ILANGA LEMPELASONTO
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I-ANC ITHI URAMAPHOSA NGEKE ASHENXE KWESOKUHOLA IQEMBU



I-ANC ithi uMengameli wayo, uMnu Cyril Ramaphosa (**osesithombeni**), ngeke ashenxe esikhundlweni sokuhola leli qembu, ngenxa yokwehla kwezinga lokuvotelwa kwalo okhethweni.

Lokhu kuvezwe wuMkhumeli wayo uNkz Mahlengi Motsiri, ngesikhathi kuqhubeka umhlangano wesigungu esiphezulu se-ANC.

UNkz Motsiri uthi leli qembu lithi ukuhluleka kweqembu akumele kuthweswe umengameli kuphela, kodwa kumele kuthwalwe yiwo wonke amalungu nobuholi beqembu ukuze lizokwazi ukulungisa amaphutha alo.

02

I-DA NOMHLANGANO WOKUQOKA IZIKHULU EBUHOLINI BAYO

KULINDELEKE ukuba uhanjelwe wubuholi obuphezulu beDA, umhlangano wokuqala womkhandlu kaMasipala waseMngeni namhlanje ngoLwesihlanu.

Lo mhlangano ngowokuqala wamakhansela asanda kuvotelwa. Kubhekwe ukuthi kuqokwe ngokusemthethweni izikhulu zalo masipala okubalwa kuzo usomlomo, iphini lemeya nemeya.
UMnu Chris Pappas ukhuza ibuya kulo masipala esikhundleni sokuba yimeya. Kubaholi abazothamela lo mcimbi kulindeleke uMnu Sithembiso Ngema, ongumholi we-DA esifundazweni noMnu Dean Mcpherson, onguSihlalo weqembu esifundazweni.

03



ZIZOFAKWA ENDALINI IZIMPAHLA NEZIMOTO ZIKAMAUMELA

ZIZOFAKWA endalini izimoto ezibizayo zikaMnu Hangwani Maumela (**osesithombeni**), osolwa ngokuba ngomunye wongqo-ndongqondo ebugebengwini obuthinta inkohlakalo ka-R900 *million* kumathenda asesibhedlela saseThembisa, eGoli.

UMaumela waba sematheni ngesikhathi igama lakhe livela kwiKhomishini kaMadlanga. Lokhu kwalandelwa wukugasela kophiko lwe-SIU, olwashaqa impahla yakhe.

Kuleli sonto iSIU igunyaze ukuba idayiswe impahla yakhe okubalwa nezimoto zohlobo lwe-Lamborghini, ama-Bentley amabili nezinye.

IPHALAMENDE LIKHATHAZEKILE NGOKUNGANAKWA KWEZINGCINGO ZOMPHAKATHI

IKOMIDI elibhekelele ukusebenza kwamaphoyisa ePhalamende, lizwakalise ukukhathazeka ngokunganakwa kwezingcingo zeza-khimizi zakuleli, ezishayelwa amaphoyisa kusetshenziswa ino-mbolo yamahhala u-10111.

Leli komidi lithi ngokophenyo lwalo, zibalelwa ku-5000 izing-ci- ngo zezakhamizi ezingaphendulwa. Lithi lokhu kuyizinkomba zokuthi izakhamizi kaziphephile, futhi nomnyango wamaphoyisa ushodelwa yizisebenzi.

Lithi umnyango wamaphoyisa kumele wenze imizamo yokuthi lokhu kulungiswe.



Zibuye ngesigqi sama-piano Izingane Zoma

Leli qembu lithi kalipikanga muntu kule albhamu, lisazizwa amandla

MTHOBISI SITHOLE

LISHINTSHE ukwenza iqembu elidala likamaskandi ngokuhlanganisa ushuni walo womculo namapiano. Iqembu Izingane Zoma, elidabuka eQhudeni, eNquthu, likhiphe i-albhamu entsha ngoLwesihlanu ebusuku esihloko esithi, “Istofu Sami”.

Zimbili izingoma eziqoshwe kwaxutshwa ushuni. Ngethi “Istofu sami nethi Amalunda. Ngokusho komsunguli waleli qembu uShobeni Khuzwayo, uthe ushintsho lubalulekile ukuze iqembu lizolandelwa yintsha.

Utshele **ILANGA** **Lempelasonto** ukuthi kuningi okuhle okwenziwe Izingane Zoma eminyakeni edlule, kodwa isigqi ebezisisebenisa singenza ukuthi isizukulwane samanje singahlobani naleli qembu ngokomculo.

“Sibone ukuthi asihlanganise umsoco wakudala owawutholwa ngabazali bentsha esinayo manje, noshuni othakaselwa

yintsha. Sinethemba lokuthi esikwenzile kuzothakaselwa. Uma kuwukuthi intsha ayihambisani nesikwenzile, sizobuyela etafuleni sibuyekeze izinqumo zethu ngoba okubalulekile wukuthi sithathe imibono yabantu," kusho uShobeni.

Uthi unethemba lokuthi okusha abakwenzile kuzothela izithelo ezinhle. Uveze ukuthi isikhathi okuphilwa kusona sifuna ukuba amaciko ashintshe isitayela sokucula.

"Thina singabaculi abadala, abasebenze umculo ungakashi ntshi. Uma singahambisani nesikhathi samanje, ukucula kwethu kuzoba yize leze," esho.

Uthe isigqi samapiano esisetshenzisiwe, sihlobane kahle nesigqi sabo sikamaskandi. UShobeni uphinde waphawula ngokuthi kulo nyaka leli qembu akekho umculi elisebenzisane naye.

"Sisafuna ukuzihlola ukuthi sisakulungele yini ukubhekana nemakethe, singasiziwe ngamanye amaciko ngoba kubalulekile nokuzazi amandla akho uma uyiciko," kusho uShobeni.



