

Vuk'uzenzele

**JOBS
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English/Setswana

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Gogos' vaccine joy



■ **Nomamelika Philiso (119)** is all smiles after receiving the COVID-19 vaccine.



■ **Chithekile Hlabisa (101)** has already beaten COVID-19 once and has ensured she is protected from the virus by having the vaccine.

More Matshediso and Ndyabo Kopo

Phase 2 of South Africa's mass vaccination programme is reaching the elderly across the country, at vaccination sites and in their homes.

Recently, 119-year-old Nomamelika Philiso of Mandleni village in KwaBhaca in the Eastern Cape received her first dose of the Pfizer vaccine.

Community health workers visited Philiso's home during a door-to-door campaign to register those who are over 60 years of age on the Electronic Vaccination Data System (EVDS).

They registered Philiso on the EVDS and not long after she was vaccinated at her home by senior health professional Thobeka Ludidi from Madzikane KaZulu Hospital.

Ludidi first screened Philiso before administering the vaccine.

Happy and grateful

Philiso expressed gratitude to government for ensuring that she benefited from the vaccination programme.

"I am short of words. I am just happy and grateful," she says.

While Philiso's husband passed away in 1964 and eight of her nine children have also passed away, she is looking forward to spending time with her grandchildren and great grandchildren.

Another recently vaccinated gogo is 101-year-old Chithekile Hlabisa from Mzingazi in Richards Bay.

She received the first dose of the vaccine at Ngwelezana Hospital.

Hlabisa is extremely grateful to have received the vaccine as she spent four weeks in hospital due to the Coronavirus Disease (COVID-19) earlier this year.

Having battled with a heart condition for most of her life, she says it was only by God's grace that she survived. Unfortunately, one of

her daughters succumbed to the disease.

Waiting patiently

Chithekile encourages other senior citizens to take the jab.

"I have been waiting patiently for the vaccine. Having survived COVID-19 and being hospitalised for this virus can be a scary episode.

"I was happy to hear that now we are vaccinating. All people my age and younger than me should take the vaccination as soon as possible."

While she admits she was initially afraid, Hlabisa says receiving more information about the vaccine put her mind at ease.

Pulling out all the stops

Efforts are being made by various sectors to ensure that as many people over the age of 60 as possible register on the EVDS.

Pension payout points, where thousands of the elderly queue for their

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Bašwa ba botlhokwa thata mo go rona

Ka Seetebosigo 16 1976, bašwa ba kwa Soweto le mafelo a mangwe ka fa nageng ba ne ba duba merusu go ipelaetsa kgaatlhanong le Thuto ya Bathobantsho e e neng e sa tshwane le ya merafe e mengwe.

Ka letsatsi leo le mo matsatsing a a tla latelang, batho ba bantsi ba ne ba latlhegelwa ke matshelo a bona. Ba ne ba bolawa ke puso e e neng e sena sepe le botshelo jwa mothomotsho e bile go ne go se sepe se ba boneng e le phoso fa ba ne ba budulela dikolo mo mebeleng ya bana ba sekolo ba ba neng ba apere diaparo tsa sekolo e bile ba sa tlhomela.

Ditiro tsa mothale ono di ne tsa gagamatsa maikutlo a dinaga tsa boditšhabatšhaba kgaatlhanong le puso ya tlhaolele mme seno se ne sa naya maatla kgaratlhelo ya kgololesego.

Bašwa ka gale ke bona ba gogang kwa pele ditshupetso mo mererong ya loago, go tloga mo ditshupetsong tsa kwa Latin America ka dingwaga tsa bo 1950, go tsenyeletsa le ditshupetso tse di neng di diragala go ralala le Aforika kwa bokhutlhong jwa dingwaga tsa bo 1960.

Hiseteri e rekotile ka botswapelo seabe seo bašwa ba 1976 ba nnileng le sona mo megwantong ya boditšhabatšhaba ya baithuti le dikgato tsa bona tsa go ema kgaatlhanong le go tshwarwa makgwakgwa.

Tiragalo eno ya hiseteri e e diragatseng mo dingwageng di le 45 tse di fetileng e santse e ketikiwa mo kontinenteng

ya Aforika le mo lefatsheng ka bophara.

