

# Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)      English/Sepedi      Lewedi 2022 Kgatišo 2

## Cate's paints to make a mark

Sihle Manda

**A**fter 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."

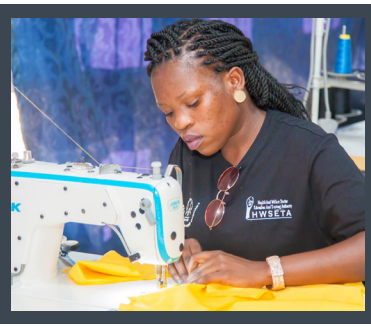
Over the next few years, Olifant found work and saved what she could to invest in her business.

"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**

Website: [www.gcis.gov.za](http://www.gcis.gov.za)      Email: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)

[www.vukuzenzele.gov.za](http://www.vukuzenzele.gov.za)      Tel: (+27) 12 473 0103

**Tshedimosetso House:**  
1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083





# Mokgwa o moswa wa go lwantšha bomenetša o hwetša dipoelo

**N**twa kgahlanong le bomenetša e hloka bobedi go nyaka fao go sa tekatekego ga baetapele ba dipolotiki le dihlongwa tša go lwantšha bosenyi tše di ikemego le tše di tsebago mošomo wa tsona.

Ka Polelong ya ka ya mathomo ka ga Seemo sa Naga, ka 2018, ke ile ka ikgafa go fetoša ntwaga kagahlanong le bomenetša ka dihlongweng tša mmušo le go lwantšha bomenetša le go kwanela ditheko ka lekaleng la phraebete ka tsepelelo le maikemišetšo ao a swanago.

Go tloga ka yona nako yeo, re be re šoma ka maatla go maatlafatša le go thekga ditheo tša rena tša phethagatšo ya molao le tše dingwe tše di amegago.

Re ile ra hloma Lekala la Dinyakišišo ka Bolaoding bja Bosekiši bja Bosetšhaba gore bo šome ka bomenetša bjo bogolo le Kgorotshoko ye e Kgethegilego go kgontšha gore go be bonolo gore Lekala la Dinyakišišo leo le Ikgethilego (SIU) le hwetše ditšhelete tše di utswitšwego.

Re fane gape ka thekgo le methopo go dihlongwa tše dingwe tša go lwantšha bosenyi tše bohlokwa tša go swana le Lekala la go Hula Dithoto, Lekala la Melato ya Kgwebo ye e Kgethegilego le Bolaodi bja Dinyakišišo tša Bosenyi bjo bo Beilwego Pele, bjo bo tsebjago bjalo ka the Hawks.

Matsapa a a tšweletša dipoelo.

Ka go dirišana le dihlongwa tše bohlokwa ka lenaneong la toka go bosenyi, Lekala la

Dinyakišišo le ngwadišitše melato ya bomenetša ya go feta ye 20 ka ngwageng wa ditšhelete wo o fetilego gomme batho bao ba bego ba gononelwa ba 65 ba pharilwe ka melato. Bona ba akaretša melato ya go amana le go 'goga mmušo ka nko' le melato ye mengwe ya bomenetša bjo bo šiišago.

Ka ngwageng wa ditšhelete wo o fetilego, Lekala la go Hula Dithoto le hweditše ditaelo tša go emiša tshepedišo ya dišhelete tša boleng bja R5.4 pilione tšeo di amanago le melato ya bomenetša, fao e lego gore R70 milione e lefilwe ka go Sekhwama sa Khwetšo ya Dithoto tša Bosenyi.

Mo mengwageng ye seswai ye e fetilego, SIU e hweditše ditšhelete le dithoto tša boleng bja R2.6 pilione gomme ya beela thoko di-konteraka tša boleng bja R18 pilione. Palomoka ya melato ye 119 ya go bitša tšhelete ye e fetago R13 pilione e ngwadišitšwe ke SIU ka Kgorotshgekong ye e Kgethegilego.

Ditiro tša bomenetša ke bosenyi bjo bo hlakahlakane go ka di sekiša.

Batho bao ba dirago ditiro tše ba tloga ba tšea matsapa a magolo kudu go khupetša mehlala ya bona. Ba hloma dikhamphani tša dipuku tša ditšhelete go fihla dikgwebišano tša bona tše di sego molaong, gomme ka pela ba fetišetša ditšhelete magareng ga diakhaonte tše ntši, ba fa tshedimošo ya maaka ka ga letseno go ba taolo ya metšhelo ka nageng, gomme, ge e le gore ke

bašomi ba mmušo, ba šomiša bagwera le ba leloko go dira dikgopelo tša dithentara go pipa go kgatha tema ga bona.

