

Vuk'uzenzele

**JOBS
INSIDE**

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Health's fight against cancer goes nuclear

GOVERNMENT INVESTS in the latest technology to assist cancer patients.



Residents of Ga-Rankuwa and surrounding areas now have access to state-of-the-art oncology unit.

The Gauteng Department of Health has pumped R36 million into a new oncology facility that will ensure that cancer patients in Ga-Rankuwa, Tshwane and surrounding areas have easier access to treatment.

"I cannot contain my excitement at the launch of

this much-needed biomedical equipment because to us, patient care and safety will always come first," said Health MEC Dr Gwen Ramokgopa.

She said the first-of-its kind PET-CT imaging system in Africa serves as testimony to the department's commitment to improving

patient care.

"The facility brings advanced oncology care to patients, with a new leading-edge oncology diagnostics facility that harnesses multiple technologies to provide high-quality data quickly," she said.

The oncology facility is fitted with new equipment

including an advanced Philips Ingenuity TF PET/CT which is a nuclear imaging technique. It evaluates the structure and function of cells and body tissue providing oncologists with a patient-specific method of treatment.

"The system has already helped guide decision making for early diagnosis and assessment of treatment efficacy for over 105 patients since its installation. We are thrilled with the results and the level of care we are able to provide to our people with this world-class technology," said Dr George Mukhari Academic Hospital's Head of Nuclear Medicine Dr Trevor Mdaka.

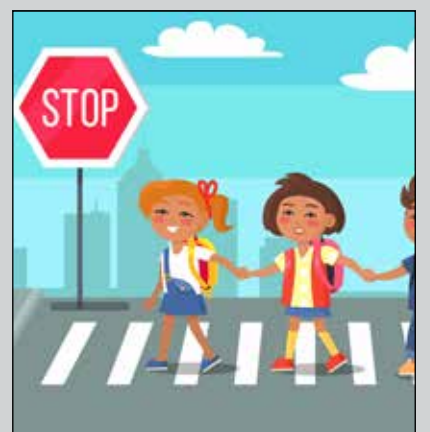
The Hospital serves 1,7 million people both the North West province and Limpopo provinces.

MEC Ramokgopa said the launch marked the beginning of the end to suffer



Water warning for schools

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Stop, look, look, again

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Thusa ho qoba Letsatsi la mafelo a metsi dipompong

POROFENSE YA KAPA Bophirimela ke yona ya pele ya ho tobana le ditlamorao tse matla tsa phetoho ya maemo a lehodimo.



More Matshediso

Lefapha la Merero ya Metsi le Tlhwakiso (DWS) le sebetse mmoho le Motsetoropo wa Motse Kapa ho fedisa ditlamorao tsa komello e Kapa Bophirimela, e leng e mpe ka ho fetisisa e kileng ya eba teng dilemong tse leshome tse fetileng.

Ho ya ka DWS, dipula ha di a na ka ho lekaneng athe le mothamo wa matamo le ona o a fokotseha.

Hona ho qobelletse ba ikarabellang hore ba kenye mehato e tiileng tshebedisong, ho diehisa Letsatsi le ka bang teng la Mafelo a metsi dipompong, moo dimpopo di ka nnang tsa oma.

Motsetoropo wa Motse Kapa o kenya tshebedisong dithibelo tsa boemo ba 6B. Hona ho bolela hore ho na le tekanyetso ya tshebediso ya dilithara tse 50 tsa metsi kapa ka tlase ho moo letsatsi ka leng bakeng sa motho ka mong, hore na ke lapeng, mosebetsing, sekolong kapa dibakeng tse ding.

Leha motsetoropo o tsepamisitse maikutlo ohle a wona tiehisong ya Letsatsi la Mafelo a metsi dipompong, o boetse o lokela ho dula o le malala-a-laotswe bakeng sa boemo boo ho bona o tla nka taolo ya phepele ya metsi a motsetoropo, ho e lelefaletsa hore e fihlelle mariha.

“Re tla kwala phepele e yang dipompong ha matamo a rona a fihlella boemong bo akaretsang ba 13.5%. Hang ha mothamo wa matamo o fihla ho 13.5%, ba tla qala ho kwala phepele ya metsi,

ntle le dibakeng tsa bohlokwa tsa kgwebo le ditheong tsa bohlokwa, jwaloka dipetlele,” ho itsalo polelo ya motsetoropo.

