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Living with vitiligo

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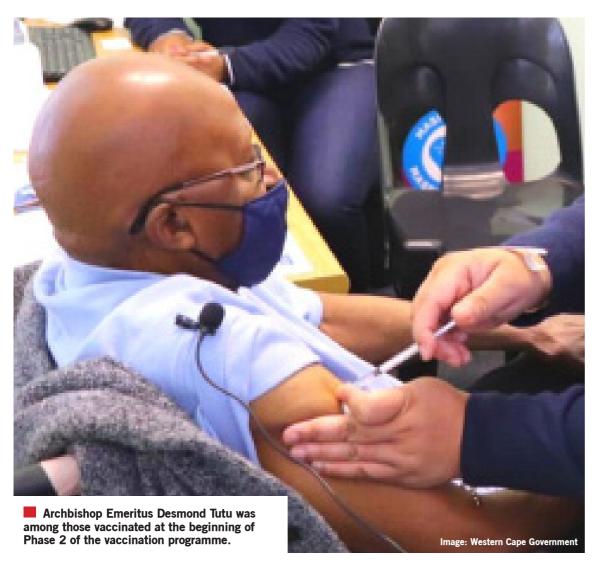




Siphelele's sauce of success

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Elderly prioritised in vaccination drive



hase 2 of the country's Coronavirus Disease (COVID-19) vaccination programme is

underway, with citizens over the age of 60 receiving their vaccines from 17 May.

Eighty-seven vaccination sites

across the country opened their doors to the elderly at the start of Phase 2.

Health Minister Dr Zweli

Mkhize said the number of vaccination sites will increase as Phase 2 progresses.

He explained that government's strategy to immunise citizens who are aged 60 and above, as part of the second phase, is due to the elderly being one of the most vulnerable groups who could become ill or die as a result of COVID-19.

Religious leaders were among those who received their vaccines at the start of Phase 2.

Reverend Frank Chikane, the Senior Vice President of the South African Council of Churches (SACC), was vaccinated at the Esangweni Community Health Centre in Tembisa.

"We came here because we wanted to show the way... As leaders we wanted to show that vaccines don't kill, they help you," he said.

Chikane added that South Africans are no strangers to vaccines and that most people were vaccinated against various diseases as children.

"We all grew up with vaccines... When you went to school, you went with a card

that showed which vaccines you took... and all of us are what we are because of vaccines. There's no reason for people to fear vaccines. They are meant to help you."

Protection for the vulnerable

Bishop Malusi Mpumlwana, the General Secretary of the SACC, encouraged South Africans to "embrace the gift of God in science".

He added that vaccines are important if the country is to achieve population immunity, which will also protect the most vulnerable in society.

Government aims to inoculate five million senior citizens by the end of June, provided there is enough supply of vaccines.

South Africa's vaccination programme currently uses the Johnson & Johnson (J&J) vaccine and Pfizer vaccine, but citizens cannot choose which vaccine they will receive at this

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Naga ya Iseraele le ya Palestina di rotloediwa gore di itseele malebela mo nageng ya Aforika Borwa ka go kgaratlhela kagiso mo dinageng ka bobedi

aitemogelo a rona mo go nneng le puso ya temokerasi ke seo re ithutileng sona fa go tla mo kutlwelobotlhokong, ditherisanong le mo go ikentsheng setlhabelo.

Ntwa ya matlho a mahibidu e e tsweletseng go tuka malakabe magareng ga naga ya Palestina le ya Iseraele e totobatsa se rona maAforika Borwa re se tlhaloganyang sentle mme sona ke gore setlhare sa dikgogakgogano ke go nna fatshe le buisane le go bontshana mabaka ka kagiso.

E re bontsha gape le gore fa mmidi wa bothata jo bo leng teng o sa utololwe ga go kitla go rena kagiso, mme jona ke jwa naga ya Iseraele ka go thopa ka dikgoka naga ya maPalestina mmogo le go ba tseela ditshwanelo le dithata tsa go itlhophela gore ba batla go busiwa ke mang.

