

Vuk'uzenzele

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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.

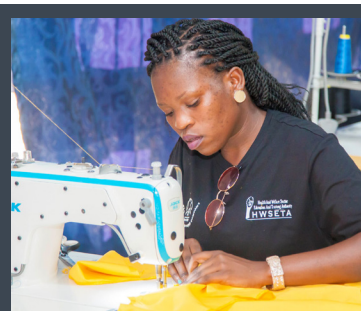
"In 2019, I started produc-

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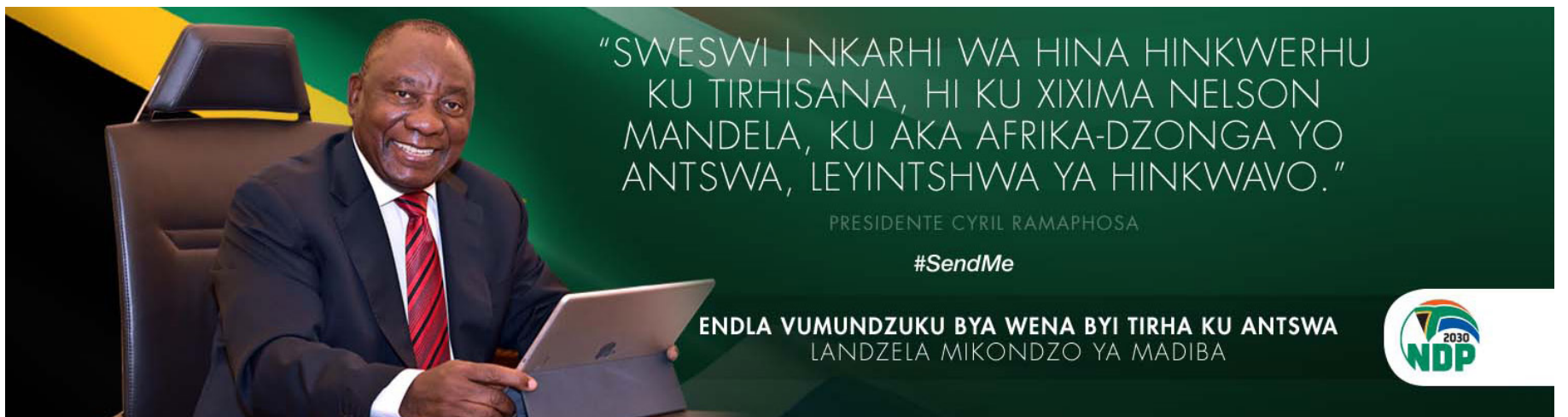
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Endlelo rintshwa ro lwisana na vukungundzwana ri kuma mivuyelo

Ku lwisana na vukungundzwana swi lava haswimbirhi ku tiyimisela ka swa tipolitiki loku tiyeke na mihlangano yo lwisana na vugevenga leyi nga na vuswikoti, leyi tiyimeleke.

Eka Mbulavulo wa mina wa Xiyimo xa Rixaka wo sungula hi 2018, ndzi tibohe ku vuyerisa swilo ematshan'weni ehenhla ka vukungundzwana eka mihlangano ya hina ya mfumo na ku lwisana na vumbabva na ku tirhisana ka le xihundleni loku nga riki enawini eka xiyenge lexi nga riki xa mfumo hi ntau wo fana na xikongomelo xo fana.

Kusukela nkarhi wolowo, hi le ku tirheni hi matimba ku tiyisisa na ku seketela tiejensi ta hina to hlayisa nawu na tiejensi leti fambelana naka na tona. Hi simekile Xiyengetsongo eka Vulawuri bya Vuchuchisi bya Rixaka ku tirhana na vukungundzwana byo tika na Khoto yo Hlawuleka ku endlela leswaku Yuniti ya Vulavisisi byo Hlawuleka (SIU) yi kota ku vuyisela timali leti yiviweke hi ku olova. Hi tlhele hi nyika nseketelo na swipfuno eka tihuvo to lwisana na vugevenga ta nkoka tin'wana to fana na Yuniti yo Tekela Tinhundzu, Yuniti ya Vugevenga bya Mabindzu yo Hlawuleka na Xiyengetsongo xa Vulavisisi bya Vugevenga lebyi Rhangisiwaka Emahlweni, lexi vuriwaka *Haroks*.