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Olwamatshitshi nolukaL'vovo kumabonakude

LUCKY CAIN



LUZONIKEZA abantu olunye uhlangothi ngempilo ephilwa nguL'vovo Derrango, uhlelo lukamabonakude olukhuluma ngempilo yalo mculi we-kwaito, osanda kululama ngemuva kokuhlaselwa yisifo sohlangothi.

Lolu hlelo olubizwa ngeLife with L'vovo, luzoqala ukukhonjiswa ngomhla ka-26 kuNovember, kuMzansi Magic, kuChannel 161.

Ngokwesitatimende esikhishwe ngabakwaMzansi Magic, lolu hlelo luzoqhakambisa olunye uhlangothi ngalo mculi oke wanyamalala kwezomculo, ngenxa yokuxinwa wukugula. Muva nje, useqalile ukubonakala emphakathini.

"Kulolu hlelo sibona uL'vovo (**osesithombeni**), ezama ukuqala impilo kabusha. Sibona indlela esekwa ngayo ngasondelene nabo, ikakhulukazi umndeni wakhe, nabangani bakhe," kusho isitatimende.

Abanye abazovela kulolu hlelo, ngabambisane nabo

“Njengoba ngiqala kabusha, ngizobe ngikhombisa indlela engiyihambayo nezingqinamba engihlangabezana nazo ukuzama ukubuyela emculweni, ngingene kwezamabhizinisi nokunye,” esho.

Umdidiyeli walolu hlelo, uSydney Makgwe, uthe udaba lukaL’vovo lukhulu kakhulu kunomculo abantu abawaziyo ngaye. “Lukhombisa ukulwa nokukhuthaza, nokungaliphosi ithawula nakuba kunzima. UL’ vovo ufana nomuntu othole ithuba lesibili lokuphila empilweni, nokuqala kabusha impilo,” kusho uMekgwe.



NGAMATSHITSHI esimanje, okunguBrighton Shandu, uZamambo Mkhize, uNomzamo Hlophe, uNolwandle Khumalo no-Amanda Mpanza.

AMATSHITSHI ESIMANJE, AQHAKAMBISA UKUBALULEKA KOKUBA YINTOMBI

Khona manjalo luyaqala nohlelo lukamabonakude esiteshini esifanayo, olukhuluma ngempilo yamatshitshi.

Lolu hlelo olubizwa ngokuthi Amatshitshi esimanje, lulandela izintombi nto zesimanje okunguBrighton Shandu, uZamambo Mkhize, uNomzamo Hlophe, uNolwandle Khumalo no-Amanda Mpanza.

Lezi zintombi eziphila impilo ehlukile, zizoveza ukuthi kusho ukuthini ukuba yintombi nto esikhathini sesimanje.

Umfelokazi ‘wazitika ngocansi kunenyanga kushone indoda’

SKHOSIPHI MTHEMBU

UBEZITIKA ngocansi nomfelokazi (50), wendoda asolwa ngokuyibulala uBen 10 (30), ngemuva kwenyanga umufi engcwatshiwe.

Lokhu kuvele eNkantolo eNkulu yaseThekwini, ngoLwesithathu, ngesikhathi kuqhubeka ukulalelwa kwecala lokubulala elibhekene noMnu Lindani Phungula (30).

UPhungula usolwa ngokudubula abulale uMnu Jabulani Mchunu, emzini wakhe oseLuganda, ePinetown ngo-2022.
UNkk Gugu Mchunu (50), naye ongummangalelwa kuleli cala, usagcwele amathafa

Kuvela ukuthi uPhungula noNkk Mchunu babethandana ngesikhathi kubulawa uMchunu. **ILANGA** selibike izikhawu ngalolu daba. UNkk Mchunu waboshwa ehamba noPhungula, beyofuna ukusayinelwa amaphepha omshwalensi ngamaphoyisa.

Bafika baphoswa imibuzo, walihlanza lonke iqiniso ngokufa komyeni wakhe, kwaba wukuboshwa kwabo noPhungula, badedelwa ngebheyili. Sekuqulwa icala, uNkk Mchunu wasiphika isitatimende sokuvuma icala, wathi wasenza ngoba esatshisiwe.

Lokhu kwaholela ekutheni kuqalwe i-*trial within a trial*, eyagcina inqotshwe wumbuso. Isitatimende sokuvuma icala semukelwa njengobufakazi becala. Ngemuva kwaleso sinqumo uNkk Mchunu walibalekela icala, kuze kube yimanje.

NgoLwesithathu enkantolo, umshushisi u-Adv Thabani

Buthelezi, ubuze uPhungula ukuthi emuva kokubulawa kukamufi, baqhubeka yini nokuthandana, benza konke okwenziwa ngabantu abathandanayo noNkk Mchunu.

Uvumile uPhungula, waveza ukuthi baqala ukuzitika ngo-cansi ngemuva kwenyanga eyodwa umufi engcwatshiwe, wathi uNkk Mchunu wayesegeziwe ngembuzi.

Uthi akabanga nankinga nalokhu ngoba ngokwazi kwakhe umuntu uma esegeziwe usuke esengaya naye ocansini.

Icala liyaqhubeka kanti kulindeleke ukuba umbuso kanye nommeli wakhe uPhungula uMnu Thiagaraj Prem Pilley benze izethulo sokusonga.

Kulindwe ibhodi ngokudedelwa kukaNsibande

THOKOZANI NDLOVU

UMMELI kaWandile Nsibande (36), oboshwe kunombhikisho oholele ekushisweni kwezakhiwo nezimoto eThekwini, ngenyanga edlule, uthe usebhalele ibhodi lokubuyekezwa kwezicelo zokudedela iziboshwa ngoshwele, ngenhloso yokuthi akhululwe ejele.



