

Vuk'uzenzele

Niyethulelwa WuPhiko lukaHulumeni Lwezokuxhumana Nokudluliswa Kolwazi (GCIS)

English/isiZulu

Ncwaba 2020



**Okufi-
nyeziwe
ngokuzi-
qhelanisa**
Ikhasi 7



**Ilunga lethimba
lezicishamlilo i-
Crew Juliet lisi-
xoxela udaba
lwalo**
Ikhasi 8



INingizimu Afrika yenza umnyakazo wokubhekana nokuntuleka kwemishini yokuphefumula



IMISHINI YOKUPHEFUMULA

ekhiqizwe kuleli izosiza iziguli ze-*COVID-19* ezingenamandla zikwazi ukuphefumula kangconywana.

Silusapho Nyanda

Impi yokulwa nesifo segciwane le-*corona* (i-*COVID-19*) eNingizimu Afrika seyiqinisiwe njengoba sibona umshini wokuphefumula wokuqala owenziwe kuleli.

Umshini wokuphefumula ebizwa nge-*Continuous Positive Airway Pressure* (i-CPAP) usiza iziguli ezinezimpawu ze-*COVID-19* ezilingene zikwazi ukuphefumula kalula ngokuzihlinzeka ngomfutho olingene womoya-mpilo ozosiza ukugcina imigudu yomoya ivulekile.

Umshini wokuphefumula wakhiwe ngokubambisana nguMkhandlu Wocwaningo

Lwezesayensi Nezimbongi (i-CSIR) nabalingani abaningana esebenzisana nabo kulo mkhalkha futhi izosatshalaliswa ezweni lonke ezigulini ezikhombisa ukuba nengcindezi yokuphefumula esigabeni sokuqala sokutheleleka nge-*COVID-19*.

Ngokuvamile umoya ophefumulwa umuntu unamaphesenti angama-23 omoya ohlanzekile. Umshini wokuphefumula we-CPAP ukwazi ukumpompa izinga elingaphezulu kwalokho lomoya-mpilo, nokusiza umuntu akwazi uku-

Iqhubeka ekhasini lesi-2



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UNGASITHINTA LAPHA



Vuk'uzenzele



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ELAMAHHALA ALITHENGISWA

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.



The 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

fighting 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 increased.

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 rooms are full, hospitals are not able to give as much time 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. **📞 – SANews.gov.za**

Isuka ekhasini loku-1

phumula. Ophampu be-CPAP bamponpa umoya-mpilo ngokuhubekayo. Linganyuswa noma lehliswe inani lomoya-mpilo umuntu awuphefumulayo," kusho Isikhulu Esingumphathi Omkhulu e-CSIR Future Production: Manufacturing, u-Martin Sanne. Iziguli ezisebenzisa umshini wokuphefumula uxhunywe ku-setshenziswa isimfonyo sobuso. Umoya-mpilo udonswa ethangini lomoya-mpilo oxutshwe nomoya wemvelo kumshini

wokuphefumula lapho uthunyelwa khona kusimfonyo bese uphefumulwa yisiguli. U-Sanne uthi phezu kokumpontshwa komoya onomoya-mpilo, i-CPAP iphinde ilekelele iziguli zikwazi nokuwukhipha umoya.

I-CPAP iyinsiza engasetshenziswa ezindaweni zobuchwepheshe obuseqophelweni eliphezulu iphinde ikwazi nokusetshenziswa ezikhungweni eziyizibhedlela zesikhashana nalapho kuhluswe khona abantu.

U-Sanne uthi i-CSIR izobe seyikhiqize imishini yokuphefumula eyizi-10 000

ekupheleni kukaNcwaba. Ngokusebenzisana ne-Siemens, i-Simera, i-Akacia, i-Gabler, i-Umoya neNyuvesi yaseKapa, i-CSIR ikhiqize i-CPAP ngokwamazinga abekwe yiNhlango Yezempilo YoMhlaba.

Iqoqo lokuqala lemishini yokuphefumula lizonikezwa izibhedlela zikahulumeni ezibhekene nengcindezi ngenxa yokuntuleka kwezinsizakusebenza nemishini ekwazi ukulwa ne-COVID-19.

I-CSIR yaqala ukwakha i-CPAP emuva kokuba umhlaba uqale ukubhekana nokuntuleka okukhu-

lu kwemishini yokuphefumula.

