

Vuk'uzenzele

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COVID-19 support for matrics

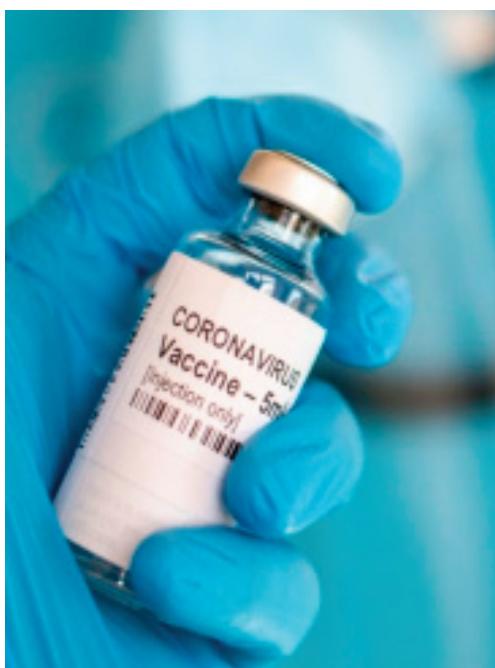
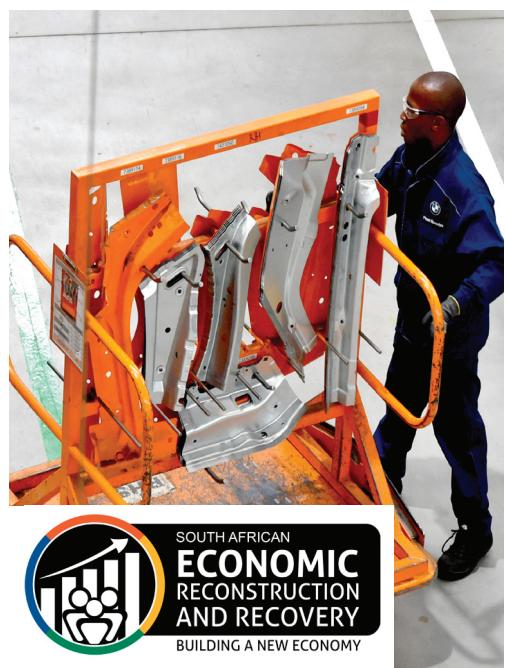
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Land applications being processed

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Rebuilding the South African economy



at the same time preventing a significant spike in COVID-19 infections.

Caution still required from South Africans

While most lockdown restrictions have now been lifted and the number of new infections and hospitalisations has stabilised, President Ramaphosa warned that South Africans still need to protect themselves to prevent a second wave.

"Many countries are in the midst of a second wave of infections, which has often been more severe than the first. COVID-19 is far from over," he said.

President Ramaphosa said that South Africans need to be especially careful as the festive season nears.

"Of course, with the festive season approaching, it is understandable that we will want to be with family and

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AS GOVERNMENT MOVES RAPIDLY to address the country's economic recovery, the President has urged people to follow all COVID-19 health and safety protocols.

Dale Hes

The Coronavirus Disease (COVID-19) outbreak has had

a significant impact on our economy and on the lives of millions of South Africans. But now, with a vaccine closer to reality and

government developing a comprehensive economic recovery plan, the focus is on emerging from this time of hardship.

President Cyril Ramaphosa's recent address to the nation showed that government is committed to opening up and rebuilding the economy, while



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"ZWINO NDI TSHIFHINGA TSHA URI ROTHE RI SHUMISANE HU U HULISA VHO NELSON MANDELA NA U FHATA AFRIKA TSHIPEMBE LISWA LA KHWINE LA VHATHU VHO THE."

