Ulk'uzenzele

Uyethulelwa ngezokuThintana kukaRhulumende nokuNikela ngeLwazi (i-GCIS)

English/isiNdebele

URhoboyi 2020 UmGadangiso 1



Ezimayelana nokuzikhethela ngeqadi

Ikhasi 7



Ilunga lesighema sabacimimlilo u-Juliet ucoca indabakhe

Ikhasi 8



ISewula Afrika isikimela ukulungisa umraro wokutihayela kweemphefumulisi



ISIPHEFUMULISI

esikhandwe khona lapha ekhethu sizakusiza iingulani ezinamatshwayo alula we-COVID-19 ukuthi ziphefumule lula.

Silusapho Nyanda

pi yokulwa nesifo se-COV-ID-19 eSewula Afrika iqiniswe amandla siphefumulisi sokuthoma esikhandwe lapha elizweni lekhethu.

Lesisiphefumulisi, esibizwa ngokuthi yi-CPAP, sisiza iingulani ezinamatshwayo alula we-COVID-19 ukuphefumula lula ngokupompela isigulani ummoya one-oksijini elingeneko kobanyana iindlela ezikhambisa ummoya emzimbeni zizokuhlala zivulekile.

Lesisiphefumulisi sitlanywe mKhandlu wezokuRhubhulula ngeSayensi nezamaBubulo (i-CSIR), ngokusebenzisana nababelani abambadlwana bakhona lapha ekhethu begodu sizokutholakala kilo loke ilizweli eengulaneni ezitjengisa

lyaraga ekhasini lesi-2



Ukuze ufunde i-Vuk'uzenzele zitholele i-GOVAPP ku:





Funa u-SA Government ku- Google playstore nofana ku-appstore

UNGASITHINTA LA:





www.vukuzenzele.gov.za

Ubunzinzolwazi: www.gcis.gov.za I-imeyili: vukuzenzele@gcis.gov.za Umtato: (+27) 12 473 0353

Tshedimosetso House:

1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

ZAMVANJE 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 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. **O – SANews.gov.za**



amatshwayo wokwehliwa yi-COVID-19.

"Ummoya ophefumulwa mumuntu uvamise ukuba nama-23% we-oksijini. Isiphefumulisi i-CPAP ingapompa umthamo ophezulu we-oksijini, isize umuntu ukuphefumula. Ungawukhuphula namkha uwehlise umthamo weoksijini ophefumulwa mumuntu," kutjho umPhathi oLawulako kwa-CSIR Future Production: Manufacturing, u-Martin Sanne.

Iingulani ezisebenzisa isiphefumulisi zifakelwa sona ngemaski. I-oksjini

idoswa etankeni yayo bese ihlanganiswa nommoya wemvelo ngesiphefumulisini, ukusuka lapho idluliselwa emaskini bese iphefumulwa sigulani. U-Sanne uthi ngaphandle kokupompa ummoya oneoksijini, i-CPAP ibuye godu isize iingulani ukuphefumulela ngaphandle.

Isiphefumulisi i-CPAP singasetjenziswa necwephetjhe lezinga eliphezulu kunye neendaweni zesikhatjhana, njengeembhedlela zesikhatjhana zesizo elirhabako kunve neendaweni zokukhethelwa ngeqadi kwabantu nofana zokuvalelwa wedwa.

U-Sanne uthi kuzakuthi kuphela uRhoboyi i-CSIR ibe seyikhande iinkulungwana ezilitjhumi zeemphefumulisi. Ngokusebenzisana ne-Siemens, ne-Simera, ne-Akacia, ne-Gabler, Umoya kunye neYunivesithi yeKapa, i-CSIR ikhande isiphefumulisi i-CPAP ngokwekambiso namazinga weHlangano yezamaPhilo yePhasiloke (i-WHO).

Iimphefumulisi zokuthoma zizokunikelwa iimbhedlela zombuso ezinesidingo khulu ngenca yefuneko yeensetjenziswa zokwelapha

iphasi loke lithome ukutlhayelelwa ziimphefumulisi khulu. "Ngeenkhathi zika-Ntaka noSihlabantangana, kuthome ukutlhayela kweemphefumulisi kubasabalalisi bethu bamazwe ngamazwe. Lapho bezisatholakala khona besele zibiza imali enengi khulu, ngalokho-ke urhulumende wakhupha ithenda yokuthi kukhandwe iimphefumulisi," kutjho u-Sanne.

