

SEGOAGOE

Magazine For The Royal Bafokeng Nation

...a e wele metsing.

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email: info@bafokeng.com

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Dikwena hard at work... *doing their 67 Minutes*



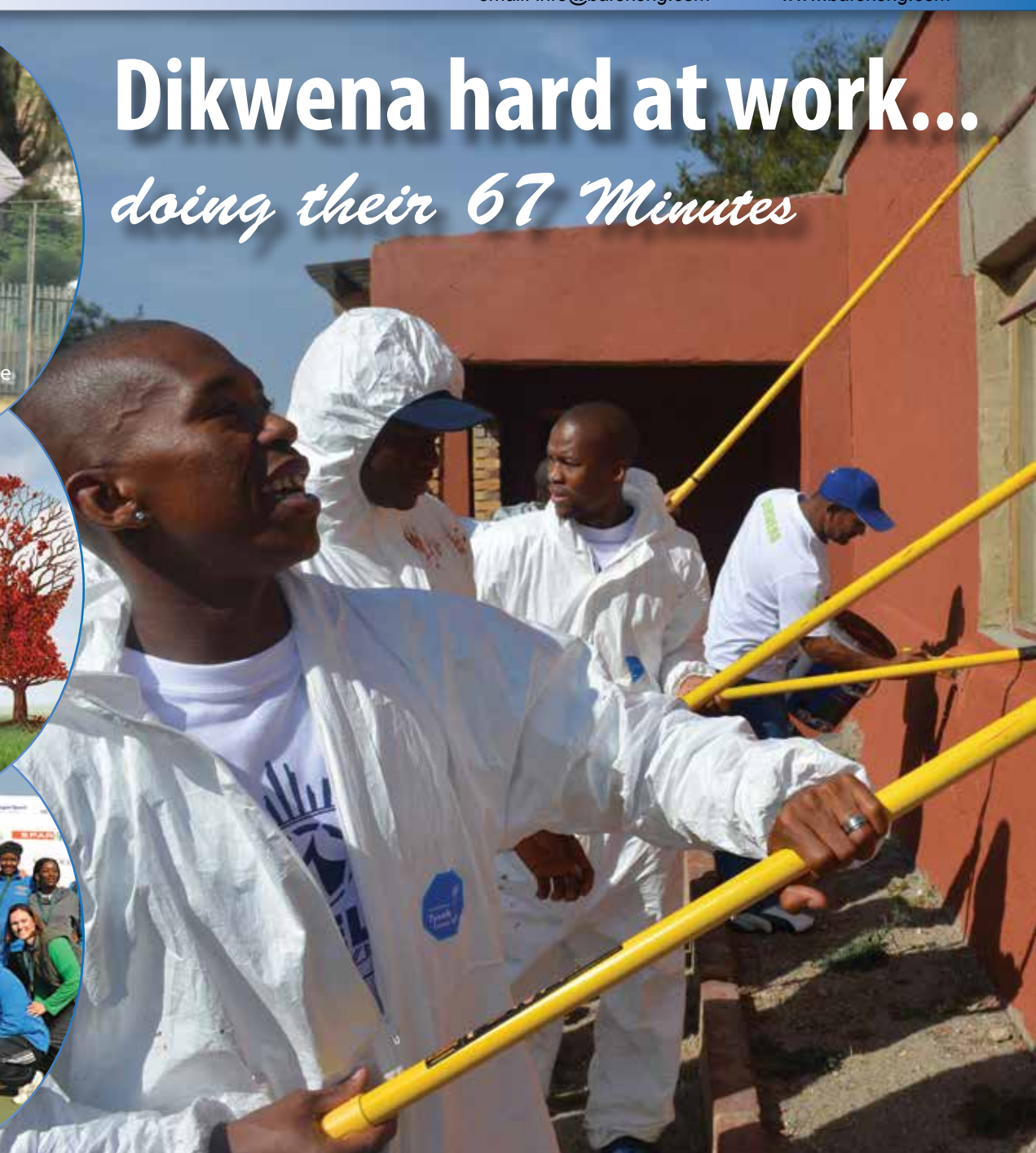
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A LENTSWE LA GAGO LE UTLWALE!

Lekwalo dikgang la gago; Segoagoe le go laletsa go romela dikakanyo le ditshwaelo dingwe le dingwe tse o ka tswang o na le tsona go segoagoe@bafokeng.com, kgotsa wa di tlisa ka namana kwa Bafokeng Civic Centre.

Ditshwaelo di letleletse go fitlha labothano wa bobedi wa kgwedi ngwe le ngwe. Mokwadi o rotloediwa go kwala bokana ka mafoko a le 400, e seng go feta.

Ditshwaelo ka puo ya Setswana le ya Sekgoa di amogelesegile. O gakololwa go akaretsa leina la gago, dinomoro tsa mogala, le lefelo la bonno mo lekwalong la gago.

ELA TLHOKO: Botsamaisi bo na le thata ya go tlopha makwalo a a siametseng go phasaladiwa.

MAKE YOUR VOICE HEARD-SHARE YOUR VIEWS!

Segoagoe invites members of the community to forward their suggestions, comments and views about any issue that matters to them, to segoagoe@bafokeng.com or they can be hand delivered to Bafokeng Civic Center, every second Tuesday of the month.

Letters should not exceed 400 words and may be written in Setswana or English. Every letter should bear the name, telephone numbers and area of residence of the writer.

NB: The editorial team reserves the right to determine the appropriateness of articles submitted for publication.

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SPORTS AGAINST CRIME

Tlhabane SAPS raises awareness in the community.



The Royal Bafokeng Protective Services, in partnership with Tlhabane Community Policing Forum, Tlhabane SAPS and the other stakeholders from various governments departments mounted a joint campaign aimed at fighting crime through sports. The primary target of the campaign is the youth and Lefaragatlhe was chosen as the first area.

As part of the overall campaign, various events were organised and one of which was themed: "Get high on life and not on drugs". This was to discourage drugs and substance use amongst learners. The initiative came after Tlhabane SAPS noticed a high number of reports of drug use in Rauwane High School, Geelhout Secondary and Tlhabane Technical School.

During the event community members, along with the learners from aforementioned schools, enjoyed the debate followed by netball and football games. The Sport Against Crime focuses on sport as a deterrent to crime by creating opportunities for further enhancement of the participating parties.

The learners were motivated by an ex-offender, Kenny Kalane, who stated to the learners that crime does not pay and through this programme they are being given the opportunity to make the right choices as drugs lead to crime. Kalane continued to relay about life in prison and said that "life stops

when you are in prison and through use of drugs you become self-imprisoned as you begin to lose your purpose in life, trying to please friends and giving in to peer pressure, drugs do not only destroy your life but also kills the lives of the people who love you".

After the motivation talk from Kalane the learners were given an opportunity to hold a dialogue where they discussed the factors that led them to use drugs, the effect of using drugs and the challenges they faced as teenagers.

