

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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Akunasisombululo Samsinyana Ngokuqinteliswa Kwegezi, Kodwana Iyabonakala Indima Eyenziwako

Kiwo woke umuntu ohlala elizweneli, iimveke ezimbalwa ezidlulileko zokuqinteliswa kwegezi zibe ngezitjharaganisa izinto nezibudisi khulu. Ukubhebhethaka kwetukuthelo yomphakathi kuyazwisiseka.

Njengoba i-Eskom beyikateleleke bona iqintelise igezi ngokubuyeleleko ukuvikela ithungelelwano legezi lelizwe, abantu, imizi namarhwebo bekufanele aqalane nokuthikanyezwa kwegezi ukufikela emairini amane ngesikhathi sinye.

Ukuqinteliswa kwegezi kungaphezu kokuthikameza. Kube nemiphumela emimbi pheze emahlangothini woke womphakathi, kusukela kezefundo, ukuphepha komphakathi nokubonelela ngezepilo. Amarhwebo amakhulu namancani alahlekelwa yimali ngokufana begodu umraro wegezi lo ufaka engozini ukutjalwa nokubuyiswa komnotho.

Ithemba selithanda ukuphela ngokuthi lobubujamo bezinto bubonakala bunganamkhanyo wobungcono begodu akunalitho elithembisa ubuhle ngokurarululeka komraro lo.

Nokho, nanyana sisebumnyameni bokuqinteliswa kwegezi kukhona begodu fanele kube nesiphetho emrarweni wegezi lo. Siragela phambili ngokusebenzisa amagadango angezelelweko engawamezela ngoVelabahlince, nanyana imiphumela yakhona ingeze ibonakale msinyana nje.

Njengoba amaphawa wakwa-Eskom abaselwa

ngamalahle anganasiqini-seko sokusebenza kuhle nje, angeze sakghona ukuqeda ukuqinteliswa kwegezi msinyana nje.

Okubuhlungu-ke sengikho khonokhu esiqalene nakho kilobubujamo, esele bunesikhathi eside busenzeka.

Umnqopho wethu wanje kukobana siphungule ukukhamba kanengi nobudisi bokuqunteka kwegezi ngokuqalana nokufa kwamaziko wamaphawa.

Lokhu kubudisi obuqakathekileko esiqalene nabo nasiqala iminyaka yamaphawa, nokuthi ngeenkhathe ezidlulileko umsebenzi oqakathekileko wokulungiswa kwamaziko wegezi lawo bewungenziwa ngesikhathi esifaneleko.

I-Eskom ithatha amagadango arhabako wokwenza amaplanti wamaphawa asebenze ngcono, okuliqalontanzi, bekuthome ukusebenza kwamaphrojekthi amatjha wegezi.

Lokhu kuyipendulo yendaba eqakatheke khulu yokuphakelwa kwamalahle, ekufaka hlangana nokusebenzisana ne-Transnet ekuthuthweni kwamalahle begodu noku-tjheja ukuragela phambili kokuphakelwa kwamalahle ukusuka eemayini zamalahle ukuya emaphawa. I-Eskom ilungisa nendaba yamalahle angazisiko, avame ukubanga ukufa/ukwephuka kwamaziko wamaphawa. Abantu abanelwazi lokuphatha amaphawa bayabuyiswa ukuzokusiza ngokusebenza kwawo, ukuphatha kunye nokufundisa abanye ngomsebenzi wephawa.

Ukuqinisekisa bona

ukulungiswa okufaneleko kwenziwa ngaphandle kokubambeleleka, seythomile imikhulumiswano yokugedlisa imibandela yokutholakala kweentlabagelo ezeluse isimetjhe lapha ekhethu kunye neyokusebenzisa abakhiqizi beensetjenziswa ukulungisa lapho kulungiswa khona emaphawa lawa.

Ukuqalelela itlhayelo yegezi yakhona nje, ukusukela ngoVelabahlince i-Eskom isebenzela ukuthenga igezi yobujamo oburhabako; nje evekeni ephelileko le ivule ihlelo lokuthenga igezi eyiKulungwana yama-megawatt yobujamo oburhabako eenkampani ezinamandla wokuphehla igezi ezikhona njenganje nokuthenga igezi emazweni esakhelene nawo.

