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Osonkontileka bezolimo – okumele ukwazi

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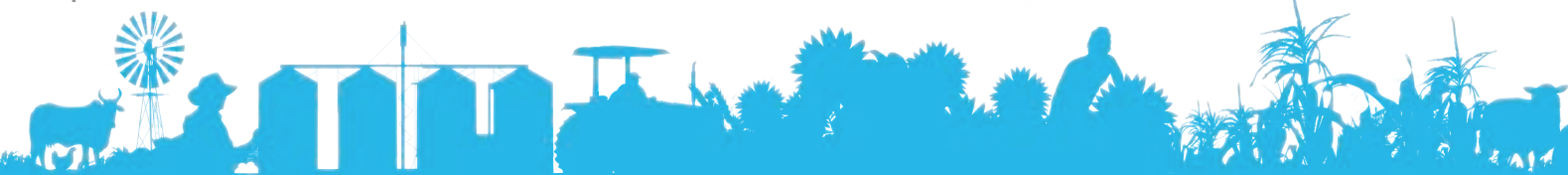
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Ukuqasha osonkontileka kuyindlela esetshenziswayo kulezi zinsuku ekulimeni, ikakhulukazi kubalimi abancane, ngoba naku amanani aphezulu ezinqola kanye nama-implements okwenza umsebenzi wasepulazini ube nzima. Akusiso isimanga ukuthola ukuthi amanani empahla yasemapulazini abiza ukudlula inani lomhlaba wona lowo olinywayo, ngakho-ke kusho ukuthi amafama angeke alindeleka ukuba abekele izindodla zezimali ukuze bathenge imishini ebizayo njengamacombine harvester kanye nehigh tech spray.

Yingakho amafama amaningi encamela uku-sebenzisa izinkontileka ukubenzela imisebenzi ethize. Kepha noma kunjalo, eminye yemisebenzi inobungozi kakhulu ungayiyekelela ezandleni zosonkontileka, okufana nokulima ngakho-ke kuhle lo msebenzi wenziwe ngumfama yena ngokwakhe ngoba yena uzokwazi ukuqinisekisa ukuthi izimo zokulima zifanele nokuthi kutshalwa ngesikhathi esifanele. Isikhathi sibalulekile kumanoma ngomuphi umsebenzi wokulima kanti-ke osonkontileka ngeke bakufikisa lapho ufuna ukufika khona ngazo zonke izikhathi. Izinsiza ezi-wayelekile zosonkontileka ngezokulungiselelwa



Osonkontileka bezolimo – okumele ukwazi

kwemihlabathi okufana nokuhlakula nokudiska kanye nokuchelela nokuvuna.

Okunye okuhle ngokusebenzisa osonkontileka

1. Okuhle ngokusebenzisa izinsiza zosonkontileka ukuthi kuvula iminyango yokusebenzisa imishini eseqophelweni eliphezulu yona eyenza umsebenzi osezingeni eliphezulu. Lokhu kusho futhi ukuthi umsebenzi wenziwa ngokushesha kalula futhi.
2. Umfama wazi ngaphambi kwesikhathi ukuthi izindleko zokuqasha izinkontileka zizoba ngakanani, ngakho-ke angabhajetha ngokufaneleyo.
3. Futhi-ke ngeke apathwa yikhanda elilethwa ukuphuka kwemishini kungalindelekile futhi ngeke athwala izindleko zomsebenzi wokulungisa ama-*implements* noma imishini.

Okunye okungekuhle ngokusebenzisa osonkontileka

1. Kunobungozi bokuthi osonkontileka babe matasatasa ngesikhathi umfama abadinga ngaso ukuba bamenzele umsebenzi. Ngakho-ke umfama angazithola esohlwini lwalabo abalindele ukuthola izinsiza zosonkontileka.
2. Ingcindezi yesikhathi phezu kukasonkontileka kungamenza ukuba enze umsebenzi ngokujaha angabe esenza umsebenzi oseqophelweni elamukelekile nangendlela efanele.

Izibopho zomfama

- Umfama kumele abe nolwazi ngamanani aqotho emisebenzi ethile. Kumele enze umsebenzi wakhe wasekhaya bese eqhathanisa namanye ambadlwana awathola kwabanye abadayisi.
- Umfama kumele ahlelele izinsiza zikasonkontileka kusenesikhathi. Kumele athole usonkontileka owaziwa ngomsebenzi wakhe omuhle futhi amcele kusenesikhathi ukuze akwazi ukuthola izinsiza ngesikhathi esifanele.
- Umfama nguyena othwala umthwalo ngekhwalithi yomsebenzi owenziwayo ensimini yakhe. Kumele abe khona futhi aqaphe ikhwalithi yomsebenzi owenziwayo angathembi osonkontileka nabasebenzi babo ukuthi bazo kwenza umsebenzi ngokuphelele.
- Umfama ukhokhela umsebenzi oseqophelweni eliphezulu ngakho-ke unegunya lokumisa umsebenzi uma engathokozi ngakubona kwenzeka. Amafama amaningi

avesane athembe osonkontileka ukwenza umsebenzi oncomekayo bangeze baqapha umsebenzi owenziwayo emasimini abo. Isibonelo, kuwumsebenzi womfama ukuqinisekisa ukuthi akunakusebenza budedengu, ikakhulukazi ngesikhathi *secombine*, kuseyisibophezelo somfama ukubeka iso ekusebenzeni budedengu bese ecela ukuthi kufaneliswe ukuze kuncishiswe ubudedengu. Futhi, uma osonkontileka benza umsebenzi obucayi wokuchelela, kubalulekile ukuthi umfama abe khona, aqaphe izingxube kanye namanikashevu ochelelwayo.

- Uma umsebenzi usuqediwe nomfama naye enelisekile kumele akhokhele osonkontileka imali yabo. Ukwenze njalo kuzosiza ukumakhela igama elihle elizoqinisekisa ukuthi uthola izinsiza ezinhle nangomuso.