UNsibande (**osesithombeni**), waboshwa noMnu Sphelele "Magolide" Shinga noMnu Malizo Dzanibe. Uphinde waboshwa emuva kokudedelwa ngebheyili, kuthiwa wephule imibandela kashwele ngokuhamba eShowe engabikanga emaphoyiseni, njengoba abonakala esehola umbhikisho eThekwini.

Abeboshwe nabo ngombhikisho badedelwa kuqala ngebheyili ka-R1000 umuntu ngamunye, yena wadedelwa kamuva, kodwa wagcina engaphumanga.

Wathathwa ngamaphoyisa amphindisela eShowe, njengoba kwakumele ayovela phambi kwebhodi likashwele, elahlala, kodwa wangadedelwa ngoba lingasikhiphanga isinqumo.

Ummeli wakhe uMnu Xolani Zuma, utshele **ILANGA Lempelasonto** ukuthi uqale wabhalela lona ibhodi likashwele ngoba efuna ukuthi adedelwe uNsibande.

IMPENDULO UMA INGABAGCULISI, BAZOLUDLULISELA ENKANTOLO UDABA

“Sengilibhalele ibhodi lokubuyekezwa kwezicelo zikashwele, salinika izinsuku ezinhlanu ukuthi liphendule. Silindele ukuthi lisinike impendulo ngoLwesine ngesonto elizayo.

“Uma lisiphendula, kodwa lingasiniki impendulo egculisayo, kuzophoqeleka ukuthi siye enkantolo ngoba lizobe seliphula umthetho,” esho.

Uthe kumanje uNsibande uqhubeka nesigwebo sakhe ejele iQalakabusha, eMpangeni.

UZuma uthe bakubuzile nalokho ukuthi uyiselwani kuleli jele, bathola impendulo ethi, abenza amacala abucayi bagcinwa khona.

Uthe nabo kusabamangazile lokho ngoba kabamazi enecala elinzima ngaphandle kwezinsolo zokuthi wephule imibandela kashwele ayebekelwe yona.

UNsibande uboshwa nje, ubengaphandle ngoshwele ecaleni lokuthumba nokuzama ukubulala elamgweba iminyaka ewu-25 ngo-2009.

Ejele uphume ngo-2024 ngoshwele. Eminye imibandela okuthiwa wayebekelwe yona, wukuthi abike emaphoyiseni uma ezophuma eShowe, kuze kuphele isikhathi sikashwele abekelwe wona.



Kumiswe abezimo eziphuthumayo eMajuba

THANDI ZONDI

ZIKHALA ngokumiswa emsebenzini kungafanele izisebenzi zezimo eziphuthumayo, ezisebenzela eMajuba, eNewcastle. Lezi zisebenzi eziwu-26, zithi zimiswe emsebenzini ngenxa yezizathu ezingaphezu kwamandla azo. Zithi kunamakilasi enziwa njalo ngonyaka bese uthola isitifiketi, asiza ukuthuthukisa ulwazi.

Zithi ukuphuma kwalezi zitifiketi eziqhamuka kwaHealth Professions Council of South Africa (HPCSA), kuthatha isikhathi, yingakho ezakulonyaka zingakafiki.

“Uma kwenziwa lezi zitifiketi, uthola amaphoyinti athile, kodwa kithina lamaphoyinti awakangeni ngoba izinto zisabambeke kwaHPCSA, yingakho abaphathi bethi kasivumelekile ukusebenza.

“Simisiwe, kuthiwa koze kulunge izitifiketi zethu, okubuhlungu wukuthi kasizohola. Nakhona ekumisweni kwethu, savele safonelwa kwathiwa asingezi emsebenzini. Inyunyana yasiyalela ukuba siqhubeke nokuya emsebenzini nakuba sifike sihlale, abasiniki ama-*ambulance* okusebenza,” zisho kanje zichaza.

“Sifisa kuvele ukuthi simiswe ngokungemthetho ngoba kwezinye izifunda akwenzeki lokhu, bayaqhubeka nokusebenza. Njengoba kusebenza abambalwa, banikezwa isikhathi esithe xaxa sokusebenza (*overtime*). Lento izosilimaza kakhulu ngoba sinemindeni ethembele kithina okumele siyondle, nezingane kumele zikhokhelwe esikoleni,” zichaza.

Lezi zisebenzi zithi akukho ukubambisana phakathi kwazo nabaphathi.

“Ubuholi kabusiphethe kahle, akusebenzeki kahle. Abanye sebefisa nokuyeka emsebenzini ngenxa yokungabambisani phakathi kwabaphathi nezisebenzi.”

UMNU Sfiso Dlamini okhulumela iNational Union of Public Service & Allied Workers (NUPSAW), uthi sekunesikhathi bezama ukuxazulula lolu daba.

“Esikunqumile wukuthi sibe nomhlangano ophuthumauo nabaqashi ozoba ngoMgqibelo, ngoba kucacile ukuthi kuseMajuba kuphela lapho bebhekene khona nale nkinga. Inkinga ekhona eyokuthi iHPCSA ibhekene nomthamo omkhulu womsebenzi (*backlog*) okwenza kube nzima ukuthi balungise udaba lwamaphoyinti ezisebenzi zezimo eziphuthumayo.

“Okubi nakakhulu, awukwazi ukuthi ungamisa umqashwa emsebenzini ngaphandle kokumkhokhela. Lokho akukho emthethweni, ayikho imigudu esemthethweni elandelwe ngumqashi. Inhlangano enegunya lokumisa izisebenzi iHPCSA, uma kuwukuthi ayizilandeli imithetho ebekiwe,” esho.

Okhulumela uMnyango wezeMpilo KwaZulu-Natal, uMnu Nathi Olifant, uthunyelelwe imibuzo ngalolu daba, kwaze kwashaya isikhathi sokushicilela engabuyelile kuthina.

