

# Vuk'uzenzele

Ipapashwe liZiko lezoNxibelelwano nokuSasazwa koLwazi lukaRhulumente (GCIS)

English/isiXhosa

EyeThupha 2020 Ushicilelo 1



**Ngokufutshane ukubeke-lwa bucala**  
**Iphepha lesi-7**



**Umcimi-mlilo we-Crew Juliet ubalisa ngebali lakhe**  
**Iphepha lesi-8**



## UMzantsi Afrika uthatha amanyathelo okulungisa ukudingeka kwezixhobo zokuphefumlisa



**ISIXHOB** sokuphefumlisa esenziwe apha ekhaya siza kunceda izigulane ezineempawu ezingephi ze-COVID-19 ukuba ziphefumle lula

### Silusapho Nyanda

**U**mlo wokulwa nesifo sentsholongwane i-corona (COVID-19) eMzantsi Afrika womelezwe kukuveliswa kwesixhobo sokuphefumlisa sokuqala apha kweli lizwe

Isixhobo sokuphefumlisa soXinzelelo oluluNcedo kwiMibhobho yoMoya oluQhubekayo (i-CPAP) since- da izigulane ezineempawu ezingephi ze-COVID-19 ukuba ziphefumle lula ngokubonelela ngoxinzelelo lomoya onomongo-moya okwinqanaba elingephi ukugcina imibhobho yazo yomoya ivulekile.

Esi sixhobo sokuphefumlisa sayilwa liBhunga loPhando-nzulu kwezobuNzululwazi nezoShishino (i-CSIR) ngentsebenziswano neqela labehlulelani balapha ekhaya kwaye siza kufezekiswa kweli

lizwe jikelele kwizigulane ezibonakalisa iingxaki zokuphefumla kwizigaba zokuqala zosuleleko lwe-COVID-19.

“Umoya umntu awuphefumlayo ngokwesiqhelo unomongo-moya ohlanganisiweyo oziipesenti ezingama-23. Umatshini we-CPAP unga-mpompa umthamo ophezulu womongo-moya, ukuncedisa umntu ukuba aphefumle.

I-CPAP impompa umongo-moya ohlanganisiweyo ngokuqhubekayo. Ungawandisa okanye uwunciphise umthamo womongo-moya umntu awuphefumlela ngaphakathi,” utsho uMlawuli weSigqeba we-CSIR Future Production: Manufacturing u-Martin Sanne.

Izigulane ezisebenzisa

**Liqhubeka kwiphepha lesi-2**



Ukufunda uVuk'uzenzele khuphela i-GOVAPP kwi:



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QHAGAMSHELANA NATHI



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## EYASIMAHLA AYITHENGISWA



# Bad behaviour results in alcohol ban

**A TRAUMA SURGEON** has welcomed President Cyril Ramaphosa's efforts to sober up South Africa, saying that heavy drinking was causing a headache for hospitals.

**T**he sale of alcohol was once again banned in South Africa in the middle of July because of the number of people needing emergency care in hospitals as a result of drunken behaviour.

Instead of being available to help people who were very sick from the coronavirus disease (COVID-19), hospitals were treating patients wounded in car accidents or

fighting that were caused by drinking too much.

Professor Steve Moeng, who is head of trauma at Gauteng's Charlotte Maxeke Hospital, explains that under level five of the lockdown, the hospitals' emergency rooms were nice and quiet but each time the country went to a lower level, the number of people needing emergency treatment at our hospitals increased.

He says that since the coun-

try moved to level four of the lockdown on 1 June, hospitals have seen more trauma cases.

"Unfortunately, this has had a negative impact in terms of our ability to deal with the COVID-19 load in our hospitals," he says, explaining that in South Africa, most of the trauma cases dealt with by hospitals are related to alcohol.

Moeng, who is also the academic head of trauma at the University of the Witwa-

tersrand, says

when the emergency rooms are full, hospitals are not able to give as much time and resources to COVID-19 as needed.