Izibopho zikasonkontileka

- Usonkontileka kudingeka ukuba ahlele umsebenzi wakhe ukuze ahlangebezane nazo zonke izibophezelo azenzile futhi afike epulazini ngesikhathi asithembisile. Kumele axoxisane nomfama futhi atshele umfama ukuthi angalindeleka nini.
- Imishini yakhe kumele ihlale njalo isesimeni esihle sokusebenza ukuze enze umsebenzi oseqophelweni eliphezulu. Ngokwenzenjalo uzonciphisa isikhathi esichithwa kulungiswa umshini ophukile ngesizini ematasatasa.
- Usonkontileka kumele abe nguchwepheshe kwakwenzayo futhi asebenze amasimi omfama ngokucophelela nangenhlonipho. Kumele aqaphe imishini yakhe njalo enze nemifaneliso ukuze enze umsebenzi omuhle. Isibonelo, amanozili *esprayer* kumele agcinwe engacinene futhi echelela ngokulingana; ama-*combine harvesters* wona aqashwe futhi afaneliswe ukuze kulawulwe amazinga okumoshaka ensimini entsha ngayinye.

Sesiphetha

Kuwumqondo omuhle ukwakha ubudlelwano obuhle nosonkontileka ozobe usebenzisana nabo. Bangenza umehluko omkhulu empumelelweni yezinhlelo zokulima epulazini lakho. Kubalulekile futhi ukuthi usonkontileka akhloniphe njengomfama futhi azi nokuthi uzozibambela mathupha njengomphathi ozobe ekhona eqaphe umsebenzi wenkontileka.

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UGOGO JANE UTHI...

Sekube nezinkulumo eziningi ngokwabiwa kabusha kwemihlaba, ukulungiswa kanye nokubuyiselwa kwemihlaba. Ngeshwa-ke lesi sihloko siphakamisa imimoya okwenza kungacatshangwa kahle ngezinquinamba esibhekene nazo.

Sonke siyavuma ukuthi kunesidingo esikhulu soshintsho embonini yezolimo futhi iningi lalolo shintsho lubhekiswe emhlabeni kanye nezinhlelo ezigcinakayo zobumnini bomhlaba. Noma kunjalo, umhlaba wona wodwa awunanzuzo etheni uma ungasetsheziwa kahle ukukhiqiza ukudla nokufaka imali. Kuleli zinga ngingasho nje ngaphandle kokungabaza ukuthi kunezigidigidi zamahektha omhlaba angasetsheziwa ngokwanele – kepha sithi kumele siqhubeke sinikane ngemihlaba eminingi!

Ngikholelwa ekutheni kumele sibhekisise ukuthi yingani amaphrojekthi okubuyiselwa kwemihlaba engaphumelelanga nokuthi yingani umhlaba omningi kangaka ungasetsheziwa ngokwanele. Kuyiqiniso, abantu badinga ukuqeqeshwa futhi badinga nokuthuthukiswa kwamakhono – lokhu yikona okubaluleke kakhulu ngoba ngaphandle kolwazi, zonke izinzame kuzoba yize leze. Noma kunjalo thina singuGrain SA sesiqeqeshe kanti futhi sesekela izinkulungwane zamafama anemihlaba kepha engakwazi ukuyisebenzisa ngendlela efanele. Izizathu kungukweswela imishini edingekayo ukwenza umsebenzi (imishini efanele), ukungakwazi ukuthola izimali zokubolekwa ukuze bakhiqize isilimo noma ukweswela ama-*input* efanele ukukhiqiza isilimo. Ngaphandle kokuthi siqale nsikubhekane nezinqinamba zezezimali kanye nokutholalaka kwemishini zonke izinzame zokwabiwa kwemihlaba zizobhantsha.

Ngiyethemba ukuthi sizokwazi ukuthola amalunga kahulumeni anamandla angazwisisa izinkinga zeqiniso esibhekene nazo. Izikhungo zokubolekisa ngezezimali azizimisele ukubhekana nobungozi bokubolekisa ngezimali kumafama asafufusa (umthetho wokubolekisa ngezimali uyamelana nokubolekisa ngezimali budedengu nje). IBhange LezeMihlaba nalo alisebenzi ngendlela efanele. Amabhezini ezolimo enza konke okusemandleni awo noma kukuncanyana nje, kepha imithetho yokubolekisa ngezimali ibavimbela emizamweni yabo. Eminye yeminyango yezolimo ezifundeni inikezana ngama-*inputs* bese iqasha abantu ukusebenza imihlaba – lokhu kwehlelekile kwasekuqaleni kanti nanamuhla kusehleleka. Uhlelo lokunikezana ngezimali loMnyango wokuThuthukiswa kweZindawo zaseMaphandleni kanye nokuLungiswa kweZolimo luhle, kepha akunamali eyanele yokuhlangabana nezidingo zabantu. Sidinga ithimba labantu elizimisele nelinolwazi ukuze libhekane nale nselelo.

Ngiyacela ukuthi masiqale ngokusiza labo abanemihlaba ukuba bayisebenzise kahle bangenise nenzuzo – bese uma sekwenziwe lokho singaqhubeka ngokwaba imihlaba kabusha. Khumbula ukuthi amafama adinga ukondla izakhamizi zalelizwekazi lethu. Uma umhlaba ungakhiqizi futhi nabantu belambile, lelizwekazi lethu elihle ngeke lalawuleka.



Nciphisa ukugqishelana bese uthuthukisa ikhono lomhlabathi wakho lokubamba amanzi ukuze uthole isivuno esihle

Izitshalo zidinga amanzi ukuthi zikhule bese ziyakhiqiza; leli yiqiniso elingephikiswe thina amafama okumele silinake. Uma singakwazi ukuqinisekisa ukuthi izilimo zithola amanzi ngokulingene sizothola imiphumela emihle uma sekufika isikhathi sokuvuna.

Uma amanzi atholwa yizilimo zethu emaningi ngokwanele kusho ukuthi isivuno sezilimo zethu naso sizoba sikhulu. Isibonelo esihle ukuchelela; uma izilimo zichelelwa kuba nesivuno esihle. Izilimo ezimila emhlabeni owomile zona zincike emvuleni enayo, kona okwenza kube mqoka ukuba amafama apha the amanzi awo ngokukhulu ukucophelela.

Ukuze sikwazi ukuphatha ngendlela efanele ukutholakala kwamanzi ezitshalweni zakho kumele sibheke umhlabathi sizame ukuzwisa ukuthi yini esingakwenza ukuze siphucule ikhono lomhlabathi lokubamba amanzi.

