

# Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/Sepedi

Manthole 2020



**COVID-19 support for matrics**

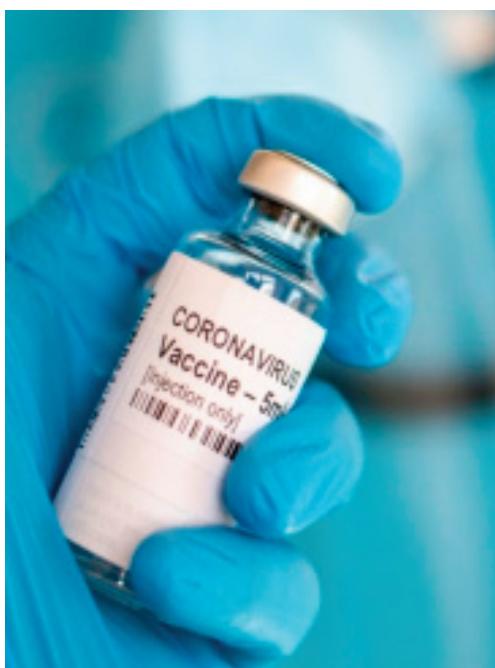
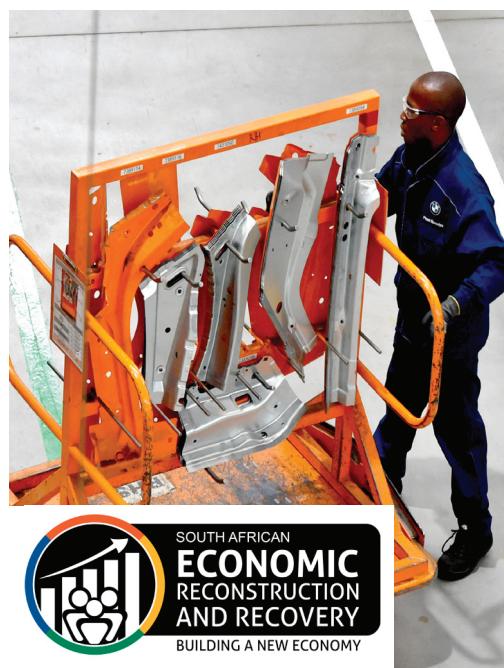
**Page 7**



**Land applications being processed**

**Page 8**

## 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

**Cont. page 2**

**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



To read Vuk'uzenzele download the GOVAPP on:



Search for SA Government on Google playstore or appstore

### CONTACT US

Website: [www.gcis.gov.za](http://www.gcis.gov.za)  
[www.vukuzenzele.gov.za](http://www.vukuzenzele.gov.za)

Email: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)  
Tel: (+27) 12 473 0353

Tsheditemosetso House:  
1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

**FREE COPY NOT FOR SALE**



"BJALE KE NAKO YA GORE KA MOKA GA RENA RE  
ŠOME MMOGO RE HLOMPHE NELSON MANDELA,  
RE AGE AFRIKA BORWA YE MPSHA YA BOHLE."

MOPRESIDENTE CYRIL RAMAPHOSA

#SendMe

RE GO AGELA BOKAMOSO BJO BOKAONE  
RE ITHUTA GO MADIBA



## Tsošološo ya ikonomi e ya holofetša mo Afrika Borwa

**M**ehlare ya metšakaranta e tagafetše ka matšoba go ralala motsemošate wa naga, ye ke taetšo ya go thoma ga selemo. Morago ga sehla sa marega se se telele se boima, go thoma ga sehla se seswa go swanetše go re fa tshepho.

Nakong ya ge gotsebagatšwa Seemo sa Masetlapelo a Bosetšhaba ka Hlakola, nepo ya rena ye kgolo e be e le go laola go phatlalala ga bae-rase ye go tlišetša badudi, setšhaba, bašomi le dikgwedi kimollo ya tšhoganyetšo.