Ntwa ya sešweng jaana e bakilwe ke katlholo ya kgotlatshekelo ya Iseraele ya go koba malapa a maPalestina mo nageng ya bona kwa Sheikh Jarrah e e leng gaufi le Botlhaba jwa Jerusalema e le maitlhomo a go tsaya naga eo gore maIseraele a age mo nageng eo.

Go bona banna, basadi le bana ba ntshiwa ka dikgoka mo dintlong tseo dikokoma tsa malapa a bona di nnileng mo mafelong ao sebaka sa dijarajara e re gopotsa mahutsana ao bontsi jwa maAforika Borwa a fetileng mo go ona - a go ntshiwa mo mafatsheng a rona ka dikgoka.

E ne e le lenyatso le le utlwisang botlhoko leo ba lelapa la gaetsho mmogo le ba malapa a le mantsi a maAforika Borwa re itemogetseng lona. Ba lelapa la gaetsho ba ne ba ntshiwa ka dikgoka makgetlho a le mabedi mo ba neng ba nna me ba fudusetswa kwa mafelong a a farologaneng ka fa nageng.

Go ntshiwa kwa lapeng la gaeno o supilwe ka tlhobolo ke selo se se roromisang mmele e bile ga se selo se se lebalegang, ke selo se se gopolwang le ke dikokoma tse di tlang.

Ka fa nageng re santse re tshelela mo ditlamoragong tse di tlhodilweng ke dikgato tsa puso ya tlhaolele tsa go rulaganya mafelo a bodulo.

Rotlhe fa re le batho mme re dumela mo go lekalekaneng ga batho, bosiamisi le ditshwanelo tsa batho, re retelelwa ke go itshokela tšhakgalo e re leng mo go yona ya go bona batho ba ba jaaka rona ba maPalestina ba utlwisiwa botlhoko le go sotliwa jaaka go diragala; gonne seno se re gopotsa koo re tswang.

Se Iseraele e se dirang ke go gatakaka melao ya boditšhabatšhaba. E bontsha lenyatso le le tseneletseng la ditshwetso tse di tserweng ke Lekgotla la Tshireletso la Dinagakopano tse di laelang gore Iseraele e kgaotse go tsaya naga ya maPalestina ka dikgoka mmogo le go kgaotsa go gatakaka ditshwanelo tsa maPalestina.

Fa e sale sesole sa Iseraele se simolola go tlhasela barapedi kwa Mosekeng wa Al Aqsa kwa Jerusalema mo bekeng e e fetileng, ntwa eno jaanong e setse e aparetse le Gaza Strip, dikarolo tse dintsi tsa West Bank mmogo le diteropo di le dintsinyana tsa Iseraele.

Ntwa eno e setse e fetile ka bontsi jwa matshelo a batho, go tsenyeletsa le a bana.



Ntlha e nngwe e e tshwenyang tota ke gore sesole sa Iseraele se phutlhamisitse moago o o tlhatlhaganeng o ditlamo di le dintsinyana tsa bobegakgang di neng di direla mo go ona, seno se tsitsibanya mmele mme se re bontsha matshosetsi a bobegakgang bo tobanang le ona fa bo bega ka ntwa eno e e runtseng.

Ditlhaselo tse di setlhogo tsa sesole sa Iseraele le go phamphololwa ga Gaza go tla nna le ditlamorago tse di sa jeseng diwelang mo bathong ba feta dimilione di le pedi ba ba nang le sebaka sa dingwaga di le 14 ba parakilweng ke Iseraele.

Re ikuela mo dinageng ka bobedi go emisa ntwa, go tlotla matshelo a batho ba bangwe mmogo le go baya marumo fatshe.

Re le naga ya Aforika Borwa re ema nokeng dikgato tsa dinaga tsa boditšhabatšhaba tsa maitlhomo a go busetsa sekeng merero ya sepolotiki e e tla busetsang sekeng naga ya maPalestina e e tla dirisanang le ya Iseraele, mme go rene kagiso mo melelwaneng ya dinaga ka bobedi e e tla thewang ka melao ya dinaga tsa boditšhabatšhaba.