Kumele sinciphise ukugeleza kwamanzi

Amanzi ageleza ngaphezulu komhlabathi amanzi achithwa yizilimo. Ukuze sinciphise ukugeleza kwamanzi kumele sizame ukugcina umhlabathi uboshwe yizitshalo noma umbozwe yizinsalela zesilimo sesizini edlule. Iningi lamafama litshala isilimo esembozayo esifana ne-oats noma irye ekuqaleni kwesizini yasebusika ngenkathi kusekhona umswakama omncane otholakalayo emhlabathini. Ngenxa yenkinga yokugeleza iningi lamafama

aseshintshele kuno-tillage, okuyinkambiso ephucula kakhulu ukumuncwa kwamanzi futhi inciphise ukugeleza kanye nokulahleka komhlabathi wangaphezulu. Enye indlela evame ukusetshenziswa ezindaweni ezinamagquma ukunquma nentaba. Ngokomthetho uma umhlaba wakho unamagquma ngedigri ethize, ukunquma nentaba kudinga ukuba kuqinise ukuze kuncishise ukugeleza kanye nokulahleka komhlabathi wangaphezulu.

Kumele sinciphise ukugqishelana

Uma umhlabathi ugqishelene kakhulu futhi uqinile kwenza kube nzima ukuthi amanzi angenelele emhlabathini wangaphezulu. Ukugqishelana kuyinkinga ikakhulukazi ezindaweni zasemaphakathini nezasesenyakatho lapha eNingizimu Afrika lapho ilanga libhaka khona umhlabathi ebusika lakhe uqweqwe oluqinile. Indlela efanele yokunciphisa le nkinga ukunciphisa isiphithiphithi emhlabeni, ikakhulukazi ngesikhathi sokuvuna. Zama ukuthi uhlelisele isiphithiphithi esiningi emaceleni omhlaba. Amafloatation tyres angasetshenziswa kumagrains carriers kanye nezinqola zona ezince-da ngokundlala isisindo. Amafama asengakwazi ukulawula isiphithiphithi emhlabeni yawo ngokusebenzisa ubuchwepheshe besimanjemanje obaziwa ngamageographical positioning technologies kanye nama-automatic steering devices asiza amafama ahlale emzileni owodwa isizini yonke.

Imfuyo nayo ingadala ukugqishelana ngenkathi idla izinsalela zezilimo ngezinyanga zasebusika.

Ukunciphisa le nkinga ungaqoqela izinsalela uzimukise kude kunamasimu ukuze imfuyo idlele kude kunamasimu. Lona-ke ngumsebenzi obizayo uma kuqhathaniswa nokuxosha imfuyo ixoshelwa emasimini ukuba iyodla. Ngenxa yokubiza kokuqoqa izinsalela amafama amaningi ancemela ukuthi imihlaba kusetshenziswa ama-implements ngaphambi kwesikhathi sokutshala. Imvama amafama azofaka iripper ejulile emvakwezimvula, ilandelwe yidiski noma igeja lona eliphula umhlabathi lenze umbhede wembewu amanzi angangena kuwona ukuze zifinyelele amanzi.

Isiphetho

Uma singayinakekeli imihlabathi ngeke safinyelele isivuno esisifisayo. Umhlabathi yinqola esiyidingayo ukuze sikhqiize izilimo. Uma umhlaba ushiywa uquqweqwe oluqinile lapho kungemile lutho khona ngeke sakwazi ukutshala kuwona ngisho nje nokuthola izilimo ezinhle. Amafama omhlaba owomileyo kumele akunake loku ngoba ngezikhathi ezinzima zesomiso icons neconsi lomswakama libalulekile ukuze izitshalo ziphile kanti futhi naye umfama akwazi ukuphila. 🌱

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Hlola umhlaba wakho ubheke izinkomba zokugqishelana.



Appreciation Strategy Humility
Commitment Responsibility
Integrity **LEADERSHIP** Listening
Honest Principles
Communication Values
Purpose Passion
Determination

Ungumholi noma ubasi?

Ukubhala i-athikhili engamagama angama-800 ngobuholi kuyinselelo enkulu – inselelo ngempela. Ngaphandle kokuziphikisa kungashiwo ukuthi emkhakheni obanzi wokuphatha ubuholi yibona okukhulunywa ngabo kakhulu. Ngakho-ke le-athikhili izobhekana nemicabango esebenzayo kanye nenika inselelo ngobuholi.

Ngenkathi ebhekene nemisebenzi yokuphatha efana nokuhlela, ukusungula kanye nokulawula umnini/mphathi webhizinisi kumele abe ngumholi futhi athathe izinqumo, axoxisane ngaphakathi nangaphandle, abelane ngomsebenzi, aqondise imikhakha, agqugquzele abantu bakhe abuye aqinisekise ukuziphatha okuhle ngokusemthethweni nokungekho semthethweni.

Ubuholi yikhono lokugqugquzela kanye/noma ukunika ugqozi kwabanye ukuze benze imisebenzi/imisetshenzana ngokuzithandela nangomoya omuhle ukuze bazuze lokhu abakuhlosile. Ubuholi

kungashiwo futhi ukuthi buwuhlelo lokuqondisa ukuziphatha kwabanye ukuze bakwazi ukwenza okumele kwenziwe. Ngakho-ke umholi yilowo muntu ogqugquzela abanye abantu ukuba benze loko okumele kwenziwe ukuze kuzuzwe umphumela obhekiwe. Kukhona okumele abeke imisebenzi okumele yenziwe nokuthi iqhubekele phambili. Lowo muntu ngumnini/umphathi yena ongumholi. Ebhizinisini lakho nguwenza okumele ugqugquzele abasebenzi bakho ukuba benze okumele kwenziwe ngokuzinikela nangomoya omuhle ukuze kufezuke inhloso yebhizinisi.

Ukuze akwazi ukugqugquzela abanye abantu umholi kumele abe qotho ngoba ukuba qotho yisithako esibalulekile sobuholi. Ubuqotho kwukuthembeka nokucina imithetho yokulunga. Uma ngiqotho amazwi ami ahambisana nengikwezayo. Ngenza engikushoyo. Nginguloyo engithi nginguye kungakhathalekile ukuthi ngingubani, noma ngabe ngikuphi noma ngabe ngingobani. Uyebo wami nguyebo kanti nocha wami ngucha.