Kabelo, a learner from Rauwane Sepeng High School stated that family disputes and lack of attention from parents led to learners taking drugs even to the extent of using drugs as stress relief for examinations. Peter, a learner from Tlhabane Technical, expressed his concern to his peers that if they used drugs they risked death.

In addressing the issue of things that challenge them in life, learners identified peer pressure and statutory rape as two key factors.

The programme to raise awareness on substance and drug abuse is ongoing and discussions will be taking place in schools to get the learners to talk about any problems they may have with substance abuse. —————○

Alzheimer – Bolwetse jo bo bonagalang thata mo bagoding



Alzheimer ke mofuta o mongwe wa bolwetse jo bo bakang mathata a tlhologanyo, go akanya le a maitsholo a a sa tlwaelegang. Le fa gona kgonagalo ya go tshwarwa ke bolwetse jo e gola le dingwaga, ga se bagodi botlhe bao ba bo itemogelang bolwetse jo. Ga twe motho a le mongwe go ba le batlhano bao ba leng dingwaga di le some a robedi ba amega go sa kgathatshege lotso kgotsa bong. Go fitlha ga jaana ga go itsiwe gore bo bakiwa ke eng. Jaaka malwetse a mangwe, le bona go tlhalosiwa fa go nna teng ga bona go tlhakantse dilo di le mmalwa.

Matshwao a bona a simolola ka iketlo mme a etegele fa nako e ntse e tsamaya go fitlha bo ama ditiro tsa letsatsi le letsatsi. Go tlhalosiwa fa bo tlhotlhedwiwa ke tiriso e e botlhaswa ya nnotagi, go tshwenyega ga tlhologanyo le malwetse jaaka a HIV/Aids. Bontsi jwa batho ba itemoga gore ba na le bothata jwa go lebala le go gopola dilo tse di rileng. Le gale, go lebala thata, go tlhakana tlhogo ke mangwe a matshwao a a tlwaelegileng thata a a bontshang fa bolwetse bo itelekela mo mothong.

O lemoga jang bolwetse jo - Matshwao

- Bothata jwa puo jaaka go timelelwa ke mafoko fa motho a ntse a bua, go lebala maina a dilo kgotsa mafelo, go bua dikgang

tse di senang tlhologanyo. Matshwao a mangwe a akaretsa:

- Ba na le boitshwaro jo bo sa tlwaelegang, ba na le go tlhanoleda diaparo kgotsa ba go apara diaparo tsa ka fa gare fa godimo ga diaparo tse di tlwaelesegileng ka dinako dingwe ba fitlhela go le thata go ikapesa diaparo.
- Ba bangwe ga ba itlhokomele, ga ba na sepe le gore ba lebega jang, ga ba batle le go tlhapa.
- Ba fetola maikutlo kgapetsakgapetsa, ba na le go tenega fela go sa re sepe, ba nna le letshogo kgotsa ba omane.
- Ba timela bonolo mo mafelong a ba a itseng.
- Ba lebala ba masika le ditsala tsa bona, le maina go nna thata go a gopola.
- Ba gopola bonolo dilo tse di diragetseng mo bonnyaneng jwa bona mme ba tlhologa go gopola ditiragalo tsa sesheng.
- Ba tletse dipelaelo, ga ba tshepe ope e bile ba na le go latofatsa batho ka go ba utswetsa kgotsa go ba fitlhela dilo.

A bolwetse jo bo a alafega?

Bolwetse jo ga bo alafega fela bo kgona go laolega. Le fa gona melemo mengwe e thusa go

laola bolwetse jo, ga e kgone go bo emisa gore bo seka ba etegela, fela e thusa go fokotsa lebelo la bona le go tokafatsa maphelo a balwetse le batlhokomedi ba bona. Tshegetso go tswa go ba lesika e a tlhokega le batlhokomedi ba tlhoka go nna pelotelele le go tlhologanya maemo a batho ba ba tshwerweng ke bolwetse jo. Fa o nale molwetse wa mofuta o, o ka mo thusa ka ditsela tse di latelang:

- O tshwanetse ke go tlhokomela gore go tswetswe ka dinako tsotlhe
- Baa kgakala diriswa tse di kotsi tse di tshwanang le tsa go phepafatsa
- Notlelela bojalwa le ditlhare
- Ela tlhoko dilo tse di bolelo jaaka dijo le metsi gore molwetse a seka a itlhagisetsa kotsi
- Se tlogele molwetse a le nosi fa meelong kgotsa dithuthafatsi
- Nna o ipaakanyeditse maemo a tshoganyetso.

Ke eng gape seo o ka se dirang go thusa molwetse?

- Dirisa matshwao le ditshwantsho tseo di tla gopotsang molwetse kwao dikamore tse di rileng kgotsa dilo dingwe di leng teng
- Fokotsa seo molwetse a tlwaetseng go se dira gore a kgone go fetsa seo a se dirang pele a ka dira se se latelang. Seo se tla kgona go mo thusa gore a lebagane le tiro eo a tshwanelang ke go e dira.
- Dira gore monagano wa gagwe o nne o ntse o dira ka metlha ka go tshameka le ene metshameko ya dikarata, metshameko ya mafoko le metshameko ya ditshwantsho.
- Dira gore a seke a ya ka mafelong a a tletseng thata le go nna le medumo.
- Mo thuse ka ditiro tseo di ka nnang bokete mo go ene jaaka go tsaa ditlhare tsa gagwe ka nako le go ya kwa bookelong.

Batho ba bolwetse jwa go lebala kgotsa Alzheimer jaaka bo itsege, ba tlhoka tlhokomelo le tshegetso gore ba kgone go tshela botshelo jo bo tokafetseng. Etela kliniki e e gaufi le wena kgotsa bona ngaka fa o ipelaela kgotsa o belaela mongwe wa lesika gore a ka tswa a na le bothata jo.

O sa ntse o ka ikgolaganya le Mme Motlalepule Moroeng mo 014 566 1200 kgotsa wa mo etela kwa Phokeng Health Centre. / Alzheimer's South Africa Helpline: 0860 102 681 or 011-792 2511 / 8387

"Ba fetola maikutlo kgapetsakgapetsa, ba na le go tenega fela go sa re sepe, ba nna le letshogo kgotsa ba omane."

"Ba tletse dipelaelo, ga ba tshepe ope e bile ba na le go latofatsa batho ka go ba utswetsa kgotsa go ba fitlhela dilo."

Batswana

Batswana ke bomang?

Batswana ke batho ba fitlhelwang mo Borwa jwa Aforika, ba ka tlhologo ba buwang puo ya Setswana. Basekaseki le ba banokopila ba ditso, ba tlhalosa gore fela jaaka merafe e mengwe ya Aforika, Batswana ba sala morago ditso tsa bona go tswa kwa lefatsheng la Cameroon. Go tswa foo ga go itlhalose sentle gore ba tsamaile jang go tla go goroga mo Borwa jwa Aforika. Se re se tlhologanyang ke gore, mo nakong ya gompiano batho ba ba itsalanyang le letso la Setswana ba fitlhelwa mo dinageng tsa Aforika Borwa, Botswana, Namibia le Zimbabwe.

