

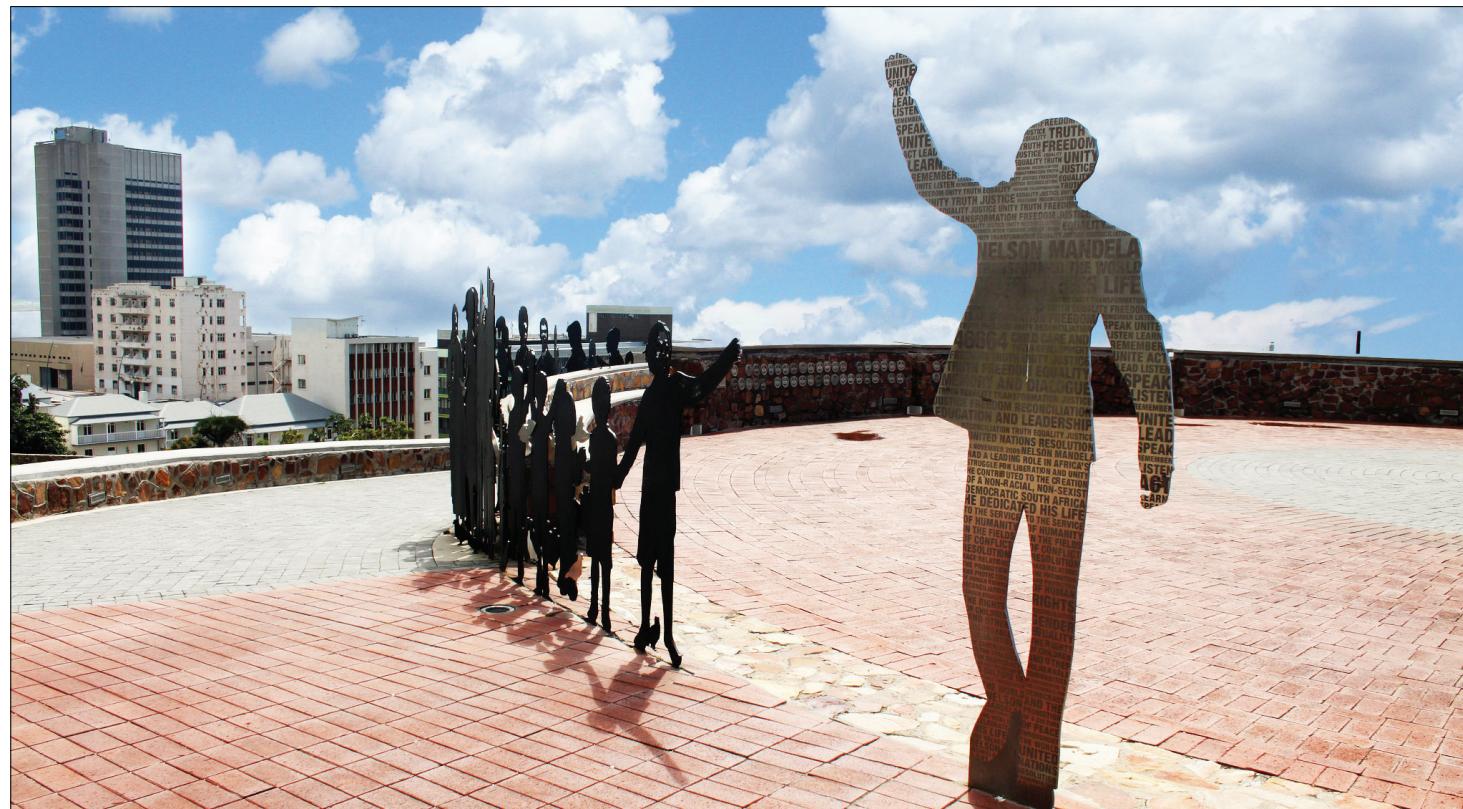
# Vuk'uzenzele



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## Honour Mandela by fighting poverty and violence

**THE TRIPLE CHALLENGES** of unemployment, poverty and inequality are at the root of many social issues. They can lead to anger and violence. This year, Mandela Month is dedicated to fighting these challenges, which will help free South Africa from the cycle of violence.