"Cishe ngoNdasa noMbasa, kwaba nokuntuleka kwemishini yokuphefumula obekungazelelwe kubahlinzeki bethu bamazwe omhlaba. Uma ikhona indawo owawukwazi ukuyithola khona, yayimba eqolo kakhulu ngakho uhulumeni wakhipha ithenda yokukhiqizale mishini yokuphefumula," kusho u-Sanne.

Leli thenda beliyinxenye yePhrojekthi Kahulumeni Yemishini yokuphefumula kuZwelonke ngaphakathi koMnya-

ngo Wezohwebo, Ezezimboni kanye Nokuncintisana.

Omunye umsebenzi we-CSIR wukwakha umshini wokuphefumula Womfutho omigudumibili phecelezi i-Bi-level Positive Airway Pressure okuhloswe ngawo ukusiza iziguli ezinezimpawu ze-COVID-19 ezibucayi. Umshini wokuphefumula uzolekelela ngokufaka nokukhipha umoya, kungaba ngendlela yomfutho onqunyiwe kanye nangendlela yokushintshashintsha inani lomoya ohlinzekwayo ngokubuka isidingo sesiguli. **📞**



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Siza ukunqanda ukusabalala kwe-COVID-19

Izwe lethu libhekene ne-nsambatheka engakaze ibonwe emlandweni wethu wonke wentandoyeningi labantu. Ezinsukwini ezingaphezu kweziyi-120, se-siphumelele ukukulibazisa nokho ukudlondlobala kwaleli gciwane eselidale umonakalo omkhulu emhlabeni-jikelele.

Kodwa manje, ukudlondlobala kwesibalo sabantu abanegciwane esasitshelwe ngako yizazi zezempilo, sekuphezu kwethu. Abantu baseNingizimu Afrika abangaphezu kwekota lesigidi sebethetheleke ngegciwane le-corona, futhi siyazi ukuthi baningi abanye abatheleleke ngalo leli gciwane kodwa abangabonakali. Njengamanje njalo ngosuku sithola abantu abangaphezu kwezi-12,000 abanaleli gciwane.

Kusukela ekuqaleni kwalo mbhedukazwe ngoNdas, okungenani abantu abayizi-4,079 sebebulewe yigciwane le-COVID-19.

Njengoba izingxenywe ezithile zezwe lethu zihlaselwe isimo sezulu esiletha amakhaza ashubisa umnkantsha eqhamuka ngaso-Lwandle lwe-Antilathikhi kulesi sikhathi sonyaka, kunezinye izingxenywe ezimbalwa zezwe ezingezichaphazelweyileligciwane le-corona. Isichotho se-corona sinamandla amakhulu futhi senza umonakalo ongaphezu kweminye esake sayibona ngaphambilini. Lokhu kuyaziqeda izinsizakalo zethu kanjalo namandla ethu okuphikelela aya ngokuya esiphelele.

Ukudlondlobala kwamanani abantu abatheleleke ngegciwane ososayensi ababesixwayise ngako esikhathini sezinyanga ezingaphezu kwezi-3 ezidlule sekusificile. Kwaqala eNtshonalanga Kapa kanti kuyaqhubeka eMpumalanga Kapa nase-Gauteng.

Yize noma, izibalo zabantu abatheleleke ngegciwane zikhula ngamandla, kusemqoka ukuqaphela ukuthi izinga lokudlula

kwabantu emhlabeni eliyiphesenti eyi-1.5 lingelinye laphansi kakhulu emhlabeni. Lokhu kuqhathaniswa nezinga lokudlula kwabantu emhlabeni elingamaphesenti ayi-4.4. Ukuba kwethu nezibalo eziphansi zabantu abadlulayo emhlabeni kungenxa yesipiliyoni nokuzinikela kwabasebenzi bethu bezempilo kanjalo nezinyathelo ezathathwa ngokushesha esasisophe ngazo ukulungiselela umkhakha wethu wezempilo uma sekwehla le nhlekelele futhi sizihlomise ngezinsiza esizidingayo.

Nakuba abantu bethu abanengi benze imizamo yokuvikela igciwane, bakhona abanye abangazange bazihluphe. Bakhona abanye phakathi kwethu abangazigqizi qakala izimiso nemithetho ebekiwe ukuze sizame ukuqeda lesi sifo.

