

# 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


**B**y 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

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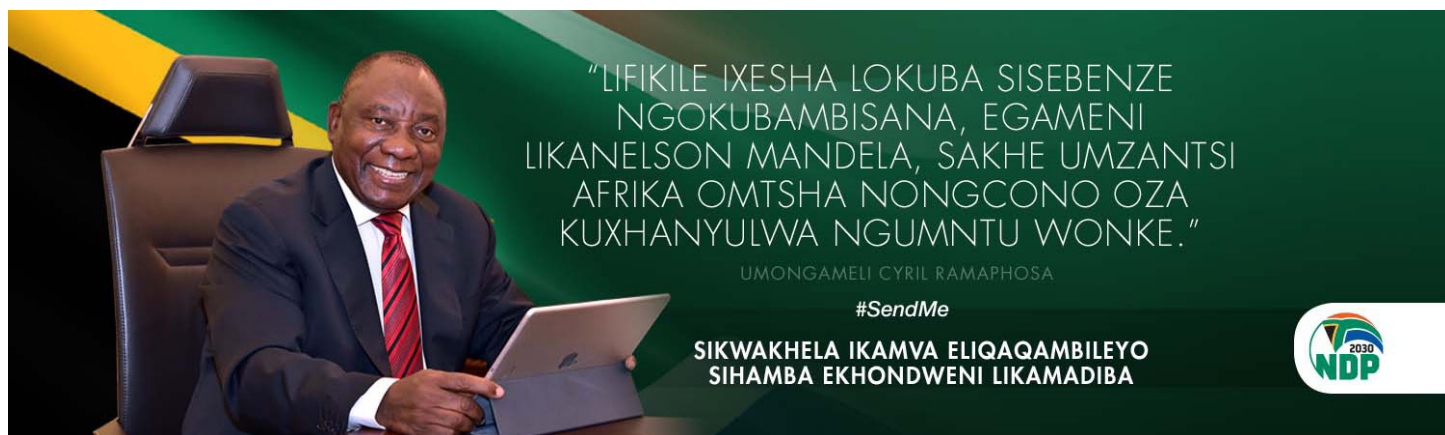
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## Ku hava ndlela yo lunghisa hi xihatla eka ku timiwa ka gezi hi ku siyerisana ka tindhawu kambe ku na ku humelela ka xiviri lo ku nga eku endliweni

**E**ka munhu un'wana na un'wana loyi a tshamaka laha tikweni, mavhiki lama nga hundza ya ku timiwa ka gezi hi ku siyerisana ka tindhawu ma ve lama nga vanga ku hlanganahlangana na ntlhontlho. Ku hangalaka ka nhlundzuko wa vanhu ku twisiseka hi ku hetiseka.

Loko Eskom yi boheka ku tirhisa ku timiwa ka gezi nakambe ku sirhelela giridi ya rixaka, vanhu, mindyangu na mabindzu ya kumeke ya fanele ku tiyisela ku timiwa ka gezi ku fikela eka tiawara ta mune hi nkarhi wun'we.

Ku timiwa ka gezi hi ku siyerisana ka tindhawu swi tlula na ku kanganyiseka. Swi na switandzhaku swo tika eka xiphemu xin'wana na xin'wana xa vaaki va hina ku suka eka dyondzo ku ya eka vuhlayiseki bya vanhu, ku ya eka mphakelo wa vukorhokeri bya rihanyo. Mabindzu lamakulu na lamatsongo ya lahlekeriwa hi mali naswona nkayakayo wa enoji wu tisa nxungeto eka vuvekisi na le ka ku vuyele-risa ka hina ka ikhonomi eka matshamelo ya ntolovelu.

Ku na matitwelo yo hela matimba ya leswaku xiyimo a xi kombi ku antswa na leswaku switikomba onge ku hava lexi kombaka leswaku ku kayakaya loku ku ta fika emakumu.

