ILANGA
LEMPELASONTO

Likuthatha
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20 November,
2026 •

Akayitholanga ibheyili osolwa ngokubulala umdidiyeli weMKP

06

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01 Ungqongqoshe uchitha izinkulumo ezisezinkundleni zokuxhumana



UNGQONGQOSHE wezoBulungiswa uNkz Mmamoloko Kubayi (**osesithombeni**), ohola ikomidi longqongqoshe elibhekelela uhlelo lwabokufika, uthi ikomidi lihlale lizivulile izandla ukwamukela imibono noma ukuhlangana nezinhlangano ezizimele ngodaba lokusi- ngatha abokufika kuleli.

UNkz Kubayi uchaze ibanga leli komidi esililihambile, ukubhekana nohlelo oluthinta indlela okumele lusingathwe ngayo olwabantu bokufika, ikakhulukazi abakuleli ngenhloso yokufuna ukukhoseliswa. Uthi leli komidi akulona elibiza imihlangano nezinhlaka ezahlukene, kodwa yilowo nalowo onesifiso, angakwazi ukuxhumana nonobhala walo, acele umhlangano.

Uthe leli komidi ngeke livume ukuphendula izinkulumo nezitatimende ezithunyelwa ezinkundleni zokuxhumana, ngoba ikhona imigudu eyabekwa, yendlela yokuxhumana. Uthi baningi abakhulumile ngokusebenza kwaleli komidi labo ezinkundleni zokuxhumana, abanye bakhipha izitatimende emphakathini. Uthi lusingathwa ngendlela efanele, ehambisana nomthethosisekelo.

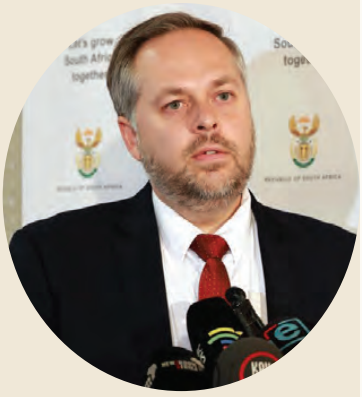
02 Amaphoyisa akuleli nesivumelwano sokusebenza nawaseBotswana

UMBUTHO wamaphoyisa waseNingizimu Afrika nowaseBotswana, basayine isivumelwano sokusebenzisana ukulwisana nobugebengu obubandakanya umngcele ohlukanisa la mazwe womabili.

Lokhu kuzogxila kakhulu ekwebiweni kwemfuyo nezimoto, okuweliswa umngcele, nobugebengu obuqhutshwa ngokusebenzisa ubuchwepheshe bezokuxhumana.

Lesi sivumelwano sisayinwe ngemuva kwengqungquthela yezinsuku ezintathu, ebiseGaborone, eBotswana. Bekuhlangene izikhulu eziphezulu zamaphoyisa, ziholwa nguMkhuzi wamaPhoyisa kuzwelonke kuleli, uGen Fannie Masemola, noKhomishana uDinah Marathe waseBotswana.

03 Kwandiswe amabhange okubhalisa ama-passport



UNGQONGQOSHE wezaseKhaya uMnu Leon Schreiber (**osesithombeni**), umemezele ukwandiswa kwesibalo samagatsha amabhange akwa-Absa noCapitec, asezo-kwazi ukusiza abantu baseNingizimu Afrika ukubhalisela ukuthola ama-*passport*.

USchreiber uthi lesi simemezelo sisho ukuthi abantu bakuleli ngeke besama olayini abade ukuyobhalisela ama-*passport* emagatsheni ambalwa abegunyaziwe. Uthi abewu-228 amagatsha ala mabhange abegunyaziwe ukubhalisela ama-*passport*, asengezwe ngo-480, okwenza afinyelele ku-708 esewonke.

04 I-Cosatu ikhathazekile ngokwehla kwamandla emali

ICongress of South African Trade Unions (Cosatu), inxuse uhulumeni ukuqhamuka nezaba zokulekelela izisebenzi, njengoba izwe libhekene nenkinga yokwenyuka kwezindleko zokuphila.

ICosatu izwakalise ukukhathazeka ngokwanda kwengcindezi yemali ezisebenzini ezihola kancane, njengoba zicwila ezikweletini, ngenxa yokwenyuka kwentengo kaphethiloli, ekubeni zinakekela namalungu yazo angasebenzi.

“Kuyakhathaza ukwehla kwamandla emali (*inflation*), futhi uma lungabi khona ushintsho, sizokwehla isibalo sabantu abasebenzayo ngenxa yokuthi imiholo izogcina ingasakwazi ukuphilisa abantu,” kusho iCosatu.

05 Uyavela enkantolo “owezidakamizwa” ezingabiza u-R100 *million*

UZOVELA namhlanje ngoLwesihlanu eNkantolo yeMantshi eKranskop, owesilisa (31), oboshwe eMvoti ngoLwesithathu, ohlelweni lwamapho-yisa abepequlula ngokubambisana noKlebe.

Afinyelele endaweni ebisiyisidleke sokukhiqiza izidakamizwa, athola ezenani lika-R100 *million*. Athole amakhemikhali nemishini ekhiqiza lezi zidakamizwa ngokungemthetho, ezaziwa nge-*mandrax*.



UKhaya uthole ikhaya eGagasini

Uthi kunanezingxoxo zokuba abuyele emsakazweni...

LUCKY CAIN

UTHOLE ikhaya elisha uKhaya Dladla odume ngelikaGC, emdlalweni owuchungechunge okhonjiswa kwi-eTV, obizwa ngokuthi eGagasini Waves Of Change, phakathi nezinsuku.

ILANGA Lempelasonto lithole ngabasondelene nalo mdlalo ukuthi uKhaya osanda kulahlekelwa wumsebenzi ngokuphela komunye umdlalo obukhonjiswa esiteshini esifanayo iHouse Of Zwide, useqalile ukuqopha nalo mdlalo nakuba udaba lwakhe lusakhulunyelwa phansi, kwazise uzoze aqale ukubonakala kuwona ngonyaka ozayo.

Leli phephandaba lihabule ukuthi lo mlingisi uqale ngenyanga edlule ukuqopha nalo mdlalo oqoshelwa eThekwini. Kuvela ukuthi uzodlala indawo efana ncimishi nale abeyidlala kwiHouse Of Zwide, okuyindawo kaLes.

Umthombo ongaphakathi kulo mdlalo uthi uKhaya ozoqhubeka nendawo kaLes, usevule eyakhe indawo yokuthunga kulo mdlalo.

Ethintwa uKhaya owazakhela udumo kulo mkhakha ngokudlala indawo kaGC kuZalo, ukuqinisekisile ukuthi useqalile ukuqopha nalo mdlalo, kodwa waveza ukuthi akukho okuphathekayo ngekusasa lakhe kuwona. Uthe okwamanje usangumlingisi obizwayo uma edingeka, akakawujoyini ngokugcwele.

“Kungenzeka ngokuhamba kwesikhathi ngibizwe ngokugcwele uma kukhona isidingo futhi sivumelana, kodwa okwamanje nami angazi ukuthi yindawo engizoyilingisa isikhathi esingakanani,” kusho yena.



Ukuqinisekisile ukuthi uzolingisa indawo efanayo nabeyilingisa kwi-House Of Zwide kodwa wangafuna ukudalula okuningi ngalo mdlalo.

Utshele **ILANGA Lempelasonto** ukuthi ngaphandle kokuvela kulo mdlalo, umatasa wenza izinhlolokhono ngenhloso yokuthola indawo egcwele kweminye imidlalo.

“Ngimatasa nezinye izinto eziningi njengoba nginesifiso sokuba u-*producer* ngibe nemidlalo yami kamabonakude nami,” kusho lo mlingisi oke wasakaza kwiGagasi FM.

Uthe zikhona izingxoxo zokuthi abuyele emsakazweni ngoba uyazifela ngalo mkhakha.