Phakathi kwalolu bhubhane olunje, ukugibela nje itekisi ngaphandle kwesimfonyo sobuso ukuhlangana njengabangani, ukuhamba imicimbi yobumnandi noma ukuvakashela umndeni, kungasabalalisa igciwane kalula kusimuke izimpilo zabantu. Lesi kungaba yisifo esibangwa yigciwane, kodwa sishalaliswa yindlela abantu abaziphatha nabaphila ngayo.

Ngezenzo zethu – njengabantu ngabodwana, njengeminden, nemiphakathi – singakwazi futhi kumele siguqule isivini ohamba ngaso lo mbulalazwe ezweni lethu. Kufanele sifake isimfonyo sobuso sendwangu esimboza ikhala nomlomo njalo lapho siphuma emakhaya ethu. Kufanele siqhubeke nokugeza izandla zethu njalonjalo ngensipho namanzi noma ngesibulalimagciwane. Kufanele siqhubeke nokuhlanza zonke izindawo ezisobala ezindaweni ezisetshe-nziswa abantu abanengi. Okubaluleke kakhulu, kufanele sigcine kunegebe eliphephile phakathi kwethu nabanye abantu – okungenani ibanga elingamamitha amabili – kwabanye abantu.

Manje sekunobufakazi obvelayo bokuthi leli gciwane lingase futhi lisabalale nangezinhlayiya ezincane ezihamba emoyeni ezindaweni ezinezixuku zabantu, ezivalekile noma ezingakhiphi umoya ngendlela efanele. Ngenxa yalesi sizathu kufanele siphangise ukuphucula isimo sangaphakathi sezindawo ezisetshe-nziswa umphakathi lapho ubungozi bokutheleleka bubukhulu kakhulu khona.

Isinqumo sethu sokumemezela ukuvalwa kwezwe lonke savikela ukuqubuka ngamandla kwesifo ngenkathi umkhakha wethu wezempilo ungakalungiselelwa, nobekungaholela eku-dluleni kwabantu abanengi emhlabeni.

Ngesikhathi ebesinaso, si-thathe izinyathelo ezibalulekile zokuhlomisa umkhakha wethu wezempilo ukuze ukwazi ukubhekana nalolu bhubhane. Sese-nze ukuhlolwa kwegciwane le-corona okungaphezu kwezigidi ezimbili kanti abasebenzi beze-mpilo bomphakathi sebenze ukuhlungwa kweziguli okungaphezu kwezigidi ezingama-20.

Sithole imibhede yezibhedlela ebalile kweziyi-28,000 yezi-guli ze-COVID-19 futhi sesakhe ngempumelelo izibhedlela zesikhashana ezweni lonkana. Njengamanje sinemibhede engaphezu kweziyi-37,000 ezikhungweni zokugonqisa abantu embonini yezempilo ezimele neyomphakathi, elungele ukwamukela abantu abangakwazi ukuhlala ngabodwana emakhaya.

Sithole futhi sathumela izimpahla eziyizigidi eziyizi-nsiza zokuzivikela ezibhedlela, emitholampilo nasezikoleni ezweni lonke ukuze sivikele abasebenzi bethu abangamabutho ayibambe ophondweni. Siqashe futhi siyaqhubeka nokuqasha abahle-ngikazi abengeziwe, odokotela nabasebenzi abasebenza ophi-kweni lwezimo eziphuthumayo.

Siyaqhubeka nokwenza inqubekelaphambili emizamweni

yethu yokubhekana ne-COVID-19, kepha inselele yethu enkulu isasimele ngaphambili. Kuzo zonke izifundazwe, sisebenzela ukwandisa isibalo samagumbi ezimo ezijwayelekile kanye nemibhede yeziguli ze-COVID-19 ezisesimweni esibucayi.

Umthamo omumathwa yigumbi lasesibhedlela uyandiswa ezibhedlela eziningi ngokubambezela ukunakekelwa kweziguli ezingadingi usizo oluphuthumayo, ukuguqulwa kwezinye izindawo zasezibhedlela zibe amawadi engeziwe kanjalo nokwakhiwa noma ukunwetshwa kwezibhedlela zesikhashana.

Sisebenzela ukwandisa izinsiza zokuhlinzeka ngomoyampilo, imishini yokuphefumula neminye imishini kulabo abadinga ukunakekelwa okubucayi, kubandakanya ukuphambukisa usizo ngomoyampilo kwezinye izindawo ubhekiswe ezigulini ze-COVID-19. Sisebenzisa ubuchwepheshe bedijithali ukuqinisa ukuhlo-nzwa, ukuthungathwa kanye nokuhlaliswa ngabodwana kwabantu abake bahlangana nabantu abanegciwane, kanjalo nokuhlinzeka ngokwesekwa kulabo abathola imiphumela ebika ukuthi banalo igciwane.