Hang ha sena se etsahala, badudi ba tla kgona ho fumana metsi diqalong tsa pokello toropong ka bophara. Modudi ka mong o tla fuwa dilithara tse 25 ka letsatsi.

Motsetoropo o se o thakgotse Setsi sa Tshebetso ya tsa Dikoduwa (DOC) ho phetha Morero wa Koduwa ya Metsi, o tla kenngwa tshebedisong ha ho fihla Letsatsi la Mafelo a metsi dipompong.



Didiba

Motsetoropo o hanyeditse ka matla tshebediso ya kantle ya metsi a didiba mme wa re tshebediso ya tsona bakeng sa ho nwe setsa e tla kginwa hore e be hora e le nngwe feela ka bo-Labobedi le ka Meqebelo, pele ho hora ya borobong hoseng le kamora hora ya botshelela mantsiboya.

“Tshebediso ya metsi a didiba e tlameha ho lekanngwa mme basebedisi bohle ba hloka ho boloka direkoto, mme tsona di fumanehe ha di batlelwa

tlahlobo,” ho itsalo polelo ya motsetoropo.

O ekeditse ka ho re badudi ba tlameha ho fumana tumello ho DWS haeba ba batla ho rekisa kapa ho reka metsi a didiba.

E le karolo ya matsapa a mmuso a ho laola tshebediso ya metsi, DWS e itse ba ikarabellang ba nka dikgato tse tiileng ho netefatsa hore ho tsitlallelwa kabong e dumelletsweng ya metsi.

Motsetoropo o boetse o sebetse mmoho le sehlopha sa ba molao le Yuniti e Ikgethileng ya Dipatlisiso ho qobella boikamahanyo.


Ho nka dikgato kgahlanong le batlodi ba molao

Lefapha le sa tswa etsa tlhaselo e kopanetsweng le motsetoropo, le tsepamisitse maikutlo tshebedisong e seng molaong ya metsi Mfuleni.

Letsholo le ne le habile ho rrolla ditlolo tsohle tsa hajwale tsa metsi esita le boikamahanyo ba melawana ya dithibelo tsa metsi mme la shebana, ka ho qolleha, le dibaka tse seng molaong tsa ho hlatswa makoloi.

“Ho latela dithibelo tsa motsetoropo tsa boemo ba 6B, metsi a nwehang a masepala ha a ka ke a sebedisetswa ho hlatswa makoloi. Dibaka tse seng molaong tsa ho hlatswa makoloi, di sebedisa metsi a mangata. Boholo ba beng ba dibaka tsa ho hlatswa makoloi ba sebedisa dipeipi tse emeng ho tsamaisa dikgwebo tsa bona, ha ba bang ba sebedisa metsi a tswang dipompong tsa bona,” ho itsalo lefapha.

Leha ho na le maqosa a metsi a ikitlaeditseng a sebeletsang ho thusa ho qoba Letsatsi la Mafelo a metsi dipompong, motsetoropo o ipileditse ho baahi ba ona ho ba le seabo polokong ya metsi.

“Re hloka hore basebedisi bohle ba metsi ba kgeme mmoho le matsapa a Sehlopha sa Motse Kapa,” ho itsalo Motlatsi wa Majoro wa Motsetoropo wa Motse Kapa, Ian Neilson. 

Dikeletso tsa poloko ya metsi

- Kwala pompo ha o ntse o itsukunya, o beola kapa o semara matsoho ka sesepa.
- Fokotsa nako ya ho shawara mme o sebedise metsi a manyane haeba o tola.
- Qoba ho reka metsi a dibotlolong.

Koloi

- Hlatswa koloi ya hao ka emere le sepontjhe feela.



Phaposi ya ho itlhatswetsa

- Itlhatswe ka shawara o se ke wa itola ka bateng.
- Sebedisa metsi a manyane ka bateng.
- Hlatswa bana ba banyane mmoho.
- Folasha ntlwana ha feela ho se ho nkga hampe.
- Kenya setene ka nkgong ya ntlwana ho fokotsa tshebediso ya metsi.