Urhulumende uqalisise khulu kumakghonofundwa, elwazini esele libuthelelwe begodu nebukghonini boburholi be-Eskom ukuqinisekisa bona ikampani inabantu abaphambili emahlangothini woke wehlangano le.

Ukungenelelokhu kuzokusiza ekwehliseni ubudisi nokuqinteliswa kanengi kwegezi njengobana kulethwa amandla wegezi amatjha ethungelelwaneni legezi ngesikhathi esiphakathi naphakathi ukungezelela ukuphakelwa kwegezi.

Mhlapha, urhulumende utlikitle iimvumelwano zokuthenga igezi ema-420 MW nabathengi abathathu ababe ngebokuthoma abathandiweko ngaphasi kwe-Bid Windows 5 behlelo legezi evuselelwako.

Amaphrojekthi amathathu la kulindeleke ukuthi ahlanganiswe nethungelelwano legezi ngoSewula wee-2024 begodu amalungiselelo sele athomile wokutlikitla nabanye abathengi abasaseleko abama-22 abathandiweko.

Amandla wokuphehla igezi azakuthengwa ku-Bid Windows 6 azakukhuphula ama-MW azii-2 600 ayokufika kuma-MW azii-4 200.

IKomidi yemiRaro yeGezi engiyikhethe ngoVelabahlince isasebenzana namatjhuguluko womthetho newomthethokambiso ekuzakuvulwa ngawo ikoro yegezi ezakusebenza ngcono.

Simemezele emphakathini kobana uphefumule ngetjhuguluko elibulala isilinganiso sokutholakala kwelayisense emahlelweni wangeqadi wokuphehla igezi. Lokhu-ke kuzakurhula indlela yokusisisa emahlelweni amakhulu, wezinga lakwa-Eskom azakungezelela msinyana amandla amatjha wokuphehlwa kwegezi ethungelelwaneni lokuphehla igezi.

Sibekelwe ngeqadi isidingo sokugunyaza kweemphathimandla zebhoduluko ukufakwa komthangalasisekelo eendaweni eziqakathekileko lapho ubungozi ebhodulokweni buphasi khona.

Sehliswe khulu isikhathi esithathwako ukugunyaza ukusetjenziswa kwenarha nokuthungelelwa kwethungelelwano legezi, ngokunjalo sehliswa khulu nesikhathi esithathwa mLawuli weGezi weliZwe-loke (i-NER) ukutlolisa


amaziko wokuphehla igezi.

Njengoba sisiphalazela ukwandisa ukusatjalaliswa kwegezi nje, kufuze siphakamise nemizamo yokuphungula umthamo wokufuneka kwegezi, khulukhulu ngeenkhathe zokusebenza kwayo khulu.

Thina zakhamuzi kufuze sihlanganyele ukuphungula ukufuneka khulu kwegezi ethungelelwaneni legezi. Lokhu-ke kutjho ukuthi kufanele sisebenzise igezi ngokuyinconcosela, sibike ukudoswa kwegezi okungekho emthethweni, siyibhadele naleyo esiyisebenzisa ngokusemthethweni. Amabhizinisi, amakhaya neminyango karhulumende ekweleda i-Eskom kufuze ibhadele isikwelede sayo kobanyana i-Eskom izokukghona ngcono ukwenza umsebenzi oqakathekileko wokulungisa kobanyana kuzokuhlala kukhanya.

Njengobana siragela phambili ukuqalana nokuqinteliswa kwegezi, kunokulingeka okukhulu kokulahla ithemba lokobana sizakwazi ukulungisa umraro lo na.

Kodwana, nange saqala ngale kwemiraro ekhona nje, kunamatshwayo aliqiniso wokuragela phambili neenzathu ezihle zokuthi sibe nethemba.

