

Vuk'uzenzele



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Living positively with HIV

KEEPING A CHILD living with HIV happy and healthy is not easy, but staying positive, listening to your doctor and taking your medication are vital coping tools.

More Matshediso

Since he was just one month old, 10-year-old Themba Buthelezi* has been on HIV treatment.

His mother Slindelo Buthelezi*, who lives in

Johannesburg, passed the virus to her infant through her breastmilk.

She shared with *Vuk'uzenzele* the details of how she strives to keep both herself and her son healthy by ensuring they routinely take their antiretroviral

treatment (ART) to suppress their viral loads.

"He was about one month old when he tested positive. I could not

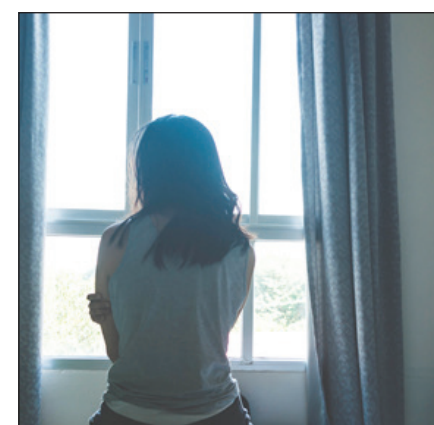
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**REGISTER
TO VOTE**

26 – 27 January
2019

**Last chance to
register to vote**

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**How abuse
affects survivors**


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Ithuba lokugqibela lokubhalisela uvota

ABEMI BOMZANTSI AFRIKA kufuneka basebenzise ilungelo labo elikuMgaqo-siseko baze bavotele umbutho abawuthandayo.

Impela-veki yokubhalisela ukuvota izakuba ngoMgqibelo, umhla wama-26 nangeCawa, umhla wama-27 kweyoMqungu yowama-2019 ngokutsho kukaSihlalo weKhomishini yoNyulo eziMeleyo (i-IEC), uGlen Mashinini.

UMashinini uthi zonke izikhululo zokuvota ezingama-22 932 ziza kuvula ngentsimbi ye-08h00 zivale ngeye-17h00 ngempela-veki yokubhalisela ukuvota.

“Oku kukuvumela abavoti abatsha ukuba babhalise bona asebebhalisile balungise baze bakhangele iinkcukacha zabo zokubhalisa.”

UMashinini uthi bazizigidi ezingama-26.1 abavoti ababhalisileyo kumqulu wabavoti odibeneyo wesizwe.

I-IEC inethemba lokongeza

nokuba sisigidi esinye ubuncinane sabavoti abatsha kumqulu wabavoti phambi konyulo lowama-2019.

UMashinini uthi ukubhalisela ukuvota kuzakuqutywa nakumaziko ezoluleko (iintolongo) kweli lizwe jikelele ukunika amabanjwa ithuba lokuba asebenzise ilungelo lawo lokuvota.

“Ngokuphathelele noku-vota, amabanjwa athathwa njengabhalisele ukuvota kwizithili zovoto apho iintolongo zawo zikhoyo.

“Iintsapho zabo baseluvalelweni kumaziko ezoluleko ziyacelwa ukuba zibazisele iincwadi-zazisi zabo lingekaqalisi eli phulo lokubhalisela uvoto,” utshilo uMashinini.

Ukubhalisela ukuvota

I-IEC inethemba lokuba abavoti asebebhalisile baza



kusebenzisa eli thuba ukutyelela izikhululo zabo zovoto ukuyokukhangela ukubhaliswa kwabo kwaye baqinisekise iinkcukacha zeedilesi zabo.

Naku ekufanele ukuba ukwazi:

- Bonke abemi boMzantsi Afrika abaminyaka ili-16 nangaphezulu ubudala abaneencwadi-zazisi bangabhalisa njengabavoti (nangona ingabo baminyaka ili-18 ubudala ngosuku lokuvota abanokuvota).
- Abavoti kufanele baphathe iincwadi-zazisi ezinebha

khowudi, amakhadi-zazisi (i-smart card ID) okanye isatifikethi sencwadi-sazisi sethutyana xa besiya kubhalisa kwizithili zabo zokuvota apho bahlala khona.

- Xa kubhaliswa, abavoti kuyakulindleka ukuba banikezele ngeedilesi zabo okanye banikezele ngengcaciso ecacileyo yokuba bahlala phi ukwenzela ukuba iKhomishini yoNyulo ibabeke endaweni efanelekileyo kumqulu wovoto. Isiqinisekiso sedilesi asidingeki.

Iziko loqhagamshelwano lweKhomishini yoNyulo liza kuvulwa kwangaphambili kwempela-veki kazwelonke yokubhalisela uvoto kwaye liza kusebenza kude kube semva kwempela-veki yokubhalisa ukunceda abemi ukubhalisa nokuvota.

