# Ulk'uzenzele

Uyetfulelwa Luphiko Lwahulumende Lwetekuchumana Netekwatisa (i-GCIS)

English/Siswati

Ingci 2020 Lushicilelo 1



Kutisusa kulabanye ngalamafishane Likhasi le-7

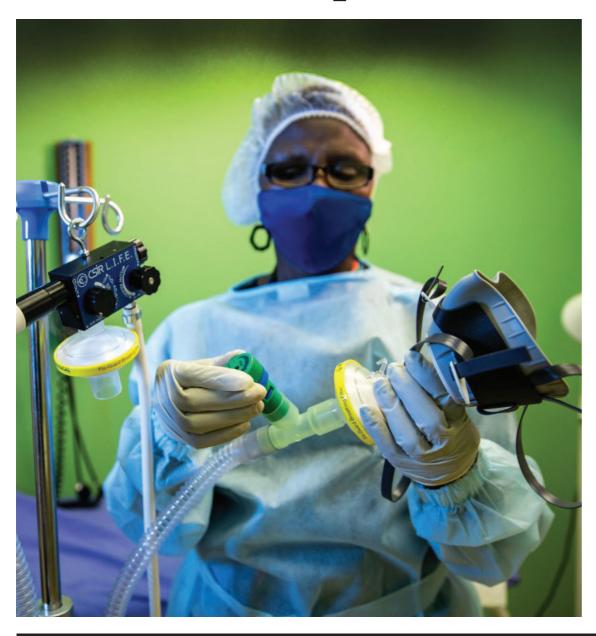


**Umcimimlilo** we-Crew Juliet usitekela indzaba yakhe

Likhasi le-8



# INingizimu Afrika itsatsa sinyatselo sekulungisa kuswelakala kwetisitakuphefumula



SISITAKUPHEFUMULA lesakhiwe kulelive sitawusita tigulane letinetimphawu letingasimatima kakhulu te-COVID-19 kutsi tiphefumule lula.

Silusapho Nyanda

ulwa nesifo seligciwane le-corona (i-■COVID-19) lapha eNingizimu Afrika kufakwe umfutfo sisitakuphefumula sekucala lesentiwe lapha kulelive lakitsi.

Lesisitakuphefumula lesatiwa ngekutsi pheceleti Continuous Positive Airway Pressure (i-CPAP) sisita tigulane letinetimphawu letingasimatima kakhulu te-*COVID-19* kutsi tiphefumule lula ngekutsi sitinike umoyamphilo losezingeni lelilingene lesicindzetelo semoya kute kugcineke emaphayiphi lahambisa umoya avulekile.

Lesisitakuphefumula sadizayinwa nguMkhandlu weTesayensi neTelucwaningo lweteTimboni (i-CSIR) ngekuhlanganyela nebalingani bakuleli labanengi

futsi sisatjalaliswa eveni lonkhe sisetjentiswe tigulane letikhombisa kuba nenkinga ekuphefumuleni esigabeni sekucala sekuhabula i-CO-VID-19.

"Umoya lotayelekile umuntfu lawuphefumulako unemoyamphilo lowetiye ngemaphesenti lange-23. Impampi yesisitakuphefumula ye-CPAP ingampompa linani lelisetulu lemoyamphilo, kusita umuntfu kutsi aphefumule. I-CPAP impompa ngalokuchubekako umoyamphilo lotiyile. Ungakhona kutsi wandzise nome unciphise linani lemoyamphilo umuntfu lawuphefumulako," kusho Umlawuli Lomkhulu we-CSIR Future Production: Manufacturing Martin Sanne.

Iyachubeka elikhasini



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#### TAKAMUVA NGE-COVID-19

**Bad behaviour** results in alcohol ban

A TRAUMA SURGEON has

welcomed President Cyril Ramaphosa's efforts to sober up South Africa, saying that heavy drinking was causing a headache for hospitals.

he sale of alcohol was once again banned in South Africa in the middle of July because of the number of people needing emergency care in hospitals as a result of drunken behaviour.

Instead of being available to help people who were very sick from the coronavirus disease (COVID-19), hospitals were treating patients wounded in car accidents or

fights that were caused by drinking too much.

