

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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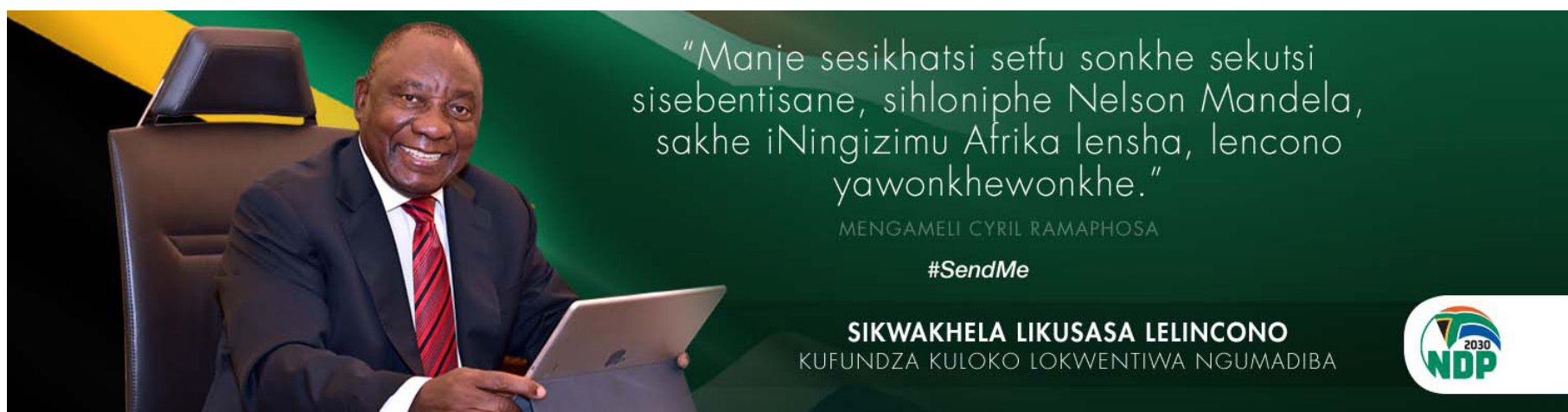
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Cimicimi wagezi angeke alungiswe ngekutatatela kodvwa kwentiwa inchubekelembili yangempela

Kuwonkhewonkhe lohlala kulelive, lamaviki lendlulile acimicimi wagezi abe ngulakhungatsekisana kakhulu nalayinsayeya. Konkhe lokutfukutsela kwemmango lokungaka kuyatsetseleleka.

Njengoba i-Eskom seyiphindze futsi yaphoceleleka kutsi icala cimicimi wagezi kute kutsi ivikele igridi yavelonkhe, bantfu, emakhaya kanye nemabhizini atikhandze abukene nekuphatamiseka kwagezi lokufikela esikhatsini lesingema-awa lamane.

Cimicimi wagezi ungetulu kakhulu kunekutsikameta. Kunemiphumela lemibicishe kuyo yonkhe incenye yemmango wetfu kuskukela kutemfundvo kuya ekuphepheni kwemango kuya ekwetfulweni kwetinsita tetemphilo. Emabhizini lamakhulu nalamancane ngalokufanako alahlekelwa yimali kantsi futsi inkinga yagezi ibeka engcupheni kutjalwa kwetimali kanye nekusimama kwemnotfo wetfu.

Kunemoya wekuphelelwa litsemba kutsi lesimo asibonakali siba ncono futsi kubonakala sengatsi lenkinga ayipheli.

Kodvwa-ke, nasebumnyameni bacimicimi wagezi sibakhona, kantsi-ke uvele kumele sibe khona nesisombululo senkinga yetfu yagezi. Senta inchubekelembili ekusetjentisweni kwetinyatselo letengetiwe lengitimemetete ngaKholwane, nanoma-nje imiphumela kungenteka ingabonakali ngekushesha.

Uma kubukwa kusebenta ngendlela lengakalindzeleki yetiphehligezi taka-Eskom letinyenti, angeke sikwati



kucedza locimicimi ngesikhatsi lesincane. Leli liciniso lelidzabukisako lesimo seifu, lesinemlandvo lomudze.

Injongo yetfu esikhatsini lesidvute-nje nanoma kunjalo kukunciphisa imvamisa nekujula kwacimicimi wagezi ngekubukana neku-fadabala kwetiphehligezi.

Lena yinsayeya lenkhulu uma kubukwa silinganiso seminyaka budzala yetiteshi tagezi, nekutsi esikhatsini lesindlulile kunakekelwa lokubalulekile bekungeniwa ngetikhatsi letifanele.

I-Eskom isebentisa tinyatselo ngekuphutfuma kute yente kancono kusebenta kwemishini, nalokuyintfo lebekwe embili kute kube ngulapho kuletfwa imiklamo lemisha yekuphehla gezi.