Ka jalo go a gagamatsa gore kitso ka ga ditiragalo tsa June 16 e a nyelela mo bašweng ba naga ya Aforika Borwa. Seno se diragala bogolosegolo mo bašweng ba ba ipitsang gore ke *Generation Z*, bano ke bašwa ba ba belegweng magareng ga dingwaga tsa 1997 le 2015.

Dipatlisiso tsa Aforika Borwa tsa Kitso le Maitsholo mo Mererong ya Loago tsa ngwaga wa matlole wa 2019/2020 tse di phasaladitsweng ke Lekgotla la Dipatlisiso tsa Saense le Batho (HSRC) di ribolotse gore mo bašweng bano, 40% ya bona ga e itse sepe ka ditiragalo tseno e bile ga ba ise ba utlwele sepe fela ka ga tsona. Ba bangwe gape ba phesente e e tshwanang le yona eo ba utlwetse ka tsona mme ba na le kitso e e potlana thata ka ga tsona.

Le fa go le jalo, dipatlisiso tseno gape di ribolotse gore bašwa bano ga ba kgaatlhanong le go ithuta ka kitso e e botlhokwa ya hiseteri e bile ba dumela gore e botlhokwa e bile e tla tswelana go nna botlhokwa.

Re le naga re tshwanetse go tsaya matsapa go netefatsa gore molaetsa wa ditiragalo tsa 1976 o fetisetswa kwa bathong ba bangwe ka botswapelo.

Ano ke maikarabelo a rona rotlhe re le puso, dikolo, ditheo tsa thuto e kgolwane, batsadi, malapa le masika, baopedi, badiragatsi le botlhe mo setšhabeng.

Bašwa ba ba belegweng morago ga go phutlhama ga puso ya tlhaolele ba iphitlhetse ba le ka fa gare ga

puso ya temokerasi e e nang le Molaotheo mo ditshwanelo tse di botlhokwa di tsewang tsia.

Ditšhono tse bašwa ba mmala wa sebilo ba gompieno ba nang le tsona di farologane thata le tsa ba mo nakong e efetileng e bile di tokafaditswe thata.

Go tswelana go ruta bašwa ka ditiragalo tseno tsa June 16 ke segopotso mo bašweng ba gompieno gore bašwa ba mo malobeng ba ikentshitse setlhabelo go le kanakang gore bašwa ba gompieno ba utlwe monate wa kgololesego.

Letsatsi la go Keteka Mosola wa Bašwa ke segopotso sa gore bašwa ba na le maatla a le mantsi bokanakang le gore ba mo lebelong le le kanakang fa go tla mo go direng gore bokamoso jwa bona bo tokafale.

Dikgwetlho tse bašwa ba tobaneng le tsona mo nageng ya Aforika Borwa di thiba letsatsi. Bašwa ga ba bolo go gapa kwa pele dikgato tsa go lwela ditshwanelo, go sa kgathalesege gore di mabapi le go lwela thuto ya mahala kgotsa go ema kgaatlhanong le maitshwaro a a bodileng a tirisodikgoka e e totileng batho ba bong jo bo rileng (GBV).

Gompieno ntwaga e e kgolo eo bašwa ba tobaneng le yona e kgaatlhanong le botlhokatiro, jo ga jaanong bo tswileng mo taolong fa e sale leroborobo leno la COVID-19 le runya ka fa nageng.

Tiro e e kwa setlhoeng mo pusong eno ke go tlholela bašwa ditšhono tse dintsi tsa ditiro le go dira gore bašwa bano ba fitlhelele ditšhono tseo.

Sengwe le sengwe se re se dirang re le puso se na le seabe mo go tokafatseng matshelo a bašwa. Gore re kgone go samagana le botlhokatiro mo bašweng re tlhoka go godisa ikonomi ka lebelo, bogolo jang mo ditirong tse di tlhokang batho ba bantsi, mmogo le go aga bokgoni mo pusong gore e kgone go diragatsa maikarabelo a yona a go tliša tlhabololo.

