

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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Ayikho indlela enqamulelayo yokulungisa ukucishwa kukagesi kodwa ikhona inqubekela phambili

Kuwo wonke umuntu ohlala kuleli lizwe, amaviki edlule okucishwa kukagesi ngenhloso yokuwonga abe yisinengiso futhi abe nzima kakhulu. Intukuthelo yomphakathi wonke iyezwakala.

U-Eskom ngokuphoqeleka ukuthi aphinde aqalise ukucishwa kukagesi ngenhloso yokuwonga ukuze kuzovikelwa isikhungo sikagesi sikazwelonke, abantu, amakhaya kanye namabhizinisi kufanele ukuthi babhekane nokuphazamiseka kukagesi okuthatha amahora amane ngesikhathi.

Ukucishwa kukagesi kungaphezu kokubambezileka. Kunemiphumela emibi kakhulu cishe kuzo zonke izingxenyane zomphakathi wakithi kusuka kwezemfundo kuya kwezokuphepha komphakathi kuya ekuhlizekweni kwezinsizakalo zezempilo. Amabhizinisi amakhulu namancane ngokufanayo alahlekelwa imali futhi le nkinga kagesi iletha ubungozi kwezotshalomali kanye nasekuvuselelweni komnotho wethu.

Kukhona ukuphelelwa ithemba lokuthi lesi simo ngeke sibe ngcono nokuthi kubonakala engathi asikho isiphetho sale ngwadla.

Okwamanje, ngisho nasebumnyameni bokucishwa kukagesi sikhona futhi kufanele sibe khona isiphetho esibonakalayo kulolu sizo lwethu logesi. Kunenqubekela phambili ekuqalisweni kwezinyathelo ezengeziwe engazimemezela ngoNtulikazi, yize imiphumela kungenzeka ingabonakali manje.

Ngokubheka iziphehlilandla zakwa-Eskom eziphehlwa ngamalahle ongeke



wakuqinisekisa ukusebenza kwazo, angeke sikwazi ukuqeda ukucishwa kogesi ngesikhathi esifishane. Leli yiqiniso elinganambithisiseki lesimo esibhekene naso, okuyisimo esinomlando omude.

Inhloso yethu yalesi sikhathi samanje ngokunciphisa izikhathi kanye nobunzima bokucishwa kogesi ngenhloso yokuwonga ngokubhekana nokuphuka kweziphehlilandla.

Lokhu kuyinselele ehamba phambili ngokubuka isilinganiso sobudala beziphehlilandla, futhi esikhathini esedlule azizange zinakekelwe ngendlela nangezikhawu ezifanele.

U-Eskom uqalisa ngokuphuthuma izinyathelo zokuthuthukisa ukusebenza kweziphehlilandla, nokuyinto ebekwe eqhulwini kuze kube imiklamo yokuphehlwa kukagesi isiqalisiwe.

Ubhekana nenkinga ebucayi yokutholakala kwamalahle, kufaka phakathi nokusebenzisana no-Transnet ekuthuthweni kwamalahle kanye nokuqapha indlela engaguquki yokulethwa kwamalahle esuka kuba-phakeli bamalahle kuya kwiziphehlilandla. U-Eskom ubhekana futhi nezinga elingelihle lamalahle, okuyikhona okuhlale kuholela ekuphu-

keni kweziphehlilandla. Abantu abayizingcweti futhi abawaziyo umsebenzi wokuqhuba iziphehlilandla bayabuyiswa ukuthi bazosiza ngokusebenza kweziphehlilandla, ukuphathwa kwazo kanye nokufundisa abanye umsebenzi.

Ukuqinisekisa ukuthi ukunakekela okubucayi kuyenzeka ngaphandle kokubambezileka, izingxoxo ziyaqhubeka zokuxegisa imibandela edingekayo ezingxenyeni zezinsimbi zalapha ekhaya kanye nokusebenzisa abakhigizi bemishini ukuthi kube yibona abanakekela iziphehlilandla.