Muphuresidennde Vho Cyril Ramaphosa

#SendMe

KHA VHA ITE URI VHUMATHELO HAVHO VHU SHUME KHWINE RI GUDA KHA VHO MADIBA



Mbuedzedzo kha vhusende kamisi ha Afrika Tshipembe

Miri ya midzha-karanda yo fhufhuma maluvha u mona na shango, i tshi sumbedza u thoma ha tshilimo. Nga murahu ha khalañwaha ya vhuaria i lemelaho, mathomo a khalañwaha ntswa a tea u ri qisela fulufhelo ja zwivhuya.

Musi hu tshi bulwa Tshiimo tsha Tshiwo tsha Lushaka nga Thafamuhwe, vhuvhekanya-andeme hashu ha shishi ho vha hu ha u langa u phaðalala ha tshitzhili na u ñetshedza thuso ya shishi kha vhadzulapo, zwitshawha, vhashumi na mabindu.

Kha miñwedzi ya malo na nga kha thikhedzo ya vhashumisani vhashu vha matshilisano, ro thoma maga a pñeseseaho u itela u fhungudza u kwamea ha ikonomi na matshilisano nga dwdazze.

Ro engedza tsireledzo ya matshilisano nga huhulu nga tshikalo tshine a tshi athu vhuya tsha lingedzwa kha ñino shango. Ri ñiñwe ja mashango a so ngo vhalaho kha ñifhasi hune pfanelo ya tswikelelo kha tsireledzo ya matshilisano ya vha hone kha Ndayotewa, na uri ri nga ñihudza nga uri kha tshifhinga itsi tsha khokhombi i isaho lufuni ro kona u sumbedza zwone nga nyito nginga ndila yo fhambanaho.

Hu tshi engedzwa kha magavhelo a lushaka a re hone, a swikaho vhathu vha fhiraho 17 miljoni ñwedzi muñwe na muñwe, ro engedza Magavhelo a Vhaaluwa, Vhathu vha re na vhuholefhalu na Thikhedzo ya Vhana. Ro thoma Gavhelo lo Khetheaho ja Thikhedzo ya Matshilisano ya Mutsiko wa vhulwadze (COVID-19), ñine



Jo swikela vhathu vha miljoni dza rathi u swika zwino. Hezwi two itwa kha vhege dza musi Tshiimo tsha Tshiwo tsha Lushaka tshi tshi kha di bva u bulwa.

Tshikalo tsha mushumo uyu tshi nga si fhungudzwe. Uri sisteme iyi i de kha inthanetho vha na tshumisano khulwane vhukuma vhukati ha Zhendedzi ja Tsireledzo ya Matshilisano ja Afrika Tshipembe, Tshumelo dza Muthelo wa Mbuelo ya Afrika Tshipembe, Muhasho wa zwa Muno na vhañwe vhanzhi.

Ro thoma na maitele o fhelelaho a khumbelo na mbadelo dza masheleni, na u ñanganya dathabeisi dza tshivhalo, hu tshi katedwa dathabeisi ya Redzhisitara ya Lushaka ya Tshivhalo tsha Vhathu na ya Tshikwama tsha Ndindakhombo ya Vhushayamushumo (UIF). Ro thoma tsumbandila ntswa dza u ita khumbelo dici fanaho na WhatsApp na USSD, ra sika dzisisiteme na bannga dza vhuvhambadzi u itela u konisa khwathisedzo ya zwidodombedza zwa bannga. Heyi ndi tswikelelo i songo ñoweleaho yo iteaho nga tshifhinga tshiñkuñuku.

Kha maga e ra a dzhia kha

u tsireledza na u vhaba uri vhathu vha kone u wana zwa u ñitshidza ngazwo, ro dovha hafhu ra tikedza mabindu a siho kha tshiimo tshavhuði. Ro ñetshedza thikhedzo ya

masheleni kha mabindu mañku nga kha tshikolodo, masheleni, u lengisa/imisa mbadelo dza muthelo na zwiñwe zwishumisawa.