Noluthando Motswai

In July we celebrate the birth and legacy of Nelson Mandela. Government has called on all South Africans to honour his memory by working together to make women and children safer.

Every year on 18 July – Mandela's birthday – the people of South Africa and the world set aside time to make a difference in their communities. Nelson Mandela International Day, declared by the UN in 2009, commemorates the service of Mandela.

As President Mandela once said: "Our children are our greatest treasure. They are our future. Those who abuse them tear the fabric of our society and weaken our nation."

This year's Mandela Day will be dedicated to fighting poverty.

The Nelson Mandela Foundation points out that poverty is the root cause of much of the violence in South African society.

The foundation's CEO, Sello Hatang, has said, "People must be reminded that it's not just about doing 67 minutes of good and that we must bring about sustainable social change in the lives of our people."

"In the heart of it, we're saying the violence that is rooted

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**OR Tambo on Nelson Mandela:** "His inspiration lives on in the heart of every African patriot. He is the symbol of the self-sacrificing leadership our struggle has thrown up and our people need. He is unrelenting, yet capable of flexibility and delicate judgment. He is an outstanding individual, but he knows that he derives his strength from the great masses of people, who make up the freedom struggle in our country."

Source: [www.sahistory.org.za](http://www.sahistory.org.za)

Life and legacy of  
**OR TAMBO.**  
100 YEARS



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# Ditlhahlobo tsa boimana molemong wa bophelo bo botle ba masea

**HO NETEFATSA BOPHELO** bo botle ba batswetse le masea, Lefapha la Bophelo bo Botle le sa tswa eketsa lenane la diketelo tsa mahala tsa boimana tsa pele ho ho beleha tsa ho ya dipetleleng le ditleliniking tsa mmuso, ho tlaha ho tse nne ho ya ho tse robedi.

## Motlalehi wa dikgang wa GCIS

**M**oimana ya hlahlo-bilweng ke bafani ba tlhokomelo ya bophelo bo botle o atisa ho ba le boimana bo tsamayang ka thello, a be a belehe les ea le phetseng hantle, le kwe-

nneng.

Ka lebaka lena, Lefapha la Bophelo bo Botle le sa tswa eketsa lenane la diketelo tsa mahala tsa nako ya boimana tsa pele ho ho beleha tsa ho ya ditleliniking tsa mmuso, ho tlaha ho tse nne ho ya ho tse robedi.

Letona la Bophelo bo Botle

Aaron Motoaledi o kgothaleditse baimana ho sebedisa diketelo tsena tse ekeditsweng. Di tla thusa dingaka le baoki ho hlwaya le ho alafa mathata a bophelo esita le ho lekodisisa mathata a mang a ka nnang a ropoha. Sena se atisa ho etsahala ho batswetse ba belehang lekgetlo la pele.

"Re tshepa hore ka diketelo tsena tsa tlhokomelo ya pele ho ho beleha tse eke-ditsweng, baimana ba tla boela ba kgona ho etswa diteko tsa kgatello ya madi, tsa moroto, bodisa ba kgolo le ho sisinyeha ha lesea molemong wa boimana bo bolokehileng le masea a



phetseng hantle kgafetsa, hobane ditieho dife kapa dife di ka lebisa ho shweng ho neng ho ka qojwa," ho itsalo Letona. ▶