Kitjhini

- Sebedisa sinki e kwetsweng ho hlatswa dijana, eseng pompo e phallang metsi.
- Sebedisa sesepa se senyane sa dijana, ho fokotsa tlhokeho ya ho pudutsa.
- Sebedisa sinki e kwetsweng ho hlatswa meroho, eseng pompo e phallang metsi.
- Sebedisa metsi ao o hlatswitseng ditholwana le meroho ka ona ho nwe setsa dimela.



Dimela le Jarete

- Nwe setsa dimela ha ho phodile.
- Nwe setsa dimela ka metsi ao o a sebedisitseng ho hlatswa ditholwana le meroho.
- Sebedisa ditswamobung tsa tlhaho, tse sa hodiswang.

Setjhaba se boela se kgothaletswa ho sebedisa dimithara tsa metsi ho lekola ho dutla ha metsi ho sa hlocomelehang.

“Bala mithara ya metsi pele esita le kamora dihora tse pedi, ha ho se metsi a sebedisitsweng. Haeba mithara e bontsha dipalo tse fapaneng, o tsebe hore ho na le moo ho dutlang teng,” ho itsalo lefapha.

Badudi ba boetse ba kgothaletswa ho lokisa dipompo tse rothang. Pompo e rothang ka sekgahla sa lerothodi le le leng ka motsotswana, e senya metsi a ka fihlellang ho dilithara tse 10 220 ka selemo.



Komello ke eng?

Komello ke koduwa ya tlhaho e amanang le maemo a lehodimo. E ka ama mabatowa a maholo ka dikgwedi tse ngata kapa dilemo tse ngata ebile e thefula tlhahiso ya dijo, e boela e fokotsa bolelele ba bophelo le tshebetso ya moruo ya mabatowa a maholo kapa dinaha ka bophara ba tsona.

Youth put to work

THE DEPARTMENT of Public Works' bursary and artisan programme is honing skills and making dreams come true.

More Matshediso

When Bonolo Rakgalakana (18) passed grade 12 last year, she thought her dreams of becoming a mechanical engineer would have to be put on hold because her parents could not afford to pay university fees.

Rakgalakana, from Eersterust in Tshwane, thought that just like her sister she would have to join the national defence force and start fending for herself after matric. Little did she know that her hard work had already secured a bright future for her.

"My older sister passed matric very well but my parents did not have money to send her to university, so she took a gap year. She then applied and got a job at the national defence force. I thought fate had the same in store for me, but my hard work was rewarded with a bursary from the Department of Public Works," said Rakgalakana.

Rakgalakana's twin sister



Bonolo Rakgalakana is one of the top learners who received a bursary from the Department of Public Works.

Koketso, who also completed matric with flying colours in 2017, has also been awarded a bursary from the department.

The sisters were top achievers at Mamelodi Secondary School last year and received distinctions in all of their subjects.

"We did not have access to the internet, library books and good sports fields, but we attended extra morning and afternoon classes as matriculants," said Rakgalakana.

Their names were on the De-

partment of Public Works' list of about 30 deserving learners from the class of 2017 who were awarded bursaries to pursue their career dream in the built industry.

The bursary is valued at R130 000 a year, for each learner, and covers tuition, accommodation, meals, textbooks, academic resources and a monthly allowance. The department has invested R3,9 million in 2018's first-year students.

Rakgalakana has enrolled at

the University of Cape Town for a Mechanical Engineering degree.

"I have wanted to do it from when I was in Grade 10. I'm looking forward to working for the Department of Public Works, as a way of giving back to show my appreciation," she said.

The department's Chief Director for Professional Services Vangile Manzini said the bursary programme was introduced in 2014 and aims to harness scarce skills in the built industry.

So far, the department has awarded bursaries to approximately 288 deserving youth from disadvantaged communities.

The beneficiaries pursue careers in engineering (civil, structural, transport, electrical, water care, mechanical, chemical and hydrology); analytical chemistry; construction management; quantity surveying; architecture; landscape architecture; urban and regional planning; interior design; horticulture; actuarial science and property studies.

In addition to providing bursaries, the department's Artisan Development and Young Professionals Programme for learners who enrol at technical vocational education and training colleges, enables learners who obtain trade test certificates, for various trades within the construction industry, to become electricians, bricklayers, carpenters or plumbers.