He says there is a need to re-evaluate society's relationship with alcohol because too many people are not able to drink responsibly and

instead become drunk and disorderly and behave recklessly or badly as a result.

Emergency rooms tell the story of the impact on South Africa of the abuse of alcohol, with doctors spending most weekends stitching up victims of domestic abuse, car crashes or violent fights. **📞 – SANews.gov.za**



## Liqhubeka lisuka kwiphepha loku-1

isixhobo sokuphefumalisa zinxulumanyiswa ngokuthi zinxityiswe isigqubuthelobuso. Umongo-moya utsalwa kwitanki yegesi yomongo-moya uze udi-tyaniswe nomoya wendalo kwisixhobo sokuphefumli-sa, ukusuka kulo ndawo ukuya kugqithiselwa kwisigqubuthelobuso uze uphefumlelwe ngaphakathi sisigulane. USanne uthi ukongeza ekumpontshweni komoya womongo-moya, i-CPAP ikwanceda izigulane

ukuba zikwazi ukuphefumlela ngaphandle.

Isixhobo se-CPAP singa-setyenziswa kwiimeko ezinobuchwepheshe obuxhohme kakhulu bezonyango nakwiimeko zethutyana, ezifana nezibhedlele zethutyana nakumaziko okuvalela bucala.

USanne uthi i-CSIR kufanele ibe ivelise izixhobo zokuphefumalisa ezingama-10 000 ekupheleni kweyeThupha. Ngokusebenzisana nabakwa-Siemens, abakwa-Simera, abakwa-Akacia, abakwa-Gabler, Umoya kunye neYuni- vesithi yaseKapa (i-UCT),

i-CSIR ivelise i-CPAP ngokwemigangatho yoMbutho wezeMpilo weHlabathi (i-WHO).

Iqela lokuqala lezi zixhobo zokuphefumli-sa liza kunikezelwa kwizibhedlele zikarhulumente eziphantsi koxinzelelo ngenxa yokungabikho kwezixhobo zokuqubisana ne-COVID-19.

I-CSIR iqalise ukusebenza nge-CPAP emva kokuba ihlabathi liqalise ukufumana ukudinge-ka okukhulu kwezixhobo zokuphefumli-sa. "Malunga nenyanga yoKwindla nekaTshazimpuzi, kwa-

suka ngesiquphe kwakho ukungabikho ngokwane-leyo kwezixhobo zoku-phefumli-sa kubaboneleli bethu bezizwe-ngezizwe. Apho zazifumaneka khona, zazibiza kakhulu, ngoko ke urhulumente wakhupha isiniki-maxabiso sokuvelis- swa kwezixhobo zokuphe- fumlisa," utsho uSanne.

Isiniki-maxabiso ibiyinxalenye yeProjekthi yeSizwe karhulumente yeziXhobo zokuPhefumli-sa ngaphakathi kweSebe lezoRhwebo, uShishino noKhuphi- swano.

I-CSIR ikwasebenza nangesixhobo sokuphefu-

mlisa soXinzelelo olu- luNcedo kwiMibhobho yo- Moya omaNqanaba-mabini (i-Bi-level Positive Airway Pressure) onjongo zawo zikukunceda izigulane ezineempawu ezibukhali kakhulu ze-COVID-19. Esi sixhobo sokuphefu- mlisa siza kuncedisa uku- phefumlela ngaphakathi nokuphefumlela ngapha- ndle, nokuba kungendlela yoxinzelelo lomongo-moya oluqingqiweyo okanye kungokuzivela ubonelelo lomongo-moya odingwa sisigulane uze ulungele- lanise uxinzelelo ngoku- fanelekileyo. **📞**