Ditharabololo tsa dinaga ka bobedi di tshwanetse go tswela melemo baagi ba Iseraele le ba Palestina, mme ka jalo di tshwanetse go tswelela go tshegediwa.

Fa sesole sa Iseraele se ne se tlhasela barapedi kwa Mosekeng wa Al Aqsa, rona mo nageng ya Aforika Borwa re ne re samagane le dithulaganyo tsa go ipaakanyetsa segopotso sa ngwagakgolo sa Dipolao tsa Batho ba le Bantsi kwa Bulhoek mo lefelong le go neng go rapelwa kwa go lona kwa Ntabelanga kwa porofenseng ya Kapa Botlhaba.

Ka la bo 24 Motsheganong 1921, sesole sa puso ya bokoloniale se tlhometse ka ditlhobolo tsa meratlatla le tse di feferang se ne sa fefera barapedi le go ba nesetsa ka dikolo, mo batho ba le kanaka 160 ba neng ba bolawa mme ba ba ka dirang 130 bona ba ne ba gobadiwa.

Dipolao tseno di ne tsa baya mo pepeneneng setlhogo, e seng fela sa Sesole sa Puso ya Aforika Borwa ya Bokoloniale, mme gape le sa thulaganyo ya tlhaolele e e neng e e disa.

Fela jaaka se se diragalang mo lefelong la Sheik Jarrah, dipolao tse di setlhogo tsa kwa Bulhoek le tsona di ne di sa ikaega fela ka go se dumelelane ga dikgopolo; mo boteng jwa tsona di ne di ikaegile ka go tseela ba bangwe dithoto le naga, go thopa naga ka dikgoka, go tlhaola batho ba merafe e e rileng le go gatelela ba ba sa dumelaneng le tseno ka go dirisa dikgoka.

Fa re leba tlhakantsuke e e diragalang kwa Dinageng tsa Botlhabagare bogolosegolo tshotlego e maPalestina a leng ka fa gare ga yona, go tla re tswela molemo go gakologelwa mafoko a ga Selby Msimang, yo le ene e leng yo mongwe wa ba ba tlhamileng mokgatlho wa dipolotiki wa African National Congress.

Morago ga setlhogo sa go bolawa ga batho kwa Bulhoek o ne a kwala molaetsa a re: "Hisetori e re bontshitse ka matlho gore fa mowa wa motho o sa dumelane le ditiro tse di makgwakgwa o a tle o thulane le tsona ka tlhogo".

Megwanto le ditshupetso tse di rebotsweng ke batho ba ba neng ba gatelelwa mo Aforika Borwa ba lwantshana le puso ya bokoloniale mmogo le puso ya tlhaolele di paka bokao jwa ponelopele eno.

Rona re le barati ba kgololesego le bosiamisi re ema nokeng maPalestina mo ntweng ya bona ya go lwela boipuso, mmogo le mo go ikemeleleng go lwa kgatlhanong le kgatelelo ya ditshwanelo tsa bona tsa botho le go ganediwa ka seriti sa bona.

Re le baagi ba re kgonneng go fedisa letlhoo la bosemorafe le tshololo ya madi mme ra aga setšhaba se se akaretsang botlhe se moodi wa sona o leng ka ga ditshwanelo tsa batho botlhe ka go tshwana, re solofela gore Iseraele le Palestina le tsona di tla gata mo motlhaleng wa rona; ba tla itshwarelana mme ga rena kagiso. •

Sireletsa bana mo dithogakanong tsa mo inthaneteng

Kgaogelo Letsebe

osetlhogo le ditlamorago tse di sa jeseng diwelang tsa dithogakano tsa mo inthaneteng tse bana ba itemogelang tsona di tlhageletse mo pepeneneng mo dikgweding tse di sa tswang go feta.

Mo ditiragalong tsa sešweng tsa dithogakano tsa mo inthaneteng kwa bokhutlong morutwana wa Mophato wa bo 10 e bong Lufuno Mavhunga, o feleditse a ipolaile morago ga gore morutwana mongwe a mobetse. Mavhunga o ipolaile ka go ikatela le go kometsa dipilisi go feta selekano ka ntlha ya gore bidio eo mo go yona a rekotilweng a bediwa e pepentshitswe mo mafaratlhatlheng a ditlhaeletsano.