Matshalatshala lawa ya le ku tswaleni ka mihandzu.

Hi ku tirhisana na mava-ndlakulu eka sisiteme ya

vululami bya vugevenga, Xiyengetsongo xo Lavisisa xi tsarisile milandzu yo hundza 20 ya vukungundzwana eka lembeximali leri nga hundza naswona vahehliwa va 65 va hehliwile. Milandzu leyi yi katsa yo hlaya ya 'ku tekiwa ka vulawuri bya mfumo' na milandzu ya vukungundzwana byo tivikana yin'wana.

Eka lembeximali leri nga hundza, Yuniti yo Tekela Tinhundzu yi kume swileriso swo yimisa ku tirhisa swa nkoka wo ringana R5.4 wa tibiliyoni swa mayelana na milandzu ya vukungundzwana, laha R70 wa timiliyoni ti nga hakeriwa eka Nkwama wo Tekela Tinhundzu ta Vugevenga.

Eka malembe ya nhungu lama nga hundza, SIU yi vuyiserile timali na tinhundzu ta nkoka wo ringana R2.6 wa tibiliyoni na ku yimisa tikontiraka ta nkoka wo ringana R18 wa tibiliyoni. Ntsengo wa 119 wa milandzu leyi durhaka kutlula R13 wa tibiliyoni yi tsarisiwile hi SIU eka Khoto yo Hlawuleka.

Vukungundzwana i vugevenga byo pfilungana kutlula mpimo ku byi tengisa.

Vaendlamilandzu va tirha hi matimba lamakulu ku tumbeta mikondzo ya vona. Va sungula tikhamphanivito ku tumbeta mixaviselano yo ka yi nga tshembekangi, va fambisa timali exikarhi ka tiakhawunti to hambanahambana hi xihatla, va nga boxi hi ntiyiso mali leyi ngheneke eka vulawuri bya swibalo, naswona, laha ku nga vatirhelamfumo, va tirhisa vanghana na maxaka

ku endla swikombelo swa tithendara ku tumbeta ku khumbeka ka vona.

Leswi swi vula leswaku ku hlamula ka vulawuri ku fanele ku va ka matirhelo ya xiyimo xa le henhla lama fambelanaka na maendlelo ya vona.

Hi 2020, hi tumbuluxile Senthara yo Hlanganisa ya marhavinyingi tanihi xivindzi xa matirhelo ku tirhana na vugevenga bya swa timali, ku katsa na vukungundzwana. Senthara leyi yi hlanganisa vuswikoti bya vulavisisi bya swivumbeko swo sivela vugevenga na swa vusirheleri swa mfumo na leswiya swa Senthara ya Vunhlori bya Timali, leyi tumbuluxaka vunhlori bya tiejensi to hlayisa nawu ku va ti byi tirhisa eka vulavisisi bya tona.

Malembe mambirhi kusukela loko ku tumbuluxiwile Senthara yo Hlanganisa, endlelo ra yona ra marhavinyingi ra ku 'landzelela mali' ri tswarile mihandzu yo tivikana.

Eka lembeximali leri nga hundza, ntirho wa Senthara yo Hlanganisa wu seketerile vulavisisi bya 276 bya vumbabva na vukungundzwana. Kwalomu ka R659 wa timiliyoni ti vuyiseriwile eka Mfumo hi ku tirhisa ku hlayisa na ku vuyisela rifuwo leri nga kumiwa hi vugevenga. Kwalomu ka R613 wa timiliyoni ta rifuwo leri ku ehleketeriwaka leswaku ri kumiwile hi vugevenga ti yimisiwile ku tirhisiwa.