Professor Steve Moeng, who is head of trauma at Gauteng's Charlotte Maxeke Hospital, explains that under level five of the lockdown, the hospitals' emergency rooms were nice and quiet but each time the country went to a lower level, the number of people needing emergency treatment at our hospitals

He says that since the coun-

try moved to level four of the lockdown on 1 June, hospitals have seen more trauma cases.

"Unfortunately, this has had a negative impact in terms of our ability to deal with the COVID-19 load in our hospitals," he says, explaining that in South Africa, most of the trauma cases dealt with by hospitals are related to alcohol.

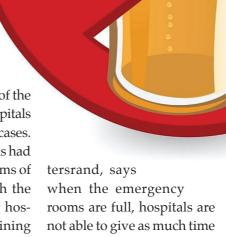
Moeng, who is also the academic head of trauma at the University of the Witwa-

tersrand, says when the emergency and resources to COVID-19 as needed.

He says there is a need to re-evaluate society's relationship with alcohol because too many people are not able to drink responsibly and

instead become drunk and disorderly and behave recklessly or badly as a result.

Emergency rooms tell the story of the impact on South Africa of the abuse of alcohol, with doctors spending most weekends stitching up victims of domestic abuse, car crashes or violent fights. **O – SANews.gov.za** 



### Ichubeka isukela ekhasini le-1

Tigulane letisebentisa lesisitakuphefumula tichunyaniswa ngekusebentisa sifonyo. Umoyamphilo udvonswa ethangeni lelinegesi yemoyamphilo iphindze futsi ibhicaniswe nemoya wemvelo kulesisitakuphefumula, kusuka lapha bese wendluliselwa kulesifonyo bese sigulane siyayihogela. Sanne utsi ekwengeteni ekumpompeni umoyamphilo, le-CPAP iphindze futsi isite tigulane kutsi tiphefumule tikhiphe umoya.

Lesisetjentiswa se-CPAP singasetjentiswa kutimondzawo tetekwelapha tebuchwepheshe lobusezingeni lelisetulu nome kutimondzawo tesikhashana, njengasetibhedlela tesikhashana kanye nasetindzaweni tekuhlala wedvwa ngenca yesifo.

Sanne utsi i-CSIR ne-COVID-19. itawube seyikhicite tisitakuphefumula leti-10 000 ekupheleni kwenyanga yeNgci. Ngekusebentisana nebaka-Siemens, Simera, Akacia, Gabler,

Umoya kanye neNyuvesi yaseKapa, i-CSIR ikhicite le-CPAP ngekulandzela tilinganisozinga teNhlangano Yemhlaba Yetemphilo.

Tisitakuphefumula tekucala titawunikwa tibhedlela tahulumende leticindzetelekile ngenca yekungabikhona kwetisetjentiswa tekubukana

I-CSIR yacala kwakha leumhlaba ucale kubukana nekuswelakala lokukhulu kwetisitakuphefumula. "Kusukela ngeNdlovu-

lenkhulu kanye naMabasa, kwaba nekuswelakala ngekushesha kwekuphakelwa ngetisitakuphefumula kubatfulitinsita betfu bemave emhlaba. Lapho betitfolakala khona, besetibita kakhulu ngaleso sizatfu-ke, hulumende wakhipha ithenda kutsi kukhicitwe letisitakuphefumula," kusho yena njalo Sanne.

Lethenda beyiyincenye CPAP ngemuva kwekutsi yeMklamo waVelonkhe weTisitakuphefumula wahulumende kuLitiko Letekuhwebelana, Timboni Nekuchudzelana.

I-CSIR isasematasatasa futsi ngekukhicita sisitakuphefumula i-Bilevel Positive Airway Pressure lokuhloswe ngaso kusita tigulane letinetimphawu letimbi kakhulu te-COVID-19. Lesisitakuphefumula sitawusita ngako kokubili kuhogela umoya kanye nekuphindze futsi siwukhokhe, ngesicindzetelo mhlawumbe lesingagucuki nome ngekuva kuphakelwa kwemoyamphilo lodzingwa sigulane bese silungisa sicindzetelo ngalokufanele. 0



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# Sita kutsi sivimbe kubhebhetseka kwe-COVID-19

ive sakitsi sibukene nenkinga lenkhulu-kati emlandvweni wetfu wentsandvo yelinyenti. Ngetulu kwetinsuku leti-120, siphumelele kubambelela kubhebhetseka kweligciwane lelibanga umonakalo lomkhulukati emhlabeni wonkhana.