Kambe hambi eka xinyami xa ku timiwa ka gezi hi ku siyerisana ka tindhawu ku fika emakumu ka nkayakayo wa hina ku kona naswona ku ta va kona. Hi le ku humeleleni eka ku tirhisa swendlo swo engetela leswi ndzi swi tiviseke hi Mawuwani, hambileswi ku pfuna ka swona



swi nga vonakiki hi xihatla.

Leswi ku nga na matirhe-lo lama tshamaka ma ri karhi ma cinca ya switichi swa Eskom leswi tirhisaka malahla, hi nge swi koti ku herisa ku timiwa ka gezi hi ku siyerisana ka tindhawu eka nkarhi wa sweswi. Lowu i ntiyiso wa xiyimo xa hina xo ka xi nga ri kahle, lexi nga va na matimu yo leha.

Hambiswiritano, xikongomelo xa hina eka karhi wa sweswi i ku hunguta ku vuyelela na ku tika ka ku timiwa ka gezi hi ku siyerisana ka ndhawu hi ku lulamisa ku onhaka ka switichi swa gezi.

Lowu i ntlhontlho lowu-kulu loko ku langutiwa nhlaxoxikarhi ya vukhale bya switichi swa gezi, na leswaku ku hlayisa ka nkoka a ku nga endliwi hi mikarhi leyi faneleke eka nkarhi lowu nga hundza.

Eskom yi le ku tirhisani ka magoza yo antswisa matirhelo ya michini hi xihatla, leyi nga mhaka ya xirhangana ku fikela loko tiphurojeke letintshwa to endla gezi ti sungula ku tirha.

Yi le ku lulamiseni ka mhaka ya nkoka ya mpha-

kelo wa malahla, ku katsa ku tirhisana na Transnet eka vutleketli bya malahla na vulanguteri bya ku phakeriwa hi mikarhi hinkwayo ku suka etimayini ta malahla ku ya eswitichini. Eskom yi tlhela yi lulamisa mhaka ya nkoka wa le hansi wa malahla, leswi talaka ku vanga ku onhaka ka michini. Vanhu lava nga na ntokoto wo fambisa switichi swa gezi va le ku vuyisiweni ku pfuna hi matirhelo ya michini, vufambisi, no letela.

Ku tiyisela leswaku vuhlayisi bya nkoka bya endliwa handle ko hlwela, ku na mikanerisano leyi yaka emahlweni yo vevukisa swilaveko swa laha tikweni swa tiphathi ta swipeze na ku tirhisiwa ka vatumbuluxi va switirho ku endla vuhlayisi.

Ku lulamisa ku kayivela ka enoji ka xihatla, ku sukela hi Mawuwani Eskom yi tirhana na ku kuma gezi ra xihatla, naswona eka vhiki leri nga hundza yi simekile minongonoko yo xava gezi ra 100 ra timegawati ta vuswikoti byo endla gezi hi xihatla ku suka eka tikhamphani leti nga na vuswikoti byo endla

gezi eka nkarhi wa sweswi no kota ku xava kusuka eka matikoakelana.

Mfumo wu langutisisa swikili, ntokoto na vuswikoti eka vurhangeri bya Eskom hi vurhonwana ku tiyisela leswaku khamphani yi na vanhu va kahle eka tilevhele hinkwato ta nhlangano.

Ku ngenenelela loku ku ta pfuna ku hunguta ku tika na ku vuyelela ka ku timiwa ka gezi hi ku siyerisana ka tindhawu loko hi ri karhi hi tisa gezi lerintshwa eka giridi eka nkarhi wa le xikarhi ku engetela mphakelo wa gezi.

Sweswinyana Eskom yi sayinile mitwanano ya matimba yo xava ya 420 MW na vabidi vo sungula vanharhu lava hlawuriweke eka Bid Window 5 ya minongonoko ya gezi leri pfuxetiwaka. Tiphurojeke letinharhu ti languteriwa ku hlanganisiwa na giridi hi Nhlangula 2024, naswona ku lulamisela ku sayina na vabidi va 22 lava hlawuriweke lava nga sala swi le ku endliweni.