Mo nakong ya dikgwedi tše seswai le ka thekgo ya bagwebišani ba rena ba leago, re phethagaditše magato a mmalwa ao a feletšego ka botlalo go fokotša ditlamorago tša leago le tša ikonomi tša leuba le.

Re okeditše kudu tshireletšo ya leago ka bogolo bjo bo sa kago ba dirwa le gatee ka mo nageng. Re magareng ga tše dingwe tša dinaga tše mmalwa fao tokelo ya go hwetša tshireletšego ya leago e akareditšwego ka gare ga Molaotheo, ebile re a ikgantša ka gore ka nako ya masetlapelo a go šiiša, re laeditše ka magato a rena ka fao re kwanago le tokelo ye ka mekgwa ye mentši.

Godimo ga thušo ya tšelete ya leago ye lego gona, yeo e fihlelelagoo batho ba go feta 17 milione kgwedi ka kgwedi, re hlatlošitše dithušo tša tšelete ya Batšofadi, Bagolofadi le ya Thekgo ya Bana. Re phethagaditše Thušo ya Tšelete ya Kimollo ya Leago ya Moswananoši ya



COVID-19, yeo e fihleletšego batho ba go fihla dimilione tše tshela. Se se dirilwe mo nakong ya dibeke tše mmalwa morago ga go tsebagatšwa ga Seemo sa Masetlapelo a Bosetšhaba.

Bogolo ba mošomo wo o dirilwego bo ka se ke ba tšeelwa fase. Gore peakanyo ye e kgone go šoma dikhomphuthareng, go bile le tšomisanommogo ye nabilego magareng ga Setlamo sa Afrika Borwa sa Tshireletšego ya Leago, Tirelo ya Metšhelo ya Afrika Borwa, Kgoro ya Merero ya Selegae le tše dingwe tše ntši.

Re hlomile peakanyo ya go šoma ka noši ya tshepedišo ya go dira dikgopelo le ya ditefo, ebile re kopantše mmogo dathapeisi tša go fapafapano, go akaretšwa le dathapeisi ya Retšistara ya Bosetšhaba ya Palo ya Batho le ya Sekhwama sa Inšorense ya bao ba Lahlegetšwego ke Mešomo (UIF). Re hlomile mekgwa ye meswa ya go dira dikgopelo go swana le ka WhatsApp le ka USSD, ebile re hlomile dipeakanyo gotee le dipanka tše kgolo go kgontšha kgonthišio ya tshedimošo ya diakhaonto tša dipanka. Ye ke phenyo ye kgolo ka nakwana

ye kopana.

Godimo ga magato ao re a tšeerego go šireletša le go thekga mekgwa ya batho ya go iphediša, re thekgile gape le dikgwebo tša go goga ka kgara. Re fane ka thekgo ya kimollo go dikgwebo tše nnyane ka sebopego sa kimollo ya sekoloto, thekgo ya tšelete, go fegwa ga ditefo tše metšhelo le mekgwa ye mengwe.

Re phethagaditše Sekimo sa COVID-19 sa Kgonthišio ya Dikadimo go kgontšha dikgwebo go fihlelela disenye-gelo tša tsona tša mošomo nakong ye ya kiletšo ya mesepelo, ebile ka nako ye re lebeletše ka fao sekimo se se ka fihlelelagoo dikhamphani tše ntši tše di se hlokago.

Re fane ka tshireletšo ya meputso go bašomedi le kimollo go bengdikgwebo ka Sekimo sa Nakwana sa Kimollo ya Bengmešomo seo se sepedišwago ke UIF.

Tše ka moka e be e le magato a go arabela thwi seemo sa tšhoganyetšo ebile e be e le a mohuta wa nakwana. A mangwe a fihla mafelelong mola a mangwe a okeditše ka ge mmaraka wa bašomi o kaonafala.

Magato ao re a phethagaditšego a fihlile kgole go šireletša setšhaba sa gaborena kgahlanong le maima a COVID-19. Dithušo tša tšelete tše tlaleletšo di thušitše go thibela diketekete tša batho gore ba se wele kgotlompong ya bohloki ba dijo.