Kodvwa nyalo, kwandza kakhulu kwekusuleleka leselulekwe ngako tati tetekwelapha kutsi kuyeta, sekufikile. Bangetulu kwekota yesigidzi bantfu baseNingizimu Afrika lasebasuleleke ngaleligciwane le-corona, siyati futsi kutsi kwesuleleka lokunyenti kusengakabonwa. Nyalo sesitfola tehlakalo tekwesuleleka letinsha letingetulu kwe-12,000 malanga onkhe. Kusukela kwacala lokubhedvuka ngenyanga yeNdlovulenkhulu, lokungenani sekushone bantfu laba-4, 079 ngenca yale-COVID-19.

Njengaloku kunemakhata lashubisa umnkantja lahlasele lelive lakitsi lachamuka eNingizimu ye-Atlantic ngalesikhatsi semnyaka, timbalwa tincenye talelive letingeke titsintfwe nguleligciwane le-corona. Lesivunguvungu saleligciwane le-corona sinelulaka lolukhulu futsi sibhubhisa kakhulu kwengca nome ngabe yini lesikwatiko kwaphambilini. Imitfombolusito yetfu isebenta ngalokwecile futsi seyisondzele emikhawulweni yayo.

Lokwandza kwekwesuleleka tingcweti tetfu tetekwelapha kanye nabososayensi labakubiketele etinyangeni letintsatfu letengcile nyalo sekufikile. Kucale eNshonalanga Kapakantsi futsi sekusendleleni kuya eMphumalanga KapanaseGauteng.

Nanome kunjalo, ngesikhatsi

kusuleleka kwandza kakhulu, kubalulekile kucaphela kutsi lizinga lemaphesenti la-1.5 alabo labashonako lisemkhatsini walaphasi kakhulu emhlabeni. Loku kucatsaniswa ne-avareji yemhlaba wonkhe yemaphesenti la-4.4 elizinga lalabashonako. Lelinani lelincane lalabashonako kulelive kungenca yesipiliyoni kanye nekutinikela kwetingcweti tetfu tetemphilo kanye netinyatselo letiphutfumako lesititsetse sakha emandla ekwenta umsebenti eluhlelweni lwetfu lwetemphilo.

Njengaloku linyenti lebantfu bakitsi batsatse sinyatselo sekuvikela kubhebhetseka kwaleligciwane, kodvwa kukhona labanye labangakwenti loko. Kukhona labanye emkhatsini wetfu labangayishayi mkhuba lemitsetfomgomo leshayiwe yekulwa nalesifo.

Kusekhona lolubhubhane, kugibela eteksini ungakafaki sifonyo, kuhlangana nebangani, kuhambela imicimbi yemadzili nome ngisho nekuvakashela umndeni, kungabhebhetsekisa leligciwane kalula futsi kube khona labalahlekelwa timphilo tabo. Lesi kungaba sifo lesibangwa ligciwane kodvwa libhebhetsekiswa kutiphatsa kwemuntfu.

Ngenca yetento tetfu – talowo nalowo, temindeni, temimango, – singakhona futsi kufanele kutsi siyigucule indlela yalolubhubhane kulelive lakitsi. Kudzingeka kutsi sifake sifonyo sendvwangu lesivala imphumulo nemlomo nangabe siphuma ekhaya. Kufanele kutsi sichubeke sigeze njalo tandla tetfu ngensipho nemanti nome ngesibulalimagciwane. Kufanele kutsi sichubeke sigeze futsi sihlante ngesibulalima-

gciwane lonkhe lingetulu letindzawo lapho kutfolakala khona bantfu. Lokubaluleke kakhulu, kufanele kutsi sishiye libanga lekukhweshelana leliphephile – lokungenani lemamitha lamabili – kulomunye umuntfu.

Nyalo sekunebufakazi lobusha lobuvelako bekutsi leligciwane lingahlala emoyeni etindzaweni lapho kunesicuku sebantfu, letivalekile nome letingangenisi kahle umoya. Ngaleso sizatfuke kufanele kutsi sitente ncono timondzawo letingekhatsi tetindzawo temmango lapho bungoti bekusuleleka ngalesifo bubukhulu kakhulu.