## Hobaneng ha diketelo tsa pele ho ho beleha di le bohlokwa?

- Basadi ba nahanang hore ba imme, ba tshwanelo ho ya tleliniking kapa ngakeng hanghang ho ya qala ka tlhokomelo ya pele ho ho beleha. Ho qala ho ya tleliniking ho sa kganya, esita le ho ya diketelong tsohle tsa hao tsa tlhokomelo ya pele ho ho beleha, di tla netefatsa hore o ba le boimana bo tsamayang ka thello mme o belehe lesea le phetseng hantle.
- Ketelo e tla akga ditlhahlobo tsa kgatello ya madi, ditlhahlobo tsa boima ba mmele, ho fana ka phophi ya moroto o tla etswa diteko, ho etswa diteko tsa ditshwaetso tsa motabo esita le ho hlahloba Lefuba (TB).
- Diketelo tse latelang di tla akga

diteko tsa madi le ho nkuwa ha setshwantsho sa lesea le pope-long esita le tlhabollo ya mai-kutlo. Baoki le basebeletsi ba thekolohelo ya setjhaba ba tla ba teng ho araba dipotso ka boimana ba hao.

Molekane wa mme, motswalle kapa setho sa leloko, e mong wa bona o tshwanelo ho ya le yena ketelong enngwe le enngwe ya tlhahlobo ya pele ho ho beleha. Ho bohlokwa hore mme a be le motho e mong ya mo tshepang hore o tla mo tshehetsha nakong ya boimana, ya ho pepa, esita le kamora ho pepa. Tshehetso ena e bohlokwa haholo bakeng sa boimana bo tsamayang ka thello le lesea le phetseng hantle.



## Shejule ya diketelo tsa tlhokomelo ya bophelo bo botle

Diketelo tse robedi di tshwanelo ho ba dibekeng tsena tsa boimana:

- Ketelo ya pele: beke ya bo 30
- Ketelo ya bo 34
- Ketelo ya botshe-lela: beke ya bo 36
- Ketelo ya bosupa: beke ya bo 38
- Ketelo ya boraro: beke ya bo 40
- Ketelo ya bone:

## Hobaneng diketelo di le robedi?

- Diteko tsa kgatello ya madi le tsa moroto tse etswang kgafetsa
- Ho lekolwa ha kgolo ya lesea la hao kgafetsa
- Ho bonwa ho sa kganya esita le ho alafshwa ha mathata afe kapa afe, ka nako
- Di tla thusa bakeng sa diteko tsa HIV. Haeba o na le HIV, diketelo tsena di tla o thusa ho tsitlalla diantiretrovaerale (di-ARV), ho o boloka o phetse hantle le ho thibela ho tshwaetsa lesea ka HIV.

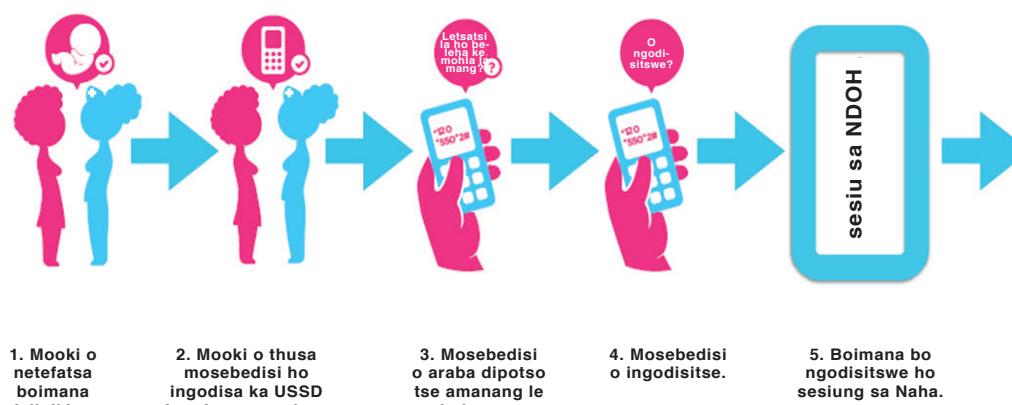
## MomConnect

MomConnect, mobile app ya baimana, ke mobile app e thusang ho fokotsa ho shwa ha bomme le masea. MomConnect e fa baimana le batswetse ba kahodimo ho milione phihlello ditshebeletsong tsa bohlokwa le leseding la bophelo bo botle.