Ekusunguleni, Senthara yo Hlanganisa a yi tumbuluxiwile hi xikongomelo xo

lavisisa vukungundzwana hi mayelana na maxavelo ya leswi fambelanaka na COVID-19. Sweswi xilerisoximfumo xa yona xi le ku ndlandlamuxiweni ku katsa ku tumbetiwa ka swihlovo swa mali, vumbabva, mafambiselo yo biha, ku hakelela vutherorisi na milandzu ya timali yin'wana yo tivikana.

Haroks ya ha ku andlala kun'wana ka ku humelela loku nga endliwa hi Xipano xa Xintirhwana xo Lwisana na Vukungundzwana, lexi Senthara yo Hlanganisa yi nga xiphemu xa xona. Exikarhi ka malembeximali ya 2019 na 2022, vaehleketeriwa va 554 va khomiwile hikwalaho ka vukungundzwana, laha 142 va nga voniwa nandzu.

Xitirho xa vunhlori bya timali xa nkoka xin'wana i toditi ta hanyelo leti endliwaka hi Vukorhokeri bya Xibalo bya Afrika-Dzonga (SARS). Lembe leri nga hundza, SARS yi hetile 25 wa toditi ta hanyelo ta kufika eka nkoka wo tlula R450 wa timiliyoni ku ololoxa ku hambana exikarhi ka malinghena leyi paluxiweke na hanyelo ra munhu.

Swi le rivaleni leswaku magoza lama hi nga ma teka tanihi vulawuri lebyi ku vuyelerisa vuswikoti, ku koteka na ku tshembeka ka mihlangano leyi khumbekaka eka ku lwisana na vukungundzwana ma na nkhumbo wo vonaka.

Ku tirha hi nkarhi wun'we ka tiejensi hinkwato to hlayisa nawu swi ba swigevenga laha ku vavaka ngopfu:

eswikhwameni swa swona. Timali ta mfumo leti phangiweke na ku tumbetiwa ti le ku vuyisiweni naswona lava nga na vutihlamuleri bya swendlo leswi va le ku tengisiweni hi tikhoto ta hina.

Ku tiyisisa ku ya emahlweni matshalatshala ya hina yo cinca matirhelo ehenhla ka vukungundzwana, ndzi tivisa ku thoriwa ka Khansele yo Tsundzuxa ya ku Lwisana na Vukungundzwana ya Rixaka.

Khansele leyi yi ta tisa vakhomaxiave kusuka eka vaakatiko vo hambanahambana ku angamela ku tirhisiwa ka qhinga ro lwisana na vukungundzwana ra mfumo. Huvo leyintshwa yi ta tsundzuxa mfumo hi mayelana na magoza yo sivela ya nkoka, vuswikoti bya mihlangano na swipfuno leswi lavekaka ku sivela ku va kona nakambe ka ku tekiwa ka vulawuri bya mfumo na ku herisa vumbabva na vukungundzwana eAfrika-Dzonga.

Xikongomelokulu xa hina i ku aka mihlangano yo tiya na ku va leyi kondzelelaka leyi yi nga ta kota ku herisa vukungundzwana na ku alela ku ringeta kwihi kumbe kwihi ko lava ku teka vulawuri bya mfumo eka nkarhi lowu taka.

Tanihiloko hi ri karhi hi ya emahlweni hi aka ehenhla ka ku humelela loku, hi na ku tshemba leswaku hambiloko swo teka nkarhi, lava nga yiva na ku phanga swipfuno leswi a swi fanele swi ya eka vanhu va ka hina va ta langutana na switandzhaku swa swendlo swa vona. **V**

Xiyaxiya swikoweto swo sungula swa mfukuzana ya vutsongwana

More Matshediso

Ku pfumaleka ka vulemukisi bya mfukuzana ya vutsongwana na swikombeto swa yona swi vula leswaku vana va laha Afrika-Dzonga vo tala fembiwa loko vuvabyi se byi ri eka xiyimo xo tika.

Loko mfukuzana yi fembiwa na ku tshunguriwa ka ha ri ekusunguleni, ku va na nkoteko wa le henhla wo hola hi ku hetiseka.

Taryn Seegers, Mukondleterer wa Vuhlanganisi eka *Childhood Cancer Foundation South Africa* (CHOC) u vula leswaku hi ku tiva swikoweto swa ntolovelo swa mfukuzana eka vantshwa, u nga pfuna ku ponisa vutomi.