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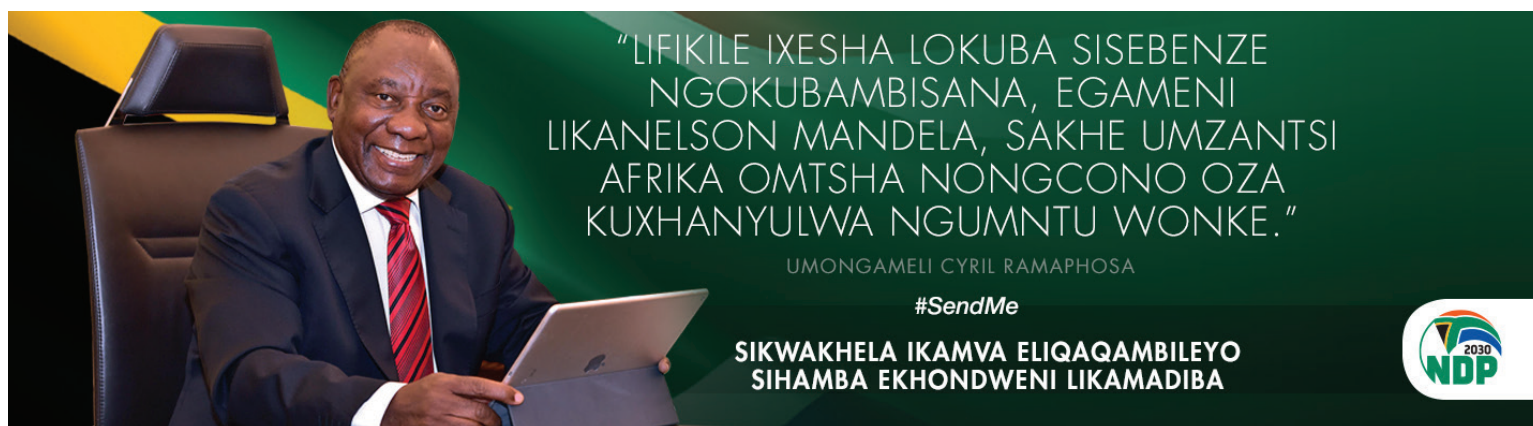
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# Nceda unqande ukunwenwa kwe-COVID-19

**I**sizwe sakuthi sijamelene neyona ntlekele inzi-ma kakhulu kwimbali yedemokhrasi yethu. Iintsuku ezingaphezulu kwezi-120, siphumelele ekulibaziseni ukunwenwa kwale ntsholongwane izisa intshabalalo kwihlabathi jikelele.

Kodwa ngoku, ukunyuka ngamandla kosuleleko esisityiswe ngako zingcali zethu zezonyango ukuba kuseza kuza, sekufikile. Bangaphezulu kwekota yesigidi abantu baseMzantsi Afrika abosulelwe yintsholongwane i-corona, kwaye siyayazi ukuba luseluninzi olunye usuleleko olungabonwanga. Ngoku sibhalisa ngaphezulu kwama-12, 000 ezelelo zosuleleko ezintsha yonke imihla.

Ukususela ukuqalisa kokuqhambuka kwayo kwi-nyanga yoKwindla, ngabantu abangama-4,079 ubuncinane abathe basweleka ngenxa ye-COVID-19.

Njengale ngqele iqhaqha-zelisa amazinyo indlongozela ukungena kwilizwe lethu ivela kwi-Atlantic esemaZantsi ngeli xesha lonyaka, imbalwa imi- mandla yeli lizwe eya kusinda kule ntsholongwane i-corona. Uhlaselo lwentsholongwane i-corona lukude le ngobukhali kwaye lutshabalalisa ngaphezulu kwalo naluphi na utshabalalo esakhe salwazi ngaphambili. Lutweza imithombo yethu kunye nokuthatha kwethu izigqibo kude kufikelele ekupheleni.

Ukunyuka ngamandla kosuleleko ebeluthelekelelwe kwangaphambili zingcali noosonzululwazi bethu kwezi nyanga zi-3 zidlulileyo, kude kwafika ke ngoku. Kuqale eNtshona Koloni kwaye ngoku kuyaqhubeka eMpuma Koloni naseGauteng.