“Bakhona engixoxa nabo ngekusasa lami emisakazweni ngalana eGoli, kodwa okwamanje akukho esisavumelene ngakho,” esho.

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Ubuyelwe wugqozi eqokwa koweSimon Mabhunu Awards



Kubhekene izingqungqulu emunxeni womlingisikazi ovelele

LUCKY CAIN

KUVUKE ugqozi nentshisekelo ebisiqala ukushabalala kumlingisi osekunesikhathi eyibambile kulo mkhakha, uLihle “Lee” Shoba (33) (**osesithombeni**), odabuka KwaMashu, emuva kokuqokelwa emunxeni weBest Supporting Actres Film, kwiSimon Mabhunu Sabela KZN Film And Television Awards.

Lo mcimbi ukusasa ngoMgqibelo - lapho kuzobe kuklonyeliswa abasemkhakheni wezamafilimu nomabonakude, abadabuka KwaZulu-Natal - eThe Playhouse, eThekwini.



ULihle oseke wabonakala emidlalweni okubalwa kuyo Uzalo, iSibongile And The Dlaminis, uqokwe ngokudlala kwifilimu ethi ‘Amathambo’, lapho ebedlala khona indawo kaMbali.

Utshele **ILANGA** **Lempelasonto** ukuthi usebe kulo



NGUTHANDEKA Dawn-King, ongomunye wabalingisi abaqokwe emunxeni womlingisikazi ovelele.

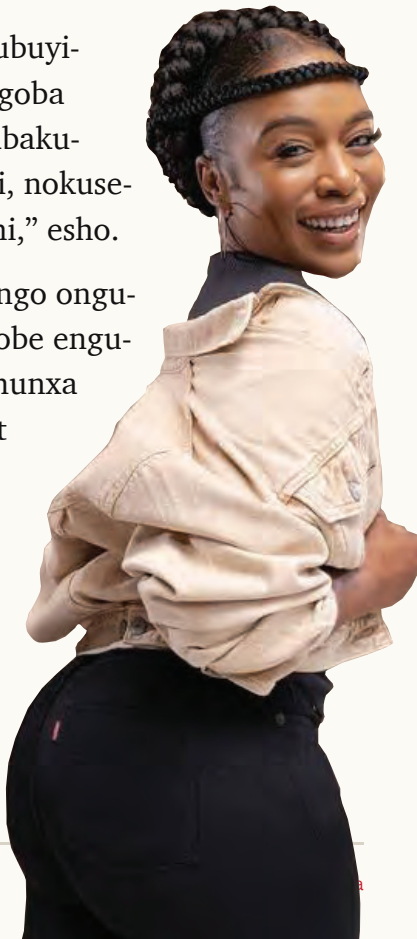
mkhakha isikhathi eside, useyaziqonda izingqinamba zawo.

“Akuwona umkhakha olula, ngoba kwesinye isikhathi uze ufikelwe wumuzwa wokushiya, wenze ezinye izinto, kodwa kubuye ukuthi lolu wubizo okungelula nje ukuthi ululaxaze kanjalo, bese uyabekezela, uqhubeke ngethemba lokuthi kukhona okuzoqhamuka,” esho.



Uthe uyazethemba ukuthi unalo ikhono lalo mkhakha, ngoba useke wahlabana ngezinye izindondo kuwona, kodwa uyaqala ukuqokwa emcimbini omkhulu njengeSimon Mabunu Sabela KZN Film And Television Awards.

“Ukuqokwa kulo mcimbi kubuyise ugqozi nokuzethemba ngoba kuyacaca ukuthi kukhona abakubonayo ukuzikhandla kwami, nokusebenza ngokuzimisela kwami,” esho.



Kulo mcimbi, uZola Mhlongo ongumsakazi weMetro FM, uzobe engumphathi wohlelo, kanti umunxa obhekwe kakhulu ngoweBest Actress Television lapho kuqhudelana khona izintandokazi zabalingisi, okuba- lwa kuzo uNomzamo Mbatha (**okwesokudla**) , uThandeka Dawn King noSix Nyamane (**okwesobunxele**).

Bakhuza udlame olubhekiswe kwabokufika

Lona wesilisa wethulwa kahle wubuholi bendawo emphakathini, futhi elusizo ngesitolo sakhe

NHLANHLA HUDLA

KUBATSHAZWA isihluku esisetshenziswe ngababulali abangaziwa, abadubule babulala owokufika kuleli maqede bamthungela ngomlilo nesitolo sakhe eQonqo, KwaNongoma ngeledlule.



Ngokuthola kwe**LANGA Lempelasonto**, lona wokufika kuthiwa wethulwa ngabaholi bendawo emphakathini ngesikhathi ezovula isitolo sakhe. Kuthiwa isitolo sakhe besiwusizo endaweni, njengoba iqhelelene nedolobha.

Leli phephandaba likhulume nekhansela lendawo kuwadi 13, uNkz Anele Mbatha, othe: “Ngathola ucingo ngaziswa ngesigameko, ngaya khona. Ngathola ukuthi abenzi bobubi kuthiwa bacisha ugesi ngaphambi kokuba bangene esitolo, bathatha imali nempahla.

“Emuva kwalokho babe sebeshisa isitolo sakhe. Ama-*gas* nefriji okwakungaphakathi, yikhona esicabanga ukuthi kwenza umlilo wavutha kakhulu,” echaza.

Unxuse abantu ukuthi bangazithatheli umthetho ngezandla. Le nto eyenziwe wumphakathi uthi ikhombisa isihluku esimangalisayo.

“Sibe nomhlangano nomphakathi, siwubonisa ukuthi akusona isixazululo ukwenza udlame olubhekiswe ebantwini bokufika abakuleli. Okubuhlungu wukuthi lo muntu wethulwa kahle emphakathini, futhi selokhu aba khona kazikho izinto ezimbi abesolwa ngazo, ubehleli kahle nomphakathi, futhi ewusizo.

“Umphakathi wakithi kumele wazi ukuthi uma wenza ubugebengu, usuke uzobhekana nengalo yomthetho,” kusho ikhansela.

Okhulumela amaphoyisa KwaZulu-Natal, uColonel Robert Netshiunda, usiqinisekisile lesi sigameko, uthe: “Amaphoyisa aphenya icala lokubulala owokufika kuleli oneminyaka ewu-35 endaweni yaseQonqo, KwaNongoma. Umufi washiswa esitolo sakhe ngababulali abangaziwa. Amaphoyisa asaphenya. Bekungakaboshwa muntu,” ephetha.



Kuzocutshungulwa isicelo sebheyili "kowabulala oweMKP"

THOKOZANI NDLOVU

UTHWESWE amacala amane owesilisa osolwa ngokubulala umdidiyeli woMkhonto weSizwe Party (MKP) esiFundeni Ugu, uMnu Thobelani "Lastborn" Shazi, odutshulwe esemhlanganweni obusingethwe ngezobuchwepheshe, mhla ka-2 kuNovember, eMzumbe.

UMnu Lungani Lushaba (44) (**osesithombeni**), obevele eNkantolo yeMantshi yasePort Shepstone, izolo ngoLwesine, uthweswe amacala amabili okuzama ukubulala, namabili okubulala.



Kula macala; ngelokucija itulo lokubulala uShazi, elokumbulala, eletulo lokubulala uMnu Thobani Sydney Gasa - okuthiwa ubehamba naye ngesikhathi eyobulala uShazi - naye agcine ephumelele ukumdubula ambulale.

Isidumbu sikaGasa - okuvele ukuthi kukhona aphambane ngakho noLushaba, wabe esembulala - kuthiwa sitholakale silahlwe eBhobhoyi, ePort Shepstone mhla ka-6 kuNovember.

ULushaba uzamile ukufaka isicelo sebheyili, kodwa umshushisi uZokwakha Nzama, wasichitha, ekhala ngokuthi kabakulungele ukuthi kudingidwe udaba lwebheyili, ngenxa yokuthi kunophenyo olusaqhubeka.