Ge nkabe re saka ra tsea magato go šireletša mekgwa ya batho ya go iphediša le go hlakodiša dikgwebo, maemo a bophelo ba batho ba gaborena le maemo a dikgwebo tše ntši a ka be amegile gampe kudu.

Bjale re ka gare ga diphetogo tša go tloga seemong sa kimollo go ya go sa kaonafalo.

Magato a tšhoganyetšo ao re a hlomilego a re beetše mothero wa go tia wo ka ona re tla agang ikonomi ya gaborena ka leswa. Ka baka la ge šedi ya rena gabjale e fetoga e lebišwa phethagatšong ya Leano la Tsošološo le Kagoleswa ya Ikonomi šedi ye kgolo ye tloga pele ga tšohle e tla ba go hlohleletša kgolo le go hlola mešomo.

Go bile le kgatelopele mafel-long a mantši.

Re bona boikgafo bjo boswa ba thekgo ya ditšelete bakeng sa tlhabollo ya mananeokgoparara morago ga ditherišano tša mohla-

kanelwa tša protšeke ya mananeokgoparara beke ya go feta. Mananeo a mmalwa a tlholego ya mešomo ka fase ga Lenaneohlohlleletšo la Mešomo la Mopresidente a thomilwe. Re gatela pele ka mpshafatšo ya ikonomi mererong ye bjalo ka enetši le dikgokagano tša megala.

Maano a gare a fetosetšwa go ba magato ebile mai-kgafa a thoma go bonagala

mešomong le menyetleng ya mešomo.

Tšona dithulaganyo tše di bohlokwa kudu ka nako ye, kudukudu ka baka la ge sehla sa maikhutšo se batamela, gore re seke ra itsheneletša ka mediro ya rena.

Go nyakega gore ka moka re ntšhe mahlo dinameng gore re thibele baerase ye.

Lephoto la bobedi la bolwetši ka bogolo bofe goba bofe le ka se bušetše fela diphenyo tše re di fihleletšego morago, le tla senya dikgateopele tše di bonagetšego tša kaonafalo ya ikonomi, le go re bušetša morago go tloga sehleng sa se-ruthwana go ya go sa marega.

Go efoga lephoto la bobedi la diphetelo tša COVID-19, re swanetše go latela melao ya maphelo yeo e sa ntšego šoma.

Ge re šitwa ke go apara dimaseke dikopanong tša setšhaba, ge re eya ditiragalong tša go tlala ka batho, ga re bee fela maphelo a rena le a batho ba bangwe kotsing.

Re bea gape le kaonafalo ya ikonomi kotsing ye kgolo.

A re tsweleng pele go kgatha tema ya rena.

Magato a mabotse a go apara maseke, a go šielana sekgala le go hlala matsogo kgafetšakgafetša a re thušitše go fenza ditlamorago tše šoro tša leuba le. Ona magato a ka moka e sale mokgwa wa rena wo kaonekaone wa go itshireletša.

A re gopoleng ka fao re ikunnego tše ntši ka gona go laola go phatlalala ga leuba le matšatšing a mathomo.

Le ge e le gore ditiragalo tše ntši tša leago le tša ikonomi di buletšwe, re swanetše go tswelapele go latela magato ka moka a maphelo. Se se tloga se le maleba kudu ge re nyaka go aga ikonomi ya gaborena ka leswa le go lebala ka masetlapelo a.

# Enwa meetse o efoge go hloka meetse mmeleng

Allison Cooper

**P**hišo ye šoro le go se nwe diela tše lekanego go ka hlola go hloka meetse mmeleng le strouku sa phišo, le gona motho a ka hlokofala.

Goya ka Kgoro ya Maphelo ya Kapa Bodikela, phišo ya selemo e tsamaišana le kotsi ye kgolo ya go hloka meetse mmeleng, e lego tahlegelo ya meetse mmeleng.