Kanti, nangona usuleleko lukhula ngokucacileyo, kubalulekile ukuqaphela ukuba izi-

nga lethu lokusweleka leepesenti e-1.5 liphakathi kwawona mazinga aphantsi ehlabathini. Oku kuthelekiswa nomyinge wezinga lezehlo zokusweleka ehlabathini jikelele elikwii- pesenti ezi-4.4. Sifanele ukubulela amava nokuzinikela kwamagcisa wethu wezonyango namanyathelo angxamisekileyo esiwathathileyo ukwakha amandla enkqubo yethu yezempilo ngala manani asezantsi okusweleka kwilizwe lethu.

Nangona uninzi lwabantu bakuthi bewathathile amanyathelo okuthintela ukunwenwa kwale ntsholongwane, bakhona abanye abangayenzanga loo nto. Bakhona abanye apha phakathi kwethu abangayihoyiyo imimiselo ephunyezwele ukulwa esi sifo.

Ebunzulwini bonje yena ubhubhane, ukukhwela iteksi ungasinxibanga isigqubuthelobuso, iindibano zabahlobo, ukuya kwiziyunguma okanye ukutyelela usapho, nako ngokulula kunokubangela ukusasazeka kwentsholongwane kunye nokuphulukana nobomi. Esi ingasisifo esibangelwe yile ntsholongwane, kodwa sisasazwa yindlela abantu abaziphethe ngayo nendlela yokuziphatha.

Ngenxa yamanyathelo wethu – njengomntu ngamnye, njengeentsapho, njengoluntu – sinakho kwaye kufuneka simtshintshile lo bhubhane kwilizwe lethu. Kufanele sinxibe isigqubuthelo-buso esenziwe ngelaphu esigquma iimpumlo nomlomo ngalo lonke ixesha siphuma ekhaya. Kufuneka siqhubeke sihlamba izandla zethu rhoqo ngesepa namanzi okanye ngesibulalizi- zintsholongwane. Kufuneka siqhubeke nokucoca size sifake nesibulali-zintsholongwane kuyo yonke imiphezulu/imiphandle kuzo zonke iindawo zikawonke-wonke. Okona

kubaluleke nangakumbi, kufuneka sigcine umgama wokuqelelana okhuselekileyo – ozimitha ezi-2 ubuncinane – ukusuka kwabanye abantu.

Ngoku kukho ubungqina obuvelayo bokuba le ntsholongwane isenokuhamba njengamasuntswana amancinci emoyeni kwiindawo ezinabantu abaninzi, ezivaliweyo okanye ezingangeni kakuhle umoya. Ngenxa yeso sizathu kufuneka ngoko nangoko siphucule imo yangaphakathi kwiindawo zikawonke-wonke apho umngcipheko wobungozi bosuleleko umkhulu kakhulu khona.

Isigqibo sethu sokubhengeza ukuvaleleka phantsi kwemiqathango ethile kwizwelonke sathintela ukunyuka ngamandla kosuleleko ngobuninzi ngexesha apho iinkonzo zethu zezempilo zazingekasilungeli esi simo, nento eyayinokukokelela kweyona lahleko inkulu yokuphulukana nobomi.

Kwixesha ebesinalo, sithathe amanyathelo abalulekileyo okomeleza indlela yethu yezempilo yokusabela. Senze uvavanyo lwentsholongwane i-corona olungaphezulu kwezigidi ezimbini kanti ke oonompilo benze uhlobo olungaphezulu kwezigidi ezingama-20.

Sineebhedi ezingama-28,000 esibhedlele ezilungele ukusetyenziswa zizigulane ze-COVID-19 saze sakha izibhedlele zethutyana ezisebenzayo kwi- zwelonke. Ngoku sineebhedi zokuvaleleka bucala ezingama-37,000 kumaziko abucala namaziko karhulumente kwii- zwelonke, ezilungele ukwenza amakheswa abo bangakwaziyo ukwenza njalo emakhayeni wabo.