MomConnect e na le dipheo tse tharo:

- Ho ngodisa kemaro enngwe le enngwe setsing sa bophelo bo botle sa mmuso.
- Ho romela di-SMS tsa batho ka bonngwe ho bomme ho ya ka dithhoko tsa bona. Melaetsa e tla be e amana le ho hopotsa ka diketelo kapa lesedi la ho thusa hore a itlhokomele le lesea la hae.
- Ho etsa hore mokgwatsamaiso wa tlhokomelo ya bophelo bo botle o fihlelhe haholwanyane basading.

## E sebetsa jwang?



Haeba ho na le motho ya nang le TB heno, netefatsa hore wena le bohole lapeng leno le etswa diteko tsa TB. Kalafo e tla tshireletsa wena le ngwana.

# Dikgwebo tse nyenyane di fumananonyetla wa theknoloji

## DIKHAMPHANE TSE NYENYANE

Kapa Botjhabela di tla fola molemo theknolojing e ntjha ya dijithale, ka selekane se dipakeng tsa Vodacom le Lekgotla la Dikgwebo la profense.

### Siya Miti

**L**ekgotla la Dikgwebo la Kapa Botjhabela (ECCOB) le kokonono ya tsa mehala Vodacom, di kene selekaneng sa ho fana ka ditshebeletso tsa theknoloji dikgwebong tse nyenyane le tse mahareng (di-SME) profenseng.

Ha ho ne ho tekenwa tumellano ena East London haufinyane, mohlanka e moholo wa Dikgwebo tsa Vodacom, Vuyani Jarana, o itse bahwebi ba qalang dikgwebo ba na le morwalo wa ho ba ntho tsohle, ho tloha ho ho ba mookamedi wa thekiso ho ya ho ho ba setsebi sa IT.

Tshehetso e ntjha ya dijithale e tla bebefatsa morwalo ona.

"Sepheopheo sa rona ke ho etsa hore ditlhoko tsohle tsa ICT le tsa tshebetso e be mosebetsi o momahantsweng baeng sa dikgwebo tse nyenyane," Jarana o itsalo. "Sena se tla ba thusa ho tsepamisa maikutlo

a bona kgwebong ya sebele ntle le ditshitiso tsa letho."

Kapa Botjhabela ke profense ya pele ya ho kena selekaneng sa mofuta ona le Vodacom.

Kgato ena e ananetswe ke Tonakgolo le Setho sa Lekgotla la Phethahatso (MEC) sa Ntshepele ya Moruo.

### Ho matlafatsa dikgwebo

Dikgwebo tse nyenyane di tla qala ka ho fumananonyetla teko ya ditharollo tsa kgwebo ya Vodacom ya hloma o hlomolle. Tsena di akgau Matlafatsa ya Dikgwebo, lepatlelo la hloma o hlomolle le dumellang batho ba hwebisansang esita le baporofeshenale ho etsa kgakanyo ya ditjeotsohle, ditseko tsa ditjhelete hammoho le ho amohela difefo ba ntse ba le mesebetsing ya bona.

Kgabareng ditshebeletso tsena di tla nanabetswa Aforika Borwa ka bophara. Jarana o itse ditharollo di tla matlafatsa ho

qothisana lehlokwa ha dikgwebo tse nyenyane kwano lapeng, esita le Aforika ka bophara.

"Moruo wa dijithale ke mokgothatsi ya mong wa bohlokwa ka ho fetisia wa kgolo, ntlatfatsa le qothisano ya lehlokwa kontinenteng mme ona le bokgoni ba tonana Aforika Borwa," o itsalo. "Dikgwebo tse nyenyane di tlameha ho kakatela moruo wa dijithale mme selekane sa rona le ECCOB se supa qalo ya leeto le kgahlang la dijithale."

### Ho kgothaletsa kgolo

Vodacom e tla fana ka disebediswa tsa ho rupella lekgotla la dikgwebo le ditho tsa lona, e be e ba thuse ho ithuela ditshebeletso tsa yona tsa SME.