Ithenda ekhutjhiweko le beyiyingcenye yehlelo likarhulumende i-National Ventilator Project veliZweloke ngaphasi komNyango wezeRhwebo, zamaBubulo nezokuPhalisana ngoku-

Thengisa.

I-CSIR isebenza nangesiphefumulisi se-CPAP esimahlangothimabili esinqophe ukusiza iingulani ezinazamatshwayo abukhali we-COVID-19. Lesisiphefumulisi sizakusiza ukuphefumula ngokukhokha ummoya nangokuphefumulela ngaphandle, ngokubeka isiphefumulisi ezingeni lesigandelelo somfutho esijame ndawonye namkha ngokulinganisa umthamo we-oksijini efuneka esigulini bese kubekwa umfutho wayo ezingeni elikhambisana nesilinganiswesi. **O**

i-COVID-19.

I-CSIR ithome ukusebenza nge-CPAP ngemva kobana

government communications munication and Information System REPUBLIC OF SOUTH AFRICA

> Tel: 012 473 0353 Email: vukuzenzele@acis.gov.za Address: Private Bag X745, Pretoria, 0001

Head of Editorial and Production Khusela Diko | khusela@acis.aov.za

Editor-in-Chief Tyrone Seale | tyrone@gcis.gov.za

> **Managing Editor** Ongezwa Mogotsi ongezwa@gcis.gov.za

News Editor Noluthando Motswa

Writers

More Matshediso Jauhara Khan Silusapho Nyanda

Senior Designer | Tendai Gonese

Language Practitioners Nomgcibelo Motha Boitumelo Phalatse



All rights reserved. Reproduction of the newspaper in









Sizani-hle Sikhandele Ukurhatjheka kwe-*COVID-19*

sitjhaba sekhethu sisahlelwe mrarokazi omkhulu emlandweni wehlelo lokubusa ngentando yenengi. Isikhathi esingaphezulu kwamalanga ali-120 siphumelele ukuriyadisa ukurhatjheka kwengogwana ye-corona engumatjhiyakulilwa ephasini zombelele.

Kodwana-ke nje, ukukhuphuka kwezinga lokutheleleka kwabantu ngengogwana le esasikuyeleliswe zizazi zokwelapha ukuthi kuzakufika, mbala sekufikile. Angaphezulu kwekota yesigidi amaSewula Afrika angenwe yingogwana ye-corona begodu siyazi nokuthi banengi abanye ebangenileko esingakabukwazi ngabo. Njenganje, qobe lilanga sesibala abantu abangaphezulu kweenkulungwana ezili-12 abangenwe yingogwana le.

Solo isifo se-*COVID-19* sehla ngenyanga kaNtaka, ubuncani babo bazii-4 079 abantu esele sibabulele.

Njengamakhaza amakhulu embatha ilizwe lekhethu avela elwandlekazi i-South Atlantic ngalesisikhathi somnyaka, kuneengcenye ezimbadlwana zelizweli ezizakuhlala zingakacaphazeleki. Isiwuruwuru sengogwana i-corona size ngobukhali obukhulu begodu sinamandla wokubhubhisa ukudlula koke esakhe sakubona phambilini. Sikukuruja imithombo yethu yamandla nekghono lethu ukufika ekugcineni.

Kufikile kwanje ukukhuphuka kwesibalo sabantu abatheleleka ngengogwana abososayensi bekhethu ababekuphengule eenyangeni ezintathu ezidlulileko. Kuthome eTjingalanga Kapa kanti-ke njenganje sekusahlele ePumalanga Kapa ne-Gauteng.

Kodwana-ke nanyana isibalo sabantu abatheleleka ngengogwana sikhuphuka ngamandla kangaka nje, kuqakathekile ukuthi sitjheje ukuthi isibalo sabantu ababulawa yingogwana le lapha ekhethu sihlangana neembalo eziphasi khulu ephasini loke, njengoba siyi-1.5% nje. Lesisibalo-ke silinganiswa nesilinganiso sabantu ababulawa yingogwana yecorona abayi-4.4%. Ukuthi sibe nesibalo esiphasi sabantu ababulawa yingogwana elizweni lekhethweli kungenca yelimuko nokuzinikela kwabosokghonofundwa bezamaphilo bekhethu kunye namagadango arhabako esiwathetheko ukwakha amandla wehlelo lethu lezamaphilo.