UMashinini ubongoze bonke abadlali-ndima kuquka imibutho yezopolitiko, amasebe namaqumrhu karhulumente, amajelo eendaba nemibutho yoluntu ukuba bonke baxhase iphulo lokubhalisa kwaye ukhuthaze ukubhalisela uvoto kwangaphambi konyulo.

SAnews

Abavoti ababhalisiweyo bangaya kwiwebhusayithi yeKhomishini yoNyulo (www.elections.org.za) ukukhangela iinkcukacha zabo zokubhalisa zangoku nokuthi ziphi izikhululo zabo zovoto. Bangathumela ne-SMS enenombolo yabo yencwadi-sazisi kwa:32810 ukuze bafumane ii-SMS eziquathe iidilesi zezikhululo zabo zovoto (i-SMS ibiza i-R1).

First time voter eager to register for 2019 elections

More Matshediso

Ponalo Notwane will ensure that he registers to vote for the 2019 General Elections.

Notwane (21) says he will be voting for the first time during next year's elections.

He told *Vuk'uzenzele* that he will either register at a voting station in his home town in Klerksdorp in the North West or at the University of Pretoria, where he is currently studying towards a degree in Computer Science.

“This is exciting for me because I will finally have a say about which political party should lead our country and I am hoping that many young people who qualify to vote will also use this opportunity to register because this will affect their future,” said Notwane.

The IEC has announced that the final voter registration weekend is set for 26-27 Janu-

ary 2019. About 22 932 voting stations across the country will open their doors from 08:00 to

“I will finally have a say about which political party should lead our country. I hope that many young people who qualify to vote will also use this opportunity.”

17:00 to allow first time voters to register and others to update and check their registration details.



■ Ponalo Notwane has his Smart Card ID ready. He is set to register to vote for next year's elections.

However, the electoral commission was concerned that the lowest voter registration levels are for voters aged between 18 and 19-years-old, which makes up 15.1 percent

of the estimated population. This is followed by the 20 to 29 year-old-age group, which makes up 56.7 percent of the estimated voting population.

Notwane says he believes

that the low turn out of young people voting, is a result of lack of information about elections, which makes it challenging for the youth to participate.

Notwane said young people must realise that it does not help to complain about not getting services from government if they do not vote.

“For example, service delivery is a bit inconsistent in my hometown, but if young people can develop an interest in issues of governance and politics, they will be able to change how things are done,” he said.

All South African citizens aged 16 years and older, who are in possession of an official Identity Document (ID) or temporary ID certificate can register as voters, but only those who are at least 18-years-old on voting day may vote.

Iindlela zokuzigcina ukhusele-kile ngezi holide zeKrisimesi

Dale Hes

Iiholide zeKrisimesi zilixesha leziyunguma nolonwabo. Kodwa zikwalixesha lokuxhaphaka kwezehlo ezifana neengozi zeemoto, ubusela nolwaphulo-mthetho. Sebenzisa ezi ngecebiso ukuqinisekisa ukuba ukhuselekileyo futhi uyalonwabela eli xesha nezihlobo zakho.

Hlala ukhuselekile ezindleleni

Iingozi zendlela zanda kakhulu ngexesha leeholide zeKrisimesi, futhi zibulala abantu abaninzi. Ukuze uhlale ukhuselekile, qinisekisa ukuba:

- Uyasihlola isithuthi sakho phambi kokuba ungene endleleni ukuya apho usingise khona, ukuqinisekisa ukuba imoto yakho ikumgangatho ofanelekileyo.
- Wena nabakhweli ba-

- kho nihlala niwanxibile amabhanti okhuselo.
- Uyaphumla rhoqo emva kweeyure ezimbini xa uqhuba imigama emide.
- Nokuba kuyintoni na ungaqhubi xa usele.
- Qhuba ngesantya esimiselweyo futhi uthobeke yonke eminye imithetho yezendlela.
- Uyaziqaphela ezinye izithuthi nabahambi ngeenyawo endleleni.
- Awusebenzisi mnxeba xa uqhuba.

Ukhuseleko lwabantwana

Iindawo ezininzi zokuchithela iiholide zizindawo ezixakeke kakhulu, into ethetha ukuba ungalahlekana nomntwana wakho phakathi kwabantu abaninzi.