Ukubhekana nokuswelakala kogesi njengamanje, u-Eskom kusuka ngoNtulikazi usebenze ukuthenga amandla kagesi ophuthumayo, futhi ngeviki eledlule wethule izinhlelo zokuthengwa kogesi ongama-1 000 megawatts kumthamo wogesi ophuthumayo ezinkampanini ezinomthamo wogesi kanye nokuthenga ugesi emazweni angomakhelwane.

Uhulumeni uqaphe amakhono, ulwazi lomsebenzi kanye nekhono lobuholi buka-Eskom ekuqinisekiseni ukuthi inkampani inabantu abaphuma phambili kuzo zonke izigaba zale nkampani.

Lezi zingenelelo zizosiza ukunciphisa ubunzima

kanye nezikhawu zokucishwa kogesi njengoba siletha amandla amasha kwisizinda sikagesi ngokwesikhathi esiphakathi ukuze kuzokhushulwa ukuthunyelwa kogesi.

Kamuva-nje, uhulumeni usayine izivumelwano zokuthengwa kogesi ongama-420 MW nabathengisi bokuqala abathathu abakhethiwe ngaphansi kohlelo lwe-Bid Window 5 logesi ovuselelekayo. Le miklamo emithathu ilindeleke ukuthi ixhunyaniswe nesizinda sogesi ngoMfumfu wezi-2024, futhi amalungiselelo aseqalile okusayina nabathengisi abakhethiwe abasele abangama-22.

Inani lomthamo wamandla azothengwa ku-Bid Window 6 lizonyuka kusuka kwizi-2 600 MW kuya kwizi-4 200 MW.

IKomidi Elibhekene Nenkinga Kagesi Kuzwelonke engalibeka ngoNtulikazi libhekene nezinguquko zomthetho nezenqubomgomo ezizosungula umkhakha wogesi onekhono lokusebenza, nosezingeni lokuncintisana.

Sishicilele isichibiyelelo ukuze umphakathi uphawule ngaso esisusa isilinganiso sokukhishwa kwemvume kwimiklamo ezimele yokuphehlwa kogesi. Lokhu kuzophendla indlela yotshalomali kwimiklamo emikhulu, yeziphehlilandla ezokwengeza ngokushesha umthamo wamandla ogesi omusha kwisizinda sogesi.

Isidingo sokugunyazwa ngabezemvelo sisusiwe ekudlulisweni kwengqalasizinda emihubheni lapho kungenabungozi obungako kwezemvelo.

Izikhathi ezibekelwe imiklamo kagesi ukuthi ithole ukugunyazwa ukusebenzisa

umhlaba kanye nezimvume zokuxhuma kwisizinda sogesi zincishiswe kakhulu, ngokwenqubo yokubhalisa izikhungo zeziphehlilandla yaBalawuli Bezamandla Kuzwelonke.

Ngesikhathi sisebenza ukukhuphula ukuphakelwa kogesi, kufanele sikhuphule imizamo yokunciphisa ukudingeka kakhulu kogesi, ikakhulukazi ngezikhathi lapho usetshenziswa kakhulu khona.

Kumele sibumbane nje-ngezakhamuzi ukwehlisa ingcindezi kwisizinda sogesi sikazwelonke. Lokhu kusho ukusebenzisa ugesi ngokuwonga, ukubika ngokuxhunywana kukagesi okungekho emthethweni kanye nokukhokhela ugesi esiwusebenzisayo. Amabhizinisi, amakhaya neminyango kahulumeni ekoloda u-Eskom kufanele bakhokhe ukuze u-Eskom ezokwazi ukubhekana nokunakekelwa kweziphehlilandla okudingekayo ukugcina ugesi ukhanya.

Njengoba siqhubeka nokubhekana nokucishwa kukagesi ngenhloso yokuwonga, kunokulingeka okukhona kokulahlala ithemba lokuthi siyoke siyisombulule le nkinga.

Okwamanje, uma sibuka ngale kwesimo samanje, kunezipawu ezibonakalayo zenqubekela phambili kanye nezizathu ezinhle zokuhlala ethembeni.