Re samagane le ntlha eno ka go ipeela dipeelo. Tsone di tsenyeletsa Letsholo la Maitshwaro go Tlholo Ditiro la Moporesitente, le ga jaana le setseng le tlametse bašwa ba le bantsi ka ditšhono tsa ditiro le go tshegetsa le ka fao ba iphedisang ka teng.

Re thankgolotse dikgato di le dintsinzana tse di farologaneng tsa go tlhola ditšhono, ra tlhabolola katiso ya bokgoni, ra ema nokeng baitlhamedikgwebo ba bašwa le go kgontsha bašwa go nna le seabe ka botlalo mo ikonoming.

Dikgato tseno di tsenyeletsa tsa go tsenya tirisong Thulaganyo ya Naga ya Taolo ya Dithulaganyo mmogo le Letsholo la Bašwa ba Aforika Borwa e leng se se tla nolofatsang dikgato tsa bašwa tsa go bona le go iponela ditšhono le go iponela tshegetso e e maleba ya go ka iponela ditiro.

Tseno ke tse dingwe tsa dintlha tse di botlhokwa mo Letsholong la Moporesitente la go Bulela Bašwa Ditiro, leo le thankgolotsweng dibeke di se kae fela pele re welwa ke leru la go sekega nakwana ditiro tsa ka fa nageng mo ngwageng o o fetileng mme ga jaanong letsholo leno le

diragadiwa ka botlalo.

Letsholo la Moporesitente la go Bulela Bašwa Ditiro le dirilwe go lebeleletse gore go samaganwe le matsapa a botlhokatiro ao bašwa ba tobaneng le ona. Go tla tlhoka gore go diragadiwe megopolo e e iseng e bonwe mmogo le go dirisana le badirisanimmogo ba ba ikgonang mo setšhabeng.

Maitlhomomagolo a letsholo leno ke go tlhagisa dithulaganyo tse di nang le mosolo, e ka tswa e le tsa tlhabololo ya bokgoni kgotsa tsa dipholisi tsa ditiro, mmogo le go diragatsa seno ka lebelo gore di thuse bašwa ka bontsi jo go ka kgonagalang.

Sa botlhokwa go gaisa ke gore letsholo leno la re bašwa e tshwanetse e nne bona ba ba tseelwang kwa godimo mo dikgatong tsotlhe tsa go thapa bašwa. Bašwa ba botlhokwa thata e bile gape ke bona ba ba mosola thata mo go lwantshaneng le matsapa ano.


Re akgola kakatlelo ya mošwa yo mongwe le yo mongwe ka go nna le seabe mo go ageng le mo go tlhabololeng naga ya rona.

Bano ke bašwa ba ba ithaopang go thusa mo metseng ya rona, ke bona ba ba agang naga ya rona ka go nna le seabe mo Letsholong la Maitshwaro go Tlholo Ditiro la Moporesitente, ke bona ba ba itshimoletseng dikgwebo le bao ba yang dikolong go oketsa kitso ya bona.

Bano ke bašwa ba ba ikagelang bokamoso jwa bona mmogo le jwa ba malapa a bona.

Re akgola bašwa ba ba tswelletseng go nna mo ditirong tseo ba di dirang gore ba kgone go tokafatsa matshelo a bona. Bašwa ba diragatsa tiro ya bona; go setse puso le setšhaba ka bophara gore le tsona di tsenye letsogo.

Naga ya rona e rwele boima, fela re dira bosigo le motshegare gore re tlise tsholofelo mo baaging ba naga ya rona.

Re bona kgolo e e iketlileng mo ikonoming ya rona, e bile re itse sentle gore seno se tla tliša ditšhono tse di botoka tse di tla tswelang botlhe molemo. Tiro ya rona ga jaana ke go netefatsa gore bašwa ba ithulagantse e bile ba na le bokgoni jwa go iponela ditšhono tseno le go itirela ditšhono tseno ka bobona. 

Mo marigeng ano dirang bonnete jwa gore ga le fisiwe ke molelo

Allison Cooper

Jaaka mariga a tsena batho ba tlhoka go ikomosa, mme seno se tlhola dikotsi tsa go fisiwa ke dikerese, melelo, ditofo, dihitara le metsi a a belang.