Moitseanape wa pabalesego mo ditiragalong tseno tsa go tlhapaolwa mo inthaneteng yo a direlang Lekgotla la Dipatlisiso tsa Saense le Intaseteri (CSIR) a re dithogakano tsa mo inthaneteng di utlwisa botlhoko jwa ntho mo baneng mme di ka dira gore ba ikobonye, ba hutsafale, ba fegelwe, ba tšhakgale, ba etsaetsege le go boifa.

"E ka dira gore ba feletse ba ikgalala, ba tlole molao, ba rate dintwa kwa dikolong, ba fetlhe mathata ka fa malapeng a bobona le go nna le megopolo ya go ipolaya," go tlhalosa mobatlisisimogolwane wa kwa CSIR e bong Sipho Ngobeni.

Dithogakano tsa mo inthaneteng di diriwa ke fa motho mongwe a dirisa didirisiwa tsa go tlhaeletsana tsa eleketeroniki go kgopisa mongwe ka bomo, go mo tshosetsa, go mo tshegisa ka batho, go mo tlhabisa ditlhong, go mo kgotlha ka monwana mo leitlhong, go mo sala morago, go mo ntsha seriti kgotsa go dira gore batho ba mo je setshego.

Ngobeni a re dipatlisiso di bontsha gore 41% ya bana botlhe gantsi ba simolola go ikobonya morago ga gore ba rogakakwe mo inthaneteng, ba bangwe ba ba ka dirang 37% bona ba simolola go ikgalala, ba ba ka dirang 26% ba nna le megopolo ya go ipolaya mme ba ba ka dirang 25% ba simolola go ikentsha dikgobalo mo mebeleng ya bona.

"Dipatlisiso di supa gore dithogakano tsa mo inthaneteng ke ntlha e e tshwenyang thata. Go dira gore baagi botlhe ba nne le seabe mo ntlheng eno – bašwa, batsadi, barutabana, badisi ba kobamelo ya molao le ditlamo tsa bobegakgang – e tla bo e le selo sa botlhokwa thata mo go samaganeng le bothata jono," o tlaleleditse ka go rialo.

Bontsi jwa dithogakano tseno tsa mo inthaneteng bo diragala mo mafaratlhatlheng ano a ditlhaeletsano, mo bathong botlhe ba ba dirisang Instagram, 42% ya bona e itemogela dithogakano tseno, mo ba ba dirisang Facebook, 31% ya bona e itemogela dithogakano tseno, mo ba ba dirisang Snapchat, 31% ya bona e itemogela dithogakano tseno, mo ba ba dirisang WhatsApp, 12% va bona e itemogela dithogakano tseno, mo ba ba dirisang YouTube, 10% ya bona e itemogela dithogakano tseno fa mo bathong botlhe ba ba dirisang Twitter, 9% ya bona e le e e itemogelang dithogakano tseno.

Moitseanape wa kwa CSIR e bong Rofhiwa Netshiya a re thuto ya tlhokagala go ruta batho ka mefuta yotlhe ya dithogakano tsa mo inthaneteng.

"Re tshwanetse go ruta bana gore dithogakano tsa mo inthaneteng di ka nna le ditlamorago tse digolo," o tlhalosa jalo.

Gore ba kgone go lwantshana le dithogakano tsa mo inthaneteng, setlhopha sa CSIR se samagane le tiro ya go dira epe ya go korola dithogakano tsa mo inthaneteng mo mafaratlhatlheng a ditlhaeletsano.

"Epe eno e tla korola ka gang dithogakano tsa mo inthaneteng mo mafaratlhatlheng a ditlhaeletsano mme di iletse batho ba ba dirisang puo e e tletseng letlhoo go dirisa mafaratlhatlha ano. Pele e ka iletsa motho go dirisa mafaratlhatlha ano, e tla simolola pele ka go mo kgalemela makgetlo a se kae ka go mo romela melaetsa makgetlo a le mararo, mme fa motho yoo a itira thuntsebe, e tla mo iletsa go ka dirisa mafaratlhatlha ano," ga rialo Netshiya.