Njengoba sisebenza ngokuphuthuma okukhulu ukulungisa inkinga esikuyo yogesi ongathembekile, simatasa futhi sakha isisekelo sesisombululo esisimeme, sesikhathi eside salolu sizo logesi kuleli lizwe.

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

Ukunikela ngamaseli omzimba kuyindlela engenabuhlungu yokusiza ukusindisa izimpilo

Kgaogelo Letsebe

UMfundo Mxolisi Ngwenya (30) waseThekwini, KwaZulu-Natali ungomunye wabantu abamnyama abambalwa abanikela ngamaseli omzimba kuleli lizwe.

Umqulu Wababhalisele Ukunikela Ngomnkanthsha eNingizimu Afrika (i-SABMR) bathi abantu abaningi bebala kufanele ukuthi babhalise njengabanikelayo ngoba isiguli sinethuba elikhulu lokuthola umuntu onegazi elihambisana naso kubantu bohlanga lwabo. Ngokwalo luhlu, ama-10% kuphela kwizi-78 000 zababhalisele ukunikela

ngabantu abamnyama, kanti ama-9.9% ngabaseNdiya bese kuthi ama-67% ngabelungu.

I-SABMR ithi abanikelayo abaningi banikela ngendlela ebizwa ngokuthi yi-peripheral blood stem cell collection. Lokho kusho ukuthi amaseli omzimba atholakala emnkantsheni wakho ayafana nalawo ahamba ngegazi. Indlela engadingi ukuhlizwa, futhi engadingi ukuthi ulale esibhedlela iya-setshenziswa ukuqoqa lama seli. Igazi lidonswa ngenaliti engalweni eyodwa, lidlulele emshinini oqoqa amaseli omzimba bese ayabuya ngenaliti aye kwenye ingalo yakho. Amaseli omzimba abalulekile ukulapha izifo

zegazi ezifana nomdlavuza wegazi i-leukaemia, ukuphelelwa umnkantsha noma ukungakheki kwezitho zomzimba i-aplasia.

UNgwenya, ongumphathi wezemidlalo e-Durban University of Technology, uthi waqala ukwazi ngokunikela ngamaseli egazi ngowezi-2012 ngesikhathi i-SABMR isingathe umbukiso ezitolo zangakubo. “Bengihlale nginikela ngegazi futhi ngihlale ngimagange ukuthi ngisize, ngakho-ke ngaya ngayonikela. Kwakulula ngempela ngoba bavele nje badonsa amathe emlonyeni base bethi ngilindele ucingo.”


Isampula elithathwa emlonyeni waloyo onikelayo

liyahlolwa futhi iminini-ngwane yakhe iyagcinwa ukuze bezomthinta uma amaseli omzimba akhe ehambisana nawomunye umuntu owadingayo.

“Ngonyaka owedlule, ngathola ocingo lokuthi bathole umuntu ohambelana nami. Inqubo yokunikela ithi ukuba yinde futhi kwenziwa uhlolo oluyi-13 olwehlukahlukene, olusuka ekuhlolweni komzimba [ukuhlola isimo sempilo sonke] kuya ekuhlolweni kwegazi. Kwadingeka ukuthi ngizihlabe ngomjovo nsuku zonke,” kusho yena. Ukunikela okuphelele kuthatha phakathi kwamahora ayisithupha kuya kwayisishiyagalombili.

Kudingeka abazonikela abaningi

UNgwenya uthi abantu kufanele baqwashiswe ngokuthi indlela yokunikela ayifaki phakathi ukuhlizwa. Uthe kwezinye izikhathi, inkolelo yamasiko inganqanda abantu ukuthi banikele.

I-SABMR ithi izoxoxisana nabaholi bendabuko nabezenkolo ukugququzela ukunikela ngamaseli omzimba. Ithi uma bebaningi abantu abamnyama abasondelayo, ziningi izimpilo ezizosindiswa. 

Ukuthola okuthe xaxa mayelana nokunikela ngamaseli omzimba, vakashela ku:
www.sabmr.co.za,
shayela ku:
021 447 8638 noma uthumele i-imeyili ku:donors@sabmr.co.za