“ Umbonambi ukhala ngomoya. Umbonahle ulindele ushintsho. Umholi yena ulungisa amaseyila.

Ubuqotho busho ukuthi ngiphila lokho engikushoyo ngaphambi kokuba ngiholele abanye kukona.

Ubuqotho bakha ukwethembeka kanye nokuhlonishwa kanti futhi kuyikhwalthi edingekayo emuntwini ofuna ukuba nebhizinisi eliyisasa-sa. Ubuqotho benza waziwe kahle emphakathini. Akusiso nje kuphela isithombe. Ukuthembeka kuzisa umholi ukuba akholakale hhayi nje kuphela ukuthi aziwe ngokuhlakanipha. Ubuqotho akusiko kuphela esikwenzayo kepha yilokho esiyiko. Kanti loku esiyiko kuba yiloko esikwenzayo.

Izindlela ezimbalwa zokukhombisa ubuqotho:

- Phila loku okufundisayo.
- Yenza okushoyo.



UKUPHATHA

- Thembeka ebantwini.
- Beka okulungele abanye ngaphambi kwalokho okufanele wena.
- Embuleka futhi ulimazeke.
- Ungathembisi umuntu into bese ungasifezi isethembiso sakho.

Ukusebenza kwanoma eyiphi inhlango, encane noma enkulu, kuhlobene ngqo nezinga **lekhwalithi** yobuholi bayo. Impumelelo yehlangano yebhizinisi ayincikanga kuphela ekwazini umsebenzi kwemenenja kepha **ekhonweni lakhe njengomholi**. Izimemenja ezinhle akuvamile ukuba zibe ngabaholi abaqotho. Ukuze kukhushuwa izinga lokusebenza emhlanganweni, kuyadingeka ukuthi zonke izimemenja zibe ngabaholi abaqotho. Ngenhlanhla-ke imenenja ingathuthukisa amakhono ayo obuholi ngokuqeqeshela nokukwenzeka loko akuqeqeshiwe.

Ngabe ufuna ukuba ngumholi ongcono?

1. Khumbula ukuthi njengomholi kuzodingeka ukuba uthathe izinqumo ezingeke zajatshulelwa ngezinye izikhathi. Ngeke wenelisa wonke umuntu, kepha zama ukuba wonke umuntu akuhloniphe, kunokuthi uzithole ungumngani wabasebenzi bonke.
2. Zama ngazo zonke izindlela ukugwema ukutshela abasebenzi ukuthi nguwe ophethe ngakho-ke bazokwenza njengomyalo wakho.

Mhlawumbe loku okulandelayo kungakusiza ukuba uzihlole wena qobo lwakho:

NGINGUMHOLI HHAYI UBASI
UBASI WAZI KONKE
UMHOLI UYAWAVUMA AMAPHUTHA AKHE
UBASI UTSHELA ABANTU OKUMELE KWENZIWE
UMHOLI UKHOMBISA OKUMELE KWENZIWE
UBASI UYAGXEKA NJALO
UMHOLI UNIKEZA IZELULEKO
UBASI UKHULUMA KUQALA
UMHOLI UYALALELA KUQALA
UBASI UNIKEZA IMIYALELO
UMHOLI UNIKA UMHLAHLANDLELA
UBASI UFUNA UKUHLONISHWA
UMHOLI UNIKWA INHLONIPHO YILABO
ABAHOLAYO NGOBA BEBONA IMFANELE
UBASI UPHATHA NGOMTHETHO
UMHOLI UKHOMBISA UBUNTU

3. Khombisa ukuba nesibindi futhi uphikelele. Ungabalekeli izinkinga ngisho nalabo abamelana nawe, kepha mana kulokhu okunqumile futhi wethembe izinkolelo zakho.
4. Yiba qotho: Phatha bonke abasebenzi bakho ngendlela efanayo. Ukukhetha kuzokudonsela amanzi ngomsele futhi kubulale nomoya wokubambisana.
5. Yiba nguwe. Uma ungayazi impendulo kule nkinga okubhekenwe nayo, shono njalo. Kepha emvakwaloko qinisekisa ukuthi uthole impendulo ngokushesha. Ukuzama ukuba ngusiyazi kuzokwenza abasebenzi bangasakujabuleli, kanti ukucela imibono yabo kona kungasiza ekwakheni ubudlelwano obuhle phakathi kwakho nabo.
6. Kumele ubazi abantu bakho – amagama kanye nobuso, imvelaphi, lapho bemandla khona, lapho bebuthakathaka khona, abakuthandayo nabangakuthandi, njalonnjalo.
7. Yiba yisibonelo – ufuna abasebenzi ukuba bafike ngesikhathi – ngabe wena ufika ngesikhathi na? 🍷

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Yini na okumele ibe sohlwini lwami “LOKUMELE NGIKWENZE” enyangeni ka-Okthoba?

Sekuyileso sikhathi sonyaka futhi! Isizini yokutshala isifikile kanti neningi lamafama azozizwela ecindezelekile ngoba ezama ukuhlela kanye nokulungisa izinto ezivela kamuva ngale sizini entsha. Ukulungiselela okuhle yisona sihluthulelo sokulima okuyimpumelelo! Asithathe sibheke eminye yemisebenzi ebalulekile kule nyanga.

Ngalesi sikhathi onke ama-oda ama-*input* akho kumele ngabe asefakiwe, uma kungenjalo, kuzoba ukuhlakanipha ukuthi ungabe usapholisa maseko. Uma ukuyekelela kuze kube yisikhathi sokugcina ungazithola usudumele ngenxa yokushoda kwembewu.

Lesi yisikhathi sokuqala ukulungisa imihlaba yakho uyilungiselela ukutshala. Lokhu kusho ukuhlelela, ukucoca, ukudiska, ukulima, ukuripha noma ukwenza nanoma yini okudingeka kwenziwe ukuze imihlaba yakho ibe sesimeni esihle sokutshala.

Imishini lena ebihlezi eshedi noma ngaphansi kwesihlahla lapha ejalidini ubusika bonke kumele iphume manje. Sethemba ukuthi ibilondolozwe kahle kona okungenza umsebenzi ube lula. Bhaka imishini uhlole amabheringi, amavili, amaketange kanye namabhande. Qinisekisa ukuthi imigqomo ihlanzekile nokuthi onke amalunga kanye nokwanganaphakathi kusesimeni esihle.