Ilungisa ludzaba lolubucayi lwekuphakelwa kwemalahle, kufaka ekhatsi kusebentisana ne-Transnet ekutfutweni kwemalahle kanye nekulandzelela kuphakelwa kwemalahle ngalokusimeme kusuka etingonini temalahle ayiswe kutiphehligezi. I-Eskom futsi ilungisa ludzaba lwemalahle langekho ezingeni lelifanele, lokuvamise

kutsi kubange kulimala kwemishini. Bantfu labanelwati lwekusebentisa titeshi tagezi bayabuyiswa kute batosita ngekusebenta kwemishini, kuphatsa kanye nekufundzisa.

Kucinisekisa kutsi kulungiswa lokubalulekile kwentiwa ngaphandle kwekubambeleleka, tingcoco tiyachubeka kuze kudzambiswe timfuneko talokucuketfwe kutincenye temishini lekhicitwe lapha ekhaya kanye nekusebentisa bakhiciti betinsimbi kuze balungise imishini.

Kute kulungiswe kushoda kwagezi lokukhona, kusukela ngaKholwane i-Eskom beyiloku itsenga gezi wesimo lesiphutfumako, futsi kuleliviki leliphelile yetfule tinhlelo tekutsenga emamegawathi layi-1 000 emandla agezi laphutfumako etinkampaini letiphehla gezi kanye nekucinisekisa kutsengwa kwagezi emaveni labomakhelwane.

Hulumende ubuka kakhulu emakhono, sipiliyoni nebukhoni bebhali be-Eskom kucinisekisa kutsi lenkampani iba nebantfu labakahle kakhulu emazingeni enkampani.

Lokungenelela kutawusita ekwehliseni butima lobukhulu nebucimicimi bagezi lobuphindzaphindziwe njengoba siletsa gezi lomusha kugridi kulesikhatsi sesigaba lesisemkhatsini kute kutsi kukhuliswe kuphakelwa kwagezi.

Kamuva-nje, hulumende usayine tivumelwano tekutsengwa kwagezi wema-420 MW kubatsengisi labatsatfu labanconywako ngaphasi kwe-Bid Window 5 yeluhlelo lwemandla agezi lavusetelelekako. Lemiklamo lemitsatfu kulindzeleke kutsi achume kugridi ngeMphala 2024, futsi nemalungiselelo asachubeka kute kutsi kusayinwe nalaba labanye batsengisi labasele labange-22.

Linani lemtsamo wekuphehla lelitawutsengwa ku-Bid Window 6 litawukhuphuka lisuke ku-2 600 MW liye ku-4 200 MW.

Likomidi Lavelonkhe Letinhlekelele Tagezi lengilibeke ngaKholwane lisasebentana netingucuko kutekushaywa kwemtsetfo nenchubomgomo letitakusungula umkhakha wagezi losebenta kahle kakhulu, loncintisanako.

Sesishicilele sichibelo lesisusa umkhawulo wemalayisensi emiklamo letimele yekukhacita kute kutsi sive siphawule ngaso. Loku kutawuvula indlela yekutjalwa kwetimali kumiklamo lemikhulu, lesezingeni lelisetulu etowengeta ngekushesha umtsamo wekukhacita lokusha kugridi.

Sidzingo sekugunya-twa kwetemvelo sesiho-cisiwe kusakhiwonchanti sekwekwendlulisa emihubheni yemasubuciko

lapho bungoti kutemvelo buncane.

Tikhatsi letibekelwe indzawo yemiklamo yemandla agezi tisebentisa emagunya nekuvunywa kwekuchunywa kwegridi sekuncishiswe kakhulu, ngekwenchubo yekubhalisa tikhungo tekuphehla gezi yeMlawuli Wetemandla Agezi Kuvelonkhe.

Nanoma sisebentela kukhulisa kuphakelwa kwagezi, kufanele kutsi sandzise imitamo yekunciphisa sidzingo, ikakhulukati ngetikhatsi tekusetjentiswa kakhulu.

Kufanele kutsi sihlangele sitakhamiti kute kutsi sinciphise incindzetelo kugridi yavelonkhe. Loku kusho kusebentisa gezi kancane, kubika kuchunywa kwagezi ngalokungekho emtsetfweni kanye nekukhokhela gezi lesiwusebentisako. Emabhizini, emakhaya kanye nematiko ahulumende lakweleta i-Eskom kufanele kutsi bakhokhele tikweleti tabo kute kutsi i-Eskom itewukwati kulungisa nekugcina simo setiphehli sisezingeni lelifanele lokungukona kudzingekayo kutsi gezi ahlale akhona futsi asebenta.