Sithenge saza sathumela izigidi zezixhobo zokuzikhusela emsebenzini kwizibhedlele, kwiiklinikhi kunye nasezikolweni kwizwelonke ukukhusela abasebenzi bethu abanga-

bona baphambili edabini. Siye saqasha kwaye siyaqhubeka nokufuna abongikazi, oogqirha nabasebenzi bakaxakeka bezempilo abongezelelweyo.

Siyaqhubeka nokwenza inkqubela kumalinge wethu okuqubisana ne-COVID-19, kodwa owona mceli-mngeni mkhulu usengaphambili. Kuwo onke amaphondo, sime ngomumo ukwandisa ngakumbi inani leewadi zesiqhelo ezibhedlele kunye neebhedi zabagula kakhulu zezigulane ze-COVID-19.

Umthamo weewadi zesiqhelo ezibhedlele uphunguliwe kwi- zibhedlele ezininzi ngokuthi kulityaziswe kwabo badinga inkathalelo engangxamiseka- nga, ukuguqulwa kweendawo ezithile zesibhedlele ukuba zibe ngamacandelo ongezelelweyo wabagulayo nokwakhiwa okanye ukwandiswa kwezi- bhedlele zethutyana.

Sisebenzela ukwandisa ubonelelo lomongo-moya, izixhobo zokuphefumalisa kunye nezinye izixhobo zabo badinga inkathalelo yabagula kakhulu, kuquka nokutshintsha ubonelelo lomongo-moya ebelusetyenziselwa ezinye iinjongo. Sifaka ubuchwepheshe bedijithali ukuqinisa indlela ekubonwa ngayo, ukulanda umkhondo nokwenziwa amakhweswa kwabo bebedibene nomntu osulelekileyo, kunye nokubonelela ngenkxaso kwabo uvavanyo lubafumanise bosulelekile.

Njengokuba sisondela kwinkcochoyi yosuleleko, sidinga ukulumka ngakumbi size siqinise la manyathelo sele ekho ukuthomalalisa izinga lokusasazeka.

Imigaqo engokunxitywa kwezigqubuthelo-buso iza kuqiniswa. Abaqashi, abanini zivenkile kunye nabalawuli, abaqhubi bezithuthi zikawonke-wonke, kunye nabalawuli kunye nabanini

baso nasiphi na isakhiwo sika- wonke-wonke bayanzelwa ngumthetho ukuba baqinisekise nabani na ongena kwizakhiwo zabo okanye izithuthi kufuneka esinxibile isigqubuthelo-buso.

Iitekisi ezihamba imigama emifutshane ngoku ziza kuvunyelwa ukuba ziwandise umthamo wazo wokukhwelisa i-100 leepesenti, ngelixa ezihamba imigama emide zingavumelekanga ukuba ziwandise umthamo wama-70 eepesenti, phantsi komqathango wokulandelwa kwemimiselo yokuthomalalisa umngcipheko omalunga nokunxitywa kwezigqubuthelo-buso, ukucocwa kwezithuthi ngesibulalizi- zintsholongwane kunye noku- vulwa kweefestile.

Ngoku kukho ubungqina obucacileyo bokuba ukuqaliswa kokuthengiswa kotywala kukhokelele ekubekweni kwezibhedlele zethu phantsi koxinzelelo olumandla, kuquka namacandelo abonzakeleyo kunye namacandelo abagula kakhulu (i-ICU), ngenxa yee- ngozi zeemoto, ubundlobongela kunye nokwenzakala okunxulumene nabo. Ngoko ke sithathe isigqibo sokuba khona ukuze sikwazi ukugcina umthamo wezibhedlele uphantsi, ukuthengiswa, ukusasazwa kunye nokuhanjiswa kotywala kuza kurhoxiswa ngoko nangoko.

Njengenyathelo elongezelelweyo lokunciphisa uxinzelelo ezibhedlele, kuza kumiselwa ixesha lokuvaleleka ngendlu phakathi kwentsimbi ye-9 ngokuhlwa nentsimbi yesi-4 ekuseni.