Nhlengelo wa vuswikoti byo endla gezi lebyi nga ta kumiwa eka Bid Window 6 wu ta tlakusa 2 600 MW ku ya eka 4 200 MW.

Komiti ya Nkayakayo wa Gezi ya Rixaka leyi ndzi nga yi thola hi Mawuwani yi le ku tirhaneni na ku cinca ka milawu na pholisi lo ku nga ta tumbuluxa sekita ya gezi leyi tirhaka hi ku hetiseka no phikizana.

Hi hangalasile ku cinca loku susaka masungulo ya ku nyikiwa ka tilayisense eka tiphurojeke to endla gezi to ka ti nga ri ta mfumo ku endlela ku kuma swibumabumelo swa vaaki. Leswi

swi ta tisa ndlela ya vuvekisi eka tiphurojeke letikulu, ta switirho leswi nga ta engetela vuswikoti byo endla gezi eka giridi hi xihatla.

Xilaveko xo kuma mipfumelelo ya swa mbango xi yimisiwile eka switirhisiwankulu swo fambisa eka tiphaseji leti nga ta tirhisiwa leti nga na nxungeto wa le hansi eka mbango.

Mikarhi leyi tiphurojeke ta gezi ti kumaka mpfumelelo wo tirhisa ndhawu na ku hlanganisiwa na giridi yi hungutiwile swinene, ku fana na leswi endlelo ra Mulawuri wa Eneji wa Rixaka ra ntsariso wa tindhawu to tumbuluxa gezi na rona ri nga hungutiwa.

Loko hi ri karhi hi tirhana na ku tlakusa mphakelo wa gezi, hi fanele ku tlakusa matshalatshala yo hunguta ku laveka ka gezi ngopfungopfu hi mikarhi leyi gezi ri tirhisiwaka ngopfu.

Hi fanele ku hlangana tanihi vaaki ku herisa ntshikelelo eka giridi ya rixaka. Leswi swi vula ku tirhisa gezi hi ndlela yo ri hlayisa, hi vika ku kokiwa ka gezi loku nga riki enawini na ku hakelela gezi leri hi ri tirhisaka. Mabindzu, mindyangu na tindzawulo ta mfumo leti kolotaka Eskom ti fanele ku hakela leswaku Eskom yi oloveriwa hi ku endla vuhlayisi bya nkoka lebyi lavekaka ku endla leswaku gezi ri tshama ri layitile.

Loko hi ri karhi hi ya emahlweni no tokota ku timiwa ka gezi hi ku siyerisana ka tindhawu, ku na ku ringeka lokukulu ko lava ku hela ntamu wa leswaku hi ta swi kota ku ololoxa xiphiquo lexi.

Kambe loko hi languta ku hundza nkayakayo lowu hi nga langutana na wona sweswi, ku na swikombeto swa xiviri swa ku humelela na swivangelo swa kahle swo va na ku tshembela eka nkarhi lowutaka.

Loko hi ri karhi hi tirha hi xihatla lexikulu ku ololoxa xiphiquo xa nkarhi wa sweswi xa sisiteme ya gezi yo ka yi nga tshembeki, hi tlhele hi gingirikela ku lulamisela xintshuxo lexi kotaka ku yiseka emahlweni no tirha hi ku hetiseka eka mahlomulo ya tiko ya gezi.



# 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

**T**he 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](http://www.akeso.co.za)  
**0861 435 787**

Albinism Society of South Africa  
[www.albinism.org.za](http://www.albinism.org.za)  
**011 838 6529**

South African Depression and Anxiety Helpline  
[www.sadag.org](http://www.sadag.org)  
**0800 567 567**

# Ku nyikela hi tisele to endla ngati i ndlela yo ka yi nga vavi yo ponisa vutomi

Kgaogelo Letsebe

**M**fundo Mxolisi Ngwenya (30) wa le Durban, eKwa-Zulu-Natal hi wun'wana wa vanyikeri va tisele to endla ngati va vantima va nga ri vangani lava nga kona laha tikweni.

