

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/Setswana

Lwetse 2022 Kgatiso 2

Cate's paints to make a mark

Sihle Manda

After refusing to allow limited resources to stop her from reaching her dream, paint manufacturer Cate Olifant is on course to make her mark in this demanding industry.

Olifant's journey began in 2016 when she left the construction sector to follow her dream of becoming her own boss.

Although she wanted to create her own paint range, after doing market research, she realised just how much money it would take. She approached a State-owned development finance institution, the Industrial Development Corporation (IDC), for funding, only to be told that her application would only be considered if she was already manufacturing her own paints.

She heeded the advice and Akani Paints was born.

Speaking to Vuk'uzenzele, she says: "I decided to take the risk. I don't have a background in chemical engineering; I've never worked in a chemistry plant nor have I worked on paint [manufactu-

SEVERAL GOVERNMENT entities have helped a Tzaneen entrepreneur grow her paint manufacturing business – and now she hopes to take on the big players.



Cate Olifant is ready to be a big player in the paint manufacturing industry and create jobs for her community.

Picture supplied by the dtic

ring] before."

She says after her funding request was turned down, she did relevant short courses and visited several paint manufacturers to learn from them.

Around that time, Olifant relocated from Gauteng to Limpopo, where she set up shop in an abandoned and dilapidated building in the Nkowankowa industrial area.

"When I got the factory in July 2016, I thought, 'Okay, I have the building, but it is dilapidated.'"

Fortunately, she had savings, and although she had to start on a smaller scale than she had initially planned, she was able to renovate the factory.

"I had to get a second-hand machine, which cost me about R60 000, only to find out it wasn't going to work [because] I still needed other things."

Over the next few years, Olifant found work and saved what she could to invest in her business.

"In 2019, I started produc-

Cont. on page 2



Matlou keeps an eye on her community's vision

Page 4



Skills development for rural women

Page 6



To read Vuk'uzenzele download the GOVAPP on:



Search for SA Government on Google playstore or appstore

CONTACT US

Vuk'uzenzele

@VukuzenzeleNews

Website: www.gcis.gov.za
www.vukuzenzele.gov.za

Email: vukuzenzele@gcis.gov.za
Tel: (+27) 12 473 0103

Tshedimosetso House:

1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

FREE COPY NOT FOR SALE



Dikgato tse dintšhwa tsa go lwantshana le bonweenwee di nna le mosola

Tiro ya go lwantshana le bonweenwee e tlhoka go enngwa nokeng ke maphata ka bobedi e leng maikemisetso a sepolotiki le setheo se se ikemetseng le se se itseng tiro ya sona mo go lwantshanang le botlhokotsebe.

Fa ke ne ke neelana ka Puo ya Maemo a Setšhaba (SoNA) lekgetlo la ntlha ka ngwaga wa 2018 ke ne ka dira maikano a gore ke tla dirisa maatla le mafolofolo a a tshwanang go lwantshana le bonweenwee mo ditheong tsa puso mmogo le go lwantshana le bogwenegwene le go utlwanela ditlhwatlhwa tsa dithekiso mo ditheong tsa poraefete.

Go tloga ka ona motsi oo re ntse re samagane le go ema nokeng ditheo tsa rona tsa molao le tse di dirang tiro e e tshwanang le eo. Re ne ra tlhoma Kantoro ya Mokaedi wa Dipatlisiso mo Setheong sa Bosekisi jwa Naga (NPA) gore e samagane le botlhokotsebe jo bogolo jwa bonweenwee mmogo le go tlhoma Lekgotla la go Sekela Dikgetse tse di Ithophileng gore le kgone go thusa gore go nne bonolo go dira gore Yuniti e e Batlisang Dikgetse tse di Ithophileng (SIU) e buse madi a a utswitsweng.

Re eme gape nokeng le ditheo tse dingwe tse di lwantshanang le botlhokotsebe tse di jaaka Yuniti ya Thopo ya Dithoto, Yuniti ya go Lwantshana le Dikgetse tse di Ithophileng tsa Bosenyi mo Dikgwebong mmogo le Setheo sa Dipatlisiso tsa Melato e Megolo ya Botlhokwa ka go di neela kemonokeng le didirisiwa tse di di tlhokang, se se tumileng thata ka leina la di-Hawks.