Sincumo setfu sekumemetela kumiswa-nsi kwemisebenti, iminyakato nekuhlala ekhaya kwavelonkhe kwavimbela kusuleleka lokukhulu ekucaleni ngesikhatsi tinsita tetfu tetemphilo betisengakalungeli kahle, lokuyintfo lengabe yaholela ekulahlekelweni kakhulu timphilo tebantfu.

Kulesikhatsi lesibe naso, sitsatse tinyatselo letimcoka tekucinisa kuphendvula kwetfu ngekwetemphilo. Sesente luhlolo lweligciwane le-corona lolungetulu kwetigidzi letimbili kantsi tisebenti temmango tetemphilo setente luhlolokuhlunga lolungetulu kwetigidzi letinge-20.

Sesente kutsi kube nemibhedze yasesibhedlela yelinani lelifinyelela ku-28,000 yetigulane te-COVID-19 futsi sesakhe netibhedlela tesikhashana letisebentako eveni lonkhe. Nyalo sesinemibhedze yekuhlala wedvwa ngenca yesifo lengetulu kwe-37,000 kutisetjentiswa letitimele kanye nakutisetjentiswa tahulumende eveni lonkhe, letilungele kwehlukanisa

ngayedvwa labo labangakhoni kukwenta nabasemakhaya.

Sesitsenge saphindza futsi saletsa tisetjentiswa tekutivikela etibhedlela, emitfolamphilo kanye nasetikolweni kulolonkhe lelive kute kutsi sivikele tisebenti tetfu tetemphilo letisembili lapho imphi ishisa khona. Siphindze futsi satweba futsi siyachubeka nekutweba bahlengi/bahlengikati labangetiwe, bodokotela kanye netisebenti tetemphilo tesimo lesiphutfumako.

Siyachubeka nekwenta inchubekelembili emitameni
yetfu yekubukana nale-COVID-19, kodvwa insayeya yetfu
lenkhulu iseta. Kuto tonkhe
tifundza, sisebenta ngemandla
kutsi sandzise linani lemawadijikelele kanye nemibhedze
yesimo lesibucayi yetigulane te
COVID-19 kutsi ibekhona.

Umtsamo wemawadi uyandziswa etibhedlela letinengi ngekutsi kubanjelelwe kunakekelwa kwetimo letingaphutfumi, kuguculwa kwaletinye tindzawo etibhedlela kutsi tibe ngemawadi langetiwe kanye nekwakhiwa nekukhuliswa kwetibhedlela tesikhashana.

Siyasebenta kute kutsi sandzise kuphakelwa kwemoyamphilo, tisitakuphefumula kanye naletinye tisetjentiswa kulabo labatawudzinga kunakekelwa lokubucayi, lokufaka ekhatsi kujikiswa kuphakelwa kwemoyamphilo kuletinye tinhloso. Sisabalalisa tebuchwepheshe bedijithali kute sicinise kubona, kulandzelela kanye nekwehlukanisa kutsi bahlale bodvwa labo labatsintsene nalabesulelekile, kanye nekwesekela labo labahlolwe bakhatfolakala kutsi banaleligciwane.

Njengaloku nyalo sesifinyelela ngasezingeni lelisetulu lekusuleleka, sidzinga kutsi sicaphele kakhulu futsi sicinise letinyatselo letikhona kute sehlise lizinga lekundluliseleka kwalesifo.

Imitsetfomgomo yekufaka tifonyo itawuciniswa. Tisebenti, banikati betitolo kanye nebaphatsi, labasebentisa tekutfutsa ummango, kanye nebalawuli kanye nebanikati banome ngabe ngusiphi sakhiwo semmango nyalo sebacindzetelwa ngumtsetfo kutsi bacinisekise kutsi nome ngabe ngubani longena emabaleni ato nome logibela sigitjelwa kufanele kutsi afake sifonyo.

Ematekisi lahamba luhambo lwendzawo avumelekile kutsi alayishe umtsamo wemaphesenti la-100 kantsi lawo lahamba emabanga lamadze ngeke avunyelwe kutsi engce umtsamo wemaphesenti lange-70, ngaphasi kwesimo sekutsi sendlelanchubo yekunciphisa bungoti lobusha lobuphatselene netifonyo, kufutsa sigitjelwa ngesibulalimagciwane kanye nekuvulwa kwemafasitelo tiyalandzelwa.