Kukwabaluleke kakhulu ukubabeka esweni abantwana bakho xa besenza imidlalwana efana nokuqubha elwandle



okanye bedlala kwiindawo zokudlala. Nazi iingcebiso zokugcina abantwana bakho bekhuselekile:

- Qinisekisa ukuba abantwana abancinci babaphantsi kweliso lomntu omdala okhathalayo.
- Emotweni qinisekisa ukuba abantwana abancinci banxityiswe amabhanti.
- Fundisa abantwana bakho abadala ukuba bayazi iinombolo yomnxeba wakho weselula ukulungiselela xa kunokubela ingxaki.
- Qinisekisa ukuba

- abantwana abangakwaziyo ukuqubha kakuhle bafakwa amabhanti asengalweni avuthelwayo xa bequbha.
- Fundisa abantwana bakho ukuba bangakhe balinge bakhwele kwisithuthi somntu abangamaziyo kwaye bangathethi nabantu abangabaziyo.
- Mbambe ngesandla umntwana wakho xa ukwiindawo ezixakekileyo naxa uwela indlela.
- Funda uncedo lokuqala lwabaqalayo ukuze ukwazi ukunceda xa kunokubela ingxaki yezonyango.

Ulwaphulo-mthetho

Kukho ukwanda kwe-mikhuba efana nokuqhekezwa kwezindlu nobusela ngeli xesha leeholide zeKrisimesi. Hlala ubaze amahle ngawo onke amaxesha

- uze uthathe la manyathelo okhuselo alandelayo:
- Xa uhamba usiya kuchitha iholide yakho qinisekisa ukuba iifestile zivaliwe neengcango zekhaya lakho zitshixiwe
- Ukuba omnye wabammelmwane bakho uza kuba ekhona, mcele ukuba abeke iliso kwindlu yakho.
- Ngeli xesha ukwiholide, zigcine endaweni efihlakeleyo izinto zakho ezibalulekileyo ezifana neminxeba yeselula nezipaji.
- Yigcine uyitshixile imoto yakho xa uyishiya nokuba lixesha elingakanani na. Zama ukulivula icango ngoku sele litshixiwe ukuqinisekisa ukuba litshixiwe ngenene.
- Zibeke ekuhlени iinombolo zikaxakeka ezifana neye-ambulensi neyamapolisa.

When the sheriff knocks at your door

SHERIFFS ARE REPRESENTATIVES of the court and as such, you must follow their instructions or you may be liable for prosecution and further costs.

Allison Cooper

Answering the door to find the sheriff on the other side is enough to have you shaking in your shoes.

A sheriff has the authority to carry out court orders. This may include attaching (taking) some of your possessions so that they can be sold to help pay back money you owe to someone. It is important to know your rights and to understand the sheriff's responsibilities.

The South Africa Board for Sheriffs chairperson, Charmaine Mabuza, stressed that a sheriff is an impartial and independent official of the court appointed by the Minister of the department of Justice and Correctional Services. Interestingly, sheriffs operate inde-



Make sure you understand your rights when you are dealing with the sheriff of the court.

pendently from each other; in fact, they are private business people. The board monitors sheriffs and their deputies to ensure they execute their duties in a humane manner in terms of the Code of Conduct for Sheriffs.

The sheriff or deputy sheriff must serve or execute all documents issued by the courts. These include summonses, notices, warrants and court orders. "The sheriffs' profession is a vitally important arm of

the administration of justice in South Africa. Without it, justice would grind to a halt," explained Mabuza. A sheriff may enter your premises, even when you are not there, providing they have a legal court order to attach some of your possessions. However, a sheriff must treat you with dignity and respect at all times; and he/she must explain the contents of the court document and what you need to do next. It is important to know your rights, most notably that a sheriff may not remove necessary items such as food and beds, bedding and clothes. There are also limitations on other things, such as tools of trade you may need to carry out your work, which may not be attached. Also, be sure to ask for

identification so you are not scammed. All sheriffs and deputies must carry a valid identification card issued by the South African Board of Sheriffs (SABFS) and must be able to produce it on request.

What to do if you have a complaint against a sheriff?

If you have a complaint, or if you are unsure of your rights, contact the SABFS via email: contact@sheriffs.org.za or phone: 021 426 0577. The SABFS also has a fraud hotline to allow people to bring any unethical business practises to the attention of senior management. The toll-free number is 0800 000 628.

Yisebenzise ngobunono imali kule Krisimesi

MUSA UKWENZA impazamo embi kakhulu yokusebenzisa imali engaphezulu kwale unayo.

Allison Cooper

Ixesha leeholide zeKrisimesi akufanelekanga ukuba likushiye usematyaleni.

“Ukusebenzisa imali ngokugqithisileyo kuku-faka ematyaleni ubonokuwaphepha. Kungcono ukuba uyisebenzise ngobunono i-

“Musa ukuzifaka ematyaleni ongenayo imali yokuwahlawula.”

mali ngeli xesha leeholide zeKrisimesi kuba ukuba awenzi njalo ungazibona unengxaki yemali oku kuchaphazele nezicwangciso zakho,” utshilo umlawuli wezentengiso wakwa-DebtSafe uMatthys Potgieter.