Siwathatha la manyathelo sikuqonda kakuhle ukuba abeka ubomi babantu phantsi kwezithintelo ezingamkelekiyo. Noxa kunjalo, ayafuneka, ayimfuneko ukusinceda siphumele kweli xesha le nkcochoyi yesi sifo.

Ayikho indlela esinokuthi siluphephe olu qhwithelo lwentsholongwane i-corona. Kodwa singawuthothisa umonakalo le ntsholongwane enokuwenza kubomi bethu. Njengesizwe sihlalane sonke ukuba sixhasane, sinike intuthuzelo kwabo bagulayo kunye nokukhuthaza ukwamkeleka kwabo baphila nale ntsholongwane.

Ngoku, ngaphezulu kunangaphambili, sinoxanduva lobomi babo basingqongileyo.

Siza kumelana nolu qhwithela. Siza kulibuyisela ilizwe lethu libe sempilweni kwaye lihlume.

Siza kweyisa. **V**



# Celebrating South African women

**A**ugust is Women's Month, a time when we pause to celebrate the achievements and contributions made by South African women.

## Why do we celebrate Women's Day?

In South Africa, 9 August is Women's Day and the month of August is National Women's Month. This is an opportunity to celebrate women's achievements and the important role that women of all races and religions have played and continue to play in South African society.

On 9 August 1956, more than 20 000 women from all walks of life united in a mass demonstration at the

Joseph, Albertina Sisulu, and Sophia Williams-De Bruyn.

In remembrance of what South African women

ments of these inspirational women, the problems they faced in the struggle to be free and the important role all women continue to play in society.

Apart from their traditional roles as mothers, wives and caregivers, statistics show that women are making great progress in business, politics and academic and economic careers, with more and more women reaching top positions.

## Make a difference

Women of South Africa, be proud of what you have achieved. Let the achievements of those who went before you inspire you to unlock your own strength and motivate you to make a difference in your family, your community and your country.

Go out and celebrate the women that you are. Go out and make a difference this Women's Month!

**“Women of South Africa, be proud of what you have achieved.”**

Union Buildings in Pretoria. They protested against the unjust pass laws enforced on women in South Africa.

The women were led by Lilian Ngoyi – a trade unionist and political activist, Helen

achieved on that day, 9 August has been declared as National Women's Day and is a public holiday in South Africa. Women's Month is an opportunity to celebrate and reflect on the achieve-

## Gender-based Violence

Gender-based Violence and Femicide (GBVF) continues to be a big problem in our society. The fight against GBVF cannot be left to government alone; it must be embraced by all South Africans – men, in particular.

Contact the Gender-based Command Centre in your area by calling 0800 428 428 or send a please-call-me to \*120\*7867#

## Important numbers

If you are being abused or suspect that someone is being abused, call:

- South African Police Service 10111
- Childline 0800 055 555
- Stop Women Abuse Hotline 0800 150 150
- Lifeline 0861 322 322.

# Umcimi-mlilo we-Crew Juliet ubalisa ngebali lakhe

## AMANINA

kufuneka akhombe indlela ngokuqala into engazange yenzeka ngaphambili, utshilo umcimi-mlilo



**Umcimi-mlilo oselula uVuyiseka Arendse uyinxalenye yeqela labacimi-mlilo bokuqala abangamanina.**

Photo: Alistair Burt - NCC Environmental Services

Dale Hes

**U**mcimi-mlilo oselula uVuyiseka Arendse (26) yinxalenye yeqela i-Crew Juliet, eliliqela labacimi-mlilo basendle bokuqala abangamanina. Amandla kunye nokuzimisela kwakhe ekuzenzeleni igama kwihlabathi labacimi-mlilo elilawulwa ngamadoda kukhuthaze onke amanina. U-Arendse ukhulele kwidolophana encinci yaseNtshona Koloni iBhobhofolo (*Beaufort West*). Ukugqiba kwakhe ukufunda amabanga aphantsi, ukhe wazama ukufunda kwikholeji ese-*Oudtshoorn*, kodwa wagqiba kwe-*lokuba makabuyele ekhaya ukuze akwazi ukunceda*

usapho lwakhe. Wasebenza ithutyana kwivenkile enkulu ethengisa ukutya, kodwa umdla wakhe wokuba ngumcimi-mlilo wakhula ngamandla.

