

# Vuk'uzenzele

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## Africa's new tech giant

**Sihle Manda**

**P**resident Cyril Ramaphosa's programme of reviving the South African economy has received another boost.

This was evident at the much-anticipated launch of the Mara Phone manufacturing plant at the Dube Trade Port in Durban recently. The plant is a first of its kind in South Africa.

The launch comes 12 months after company chief executive Ashish Thakkar announced at the inaugural Africa Investment Forum in November 2018 that the company would invest R1.5 billion in a South African business venture over the next five years.

The Rwanda-based Mara group took the President on

a tour of the modern state-of-the-art plant. The plant is anticipated to have an annual production capacity of over 1.2 million handsets of the Mara X and Mara Z cellphones.

A total of 200 people have been employed at the plant with 94 percent of them being youth, while 67 percent are women.

Speaking at the event, President Ramaphosa said the Mara Phone's venture was giving practical effects to the government's investment drive.

"It was described as a pipe dream. Today we are reaping the fruits of what was promised. We are delighted about this great launch because it is going to instill a lot of confidence in other manufacturers that South Africa indeed is a place where



■ The Mara Phone manufacturing plant situated in Durban has created about 200 jobs with 94 percent of them being youth and 67 percent are women.

they should all come and invest. We are delighted because Mara is a proudly African venture that is producing a South African product."

He said the company's effort

represents a great advance in the technological and electronical sector.

"We are delighted that you are increasing our technological capabilities by bringing your

company here and emboldening the skills talent that we have," he said.

In his State of the Nation Ad

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# Seo o lokelang ho se tseba ka thekisetso ya batho



## Silusapho Nyanda

**B**okgoba ba sejwale-  
jwale, bo boelang bo  
tsejwa ka hore ke the-  
kisetano ya batho, ke enngwe  
ya ditlolo tsa molao tse holang  
ka sekgahla se hodimo ka ho  
fetisisa lefatsheng.

Thekisetano ya batho e etswa ka mekgwa e fapaneng, ho ya ka mokgatlo wa Bohanyetsi bo kgahlanong le thekisetano ya batho wa *Abolitionists* 21 (A21). Mokgatlo ona o re:

- Diphofu tse ka bang 43.4% tsa thekisetano ya batho di tshwaswa ka ditshepiso

tsa bolotsana tsa mesebetsi.

- Ditho tsa lelapa tsona di rekisa 11.2% ya diphofu tsena.
- 9.6% e amana le thekiso e etswang ke Moratani wa morekisuwa (ha batho ba kwetlisetswa ho tshepa barekisi ba bona).
- Batho ba rekisitsweng le ho qhekanyetswa ke metswalle ke ba 8.6% bathong ba rekisitsweng.
- 5.6% ya batho ba rekisitsweng ke ba kwetetsweng.
- Ho falla ho sebedisitswe diketsahalong tse 2.6% feela.

- 1.2% ya batho ba reki-sitsweng e thetsitswe ke bapholosi ba bohata.

Ho ya ka dipalopalo tsa ditlolo tsa molao tsa 2018/19, ho dumelwa hore thekisetano ya batho ke sesosa sa diketsahalo tse 11 tsa ho kwetela Aforika Borwa.

Barekisi ba atisa ho bea lei-  
hlo baneng le bathong ba sa  
sebitseng, ba ntseng ba tsoma  
menyetla ya ho ntlafatsa  
maphelo a bona.

Lefapha la Toka le Ntshetsopele ya Molaotheo (DOJ&CD) le itse bana ba rekisitsweng ba atisa ho hlekefetswa ka motabo, ho qobellwa ho etsa mesebetsi e boima kapa ho retlwa ditho tsa bona tsa mmele.

## Thusa ho Thibela Theki-setsano ya Batho

Ho ya ka lefapha, ho na le mekgwa e mengatanyana eo setjhaba se ka itshireletsang ka yona, ho akga le:


- Ho ikopanya le Lefapha la

Kgiro le tsa Basebetsi tikolohong ya heno ho ya netefatsa ka mesebetsi eo ho fanwang ka yona, haholoholo eo e kantle ho profense ya heno kapa naha ya heno.

Boitshwaro bofe kapa bofe  
bo belaetsang ba bao e tla ba  
bahiri kapa dithaothe tsa  
bona, bo tlameha ho tlale-  
hwa sepoleseng.

- Ho ba sedi ka batho – banna le basadi – ba reng ba na le menyetla ya mesebetsi e tshepisang ka tjhelete e ngata ka nako e kgutshwane.
- Ho ruta bana ba lona ho ela hloko batho ba baholo ba leakang ho iketsa metswalle ya bona, le haeba ba buisana le bona ba shebane mahlong, kapa ka difonofono tsa letsoho kapa ka inthanete.
- Ho tlaheha dibaka tseo le belaellang hore batho ba rekisitsweng ba bolokilwe ho tsona (ho tea mohlala, ditsi tsa diotswa, mapolasi,

difeme le ditamene) ho ba nang le matla ba haufinyane esita le ba mehlodi ya ditaba).