“Dipalo tsa batho ba ba fisiwang ke molelo mo marigeng di tthatloga ka bontsi ka jalo batsadi le bathokomedi ba bana ba tlhoka go ntsha matlho dinameng go netefatsa gore bona le bana ba bona ba balesegile,” ga rialo Ngaka Gary Dos Passos.

Ngaka Dos Passos ke Tlhoggo ya Yuniti ya Dikgobalo tsa Molelo mo bookelong jwa Red Cross War Memorial Children's Hospital (RCWMCH) mme e bile gape ke tokololo ya Komitikhuduthamaga ya Mokga-

tlho wa Aforika Borwa wa Dikgobalo tsa Molelo.

Le fa tota dikotsi tsa molelo go sena gore re ka di tshabela, go na le ditsela di le dintsi tse re ka tilang dikgobalo tseno ka tsona mme tsona ke go ntsha matlho dinameng, batsadi ba nne le tlhokomelo e e tlhokegang le ka go itlhomela.

“Dikgobalo tsa go fisiwa ke molelo di tlhola matsapa a a seng kana ka sepe mme mabadi a dikgobalo tseno mo mmeleng le mo tlhaloganyong a nnela ruri mo bathong ba ba fetileng mo dikgobalong tseno le mo go ba malapa a bona,” ga rialo Ngaka Dos Passos.

Go thibela go fisiwa ke molelo

Ka fa ntlong o ka thibela dikgobalo tsa molelo. Buisa dikgato tse di latelang tsa

go go tlhaba botlhale ka ga seno:


- Beela kgakala mokgwaro le matlhokwana, dilae-tara, ditlhotlhi tsa molelo tse di jaaka peterole le parafene, dikerese, gase mmogo le lebone le hitara tse di tlhotlhiwang ka parafene.
- O seke wa latlhela ditlhotlhi tsa molelo mo kgabong ya molelo. Seno se ka tlhola kotsi e kgolo thata.
- O se tlogele bana go tshamekela gaufi le lebone kgotsa hitara tse di dirisang parafene kgotsa gase.
- O seke wa apaya o kukile ngwana kgotsa wa tlogela bana ba le bang mo phaposiboapeelong.
- Netefatsa gore ketele e beetswe kgakala mo bana ba ka se e fitlheleleng. Fa go kgonagala dirisa ketele e e senang mogala.

- O seke wa kukana le kane ya go bedisa metsi kgotsa pitsa e e nang le metsi a a bedileng gaufi le bana.
- Fa o baya dipitsa mo isong netefatsa gore megokgo ya tsona e furaletse bokwantle jwa setofo.
- Tlhomela kerese mo galaseng e e tshetsweng mmu gore fa go ka diragala gore e we mmu oo o kgotholele mo go yona mme o e time.
- O seke wa tima kgabo ya molelo ka mmu. Molelo o kgona go batalala ka fa gare ga mmu sebaka sa diura di le dintsi.
- Fa o tshela metsi a go tlhapa mo bateng simolola ka go tshela a a tsididi mme morago o a tswake ka a a bolelo. Ka gale utlwelela bothitho jwa metsi a go tlhapa ka go tsenya sejabana mo go ona pele

o ka tsenya dikarolo tse dingwe tsa mmele.

Fa o ka iphitlhela o aparetswa ke kgabo ya molelo mo mmeleng, o seke wa taboga, itatlhele fa fatshe mme o pitikoge gore molelo o time.

“Fa o ka fisiwa ke kgabo ya molelo, metsi a a belang kgotsa motlakase mme wa kgona go tima molelo oo, mogote wa molelo ona o tla tswelela go fisa dithišu tsa mmele wa gago mo dinthong tse di go tswileng.

“Tima mogote ono ka go itshela ka metsi a a tsididi mo dinthong tseno sebaka sa metsotso e le 20. O seke wa ipaya di-ice, wa itshela ka metsi a di-ice, wa itlotsa ka botoro kgotsa ditlotsi tse di nang le mafura mo nthong ya molelo,” ga rialo Ngaka Dos Passos. 

Go bona tshedi-mosetso ka botlalo ka dikgato tsa go go tlhaba botlhale ka go thibela dikgobalo tsa molelo etela, www.childsafe.org.za

Good health by the cupful

THE PEBBLES PROJECT and UK-based tea company Twinings have teamed up help farmworkers stay healthy.