Ungazithola usumatasatasa maduzane nje, kodwa konke loko kuncike ekutheni izimvula



zifika nini. Yingakho kubalulekile ukuhlela kahle. Yiba nesiqeshana lapho obhala khona yonke imisetshenzana ebalulekile osadinga ukuba uyenze. Uma usebenzisa isikhathi sakho kahle nangokunemba uzovuna izithelo ezinhle ngale sizini yonke yokutshala. Sikufisela inhlanhla kanye nokutshala okunentokozo! 🍷

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ISOYA

– isiboniso nezisikiselo zokukhiqiza zesilimo sangonyaka ka-2014/2015

Ukukhiqizwa kwesoya kuyanda kumafama, futhi kubonakala sengathi amafama awutshale ngesizini edlule aseqome ukwandisa isivuno sawo sesoya.

Amanani abhekiwe esoya ithani ngalinye adayise ngesilinganiso esiphakathi kuka-R5, 117 ithani ngalinye ngenyanga ka-Agasti 2014 kuya ku-R5, 210 ithani ngalinye enyangeni kaMashi 2015 bese ehlela ku-R4, 535 ngenyanga ka-Meyi 2015.

Amanani aqhubeke njalo kanti nokusimama kwamanani akusasa uma sibheke isizini ezayo yokukhiqiza akhombisa ukuthi ukudayiswa kanye nokuthengwa kwembewu yesoya kuzimelele. Lokhu kuzosiza kakhulu uma uhlunga izindleko zokuhlelela ukukhiqiza.

Idatha yeSagis ikhombisa ukuthi isivuno sokugcina sesoya kule sizini edlule sibhulelwe ku-944,340 wamathani. Leli nani lidlula elangonyaka othwasile ngamathani ayi-160,000. Lokhu kusho ukuthi izimakethe seziyakwazi ukubhekana nezinga elikhuphukayo lokukhiqizwa kwesoya lapha ekhaya. Khumbula-ke ukuthi inani elibhekiwe lesoya alifaki kulona izindleko zezinqola ezithuthayo kufana nezinye izimbewu zezihlamvu

ezidayiswayo. Lokhu-ke kuzokwenza ukwazi ukufanisa ngokunembayo inani “lasesithubeni” elitholwa epulazini lakho ngesilimo sesoya sesizini ezayo. Buza *ico-op* yangakini ukuthi ngabe bona balindele ukuba inani “lasesithubeni” lesoya lizoba malini ngoMeyi ka-2015.

Isisikiselo zokukhiqiza

Amagross margins

Kungabekisa indawo okumele itshalwe isoya uma sisebenzisa ulwazi olungenhla ukuhluzwa *kwegross margin* kwesoya kanye nezinye izilimo ezizotshalwa epulazini lakho. Qinisekisa ukuthi izimali zokubhekana nalo msebenzi zikhona ngaphambi kokuqala kwesizini ukuze onke *amainputs* azokwazi ukuthengwa ngesikhathi.

Ukuthila

Uma ngabe ubusebenzisa izinsalela zezitshalo zesoya njengokudla kwezinkomo noma izimvu, kubalulekile ukulungisa imihlaba ngenyanga ka-Agasti kusenesikhathi. Izinhlelo zakho zokuthila nezokujikeleziswa kwesilimo kuzosho uhlelo lokuthila okuyilona oluzosetshenziswa. Lokhu kuzofaka kulo izinqumo ezifana nokudiska

kanye nokuripha ngendlela ejwayelekile noma kusetshenzisw amakhemikhali ukulawula ukhula ohlelweni lokulonda noma lokuthila kancane uma kuyiyo indlela oqoke ukuyisebenzisa ohlelweni lwakho lokuthila.

Kubalulekile kakhulu ukuthi uma kuna imvula, kungakhalekile ukuthi ingakanani, ukwazi ukulonda umswakama omningi kangangoba ongakhona ngaphambi kokuba utshale. Akukho ongakwenza okungema esikheleni sokulungisa imihlaba ngendlela efanele.

Ukukhetha imbewu nezilimo

Buza amanye amafama atshale isoya izikhathi ezimbadlwana nangamareyithi ahlukile okuhluma kwembewu ukuthi ngabe isivuno sabo sokugcina sibe ngakanani nokuthi basebenzisa isithombo siphil ngesikhathi ngasinye. Abadayisi bambewu nabo bangakwazi ukukutshela ukuthi eziphi izithombo ezithele kahle kula masizini ambalwa adlulile nangaphansi kwezimo zezulu ezingezinhle. Iminyaka embalwa yokukhiqiza ezindaweni ezihlukene izonceda kakhulu ekuboneni izinhlobo zesoya ezibe nesasasa endaweni yangakini yokulima.

Oda imbewu oyikethile kusenesikhathi.



UKUKHIQIZWA KWESOYA



Amareyithi okuhluma kwembewu

Uma uzibekela imbewu yakho ozoyitshala kuyisu elihle ukuyihambisa iyohlanzwa ukuze kususwe zonke lezi ezinye izimbewu ezincane kakhulu. Imbewu yesoya ingahluka ngesisindo noma ubuningi kusukela phakathi kuka-0,11 igreamu kuya ku-0,18 igremu. Uma utshala nge*planter* setha amakhilogremu ngehektha ngalinye. Lokhu kumele kukhunjulwe. Kala amasampula amancane embewu okungaba eziyi-100 izimbewu bese usetha *iplanter* yakho ukuba itshale izitshalo eziyi-350,000 ihektha ngalinye. Ungavumela u-10% ngaphezulu ukulhlangabezana nezinkinga ezingahle zokuhluma ezingahle zivele. Lesi kungaba yisilinganiso senani lezitshalo esamukelekile emihlabeni eminingi eyomileyo futhi ingakunika isilimo esihle enyakeni wesomiso noma onemvula eningi.

Hlola futhi usethe *iplanter* yakho ngamakhilogremu noma izitshalo ihektha ngalinye uma usebenzisa ama-*air planters*.