Merafe ya Batswana

Go na le merafe e e farologaneng ya Batswana. Merafe e a welana go ya ka dinaga tse di umakilweng fa godimo. E mengwe merafe o ka e fitlhela mo go e le nngwe ya dinaga tse di umakilweng, ka jalo, batho ba morafe oo gantsi ba nna boutsana.

Sereto kgotsa seano

Morafe mongwe le mongwe wa Batswana o na le sereto. Sereto gantsi ke phologolo e morafe o ikamanyang le yona. Gantsi fa re sala morago ditso, di re bontsha gore merafe e tlhophile direto go ya ka fa diphologolo tsa go nna jalo di neng tsa falotsa morafe ka teng; e ka nna ka dinako tsa dintwa kgotsa ka dinako tsa tlala. E mengwe merafe e tlhophile direto go ya ka fa diphologolo tsa go nna jalo di nnileng le kamano le dikgosi tsa bona tsa bogologolo ka teng. Mo gongwe batho ba morafe o le mongwe ba kgona go nna le direto tse di farologaneng kgotsa batho ba merafe e e farologaneng ba nna le sereto se le sengwe. Se se diragala fa merafe e ntse e tsamaya e tlhakana ka go agelelana. Moalo o o latelang o supa direto tsa merafe mengwe ya Batswana. Direto tse di supilweng ke tsa merafe eo e itsegeng thata ka tsona. Ka jalo, ga go reye gore direto tse dingwe di itlhokomolositswe kgotsa ga se tsa nnete.

Morafe	Sereto
Bakwena	Kwena
Bafokeng	Kwena
Bangwaketse	Kwena

Bangwato	Phuti
Bahurutshe	Tshwene
Bakgatla	Kgabo
Batlokwa	Thakadu
Batawana	Phuti/Tau
Batlhaping	Tlhapi
Barolong	Tholo/Tshipi
Balete	Nare
Babirwa	Nare
Batswapong	Kgopa
Bataung	Tau
Bakubung	Kubu
Baphalane/Baphaleng	Phala
Baphiring	Phiri

Go na le merafe e mengwe jaaka Bapo, Batlharo, Batlhalerwa le Batlhako ba e leng gore mokwadi ga a kgona go bona ba ba ka mo thusang mabapi le direto tsa bona.

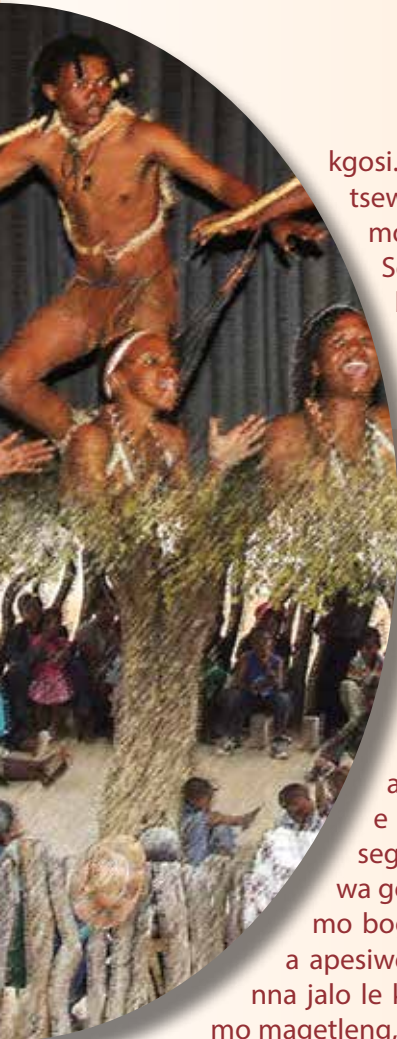
Puso ya merafe ya Batswana

Merafe ya Batswana e busiwa ke dikgosi. Morafe mongwe le mongwe o na le kgosi ya ona. Ga se mang le mang yo o ka nnang kgosi, ke sona se Batswana ba nang le seane se se reng, 'bogosi khupe bo a tsaletwa', go tewa gone jalo gore, motho yo nnang kgosi o tshwanetse a bo a tsetswe mo lelapeng la segosi e bile a na le madi a segosi. Ka Setswana kgosi ke motho wa monna, mme go a tle go diragale gore fa kgosi a sale mmotlana mmaagwe a ka mo tshwarelela bogosi. Ditso di re bolelela fa go kile ga nna le kgosi ya mosadi ya Batlokwa ka dingwaga tsa bo 1800 e bong Mantatisi yo o neng a tshwareletse morwawe ka a ne a sa le mmotlana.

Bangwaketse le bona ba kile ba nna le Kgosi Mme Ntebogang yo o neng a tshwareletse morwawe Bathoeng II ka dingwaga tsona tseo tsa bo 1920. Kwantle ga jalo, kgosi ya Setswana ke motho wa monna. Go na le diphetogo tse di diragalang ka ntlha ya gore go bo go sena ope wa monna yo morafe o ka mo supang jaaka



"Merafe ya Batswana e busiwa ke dikgosi. Morafe mongwe le mongwe o na le kgosi ya ona."



kgosi. Fa gontse jalo re fitlhela go tsewa motho wa mosadi yo e leng morwadia kgosi go nna kgosi. Sekao se ke sa morafe wa Balete ba Botswana ba gompieno ba busiwang ke kgosi Mosadi Seboko.

Kgosi e bewa jang?

Kgosi ya Setswana e apara letlalo la nkwe fa e bewa mo setilong. Ke sone ba bidiwang ka mainamafatshwa a tshwana le 'maaparankwe'. Le fa go ntse jalo, go na le merafe mengwe ya Batswana e e apesang kgosi letlalo la tau fa e bewa. Se se tlhotlheletswa segolo thata ke sereto sa morafe wa go nna jalo. Motho yo o bewang mo bogosing e le motshwareledi, ga a apesiwe letlalo la nkwe. Letlalo la go nna jalo le ka tsewa fela a ongwa ka lona mo magetleng, e le sekao sa gore o fiwa tlotla ya segosi mme fela, ga se jwa gagwe, mong wa jona o tla tloga a fatlhoga a tla go bo tsaya.

Dikgosana

Dikgosana ke batho ba tsamaisang makgotla a a farologaneng a motse wa Setswana. Dikgosana di tlhophiwa ke kgosi. Go le gantsi dikgosana ke ba losika la bogosi segolo jang bontsalae le borangwanaagwe. Ke sone se dikgosana di atamalanyeng thata le kgosi e bile e le bagakolodi ba gagwe ka ke batho ba ba nkgisanang losika. Dikgosana ke bona matlho le ditsebe tsa kgosi mo motseng. Ke bona ba isang molaetsa wa kgosi kwa morafeng e bile ba isa molaetsa wa morafe kwa kgosing. Ka jalo, dikgosana di tshwanetse go ema malala a laotswe ka dinako tsoitlhe go netefatsa gore ga go botlhabetsi bope jo bo ka welang kgosi go tswa ka fa morafeng le fa e le go tswa kwa ntle.