Njengoba sichubeka nekubukana nekucishwa kwagezi, kunesilingo lesikhulu sekulahla litsemba lekutsi siyawuke siyisombulula lenkinga.

Kantsi-ke, uma sibuka ngale kwenhlekelele lekho-na, kunetinkhomba tangempela tenchubekelembili kanye netizatfu letinhle tekutsi sibe nelitsemba.

Njengoba sisebenta ngekuphutfuma lokukhulu silungisa inkinga lekhona yenchubo yagezi lengetsembeki, simatasa-tasa futsi sakha sisekelo sesisombululo lesisimeme, lesitosebenta sikhatsi lesidze setinkinga tagezi talelive. **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

Kunikela ngemaseli emtimba kuyindlela lengasibuhlungu yekusindzisa imphilo

Kgaogelo Letsebe

Mfundo Mxolisi Ngwenya (30) waseThekwini, KwaZulu-Natal ngulomunye walabamnyama labamba-lwa lababanikeli bemaseli emtimba kulelive.

BeRejista YaseNingizimu Afrika Yetemnkantja (i-SABMR) batsi bantfu labamnyama badzinga kutsi babhalisele kuba banikeli bemaseli emtimba ngoba sigulane sinelitfuba lelihle lekutsi singatfola lesingamatana naye kubantfu lababuhlanga lobufanako. Ngekuya kwalerejista, ba-10% kuphela wala-bange-78 000 webanikeli lababantfu labamnyama,

laba-9.9% ngeMandiya/base-Eshiya bese kutsi lange-67% ngulabamhlophe.

I-SABMR itsi banikeli labanyenti banikela ngekulandzela inchubo lebitwa ngekutsi yi-*peripheral blood stem cell collection*. Itsi futsi wona lawo maseli emtimba latfolakala emnkantjeni aphindze futsi atfolakale engatini yakho lejikeletako. Laba lababanikeli abalaliswa esibhedlele, kusetjentiswa inchubo lengafaki ekhatsi kuhlindvwa kute kutsi kutsatfwe lamaseli. Ingati idvoswa ngemjovo lapha emkhonweni, yendluliswe emshinini lekunguwona ugcogca lamaseli emtimba bese ibuyiselwa emuva kulona lomunye umkhono wakho ngalo lolusungulo lwemjovo.

Emaseli emtimba abalulekile ekwelapheni tifo tengati ngesifo semdlavuta lesibitwa ngekutsi pheceleti i-*leukaemia*, kwehluleka kwemnkantja noma i-*aplasia*.

Ngwenya, umphatsi wetemidlalo enyuvesi i-Durban University of Technology, utsi wacala kuva ngekunikela ngemaseli emtimba nga-2012 ngesikhatsi i-SABMR ibambe umkhankhaso kuligcogcotitolo lendzawo. "Bengihlala njalo nginikela ngengati futsi ngihlala njalo nginenshisekelo yekusita, ngako-ke ngavele ngenta. Bekulula kakhulu ngoba bavele-nje batsatsa iswabhu lapha emlonyeni babese bangitjela kutsi ngibolindzela lucingo."


Isamphuli letsatfwa emlonyeni waloyo lonelitfuba

lekuba ngumnikeli liyahlolwa kantsi futsi imininingwane yabo iyalondvolotwa kute kutsi bakhone kutsintfwa uma ngabe kuyenteka kutsi bamatane nemuntfu lodzinga emaseli emtimba.

"Kulomnyaka lophelile, ngatfola lucingo lwekutsi batfole mata lokahle kakhulu. Lenchubo yekunikela yindze kakhulu futsi ifaka ekhatsi tindhlo leticishe tibe nguleti-13, leticala kutemtimba [luhlola tonkhe temphilo] kuye kutindhlo tengati. Lokunye futsi lokwadingeka kutsi ngikwente kwaba kutijova mine ngekwami onkhe emalanga," kusho yena njalo. Lokunikela mbamba kutsatse emkhatsini wema-awalasitfupha kuya kulasiphohlongo.

Kudzingeka labanye banikeli labanyenti

Ngwenya utsi bantfu badzinga kutsi bacasheliswe kutsi lenchubo yekunikela ayidzingi kutsi uhlandvwe. Utsi kuletinye tehlakalo, tinkholelo tetemasiko tingabavimba bantfu bangabi banikeli.

I-SABMR itsi itawukhumisana nebaholi betemasiko nebetenkholo kutsi bakhutsate kunikela ngemaseli emtimba. Itsi uma kunikela bantfu labamnyama labanyenti, ngulapho-ke kutawusindza timphilo letinyenti. 

Kute utfole lwatiso lolubanti mayelana nekunikela ngemaseli emtimba, vakashela ku: www.sabmr.co.za, shayela ku: **021 447 8638** noma utfumele i-imeyili Ku: donors@sabmr.co.za