O eletsa batsadi go tsenya diepe tse di disang tiriso ya inthanete mo megaleng ya seatla ya bana ba bona go bona gore ba dira eng fa ba le mo megaleng ya bona.

"Go na le diepe tse dingwe tse di sa bitseng go le kalo tse di ka disang ka fao bana ba gago ba dirisang megala ya bona ya seatla ntle le gore ba itse ka di go romela imeile go ya ka fao o batlang ka ga seo ba se dirang fa ba le mo megaleng.

Tsona di botlhokwa thata go bona gore ba etela diwebesaete di fe mo inthaneteng, ke eng se ba se taoneloutang, ba bua le bo mang e bile ba romelana le bo mang melaetsa."

CSIR e abela batsadi dikeletso tse di latelang fa e le gore ba na le pelaelo ya gore bana ba bona ke batswasetlhabelo ba dithogakano tsa mo inthaneteng:

- Netefatsa gore ngwana wa gago o ikutlwa a babalesegile, ba neele tshegetso e ba e tlhokang.
- Thusana le ngwana wa gago

gore le kgone go utlwana gore ke kgato e fe e le dumelanang ka yona gore e tshwanetse go tsewa.

- Tšhotlha kgang eno ya dithogakano tsa mo inthaneteng le sekolo se se amegang.
- Ikgolaganye le batsadi ba ngwana yo a rumulanang yono go batlisisa gore e ka bo matsapa di a tsaya kae mme o phimole melaetsa yotlhe e e rumulanang.
- Bula kgetse kwa sepodising fa e le gore go na le matshosetsi a go gobatsa ba bangwe kgotsa fa e le gore ba bangwe ba tshosediwa ka go phasalatsa diphiri tsa bona fa ba sa dire seo yo a rumulanang a batlang gore ba se dire, fa yo mongwe a ba setse morago, a ba solofetsa go nna diphiri tsa bona ka marago fa ba ka dira se a se batlang le fa ba dirisiwa mo mererong ya thobalano etswa e le bana.
- Ruta bana ba gago gore maitsholo a bona e tshwanetse go nna a mofuta mang fa ba le mo inthaneteng.
- Ruta bana go nna le maitsholo tota. 🛡

Go bona thuso mabapi le ditiro tsa dithogakano tsa mo inthaneteng letsetsa Childline mo go 080 005 5555 kgotsa o letsetse Lifeline mo go 011 728 1347.

Basic education focuses on more job creation initiatives

More Matshediso

he Department of Basic Education says discussions are underway to review and repackage the Presidential Youth Employment Initiative (PYEI), with a proposed second phase to start later this year.

An announcement will be made by the department once the details have been finalised.

The PYEI, implemented as the Basic Education Employment Initiative (BEEI) across all provinces, came to an end recently.



The initial duration of the programme, which started in December 2020, was four months. This was extended by a month, until the end of April 2021.

Through the initiative, the basic education sector created

employment opportunities for more than 320 000 education and general education assistants who were placed in schools across the country.

During the first phase of the BEEI, more than 27 600 school governing body-funded

posts at public schools and posts at government subsidised independent schools were saved thanks to the funding it provided.

"These posts came under threat due to schools experiencing financial distress, as a result of parents not being able to pay school fees due to the economic devastation caused by the Coronavirus Disease (COVID-19)," the department says.

The BEEI used direct public investment to create employment opportunities and provide support to workers negatively impacted by COVID-19.

"The initiative was funded

to the tune of R7 billion... Of this, R4.47 billion was targeted towards providing employment opportunities for the youth."

Over 868 000 applications were received from youth when the initiative started. Of the more than 320 000 successful candidates, 67% were education assistants and 33% were general school assistants.

Education assistants helped with classroom preparation before lessons, supported teachers during lessons and managed learners after lessons.

General school assistants helped with learner screening and sanitising in the morning and during school hours. They also assisted with integrating information and communication technology in classrooms. •