Ummeli wakhe, uNkz Lungile Duma, uthe yena ubekulungele ukuba kudingidwe udaba lwebheyili.

Uveze ukuthi kawekho amanye amacala ahanjwa yikilayenti lakhe, ngaphandle kokuthi lake lahlawuliswa u-R700, lilahlwe yicala lenkohlakalo ngo-2015.

Icala lihlehlele umhla ka-25 kuNovember, lapho kulindeleke ukuba uLushaba afake isicelo sebheyili.

Enkantolo bekugcwele amalungu eMKP abezokweseka umndeni kaShazi.

UMnu Mbongeni Shazi, ongumfowabo omncane kamufi, uthe bajabule ngokubanjwa komuntu osolwa ngokubulala umfowabo.

Uthe babonga umsebenzi owenziwe ngamaphoyisa, kodwa bakholwa wukuthi akayedwa kuleli cala, bayojabula uma sekuboshwe nabanye. Uthe bayafisa ukwazi isizathu sokubulawa komfowabo, ngoba bebemazi engenanxa namuntu.

Okhulumela iMKP KwaZulu-Natal, uMnu Mkhuseli Mlengane, uthe bacela amaphoyisa ukuba aqinise uphenyo ngoba bakholwa wukuthi baningi abathintekayo kuleli cala.

Uqhube wathi ummangalelwa kabamazi, futhi ngeke bakuqinisekise ukuthi uyilungu leMKP noma akalona.



WUBUHOLI obusha obebufungiswa eNkandla.

Izimbangi zihlulekile wukuqumba phansi uMasipala iNkandla

THANDOLUHLE NGUBO

ZIHLULEKE sezihlangene izimbangi zamaqembu epolitiki i-ANC neMKP, ezivote ndawonye zizama ukuqumba phansi i-IFP kuMasipala weseNkandla.

Ukuhluleka kwamaqhinga alezi zimbangi, kuholele ekubuyisweni kwabaholi abebehola umkhandlu waseNkandla ngethemu eyedlule, ngethikithi le-IFP.

Lokhu kwenzeke ngoLwesine ngesikhathi lo mkhandlu ufungisa amakhansela, waqoka nobuholi obuzohola umkhandlu. Wakhiwe ngamaqembu amane, okuyi-IFP enezihlalo eziwu-14, yiMKP enezihlalo eziwu-9, yi-ANC eneziwu-3 ne-DA enesisodwa. Ngaphambi kokufungiswa kwamakhansela, uNgqongqoshe wezeMidlalo, ubuCiko namaSiko KwaZulu-Natal, uMnu Mtomuhle Khawula, weluleke amakhansela ukubeka eceleni ukuba ngabaholi bezepolitiki.

“Njengoba seningamakhansela, kumele nizibophezele ekusebenzeleni umphakathi. Njengoba nilapha nje, inhloso yenu iyodwa; wukuthuthukiswa kwezakhamizi zaseNkandla.



KUSUKA kwesobunxele nguNkk Nokuthula Magubane oyiSekela lemeya, nguNkk Nonhlanhla Nzuza oyiMeya, noMnu Sondelephi Sibiya onguSomlomo.

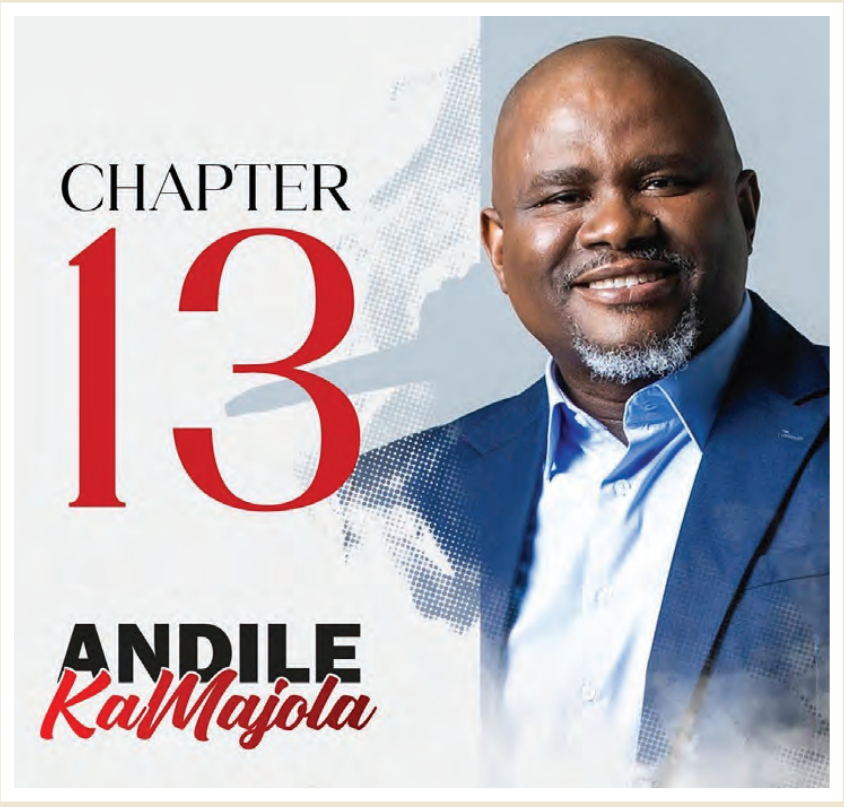
“Ukuba yikhansela akusho ukuthi sekumele uziphakamise, ukhohlwe nawukuthi njengoba ulapho uyisithunywa somphakathi,” esho.

Ebuholini kuqale ngokuqokwa kukaSomlomo womkhandlu, uMnu Sondelephi Sibiya, we-IFP, obevele enguSomlomo ngehlandla eledlule, owehlule uNkk Phumzile Dlamini, we-MKP ngamavoti awu-14 kwawu-12.

Ngesikhathi kuvotwa, iMKP ivote ngokuhlangayela ne-ANC, iDA yaligodla ivoti layo. Kube sekuqokwa imeya yomkhandlu uNkk Nonhlanhla Nzuza obevele eyimeya yaseNkandla, owehlule ngamavoti awu-14 kwawu-12, uMnu Malibongwe Mhlongo weMKP.

Kubuyiswe uNkk Nokuthula Magubane kwesokuba yisekela lemeya. USibiya uhambe emazwini kaKhawula, wadonsa ngendlebe amakhansela afungisiwe, ukuba azi ukuthi asebenzela zonke izakhamizi zaseNkandla angabheki ubuqembu.

UNkk Nzuza uthembise ukusebenzela izakhamizi zaseNkandla ngokuzikhandla. Uthi umkhandlu uzoqhubeka nokuletha intuthuko, uqhubeke lapho ogcine khona ngehlandla eledlule.



Uyazisola u-Andile KaMajola ngengoma eyintandokazi

Uveza okwenze yangangena emncintiswaneni wezingoma zokholo...

LUCKY CAIN

UYAZISOLA ngokukhipha sekudlule isikhathi u-Andile Ka Majola, onengoma ekhonjiswa ukuthandwa kakhulu ezinkundleni zokuxhumana, kodwa engabonwanga nangalukhalo kowe-Icebolethu Crown Gospel Music Awards, yaphinde yasala ngaphandle ohlwini lwezingoma eziwu-20 ezibhekwe ukuhlukanisa unyaka oKhozini FM.

Ingoma esihloko sithi, Thank You Jesus, abantu ezinkundleni zokuxhumana sebephumele obala, bazwakalisa ukungagculiseki ngokungabonakali kwayo. Sebeze bacela nokuthi ishintshwe indlela eculwa ngayo, yenziwe ngokwesigqi somculo wamatende.

Ekhuluma ne**LANGA Lempelasonto** uKaMajola, uqale

ngokucacisa imbangela yokungabonakali kwakhe kowe-Icebolethu Crown Gospel Music Awards. Uveze ukuthi ukhiphe le ngoma selivuliwe iwindi lokufakwa kwezingoma zokuqokwa kwalo mcimbi, wabe eseqoka ukungayifaki.