Imijovo kanye nezinto ezisiza ukukhula kwezimpande

Xhumana nabadayisi abahlukene bemijovo

yerhizobium bese uxoxisana nabo ngongakusebenzisa. Izinkampani eziningi manje sezi-dayisa izinxube ezithebekile zemijovo kanye namakhemikhali asiza ukukhulisa izimpande ngokushesha. Imijovo engasetshenziswa kumbewu ngaphambi kokutshala iyatholakala. Yona ihlala izinsuku ezingaba yishumi nangaphezulu. Loku kuyasiza ukuze utshale isilimo ngesikhathi esifanelekile ungajahanga.

Ukuze ukhiqize isoya enhle kubalulekile ukuthi ibhakhithiya yerhizobium ibe namanodi afanele ngesikhathi esifanele ezimpandeni ezimuncayo. Amanoduli amakhulu ayisishiyagalombili kuphela anganikezelana ngenayithrojini eyanele ukuze isilimo sibe sihle. Cela umdayisi akusiza ngesikhathi sokutshala uma ungaqinisekiswa ukuthi uwusebenzise kanjani lowo mkhiqizo.

Umanyolo

Amathrayali enziwe esifundeni saseFreystata okuvundisa isoya anike imiphumela emihle kakhulu. Uma imihlabathi yakho ingavundanga ngokwanele, noma-ke aqukethe amazinga aphantsi efosfethi kuhle ukutshala nomanyolo,

kepha wona kumele ubekwe ngaphansi naseceleni kwembewu.

Ukulawulwa kokhula

Buza umdayisi wakho wamakhemikhali ukubuyekeza izinkinga zakho zokhula bese nisebenzisana ukuthola amakhemikhali okumele asetshenziswe nokuthi azobiza malini ihektha ngalinye. Khumbula ukuthi uzobe usebenzisa uhlelo lweglyosphate noma olujwayelekile lokulawula ukhula, nokuthi ngabe uhlelo lokuchelela luzohambisana na nempahla yakho yokuchelela neyokutshala.

Isiphetho

Ukuhlela kuselula kuzokusiza ukutshala ngesikhathi usebenzisa isithombo esifanele endaweni yangakini. Qinisekisa ukuthi imbewu ijovwe ngokufanele, ubuye uhlolisise ubuningi bezitshalo zakho ngenkathi utshala ukuze ube nesilimo esihle ngonyaka ka-2015. 🍀

I-athikhili ibhalwe ngumfama osethathe umhlalaphansi.

Sibheka kafushane nje umlando kanye nokukhqizwa kwe *canola*

canola yisilimo esisha lapha eNingizimu Afrika. Siyizinhlobo eziningi (izimila), zona ezitholakala esitshalweni i*Brasus napus*.

Ngeminyaka yawo-80 kanye nawo-90, ngokukhuphuka kwamanani ama-*input* no-kwehla kwenzuzo yezinhlamvu ezijwayelekile ezifana nokolweni kanye namabele, kwaba nesidingo sokufuna izilimo ezintsha ebezingeke nje zihlambisane kuphela nezinhlamvu esinazo kanye nemijikelezo yezilimo, kepha kwakulindleleke ukuba zibuye ziphucule endaweni yaseNingizimu neKapa kanye neSwartland.

Emvakokuhlola nocwaningo, kwabonakala ukuthi *icanola* ayihlangabezani nje kuphela nezidingo ezibalulwe ngehla, kepha inokuningi okunye okuncomekayo ngayo.

Okuhle nge*canola*

- *Icanola* iphula umjikelezo wezifo ezisuleleka zisuka kulo nyaka zedlulele kolandelayo, zihamba ngezimpande kanye nezinsalela ohlelweni olujwayelekile lwezinhlamvu, ikhulise nezilimo ezinempilo.
- Imikhiqizo ehlukeni ingasetshenziswa ukulawula ukhula kanye notshani obuthize. Ingalawulwa kangcono kwezinye izinhlamvu ezilinywa eNyakatho neKapa.

- *Icanola* inezimpande ezimuncayo ezinhle kakhulu zona ezikwazi ukuqqa imihlabathi ngokungenelela ekujuleni komhlaba.
- Izinhlamvu ezitshalwe phezu kwezinsalela zecanola ziba nesivuno esikhulu. Izivuno ezande ngo-20% zirekhodiwe emihlabeni leyo.
- Ukuba nezilimo ezihlukene kusiza ukwendla ubungozi bokulahlekelwa yizimali ngenxa yezindleko eziphezulu zama-*input*.
- Imishini ekhona yokutshala neyokuvuna ingasetshenziswa.

Manje-ke uma sibheka ngeso lezolimo sibona *icanola* ilingana kahle njengegilavu, kepha bese kuvuka umbuzo ngomkhiqizo wona ngokwawo. *Icanola* eluhlaza iyacindezelwa, ngokwenzenjalo kudonswa amafutha wona asetshenziswa emikhiqizweni efana nama-futha okupheka e*canola* kanye nemajarini. Umthumbu osalelayo emvakokudonswa kwamafutha nothile ngamaphrotheni futhi uwukudla okuhle kwemfuyo okusetshenziswa ngumfama wemfuyo. Okunye futhi, *icanola* ingasetshenziswa ekukhiqizweni kwebio-fuel, njengoba kwenziwa kwamanye amazwe aseYurophu.

Icanola iqale phansi kakhulu, lapho ngonyaka ka-1992 abakhiqizi abayi-30 batshala amahektha angama-400 kepha bakhiqiza amahektha angama-500, wona uma eguqulelwa okusho ukuthi omunye ngamunye

Ithebula 1: Ukukhiqizwa kwe*canola*.

Unyaka	Izinombolo zabakhiqizi	Amathani umkhiqizi ngamunye
2011	293	198
2012	334	234
2013	433	260

umfama ukhiqize amathani ayi-16. Ukulinywa kwe*canola* kwakhula kancane kancane ngeninyaka elandelayo, kwesekwa yinkampani yakwaSouthern Oil Ltd yona eyasungula indawo yokucindezela eSwellendam.

Uma sibheka u**Thebula 1** kuyabonakala ukuthi ukukhiqizwa kwe*canola* kuyathuthuka, nokuthi amathani akhiqizwayo asekhuphuke ngenani kusuka ku-16 ngonyaka ka-1992 kufika manje ku-260 wamathani ngonyaka ka-2013.

Isamba se*canola* ekhiqiziwe ngonyaka ka-2013 sasingamathani ayi-113 000 kumahektha ayi-68 000.