Ntsariso wa Mongo wa le Marhambyini wa Afrika-Dzonga (SABMR) wu vula leswaku ku na xilaveko xa vanhu vohlaya lava nga riki valungu xo tsarisa tanihi vanyikeri hikuva muvabyi u na chansi yo antswa yo kuma lava a fambelanaka na vona eka rixaka ra yena. Ku ya hi ntsariso, i 10% ntsena ta 78 000 wa vanyikeri lava tsarisiweke ku nga vantima,

loko 9.9% ku ri Maindiya/Maexhiya na 67% ta valungu.

SABMR yi vula leswaku vanyikeri votala va nyikela hi endlelo leri vuriwaka ku tekiwa ka tisele to endla ngati ku nga tirhisiwi vuhandzuri. Yi vula leswaku tisele to endla ngati leti kumekaka eka mongo wa rhambu ra wena ti tlhela ti kumeka na le ngatini leyi fambaka emirini wa wena. Maendlelo yo ka ya nga lavi vuhandzuri kumbe ku amukeriwa eka ndhawu ya vutshunguri ya tirhisiwa ku teka tisele leti. Ngati yi tekiwa hi neleta eka voko rin'we, yi hundzisiwa hi le ka muchini lowu tekaka tisele to endla ngati kutani yi vuyiseriwa eka voko ra wena lerin'wana hi neleta. Tisele to endla ngati ti na nkoka

eka ku tshungula mavabyi ya ngati yo fana na mfukuzana ya ngati, ku hluleka ka mongo kumbe ku nyamalala ka mongo emarhambyini.

Ngwenya, mufambisi wa mitlangu eDurban University of Technology, u vula leswaku u sungule ku tiva hi ku nyikela hi tisele to endla ngati hi 2012 loko SABMR yi ve na pfhumba ro tivisa eka ndhawu ya mavhengele ya le kusuhi na laha a tshamaka kona. "A ndzi hamba ndzi nyikela ngati naswona ndzi tsakela ku pfuna, kutani ndzi pfumerile. A swi oloville swinene hikuva va lo teka swabu enon'weni kutani va ndzi tivisa leswaku ndzi langutela ku kuma riqingho."


Sampulu leyi nga tekiwa enon'weni wa loyi a

tsakelaka ku nyikela ya kamberiwa kutani vuxokoxoko bya yena byi hlaysiwa leswaku va ta tihlanganisa na yena loko a va meche ya munhu loyi a lavaka tisele to endla ngati.

"Lembe leri nga hundza, ndzi amukele riqingho ra leswaku va kume munhu loyi hi mechaka hi ku hetiseka. Endlelo ro nyikela ri lehile naswona ri katsa 13 wa swikambelwana swo hambahambana, ku suka eka swa le mirini [ku kambela rihanyo hi ku angarhela] ku ya eka swikambelwana swa ngati. A ndzi fanele ku tlhela ndzi titlhavela siku rin'wana na rin'wana," a vula tano. Ku nyikela ka xiviri swi teka exikarhi ka tiawara ta tsevu na nhungu.

## Ku laveka vanyikeri votala

Ngwenya u vula leswaku vanhu va fanele ku tivisiwa leswaku endlelo ro nyikela ngati a ri khumbi vuhandzuri. U vula leswaku eka swiyimo swin'wana, vupfumeri bya swa mfuwo byi nga endla leswaku vanhu va nga vi vanyikeri.

SABMR yi vula leswaku yi ta tihlanganisa na varhangeri va ndhavuko na va vukhongereri ku tlakusa ku nyikela hi tisele to endla ngati. Yi vula leswaku loko vanhu vantima va ya nyikela hi xitalo, ku nga ponisiwa vutomi byotala. 

Ku kuma swotala mayelana na ku nyikela hi tisele to endla ngati, endzela [www.sabmr.co.za](http://www.sabmr.co.za), fonela **021 447 8638** kumbe u imeyilela [donors@sabmr.co.za](mailto:donors@sabmr.co.za)