Se se ra gore mokgwa wa ba taolo ba tla o šomišago go thulana le bosenyi bjo le wona o swanetše go hlakahlakana kudu go swana le bona bosenyi bjoo.

Ka 2020, re ile ra hloma Lefelo la Kopanyomešomo la Makala a mantši bjalo ka lefelo la go tlala batho la phethagatšo ya mošomo go rarolla melato ya bosenyi ye e beilwego pele, go akaretšwa le bomenetša.

Lefelo le le kopanya mmogo bokgoni bja dinyakišišo bja makala a mmušo a thibelo ya bosenyi le tšhireletšo le bja Lefelo la Bohodi bja Ditšhelete, leo le hlomago bohodi bja ditheo tša phethagatšo ya mošomo go bo šomiša ka dinyakišišong tša bona.

Mengwaga ye mebedi go tloga mola Lefelo la Kopanyomešomo le hlongwago, mokgwa wa lona wa makala a mantši a 'go latelela tšhelete' o tšweleditše dipoelo tše kgolo.

Mo ngwageng wo o fetilego, mošomo wa Lefelo la Kopanyomešomo o thekgile dinyakišišo tša tsogolekobong le bomenetša tše 276. Tšhelete ye e ka bago R659 milione e bušeditšwe Mmušong ka go lota le go hwetša dipoelo tša go hwetšwa ka bosenyi.

Tshepedišo ya tšhelete ye e ka bago R613 milione yeo e hweditšwego ka ditiro tše go belaelwago gore ke tša bosenyi e ile ya emišwa.

Lefelo la Kopanyomešomo

mathomong le ile la hlongwa ka maikgafo a go nyakišiša bomenetša bja mabapi le dithendara tše di amanago le COVID.

Mošomo wa lona bjale o katološitšwe go akaretšwa go hlatswa tšhelete, bora-dia, tšhomišobošadi ya ditšhelete, go thekga bogogelathoko ka ditšhelete le melato ye mengwe ye e šiišago ya ditšhelete.

Mo nakong ye e sa tšwago go feta The Hawks e adile kgatelopele yeo e dirilwego ke Sehlophatšhomo sa Twantšho ya Bomenetša, yeo Lekala la Kopanyomešomo le bopago karolo ya yona.

Magareng ga ngwaga wa ditšhelete wa 2019 le wa 2022, bagononelwa ba 554 ba ile ba golegwa gore ba dirile bomenetša, gomme go bona ba 142 ba ile ba bonwa molato.

Setlabele se sengwe se bohlokwa sa bohodi bja dišhelete ke tekodišišo ya mekgwa ya bophelo yeo e dirwago ke Tirelo ya Metšhelo ya Afrika Borwa (SARS). Ngwageng wo o fetilego, SARS e phethile ditekodišišo tša mekgwa ya bophelo tše 25 tša boleng bja R450 milione ka nakong ya go rarolla go se amane magareng ga letseno leo le begilwego le mokgwa wa bophelo wa motho.

Go molaleng gore magato ao re a tšerego bjalo ka pušo ye a go bušetša sekeng bokgoni, botsebi le seriti sa dihlongwa tšeo di kgathago tema ka ntweng kgahlanong le bomenetša a na le seabe seo se bonagalago.

Mošomo wo o kopa-


ntšwego wa ditheo tša phethagatšo ya molao ka moka o betha basenyi fao ba kwago bohloko kudu gona: ka dipotleng tša bona.

Ditšhelete tša setšhaba tšeo di utswitšwego le go timetšwa di a utollwa gomme bao ba rwelego maikarabelo a ditiro tše ba sekišwa ke dikgorotshoko tša rena.

Go tšwela pele go maatlafatša matsapa a rena a go fetoša ntwaga kagahlanong le bomenetša, ke tsebagatša go thwalwa ga batho go ya ka Lekgotleng la Keletšo Kgahlanong le Bomenetša la Bosetšhaba.

Lekgotla le le tla kopanya mmogo batšeakarolo go ralala le setšhaba go hlokomela phethagatšo ya leano la mmušo la twantšho ya bomenetša. Setheo se seswa se se tla eletša mmušo mabapi le magato a thibelo, bokgoni bja dihlongwa le methopo ye e hlokalago go thibela go ipušetša gape ga ditiro tša go goga mmušo ka nko le go fediša boradia le bomenetša ka Afrika Borwa.

Maikemišetšo a rena mafelelong ke go aga dihlongwa tše maatla le tše di tiilego tšeo di ka kgonago go fediša bomenetša le go kgotlelela maitekelo afe goba afe a ka moso a mabapi le go goga mmušo ya nko.

Ge re tšwela pele go aga go dikatlego tše, re na le boitshepo bja gore le ge se se ka tšea nako, batho bao ba utswitšego le go hula methopo ye e bego e beetšwe batho ba tla lebana le ditlamorago tša ditiro tša bona. 