Diphetogo tse di tlhageletseng

Kgorogo ya basweu le puso ya bokolone, di tletse Batswana ka diphetogo tse dintsi. Go nnile le ditlhakatlhakano tse di neng tsa diragala ka bogosi jwa merafe e mentsi ya Batswana ka ntlha ya go itshunya nko ga puso ya bokolone mo tsamaisong ya bogosi jwa Batswana. Se se ne sa tsala dintwa le dikgotlhano tse e leng gore le mo bogompionong re fitlhela merafe mengwe e santse e gotlhagotlhana ka boyona.

E rile go itsalanya le sekolone, Batswana ba le bantsi ba amogela tumelo ya Sekeresete, e e dirileng gore batho ka bantsi ba ikgatholose dilo di tshwana le sereto le mekgwa ya tlwaelo, ke ka moo re fitlhelang bana mo malatsing ano ba ka go raya fela ba re ke Batswana, mme ba sa itse morafe wa bona le gore ba ana eng.

Entse e le ka ntlha ya puso ya bokolone, Batswana ba le bantsi ba ne ba latlhegelwa ke taolo ya mafatshe a bona mme se sa baka gore ba phatlalale ba bo ba latlhegelwe ke loago lwa bona lwa tlhologo ya Setswana.

Le fa go ntse jalo, se se kगतलhisang e bile se ka re dira gore re none dipelo ka mathe, ke gore go na le dikao tsa gore Batswana ba simolotse go ikgakologelwa. Manotonyana a a setseng a ngwao ya bona ba simolotse go a pataganya. Batho ba simolotse go latedisa ditso tsa bona le go kwala ka tsona. O kare se se ka tsewelela fela jalo, ra gola, ra phimola mefofolela ya ketsaetsego e e kileng ya batla go re digela ka motloboloko, mme le dikokomana tsa rona tsa leba kwa pele tsa seka tsa ikobonya.

By *Khumile Nkabina Masala*

Nkgo ya Kitso – Tshekatsheko ya ditlhangwa tsa Setswana

Tsebe eno ya thuto, ke ya gago moithuti le wena morutabana. Maikaelelo a yona ke go go thusa go sekaseka ditlhangwa tswa Setswana tseo di dirisiwang mo dikolong gammogo le ditheo tsa thuto tse dikgolwane kwa Setswana e leng se sengwe sa dirutwa teng.

Pula madibogo ke **POKO**. Barutabana le bafatlhosi ba lefapha la setswana ba sekolo sa Lebone II, ba sekaseka mefuta e e farologaneng ya maboko. Ithute – o dibebe lolome lwa gaeno.

TLHALOSO YA SE POKO E LENG SONA.



Poko ke tsela e motho a ka ntshang maikutlo a gagwe ka ga sengwe go diriswa puo ka tsela e e sa tlwaelegang.

Re na le mefuta e le meraro ya maboko. Yona ke : Poko ya segologolo, poko ya magareng le poko ya segompieno.

DIPONAGALO TSA POKO YA BOGOLOGOLO

- E boka dikgosi, bagaka le diphologolo.
- Ga e kwalwe e buiwa fela ka molomo.
- Ka jalo ka gonne e sa kwadiwe, ga e a kgaogangwa ka ditemana.
- Ga e na matshwao a puiso.
- Puo ya teng e bofitlha.
- E tletse moribo.

POKO YA SEGOMPIENO LE YA MAGARENG

Diponagalo tsa dipoko tse pedi tse di batlile di tshwana.

- TSOTLHE di boka sengwe le sengwe
- TSOTLHE di a kwadiwa
- TSOTLHE di kgaogantswe ka ditemana
- TSOTLHE dipuo tsa tsona di bonolo.

DIPHAROLOGANO TSA TSONA

Poko ya segompieno

- Diponagalo tsa poko di mmetela mo go yona, fa mo go ya magareng diponagalo tsa poko di se mmetela.

DIKAO TSA DIPONAGALO TSEO:

- Enjanbanente
- Tlhatlagano
- Tlogelo
- Kobiso
- Neeletsano
- Kgaogo/ sesura jj

POKO YA SEGOMPIENO

- Morumo wa poko ya segompieno ga o a rulagana, fa morumo wa poko ya magareng o rulagane.
- Ditemana tsa poko ya segompieno ga di lekalekane, fa ditemana tsa poko ya magareng di lekalekana.

TSHEKATSHEKO YA MABOKO A SEGOMPIENO LE MAGARENG.

Re tlile go simolola ka leboko le:

SEETEBOSIGO

1. Rra se ole bosigo, o tla gatsela,
2. Ngwana, o tla gadipana le menwana,
3. Dikeledi matlhong di tla elela,
4. Dinko di tla tshologa mamina.
5. Naka borwa e tshabile go rena,
6. Bonang tse dingwe ga di a tlhalefa,
7. Le ngwedi ga a phatsimi o a boifa.
-
8. Ga go na le motho o o gatang sekau
9. Re tsofetse jang go tsweng maloba,
10. Dinao tsa rona ke maroo a tlou,
11. E kete banana ba maloba,
12. Tsa batho bas a bolo go tshaba,
13. Lobelo lo ba remile dinao,
14. Ba gata e kete ba dira dinyao.
-
15. Serepoding ntšwa e a ngunanguna,
16. E ntse e rulumisa le dirope,
17. O ka re e ka lopa Tintibana
18. A e bipa mmele ka morogo wa thepe.
19. Godimo a e rulelela mogope
20. Kwa sekgwaneng sele sa matlhwane,
21. Tlhareng di tlhotlhoregang matlhare.
-
22. Matlhare a phaphasela godimo,
23. O ka re dinku di fula phefong.

24. Le ditlhare di supa mmopamo,
25. Ke matlharapana fela a dikgweng.
26. Ditsiritsiri ga di yo di kobong,
27. Madi a batho tota ga di a senke,
28. Di maname tsotlhe, ga di a mmake.
-
29. Ka kwa segotlong go digagapa,
30. Basimane ba lwela legala,
31. Molelo o digetswe ditlharapa,
32. O oriwa ke yo o sa itseng botsala.
33. Mašwi kwa sakeng a tla nyelela,
34. Seetebosigo o dira selelo,
35. O dirile jaaka ngwana wa lesilo.
-
36. Lenaga la rona le lehumeng,
37. Le apotse kobo ya letlhafila.
38. La ikgasa bosetlha dipounameng,
39. Digogwane tsa tlhoka difela,
40. Dinonyane tsa itsapa go lela,
41. Lekoko la koko la kokoana
42. Mosong letsatsing le sa sirana.
43. Ditlhapi tsa noka di a sotlega,
44. Di wetswe ke selo mmamasigo,
45. Sukasuke la kgwedi ya mariga,
46. La kgwedi eno ya Seetebosigo;
47. Kgofe ga e yo bosigo, lesogo
48. Le robala mangole le a hunne,
49. Le menoto ya maoto le e gonne.
-
50. Dikgwedi di ka bo di itlhophelwa,
51. Kgwedi e nkabo ke e gasetsa fale,
52. Ke e latlha ka thata ya motho a lwa
53. Lehufa la rona ga le fele,
54. Le tla fela tsatsi le tlhabile,
55. Kobo ya botlhanka ke e apere,
56. Naga e le ntle go sa kue pherere.