Andile Nontso, mongodikakaretso wa ECCOB, o itse profense yohle e tla fola molemo ka tumellano ena. "Selekane sena se tla thusa ka nako e telele ho kgothaletsa kgolo ya dikgwebo tse nyenyane Kapa Botjhabela,



Mohlanka e moholo wa dikgwebo tsa Vodacom Vuyani Jarana o tekene selekane le Vuyisile Ntlabati, moporesidente wa Lekgotla la Dikgwebo la Kapa Botjhabela.

e leng ntho e tla matlafatsa moruo wa lebatowa."

Ho ya ka Vodacom, theknoloji ya yona ya ho tshehetso di-SME ke tharollo ya moshwelella e teng ho basebedisi bohole ba lefellang marangrang a yona.

Disebediswa tsena tsa kgwebo ka mehala ya letsoho esita le ditharollo tsa inthanete di tla dumella di-SME ho sebetsa di le kae kapa kae, ka nako efe kapa efe.

Tshebeletso enngwe e tla fanwa ka lekgotla lena la dikgwebo ke e bitswang One Net Business, e momahanyang e be e hokahanye dinomoro tsa mehala ya letsoho ya dikhamphani le ya fatshe.

Dikgwebo tsa Kapa Botjhabela tse batlang ho tseba haholwanyane di ka iteanya le Bukeka Soyizwaphi ho ECCOB ho 047 531 4979 kapa ba mo romella imeile ho: bsoyizwapi84@gmail.com. ▶

## Kantoro ya Delmas ya NYDA e tla tlisetza batjha ditshebeletso tse ngatanyana



NYDA jwale e nanabetsa ditshebeletso tsa yona ho batjha ba maAforika Borwa ba makeisheneng le dibakeng tsa mahaeng.

### Motlalehi wa dikgang wa GCIS

**M**asepala wa Victor Khanye le Lekgotla la Naha la Ntshetsopele ya Batjha (NYDA) di entse selekane sa ho bulalekala le letjha la kantoro toropong ya Delmas. Kantoro ena e tla nanabetsa phihlelo ya ditshebeletso tsa batjha Mpumalanga.

Modulasetulo wa NYDA, John Mtsweni, o itse lekgotla lena le ne le tshwanetse hore le fihlellehe batjheng na ha bophara. "Batjha ba a fumaneha makeisheneng le dibakeng tsa mahaeng. Hobaneng ha dikantoro tsa NYDA di le siyo makeisheneng le dibakeng tsa mahaeng? Ena ke enngwe ya dintho tsa pele tse re batlang ho di fetola."

Kantorong ena, batjha ba Delmas ba tla kgona ho etsa dikopo tsa ho ntshesta dithuto tsa bona pele ka dibasari le

ditsiane tsa Letlole la Letsete la Thuto la Solomon Mahlangu. Balekgotla ba tla boela ba fana ka thupello ya motheo ya tshebediso ya khomphyuthara, mahlale a bophelo, tataiso ka mesebetsi e fapaneng le tse ding tse ngatanyana.

### Ditshebeletso tsa bahwebi

Ho batjha ba bahwebi, kantoro ya Delmas e tla fana ka lesedi la menyetla ya dikgwebo. Batjha ba tla boela ba kgona ho etsa kopo ya ditsiane tsa tjelete ya ho qala le ho ntshetsapele dikgwebo tsa bona.

Lekala la Delmas ke la pele dikantorong tse nne tse ntjha tseo NYDA e tsebisitseng ka tsona ha e ne e teka bajete ya yona haufinyane. Ena ke keketso makaleng a mang a 15 a NYDA le dikantoro tsa batjha tse 200 na ha bophara. E tla fana ka ditshebeletso tse tshwanang, empa ke projeke ya pulamatiboho bakeng sa nanabetso ya ditshebeletso tsa mahala tsa Wi-Fi dikantorong tsohle tsa NYDA. ▶