Manzini said there are about 88 young professionals who have obtained professional registration since the introduction of the programme in 2007, and 53 artisans have been successfully registered since the implementation of the programme in 2015.

Beneficiaries come from schools across the country that are participating in the department's schools programme. Schools can join the programme through the district office if they are producing a pass rate above 65 per cent in maths and science, and are located in rural areas, farms or townships. **V**

Kgutlisa matla a hao, tlaleha peto

KGUTLISA MATLA a hao ka ho tlaleha peto le thekefetso ya motabo ditsing tse loketseng.

Adele Schormann

Ho ba lehlatlisa la thekefetso ya motabo kapa peto ke e nngwe ya dintho tse nyarosang ka ho fetisisa tseo motho a ka tobanang le tsona. Ke kahoo Tshebeletso ya Sepolesa sa Afrika Borwa (SAPS) e kentseng merero tshebetsong, ho etsa hore ho be bonolo ho be ho bolokehe hore batho ba tlalehe ditlolo tsena tsa molao.

Radiphatlatso wa sepole-sa sa Mpumalanga Mokolonele Mtsholi Bhembe o itse ho bohlokwa hore setjhaba se sebetse le sepole-sa ho tlaleha ditlolo tsena tsa molao.

"Re le sepole-sa, ke mosebetsi wa rona ho ba le seabo sa bohlokwa ho netefatsa hore

dinokwane di lefella melato ya tsona le hore mahlatsipa a tshwarwa hantle. Re kopa setjhaba ho re se itlathise mme se tlalehe diketsahalo tsa peto sepoleseng se hau-fi," ho itsalo Bhembe.

Mahlatsipa a tlameha ho tlaleha ditlolo tsa molao tse amanang le motabo sepoleseng, nakong ya dihora tse 72 kamora hore ketsahalo eo e etsahale.

Bhembe o eleditse mahlatsipa a peto ho batla ditshebeletso tsa tlhabollo ya maikutlo ya ho sithabela ho ditsebi kamora ketsahalo eo e soto.

"O kanna wa ikutlwa o tshilafetse mme o batle ho itlathisa kgafo, ebile e kanna ya ba o tshohile hape o tshaba le ho tswela kantle. Ho ikutlwa tjena

ho tlwaelehile mme ho iketsahalla ka tlhaho. O tshwanela ho hopola hore ditshebeletso tsena di teng ho o thusa", o itsalo.

Projeke ya Bokenadipakeng ba Dipeto tse Kgolo (GRIP) ke o mong wa mekgatlo e thusang mahlatsipa a peto ho etsa diteko tsa HIV/Aids le mafu a mang.

Mosebeletsi wa setjhaba wa GRIP, Thandiwe Maseko, o itse mekgatlo ona o hlokomela mahlatsipa a peto.

"Re fana ka tlhokomelo mme re dumella mahlatsipa ho dula ntlong e bolokehileng ho fihlela ha ba se ba le malala-a-laotswe ho ka bua. Re na le bahlabolli ba maikutlo ba tswileng matsoho ba bile ba tsotella, ba dulang e le malala-a-laotswe ho ka thusa," o itsalo. **V**

Kamoo nyewe ya peto e tlalehwang ka teng sepoleseng:

- **Qala pele ka ho ya tleliniking bakeng sa tlhahlobo ya bongaka. Tlaleho ya bongaka e tla ba karolo ya faele ya nyewe mme e tla thusa mapolesa ho tshwara senokwane.**
- **Ebe o ya sepoleseng se hau-fi ho ya bula nyewe. Mohlanka wa sepole-sa o tla o kopa dikawena a be a o botse hore na ho etsahetseng. Araba ka bonnete mme o leke ho hopola dintlha tse ngata kamoo o ka kgonang ka teng. E ka nna ya eba tsela e bohloko ho bua taba tsena, empa lesedi lena le tla thusa dipatlisisong.**
- **Kopa mohlanka ya etsang dipatlisiso nomoro ya hae eo o ka mo fumanang ho yona, hore o tle o tsebe ho mo letsetsa ho utlwa hore na nyewe e tsamaya ha jwang. Mohlanka ya etsang dipatlisiso le yena o tla iteanya le wena haeba ho hlokeha lesedi le tomanyana.**