Izilinganiso zesilimo zangaphambilini zonyaka ka-2014 amahektha ayi-82 000, futhi kunamandla wokukhiqizwa kwamathani ayi-125 000.

Uma sibheka imboni yecanola namuhla lapha eNingizimu Afrika sibuka nokuthi ibuya kuphi ngeke wahlala ungaziqhenyi futhi ube nokubonga okukhulu. Ngithanda ukuthatha leli thuba ukubonga wonke umuntu obe yingxenywe noma oyingxenywe yemboni yecanola lapha eNingizimu Afrika, ikakhulukazi i-The Protein Research Foundation (PNS), iSoill (Southern Oil Ltd), i-Agricultural Businesses, abakwaGrain SA kanye nabo bonke abakhiqizi balesi silimo.

I-athikhili ibhalwe nguMartin Heydorn, uSihlalo weCanola Specialist Working Group. Uma ufuna imininingwane egcwele thumela i-imeyli ku-m.j@twk.co.za.



Uma sibheka imboni yecanola namuhla lapha eNingizimu Afrika sibuka nokuthi ibuya kuphi ngeke wahlala ungaziqhenyi futhi ube nokubonga okukhulu.



Ukukhiqizwa kukabhekilanga okukwenza umamatheke

U-Okthoba yinyanga ematasatasa kakhulu kunaloma ngeliphi ipulazi lezinhlamvu ngoba sekusondele isizini entsha yokulima. Uma ucabanga ngokutshala ubhekilanga wangaphambi kwesikhathi, u-Okthoba yiyona nyanga efanele ukuba uqale ngokwenza amalungiselelo. Kunezinto ezibalulekile okumele ucabange ngazo ngaphambi kokuba utshale ubhekilanga ngale sizini.

Ubhekilanga ukhula kahle embhedeni wembewu olungisiwe osimeme nohlanzekile. Awuhlumi kahle emhlabathini osanda kuhlakulwa oqaqene. Uma ufuna ukutshala ubhekilanga nezimvula zokuqala, kusho ukuthi umhlaba wakho kumele ngabe usuhlakuliwe futhi wadiskwa ebusika ukuze umhlaba ube usuhlelekile manje.

Inkambiso enhle uma kusenesikhathi ukuba usebenzise *iherbicide* yeTreflan ekuqaleni kwentwasahlobo. Lena yiherbicide eyonga imali ekwazi ukulawula ngisho notshani obuhlaselayo imbala. Kumele ifakwe emhlabathini ngediski elula noma *itine implement*. Ukwenze njalo kunika umbhede omuhle wembewu ongatshala kuwona imbewu yakho kabhekilanga.

Ukulungiswa kwembewu

Kubaluleke kakhulu ukuqinisekisa ukuthi imbewu yakho ilungiswa ngesifafazo sembewu esi-*insecticide* kanye ne*fungicide* ngoba iqinisekisa ukuvikeleka kwembewu emazingeni aphansi okuhluma kwayo imbewu.

Ukuze ube nesivuno esihle sikabhekilanga, kubalulekile ukuthi imbewu etshaliwe ihlume kahle. Lesi yisinyathelo esinzima-ke sokukhiqizwa kukabhekilanga.

1. Kumele kutshalwe izitshalo eziningi kwasekuqaleni. Lokhu kuncike endaweni olima kuyona, kepha imvama ukutshala izimbewu eziyi-35 000 - 40 000 ihektha ngalinye. Lokhu kusho ukuthi uma ulima imigqa ka-90 cm, uzo-tshala-ke izimbewu ezine imitha ngalinye.
2. Izimbewu zikabhekilanga akumele zijule uma zifakwa emhlabathini. Ukujula okwamukelekile kungaba ububanzi bebhokisi likamentshisi libehkiswe eceleni.
3. Ukungqweqweka kuyisithikamezo esikhulu ekumileni kwembewu. Umhlabathi wangaphezulu oqinile uvimbela imbewu ukuba ingaveli kona okwenza ukuba igoqane bese ikhulela eceleni bese ifa ngaphambi kokuba ivele. Ukuze usize ukumila kwembewu yakhe kabhekilanga kumele usebenzise indlela eyaziwa nge*duisendpoot* ensimini yakho kabhekilanga ezinsukwini ezintathu noma ezine uqeda kutshala. Uma imvula ina ngaphambi kokubela kwembewu, kungaba nesidingo sokuba uphinde nge*duisendpoot* ngoba imvula inokwenza umhlabathi ukuba ube noqweqwe ngaphezulu. Lena yinkambiso eshibhile futhi efanele eyehlisa izinga lobungozi kumbewu yakho. Kungaba ngumehluko phakathi kwesasasa noma ukwehluleka kwesilimo sakhosi kabhekilanga.

4. Uma ungazange ufake *iherbicide* ngaphambi kokutshala, lesi yisikhathi esihle sokuchelela *i-pre-emergence herbicide* ensimini. Ukulawulwa kokhula kubalulekile kuleli zinga ukuze kunciphe ukuqophisana ngamanzi kanye namanyuthriyenti emhlabathini futhi nezimila ezincane nazo zikwazi ukukhula ziqine.

Izitshalo zikabhekilanga zithatha isikhathi ukukhula emazingeni okuqala kuze kufike evikini lesine okuyikona okusiza ukuzinika isiqalo esihle kanye nokunciphisa ukuqophisana. Uma sezifika ebudeni bamaqakala kufika emadolweni usungakhululeka ikakhulukazi uma lingana ungazithola unesivuno esihle kakhulu. Kungadingeka ukuba uhlakule isilimo lesi-ncane futhi, kepha emvakwalokho zikhula ngokushesha okusho ukuthi ngeke usaphinde ukwazi ukuhamba ngetraki yakho emasimini. Osekusele ukuthi umfama aqhubeke njalo ngokuhlola insimu ngenhloso yokuthola izinambuzane, izifo kanye nokhula okuzodingeka ukuba lukhishwe kusetshenziswa izandla uma kunesidingo. Ukubheka nokuhlola yizona zindlela ezibaluleke kakhulu zokuphatha ngayo yonke isizini yokukhula kwembewu yakho. 🌻

I-athikhili ibhalwe nguJenny Mathews, umbhali wePula Imvula. Uma ufuna imininingwane egcwele thumela i-imeyli ku-jenjonmat@gmail.com.