“Swikoweto na swikombeto swi nga nonoha ku swi vona exikarhi ka matshumba ya ntolovelo, mafelangati, ku kula hi xihatla na ku cinca

ka swipfukela. Hambiswiritano, ku yi thumba ka ha ri ekusunguleni i swa nkoka,” a vula.

Ku ya hi *Cancer Association of South Africa* (CANSa), exikarhi ka 800 na 1 000 wa vana va laha Afrika-Dzonga va kumiwa va ri na mfukuzana lembe rin'wana na rin'wana.

Hambiswiritano, nhlangano lowu wu kumbetela leswaku hafu ya vana lava nga na mfukuzana laha Afrika-Dzonga a va fembiwi naswitsanana.

Ku pfuna ku tiyisisa leswaku mfukuzana yi voniwa hi xihatla lexi kotekaka, CHOC yi fambisa minongoloko yo lemukisa emigangeni, yi byela vatswari na vana hi mayelana na swikoweto swo lemukisa swa le kusunguleni leswi va faneleke ku swi xiyaxiya.

Fawundexini leyi yi seketela vana na vakondlo-a-ndzi-

dyi lava nga na mfukuzana kumbe mipfilungano ya ngati leyi xungetaka vutomi xikan'we na mindyangu ya vona.

“Hi na xikongomelo xo antswisa ku yi thumba ka ha ri ekusunguleni na ku humelerisa vutshunguri lebyi tirhaka hi ku hetiseka. Eka nkarhi wun'wana wihi kumbe wihi, CHOC yi nga va na ku hundza 1 500 wa vana na vakondlo-a-ndzi-dyi lava nga ehansi ka nhlayiso wa yona, loko yi ri karhi yi nyika nseketelo wa swa miehleketo na wa vanhu eka kuhundza 1 500 wa mindyangu,” ku vula Seegers.

Eka lembeximali leri nga hundza, Seegers u vula leswaku CHOC yi kote ku nyika vukorhokeri eka vana va 1 724, vakondlo-a-ndzi-dyi va 553 na 2 232 wa vanhu lavakulu hi ku tirhisa minogolokokulu ya yona.


“Vukorhokeri bya hina byi katsa nseketelo wa matitwelo eka rendzo ra vona ra mfukuzana, ku chaveleleka, nhlayiso wa makumu ya vutomi, na nseketelo wa loko va loveriwile,” ku vula Seegers.

Swikoweto swa St Siluan swa mfukuzana ya vutsongwana

- S – Lava ku pfuniwa ka vutshunguri ka ha ri eku sunguleni ka swikombeto leswi yaka emahlweni.
- I – Papa ro basa etihlweni, ku sungula ku va na mangayi, vubofu bya xitshuketa, ku pfimba tindzololo.
- L – Tshumba ekhwirini, exisutini, enhlokweni, emavokweni, emilenge-ni, eka marhanga ya vaxinuna kumbe eka tinhlarimbya.

- U – Ku hisa ka miri loku nga riki na xivangelo loku tekaka kutlula mavhiki mambirhi, ku ondza, ku karhala, ku basuluka, mafelangati na ku humangati hi ku olova.

- A – Ku pandza ka marhambu, mahlangano, nhlanga kumbe ku tshoveka marhambu hi ku olova.
- N – Swikoweto swa matirhelo ya swirho swa miri, ku cinca eka mafambelo, ndzinganiso kumbe ku vulavula, ku tshamela ro pandziwa hi nhloko ku ri na ku hlanta kumbe ku ri hava ku hlanta na ku kula nhloko.

“Vakondlo-a-ndzi-dyi, lava nge eku endleni ka migingiriko ya mitlangu, hi xitalo a va lemuki swikombeto swo sungula swa mfukuzana ya vona,” ku vula Seegers. 

Ku kuma vuxokoxoko hi vutalo, fonela riqingho ro kuma ku pfuneka ra CHOC eka **0800 333 555** kumbe u endzela 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 ultraviolet 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. 

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.