“Ngesikhathi sokungenela abantu abaningi babengakayizwa, kwakuzoba nzima ukuthi ngiyifake, ngabe sengiqoka ukungawangeneli amaCrown alo nyaka,” kusho yena.

Uqhube ngokuthi usezwile ukuthi kunabantu abakhala ngokungabonakali kwakhe ohlwini lwezingoma ezibhekwe ukuhlukanisa unyaka oKhozini. Wathi ubona ukuthi ukuphakama kwale ngoma kwenzeke sekudlule isikhathi okwenze aboKhozi FM bangayiqoki.

“Nakuba ngingeke ngisho lutho ngalokhu ngoba akukho osekungenzeka, kodwa abantu abakhulumayo ngasohlangothini lwami, ngijabulela ukuthi bayayamukela ingoma, futhi nomyalezo okuyona uyazwakala,” kusho uKaMajola.

Uthe kuyamthoba ukuthola abantu bemthumelela imiyalezo, bembonga ngale ngoma.

“Okuhle wukuthi isifinyelelile kubantu okunye nokunye akusekho ezandleni zami,” kusho uKaMajola.

Uphinde waveza ukuthi uyazisola ukuthi uphuzile ukukhipha ngoba ukuba usheshe wayidedela, ngabe yiyona emele izingoma zowokholo ezingomeni ezingase zihlukanise unyaka.



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UDlungelwa uthi baqhathwa yimali noMjosty

UMjosty uthi bobabili babeqashiwe, naye akayitholanga imali



> Le nkontileka yayichaza ukuthi uma siqashiwe sakhokhelwa u-R5000, kusho ukuthi mina ngizokhokhelwa u-R500...

THOKOZANI NDLOVU

OWADUMA ngefilimu yamahlaya iKwaito Church Service, uSiboniso Masuku owaziwa ngoDlungelwa (osesithombeni esingenhla), uthi baqhathwa yimali nozakwabo uMjostan Mbhele uMjosty, ayelingisa naye phambili kule filimu.

UDlungelwa uthi ngisho emfonela uMjosty akasalubambi ucingo lwakhe, futhi naye usethathe isinqumo sokuthi angabe esamlandela. Uthe akatholanga ngisho isenti nge-Kwaito Church Service yokuqala, yize ifilimu yayenza kahle futhi ithandwa ngabantu.

Uveze ukuthi ngisho sebenandisa ezindaweni ezahlukene njengoba bebeke baqashwe ukuyoqhulula amahlaya, yena

ubengayitholi imali eyanele.

“Uma siqashiwe bengisuke ngazi ukuthi sikhokhelwe malini, kodwa bengivele ngithuke uma esefika enginika imali encane. Kukhona la sakhokhelwa khona imali enkulu, nganikwa encane, ngabona yena esethenga indlu yomxhaso,” esho.

Uthe emahlayeni wafika ngoMjosty futhi wayehlala kubo kalo somahlaya. Uveze ukuthi ngisho umndeni kaMjosty wawusumthatha njengelungu lomndeni ngoba bahlale isikhathi eside ndawonye.

Uveze ukuthi kukhona lapho uMjosty ayezama khona ukumsayinisa inkontileka eyayithi usezokhokhelwa u-10% ngemicimbi abanandisa kuyona, okuyinto eyamcasula waze wayoyikhombisa umfowabo kaMjosty, uLimo Mbhele.

“Le nkontileka yayichaza ukuthi uma siqashiwe sakhokhelwa u-R5000 kusho ukuthi mina ngizokhokhelwa u-R500. Ngatshengisa umfowabo ngicasukile, ngabuza ukuthi emuva kweminyaka emingaka ngiwa ngivuka noMjosty, yiyona ndlela okumele angibonge ngayo yini le,” kuqhuba uDlungelwa.

Uthe akananking nokusebenza noMjosty ngomuso, kodwa sekumele baqale bakhulume kabanzi ngoba akasamethembi.

UDlungelwa uveze lezi zindaba nje, usanda kukhipha ingoma entsha ethi, “Emabhozeni”.

Ethintwa uMjosty, uthe akafuni ukuyinaka indaba kaDlungelwa ngoba uyabona ukuthi uzama ukuvuka ngaye.

“Ngizwile ukuthi kuneculo lakhe elisha alikhiphile, manje uzama ukumaketha lona ngegama lami.

“IKwaito Church Service yokuqala kwakungeyona eyami. Sobabili sasiqashiwe. Nami angiyitholanga imali ngoba umnikazi wayo wayethe uzosikhokhela uma isidayisiwe kodwa asizange sisayithola imali.

“Okunye angifuni ukukukhuluma ngoba uDlungelwa uyazi ukuthi kungamanga akushoyo,” esho.



Woza Nazo Mzala!



NguMySol okuthiwa wenza abaculi bashaye ulayini kuhle kwezingane zesikole.

Athamba okobhanana amaqhawe uma esephambi kukaMy Sol

KUNEZINTO oke uthi uyaziziba, zingazibeki. Le nto eyenziwa ngabaculi bakamaskandi, ishayisa uMzala ngovalo. UMzala ngeke azenze jusi engewolintshi, naye uma ilunda lingathi makashaye ingoma, angagida kuze kuse kuhle okwamathwasa egidela ubungoma.

Kodwa-ke into ayincomayo uMzala yindlela abaculi abazimisela ngayo nababambisana ngayo uma bebizwe yilunda.

Umona phansi, ifikile le nsizwa enguMy Sol, okuyindlela eliteketiswa ngayo leli lunda, elenza abaculi beshaye ulayini kuhle kwezingane zesikole ziyophaka.



Yekani lePens Downs yenu engathi shu...

KUKHONA into esadida uMzala namanje ngendaba yokubeka phansi amapeni okwenziwa yizingane zesikole njalo uma ziqeda ukubhala iphepha likamatikuletsheni.

Okufike kuxake kakhulu wukuthi ngaso sonke isikhathi kuhlale kunezigameko ezingezinhle ezisuke zizokwenzeka ngalolu suku, ezinye eziphetha ngokulahleka kwemiphefumulo.

Ngiyazi izingane zizobuza ukuthi uMzala wazini ngePens Down, ngoba yinto yesimanjemanje. Angisho ukuthi ngithini, bantabami. IsiZulu siyasho ukuthi, isalakutshelwa sibona ngomopho. Kuyini nje ukuqeda ukubhala niyojabulela emakhaya, kunokufuna ukuya ezindaweni la kungaphephile khona?

Isafunani imali yesitokofela phansi kombhede ngo-2026?

Kuhlale kuxwayiswa abantu ukuthi bagcine imali yezitokofela emabhange, kodwa lutho kunonkunzimalanga, abasayigcina emakhaya namanje.

Okufike kuxake kakhulu uMzala wukuthi iningi lalabo bantu ligcina selibanjwa inkunzi noma lizibambe lona inkunzi. Imali ihlala iphephile ebhange, futhi noma isiphuma, iphuma iye kumuntu ngqo, e-akhawuntini yakhe.

UMzala uyanixwayiswa wemaqola ndini ukuthi ngelinye ilanga laba bantu enicabanga ukuthi balele, bayovuka.

Hhola Mntwana!

Kudela odwebe lowo mlomo kulelo thanga...



Kudela odwebe lowo mlomo kulelo thanga! Sphalaphala sakoSondiya, mbalenhle sekuvele kwaxega amadolo, kwashabalala namazwi okuthi ngizozibika ngithini kuwena. Namhlanje sithi Hhola Mntwana ku-Amanda Zinhle Sondiya, yiFashionista leli elinguDj. We bhebi la kudijeya wena khona ngodansa ngize ngihambe phasi njengekhebuli. Uyangichaza kodwa... ❤️❤️❤️





KUJWAYELEKILE ukuthi uma kudliwa inyama, kugcojozwe kusawoti, okuyinto enobungozi.