Dikgato tseno di setse di simolotse go nna le mosola.

Ka ntlha ya go dirisana mmogo le ditheo tse di

botlhokwa tsa twantsho ya bosenyi, Kantoro eno ya Mokaedi wa Dipatlisiso e kgonne go tlhatlhela dikgetse di feta di le 20 tsa bonweenwee mo ngwageng yo o fetileng wa matlole mmogo le go latofatsa batho ba le 65.

Melato eo ke e mmalwa ya 'ditiragalo tsa go goga puso ka nko' mmogo le dikgetse tse dingwe tse dikgolo tsa bonweenwee.

Mo ngwageng yo o fetileng wa matlole Yuniti ya Thopo ya Dithoto e ne ya rebolelwa taelo ya kgotlatshekelo ya gore e letleletswe go ka tswalela tiriso ya dithoto tsa boleng jo bo kanaka R5.4 bilione tse di nang le mofetsho wa ditiragalo tsa bonweenwee, mo madi a le kana ka R70 milione a busitsweng ka go duelwa mo Setheong sa Pusetso ya Matlole a Bogodu.

Mo dingwageng di le robedi tse di fetileng, SIU e setse e kgonne go busa madi le dithoto tse di neng di utswitswe tse boleng jwa tsona bo ka dirang R2.6 bilione mmogo le go beela kwa thoko dikonteraka tsa dithendara tse di neng di utlwanetswe tse di ka dirang boleng jo bo kanaka R18 bilione. Dikgetse tsotlhe di le kana ka 119 tse di ka dirang boleng jo bo kanaka R13 bilione di setse di kwaditswe ke SIU kwa Lekgotleng la go Sekela Dikgetse tse di Ithophileng.

Bonweenwee ke tiragalo ya botlhokotsebe e go seng bonolo go samagane le yona semolao

Ditlhokotsebe tseno di tsaya matsapa gore go nne boima go ba rwesa melato. Ba bula ditlamo tsa mouwane gore ka tsona ba kgone go fitlha ditiragalo tsa go tsamaisa madi ka bokhukhuntswane, ba ntsha ba tsenya madi mo diakhaontong tsa dibanka tse dintsi tse di farologaneng, ba begela setheo sa lekgetho

matlole a maaka, mme fa e le gore ke batlhankedi ba ba direlang puso, ba dira dikopo tsa dithendara ka go dirisa maina a ditsala tsa bona kgotsa a ba losika mme ba dirisa bona gore bona ba se tlhagelele.

Seno se raya gore fela jaaka le bona ba tsaya matsapa a ba a tsayang, le sepodisi le sona se tla tshwanela ke go tsaya matsapa a go tshwana le a bona.

Mo ngwageng wa 2020 re ne ra tlhoma setheo se se nang le batlhankedi go tswa kwa ditheong tse di farologaneng tsa molao e leng Tikwatikwe ya Ditirelo tse di Golaganeng tsa go Phuruphutsha Bonweenwee mme tikwatikwe eno e ne ya tshwanelwa ke go samagane le botlhokotsebe jo bogolo jwa go utswiwa ga madi, mmogo le jwa bonweenwee. Tikwatikwe eno e na le batlhankedi ba ba diphatsa mo tirong ya diphuruphutso le pabalesego mo ditheong tsa puso tsa go lwantshana le botlhokotsebe mmogo le batlhankedi ba Setheo sa go Lwantshana le Bogodu jwa Ditšhelete, mme setheo seno se bokeletsa bopaki jwa bogodu jwa matlole mme o bo neye ditheo tsa molao gore ba bo dirise fa ba dira diphuruphutso.

Mo dingwageng di le pedi nyana fela fa e sale Tikwatikwe eno e tlhomiwa, tiro ya yona ya go sola mosola batlhankedi go tswa kwa ditheong tse di farologaneng tsa molao go re tswetse mosola ka 'go nkelela koo madi a isitsweng teng'.