Ngitjho nanyana ubunengi babantu bekhethu bathethe igadango lokukhandela ukurhatjheka kwengogwana le nje, abanye akhange bakwenze lokho. Kunabanye bethu abayeqisa amehlo imilayelo nemibandela ephasiselwe ukukhandela isifesi.

Kilesisifo esirhageleko, ukungena ngeteksini ngaphandle kwemaski, ukubuthana nihlangane nabangani, ukuya emaphathini namkha ngitjho nokuvakatjhela umndeni imbala, nakho kungayirhatjha ingogwana le bekubulale nabantu. Lesi kungaba sisifo esibangwa yingogwana, kodwana sirhatjhwa yindlela abantu abazipatha ngayo.

Ngezenzo zethu – umuntu ngamunye, simndeni, simphakathi – singakghona begodu kufanele sitjhugulule ubujamo bezinto ngalesisifo esisirhagaleleko ekhethwapha. Kufuze sifake imaski evala umlomo nepumulo qobe nasiphuma ekhaya. Kufuze siragele phambili ngokuhlala sihlamba izandla ngamanzi nesibha namkha ngesihlanzekisi. Kufuze siragele phambili ngokuhlanzekisa ilingaphezulu lezinto ezinjengamakhawunthara nobubeko kizo zoke iindawo ezisetjenziswa linengi labantu. Ngaphezu kwakho koke, kufuze siqalangane nabanye abantu – ubuncani bakhona ngamamitha amabili.

Kunobufakazi obutjha obuve-

lako obuthi kungenzeka ukuthi ingogwana ye-corona le ikhamba nangommoya eendaweni lapho abantu baminyezelene khona, eendaweni ezivalekileko namkha eendaweni lapho ummoya ungangeni khona kuhle. Ngenca yalokhu, kufuze silenze libe ngcono ingaphakathi leendawo zomphakathi lapho ingozi yokuthelelana iphezulu khona khulu.

Isiqunto sethu sokumemezela imilayelo yokuqinteliswa kwamakhambo sakhandela ukutheleleka kwabantu ngobunengi ngengogwana le ukube kanti amaziko wethu wezamaphilo ayengakakulungeli ukuqalana nobujamo obunjalo ngesikhatheso, njengoba lokho kwakuzakwenza ukuthi kubhubhe abantu abanengi khulu.

Ngesikhathi esibe naso, sithethe amagadango aqakathekileko wokuqinisa amandla wehlelo lethu lezamaphilo wokulwa nesifesi. Bangaphezulu kweengidi ezimbili abantu esele sibahlolele ukuthi abakangenwa yingogwana yecorona na, kanti-ke bangaphezulu kwama-20 weengidi abantu esele bakhanyiswe basebenzi bomphakathi abaqala ukuthi abantu abanamatshayo wengogwana ye-corona na.

Sithenge imibhede elinganiselwa ema-28 000 eembhedlela lapho kuzakulaliswa khona iingulani ze-COVID-19 sabe sakha iimbhedlela zesikhatjhana zesizo elirhabako kilo loke ilizweli. Nje-ke sesinemibhede engaphezulu kwama-37 000 yeengulani ezivalelwe zodwa eembhedlela zangeqadi nezombuso elizweni lokeli, elindele ukukhethela ngeqadi labo abangeze bakghone ukuzikhethela ngeqadi emakhaya.

Sikhande sabe sadiliva iingidigidi zepahla yokuzivikela (ama-PPE) eembhedlela, ematlinigi neenkolweni kilo loke ilizweli ngehloso yokuvikela abasebenzi bekoro yezamaphilo

abamaforosi kilepi. Siqatjhile, sisaqatjha ukuya phambili, siqatjha abanye abahlengikazi, abanye abodorhodere kunye nabanye abasebenzi besizo lezamaphilo elirhabako.

Solo siya phambili ngemizamo yethu yokulwa ne-*COVID-19*, kodwana umsebenzi omkhulu useza. Kizo zoke iimfunda, sisebenzela ukwandisa amawodi ajayelekileko nemibhede eqakathekileko ezakulalisa iingulani ze-*COVID-19*.

