

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

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Ga go na seo se ka dirwago ka lebelo go lokiša taba ya go kgaotšwa ga mohlagase eupša go na le tšwelopele ye kgolo

Go motho yo mongwe le yo mongwe yo a dulago ka mo nageng, dibeke tša go feta tša go kgaotšwa ga mohlagase e bile tša ditšhitišo le ditlhohlo. Go befelwa ga setšhaba ka kakaretšo go a kwešišega.

Ge Eskom e gapeletšega go kgaotša mohlagase go šireletša lenaneo la mohlagase la setšhaba, batho, malapa le dikgwebo ba swanela ke go swara bothata bja go hloka mohlagase sebaka sa go fihla diiri tše nne ka nako ye tee.

Go kgaotšwa ga mohlagase ke tšhitišo ye kgolo. Go na le ditlamorago tša go se kgahliše go karolo ye nngwe le ye nngwe ya setšhaba sa rena go tloga go thuto go ya go polokego ya setšhaba go ya go kabo ya ditirelo tša maphelo. Dikgwebo tše dikgolo le tše dinnyane ka moka di lahlegelwa ke tšhelete gomme mathata a mohlagase a tšhošetša peeletšo le tsošološo ya ekonomi.

Ga go na tshepo ya gore maemo a tla fetoga goba gona go kaonafala gomme ga go bontšhe mathata a tla fela.

Le ge go le bjalo, le nakong ya leswiswi la kgaotšo ya mohlagase go swanetše go ba le tharollo ya mathata a mohlagase.

Re na le tšwelopele mo phethagatšong ya magato a tlaleletšo ao ke a tsebišitšego ka Mosegamanye, le ge dipelo di ka se kwagale goba gona go bonala ka bjako.

Ge re lebeletše phethagatšo ya go se laolege ya diteišene tša mohlagase tša Eskom, re ka se kgone go fediša



kgaotšo ya mohlagase ka nako ye kopana. Se ke nnete ya go se thabiše, yeo e bilego le histori ye telele.

Nepo ya rena mo nakong ya gonabjale ke go fokotša ditiragalo le mathata a kgaotšo ya mohlagase ka go šogana le go senyega ga diteišene tša mohlagase.

Ye ke tlhohlo ye kgolo go lebeletšwe palogare ya mengwaga ya diteišene tša mohlagase, le gore nakong ya go feta tlhokomelo ye kgolo ga se ya dirwa mo dinakong tšeo seo se bego se hlokega.

Eskom e phethagatša magato ka bjako go kaonafatša tshepetšo ya mafelo a go fehla mohlagase, seo se lego bohlokwa go fihla diprotšeke tša go fehla mohlagase wo mofsa di phethagatšwa.

E šogana le ditaba tše bohlokwa tša kabo ya malahla, go akaretša go šoma le Transnet mo go sepetšeng malahla le go lekola gore malahla a sa le seemong sa wona sa go swana le ge a tloga meepong ya malahla go ya diteišeneng tša mohlagase. Eskom e šogana gape le boleng bja go fokola bja malahla, moo gantši a dirago gore mafelo a go fehla mohlagase ka

malahla a senyega. Batho ba go ba le maitemogelo a go sepetša diteišene tša mohlagase ba kgopetšwe go boa go thuša ka tshepetšo ya mafelo a go fehla mohlagase, taolo le tlhahlo.

Go kgonthiša gore go dirwa ditokišo tše dikgolo ntle le titelego, dipoledišano di tšwela pele go fokotša dinyakwa tša diteng tša gae go dikarolwana tša tlaleletšo le go šomiša badiri ba didirišwa go di hlokomela.

Go šogana le hlaelelo ya mohlagase ka bjako, go tloga ka Mosegamanye Eskom e šomane le go hwetša mohlagase wa tšhoganetšo, gomme mo bekeng ya go feta e thakgotše mananeo a go reka mohlagase wa dimekawate (MW) tše 1 000 wa bokgoni bja tšhoganetšo go tšwa dikhamphaning tšeo di nago le mohlagase le go hwetša mohlagase wa ka ntle go dinaga tša baagišane.