Ro thoma Tshikimu tsha Khwathisedzo ya Khadzimiso ya masheleni ya COVID-19 u itela u konisa mabindu uri a swikelele mbadelo dza kushumele nga tshifhinga tsha nyiledzo dza u tshimbila, na uri zwazwino ro sedza kha uri tshikimu itsi tshi nga swikelela hani khamphani nzhi dzine dza khou ñhoga.

Ro ñetshedza tsireledzo ya miholo kha vhashumi na thusedzo kha vhañwe vha mabindu nga kha Tshikimu tsha Thikhedzo ya Mutholi tsha Tshifhinganyana tshe tsha langwa nga UIF.

Hezwi zweøhe ho vha hu u fhindula ho livhanaho thwii na zwa shishi na uri two vha zwi zwa tshifhinganyana nga mvelo. Zwiñwe zwi khou ñafheleloni, ngeno zwiñwe two engedzwa musi maraga wa zwa vhashumi u tshi khou vhuyelela.

Maga e ra a thoma o shuma vhukuma kha u tsireledza tshitshawha tshashu kha mimuya ya vhuhalo ya COVID-19. Magavhelo o enge-dzwaho o thusa kha u thivhela vhathu vha dzimilioni uri vha si ñiñwe vha kha thambulo ya zwiliwa.

Arali ro vha ri songo dzhe-nelela kha u vhaba uri vhathu vha kone u ñitshidza na u vhulunga mabindu, nyimelo dza matshilo a vhathu vhashu na tshiimo tsha mabindu a zwigidi two vha zwi tshi do vhabala two kalula vhabuma.

Zwazwino ro pfukela kha mbuedzedzo u bva kha thikhedzo ya masheleni.

Maga a shishi e ra a shumisa o vhaba mutheo wo khwathahune ra ño fhañlula khawo ikonomi yashu. Vhunga zwazwino ri tshi khou pfukela kha u sedza kha u thomawa ha Phañlulu ya Ikonomi na Pulane ya Mbuedzedzo, vhuvhekanyandeme vhu ño vha kha u ñuñwedza nyaluwo na u sika mishumo.

Ho no vha na mvelaphanda kha masia manzhi.

Ri khou vhaba vhuñkumedzeli vhuswa ha ndamedzo kha mveledziso ya themamveledziso zwi tshi tevhela therisano ya thandela dza themamveledziso yo farwaho vhege yo fhiraho. Mbekanyamushumo dza vhabumi dza tshivhalo dici re phasi ha Kharuso ya Vhutholi ha Ofisi ya Muphuresidennde dzo thomawa. Ri khou isa

phanja na tshanduko dza ikonomi kha masia a fanaho na fulufulu na vhudavhidzani ha kule.

Pulane dici khou rathisela kha nyito, na vhuñkumedzeli vhu khou sumbedza kha mishumo na zwikhala.

Zwoøhe ndi zwa ndeme kha tshino tshifhinga, nga mannda zwino ri tshi khou sendela kha khalañwaha ya mañuvha a madakalo, uri ri sa vhe vhapulani vha zwe riñwe vhañwe ra sa ite.

U fhañuwa huhulwane hu khou ñoñea kha roøhe u itela u vhaba uri ri kunda tshitzhili.

Nyengedzedzo kana mvusuludzo ya tshikalo tshinwe na tshinwe a i nga humiseli murahu mbuelo dza mutakalo washu fhedzi. Zwi ño pwanyeledza zwivhuya zwa mbuedzedzo ya ikonomi yo no takuwaho, zwa ri humisela murahu u bva kha luñavula u ya kha vhuria.

U thivhela gabelo ja vhuñhili ja u kavhiwa nga COVID-19, ri tea u lavhelesa ndededzo dza mutakalo wa tshitshawha dzine dza vha hone.

Musi ri tshi kundelwa u ambara masiki kha maguñhangano a tshitshawha, musi ri tshi ya kha vhuñambo ho ñalaho, a ri vhi ri tshi khou vhaba riñwe vhañwe na vhañwe fhedzi khomboni. Ri vha ri tshi khou vhaba mbuedzedzo ya ikonomi yashu khomboni.