Umthamo wamawodi uyandiswa eembhedlela ezinengi, ngokuriyadisa itjhejo lokwelapha elingakarhabeki, ukutjhugululwa kweendawo ezithileko zeembhedlela kobanyana zisebenze njengamawodi kunye nokwakhiwa namkha ukukhuliswa kweembhedlela zesikhatjhana zesizo elirhabako.

Sisebenzela ukwandiswa ukuphakiswa kwe-oksijini, iimphefumulisi nezinye iinsetjenziswa kilabo abadinge itjhejo khulu, ekubalwa hlangana nakho nokuphambukiswa kweoksijini keminye imisebenzi ebekufuze iyenze, ibuyiselwe ekusizeni ukuphefumulisa abantu abaphathekileko. Saba ithekhnoloji yokuqinisa umsebenzi wokuthola, ukulandelela kunye nokukhethela ngeqadi abantu abakhe baba seduze nabantu abangenwe yi-COVID-19, kunye nokusekela labo abangenwe yingogwana ye-corona.

Njengoba nje silalamela isiqongolo sokutheleleka kwabantu nje, kufuze sitjheje siyelele khulu, siqinise amagadango nemibandela ekhona njenganje ukuphungula ukurhatjheka kwengogwana le.

Imithetholawulo ngokufakwa kwamamaski izokuqiniswa. Abaqatjhi, abosositolo kunye nabaphathi bemisebenzi, bezokuthutha umphakathi, abaphathi nabanikazi bemakho yomphakathi kwanje sebakatelelwa mthetho ukuqinisekisa ukuthi nanyana

ngubani ongena endawenabo kumele afake imaski, ngokunjalo nanyana ngubani ongena endaweni ngomodoro ungena afake imaski.

Amateksi athuthela abakhweli ngemzini esesifundeni sinye kwanje selavunyelwa ukukhuphula umthamo wawo, akhweze azalise, ukube amateksi akhamba ibanga elide hlangana neemfunda akazukuvunyelwa ukudlula ama-70% womthamo wokukhweza abantu, ibe koke lokhu kwenziwa kulandelwa imibandela yokuhlonitjhwa kwemilayelo emitjha ephathelene nokufakwa kwamamaski enqophe ukuphungula ubungozi bokutheleleka, neyokuhlanzekisa amateksi kunye neyokuvulwa kwamafesidiri.

Sekunobufakazi obukhanya kuhle bokuthi ukuvulwa kokuthengiswa kotjwala kuthwese iimbhedlela umthwalo obudisi, kwadisibezeka namaphiko weembhedlela aqalene neenhlekelele nokukhubala kumbi emzimbeni, neendawo zokwelaphela abaphatheke khulu, ngenca yeengozi zeemodere, inturhu nokukhubala kumbi okukhambisana nalokho. Ngenca yalokhu-ke, siqunte ukuthi sikujamise tsi ukuthengiswa, ukukhutjhwa, ukudilivwa nokusatjalaliswa kotjwala ukusukela khona nje.

Njengegadango elisingezelelo sokuphungulela iimbhedlela umthwalo, kuzokusebenza umthetho wewatjhi okhandela abantu ukuba ngaphandle kwamakhaya wabo ukusukela nge-iri le-9 ebusuku ukuyokufika nge-iri lesi-4 ekuseni.

Sithatha amagadango lawa nje silimuka kuhle ukuthi abantu angeze bakuthokozele nakancani ukuqinteliswa kwezinto ezibathokozisako. Nokho-ke kuyafuneka ukuthi kwenziwe lokhu, nasizakuphumelela ukudlula kilesisigaba sesiqongolo sesifo se-*COVID-19*.

Akunandlela esingasikhandela ngaso isiwuruwurwesi sengogwana ye-corona. Kodwana nokho singawuphungula umonakalo esingawenza epilwenethu. Njengesitjhaba sibuthanele ukusekelana, ukududuza abagulako nokukhuthaza ukwamukelwa kwabantu abangenwe yingogwana ye-corona.

Nje, khulu kunaphambilini, siyithwele emahlombe wethu ipilo yabantu esihlala nabo.

Sizakudlula kilesisiwuruwuru. Sizalibuyisela epilweni ehle nepumelelweni yomnotho ilizwe lekhethu.

Sizakwehlula. 0

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 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

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.

Ilunga lesiqhema sabacimimlilo u-Juliet ucoca indabakhe

ABANTU ABASIKAZI

kufuze bavuthe umlilo, kutjho umcimimlilo.