DOJ&CD e kopile setjhaba ho hlahla mahlo bakeng sa diphofu tsa thekisetso ya batho ho etsetsa hore di fumanelwe thuso. E itse hangata diphofu ha di kgone ho bua leleme la tikolohong eo di leng ho yona, di bonahala di holehilwe mesebetsing ya tsona kapa moo di dulang teng, di ka nna tsa eba le mengwapo kapa matshwao a mang a tlikefetso ya mmele, ebile ha di na ditokomane tsa boitsebiso. 

**Thekisetano ya batho  
e belaelwang e ka  
tlalehwa sepoleseng ho  
08600 10 111 kapa ka  
ho letsetsa Mohaleng  
o Qollehileng wa Naha  
ka tsa Thekisetano ya  
Batho ho 0800 222 777.**

# Abused women and children get safe haven

**PRESIDENT CYRIL RAMAPHOSA'S** Emergency Action Plan on Gender-Based Violence and Femicide includes the provision of adequate care and support for survivors. The newly opened White Door Centre in Kuruman is a direct response.



**Silusapho Nyanda**

**T**he White Door Centre of Hope in Seeding Village in Kuruman, Northern Cape provides a 24-hour response and safe space for victims

and survivors of gender based violence (GBV).

Opened recently, the centre will take in and offer psychosocial support to up to eight victims of GBV crimes such as domestic abuse, sexual abuse and human trafficking. The centre has two social work-

ers and a house mother. It is one of seven in the province, said Hendrina Samson of the Northern Cape Department of Social Development.


She said the White Door Centre of Hope is an immediate contact centre that gives victims of GBV access to counselling, a temporary safe haven from an abuser and, if necessary, facilitates a safe place for victims of GBV.

"This facility is based within the community, women will have the right to contact us at any given time as it's a place for any women and children."

Victims of GBV will be put  
in contact with the police,

doctors and given all the necessary help. "When a woman has been abused, it often happens that they go to a family member where the partner can find them. This place then allows for the police, doctor, psychologist, priest to contact the facility and place these women there."

Members of the public and women that have been abused can also walk into the centre for help.

The White Door Centres of Hope are also linked to the GBV Command Centre (GBVCC) which is a 24-hour tollfree hotline that gives GBV victims psychosocial care and support. 

## DID YOU KNOW?

**Community members can also report abuse to the GBV Command Centre by phoning 0800 428 428, sending an SMS with the words Help to 31531 or a Call Me Back with the USSD code: \*120\*7867#.**

The centre caters for people with speech and hearing impairment through Skype. To use this function, one must add 'HelpMe GBV' on their Skype account. The GBVCC website address is: [www.qbv.org.za](http://www.qbv.org.za)



# Phepo e ntle e ntlafatsa bophelo bo botle ka kakaretso

**HO JA DIJO** tsa ditswamobung tse sa kenngwang dimatlafatsi ho e na le tseo tse kentsweng dimatlafatsi, ho molemo bakeng sa bophelo ba hao.

Allison Cooper

**H**o ja dijo tse lokileng e le ho netefatsa phepo e ntle, ke ntho ya bohlokwa ya mokgwa wa ho phela bophelo bo botle.

Tsena di jwaana ho ya ka Lefapha la Naha la Bophelo bo Botle, le boletseng hore ho ja dijo tse lokileng le ho ikwetlisa kgafetsa ho ka thusa ho fihlella le ho boloka boima bo botle ba mmele esita le ho fokotsa kotsi ya mafu a kang lefu la tswekere, la kгатello e hodimo ya madi, lefu la pelo le la mofetshe.

Kotsi ya ho ba le Mafu a sa Tshwaetseng (di-NCD) e qala bongwaneng mme e nne e hole jwalo bophelong.

Di-NCD di akga ho shwa lehlakore, lefu la pelo, mefetshe, lefu la tswekere le lefu la diqobo la diphio. Mohopolo wa ho ntlafatsa phepo matsatsing a pele a 1 000 (ho tloha kemolong ho isa dilemong tse pedi) o bohlokwa haholo ho thibela phepo e fokolang – le e fetisisang.

Leha ho le jwalo, ho ja dijo tsa ditswamobung kgafetsa – tse nang le sekgahla se tlase sa



tswekere, sa mafura le sa letswai di bile di na le sekgahla se hodi-mo sa divithamini, diminerale le faeba – ho ka thusa ho thibela ho nona ho sa hlokeheng, di-NCD esita le ho shwa ka lebaka la mafu ana.