# Lebelelela maswao a kankere ya bana nako e sa le gona

More Matshediso

**T**lhokego ya temošo ya kankere ya bana le maswao a yona go ra gore bontši bja bana ba ka Afrika Borwa ba phekolwa gore ba na le bolwetši bjo ge bo šetše go kekile.

Ge kankere e ka phekolwa nako e sa le gona gomme ya alafša, go na le kgonagalo ye ntši ya gore molwetše a ka fola fodi.

Mokgokaganyi wa Dipoledišano wa Setheo sa Kankere ya Bana sa Afrika Borwa (CHOC) Taryn Seegers o bolela gore ge o tseba maswao ao a tlwaelegilego a kankere go bana, o ka thuša go phološa bophelo.

“Dika le maswao go ka ba boima go a bona ka lebaka la ge bana e le setlwaedi go ba le dikutwana, go ruruga, go gola ka lebelo le go tšeege maikutlo

kgafetšakgafetša. Le ge go le bjale, go utolla bolwetši bjo ka pela go bohlokwa,” a realo.

Go ya ka Mokgatlo wa Kankere wa Afrika Borwa (CANSa), magareng ga bana ba 800 go fihla go ba 1 000 ba ka Afrika Borwa ba phekolwa gore ba na le kankere ngwaga o mongwe le o mongwe.

Le ge go le bjale, mokgatlo wo o akanya gore seripagare sa bana bao ba nago le kankere ka Afrika Borwa ga ba ke ba phekolwa gore ba na le yona.

Go thuša go netefatša gore kankere e utollwa ka pela ka fao go kgonagalago, CHOC e sepetša mananeo a temošo ditšhabeng, e botša batswadi le bana ka ga maswao a ka pela a temošo ya kankere ao ba swanetšego go a hlokomela.

Setheo se se thekga bana

le bafsa ba mahlalagading ba ba nago le kankere goba malwetši a go ba kotsi a madi gammogo le ba malapa a bona.

“Re ikemišeditše go kaonafatša bokgoni bja go utolla kankere ka pela le go nolofatša kalafo ye e šomago gabotse. Ka nako efe goba efe, CHOC e ka kgona go hlokomela bana le bafsa ba mahlalagading ba go feta ba 1 500, mola ka go le lengwe e fana ka thekgo ya tša leago go malapa a go feta a 1 500,” gwa bolela Seegers.

Mo ngwageng wa ditšhelete wo o fetilego, Seegers o bolela gore CHOC e kgonne go direla bana ba 1 724, bafsa ba mahlalagading ba 553 le batho ba bagolo ba 2 232 ka go diriša mananeo a yona a motheo.

“Ditirelo tša rena di akaretša thekgo ya maikutlo ge ba le gare ba phela le

kankere, khomotšo, tlhokomelo ya bao ba bakwago le badimo le thekgo ka tša poloko go bao ba hlokofaletšwego,” gwa bolela Seegers.

## Maswao a kankere ya bana ao a reetšwego ka St Siluan

- S – Nyaka thušo ya tša kalafo e sa le ka pela mabapi le maswao ao a sa iphodišego.
- I – Dipatso tše tšhweu ka leihlong, go thoma go leana mahlo, go fufala mo go hlagelelago go na mo goba thaka ya leihlo ye e rurugago.
- L – Sekutu ka mpeng, letheke, hlogong, diatleng, maotong, mare-teng goba dithakeng.
- U – Go fiša ga mmele mo go sa kwešišegogo fao go tšeege tekano ya

go feta dibeke tše pedi, go sesefala mmeleng, go lapa kudu, go lebelelega o sehlefetše, go ruruga gabonolo le go tšwa madi.

- A – Go opelwa ke marapo, malokologo, mokokotlo le go robega gabonolo.
  - N – Maswao a megalatšhika ya mokokotlo le bjoko, go fetoga ga mosepelo, go lahle-gelwa ke tiilelo ge o sepela goba go fetoga ga polelo, go fela o opša ke hlogo o hlatša/goba o sa hlatše le go ruruga hlogo.
- “Bafsa ba mahlalagading, bao ba lego gare ba ralokago dipapadi le mešongwana ye mengwe, gantši ga ba lemoge maswao a mathomo a kankere ya bona,” gwa bolela Seegers. **U**

Go hwetša tshedimošo ka botlalo, letšetša mogala wa thušo wa CHOC mo go **0800 333 555** goba etela [www.choc.org.za](http://www.choc.org.za)

## Matlou keeps an eye on her community's vision

Owen Mngadi

**A**fter 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 Ga-Phadi 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. **U**

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.