Ukuvuvukala izinyawo kungakhomba ukweqa kukasawoti emzimbeni

Usawoti omningi wandisa amathuba okuphathwa yisifo senhliziyo, i-stroke nokuphazamiseka komqondo

EZEMPILO:
NOMTHOKOZISI DLOMO





UMZIMBA womuntu uyawudinga usawoti ukuze uhlale uphile kahle. Lokhu yingoba usawoti une-*sodium*, okuyikhemikhali ebalulekile, esetshenziswa yizinso ukukala isilinganiso soketshezi emzimbeni, nokulawula umfutho wegazi (*blood pressure*).

Abacwaningi bathi iningi labantu emhlabeni lidla ushukela oweqile kodingwa wumzimba ngosuku. Lokhu bakwenza ngokunganaki ngoba usawoti omningi usuke uqhamuka ekudleni okuthengwayo nokulungisiwe (*processed foods*).

Lapha eNingizimu Afrika kuvamile ukuthi uma kudliwa inyama, kugcojozwe kusawoti, abanye baze bawuvuvuzele ngaphezulu ekudleni. Umzimba womuntu kuthiwa udinga i-*teaspoon* likasawoti ngosuku.

UBUNGOZI BUKASAWOTI

I-*sodium* eningi emzimbeni yenza ukuthi umzimba uwagcine amanzi, igazi libe liningi, bese ithwala kanzima imithambo ethwala igazi. Lokhu kungagcina kwenyusa umfutho wegazi.

Lokhu kugcina kuphazamisa ukuhamba kwegazi ezithweni ezimqoka zomzimba njengasenhliziyweni nasebuchosheni, zingayitholi ngendlela efanele i-*oxygen,* nezinye izakhamzimba ezizidingayo.

Nezinso zithwala kanzima ukwenza umsebenzi wazo wokukhipha uketshezi olungadingeki emzimbeni.

Sekukonke, usawoti omningi wandisa amathuba okuphathwa yisifo senhliziyo, yi-*stroke* nokuphazamiseka komqondo.

IZIMPAWU ZOKUTHI UDLA USAWOTI OMNINGI

* Wukuqunjelwa nokuzizwa sengathi isisu sigcwele ngisho sekunesikhathi udlile.

* Wukuvuvukala emlenzeni nasezingalweni, ikakhulukazi emaqakaleni nasezandleni. Xwaya uma amasokisi owagqokile eseshiya umaka ongasheshi ukuphela lapho kade ehleli khona.



ONGOTI bezempilo bathi makugwenywe ukugqokwa kwamasokisi akumpintshayo, aze asalele umugqa.

* Wukuhlale womele amanzi nokoma komlomo. I-*sodium* yenza ingqondo icabange ukuthi idinga amanye amanzi, bese uyoma ukuze uzophuza amanzi.

* Wukuchama njalo. Ukuphuza amanzi amaningi ngenxa yokonyiswa wusawoti, kuholela ekutheni ushobinge kaningana.
* Wukuphathwa yikhanda.

* Wukuphazamiseka kokulala ebusuku. Ukudla okunosawoti omningi, kungakwenza uvuke njalo ebusuku uphuze amanzi, noma uyoshobinga.

* Wukuzwa ukudla kukubi. Usawoti omningi ugcina uphazamisa ukusebenza kwemizwa olimini, ugcine uzwa konke ukudla kungenasawoti, uzwe kuthi wufake njalo uma udla.

* Wukuphalaza nohudo. Usawoti omningi ungagcina ushisa ingaphakathi lesisu, okungakwenza ucikizelelwe yinhliziyo.

* Wukuhlale uzizwa ukhathele. Lokhu kungadalwa wukungalinganiseki ngendlela kwesikalo samanzi adingekayo emzimbeni.



UKUHLALA uzizwa ukhathele, futhi kungalaleki kahle, kungenzeka ukuthi usawoti unomthelela walokhu ngenxa yokuba mningi emzimbeni.

AMACEBO OKUNCIPHISA USAWOTI OWUDLAYO

* Funda okuqukethwe wukudla okuthengayo. Kuthiwa u-60% kasawoti esiwudlayo uqhamuka ekudleni esikuthenga sekulungele ukudliwa, nokudla okulungisiwe, okunjengamaviyena, amasosishi, ama-*snacks*, ama-*take-away* nokunye.



UKUDLA izinto ezinosawoti njengama-salty snacks, yizicoficofi njengamabhega, akulungile.



* Kugweme ukwengeza usawoti ekudleni osekuvuthiwe.

* Ziphekele ukudla ekhaya. Ukudla okuthenga sekulungele ukudliwa kunosawoti omningi. Uma uziphekela, uyakwazi ukungawufaki nhlobo, ikakhulukazi ophuthwini naselayisini.

* Nciphisa isikali sikasawoti owufakayo uma upheka. Umzimba womuntu uyajwayela. Ekuqaleni kungazwakala sengathi ukudla kubi, kodwa ugcine sewuzwakala usawoti olimini.

Usawoti ungabonakala njengento engatheni noma engenabungozi obungako, kodwa ungagcina udala umonakalo ongalungiseki. Kubalulekile ukulawula usawoti owudlayo, kanjalo nodliwa yizingane ngoba kaziziphekeli.



Ithembe igama esizakhele lona iHyundai ngeVenue entsha

ISHAYE IZULE:
noZANDILE TEMBE

AKUSIKHO nje ukukhipha unyawo kwabakwaHyundai ngeVenue yabo entsha, eyisakhiwo sesibili (3rd generation), kodwa kuwubupigogo ngempumelelo endimeni yezezimoto.

I-Venue entsha yethulwe kwabezindaba kuleli sonto ngoMsombuluko lapho izikhulu zakwaHyundai bezidilikele eThekwini, ziyoyethula bukhoma.

Esithangamini esikhethekile ebesikwelinye lamagalaji akwa-

Hyundai, eMhlanga, isikhulu esiphezulu (CEO), uMnu Stanley Anderson, sitshele izintatheli ukuthi abakwaHyundai bayinkampani yezimoto yesine kwezihamba phambili ngokudayisa kuleli.

U-Anderson uthi selokhu unyaka uqalile kule kota yesine, sebedayise izimoto zakwaHyundai eziwu-3 185.



Uthi nakuba kunengcindezi edalwa yizimoto ezintsha zaseShayina, abagabisa ngakho kakhulu nokubabeka eqhulwini, yindlela abaphatha ngayo amakhasimende

imoto isiphumile egalaji.

“Esizigqaja ngakho kakhulu nesihlonishwa ngakho ngamakhasimende ethu, wukukwazi ukunakekela imoto lapho isikumnikazi, nesikwenza ngokuba nezizinda ezikuleli zokulungisa izimoto zabo, nezingxenye zezimoto ezidingeka ngenxa yokufa kwezimoto, zitholakala ngokushesha,” kuphetha u-Anderson.

Emuva kokwethulwa kwe-Venue, sithole ithuba lokuyishayela kusuka eMhlanga, sagudla ulwandle ku-M4, eThekwini, sayishaya yayongena ngasesikhumulweni sezindiza iKing Shaka Airport, sayigudla ngemuva silibhekise esiqiwini esincanyana i-Rain Farm, esisoGwini oluseNyakatho yeTheku.



Sibuye ngemigwaqo yangaphakathi eShaka’s Rock, sajoyina uthelawayeka u-N2, sibheke eMhlanga esidlweni sasemini.

Izwakale imelana kahle nemigwaqo yetiyela, nasobhuqwini esiluhambe ngaphandle nje kwedolobhana laseThongathi, kayizange idonse kanzima.

I-Hyundai Venue ikhishwe ngezinhlobo ezintathu; okuyi-Venue 1.2 Premium 5MT ewu-R319 900, kube yiHyundai Venue 1.0T Premium 7DCT edayisa ngo-R349 900, esezingeni elithe xaxa i-Venue 1.0T N Line 7DCT ewu-R499 900.

Uthola amawaranti akwa-Hyundai Automotive South Africa eminyaka ewu-7 noma amakhilomitha awu-200 000 ne-*service plan* yeminyaka emithathu (3) noma amakhilomitha awu-45 000.