TSHEKATSHEKO YA LEBOKO

Re tllile go sekaseka leboko le ka go simolola ka go tlhalosa setlhogo mme morago re tlhalose diteng tsa lona temana ka temana.

TLHALOSO YA SETLHOGO

Mo ngwageng re na le ditlha di le nne e leng Selemo, Mariga, Letlhafula le Dikgakologo. Seetebosigo ke nngwe ya dikgwedi di le somepedi tsa ngwaga. Ke kgwedi e e welang mo setlheng sa mariga. Ke ka yona kgwedi e fa lefatshe le itemogelang serame se se feteletseng, ke ka moo Motswana a rileng moeng wa mariga o adimiwa mpa e seng dikobo. Ke kgwedi e e leng gore mo go yona batho ba a gatsela, diphologolo di ipohitlhile le naga e setlhefetse. Ke ka yona gape mo diphologolo di simololang go bopama ka go tlhoka phulo.

Temana ya ntlha serame se wa thata bosigomme batho ba gatsela le go feta. Bana ba gagaupana menwana ka ntlhaya serame mme dikeledi di tshologa fela mo matlhong fa dinko tsona di elela mamina. Ka fa letlhakoreng le lengwe ngwedi o nna letobo e ka re o a boifa.

Temana ya bobedi ke mo metsamaong ya batho e fetogang teng. Makau a gata jaaka bannabagolo. Ba gata o ka re ba gata mae, e le ka ntlha ya serame. Temana ya boraro ke mo re bonang mo mathuding ntšwa e a ngongorega e a gatsela e bile seo se supiwa ke fa e romisa dirope, o ka re e ka kopa nonyane go re e e adime mafafa go ikhurumetsa go nna mo bothithong. Ka mo letlhakoreng le lengwe re bona ditlhare le tsona di tlhotlhoregile matlhare.

Temana ya bone ke mo naga e ntseng tshetlha mme matlhare a fofa fela mo lefaufaug. A tshwantshanngwa le dinku di fula mo phefong. Ditlhare ke matlharapa fela a dikgong mme ka fa tlhakoreng le lengwe mmoki o re senolela fa le ditshitshiri ga di yo mo dikobong, ka ntlha ya serame ga di batle le madi a batho. Ka jalo di otile tsotlhe.

Mo go ya botlhano ke fa basimane ba lwelang molelo kwa segotlong, mme yo o kgonang go ora ke yo o tiileng, e bile ga ba setse ba batla go ora molelo ga ba na botsala. Ka kwa go le lengwe gatwe mašwi a nyelela ka ntlha ya fa dikgomo di sa gamiwe ka di sena phulo. Mmoki o kaya fa Seetebosigo a tllisa selelo le khuranyo ya meno fela mo bathong.

Mo temaneng ya borataro naga e ntse tshetlha go bontsha lešekere. Mmoki o kaya fa naga e ikgasitse bosetlha, mo e bileng le digogwana di tlhokang le go opela le dinonyane di itsapa go lela, fa dikgogo tsona di kgobokana ka ntlha ya serame.

Mo temaneng ya bosupa ditlhapi le tsona di a gatsela, di wetswe ke segagane, mme batho ga ba kgone go thulamela bosigo. Lesogo le robala le hunne mangole le gonne le maoto ka ntlha ya serame.

Mo temaneng ya bofelo mmoki a re fa nkabo dikgwedi di itlhophelwa, a kabo a tsere kgwedi e ya Seetebosigo a e latlhela kgakala, e kle fa a e latlha ka thata ya motho a lwa. Mmoki o tswelela ka go re lemosa gore batho ba tshwana le diphologolo ba lwela letsatsi le e bileng ba sa itseng kwa le tswang teng. Fa ka gongwe le ne le rekwa ka madi go ne go ka utlwala. Batho le bona ba bolawa ke tlala ka ntlha ya dipula tse di seong mme go se sepe se se melang.

THUTO LE MOLAETSA WA LEBOKO LE

Fano thuto le molaetsa di tla farogana go ya ka megopolo ya batho ba ba farologaneng, ga fela ba kgona go tlamela karabo tsa bona ka mabaka a a utlwalang, e bile a tlhaloganyega.

DIKAO:

- Dilo tsothe tsa lobopo fa go le mariga di a gatsela.
- Motho ga a tshwanela go eta mariga segolobogolo mariga.
- Metsamao ya batho e a fetoga ka kgwedi ya Seetebosigo.
- Ditlhare di tlhotlhorega matlhare le naga e nna tshetlha.
- Mašwi ga a nne teng ka bontsi gonne diphologolo ga di na segamo jj.

TLHALOSO YA MAREO

- Gatsela – go tsenwa ke serame
- Gadipana – go kokoropana
- Maroo – dikgato tsa diphologolo tsa losika loo katse
- Serepoding – mo mathuding
- Tintibana – ke nonyane
- Matlhware – ke sekgwa sa ditlhare tsa motlhware
- Maname – go bopama/ go ota
- Ditlharapa – dikgonyana tse di tlhakaneng le

matlhare a ditlhare.

- Kgofe – borokwana
- Lesogo – ke nonyane
- Pherere – lonko lo lo tlhagelelang fa mosoko o šele.
- Sukasuke – tlhakatlhakano

DIPONAGALO LE DIKAPUO TSE DI TLHAGELELANG MO LEBOKONG

- **ENJAMBAMENTE:** E tlhagelela mo meleng e e latelang: mola 17, 18, 19, 20, 41,42,47,48 le 52, 53.
- **TSHWANTSHISO:** Mola 10
- **TSHWANTSHANYO:** Mola 11, 14, 23, 35
- **POAPOELETSO MODUMO:** Mola 21, 41
- **MOTHO FATSO:** Mola 7, 15,37, 38,39
- **TSHEKAGANO:** Mola 45 le 46
- **MORUMO:** Morumo wa tema ya ntlha ke o o latelang ab ab cd d. Wa tema ya bobedi ke abc bb dd. Wa tema ya boraro kea b ab bb cc.

Bagaetsho, go e latswa bobbe ke go e ntsha bololo. Ipaakanyetse tshekatsheko e nngwe mo kgatisong e e latelang.