Mo ngwageng yo o fetileng, tiro ya Tikwatikwe ya Ditirelo tse di Golaganeng tsa go Phuruphutsha Bonweenwee e thusane le dipatlisiso di le 276 tsa ditiragalo tsa bogodu le bonweenwee. Madi a a balelwang go R659 milione a ne a busediwa puso ka go

tsaya le go busetsa dithoto tsa bogodu. Dithoto tse di ka dirang R613 milione tse go belaelwang e le tsa bogodu go rebotswe taelo ya kgotlatshekelo ya go tswalela tiriso ya dithoto tseo.

Tikwatikwe ya Ditirelo tse di Golaganeng tsa go Phuruphutsha Bonweenwee kwa tshimologong e ne e tlhometswe go dira dipatlisiso tsa bonweenwee mo dithendareng tse di amanang le COVID. Jaanong tiro ya yona e setse e okeditswe mme jaanong e samagane gape le ditiragalo tsa go dira gore madi a bogodu e nne e kete ke a a bonweng ka ditsela tse di mo molaong, ditiragalo tsa bogodu, tsa go se dirise ditheo tsa puso ka tshwanelo, tsa go ema nokeng ka matlole digongwana tsa menolopuso mmogo le ditiragalo tse dingwe tsa botlhokotsebe jwa madi.

Mo malobanyaneng ba di-Hawks ba tlhagisitse tse dingwe tsa dikgatelopele tse ba di dirileng ka Setlhopha sa Tiro ya go Lwantsha Bonweenwee, mme setlhopha seno ke se sengwe sa ditlhopha tse e leng karolo ya Tikwatikwe ya Ditirelo tse di Golaganeng tsa go Phuruphutsha Bonweenwee.

Magareng ga ngwaga wa matlole wa 2019 le wa 2022, babelaelwa ba le 554 ba ba latofadiwang ka bonweenwee ba ne ba tshwariwa, mme mo go bona ba le 142 ba ne ba atlholelwa go ya kgolegelong jaaka bopaki bo bontsha gore ba molato.

E nngwe ya dikarolo tse di botlhokwa tsa go lwantshana le bogodu jwa matlole ke dithulaganyo tsa go phuruphutsa matshele a batho ka fao ba ithlokomelang ka teng mme tsona di diriswa ke Setheo sa Tirelo ya Lekgetho la Aforika Borwa (SARS). Mo ngwageng yo o fetileng SARS e ne ya garela dithulaganyo tseno di le 25 tse boleng jwa tsona bo balelwang kwa godimo ga R450 milione

maaitlhommo e le go rarabolola matsapa a a nnang teng ka ntlha ya fa botshelo jo ba bo tshelang bo sa tsamaisane le megolo e ba neileng bopaki jwa gore ke yona e ba nang le yona.

Go tlhamaletse gore dikgato tse re di tsereng re le puso ya go jaanong mo go tsosoloseng bokgoni, kitso le seriti sa ditheo tsa rona tsa molao tse di lwantshanang le bonweenwee di na le mosola o o bonagalang

Ka tiro ya go dikana le bosenyi e e diriwang ke ditheo tsa molao magodu ga a na botshabelo: re a tlhanolosa dipotana. Madi a puso a a neng a utswiwa le go dirisediwa tiro e a sa ntshetswang yona a busediwa puso mme bao ba nnileng le seabe mo bogodung joo ba a sekisiwa le go latlhelwa kgolegelong ke dikgotlatshekelo.

Mo go gagamatseng le go feta dikgato tsa rona tsa go lwantshana le bonweenwee, ke dira gape le kitsiso e nngwe gape ya gore re butse Lekgotla la Naga la Dikeletso mo Mererong ya go Ema Kgatlhanong le Bonweenwee.

Lekgotla leno le tla samagane le tiro ya go bokeletsa bannaleseabe go tswa mo setšhabeng sa rona gore ba dise dikgato tsa go tsenya tirisong leano la puso la go lwantshana le bonweenwee.