Isakhiwo sayo sangaphandle sithe ukuba sabhokisi uma usiqhathanisa neseVenue endala ebigcwele, futhi isandilinga.

Bakwenze kwalula ukuxhuma umakhalekhukhwini kuzona zombili izinhlobo, okuyi-Android ne-Apple Carplay. Uyakwazi nokukhuluma nayo ngaphandle kokucofa uma ushayela.

Kubukeka bewuvale ngobuhlakani abakwa-Hyundai unyaka.

Imibono

Odabeni oluphume izolo ngoLwesine kwi**LANGA** oluthi: Induna "iphucwe umnikelo nemali yesitokofela engaphezu kuka-R200 000", baphawule kanje abafundi bethu kwi**Facebook:**



- **Londeka Malondi:** Inamanga le nduna, idlala ukuhlakanipha. Icabanga ukuthi abantu bayizilima. Abantu abadlala isitokofela abanye bazixakekele, yona isiyenza kanje. Kuyayiwa eZulwini!

- **Maka Senamile Nontoh:** Induna isile yazi. 😂 😂 😂 Hhayi ngeke, mayibuyise imali yesililo bandla. Kwaze kwakuningi eDududu. 😂 😂 😂

- **Sphamandla Sphah:** Induna iyaganga, ayibuyise imali. Uyothola ukuthi kayinayo ngisho i-*safe*, kodwa ibihleli nemali engaka endlini.

- **Mancinza Nondaba:** Hhayi bo nduna, yanyamalala nje kanjalo imali?

- **Spha Celas Nzuza Estcourt:** Hhohhe, hhayi-ke bandla. Udaba lwenduna, kodwa ngenkece engaka madoda!

- **Musah Short:** Siyayifuna imali yethu, induna icabanga ukuthi sonke singabasezilalini eNgcobo.

- **Zamafuze Ngcobo:** Kukhona okufihliwe la. Yeyi ngoba le ndawo yangakithi...

- **Sphe Gcaba December:** Bayayazi abashana le mali...

Imibono

Odabeni oluthi: Udilikajele kowadlwengula ingane yakhe ethi iyajola, baphawule kanje abafundi bethu kwiFacebook:



- **Cya Phiri:** Hhayi ezinye izinsizwa ziyasihlaza kodwa...

- **Phaphama Mncwango:** Engathi angafike acoshiswe insipho ejele.

- **Badu Thomoyi:** Buningi ubulwane kwamanye amadoda.

- **Mbongeleni Iwele Lika Phumlaphi:** Makafele khona ejele.

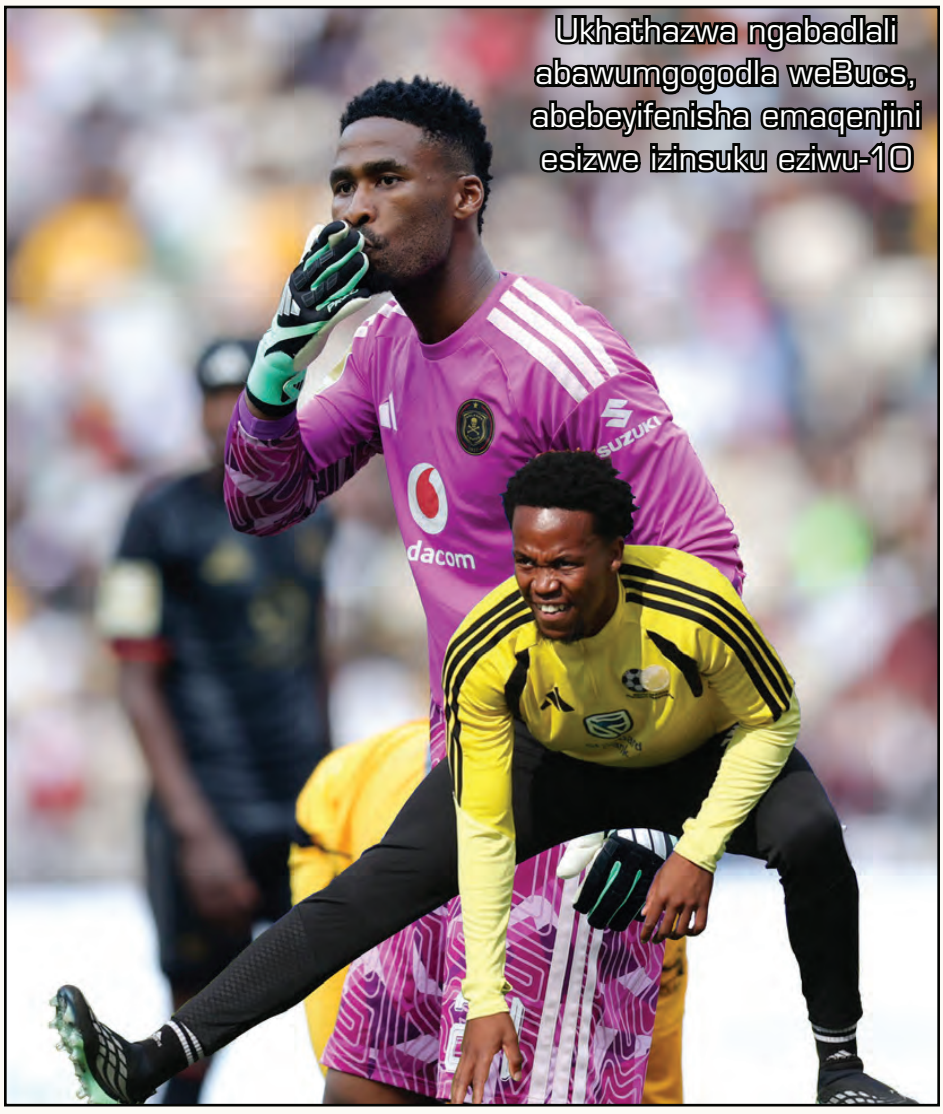
- **Sihle Msihlezi:** Kodwa nkosi! Ungalala kanjani nengane yakho oyizalayo?

- **Mathula Gubeshe:** Sinomuntu onjalo la KwaNongoma? Ungubani?

- **Lindeni Sithole:** Sicela uhulumeni ozophatha uqinise umthetho, sikhathele yile migulukudu. Ingane bekumele iqome yena yini engumzali?

- **Nondumiso Ncube:** 😳 Hhawu kodwa baba!

- **Boet Leeh Mbhekaphansi Sangweni:** Bengithi nizothi bamthume uphuthu, kanti usaphila?



NGUSIPHO Chaine noLebone Seema abawumgogodla weBucs, abaze babuya ekhempini yeBafana bengakaze balinuke ijezi.

IZITHOMBE NGABE: BACKPGAPEIX

U-Ouaddou ukhala ngokunyomfeka kwezinhlelo zePirates

SENZO SOKHELA

UKHALA ngokuphazamiseka kwamalungiselelo abo omdlalo we-*semi final* yeCarling Knockout Cup abasemkhankasweni wokuyivikela umqeqeshi we-Orlando Pirates, u-Abdeslam Ouaddou.

IBucs izobhekana neStellenbosch FC kulo mdlalo ongoMgqibelo ngo-15h30 eMoses Mabhida Stadium, eThekwini.

U-Ouaddou uthi ukungabi nabo abadlali abawu-10 abawumgogodla wekilabhu yakhe abebemele amazwe abo ngokwehlukana, kuwaphazamisile amalungiselelo abo alo mdlalo.

“Kayikho into ongayenza uma ungenabo abadlali ozobaqeqesha ngenxa yokuyomela amazwe abo, kodwa kuyakhathaza emoyeni uma bezofike bangadlali kuwona.

“Abadlali bami abebeseqenjini lesizwe kabadlalanga izinsuku eziwu-10 njengoba bengalinikwanga ithuba.

“Lokho kuyawuphazamisa umgqigqo.