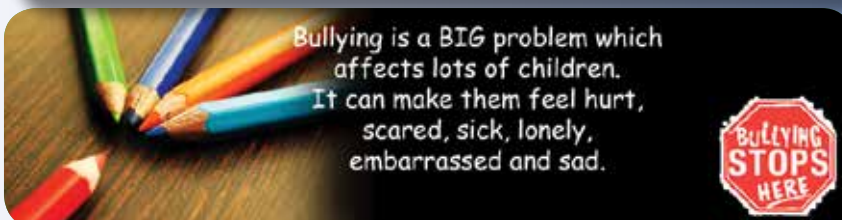
BASEKISEKI: Lefapha la Setswana,Lebone II College

RBA CALL CENTRE

The Royal Bafokeng Administration has set up a Call Centre to receive the emergency reports on the following:

- Water pipe bursts
- Sewer blockages
- Electricity faults
- Damage to the road infrastructure (hazardous to traffic)
- Traffic accidents
- Fire to buildings
- Crime
- Land invasion (squatting)
- Storms
- Veld fires
- Emergencies at schools

Should you experience any of the above, please call, Toll-free number: 0800 56 2020 or e-mail to callcentre@bafokeng.com



Phokeng Trauma Centre
...care and support U need.

(Satellites: Phokeng, Boitekong, Mfidike)

VICTIM EMPOWERMENT PROGRAMME

SUPPORTING SURVIVORS OF RAPE, DOMESTIC VIOLENCE, HUMAN TRAFFICKING, AND TRAUMA

RELATED INCIDENTS:

- Trauma related stress (counselling and therapy)
- Community awareness campaigns
 - School presentations
- Education and victim support
 - Trauma related training
 - Referral services
- Overnight shelter for survivors of rape, domestic violence and child neglect.

Tel/fax: 014 566 1722, Fax: 086 671 0669,
Cell: 078 888 4937
Email: admin@phokengtc.org.za

ANANDA HOTEL

ACCOMMODATION AVAILABLE

Occupation from end July 2014



ONLY 10 UNITS LEFT!

Secure garden environment
R2500.00 per month, per unit, with access
to hotel facilities and surroundings

If interested in renting a unit,
kindly contact:

Brett Dungan
brett.dungan@bafokeng.com
Cell: 083 444 1222

Re aga Isago Mmogo

2014



Road Show

Royal Bafokeng Institute
 Post-School TVET Programmes

The Royal Bafokeng Institute (RBI) offers Technical Vocational Education & Training opportunities for students of various ages through a variety of post-school programmes.

The RBI participates in an annual Road Show by visiting Bafokeng high schools and community forums to inform prospective students about study and financial assistance opportunities.

The South African Government continues to promote the importance of education and places emphasis on the role of TVET opportunities.

With this Road Show and through communication with community members, the RBI invites you to enquire about the programmes that are currently offered.

Visit the campus of your choice
for more information

RBI OFFICE: General Enquiries
 Lufa Road, Punoelung Section, Phokeng
 Tel: 014 566 1418
 E-mail: Drat@w.blog@bafokeng.com

RBI OFFICE: Student Services
 Lufa Road, Punoelung Section, Phokeng
 Tel: 014 566 1347
 E-mail: mathibe.setshedi@bafokeng.com



- Building & Construction
- Hotel & Hospitality Services
- Nursing & Health Care
- Engineering Sciences

Re aga Isago Mmogo

2014



Road Show

Royal Bafokeng Institute
 Post-School TVET Programmes

GENERAL INFORMATION

At RBI, we pride ourselves on being an Education, Training and Development Institute that is committed to excellence in every way, we welcome all students and strive for an inclusive learning experience. Programmes are offered at various levels and are aligned to the National Qualifications Framework (NQF) and accredited by the appropriate National Authorities.

RBI programmes focus on employability and employee development; all programmes consist of a theory component and a workplace experience component, to a lesser or more degree.

RBI offers students support via the Student Services Unit by making available student loans, offering academic guidance, counseling and exposure to job opportunities through expo's and communication media.

- All full qualifications require a Registration Fee of R 1000.00, except Nursing, which is R 3 000.00. This fee is deducted from the total class fee. (If your total fee is R3 000.00, you pay R 1 000.00 Registration Fee + R 2 000.00 class fee). Short Skills programmes do not require a Registration Fee.
- In some cases, students will receive a monthly stipend during the programme to assist the student in paying for transport, food, accommodation, etc. This stipend differs from programme to programme and is linked to the student's attendance record.
- Each campus has a Code of Conduct and House Rules which students must agree to.
- RBI strives to create a pleasant learning environment which will encourage students to enjoy the programmes but also to become successful learners.
- In all cases, Applications will require the following attachments:
 - ^ Learner CV
 - ^ Proof of Residence / Kgosana Letter
 - ^ Certified copy of ID
 - ^ Certified copy of highest qualification

In some cases, proof of banking details and the required SETA Apprenticeship or Learnership contract and ID-type photos will also be required.

Building & Construction

Maile Campus

Royal Bafokeng Institute
Road Show
RBI Post-School Programmes

GENERAL

- > Full qualifications (Learnerships and Apprenticeships) are offered as full-time programmes over a minimum of 9 months and a maximum of 12 months
- > Short Skills Courses, Trade Testing and Recognition of Prior Learning programmes are offered over short periods - details available on request
- > Class time is from 07:00 - 16:00 and/or 08:00 - 17:00 daily, Monday to Friday
- > Registration Fee: R 1 000,00
- > Candidates must achieve 85% pass in Pre-Assessment
- > Must be resident of North West Province, preferably Maile / Tutung area
- > Pass requirements: Minimum of 60%

Trades offered:

- * Plumbing
- * Bricklaying
- * Plastering
- * Tiling
- * Carpentry
- * Painting

Other programmes:

- * Trade Testing: Plumbing
- * RPL
- * Short Skills Courses

Successful candidates will receive a CETA Certificate issued by the Department of Higher Education and Training.

QUALIFICATIONS OFFERED

Community House Builder Learnership (NQF Level 2)

- * This is a full-time programme consisting of 3 months theory and 6 months workplace experience.
- * Minimum entrance requirement - Grade 9 or between ages 18 - 25
- * English Literacy at ABET Level 4 or NQF Level 1
- * Numeracy at ABET Level 4 or NQF Level 1

Civil & Building Learnership (NQF Level 3)

- * This is a full-time programme consisting of 3 months theory and 6 months workplace experience.
- * Minimum entrance requirement - Grade 10 or between ages 18 - 25
- * English Literacy at NQF Level 2
- * Numeracy at NQF Level 2

3-Year Trades Apprenticeship

- * This is a full-time programme over 3 years, consisting of 3 months theory and 6 months workplace experience every year
- * Minimum entrance requirement - Grade 10 or between ages 18 - 25
- * English Literacy at NQF Level 2
- * Numeracy at NQF Level 2
- * To progress to the next year, a candidate has to be found competent in all aspects of the previous year



Building exciting futures

For more information contact us:
Physical Address: Maile Diepkuil Camp
Tel: 014 565 1418
E-mail: Tebozo.Malapan@bafokeng.com



Hotel & Hospitality Services

Phokeng Campus

Royal Bafokeng Institute
Road Show
RBI Post-School Programmes

GENERAL

- > Full international vocational qualifications (Certificate and Diploma level) are offered as full-time programmes
- > Short Skills Courses, when available, are offered over short periods
- > Class time is from 07:00 - 16:00 and/or 08:00 - 17:00 daily, Monday to Friday plus after hours as required
- > Registration Fee: R 1 000,00
- > Must be resident of North West Province
- > Four qualifications are offered on certificate, diploma and advanced diploma level
- > Successful candidates will receive an internationally recognised City & Guilds Certificate

QUALIFICATIONS OFFERED

The duration of the Advanced Diploma is three years, however the candidate has an option of enrolling for the one-year Certificate or the two-year Diploma separately. All courses are divided into two components: a theory and practical assessment component at school, and an industry practical training component. After the completion of both the theory and industry practical training components, students sit for the International examination.