Lekgotla le lentšhwa leno le tla eletsa puso ka dikgato tse di botlhokwa tse di ka tsewang go thibela bosenyi jono, ka go tla ka ditheo tse di nang le bokgoni mmogo le go tla ka metswedi e e tlhokegang go thibela gore le ka la motlholo ditiragalo tsa go goga puso ka nko di se tlhole di diragetse gape mmogo le go bolaya bogodu le bonweenwee mmolao wa noga mo nageng ya Aforika Borwa.

Maitlhomomagolo a rona ke go tlhoma ditheo tsa molao tse di nang le maatla tse di ka kgonang go fedisa bonweenwee le go emelana le maiteteko a mothale oo a go goga puso ka nko mo isagong.

Jaaka re tswelela go nna le kgatelopele eno, re na le tshepo e e tlletseng ya gore le fa go ka re tsaya lobaka lo lo kanakang, bao bona ba utswitsweng dithuso tseo di neng di tshwanetse go thusa baagi ba naga ya rona ba tla di gama ba sa di tlhapela.

Ela tlhoko matshwao a bolwetse jwa kankere mo baneng nako e santse e le teng

More Matshediso

Go se nne le matsholo a go lemosa baagi ka bolwetse jwa kankere mo baneng le ka matshwao a jona go raya gore bana ba le bantsi ka fa nageng ya Aforika Borwa go fitlhelwa fa ba setse ba godile gore ba na le bolwetse jono mme ka nako eo bolwetse jono bo a bo bo setse bo godile mo mmeleng wa bona.

Fa bolwetse jwa kankere bo ka bonwa le go simololwa go alafiwa nako e santse e le teng, bolwetse jwa bona bo ka kgona go alafiwa gore bo folele ruri.

Motlhankedi wa Ditlhaeletsano mo Mokgatlong wa Aforika Borwa wa Bolwetse jwa Kankere mo Baneng (CHOC) Taryn Seegers a re fa motho a itse matshwao a a tlwaelegileng a bolwetse jwa kankere mo baneng, motho yoo a ka kgona go thusa gore ngwana yo a nang le bona a se latlhegelwe ke botshelo jwa gagwe.

“Ga go bonolo go bona

matshwao a teng go nne ke setlwaedi gore bana ba a tle ba nne le dikukumpa, dintho, go oketsega mmele ka bonako kgotsa go felafela pelo. Le fa tota go le boima, go botlho-kwa thata gore matshwao ano a bonwe nako e santse e le teng,” o tlhalositse jalo.

Go ya ka Mokgatlo wa Naga ya Aforika Borwa wa Merero ya Bolwetse jwa Kankere (CANSa), ngwaga yo mongwe le yo mongwe go na le bana ba le magareng ga 800 le 1 000 ba go fitlhelwang gore ba na le bolwetse jwa kankere.

Le fa go le jalo, mokgatlo o no o re o dumela gore mo baneng botlhe ka fa nageng ya Aforika Borwa ba e leng gore ba na le bolwetse jwa kankere halofo ya bona ga go ke go itsiwe gore ba na le bona kgotsa jang.

Go tsaya dikgato tsa go netefatsa gore bolwetse jwa kankere bo bonwa ka bonako nako e santse e le teng, CHOC e simolotse ka go diragatsa matsholo a go lemosa baagi mo metseng,

e ruta batsadi le bana ka matshwao a ba tshwanetseng go a ela tlhoko nako e santse e le teng.

Mokgatlo ono o ema nokeng bana le baswa, mmogo le ba malapa a bona, ba ba nang le bolwetse jwa kankere kgotsa ba ba nang le malwetse a a kotsi a madi.

“Maitlhommo a rona ke go thusa gore bolwetse jono bo bonwe nako e santse e le teng mmogo le go thusa gore bo alafiwa ka manontlhotlho.

Setheo sa rona sa CHOC ka gang se ka kgona go amogela bana ba le 1 500 mo maokelong a sona, mmogo le go ema nokeng malapa a a feta a le 1 500 a a amegang ka thuso ya go thoba maikutlo le tlhaloganyo,” Seegers a rialo.

Seegers a re mo ngwageng wa matlole wa mo ngwageng yo o fetileng CHOC ka go diragatsa matsholo a yona a a botlhokwa e kgonne go tlamela bana ba bannye ba le 1 724 ka ditirelo, ya tlamela bana ba ba godileng nyana ba le 553 mmogo le batho ba bagolo ba le 2 232.