“Ndabona abacimi-mlilo kwisinxibo sabo nezigadla ezibomvu ezinkulu. Ndaba nomdla kwangoko, ndanqwenela ukufumana ulwazi oluthe vetshe,” utsho u-Arendse.

U-Arendse ngomnye wabathi bathweswa izidanga kwinkqubo karhulumente waseNtshona Koloni yophuhliso lolutsha eyi-*Chrysalis Academy* ngowama-2016. Emva kwale nkqubo, uye wasebenza kwisikhululo sokucima umlilo sase-Bhobhofolo, esamkela i-R1 900

kuphela ngenyanga. Kodwa emva koko, wafumana ithuba elalibonelelwa ziiNkonzo zokusiNgqongileyo ze-NCC (i-NCC *Environmental Services*) kulo nyaka uphelileyo.

“Ndandikwi-*Chrystal Academy* njengomququzeleli apho i-NCC yeza kuthetha nabafundi malunga nethuba lokufaka isicelo sokufumana uqeqesho lweqela labacimi-mlilo basendle bokuqala abangamanina. Nangona ndandingenguye omnye wabafundi, ndaba nomdla kakhulu nam ndaza ndafaka isicelo sokuqeqeshwa, ndaza ndamkelwa,” utsho u-Arendse.

U-Arendse waya kufumana uqeqesho, olwaludibanisa imiba yenkcazo eyingcingane

(theory) kunye neyokwenziwa komsebenzi (practical) wocimo-mlilo.

“Ndafunda lukhulu. Okokuqala, ndandingayazi ukuba kukho abacimi-mlilo abajongene nomsebenzi wokucima imililo yedobo. Ngaphambili phaya ndandicinga ukuba basebenza ezidolophini kuphela becima imililo kwizakhiwo kuphela,” utshilo.

U-Arendse wongeza ukuba yayiyimvakalelo engumngaliso ukuphumelela uqeqesho uze ube yinxalenye yeqela labacimi-mlilo bokuqala abangamanina abalolu hlobo.

“Ndaziva ndinemicili kakhulu, ingakumbi xa ndixelela abantu ukuba ndifuna ukuba ngumcimi-mlilo, uninzi lwabo lwalusithi asoze ndikwazi kuba ndilinina kwaye asoze ndikwazi ukumelana nawo lo msebenzi. Oko kwandityhalela ekubeni ndibabonise ukuba ndingakwazi, oko ndingakwenzeli nje mna kuphela kodwa ndikwenzela onke amanina aseMzantsi Afrika.”

U-Arendse uthi ukucima

kwakhe owona mlilo mkhulu okokuqala e-Noordhoek kwakungumceli-mngeni kodwa amava amfundisa kakhulu.

“Ndandisebenza okokuqala iiyure ezingama-24 ezipheleleyo kwaye ikokokuqala ukuba sisebenze nabo bonke abanye abacimi-mlilo abangamadoda. Wawudina kwaye kushushu kakhulu kwisinxibo sethu sokuzikhusela kodwa sawugqiba umsebenzi kwaye imvakalelo emva koko yayingumvuzo omkhulu kakhulu.”

U-Arendse ukhuthaza amanina aseMzantsi Afrika ukuba angakhe alinge azidelele.

“Musa ukuxelelwa ngabantu ukuba yintoni onokuyenza nongenakuyenza.”

**\* Ukukhangela amathuba athe vetshe abonelelwa ziiNkonzo zokusiNgqongileyo ze-NCC, landela ikhasi labo lika-Facebook. Unakho nokubatsalela kwiinombolo zomnxeba ezizezi: 021 702 2884 (eKapa), 010 007 5272 (eGauteng), 031 003 2964 (KwaZulu-Natal) okanye 041 101 1033 (eMpuma Koloni).**