> **Okubi nakakhulu awukwazi ukuthi ungamisa umqashwa emsebenzini ngaphandle kokumkhokhela...**



NGUMNU Christopher Pappas, ozoqhubeka abe yimeya yaseMngeni ngethikithi leDA, emuva kokhetho.

Kuzoqala ukufungiswa amakhansela komasipala

Selukhishiwe nohlu lwezinsuku zokufungiswa kobuholi eKZN...

THANDOLUHLE NGUBO

UMASIPALA waseMngeni uzoba ngowokuqala komasipala baKwaZulu-Natal, ukufungisa amakhansela nobuholi obusha ngemuva kokhetho.

Lokhu kuvezwe yisimemezelo esikhishwe yiMenenja ka-Masipala waseMngeni, uMnu Mzingisi Hloba, oveze ukuthi ngoLwesihlanu lo mkhandlu uzofungisa amakhansela anqobe ukhetho, ugcobe abaholi balo mkhandlu okubalwa kubo imeya, yisekela lemeya nosomlomo.

UMasipala waseMngeni ungomunye womasipala abawu-9 bakulesi sifundazwe abawinwe ngamaqembu ngawodwana. Kuwo kunqobe iqembu iDemocratic Alliance (DA) ngo-61%.

Ngemuva kokuphothulwa kokubalwa kwemiphumela, ubuholi be-DA KwaZulu-Natal bumemezele ukuthi buzoqhubeka bugadle ngoMnu Christopher Pappas kwesobumeya njengoba ebevele eyiyo kuleli hlandla eliphelile.

USihlalo waleli qembu KwaZulu-Natal, uMnu Dean Macpherson, waveza ukuthi ukhetho lukazwelonke lwango-2024 lwabethusa njengoba iqembu elathola amavoti amaningi kulo masipala kuwuMkhonto Wesizwe Party (MKP).

Uthi lokhu kwabanika amandla okuba baqhubeke balwele ukuthi bathinte impilo yabo bonke abavoti abakulo masipala. Wathi lokhu kuthele izithelo njengoba iqembu lizuze amawadi awu-4 asemalokishini abampisholo.

UPappas uthi ukholwa wukuthi into enqobise iDA kulo masipala, wukukwazi ukuxhumana nazo zonke izikhamizi zaseMngeni.

Uthi lokhu kukhonjiswe yile miphumela njengoba leli qembu liwine emawadini angakaze abe ngawe-DA. Uthi uzoqhubeka nokuqinisekisa ukuthi izakhamizi zakulo masipala ziyibona ngamehlo intuthuko.

61%

I-DA enqobe ngawo uMasipala uMngeni kulolu khetho...

• Khonamanjalo, kushone elayizolo uMnyango wezokuBusa ngokuBambisana nezoMdabu KwaZulu-Natal, usukhiphe uhla lwezinsuku zokufungiswa kwamakhansela nobuholi kubo bonke omasipala abawinwe ngamaqembu ngawodwana kulesi sifundazwe.

Lo mnyango uthi usuxhumene nezimenenja zemikhandlu enqotshwe amaqembu kwavunyelwana ngalezi zinsuku:
ngomhla ka-13: kufungiswa abaseMngeni,
ngomhla ka-17: kufungiswa awakuMasipala wasoLundi nowaKwaNongoma;
ngomhla ka-19: kufungiswa awaseGreater Kokstad nawaseNkandla;
ngomhla ka-20 kufungiswe awaseRichmond, eMthonjaneni nawaseMpendle.

Lo Mnyango uthi imikhandlu engenawo amaqembu anqobe ngokuzimela, kumele abe eseyiphothulile imihlangano ngomhla ka-23.

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Uzoqhakambisa ukuthuthuka komdanso oweshashalazi eBat Centre

LUCKY CAIN

UZOQHAKAMBISA intuthuku yomdanso kusukela ngama-70s, kuze kube yimanje umdlalo weshashalazi obizwa ngeThe Evolution Of Dance, ozokhonjiswa eThe Bat Centre, eThekwini, ngomhla ka-6 kuDecember.

Lo mdlalo okhiqizwe wadidiyelwa ngabadansi uNhlanhla "Sgaqah" Chiliza (**ongenhla**) noMbali Kennedy beqembu Amadada Dancers, kulindeleke ukuba uhehe abantu kusukela kwasebekhulile kuya kwabasebasha, njengoba uqukethe izinhlobo ezahlukene zomdanso nokuthuthuka kwawo.

Ekhuluma ne**LANGA** Lempelasonto uSgaqah ngalo mdlalo, uthe babone kufanele ukuthi bawukhiqize ngoba uzoba yisifundo kwabaningi, futhi ubakhumbuze nezinsuku zamzukwana.

"Ukudansa kwaqala kuyinto yokujabula noma yokuxhumana ngezindlela ezahlukene kusukela ekusineni, i-*gumboot dance*, ukucothoza, ukugida, iphatha-phatha nezinye izinhlobo



NGUMBALI Kennedy wodumo lweqembu Amadada Dancers.

eziqhamuke ngokuhamba kweminyaka. Sizobakhombisa umlando, nokuthi imidanso ingene kanjani ngezikhathi ezahlukene, njengoba sizobheka nangezikhathi zobandlululo, nengcindezi obaba bethu abadlula kuyona beshaya itoyi toyi, bebhikishela inkululeko," kuchaza uSgaqah.

Uthe bazoveza neyangesikhathi sokungena kwentando yeningi, kuze kufike lapho sekuqala khona nezingoma ezadla ubhedu, ezabe zihambisana nemidanso yakhona.

"Isigqi somculo siyahambisana nomdanso osuke ukhona ngaleso sikhathi kusukela ukubhenga, izikhothane kuze kube namapiyano, okuyiwona akhona manje. Nesipansula ngeke sisiyeke njengoba naso sadlala indima enkulu ngezikhathi zama-80s nama-90s," echaza.