Njengobana sisebenza ngokurhaba okukhulu ukulungisa umraro wehlelo legezi engathembekiko, simatasatasa ngokwenza umsebenzi osisekelo wesisombululo esizosigcina nesizokuhlala isikhathi eside emrarweni wegezi osenarheni le. 

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. **1**



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

Ukunikela Ngama-stem Cell Kwenziwa Ngendlela Engasibuhlungu Begodu Kuhlenga Ipilo Yabanengi

Kgaogelo Letsebe

UMfundo Mxolisi Ngwenya (oneminyaka ema-30) we-Durban, KwaZulu-Natala ungomunye wabambalwa ebantwini abanzima abanikela ngama-stem cell elizweni lekhethu.

I-South African Bone Marrow Registry (i-SABMR) ithi kufuneka abantu bom-bala abanengi abazozitlola njengabanikeli ngombana isigulani sibanamathuba amahle wokuthola umuntu okhambelana naso emhlobeni wekhobo. Ngokutjho kwe-ofisi yamarekhodi, ebanikelini abatlolisiweko abazii-78 000, bali-10% kwaphela ababantu abanzima, abama-9.9%

babe maNdiya/ama-Asia, bese kuthi amakhuwa abe ma-67%.

I-SABMR ithi abanikeli ngobunengi banikela ngekambiso ebizwa nge-peripheral blood stem collection. Ithi wona ama-stem cell la afumaneka emongweni ayatholakala neengazini zakho. Amaseli lawa-ke adoswa emzimbeni womuntu ngaphandle kokumhlinza nokumlalisa esibhedlela.

Iingazi zidoswa ngenalidi emkhonweni munye, zidluliswe emtjhinini obuthelela ama-stem cell begodu zibuyiselwe ngenalidi emkhonweni wakho omunye. Ama-stem cell aqakatheke khulu ekuphiliseni amagulo weengazi afane-leukaemia, ukwehluleka

kokusebenza komkantja namkha i-aplasia.

UNgwenya, omphathi wezemidlalo e-Durban University of Technology, uthi wathoma ukufunda ngokunikela ngama-stem cell ngonyaka wee-2012 lokha i-SABMR ibambe ihlelo lokukhambakhamba eentabathabeni zeentolo zangekhobo. "Bengisolo nginikela ngeengazi begodu ngihlala ngilungele ukusiza, nje-ke ngakwenza lokhu. Kwaba bulula khulu ngombana bavele bathatha isampula ngeswabhu nge-mlonyenami bathi ngilindele umrhala."

Isampula ethethwe nge-mlonyeni kongaba mnikeli iyahlolwa begodu neminingwanabo iyabekwa khona

bazakudoselwa nange bangatholakala bakhambelana nomunye umuntu otlhoga ama-stem cell.

"Ngomnyaka ophelileko, ngafowunelwa bona bathole engikhambelana naye patsi. Ikambiso yokunikela yidananya begodu ifaka hlangana ukuhlolwa okwenzeka pheze imihlobo eli-13, ukusuka enyameni [ukuhlolwa bona uphilile na] nokuhlolwa kweengazi. Kwafuneka ngizijove ngamlanga," uyatjho. Ukunikela ngokwakho kungathatha ama-iri asithandathu ukuya kabunane.

Kutlhogeka Abanikeli Ngobunengi

UNgwenya uthi kufanele abantu balemukiswe bona

umuntu nakanikelako akukho lapho ahlinzwa khona. Uthi kezinye izehlakalo, isikopilo singaba siqabo ekutheni abantu babe banikeli.

I-SABMR ithi izokukhulumisana nabadosi phambili bendabuko nebezekolo ukobana bakhuthaze isitjhaba bona sinikele ngama-stem cell. Ithi ukungezeleleka kwabantu abanzima abazivezako, kungahlenga ipilo yabantu abanengi. **1**

Ukuthola imini-ningwana ezeleko ngokunikela ngama-stem cell, vakatjhela ku: www.sabmr.co.za, namkha udosele inomboro ethi: **021 447 8638**, namkha uthumele umlayezo nge-imeyili ethi: donors@sabmr.co.za