Food Preparation & Culinary Arts

- 8065-01 Certificate in Food Preparation & Culinary Arts
- 8065-02 Diploma in Food Preparation & Culinary Arts
- 8065-03 Advanced Diploma in Food Preparation & Culinary Arts

Food & Beverage Services

- 8066-01 Certificate in Food & Beverage Services
- 8066-02 Diploma in Food & Beverage Services
- 8066-03 Advanced Diploma in Food & Beverage Services

Reception Services

- 8067-01 Certificate in Reception Services
- 8067-02 Diploma in Reception Services
- 8067-03 Advanced Diploma in Reception Services

Accommodation Services

- 8068-01 Certificate in Accommodation Services
- 8068-02 Diploma in Accommodation Services
- 8068-03 Advanced Diploma in Accommodation Services



Future Master Chefs

For more information contact us:
Physical Address: Direpotsane Road, Phokeng
Tel: 014 566 1468
E-mail: Dorothy.Langa@bafokeng.com



Nursing & Health Care

Phokeng Campus

Royal Bafokeng Institute
Road Show
RBI Post-School Programmes

GENERAL

- Minimum entrance requirement – Grade 12 with an AP score of 20 and higher (excluding life orientation)
- The programme started in 2011 and offers a 12-month full-time Health Care Worker programme
- The programme consists of six months' theory and six months' practice
- Class time is from 07:00 - 16:00 and/or 08:00 - 17:00 daily, Monday to Friday plus after hours as required
- Registration Fee: R 3 000,00, plus a remaining R 5000,00 for class fees per year
- Enrollment is annually in May and again in November
- Applicant must be resident of North West Province
- Successful candidates will receive a Health/Incon Attendance Certificate



For more information contact us:
Physical Address: Old Matale Middle School
next to Bafokeng Stadium
Tel: 014 566 1445/6
E-mail: seanokeng.ngwenya@bafokeng.com

Growing Future Nurses



Engineering Sciences

Phokeng Campus

Royal Bafokeng Institute
Road Show
RBI Post-School Programmes

GENERAL

- Minimum entrance requirement – Grade 12 or equivalent qualification
 - A student qualifies for a National Certificate on successful completion of a minimum of 4 subjects.
- Trades offered:**
- Electrical
 - Fitter and Turner
 - Diesel/Motor Mechanic
- Successful candidates will receive a **Nated Certificate** issued by the Department of Higher Education and Training.



SUBJECT CHOICES	
Compulsory Subjects	ND Choose one of the following subjects
1. Mathematics	• Motor Trade Theory*
2. Engineering Science	• Electrical Trade Theory
3. Engineering Drawing or Industrial Electronics	• Industrial Electronics
	• Fitting and Machining Theory
	ND
1. Mathematics	• Motor Trade Theory*
2. Engineering Science	• Diesel Trade Theory
3. Engineering Drawing or Industrial Electronics	• Electrical Trade Theory
	• Fitting and Machining Theory
	ND
1. Mathematics	• Electrotechnology
2. Engineering Science	• Mechatronics
3. Engineering Drawing or Industrial Electronics*	
	ND
1. Mathematics	• Engineering Science
2. Industrial Electronics or Mechanical	• Supervisory Management
3. Drafting	
4. Mechatronics	
5. Electrotechnology	
	ND
1. Mathematics	• Supervisory Management
2. Mechatronics	• Strength of Materials
3. Power Machines	
4. Industrial Electronics	
5. Electrotechnology	
	ND
1. Mathematics	• Supervisory Management
2. Mechatronics	• Strength of Materials
3. Power Machines	
4. Industrial Electronics	
5. Electrotechnology	

*Compulsory combination

Duration	3 Months per Certificate
Enrolments Dates	January, May, September
Mode of delivery	Full-time
Class Time	08:00 – 16:00 daily Mon – Fri
Fees	R1000.00 Registration Fee + R450.00 Cost per subject
Examination	April, August and November of the year of study
Pass requirements	Minimum 40% in all subjects

For more information contact us:
Physical Address: Old Matale Middle School
next to Bafokeng Stadium
Tel: 014 566 1445/6
E-mail: seanokeng.ngwenya@bafokeng.com

Growing Future Engineers



Poems



My Wallet

by Colleen Modise

*My wallet is full
full of contacts but
I don't keep in touch.*

*My wallet is full
full of business cards but
I don't have businesses.*

*My wallet is full
full of bank cards and slips
but they don't have money.*

*My wallet is full
full of condoms but
i don't condomise.*

*My wallet is full
full of girls contacts
but i don't have a girlfriend.*

*My wallet is full
full of little notepapers-
Maybe because im a poet....*



To Wash a Mother's Hand

by Stan Montsho

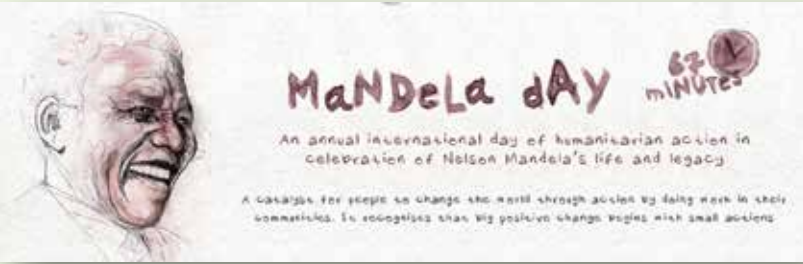
*innumerable wrinkles on my Mother's hands portrays the
natural angst of every woman's quest to feed
scars that bares victims to the sharp blades of the Shogun Knives
invisible finger prints erased by the paraffin starved Primus stove
are a totem of your priceless love to us*

*nails foreign to manicure and pedicure
cartilages now shattered by arthritis
rough touch of your palm
knuckles gone to waste and burdens carried too long
resemble the continuing smile on my "not-so-handsome" face*

*mindful of inability to repair the damage done
I offer you my thanks to wash your hands
Love and happiness I give to balm
I shall not offer you soap and water though
lest you wash away the reminder of my precious existence*

Happy Women's Month Mother!