Go hloka meetse mmeleng gantši go hlolwa ke go se nwe diela tše lekanego go tšeа le-gato la meetse ao a tšwilego mmeleng ka kodumela. Go hloka meetse mmeleng go ka hlolwa gape ke bolwetši, bjo bo ka hlolago go hlatšale / goba letšhologo; le go tšwa kodumela ka baka la letadi.

Tahlegelo ya diela mmeleng ga e diragale fela nakong ya ge motho a itšidulla mmele ga boima, eupša e ka hlolwa gape ke go sepela, go šoma ka tšhengwaneng le go reila paeskela, kudukudu mae-mong a go fiša goba a monola.

Ge o hloka meetse mmeleng, mmele wa gago o ka se

šome ka tshwanelo. Bana ba mengwaga ya ka fase ga ye mehlano, batšofadi le batho bao ba šomago ka ntle ga magae ba kotsing ya go hloka meetse mmeleng le strouku sa phišo (bolwetši ba go hlolwa ke ge mmele wa gago o fiša go feta tekano).

Strouku sa phišo ke bolwetši bja tšhoganyetšo bjo bo hlokago ngaka. Hwetša thušo ya bongaka ka yona nako yeo ge o bona efe goba efe ya dikatše:

- Go ikwa o gakanegile goba ge polelo ya gago e thoma go nanya le go se kwagale.
- Go sellega le go hlatša.
- Go hema ka pela o sokodišwa ke go buša moyo.
- Pelo e thoma go kiba ka lebelo.
- Go opa ke hlogo ye bohlo-kwana.

## Dika tše temošo ya go hloka meetse mmeleng

Tše dingwe tše dika tše mathomo tše go hloka meetse mmeleng di akaretša:

- Go ikwa o swere ke lenyora le modukologo.

- Molomo wa go gomelela.
- Molapo.
- Mohlapologo wa mmala wa go fifala, wa go ba le lefetla.
- Go se hlapologe gantši go swana le ka matšatši a mangwe.

## Gore o dule o nale meetse mmeleng le go efoga strouku sa phišo o swanetše gore:

- O nwe meetse a mantši go feta ka fao o wa nwago ka gona ge letšatši le fiša.
- Itulele ka ngwakong goba fao go nago le meriti.
- Apara lephephe la go phaphamala goba o šomiše amporela.
- Dula o swere lebotlelo la meetse mo go wena o be o nwe meetse kgafetšakgafetša.
- Khutša kgafetšakgafetša ge o le letšatšing ge o šoma ka ntle.
- Timola phišo ka go šomiša lebotlelo la meetse la go šašetša.

## Masea le bana

Batswadi le baledi ba



swanetše go ba le šedi ye kgolo go bana le masea, ba netefatše gore ba nale meetse mebeleng.

Bommagobana bao ba nantšhago ba swanetše go nantšha masea a bona kgafetšakgafetša ge go fiša kudu.

Bana ba dule ka dintlong goba ka fase ga meriti, ba apare diaparo tše bofeko le gore ba phumolwe ka lešela la go thapa go ba thuša go timola phišo. Gopola go šomiša ditlolo tše go thibela go fišwa ke letšatši letlalong ge o le ka ntle.

Ge bana ba mengwaga ya ka fase ga ye mehlano ba tšhologa, ba tšwelapele go hlatša ebole ba lapa, hwetša thušo ya bongaka ka yona

nako yeo. Hwetša thušo ya bongaka ka yona nako yeo ge lesea la gago le sa kgone go nyanya letswele goba le nale mahlo a go wela ka gare goba phogwana ya go wela ka gare mo hlogong.

Mo baneng, dika tše dingwe tše temošo ya go hloka meetse mmeleng di akaretša:

- Molomo wa go gomelela goba wa go mata.
- Go ntšha dikeledi tše nnyane goba go hloka dikeledi ge ngwana a lla.
- Go rota gannyane fela goba go se thapiše maleiri go swana le ka matšatši a mangwe.
- Letlalo leo le fodilego la go gomelela.
- Go tšwa diso.
- Boroko goba go dikologa. 

# Be healthy this festive season

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

**T**he 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. 