Kha ri ise phanja na u ita mushumo washu.

Maitele avhudi a u ambara masiki, a u ima kule nyana na muñwe muthu na u dzulela u ñamba zwanda o ri thusa kha u kunda dziñwe dza mveledzwa dzo kalulaho dza dwadze. A kha ñiñwe vhabumi hashu ha ñthesa.

Kha ri elelwe u ñidzima hoøhe he ra hu ita kha u vhaba uri tshitzhili tshi si phaðalale kha mañuvha a u thoma.

Naho vhuñzhi ha mishumo ya matshilisano na ikonomi yo vhuelela kha u bvelaphanda hafhu, ri kha ñiñwe vhaba u tevhe-dzela maga oøhe a mutakalo. Hezwi ndi zwa ndeme vhabumi arali ri tshi khou tea u fhañlula ikonomi yashu na u vhaba pfudzungule iyi murahu hashu.

Kha vha nwe mađi u thivhela thahelelo ya mađi muvhilini

Allison Cooper

Mufhiso wo kalulaho na u sa nwa zwiludi zwo linganaho zwi nga livhisa kha thahelelo ya mađi muvhilini na mavhavhađuvha, zwine zwi nga vhulaha.

U ya nga ha Muhasho wa Mutakalo wa Kapa Vhukovhela, mufhiso wa tshilimo u da na khovhakhombo khulwane ya thahelelo ya mađi muvhilini, zwine ndi u thahelela ha mađi muvhilini hune ha vha khombo.

Thahelelo ya mađi muvhilini kanzhi i vhangwa nga u sa nwa zwiludi zwo linganaho u itela u qadzisa mađi o bvaho muvhilini nga u bva biko. Zwi nga dovha zwa vhangwa nga vhulwadze, vhu no vhangna u tanza na/kana u tshuluwa; na u bva biko li vhangwaho nga mufhiso.

U fhelelwa nga zwiludi zwa muvhilini a zwi itei nga tshifhinga tsha nyonyoloso dici konđaho fhedzi, zwi nga kha di itiswa nga u tshimbila, vhulimangade kana u tshova baisigira, nga maandja kha mutsho wa mufhiso kana ure na maya u fhisaho.

Musi vha na thahelelo ya mađi muvhilini, muvhili wavho u nga si kone u shuma sa nga misi. Vhana vha miñwaha ya fhasi ha miñanu, vhaaluwa na vhatu vha shumaho nnđa vha khomboni nga maandja ya thahelelo ya mađi muvhilini na mavhavhađuvha (tshiimo tshi no vhangwa musi muvhili u tshi pfa u swa lwo kalulaho).

Mavhavhađuvha ndi tshiimo tshi qodaho dzilafho nga u tanvanya. Kha vha qode thuso ya dzilafho nga u tanvanya ya iñwe na iñwe ya hedzi tsumbadwadze:

- Vha tshi pfa vha tshi qada kana muambo wavho u tshi thoma u ongolowa na u sa pfala.
- Tsilingwane na u tanza.
- U femela n̄ha nga u tanvanya.
- Mbilu i thoma u rwa nga u tanvanya.
- Thoho i remaho lwa u tou fhanza.

Tsumbo dza tsivhudzo dza thahelelo ya mađi muvhilini

Dziñwe dza tsumbo dza tsivhudzo dza thahelelo ya mađi muvhilini dici katela:

- U pfa u na qora na u leluwa.
- Mulomo wo omaho.
- Maneto.
- U vha na muqambuluwo wo swifhalaho nahone u nukhaho vhukuma.
- U qambuluwa zwiñuku kha lwa nga misi.