“Oba bumnandi bokuyitya imali ngenyanga yeNkanga neyoMnga bobethutyana nje elifutshane futhi abantu baza



kubuva ekupheleni kweyoMqungu yowama-2019 ubunzima bokungasebenzisi imali ngobunono. Musa ukuzifaka ematyaleni ongenayo imali yokuwahlawula,” wongeze watsho uPotgieter.

UMellony Ramalho wase-African Bank uthi abasebenzi bayifumana ngaphambi kwexesha imivuzo yabo kwinyanga yoMnga, into ke leyo eyenza ukuba libe lide ixesha lokulindlela imivuzo yabo yenyanga yoMqungu.

“Inyanga yoMqungu yinyanga enzima kubantu abaninzi, apho abanye bancoma babhenele kumakhadi wetyala abizwa i-credit card okanye ekubolekeni imali. Kubalulekile ukuyisebenzisa ngokuqiqa imali. Kungcono wenze wenze isicwangciso noluhlu lwezinto oza kuyisebenzisa kuzo imali yakho,” utshilo u-Ramalho.

U-Potgieter ucebisa abantu ukuba bakuqalise kwangethuba ukuthenga izinto zeKrisimesi kwaye bazithenge

ngezixa zonke iintlobo zokutya abakusebenzisayo futhi bakhethe ezi iintlobo zihlala ixesha elide, ukuze baqinisekisa ukuba abagqithi kwimali ebebeyibekele ukuthenga ngayo ukutya futhi abaziboni sele besengxakini yokuthenga izinto ngemizuzu yokugqibela sele zibiza kakhulu.

Indlela uPotgieter abacebisa ngayo abathengi ngeendlela zokungasebenzisi mali ngokugqithisileyo:

- Thenga ukutya ngezixa futhi ukhethe iintlobo zokutya ezihlala ixesha elide
- Lisebenzise icebo lokukhwelisana nabanye abantu emotweni. Ukusebenzisa iimoto ezimbalwa kuthetha ukusebenzisa amafutha ezithuthi amancinci nemali encinci.
- Ziphephe iindlela ezihlawulelwayo ukuba unayo indlela
- Endaweni yokuthenga izipho into onokuyenza ungasuke ucele abantwana ukuba babhakele izihlobo zakho ngokwabo izibiliboco namaqebengwana amnandi.
- Zithenge kusengethuba izinto zeKrisimesi.

Kulo nyaka abakwa-DebtSafe bakhuthaza abathengi ukuba bacinge ngokusebenzisa iphepha elibrawuni eliqhelekileyo njengephepha loku-songela izipho, lona lifikelekayo kwaye likwahambelana kunye nendalo. **V**

Quality affordable smart phone for Africa

THE AFRICAN Development Bank and its strategy of industrialising Africa has played a vital role in developing the continent's technology sector.

In the world of smartphones, China has Huawei, Korea has Samsung, while the United States of America has Apple.

Long-time dark horse Africa is now taking centre stage with the announcement of the Mara phone project that is touted to take the smartphone business by storm.

Developed by Rwandan businessman and billionaire Ashish Thakkar, the Mara group at the Africa Investment Forum announced ambitious plans to develop manufacturing plants in Rwanda and in South Africa.

During South Africa's recently held inaugural investment conference, a brainchild of President Cyril Ramaphosa, Thakkar announced that his company would be investing R1.5 billion in a South African



venture over the next five years.

Thakkar also said there were further plans to develop the phone in plants across the continent's five regions.

“We all know the importance of high quality and affordable smartphones and the impact

this can have on the continent. Quality smartphones mean we can truly enable financial inclusion, micro-lending and micro-insurance. This can translate into better education, digital healthcare and agriculture efficiency and improved commerce.

“If this is all going to be possible... we [need] quality and affordable smartphones. Unfortunately, we have quality smartphones but they are not affordable and if it is affordable, it is not quality,” he said.

None of the millions of smartphones found worldwide are

from Africa, Thakkar said.

“We have a few that are assembled in Africa but nothing is truly being manufactured in Africa. Thanks to the African Development Bank, this will change,” said the businessman.

He said the idea to produce the Mara phone was made possible thanks to the support from the African Development Bank and its strategy of industrialising Africa.

“We all believe that it is time to shift the narrative, which is why we are also excited that the phone will also be sold in Europe,” he said.

“This will truly be transformative. It will create thousands of jobs directly and eventually hundreds of thousands of jobs indirectly in the eco-system across the continent,” Thakkar said. **V SAnews.gov.za**