Uthe lo mdlalo uzobe ukhuluma ngokuhlangana kwezithandani, kodwa ziqhakambisa umdanso kukhona konke ezidlula kukhona.

Amathikithi okubuka lo mdlalo aseqalile ukutholakala eWebticket ngo-R100, nasemnyango azotholakala.

Woza Nazo... Mzala!



Izifo zomuntu yimfihlo...

KUNGENZEKA ukuba uMzala usephila komunye umhlaba, izinto sezashintsha kuleli lizwe. Indaba kaLwah Ndlunkulu, isithanda ukuba yinkinga manje.

Ngolwazi lukaMzala, ukugula komuntu kuyimfihlo yesiguli nodokotela. Sekukaningi kukhulunywa kabi ngengane yabantu, kunekelwa nomphakathi ngesifo esiyibambile. Noma ngabe kuthiwa kwenzekani, kodwa iqiniso lithi ukugula komuntu kuyimfihlo, ngaphandle uma nifuna uMzala aniphenye ibheshu welokhunja!

Gadani Makhosi ningalahli



UMZALA uyafisa ukwazi ukuthi abalandeli beKaizer Chiefs bayokhula nini. Ngokungena nje kowandulela owamanqamu weCarling Black Label Knockout, sebezibona sebewele iJordan.

UMzala uyakuqonda ukuthi aMakhosi asendlaleni yezindebe, kwazise yilokhu agcina ngeNedbank Cup, nayo ayithola emuva kweminyaka eyishumi. Ngiyanazi, kodwa bangani bami, njengoba niqhathwe neSundowns, nikhulume nizibheke. Lokhu kukubeka ngokusobala ukuthi niyazi ukuthi kuzokwenzekani uma nike nalahla.

Uzowabona amagoduka ngoDisemba...



SEKUYISIKHATHI sonyaka lapho abantu abaningi bezovakashela khona emakhaya njengoba sibheke kuDisemba.

UMzala kunento emkhathaza kakhulu ngaleli haba lalab' obhuti abahlala emadolobheni, abahamba unyaka wonke bangafoni, bese uma sekusondela lezi zinsuku, bakhumbule ukuthi bashiya abantu babo emakhaya.

UMzala uyanixwayisa bosisi, ningavumi ukushaywa yinduku eyodwa nikhohliswe kuthiwe; "Ngalahlekelwa amafoni, kwalahleka nenombolo yakho, ngicela ungixolele". Uyanixwayisa uMzala, vukani emaqandeni.

Ucansi kalupheli lapho umzimba uphumula

Qiniseka ukutshengisa umlingani wakho uthando



EZEMPILO: NoDKT THABILE MTHEMBU



UMA sikhuluma ngocansi, sijwayele ukugxila ekutheni luqala kanjani, nokuthi lwenzeka kanjani. Kukhona ukulungiselelana ucansi, okubizwa nge-*foreplay*: ukuqabulana, ukuthintana, ukukhulumisana nokwakha isifiso phakathi kwabathandanayo.

Bese kuba wucansi uqobo. Lapho-ke kubalulekile ukuvumelana, ukuhloniphana nokunaka injabulo yomunye nomunye. Kukhona ingxenye evame ukunganakwa, ukunakekelana ngemuva kocansi noma i-*aftercare*.

AKUDINGI IMIZUZU EMININGI UKUTSHENGISA I-AFTERCARE

I-*aftercare* isho ukuthi uma seniqedile ukwenza ucansi, kanihlukani sengathi akukho okuhle okwenzekile. Kungaba wukwanga, wukubambana ngezandla, wukulala nisondelene, wukuletha amanzi noma ukubuza nje ukuthi “uzizwe kanjani?” Ngezinye izikhathi akudingi nemizuzu eminingi.

Imizuzu embalwa yokukhuluma ngokukhululeka, ukumbuza ukuthi kukhona yini akudingayo, noma ukuhlala naye nisondelene, kungashintsha indlela akhumbula ngayo leso sikhathi.

KUBALULEKILE UKUQONDA UMLINGANI WAKHO

Madoda, kubalulekile ukuqonda ukuthi kumlingani wakho ucansi lungaba yinto ethinta umzimba nenhliziyo. Ukumfulathela ngokushesha, ukuthatha ucingo noma ukulala ngaphandle kokumkhulumisa, kungamenza azizwe enganakiwe noma sengathi ubefunelwa ucansi kuphela.

Kowesifazane osuke ekhathazekile ngomzimba wakhe, ngobudlelwano noma ngokuthi umlingani wakhe umbheka kanjani, amazwi amnandi angaba yisiqinisekiso sokuthi uyafunwa.

Ukumtshela ukuthi uyamthanda, noma ukumgona ngaphandle kokufuna olunye ucansi, kungaba nomthelela omkhulu. Lokhu akusho ukuthi bonke abesifazane bafuna ukwangiwa isikhathi eside. Okubalulekile wukwazi ukuthi yena uthanda ukunakekelwa



KUYALUVUSELELA uthando ukusondelana nomlingani.

KUYASIZA UKUXOXA KWEZITHANDANI NGEMUVA KOKUZIJABULISA

Isikhathi sangemuva kocansi singavula nethuba lokukhulumisana ngezinto okunzima ukuzisho. Phakathi kwazo, ningaxoxa ngokunijabulisile nisocansini, okunganijabulisanga noma eningathanda ukukwenza ngendlela ehlukile ngokuzayo. Lesi akusona isikhathi sokugxekana noma sokunika omunye amamaki ngendlela enenze ngayo ucansi.

Kunalokho, yithuba lokulalela nokufunda ngomunye. Lelo thuba lingakhulisa ukwethembana, ukusondelana nokuzizwa niphephile komunye nomunye.