U dzula vha na zwiludi muvhilini na u thivhela mavhavhađuvha vha fanela u:

- Nwa mađi manzhi u fhiri sa nga misi mađuvha ane ha vha hu tshi khou fhisa.
- Dzula nga ngomu kana fhethu hu re na mirunzi.
- Ambara muñadzi wa lumeme lwo vuleaho kana u shumisa tshimburen.
- Dzula vhe na bođelo la mađi tshifhinga tshothe nahone vha dzulela u a nwa misi yothe.
- Di ita vha tshi awela nyana vho bva đuvhani arali vha tshi shuma nnđa.
- Dirothodza nga u shumisa bođelo u qifafazzela.

Vhushie na vhana

Vhabebi na vhađhgomeli vha fanela u tanvomela vhukuma vhana na vhushie, u khwađisedza uri vha na mađi muvhilini.

Vhomme vha khou mamisaho vha fanela u mamisa vhushie havho lunzhi musi hu tshi khou fhisesa.

Kha vha dzudze vhana nga ngomu nđuni kana murunzini, kha vha vha ambadze zwiambaro zwi sekene vha dovhe vha vha kande nga labi lo qukanalo uri vha dzule vha tshi khou rotholelwa. Kha vha humbulle u vha qodza mapfura a



tsireledzaho lukanda kha đuvha musi vha tshi bvela nnđa.

Arali vhana vha miñwaha ya fhasi ha miñanu vha na mafhambuwa o dalaho mađi, vha tshi dzulela u tanza na u neta, kha vha qode thuso ya dzilafho na zwenezwo. Kha vha dovhe vha qode tanvomelo ya dzilafho na zwenezwo arali lushie Iwavho lu tshi khou kundelwa u mama kana lu na mađo o kovhelaho na hafha vhukati ha tanvoh (kha ngoma) ho bovhelesa ngomu.

Kha vhana, dziñwe dza tsumbo dza tsivhudzaho thahelelo ya mađi muvhilini dici katela:

- Mulomo wo omaho kana u nambatelaho.
- Miñodzi miñuku kana i siho musi vha tshi lila.
- U qambuluwa zwiñuku kana mađeri o thabaho mañuku kha a nga misi.
- Lukanda lwo omaho nahone lwo tswukuluwaho.
- Thungo.
- Khofhe kana dzungu.

Be healthy this festive season

GIVE YOURSELF the gift of good health this holiday period by watching what you eat.

The festive season in South Africa is a time of soaking up the sun, enjoying a cold one with friends and feasting on delicious meals.

Unfortunately, many people overeat and eat unhealthy food over this time, which can pose health risks to a lot of people, especially those with already existing chronic conditions such as high blood pressure, high cholesterol or gout.

To keep healthy, the Kwa-

Zulu-Natal Department of Health advises the public to monitor what they eat as it may not always be good for their well-being.

Making good choices

Eating the correct amount of the correct kinds of foods will meet all of a person's nutritional needs and boost resistance to diseases and stress. Do not eat lots of salt because it can cause high blood pressure.

Although some health con-



ditions are hereditary and are passed from one generation to another, many ailments are caused by poor nutrition and a lack of exercise. Called 'lifestyle diseases', these include heart conditions and high blood pressure which can result in heart attacks and strokes, diabetes, gall bladder

complaints and liver, kidney and skin diseases.

Eating a variety of foods that are not too fatty, too sweet or too salty, with enough fibre, will help keep you healthy.

Your diet should include small portions of protein, such as meat, fish, chicken

and eggs; dairy such as milk; good fibre from foods such as lentils and dried beans; and fruit and vegetables. Avoid fatty meat or oily food, sweetened foods, refined grain products such as white bread and large quantities of tea or coffee.

You must also drink about eight glasses of water each day because water is essential to good health. It dilutes the urine and prevents kidney damage from a high concentration of waste products.

The effects of not following a healthy diet can include serious health consequences, such as obesity, which worsens other diseases and strains a person's joints.

Rather than binge eating at social gatherings, it is better to have three daily meals of more or less the same size.