Dale Hes

Imcimimlilo osesemutjha uVuyiseka Arendse (26) uyingcenye yesiQhema sika-Juliet, ekusiqhema sokuthoma sabacimimlilo abababantu abasikazi bodwa eSewula Afrika. Amandlakhe nokuzimisela kwakhe ukuzakhela igama ekorweni yabacimimlilo eyande ngabantu abaduna kuyihlohlomezela yamambala kibo boke abantu abasikazi.

U-Arendse wakhulela edrojaneni leTjingalanga Kapa i-Beaufort West. Wathi nakaqeda isikolo walinga ukufunda ekholeji ethileko e-Oudtshoorn, kodwana wabuye wabona kungcono abuyele ekhaya ayokondla umndenakhe. Wakhe wasebenza esuphamakethe kwe-



sikhatjhana, wase ukarwa msebenzi wokucima umlilo.

"Ngabona abacimimlilo bembethe ijinifomu neenlori ezikulu ezibovu. Ngakareka khonokho, ngabe ngafuna ukwazi ngcono ngomsebenzi loyo," kutjho u-Arendse.

U-Arendse wayengomunye weemfundiswa zeZiko leze-Fundo lokuthuthukisa ilutiha i-Chrysalis Academy likarhulumende weTjingalanga Kapa ngomnyaka wee-2016. Ngemva kwehlelweli ngomnyaka wee-2016, wasebenza esiteyitjhini seencimamlilo e-Beaufort West, arhola i-R1 900 kwaphela ngenyanga. Kodwana-ke nyakenye wathola ithuba elalivezwe ngebakwa-NCC Environmental Services.

"Ngangifundisa e-Chrysalis Academy lokhuya i-NCC nayifika izokukhulumisana nabafundi ngethuba lokwenza iimbawo zokufundela ukuba bacimimlilo bokuthoma babantu abasikazi bodwa. Nanyana ngangingasi ngomunye wabafundi, kodwana nganginekareko,

ngalokho-ke ngenza isibawo sokufundiselwa lomsebenzi; bangithatha," kuhlathulula u-Arandse.

U-Arendse wafundiselwa umsebenzi, owawuhlanganisa ukufunda eencwadini nokwenza lokho umuntu akufundileko ngokucinywa

"Ngafunda okunengi. Enye yezinto engangingazazi kukuthi kunabacimimlilo ababeqalene nomsebenzi wokucima umlilo wommango. Phambilini ngangicabanga ukuthi abacimimlilo babesebenza emadrobheni kwaphela, bacima umlilo emakhiweni," utiho anaba.

"Ngezwa ngithakase khulu, khulu khulu ngoba ngathi nangitjela abantu ukuthi ngifuna ukuba mcimimlilo, abanengi babo bangitjela ukuthi angeze ngakghona ngoba ngimumuntu omsikazi begodu angeze ngajamelana nomsebenzi onjalo. Lokho-ke kwangitjhotjholoza ukuthi ngibatjengise ukuthi mbala ngingakghona ukuwenza lomsebenzi, hayi ngizenzela mina kwaphela, kodwana ngingawenzela abantu abasikazi boke beSewula Afrika." U-Arendse uthi kwaba sitjhi-

jilo esikhulu ukucima kwakhe umlilo wokuthoma omkhulu e-Noordhoek, kodwana lokho kwamsiza kwamambala.

"Ngangithoma ukusebenza imini nobusuku, ngithoma nokusebenza nabacimimlilo abaduna bodwa. Ngadinwa, ngatjha ngaphakathi kwezambatho zokuzivikela zabacimimlilo, kodwana sawuqeda umsebenzi, begodu leyo pumelelo yaba mnandi khulu ngemva kwalokho."

U-Arendse ukhuthaza abantu abasikazi beSewula Afrika ukuthi bangathomi bazinyaze. "Ningahlathululwa ngalokho okutjhiwo babantu ukuthi ningakghona ukukwenza namkha angeze nakghona ukukwenza." 🛡

*Ukuthola amanye amathuba eza nebakwa-**NCC Environmental** Services, landela ikhasi labo le-Facebook. Ungafowunela naku-021 702 2884 (eKapa), 010 007 5272 (e-Gauteng), naku-031 003 2964 (KwaZulu-Natala) namkha ku-041 101 1033 (ePumalanga Kapa).