“Kakuyona imfihlo ukuthi emaqenjini esizwe kakujinywa njengasemakilabhini, laphayana kusuke kusetshenzwa ngamasu, yiwona okugxilwa kuwona, hhayi ukuba qatha kwabadlali.

“Uma ubona abadlali bakho bengadlali, lokho kuyakukhathaza emoyeni. Buka nje, banezinsuku ezimbili ukuba babuyele esimweni esisidingayo, okuyinto engelula.



“Njengamanje basesimweni esibhedayo, kabasafani nangesikhathi ngibahambisa eqenjini lesizwe.

“Ngingakusho nje ukuthi kasizona izimfivilithi ukunqoba lo mdlalo weStellenbosch ngenxa yesivinini okudlalwa ngaso, sisele nje thina.

“Kodwa-ke kakukho esizokwenza, sizozama ngendlela esizama ngayo ngoba into emqoka wukuthi sinqobe,” esho.

Abadlali beBucs abebesemaqenjini esizwe, nguSipho Chaine, uLebone Seema, uDeon Hotto (Namibia), uNeo Rapoo (SA/Under 23), uThalente Mbatha, uTshepang Moremi, u-Oswin Appollis, uSimphiwe Selepe (U23), uCemran Danson (U23) noMpho Padime (U23).



NGU-ABDESLAM Ouaddou ongumqeqeshi weBucs.



KUSUKA kwesobunxele; nguBRAYAN Leon, nguMarcelo Allende noNuno Santos beDowns.
ISITHOMBE NGABE: BACKPAGEPIX

IDowns ilindele indluzula kwiChiefs

Izogxila endleleni edlala ngayo yokulithunga, izitha zilandele izithunzi

SENZO SOKHELA

BALINDELE indluzula kwiKaizer Chiefs abadlali beMamelodi Sundowns kwi-*semi final* yeCarling Knockout Cup ngeSonto ngo-15h30 eLoftus Stadium, ePitoli.

Lo mdlalo ubhekwe ngabomvu ngabathandi bebhola kwazise la makilabhu abalwa namakhulu ebholeni laseNingizimu Afrika, nase-Afrika jikelele.

Ngaphandle kwalokho, angomkhaya njengoba engawaseGauteng.

UMarcelo Allende odlala esiswini kwiDowns, ephawula ngomdlalo wabo neChiefs, uthe ubona ingozi kwiziMpofana.

“Esikuqaphele ngayo (iChiefs) wukuthi isebenzisa indluzula kakhulu uma idlala, kayincengi.

“Silindele ukuthi umbango ushube, yingakho kufanele siye kulo mdlalo sizilungiselele, sizitshele ukuthi

siyolwa.

“Kakufanele nangengozi siyithathe kancane ngoba lokho kungasidalela ingozi.

“Kuzoba nzima, kodwa kufanele singashintshi indlela yethu esidlala ngayo yokulithunga, kufanele sidlale ngale ndlela esaziwa ngayo, egqilaza izitha.

“Ngikholwa wukuthi lo mdlalo uzofika siwulindele, ngakho-ke siyakwazi okufanele sikwenze ukuze sinqobe,” kusho u-Allende, ophelelwa yinkontileka nale kilabhu uma kusongwa le sizini - kanti ukubeke kwacaca ukuthi uyahamba.



Amathikithi alo mdlalo adayise aphela kungakapheli ngisho amahora awu-24 kumenyezelwe ukuthi aseyatholakala.

U-Allende ephawula ngokuphela kwamathikithi ngokushesha, uthe: “Ngesikhathi ngibona ukuthi amathikithi alo mdlalo aphelile, ngijabule ngafa ngoba lokho kuchaza ukuthi sizobe sibukwa yizinkumbi zabantu.

“Ngihlale ngisho ukuthi thina sidlalela ibheji, nabalandeli bethu. Silindele ukuthi abalandeli bethu babe sebesilindele eLoftus ngoba lo mdlalo uzoba mnandi ngendlela eyisimanga.

“Ngiyabacela abalandeli bethu ukuba basheshe bafike behlobe ngemibala yabo ephuzi, nathi sizokwenza isiqiniseko sokuthi bahamba bejabule emuva komdlalo,” kusho u-Allende.



NGU-MARCELO Allende

Ezinoju kubathandi beChiefs ngoPhili



Nomdlali wayo omusha kuthiwa angase afakwe esikwatini esizodlala neDowns

SENZO SOKHELA

IZINDABA ezinoju kubalandeli beKaizer Chiefs kululama uLangelihle Phili (**okwesingenhla**) oseqalile ukujima ngokugcwele nesikwati esikhulu sale kilabhu.

UFernando da Cruz waseFrance ongumqeqeshi weChiefs, uthi makhulu amathuba okuthi bahambe nalo mdlali ukuyobhekana neMamelodi Sundowns kwi-*semi final* yeCarling Knockout Cup ngeSonto ngo-15h30 eLoftus Stadium, ePitoli.

IChiefs isayinise uPhili odlala esiswini ekuqaleni kwesizini, imthathe kwiStellenbosch FC.

Udlale imidlalo embalwa, walimala. Uqalile ukujima nozakwabo emasontweni amabili edlule.

Emasontweni ambalwa edlule, le kilabhu imemezele u-Elias Mokwana odlala esiswini njengomdlali wayo omusha.

Naye ubengakaze abonakale enkundleni njengoba efike engekho esimweni sokudlala, ngenxa yokuthi ubesehlale izinyanga engenakilabhu emuva kokudedelwa yi-Esperance yaseTunisia ebimbolekise kwi-Al Hazem yaseSaudi



NGU-ELIAS Mokwana.

Arabia.

UDa Cruz echaza ngesimo salaba badlali njengoba ezakhe ziya kulo mdlalo weDowns, uthe:

“UPhili ubejima ngendlela eqondile selokhu kuqale isonto. Usashoda ngemizuzu emidlalweni esemthethweni, kodwa ungumdlali okungenzeka sihambe naye uma sesiya kulo mdlalo wengeSonto.

“Isimo sikaMokwana siyefana nesikaPhili, uyajima nekilabhu kanti naye usesesimweni sokuthi sesingamqoka ukudlala. Engingaku- sho wukuthi kungenzeka babe yingxenye yesikwati esizodlala ngeSonto.”

UMokwana ugqame kwiSekhukhune United, asuke kuyona wajoyi- na i-Esperance.

Uke waqokwa amahlandla awu-12 kwiBafana Bafana, wayishayela amagoli amabili.



NGU-FERNANDO da Cruz ongumqeqeshi weChiefs.
ISITHOMBE NGABE: BACKPAGEPIX



NGU-JUSTICE Chabalala (okwesobunxele) esagijima kwiPirates. Lapha wayexine uLantshene Phalane owayegijima kwiBloemfontein Celtic.

ISITHOMBE NGABE: BACKPAGEPIX

Uvumbuke 'ehlathini' owagqama kwiPirates

IReal Natives seyisivalile isikhala esishiywe ngosekwiChippa United

MFANAFUTHI NDLOVU

UVUMBUKE ehlathini umdlali owaduma eyisitobha se-Orlando Pirates, uJustice Chabalala.

ILANGA Lempelasonto lihoshe ukuthi uChabalala - osegcugce emakilabhini amaningi - ubonakale kwi-Upington City egijima kwiMotsepe Foundation Championship (MFC).

Lo mdlali wake wayibamba nakwiChippa United, iReal Natives ebiyaziwa nge-Casric Stars ngesizini edlule, nakwiRichards Bay FC ukubala nje ambalwa.

Kuthiwa uThulani Nkosi opheka i-Upington umlandele ukuyofaka uzinzo emuva.

Kuthiwa uchazwa yisipiliyoni sakhe sokudlala ngobuchule.

"Sibe nenhlanhla ngokuhlabana ngoChabalala kwazise uyakwazi nokusiza abadlali abasebancane. Empeleni ucishe afane nomqeqeshi, ngikholwa wukuthi usazokuba wusizo olukhulu kwi-Upington," kusho umthombo ongaphakathi kwi-Upington, ongekho emagunyeni okukhuluma nabezindaba.