Nyalo sekukhona bufakazi lobucacile bekutsi kucala futsi kwekutsengiswa kwetjwala kube nemphumela nekucindzeteleka lokukhulu kwetibhedlela, lokufaka ekhatsi emayunithi ekunakekela timo letibucayi tetingoti nema-ICU, ngenca yetingoti tetimoto, budlova kanye netingoti letiphatselene naloko. Ngenca yaloko-ke sesincume kutsi kute songe umtsamo wetibhedlela, kutsengiswa, kusatjalaliswa kwetjwala kutawumiswa ngekushesha.

Njengesinyatselo lesengetiwe sekunciphisa kucindzeteleka kwetibhedlela, kutawubekwa sikhatsi lesingumncamulajucu wekungatfolakali ngaphandle emkhatsini wensimbi ye-9:00 ebusuku nensimbi ye-4:00 ekuseni.

Sitsatsa letinyatselo ngekwati kahle kamhlophe kutsi titawuletsa kuvimbeleka lokungemukeleki etimphilweni tebantfu bakitsi. Nanome kunjalo, tidzingekile kute siphumelele kuncoba kulelizinga lelisetulu lekutseleleka ngalesifo.

Kute lenye indlela yekugwema lesivunguvungu seligciwane le-corona. Kodvwa singakhona kutsi sinciphise umonakalo lelingawubanga etimphilweni tetfu. Sisive sihlangene sonkhe kutsi sisekelane, sidvudvute labo labagulako kanye nekugcugcutela kutsi kube nekwemukeleka kulabo labaphila naleligciwane.

Nyalo, kakhulu kunakucala, sinesibopho ngetimphilo talabo lesiphila nabo.

Sitasincoba lesikhatsi lesimatima. Sitalibuyisela futsi lelive letfu esimeni setemphilo lesifanele kanye nesemphumelelweni. Sitawuncoba. •

# Celebrating South African women

ugust is Women's Month, a time when we pause to celebrate the achievements and contributions made by South African women.

#### Why do we celebrate Women's Day?

In South Africa, 9 August is Women's Day and the month of August is National Women's Month. This is an opportunity to celebrate women's achievements and the important role that women of all races and religions have played and continue to play in South African society.

On 9 August 1956, more than 20 000 women from all walks of life united in a mass demonstration at the

Joseph, Albertina Sisulu, and Sophia Williams-De Bruyn. In remembrance of what South African women

#### "Women of South Africa, be proud of what you have achieved."

Union Buildings in Pretoria. They protested against the unjust pass laws enforced on women in South Africa.

The women were led by Lilian Ngoyi – a trade unionist and political activist, Helen achieved on that day, 9 August has been declared as National Women's Day and is a public holiday in South Africa. Women's Month is an opportunity to celebrate and reflect on the achievements of these inspirational women, the problems they faced in the struggle to be free and the important role all women continue to play in society.

Apart from their traditional roles as mothers, wives and caregivers, statistics show that women are making great progress in business, politics and academic and economic careers, with more and more women reaching top positions.

#### Make a difference

Women of South Africa, be proud of what you have achieved. Let the achievements of those who went before you inspire you to unlock your own strength and motivate you to make a difference in your family, your community and your

Go out and celebrate the women that you are. Go out and make a difference this Women's Month!

#### **Gender-based Violence**

Gender-based Violence and Femicide (GBVF) continues to be a big problem in our society. The fight against GBVF cannot be left to government alone; it must be embraced by all South Africans - men, in particular.

Contact the Gender-based Command Centre in your area by calling 0800 428 428 or send a please-call-me to \*120\*7867#

#### Important numbers

If you are being abused or suspect that someone is being abused, call:

- South African Police Service 10111
- Childline 0800 055 555
- Stop Women Abuse Hotline 0800 150 150
- Lifeline 0861 322 322.

## **Umcimimlilo we-Crew Juliet** usitekela indzaba yakhe

#### **BOMAKE**

kufanele kutsi bavule indlela ehlane, kusho umcimimlilo.

**Dale Hes** 

Imcimimlilo lomncane Vuyiseka Arendse (26) uyincenye yelicembu le-Crew Juliet, licembu laseNingizimu Afrika lekucala lebacimimlilo wetikhotsa labomake kuphela. Emandla akhe kanye nekutimisela ekutakheleni ligama kulomkhakha wetekucima umlilo lobuswa ngulabadvuna kuyinshisekelo sibili kubo bonkhe bomake.