67 Minutes Done!

Mandela Day in Photsaneng was a great success, thanks to the organiser, RLM Councilor Lolo Molefe. A number of companies joined hands to bring smiles to the community especially the elderly people. Koko Nnunyana Makgatlha had her house painted by Precious Metal Refineries while Mme Mpolo Mazongwa's house was painted by Platinum Stars. Other elderly people in the area including Nkaneng settlement received blankets donated by Anglo's ACP plant and Xtrata while Fraser Alexander provided lunch.



Platinum Stars players rolled up their sleeves for 67 minutes painting Mme Mpolo Mazongwa's house.





Community members together with PMR spent time painting a house belonging to Koko Nnunyana Makgatlha as part of their 67 minutes for Mandela.



The elderly people also received blankets donated by Anglo's ACP Plant and Xtrata while Fraser Alexander provided lunch.

BAFOKENG NETBALL ASSOCIATION ACHIEVES NATIONAL ACCOLADES



Good luck to the team, dirang!

It is every child's dream to see themselves excel in what they do and representing their families with pride. Dedication and perseverance remained key as the week unfolded with challenges that made us realize the worth of the Bafokeng Netball Association (BNA). Affiliated to Netball South Africa (NSA) a few ago, as a sub region, BNA wanted to be bold and stand for itself among bigger regions and that is exactly what happened.

One can look back and remember last year when BNA hosted the National Championships for the Senior phase and the Male Netball Championships on our own soil. This year, the team travelled with the Under 19, Under 21 and Male Teams to Durban to represent the region at what was regarded the most successful event in Durban this year. At this year's event, more than 48 female teams joined for the occasion, and for the first time since the inception of the Male Teams, more than 27 gathered down in Durban.

In a freezing week of netball play, in the territory of Ethekwini Municipality, teams met and clashed,

good netball was on display, memories were made that will last in the minds of netball lovers for a very long time. Great hospitality from the bold tourist city offered more than just netball - beautiful ambience, Durban was on point!

Old friendships reunited and new ones created, all in the name of one sport, NETBALL. The opening games saw Royal Bafokeng's Under 19 and Under 21 throttle Francis Baard and Zululand to make them leaders in their pool. The Male team played against the Capricorn giants and lost the game within an inch, but never gave up. As days went by, the Under 21 team dominated the B Section by winning all their games and placing them in the first position with a big margin. The Under 19 lost to KZN Schools but never gave up and fought like soldiers. The Male team won their game Zululand, and Nkangala to place them in a third place in their pool.

As goals were calculated for the semi-final pool, the Male Team placed in 5 and had to play for the same position with Amathole, who were 3rd in their pool. The game attracted all the spectators and cheers

Good luck to the team, dirang!

came from all North West and Gauteng Regions to BNA, unfortunately losing to Amathole by just 2 goals.

Star Dlwathi, the Under 19 Coach, played for North West Flames at the first prestigious Netball League and came back with shining accolades for Bafokeng. She represented the Nation with pride in both events, where she was the only selected player in the Bojanala Region and came back with a Bronze Medal from Durban. The Male Team, dominated by new guys from Phokeng and around came back with position 5. "The Male Team is only in its second year and already we have attracted more than 50 sportsmen that want to be part of this winning team. Our focus is to attract guys from the villages. Male Netball is taking the world by storm and good things will arise from this specific sport. I am grateful for Star and the rest of the teams for their achievements at the National Championships; it is not easy and winners work hard", Mpho Sello Head Coach Netball at Royal Bafokeng Sports Development.

At the final whistle, the Under 21 Team was crowned the National Champions for the 2014 season, defending their last year's title. During the tournament, technical selectors chose from over 500 players for the best players and at the Gala event, where exceptional players are selected to make the National Team, Neo Mbamba of Bobuampya, was amongst the players called up that night.

Letlhogonolo Selebogo and Tshepo Ikalafeng, both Umpires of the tournament, were graded National B, for their exceptional work displayed.

The focus is not only on the playing but also on the coaching, umpiring and managing. Last year's organising team received good feedback from the Netball President, mentioning how well the previous tournament was organised.

"When you are a Coach and you see players like Neo get selected in the National squad, all you do is work hard for more! I am grateful for all the teams and really like to thank Management, Officials and Technical staff that accompanied us to Durban for making this trip possible. It was not easy, but we made it. Netball is a sport that lives in our hearts and we shall continue to instil more than passion within young ones. We look forward to the Spar National Championships in Cape Town where the Senior Team will be working hard to come close to the trophy", Mpho mentioned.

The Spar National Netball Championships will take place in Cape Town between 9 – 15 August 2014.

Good Luck to the team, dirang!

NB: The National Championships highlights from Durban airs on SuperSport Blitz randomly and the Under 21 team from the Bafokeng receives more mileage than any other team!



Good Luck to the team, dirang!

A LOOK INTO DIKWENA'S NEW SEASON

As the sun set at the end of the season, Dikwena grabbed national acclaim with a double trophy success. Platinum Stars FC remains the hope of the Province, with many looking to see what the new season will bring.

Platinum Stars' victories in the MTN8 and Telkom Knockout finals have made last season the most successful season in the club's history; in just a few months tripling their trophy haul. Blood, sweat and, at times, even tears have been the story of this remarkable campaign.

This season, the Dikwena will value success, and results will be seen in all their games they will play. Dikwena, will conquer many challenges, value the spirit of team work and gather as we hope to celebrate yet another successful season. The team started the new season on a high note by beating Mamelodi Sundowns in the quarter finals of the MTN 8 Wafa Wafa. As defending Champions, the team looks into building and gathering great support from the fans during this season.

"Last season saw us emerge as winners of the tournament after critics referred to us as "underdogs". This year we approach this tournament with everything that we have. We will prepare and fight for what belongs to the team, and the province. The pressure lies on us as we are defending, and with God on our side, we know that all is possible. The preparations so far have been great and the Coach and his team are thoroughly prepared for the season ahead. The focus and the current spirit within the team, Platinum Stars FC will continue to rise", said Football Manager, Senzo Mazingiza, of Platinum Stars FC.



PLATINUM STARS UPCOMING GAMES

ABSA PREMIERSHIP 2014-2015

Fri 08 Aug	Chippa United	Platinum Stars	Nelson Mandela Bay	20:00
Wed 13 Aug	Platinum Stars	Free State Stars	Royal Bafokeng Sports Palace	19:30
Wed 20 Aug	Black Aces	Platinum Stars	Mbombela Stadium	19:30
Wed 27 Aug	Platinum Stars	Kaizer Chiefs	Royal Bafokeng Sports Palace	19:30
Sun 31 Aug	Platinum Stars	Bloemfontein Celtics	Royal Bafokeng Sports Palace	15:00
Sat 13 Sept	SuperSport United	Platinum Stars	Lucas Moripe Stadium	18:00
Wed 17 Sept	Platinum Stars	University of Pretoria	Royal Bafokeng Sports Palace	19:30
Sat 18 Oct	Maritzburg United	Platinum Stars	Harry Gwala Stadium	20:15