“Ditirelo tsa rona di akaretsa gape le tsa go kgothatsa ba ba nang le bolwetse jwa kankere ka go ba thoba maikutlo, ka go ba gomotsa, ka go thusa bao ba bakiwang le badimo le ka go thusa ka tsa poloko bao ba tlhokafaletsweng,” Seegers a rialo.

Matshwao a bolwetse jwa kankere mo baneng a a reele-tsweng ka St Siluan

- S – Batla thuso ya ngaka go santse go na le nako go go tlhatlhoba fa o na le matshwao a a sa foleng.
- I – Matlho a a nang le thoro e tshweu, a a pelekaneng, a a sa boneng, a a rurugileng.
- L – Go tswa lethole mo dimpeng, mo nokeng, mo tlhogong, mo matsogong, mo maotong, mo kgetsaneng ya serwe sa botona kgotsa mo kgelesweng.
- U – Go fisa mo mmeleng go go sa itsiweng gore go tlhodilwe ke eng sebaka sa go feta dibeke di le pedi, go bopama, go lapa, go

tlhoka madi mo dinamangeng tsa matlho, go tswa dintho bonolo kgotsa go dutla madi bonolo.

- A – Go opelwa ke marapo, dikgono, mokwatla le go robega bonolo.
- N – Bolwetse jwa dinere, go fetoga ga motsamao, go tsamaya o latlhegelwa ke dikgato kgotsa o retelwa ke go bua, go opiwa ke tlhogo sebaka o tlhatsa/o sa tlhatse le go ruruga ga tlhogo.

“Bana ba ba setseng ba godile ba e leng gore ba tsaya karolo mo metshamekong gantsi ga ba a ke ba ipona gore ba na le matshwao a kankere a ntlha,” Seegers a rialo. **V**

Go bona tshe-dimosetso ka botlalo, ikgolaganye le mogala wa go tswa baagi thuso wa CHOC mo go **0800 333 555** kgotsa o etele www.choc.org.za

Matlou keeps an eye on her community's vision

Owen Mngadi

After witnessing how being blind affected her grandmother, a young girl vowed that she would one day help people in her community with vision problems.

Manare Matlou made good on her promise and today, at the young age of 23, has an optometry practice, Optic iCare Optometrists, in Giyani, which she opened in February 2022.

The daughter of pastors, Matlou was raised in GaPhadi in Limpopo. After matriculating from a local high school, she earned her Bachelor of Optometry degree from the University of Limpopo in 2020, at the age of 21. She then worked for several practices to gain experience and knowledge of running a practice.

Matlou says many people



Manare Matlou treats a patient in Giyani.

in her rural village live with vision problems and blindness because they cannot afford eye surgery. She says the extreme heat in the area contributes to people getting cataracts and light sensitivity eye diseases.

Because of the need for better eye care in the

community, she chose to open her practice in Giyani. “You need to have business knowledge to start a private practice and you must learn from colleagues in the industry.”

Matlou says opening an optometry practice is expensive, because of the cost of the equipment and

spectacle frames needed. She also had to hire two assistants. As soon as her business is better established, she wants to open more practices and offer pensioner discounts.

Look after your eyes

Eye Care Awareness Month, which runs from September 21 to October 18, aims to educate people on the importance of eye health and regular screenings to avoid future complications. The Department of Health recommends that you have your eyes tested every one to two years. If you have risk factors such as high blood pressure and

diabetes, it is best to do it every year.

Matlou adds that a well-balanced diet, including nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E, helps combat age-related vision problems. She also recommends people wear sunglasses to protect their eyes from the sun's ultra-violet rays.

She also said that Optometrists offer primary eye care. They are trained to detect vision problems, eye diseases and other abnormalities. If needed, they supply glasses. If specialist care is needed, optometrists refer their patients to the right specialist. **V**

People wanting to study for an optometry degree at university level need to have done english, mathematics, physical sciences and life sciences at grade 12. It takes a minimum of four years to complete, and a one-year internship is compulsory.