Arendse wakhulela edolobheni lelincane laseBhofolo leliseNshonalanga Kapa. Emva kwekucedza sikolo, walinga kufundza ekolishi e-Oudtshoorn, kodvwa wancuma kubuyela emuva ekhaya kuyokondla umndeni wakhe. Wasebenta esuphamakethe kwesikhashana, ko-



tsa emehlo akhe.

"Ngabona bacimimlilo bagcoke iyunifomu yabo kanye nemaloli labovu lamakhulu. Ngatsatseka ngekushesha ngase ngifuna kwati kabanti," kusho Arendse.

Arendse bekangulomunye walabaphotfula batfweswa ticu eChrysalis Academy yahulumende waseNshonalanga Kapa yeluhlelo lwekutfutfukisa lusha nga-2016. Ngemuva kwaloluhlelo, wasebenta esiteshisni sekucima umlilo eBhofolo, ahola-R1 900 kuphela ngenyanga.

dvwa kucima umlilo kwatsa- Kodvwa wabese utfola litfuba lalinikwa Luphiko lweTemvelo lwe-NCC kulomnyaka lophelile.

> "BengiseChrysalis Academy njengemchubinchubo ngesikhatsi baka-NCC bafika batewukhuluma nebafundzi mayelana nelitfuba lekufaka ticelo tekuceceshwa kwelicembu lebacimimlilo wetikhotsa lekucala labomake kuphela. Nanome bengingasuye lomunye webafundzi, ngatsatseka kakhulu ngafaka sicelo sekutsi ngiceceshwe, futsi bangemukela," kusho yena njalo Arendse.

Arendse waceceshwa, ngalokuhlanganisa lwatimcondvo kanye netinhlangotsi talokwentiwa ngetandla mbamba tekucima umlilo.

"Ngafundza lokunyenti. Lokunye kutsi, bengingati kutsi kunebacimimlilo labasebenta kucima imililo yetikhotsa. Phambilini bengicabanga kutsi, basebenta kuphela emadolobheni kucisha imililo yasetakhiweni," kusho yena.

Arendse wengeta ngekutsi wativela bumnandzi lobumangalisako kuphumelela kulokuceceshwa nekutsi futsi abe yincenye yelicembu lekucala labomake kuphela lebacimimlilo baloluhlobo.

"Ngativa ngijabule kakhulu, ikakhulu ngatsi nangitjela bantfu kutsi ngifuna kuba ngumcimimlilo, labanengi bangitjela kutsi ngeke ngikhone kukwenta loko ngobe ngingumuntfu longumake futsi ngeke ngikhone kumelana nalowo msebenti. Loko kwangigcugcutela kutsi ngitimisele ngobe ngifuna kubakhomba kutsi kahle-hle ngingakhona kuwenta lomsebenti, futsi hhayi kutentela mine kodvwa ngentele bonkhe bomake baseNingizimu Afrika."

Arendse utsi kucima kwakhe umlilo lomkhulu kwekucala eNoordhoek kwaba yinsayeya kodvwa kwamnika sipiliyoni lazuza lokukhulu ngaso.

"Bekukadze kulitfuba lami lekucala lekusebenta emaawa lange-24 lagcwele futsi kukwekucala kusebenta nalabanye bacimimlilo labadvuna. Bekudzinisana futsi kushisa kakhulu kuletembatfo tetfu tekusivikela kodvwa sawuphotfula lowo msebenti noko lesakuva emva kwaloko kwaba yinzuzo lenkhulu emoyeni wetfu."

Arendse ugcugcutela bomake baseNingizimu Afrika kutsi bangatikhobosi.

"Ungavumi kuchazwa bantfu ngaloko bantfu labatsi ungakwenta naloko futsi labatsi angeke ukwente."

\*Kute ubone ematfuba lamanengi laniketwa Luphiko lweTemvelo lwe-NCC, balandzele ekhasini labo le-Facebook. Ungabashayela lucingo futsi ku: 021 702 2884 (eKapa), ku: 010 007 5272 (eGauteng), ku: 031 003 2964 (KwaZulu-Natal) nome ku: 041 101 1033 (eMphumalanga Kapa).