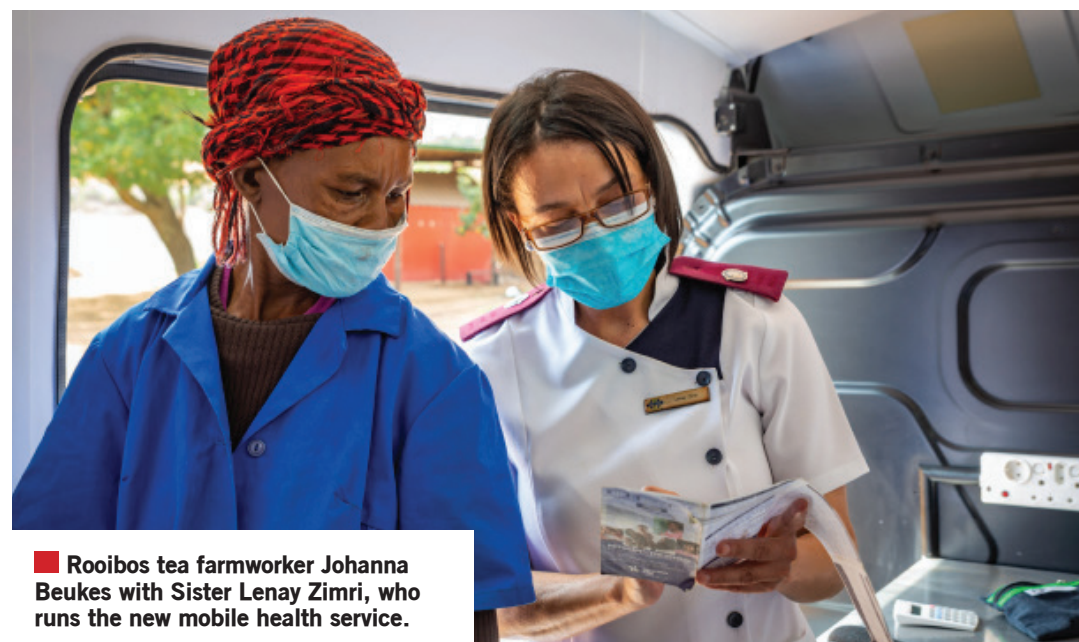
Allison Cooper

Tea farmworkers and their families, in remote parts of the Western Cape, now have access to healthcare closer to their homes, as a result of a mobile health service in the area.

The mobile clinic was launched by non-profit organisation, the Pebbles Project, and Twinings, a United Kingdom-based tea company, to support around 800 farmworkers and their families on a number of rooibos tea farms in Clanwilliam and Citrusdal.

The mobile clinic conducts wellness screenings and provides routine health check-ups, primary healthcare support and over-the-counter health products.

It will also conduct health



Rooibos tea farmworker Johanna Beukes with Sister Lenay Zimri, who runs the new mobile health service.

and wellness workshops on topics such as family planning, maternal health, hygiene, TB, HIV/AIDS, substance abuse and lifestyle diseases.

Sophia Warner, the Chief Executive Officer of the Peb-

bles Project, says a lack of access to quality healthcare poses a major challenge for those working and living in farming communities in remote areas where Twinings sources rooibos tea.

“Many farmworkers do not

receive regular health check-ups or the medical attention or information they need in time, and consequently suffer risks of more serious health conditions that could have been prevented if treated earlier.”

A lack of information also contributes to health challenges which impacts the farmworkers' ability to work and care for their families.

“The goal of the project is to enable rooibos tea farmworkers to take control of their health and receive the medical support they need,” says Warner.

Albert Smit, from a farm in Jakkalvlei, says the farmworkers are grateful. “We are so happy... As a result of the service, we have less staff having to visit the local clinic and less absenteeism at work,” he adds.

The Pebbles Project's partnership with Twinings is part of the company's responsible sourcing programme called Sourced with Care.

Céline Gilart, the Head of Social Impact for Twinings, says Sourced with Care ensures that the company sources responsibly, but also acts as a force for good to improve the quality of life in communities from which it sources. 