NGU-CHABALALA enozakwabo esakwiReal Natives.
ISITHOMBE NGABE: BACKPAGEPIX

☛ Kuzo ezeMFC, uSima Bobo (**okwesingezansi**) owake wadlala kwiKaizer Chiefs, uselinde isinqumo sabanikazi beGomora United ngokusayina kule kilabhu.

I-Real Natives isivale ngoKhulisho Rashamuse isikhala sika-Amukelani Hlungwane osethathwe yiChippa United njengesekela lika-Brandon Truter, ongumqeqeshi.



☛ **Isiyonke imidlalo yeMFC engempelasonto imi kanje:-**

KUSASA NGOLWESIHLANU

ENelson Mandela Stadium: Highbury FC vs University of Pretoria 15h30.

NGOMGQIBELO

E-Athlone Stadium: Hope FC vs Real Native 15h30.

ELucas Moripe: Lerumo Lions vs Cape Town City 15h30.

EHarry Gwala: Midlands Wanderers vs Hungry Lions 15h30.

ENWU Fanie du Toit: North West University vs The Bees 15h30.

E-Olympia Park: Orbit College vs Gomora United 15h30.

EMxolisi Dicky Stadium: Upington City vs Magesi FC 15h30.

EThohoyandou Stadium: Venda FC vs Leicesterford City 15h30.



NGUVELI Khumalo ongumqeqeshi weKaizer Chiefs Reserves.
ISITHOMBE NGABE: BACKPAGEPIX

IChiefs ibona kusasekuseni ngombango wesicoco

Iqaphe ngelokhozi iSundowns eyibona iyingozi

SENZO SOKHELA

ULUBONA luselude ukhalo olusazohanjwa ngaphambi kokucaca kwekilabhu ezodla ubhedu kwiDStv Diski Challenge (DDC) umqeqeshi weKaizer Chiefs Reserves, uVela Khumalo (**okwesingenhla**).

IChiefs izobhekana neStellenbosch Reserves koweDDC ngeSonto ngo-12h00 eSeshego Stadium, ePolokwane.

Iya kulo mdlalo nje, ihambela phezulu njengoba ishaya kwasani kulezi zinsuku.

Iyona eqhwakele kwi-*log* yeDDC, ihlule iMilford Reserves ngo-2-1 ngeledlule eSugar Ray Xulu Stadium, eClermont.

UKhumalo uthi nakuba beyizimfivilithi ukunqoba isicoco seligi, kodwa luselude ukhalo.

“Ingijabulisile indlela esiqale ngayo iligi, iyakhombisa ukuthi sizimisele ngani ngale sizini.

“Kodwa-ke, isizini isephansi ukuthi sesingakhuluma ngesicoco seligi.

“Kunamakilabhu anjengeMamelodi Sundowns, nawo angazibekile phansi futhi asenalo ithuba.

“Okumqoka nje kithina wukubhekana nomdlalo ngamunye, singabheki izinto eziningi.



NGU-RAOUL Daniels weStellies (okwesobunxele) noSteven Mendes weChiefs okulindeleke ukuba basize amakilabhu abo uma esebhekene ngempelasonto.

ISITHOMBE NGABE: BACKPAGEPIX

“Umdlalo wethu neStellies ngeke uze ube lula neze. Yebo kayiqalanga kahle, kodwa manje sewuyabona ukuthi iya ngokulikhuphuma izinga. Kodwa kangingabazi ukuthi nawo lo mdlalo uzofika siwulungele,” esho.

☛ **Isiyonke imidlalo yeDDC engempelasonto imi kanjena:-**

NGOMGQIBELO

ESeshego Stadium: Mamelodi Sundowns Reserves vs Golden Arrows Reserves, 10h00,

ESeshego Stadium: Orlando Pirates Reserves vs Durban City Reserves, 12h00,

EWolfson Stadium: Chippa United Reserves vs Richards Bay Reserves, 10h00,

ESolomon Mahlangu Stadium: TS Galaxy vs Siwelele Reserves, 10h00,

KaNyamazane: Kruger United Reserves vs Sekhukhune United Resevers, 10h00,

NGESONTO:

ESeshego: Marumo Gallants Reserves vs Polokwane City Reserves 10h00,

ESeshego: Stellenbosch Reserves vs Kaizer Chiefs Reserves, 12h00,

EPrincess Magogo: Milford FC Reserves vs AmaZulu FC Reserves 10h00.



KUSUKA kwesobunxele; nguSir Alex Ferguson, nguMauricio Pochettino noMichael Carrick.
ISITHOMBE NGABE: BACKPAGEPIX

Izikhulu zeMan U zithembisa ukuthenga ulozolo lwabadlali

Zifuna ukweseka umqeqeshi omusha ukuze abuyise isithunzi sale kilabhu

NHLANHLA HUDLA

IZIKHULU zeManchester United yase-England, zithembisa ukumeseka ngabadlali abasha uMauricio Pochettino osanda kuthatha izintambo zokuqeqesha le kilabhu, emuva kokuba kukhonjwe indlela uMichael Carrick.

UCarrick uhambe esenyamanambana kubalandeli abesebememeza njalo enkundleni ukuba ashiye, phezu kokuba efake le kilabhu emidlalweni ye-Uefa Champions League, okuyinto ebisinesikhathi yayi- gcina.

Phela le kilabhu beyingasenzi kahle. okwenze yashintsha inqwaba yabaqeqeshi, selokhu kwahamba uSir Alex Ferguson owathatha izicoco eziwu-38 neRed Devils, okukhona kuzona ezimbili ze-Uefa Champions League, neseFifa Club world Cup.

NgeSonto iRed Devils izobhekana neLiverpool koweligi ngo-18h30. UPochettino uzokube eqala ukuhlala ebhentshini lale kilabhu. Izikhulu eziphezulu zeMan U, zithi zizothenga abadlali abasha ngoJanuary, ukwenza isimo sibe ngcono.

Ukufika kwalo mqeqeshi kubhekeke ukuba kwenze ngcono isimo sale kilabhu, isuke ezembeni, njengoba ibhabhabele kunombolo 18 kwi-*log* enamakilabhu awu-20.

☛ **Isiyonke imidlalo ye-EPL ihlelwe kanje:-**

NGOMGQIBELO

Man City vs Fulham 14h30.

Bournemouth vs Forest 17h00.
Coventry vs Palace 17h00.
Tottenham vs Ipswich Town 17h00.
Chelsea vs Leeds 17h00.
Aston Villa vs Sunderland 17h00.
Newcastle vs Arsenal 19h30.

NGESONTO

Hull vs Brighton 16h00.
Liverpool vs Man United 18h30.

NGOMSOMBULUKO

Brentford vs Everton 22h00.

☛ **EyeSpanish La Liga:-**

KUSASA NGOLWESIHLANU

Athletic vs Espanyol 22h00.

NGOMGQIBELO

Alaves vs Deportivo 15h00.
Rayo vs Valencia 17h15.
Sevilla vs Betis 19h30.
Real Madrid vs Celta Vigo 22h00.

NGESONTO

Barcelona vs Villarreal 15h00.
Racing vs Sociedad 17h15.
Osasuna vs Malaga 19h30.
Getafe vs Atletico Madrid 22h00.

NGOMSOMBULUKO

Levante vs Elche 22h00.

☛ **EyeSerie A yase-Italy:-**

NGOMGQIBELO

Como vs Cagliari 16h00.
Lazio vs Lecce 16h00.
Parma vs Roma 19h00.
Napoli vs Torino 21h45.

NGESONTO

Juventus vs Venezia 13h30.
Sassuolo vs Genoa 16h00.
Bologna vs Udinese 16h00.
AC Milan vs Frosinone 19h00.
Atalanta vs Inter Milan 21h45.

NGOMSOMBULUKO

Monza vs Fiorentina 21h45.

hudla@ilanganews.co.za