Nabantu besilisa bayakudinga ukunakekelwa. Nabo bafuna ukwazi ukuthi bayathandwa, bayahlonishwa, futhi kabalinganiswa ngokusebenza kwabo embhedeni kuphela. Uma omunye efuna ukuphumula, ukugeza noma ukuthula, nakho makuhlonishwe. Ukunakekela akusho ukuphoqa ukwanga noma ingxoxo.

Ngakho-ke i-*aftercare* kayiwona umsebenzi wendoda yodwa; kuwumkhuba wokunakekelana, nakuba amadoda kufanele abambe iqhaza ngokuzimisela.

Asakhe isiko lokuthi ucansi lungagcini ngenjabulo yomzimba. Ngoba kwesinye isikhathi amazwi athi, “ngikhona, ngiyakuthanda, uzizwa kanjani?”

Ngemuva kocansi ayakwazi ukuqinisa uthando ngaphezu kwalokho esikucabangayo.



Bahlose ukwehlisa ingcindezi kubathengi ngeTata Punch

ISHAYE IZULE:
noZANDILE TEMBE

“ISILILO nengcindezi ngokubiza kakhulu kwezimoto, kuphoqa ukuba sibuyekeze imikhiqizo yezimoto ezizokwethula umshayeli ijoka lephakethe.” Lona wumyalezo wesikhulu sakwaTata Motors Passenger Vehicles eNingizimu Afrika, uMnu Thato Magasa.

Lokhu sikusho enkulumweni yaso yokwethulwa kweTata Punch kwabezindaba ngoLwesibili, eGoli. Kulolu hlelo olukhethekile, abezindaba banikezwe ithuba lokushayela le moto kusuka eRandburg, ukuyofika eSyringa Park, eMuldersdrift.

ITata Punch ingeyesibili esigabeni abasifanisa nokukhula komshayeli, yelama iTata Tiago esukela ku-R190 000 kuya ku-R225 000.

I-Punch yona-ke isezingeni lapho umshayeli esethi thuthu ngokwempilo,



esefuna imoto emnika okuthe xaxa, njengoba yona esesigabeni senani eliphakathi kuka-R225 000 kuya ku-R320 000. I-Punch isemkhakheni wamaSUV amancane, igabisa ngokuphepha, ubuchwepheshe obudingwa yiwo wonke umshayeli wesimanje, ukunethezeka namandla athe xaxa kuneTiago.



AbakwaTata Motors bathe nakuba imakethe yezimoto eziintsha iminyene, nomthengi engakhetha enqwabeni yezimoto, akubakhathazi lokhu ngenxa yokuthi ababhekile izitayela ezifika nobukhazikhazi, kodwa babheke okudingwa ngqo ngumshayeli.

Bakungalindelekile ukuthi lolu hlobo lwemoto luphume lungamagiya-zishintshele (*manual*) uma ubheka umshayeli abamhlosile, njengoba iningi selincike emishinini ezishintshayo (*automatic*) yezimoto. Uma usuyishayela emigwaqweni yaseGoli enamarobothi angasebenzi okubiza ukushintsha njalo amagiya, uyixolele njengoba ibisabela kalula futhi ishelela.

ISyringa Park, yindawo esetshenziwa kakhulu ama-4x4 nezimoto ezinkulu ukuhlola amandla ayo ezintabeni, nasezindaweni ezimbi nezinamanzi amaningi. Baningi abebeshaya amakhala nabangafunanga nokuzama ngenxa yobuncane bayo, kodwa simangale sonke siyibona ikwazi ukumelana nalezi zimo.

Zimbili izinhlobo oyithola ngazo; yiPunch Pure+ nePunch Adventure, ezihamba ngenjini ejwayelekile kaphethiloli. NePunch Accomplished+S yona iyi-*turbo* kaphethiloli.

Okunye okuvezwe abakwaTata wukuthi kusukela ekuqaleni konyaka kuze kube wu-October, badayise amaTiago ayinkulungwane (1000), okubanike umhlahlandlela ngokufunwa ngabashayeli.

Amanani ami kanje; iPunch Pure+ ne-Adventure zibiza R224 900, i-Adventure iza nemixhantela ethe xaxa efana nekhamera engu-360 nokunye, bese i-Punch Accomplished+S ikubize R269 900, eza nopende ohlukile kuphahla lwayo, amandla e-*turbo* nemixhantela ephelele yobuchwepheshe.



NGUMNU Sbu Mpisane, nobeyinkosikazi yakhe, uNkz Shauwn Mkhize.

Imibono

Baphawule kanje abafundi bethu kwiFacebook, odabeni lwangoLwesine oluthi: UMpisane uvunwe yinkantolo kolwamafa.

01 **Mkheshane Senzo Shangase:** Amadoda asathembela emafeni abafazi.

02 **Syanda Zondo:** Lo baba akafuni ngempela ukuvuka ayosebenza njengamanye amadoda?

03 **Khule Mthethwa:** Uzosebenzaphi lo muntu obheke ko-50? Bavumelana nje, wayeka umsebenzi wakhe wobuphoyisa.

04 **Alex Khendlas Khanyile:** Uyagula uMpisane! Yini yena engayi kofuna amatoho? Yingoba efuna ukuqola umfazi nje, bafuna aze angasali nalutho. Nawu noSARS uyazixephulela. Kazi yonani ingane kaMaMKhize emhlabeni?

05 **Ntwezimnandi Veyane:** Yizindaba ezimnandi lezo. Umthetho mawusebenze ngeqiniso elibhalwe phansi. Siyalingana, kwasho yona intando yeningi. Umthetho uthi ngondle uma ngingakasebenzi. Makubenjalo. Masingakhali uma lawo mathamsanqa esewela endodeni, umthetho mawube umthetho.

06 **Mzakes Nyanganduna:** Yizindaba ezimnandi lezo.