Mmušo o lebeletše kudu mabokgoni, maitemogelo le bokgoni bja baetapele ba Eskom go kgonthiša gore khamphani e na le batho ba bokgoni go feta ka moka magatong ka moka a mo-kgatlo.

Ditsenogare tše di tla thuša go fokotša bošoro le kgaotšo ya mohlagase

kgafetšakgafetša ka ge re tliša mohlagase wo mofsa mo lenaneong la mohlagase nakong ya magareng go oketša kabo ya mohlagase.

Gonabjale, mmušo e saenne ditumelano tša go reka mohlagase wa 420 MW le baabi ba maleba ba bararo ka fase ga Nako ya Maiteko a bo 5 a lenaneo la mohlagase wa go mpshafatšwa.

Go letetšwe gore diprotšeke tše tharo di tla kgokagana le lenaneo la mohlagase ka Diphalane 2024, gomme dipeakanyo di thomile tša go saena le baabi ba maleba ba 22 bao ba šetšego.

Bogolo bja tšweletšo ya mohlagase wo o rekwago go tšwa go Nako ya Maiteko a bo 6 e tla oketšega go tloga go 2 600 MW go fihla go 4 200 MW.

Komiti ya Mathata a Mohlagase wa Setšhaba yeo ke e thwetšego ka Mosegamanye e lebeletše molao le dipholisi tšeo di tla thomago lekala la mohlagase wa go šoma gabotse gape wa go rekega.

Re phatlaladitše gore setšhaba se swayeswaye dimphafatšo tšeo di tlošago legato la laesense go diprotšeke tša tšweletšo tša praebete. Se se tla bula tsela ya peeletšo go diprotšeke tša sekala sa mohola tše dikgolo, tšeo di tla oketšago ka lebelo bokgoni bja tšweletšo ye mpsha go lenaneo la mohlagase.

Tlhokego ya ditumelelo tša tikologo e beetšwe thoko go infrastraktšha ya phatlalatšo mo go ditsela tša peakanyo moo kotsi ya tikologo e lego fase.

Nako yeo e bego e šomišwa ya go kgopelela diprotšeke tša mohlagase

ditumelelo tša go šomiša naga moo di ka agwago gona e fokotšegile kudu ka moka le ya ditumelelo tša go kgokaganya mohlagase wa diprojeke tša mohuta o mo lenaneong la mohlagase wa naga, ka moka le yona nako ya tshepetšo ya go ngwadiša go ba mohlagiši wa mohlagase mo lenaneong la Setheo sa Taolo ya Mohlagase wa Setšhaba. Mola re šoma go godiša kabo ya mohlagase, re swanetše go godiša maitapišo a go fokotša nyakego, kudu ka dinako tšeo mohlagase o šomago kudu.

Re swanetše go kopana bjalo ka badudi go fokotša kgatelelo ya lenaneo la mohlagase la setšhaba.

Se se ra gore go šomiša mohlagase ka tsheketšo, go swariša batho bao ba ikogelago mohlagase le go lefela mohlagase woo re o šomišago. Dikgwebo, malapa le dikgoro tša mmušo tšeo di kolotago Eskom di swanetše go lefa gore Eskom e kgone go hlokomela mananeo a yona ao a nyakegago gore mabone a dule a tuka.

Ge re tšwela pele go itemogela kgaotšo ya mohlagase, go na le kganyogo ya go lahlegelwa ke tshepo ya gore re tla tsoga re rarollotše bothata bjo.

Le ge go le bjalo, ge re lebelela ka godimo ga mathata a gonabjale, go na le maswao a nnete a tšwelopele le mabaka a go kwagala a go ba le tshepo.