## Bohlokwa ba DiJo tsa Ditswamobung

Dijo tsa ditswamobung ha di a kenngwa dimatlafatsi, ebile ha di a fetolwa hakaalo mme di jewa di le sebopehong sa tsona sa tlholeho. Tsona di akga dijo tse sa fetolwang, tse kang dikarolo

tse jewang tsa ditholwana le meroho; le dijo tse fetotsweng hanyane tse kang outsu, raese e sootho le mefuta ya dinawa le ya dierekisi. Kaofela ha tsona ha di a tshwanela ho eketswa letswai, tswekere, di-oli le mafura.

Leha dijo tse fetotsweng di ntse di emetse dijo tsa tlholeho, di ntlafaditswe hona hoo di seng di sa emela dijo tsa sethathong tseo di tlohang ho tsona, mme di na le diahammele tse fokolang haholo kapa ha di yo ho hang. Di boetse di na le metswako e meng e mehlano kapa e kahodimo ho

moo ya tswekere, di-oli, mafura, letswai, di-antioxidant le dithibela ho bola. Dino tse nokilweng ka tswekere ke mohlala o motle.

Metswako ena e etsa hore dijo di hlabose, empa ha di jewa haholo di ka baka enoji e ngata ho feta tekanyo, e ka nnang ya susumetsa monono. Ho ja letswai le lengata haholo ho boela ho amahanngwa le kгатello e hodimodimo ya madi esita le mafu a amanang le lephallo la madi methapong.

## Boloka Tjhelete

Dijo di a tura. Lefapha le fane ka dikeletso tse latelang ho o thusa ho fokotsa ditjeo, empa ho ntse ho kgonahala hore o phehe dijo tse nang le phepo e ntle:

- Sheba dinyehlisetso tsa mabenkeleng.
- Shebisisa letsatsi la ho fellwa esita le boleng ba dijo ha o reka dinyehlisetso.
- Netefatsa hore o na le tjhelete enngwe e lehlakoreng esita le sebaka sa ho boloka dijo ha o reka ka bongata (empa netefatsa hore o tla sebedisa dijo tseo pele di fellwa ke nako).

- Hore di o tswele mosola, reka meroho le ditholwana ha e le sehla sa tsona.
- Dihlahiswa tse ommeng tse kang phofu ya papa, ya koro, raese, pasta, koro e sa thumisehang le dijo tse entsweng qhoqhwanane, di kgona ho dula nako e telele mme di ka rekwa ka bongata.
- Ho reka dintho ka bonngwe ho turu ho feta ho di reka ka bongata.
- Reka hanyane ha o reka dijo tse ka dikotikoting, tse phehilweng kapa tse seng di le malalaalaotswe hore di jewe. Di a tura ebile hangata di na le sekgahla se hodimo sa tswekere, letswai le mafura.
- DiJo tsa bana tse ka dibotlong tse seng di loketse ho jewa, di a tura le tsona. Sebedisa meroho le dijo tse foreshe tse ka kgotlwang ka mokgwa o hlokeheng.



**\* Lesedi lena le fumanwe ho Lefapha la Naha la Bophelo bo Botle.**

# Knowing CPR can be a life saver

**WITH SUMMER** and the festive season upon us, knowing what to do in an emergency can save a life.

Silusapho Nyanda

**C**hoking, smoke inhalation or drowning can happen suddenly and getting help can be the difference between life and death.

Being able to do cardiopulmonary resuscitation (CPR) can be crucial.

The Western Cape Department of Health says CPR is an emergency procedure done to manually keep the brain functioning.

This life-saving technique is very useful in many emergencies, including heart attacks or near drownings, where someone's breathing or heartbeat has stopped."

The best way to perform



CPR is to follow the Circulation, Airway and Breathing method (CAB system) which helps a first-responder remember the sequence of

steps during CPR.

The Resuscitation Council of Southern Africa (RCSA) said when performing CPR on an unconscious adult

the procedure is 30 thrusts in the middle of the chest, followed by two breaths on the unconscious victim. CPR must continue until help arrives.

When performing CPR on a child who is choking, the child gets five back slaps and up to five chest thrusts. Next, one must open the baby's mouth to look for and remove any visible foreign material.

If this works, you place the patient in the recovery position and check for continued adequate breathing, reassessing the patient continuously.

If this does not work, one must apply 30 chest compressions, then look inside

the mouth and remove any foreign object, and administer two breaths until the baby is able to breathe again or help arrives.

If you're alone and have immediate access to a telephone, call the ambulance yourself before beginning CPR.

For more information on performing CPR, visit <https://www.westerncape.gov.za/general-publication/cardiopulmonary-resuscitation-cpr>. Alternatively, phone the RCSA at 011 478 3989 or visit: [www.resus.co.za](http://www.resus.co.za).