub-Saharan societies, leads to severe depression – often with terrible consequences.

Globally, depression is a serious mental health disorder that affects people from all walks of life. Severe cases of depression can lead to suicide, which the World Health Organisation lists as the fourth leading cause of death for people aged between 15 and 29.

Sabelo Gumede, a psychologist based in Durban, KwaZulu-Natal, believes that people with albinism need all the care and support they can get – and that starts with changing society's understanding of what albinism is. People



with this genetic condition lack melanin, which leads to a lack of colour pigmentation in the skin, hair and eyes. They battle with their vision and are at risk of developing skin cancer.

Gumede says the main causes of mental health difficulties in people with albinism are discrimination and bullying. If not addressed, this can lead to psychological difficulties,

such as depression, anxiety attacks and episodes of post-traumatic stress disorder.

"People living with albinism often feel isolated, especially as a direct result of social stigmatisation. This tends to be more prevalent in townships and rural areas."


Signs of depression are isolation, poor inter-personal relationships, poor hygiene, a lack of concentration, slowness and suicidal thoughts.

Combating depression

Gumede says people with albinism can seek help from a private psychologist, ask their local clinic for help or reach out to an organisation that assists people with depression.

Since people with albinism live within the community, just like everyone else, friends and family should keep an eye on them and

ensure they get professional help if needed.

Government and non-governmental organisations can play a crucial role in combating hate and discrimination against people with albinism through awareness and education campaigns, particularly in rural areas, because that is where violence against people with albinism is often reported. 



SCAN ME

Get help

These organisations can support people living with albinism who are depressed or feel isolated:

Akeso Crisis Helpline
www.akeso.co.za
0861 435 787

Albinism Society of South Africa
www.albinism.org.za
011 838 6529

South African Depression and Anxiety Helpline
www.sadag.org
0800 567 567

Go neelana ka mooko wa lerapo ga go botlhoko thata e bile ke tsela e nngwe gape ya go pholosa botshelo jwa motho yo mongwe

Kgaogelo Letsebe

Mfundo Mxolisi Ngwenya, yo a nang le dingwaga di le 30, wa kwa Durban, KwaZulu-Natal ke yo mongwe wa batho ba le mmalwa ba batho-batsho ka fa nageng eno ba ba abelanang ka mooko wa bona wa lerapo.

Setheo sa Lenaneo la Mooko wa Marapos a maAforika Borwa (SABMR) se re bathobantsho ba bangwe ba bantsi mmogo le ba merafe e mengwe e e gaufi le ya bathobantsho ba tshwanetse go ikwadisa gore le bona ba abelane ka mooko wa bona gonne fa motho a lwala mme a tlhoka mooko go le gantsi mooko o o tla tsamaisanang le madi a gagwe ke wa motho wa morafe wa gaabo. Go ya ka setheo seno mo lenaneong la bona la batho ba ba ikwadisitseng go abelana ka mooko wa bona, bathobantsho ba dira

10% ya palo ya batho botlhe ba le 78 000 ba ba kwadisitseng, mme maIndian/maAsia bona ba dira 9.9% fa basweu bona ba dira 67%.

SABMR e re batho ba bantsi ba ba abelanang ka mooko wa bona ba dirisa thulaganyo e e monyolosang mooko wa lerapo o o leng ka fa ntle ga lerapo. Thulaganyo eno e re mooko o o leng teng mo teng ga marapo a gago o teng gape le mo mading a gago a a dikologang mmele wa gago. Motho yo a abelanang ka mooko ono a ka imonyolosa ona ntle le gore motho a robale kwa bookelong le go buiwa mo mmeleng. Madi a monyolosiwa ka lemao mo letsogong la ntlha, madi ao a fetela kwa motshining o o monyolosang mooko mo mading mme o a busetse mo mmeleng ka nalete e nngwe mo letsogong la bobedi. Mooko o botlhokwa thata mo go alafeng malwetse a madi a jaaka

bolwetse jwa kankere ya madi, jwa mooko wa marapo o o sa direng sentle kgotsa bolwetse jwa dithišu tsa mmele tse di sa direng sentle.

Ngwenya, molaodi wa metshameko kwa Yunibesiting ya Thekenoloji ya Durban, a re lantlha fa a ne a simolola go utlwela ka selo se go tweng ke go abelana ka mooko wa lerapo e ne e le ka ngwaga wa 2012 fa SABMR e ne e boloditse letsholo la go lemosa baagi kwa lefelong la mabentlele la mo a nnang teng. "Kgale ke ntse ke abelana ka madi e bile ke na le lerato la go thusa mo nka thusang gone, ka jalo ke ne ka ya teng go abelana ka mooko wa me. Go bonolo tota gonne fa ke goroga teng ba ne ba tsaya lerothodi la mathe ka fa teng ga molomo wa me mme ba mpolelela gore ba tla ntshwara ka mogala."

Lerothodi le le tsewang ka fa teng ga molomo wa motho yo a batlang go abelana ka mooko wa gagwe go diriwa diteko ka


ga lona mme morago tshedimosetso e e ka ga dintlha tse di tlhageletseng ka ga lona fa ba ne ba dira diteko e a bolokiwa gore e ba thuse go itse gore madi a bona a tsamaelana le a batho bafe fa go ka nna le motho yo a tlhokang thuso ya gore a abelwe ka mooko.

"Mo ngwageng yo o fetileng ke ne ka tshwarwa ka mogala ba ntlhalosetsa gore go na le motho yo madi a gagwe a tsamaelana le a me. Thulaganyo eno ya go abelana ka mooko e tsaya nako e ntsi tota go nne go tshwanetswe go diriwe diteko di le 13 tse di farologaneng, go simolola ka diteko tsa mmele [go lekola gore ga o na malwetse] go feleletsatsa ka diteko tsa madi. Le nna letsatsi le lengwe le le lengwe ke ne ke itlhaba ka lemao," o tlhalositse jalo.

Sebaka se motho a se tsayang fa go setse go simolotswe ka go monyolosa mooko ke magareng ga diura di le thataro le di le robedi.

Go santse go tlhokagala batho ba bantsi gore ba abelane ka mooko wa bona

Ngwenya a re batho ba tshwanetse go lemosiwa gore ga ba buiwe fa ba tlile go abelana ka mooko wa bona. O tlhalositse gore ka dinako dingwe setso ke sona se ganang.

SABMR e re e tla buisana le baeteledipele ba merero ya setso le baeteledipele ba merero ya sedumedi gore ba rotloetse batho go abelana ka mooko wa bona. Setheo seno se re fa bathobantsho ba bantsi ba tla go abelana ka mooko wa bona, matshelo a batho ba bantsi a ka kgona go pholosiwa. 

Go bona tshedimosetso ka botlalo ka ga go abelana ka mooko wa marapo, etela webesaete ya www.sabmr.co.za, kgotsa o letsetse **021 447 8638** kgotsa o romele imeile mo go donors@sabmr.co.za