Njengoba manje sesisondele kuvuthondaba lokutheleleka kwabantu ngaleli gciwane, sidinga ukucophelela kakhulu ekulandeleni izinyathelo zokuphepha futhi siqinise izinyathelo ezikhona ukuze sehlisa izinga lokuthelelana ngegciwane.

Izimiso ezibekiwe mayelana nokufakwa kwezimfonyo zizogqiniswa. Abaqashi, abaninigitolo nabaphathi, abasebenza ngezithuthi zomphakathi, nabaphathi kanye nabanikazi banoma yisiphi isakhiwo somphakathi manje baphoqelekile ngokomthetho ukuthi baqinisekise ukuthi noma ngubani ongena emagcekeni abo noma ezimotweni zabo ungena efake isimfonyo.

Amatekisi athatha uhambo

endaweni manje azovunye-lwa ukuthi enyuse isibalo sabagibeli bagcwale itekisi, kanti lapho abathatha uhambo lwamabanga amade ngeke bavunyelwe ukuthatha isibalo esevile kumaphesenti angama-70, futhi inqobo uma kulandelwe imigomo emisha yokunciphisa ubungozi ehlobene nezimfonyo, ukuhlanzwa kwetekisi ngezibulali-magciwane kanye nokuvulwa kwamafasitela.

Sekunobufakazi obucacile bokuthi ukuvulwa kabusha kuthengiswa kotshwala kulethe ingcindezi enkulu ezibhedlela, kubandakanya amayunithi ezinhlekelele nalawo abagula kakhulu, ngenxa yezingozizi-zezi-moto, udlame kanye nokulimala okuhlobene notshwala. Ngakho-ke sinqume ukuthi ukuze sigcine isibalo sabangeniswa ezibhedlela silawuleka, ukudayiswa, ukukhishwa nokusatshalaliswa kotshwala kuzomiswa kusuka manje.

Njengesinyathelo esengeziwe sokunciphisa ingcindezi ezibhedlela, kuzobekwa umnqamula-juqu wesikhathi okuvunyelwe ngasoukubangaphandlekwamakhaya phakathi kwehora lesi-9 ebusuku nehora lesi-4 ekuseni.

Sithatha lezi zinyathelo sazi kamhlophe ukuthi zibeka imingcele engathandeki ezimpilweni zabantu. Kodwa-ke, ziyadingeka, ukuze sikwazi ukuphepha kulesi sikhathi esiwuvuthondaba lwalolu bhubhane.

Asikwazi ukusigwema lesi sivunguvungu segciwane le-corona. Kodwa singawubeka umkhawulo esingawudala ezimpilweni zethu. Njengesizwe sihlange ndawonye ukuze selekelelane, siduduze labo abagulayo futhi sikhuthaze ukwamukelwa kwabantu abaphila naleli gciwane.

Manje kakhulu kunakuqala, kusezandleni zethu ukusindisa izimpilo zalabo esiphila nabo. Sizodlula lesi sichotho. Sizolakha kabusha izwe lethu liphinde libe yizwe elinempilo nelichumile. Sizonqoba. **V**

Celebrating South African women

August 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 achieve-

ments 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 country.

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

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.

Ilunga lethimba lezicishamlilo i-Crew Juliet lisixoxela udaba lwalo

ABESIFAZANE

kufanele babe ngamavulandlela, kusho isicishamlilo

Dale Hes

UVuyiseka Arendse oyisicishamlilo esisesincane (26) uyingxenywe ye-Crew Juliet, ithimba lokuqala lezicishamlilo zasendle ezingabesifazane zonke. Amandla nokuzimisela kwakhe ukuba azakhele igama emkhakheni wezicishamlilo, ngokuvamile obuswa abesilisa, kumenza abe yisibonelo esihle kubo bonke abesifazane.

U-Arendse wakhulela edolobhaneni laseNtshonalanga Kapa elincanyana i-Beaufort West. Emuva kokuphuthula esikoleni, wazama ukuqeqeshwa ekolishi lase-Oudtshoorn, kodwa wabuye wanquma ukubuyela ekhaya ukuze akwazi ukweseka umndeni wakhe. Wake wasebenza esuphamakethe yendawo isikhashana, kodwa umsebenzi wokuba yisicishamlilo



UVuyiseka Arendse oyisicishamlilo esisesincane uyingxenywe yethimba lezicishamlilo labesifazane bodwa lokuqala ngqa eNingizimu Afrika.