Ge re šoma ka tšhoganetšo ye kgolo go lokiša mathata a ka bjako a lenaneo la mohlagase la go se tshepagale, re dutše re dira mošomo wa go tla ka tharollo ya go fediša mathata a mohlagase ka nageng. **V**

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

Kabo ya disele tša steme ke mokgwa wa go se be bohloko wa go thuša go boloka maphelo

Kgaogelo Letsebe

Mfundo Mxolisi Ngwenya (30) go tšwa Durban, KwaZulu-Natal ke yo mongwe wa bathobaso ba mmalwa bao ba abago disele tša steme ka nageng.

South African Bone Marrow Registry (SANMR) e bolela gore batho ba bantši bammala ba hloka go ngwadiša bjalo ka baabi ka gore molwetši o na le sebaka se sebotse sa go hwetša disele tša go lehana mo morafeng wa bona. Go ya ka ofisi ya ngwadišo, go 78 000 ya batho bao ba ngwadišitšwego, ke fela 10% ya bathobaso, mola 9.9% e le Maindia gomme 67% ke bathobašweu.

SABMR e bolela gore baabi ba bantši ba aba ka tshepetšo ye e bitšwago disele tša steme tša madi tša ka ntle. E bolela gore disele tša steme tšeo di hwetšwago mo ditlhaleng tša marapo le tšona di hwetšwa mading a gago ao a elago. Tshepedišo yeo e dirwago o se wa robatšwa bookelong, gape o sa dirwe karo e a dirwa go hwetša disele tše. Madi a tšewa ka nalete mo letsogong le tee, a fetišwa motšheneng woo o kgoboketšago disele tša steme gomme a bušwa ka nalete ka letsogong la gago le lengwe. Disele tša steme di bohlokwa go fodiša malwetši a madi a go swana le kankere ya madi, go palelwa ga marapo le go

palelwa ke go šoma ga ditho tša mmele.

Ngwenya, molaodi wa dipapadi mo Yunibesithing ya Theknolotši ya Durban, o bolela gore o thomile go ithuta ka kabo ya disele tša steme ka 2012 ge SABMR e na le lesolo la temošo mo mabenkeleng a gae. "Nako le nako ke be ke aba madi gomme nako le nako ke ikemišeditše go thuša, ka gona ke ile ka ya go aba.

Go be go le bonolo kudu ka gore ba no tšea sešupo ka ganong gomme ba re ke emele mogala."

Go dirwa diteko ka sešupo seo se tšerwego molo-mong wa baabi gomme tshedimošo ya bona ya bolokwa gore ge go ka ba le molwetši yo a nago le

tshedimošo ya diteko ya go swana le ya bona yo a hlokago disele tša steme go kgokaganwe le bona.

"Ngwaga wa go feta, ke amogetše mogala wa go ntsebiša gore ba hweditše motho yo disele tša ka di sepelelanago le tša gagwe.


Tshepetšo ya go aba ke ye telele gomme e na le diteko tše 13, go tloga go diteko tša go lekola mmele [go lekola ge motho a se na malwetši] go feletša ka tša go dira diteko tša madi. Ke be ke swanela ke go ihlaba ka nalete ya gona letšatši le lengwe le le lengwe," a realo. Mošomo ka moka wa go abelana ka disele tša steme o tšea diiri tše tshela go ya go tše seswai.

Go nyakega baabi ba bantši

Ngwenya o re batho ba swanela ke go lemošwa gore go abelana ka disele tša steme ga ba hloke go dirwa karo.

O bolela gore ka dinako tše dingwe, setšo ke sona se ganago, seo se thibelago batho go ba baabi.

SABMR e re e tla bolela le baetapele ba setšo le ba sedumedi go ba hlohleletša gore ba bolele le ditšhaba tša bona go aba disele tša steme.

Ofisi ye e re ge bathobaso ba bantši ba ka abelana ka disele tša steme, go ka bolokwa maphelo a batho ba bantši. 

Go hwetša tshedimošo ka botlalo ka kabo ya disele tša steme, eya go www.sabmr.co.za, leletša **021 447 8638** goba romela emeile go donors@sabmr.co.za