07 **Nkanyezi Stove Nkabinde:** Masibonge inkantolo. Kunini lezi zinkantolo zivuna abafazi ukuthi badle amafa ethu?

08 **Luvuyo Afrika:** Kuyacaca ukuthi uMpisane unabangani ezindaweni eziphezulu.

09 **Alex Van Der Walt:** Ngiyaqala ukuzwa inkantolo ivuna owesilisa.

10 **Zama Mbili:** Wukuthi nje amadoda amnyama anempakamo nokuzenyeza, kodwa izinkantolo zinabo ubulungiswa.



NGUMNU Sbu Buthelezi.

Imibono

Odabeni oluphume kwiLANGA ngoMsombuluko oluthi: Usedayisa amaswidi “adambisa izifo” obengumsakazi woKhozi FM, abafundi bethu kwiFacebook baphawule kanje:

01 **Senzo Mfeka:** Iphi imali yabantu abaqola yona?

02 **Yoliswa Yolie:** Lona waphuma oKhozini esephakeme ibhadi. Kwakuthi uma ufona, uphawula umbono angahambisani nawo, akuvale. Cha uGod uyathobisana.

03 **Percy K KaKhondlo:** Kanti yena wayecabanga ukuthi uyofela oKhozini yini?

04 **Luthando Ndlovu:** Mina ngicela ukwazi ngoSwidi oqeda izifo ukuthi uthengwaphi.

05 **Ausy Au:** Impilo injalo! Kwesinye isikhathi kuhamba kahle, kanti kubuye kubhede. Kodwa wawusiphilisa emphefumulweni usasebenza oKhozini.

06 **Menzi Nqolemasondosondo Nzuza:** Ngabe ngubani okufanele simdabukele phakathi kwabantu abafaka imali kuleli bhanoyi lakhe kanye naye, noma kufanele sime naye ngoba yena wayesakaza?

07 **Mzuvele Nuneh Mvuna:** Kanti kunani kulolu Khozi? Bonke abaphelelwe wumsebenzi khona abadlulisi, bahlezi bekhala, bebalisa?

08 **Phakathikwezinja Hlongwane:** Kwathiwa useneRadio nje, manje kungani elokhu ekhuluma ngenkampani endala uKhozi FM?

09 **Nontokomalo Zwide:** Izimali zabantu usezikhokhile yini?

10 **Ayanda Buthelezi:** Uma nimbuza uthini ngeskebhe?

11 **Malusi Ngcamu:** Usefuna ukuvuswa ngoCapitec njengoDerango.

12 **Ntokozo Ndinisa Mafuleka:** Eyezimali zabantu ayezithatha, abafelokazi nezintandane yona ugonyuluka nini ngayo?

13 **Mcooh Mcooh:** Impilo inguqunguqu! Ishintshela noma ngubani. Yisimo esifikayo siphinde sidlule!

14 **Simphiwe Shezi Spirozz:** Yizinyembezi zabantu… Yena makaxolise ebantwini.

15 **Lucky Mabaso:** Siyazi yini iSikebhe ngalelo bhizinisi, ngoba sizobuye simxebule? Makabuyele ayophatha kwaSABC.

16 **Nobuhle Khanyile:** Ukuwa kwendlu wukuvuka kwenye. Kungenzeka ukuthi uThixo wayekukhipha esigodini sethunzi lobumnyama. Iphupho lomuntu kalifi umnikazi walo esaphila. Zithintithe, akukapheli ngawe.

17 **Nogwaja Zosukuma Sithole:** Into yakhe wubugebengu nje, ngabe uyaganga umuntu ongathenga lelo swidi.

18 **Mabizo Mthethwa:** Makahambe ayofesa kwiNongoma FM, mhlawumbe bayomthatha kunokuthi ayodayisa amaswidi.



Isaqaqamba inhliziyo kaMaswanganyi ngokugajwa kwiNdebe yoMhlaba

Ukhala nangenkulumo yomqeqeshi wePirates emshiye ehlukumezekile emoyeni

SENZO SOKHELA

ISAQAQAMBA inhliziyo kuPatrick “Tito” Maswanganyi (28) ngokushiywa ngaphandle nguHugo Broos eqenjini lesizwe, iBafana Bafana ebelikwiNdebe yoMhlaba yeFifa ebiseCanada, eMexico nase-United States of America maphakathi nonyaka.

UMaswanganyi uthuse abathandi bebhola eshiya isigubhukane i-Orlando Pirates wajoyina i-Al Khaldiyah yaseBahrain.

Uveze ukuthi uyishiye iBucs ngoba ubehlukumezeka emqondweni ngezinto ebezishiwo ngaye ezinkundleni zokuxhumana.

Uthe besezihlukumeza nomndeni wakhe.

Kuzokhumbuleka ukuthi nomqeqeshi wakhe wangaleso sikhathi u-Abdeslam Ouaddou, waveza ukuthi ukuba uMaswanganyi ubemlalela, ngabe uyile kulo mqhudelwano.

“Uma umqeqeshi (Ouaddou) enginikile ithuba lokudlala, bengenza okuthile kubonakale ukuthi ngikhona. Kangimazi ngempela ukuthi u-Ouaddou ubechaza ukuthini ngale nkulumo yakhe ngoba uma ubheka lonke ithuba abenginika lona, bengilisebenzisa ngendlela.

“Ukuphuthwa yithuba lokuya emqhudelwaneni weNdebe yoMhlaba kungizwise obukhulu ubuhlungu.

Ngesinye isikhathi lezi zinto zifuna ukuthi ubuye uzibeke eceleni, ukhohlwe yizona yize kunzima,” esho.



Ijoka lomqeqeshi kumgadli weChiefs

UDa Cruz ubona uDuba engazithwala iziMpofana uma engaqhubeka nefomu yakhe naseligini

SENZO SOKHELA

USEKUBEKA nasezandleni zikaWandile Duba (**osesithombeni**) ukuthwala iKaizer Chiefs kuyona yonke imidlalo ngokuyishayela amagoli uFernando da Cruz ongumqeqeshi wale kilabhu.