Isithombe: Alistair Burt - NCC Environmental Services

wamkhanga.

“Ngabona izicishamlilo zidlubhe umfaniswano wazo, zihamba ngamaloli akhona abomvu namakhulukazi. Ngaleso sikhathi ngaqala ukuba nentshisekelo futhi ngafuna ukwazi kabanzi ngalo msebenzi,” kusho u-Arendse.

U-Arendse wayengomunye wababephothule izifundo zabo esikhungweni sikahulumeni waseNtshonalanga Kapa sohlelo lokuthuthukisa intsha, i-Chrysalis Academy ngowezi-2016. Emuva kwalolu hlelo, wasebenza esiteshini sezicishamlilo e-Beaufort West, eholo nje izi-R1 900 kuphela ngenyanga. Kodwa wazithela phezu kwethuba elalihlinzekwa yi-NCC Environmental

Services ngonyaka ofile.

“Ngangisasebenza e-Chrysalis Academy njengomdidiyeli ngenkathi abakwa-NCC befika esikhungweni bezotshela abafundi ngethuba lokufaka isicelo sokuqeqeshelwa ukuba sethimbini lokuqala ngqa lezicishamlilo zesifazane zodwa zokucishwa kwemililo yase ndle. Yize noma ngangingesona isitshudeni, nganginentshisekelo enkulu ngakho ngafaka isicelo sokuqeqeshwa, isicelo sami semukelwa,” kuqhuba u-Arendse.

U-Arendse wathola ukuqeqeshwa, okwakudidiyele ithiyori yokucishwa komlilo kanjalo nokwenziwa komsebenzi wokucishwa komlilo ngqo.

“Ngafunda okuningi kakhulu. Okokuqala nje, ngangazi ukuthi kunezicishamlilo omsebenzi wazo ukubhekana namaqubula omlilo wasendle nje kuphela. Ngangicabanga ukuthi zazisebenza ukucisha imililo emadolobheni ukuze zicishe imililo emabhilidini ashayo,” kusho yena.

U-Arendse wengeze ngokuthi kwakuwumuzwa omnandi kakhulu ukuphumelela ukuqeqeshwa kwakhe, waba yingxenywe yethimba lokuqala ngqa lezicishamlilo ezingabesifazane bodwa.

“Nganginentokozo enkulu, ikakhulukazi ngoba ngangithi uma ngxoxela abantu ukuthi ngifuna ukuba yisicishamlilo, iningi labo lingitshela ukuthi ngeke kwenzeke lokho ngoba njengomuntu wesifazane ngangingeke ngikwazi ukumelana nalo msebenzi. Lokhu kwanginika umfutho omkhulu ukuze ngibakhombise ukuthi nge mpela ngangikwazi ukukwenza lokhu, ngingazenzeli mina nje kuphela kodwa ngenzele nabo bonke abanye besifazane eNingizimu Afrika.”

U-Arendse uthi umsebenzi wakhe omkhulu wokuqala wo-

kucisha umlilo e-Noordhoek wawuyinselele enkulu kodwa ekugcineni uwubala njengowawuyinzuzo nomklomelo omkhulu.

“Kwakuyishifti yami yokuqala ephelile yamahora angama-24 futhi kwakuyisikhathi sokuqala lapho sasisebenza njengethimba lezicishamlilo kanye namadoda. Kwakukhathaza futhi kushisa kakhulu njengoba sasifake izimpahla zethu zokuzivikela kodwa sakwazi ukuwuqeda umsebenzi futhi nomuzwa owalandela lapho wawumnandi kakhulu unjengomhlomulo wokunqoba.”

U-Arendse ukhuthaza abesifazane baseNingizimu Afrika ukuba bangalokothi bazibukele phansi.

“Ungatshelwa abantu ukuthi yini onamandla okuyenza naleyo ongenamandla okuyenza.” **V**

***Ukuze ubheke amanye amathuba ahlinzekwa yi-NCC Environmental Services, landela ikhasi labo lika-Facebook. Ungaphinde ubashaye le lapha 021 702 2884 (eKapa), 010 007 5272 (eGauteng), 031 003 2964 (KwaZulu-Natali) noma 041 101 1033 (eMpuma-langa Kapa).**