UDuba, ongumgadli osemcane weChiefs, usefomini njengoba ebambe elikhulu iqhaza ingena kwi-*semi final* yeCarling Knockout Cup.

Izobhekana neMamelodi Sundowns, kanti kwenye i-*semi final* iStellenbosch FC izoshukana e-Orlando Pirates.

UDuba usephenduke isilomo kubalandeli bale kilabhu njengoba engalibheki ipali.

Okugqamile ngalo mdlali, wukuthi ukora kakhulu emiqhudelwaneni emifushane, bese edonsa kanzima emidlalweni yeligi.

UDuba useshaye amagoli awu-7 emidlalweni ewu-9, kuhlanganiswa yonke imiqhudelwano.

“UDuba kuzofanele aqhubeke nokuzethemba ngalolu hlobo, usuku nosuku, abe nalo mqondo wokulangazelela ukuvalela wonke amathuba awatholayo uma esebhokisini.

“Ngifuna aqhubeke nokusebenza kanzima.

“Ngiyabona uyakora emidlalweni yezinkomishi ezimfushane, ngifuna akore nasemidlalweni yeligi.

“Yena akakadlali kangako emidlalweni yeligi ngenxa yokuthi uke walimala kuqala isizini. Njengoba eseluleme ngifuna awaqhulule amagoli nasemidlalweni yeligi ngoba ithuba lokudlala uzolithola,” esho.



Ugqugquzela ubumbano kubadlali beBafana Bafana

Uthi kakufanele bazibuke ngokwamakilabhu abawadlalelayo uma sebeqokelwe esikwatini

SENZO SOKHELA

UGQUGQUZELA ubumbano kozakwabo ayibambe nabo kwiBafana Bafana uBrooklyn Poggenpoel (**osesithombeni**) njengoba belungiselela imidlalo emibili yokuhlungela i-Africa Cup of Nations (Afcon), ezoyigijima neKenya.

Owokuqala unamuhla ngoLwesihlanu ngo-18h00 e-Orlando Amstel Arena, eSoweto, owesibili uzokuba ngoLwesibili ngo-18h00 eKenya.

UPoggenpoel odlala esiswini kwiDurban City, ulokhu ezifaka kancane kancane eqenjini likaPitso “Jingles” Mosimane ongumqeqeshi weBafana, yize edlalela la makilabhu okuthiwa mancane.

Lo mdlali ukhuthaza ozakwabo ngobumqoka bokuba wubumbano njengoba kuza lo mdlalo weKenya.

“Sonke silapha ngoba kusifanele, futhi umqeqeshi unika bonke abantu ithuba ngokulinganayo.

“Ngokwedlule, unike abadlali abanjengami imidlalo yabo yokuqala eqenjini lesizwe.

“Kodwa-ke njengoba siya kulo mdlalo kufanele sibe yinto eyodwa, sazi ukuthi siyomela izwe lethu, hhayi amakilabhu ethu.

“Lo mdlalo kufanele senze isiqiniseko sokuthi siyawunqoba. Okuhle wukuthi umqeqeshi wethu ukhaliphile futhi kuningi esikufundayo kuyena kulesi sikhathi esincane.

“Engingakuthembisa wukuthi noma kanjani sizokulwela ukuwunqoba lo mdlalo kanye nalo ozayo ngokunjalo,” esho.



NGUMQEQESHI weBafana Bafana, uPitso Mosimane (okwesobunxele), enabadlali bakhe; uFawaaz Basadien , u-Ime Okon noTashreeq Matthews.
ISITHOMBE NGABE: BACKPAGEPIX

UMosimane nesexwayiso kubadlali beBafana

"Kuzofanele simnike inhlonipho uBenni ngoba ungumqeqeshi oseqophelweni eliphezulu."

SENZO SOKHELA

UXWAYISA abadlali bakhe ngengozi uPitso Mosimane ongumqeqeshi weqembu lesizwe, iBafana Bafana, ezoshukana neKenya kowokuhlungela i-Africa Cup of Nations (Afcon) ngoLwesihlanu ngo-18h00 e-Orlando Amstel Arena, eSoweto.

IBafana kulindeleke ukuba iwunqobe lo mdlalo kwazise isefomini selokhu kufike uMosimane oseyifake ngisho kwi-*top 50* ohlwini lwamazwe ahamba phambili emhlabeni ngokudlala unobhutshuzwayo, oludidiyelwa yiFifa.

IKenya ivele esingenile kule midlalo ye-Afcon njengoba izosingathwa yiyona ngokubambisana neTanzania ne-Uganda ngonyaka ozayo.

UMosimane uxwayisa abadlali bakhe ngaleli lizwe eliholwa ngu-Benni McCarthy wakuleli.

"Uma ikusasa lomqeqeshi lilele emdlalweni osuke uzogijinywa yiqembu alicijayo, kufanele uliqaphele lelo qembu ngoba abanye abadlali basuke bezomlwela. Lo mdlalo uza nomunye umuzwa ongemnandi kubona, yingakho kufanele sibagade.

"Kuzofanele simnike inhlonipho uBenni ngoba ungumqeqeshi oseqophelweni eliphezulu. Uqeqeshe kwiManchester United, okuyiphupho lanoma yimuphi umqeqeshi waseNingizimu Afrika. Ubengumqeqeshi kaRonaldo (Cristiano) singakukhohlwa lokho.

"Ngaphandle kwalokho, iKenya inabadlali abagijima emaligini amakhulu, ngakho-ke kufanele singayithathi kancane," esho.

La mazwe azobhekana emlenzeni wesibili ngoLwesibili ngo-18h00, eKenya.