I Grain SA i-inthavyuwa... uEzekiel Nkosi

Kule nyanga uJerry Mthombothi, uMqondisi wethu weZentuthuko endaweni yaseNaspoti u-inthavyuwe u-Ezekiel Fihleni Nkosi yena olima endaweni yaseLuphisi eMpumalanga. U-Ezekiel ulima ummbila, amakinati kanye nobhontshisi weJugo. Uthi isasasa lakhe luwumphumela wokulalela uma elulekwa ngumqeqeshi wakhe.

Ngabe ulima kuphi futhi mangaki amahektha owalimayo? Yini umkhiqizo owulimayo?

Ngilima ummbila, amakinati kanye nobhontshisi weJugo eLuphisi. Nginahektha ayi-8 omhlaba olimekayo. Ngesizini ka-2013/2014 ngitshale amahektha ayi-5. Ama-3 awo abelime ummbila, eli-1 belilime amakinati bese kuthi eli-1 lilime ubhontshisi kaJugo.

Ngabe yini ekugqugquzelayo/ ekunika ugqozi?

Mangikhula abazali bami bebengabalimi. Ukubona bephila ngemali yokulima kungigqugquzele ukuba nami ngibe ngumfama. Ngokuba yilunga leqembu lokufunda lakwaGrain SA sengithole amakhono okulima, futhi manje ngizimisele kumphambilini okulima nokuthi ngithole imihlaba elimekayo ukuze ngilime. Ngizuzwa imali enhle kakhulu ngemikhiqizo engiyidayisayo. Lokhu nakho kuyangisiza ukuba ngisebenze kakhulu kunakuqala.

Shono amandla kanye nobuthakathaka bakho

Amandla: Okokuqala, ngithole amakhono okulima ngezinhlamvu, wona engiwafundiswe ngabasebenzi bakwaGrain SA kanye nezinye izikhungo ezifana noMnyango weZolimo. Ngine-traki kanye nama-*implements*. Ngixhumana futhi nabasebenzi bakwaMonsanto naakwaGrain SA bona abangisiza ukuthola ama-*inputs* kalula futhi nangesikhathi. Ngisiza futhi namanye amafama

ngokubanika izeluleko uma kunesidingo. Ngibuye ngibachazele ukuthi imikhiqizo, ikakhu-lukazi izinhlobo zembewu kanye nama-*herbicide*, konke kusebenza kanjani.

Ubuthakathaka: Indawo yethu, iLuphisi, iseduze neKruger National Park kanti ehlobo likhipha umkhovu etsheni. Amazinga okushisa angakhuphuka afike ku-40°C kuya ngaphezulu. Imihlabathi yethu iyisihlabathi. Sivame ukuthola imvula ephakathi kuka-400 mm kanye no-450 mm ngonyaka. Kanti-ke ngesinye isikhathi besizithola sinesomiso. Obunye ubuthakathaka ukuthi asinayo eyethu indlu yokugaya ummbila ukuze sizigayele owethu ummbila.

Besingakanani isivuno sakho ngenkathi uqala ukulima? Singakanani isivuno sakho manje?

Ngenkathi ngiqala ukulima ngangivuna ngaphansi kwethani eli-1 lommbila ihektha ngalinye. Ngesizini ka-2013/2014 yokutshala ngivune ngaphezu kwamathani ama-3 ihektha ngalinye.

Ucabanga ukuthi yini ebe nomthelela enqubekeningqanaba kanye nesasasa lakho?

Into ebe nomthelela kakhulu kwisasasa lami ukulalela izeluleko ebengizininikwa ngumeluleki wami, futhi ngikwenze engelulekwe ukuba ngikwenze. Amakhosi akwaGrain SA kanye namawekshophu engiwahambile nawo abe nomthelela omkhulu kwisasasa lami. Ngithole khona amakhono kanye nolwazi engizolusebenzisa ngize ngiye kobabamkhulu.

Ngabe uthole yiphi inqeqesho kuze kube yimanje? Ungathanda ukuqhubeka uqeqeshelwe ini na?

Ngiphothule ikhosi yoKukhiqizwa Kommbila, ikhosi yeziNkontileka kanye neyoKunakekelwa Kwamatraki. Onke lamakhosi abefundiswa ngabakwaGrain SA.



Ngabe uzibona ukuphi eminyakeni emihlanu ezayo? Ungathanda ukuzibona usuzuze ntoni na?

Eminyakeni emihlanu ezayo ngingathanda ukuba nomshini wami wokugaya ngisize amanye amafama ngokubagayela ummbila abawukhiqizayo. Ngifuna imihlaba eminingi elimekayo ukuze ngitshale ummbila omningi kanye nezinye izinhlamvu, futhi ngisebenzise owami umshini wokugaya ukuze ngigaye owami umkhiqizo Ngifuna ukuba ngusonkontileka ophelele ngisize amanye amafama okulima imihlaba yabo bese ngibasiza ukuchelela ngama-*herbicide* kanye nama-*insecticide* ngoba senginawo amakhono okuchelela inani elifanele lamakhemikhali ngokufanele.

Ngesiphi iseluleko ongasinika amafama asafufusa?

Ngingathi amafama asafufusa kumele azi ukuthi ukudla kuvela ekulimeni. Isizwe singondliwa ngokulima. Ngaphandle kokulima ngeke kwaba nokudla kona okusho ukuthi sizofa yindlala. Thina njengamafama kumele sikhqize ukudla okuningi, ngisho nalabo abangasibo abalimi imbala. Kumele sisebenze kanzima ngaphambi kokuba sibe nesasasa. 🍀

I-athikhili ibhalwe nguJerry Mthombothi, uMqondisi weZentuthuko woHlelo lwakwaGrain SA lokuThuthukiswa kwaMafama. Uma ufuna imininingwane egcwele thumela i-imeyli ku-jerry@grainsa.co.za.



Pula Imvula's Quote of the Month

*"Do what you can, where you are,
with what you have."*

~ Teddy Roosevelt

Kungani wonke umuntu edinga umqeqeshi?

Ubuhle bokuba nomqeqeshi ukuthi kuthuthukisa ukukhula kwangempela kanye noshintsho ngokukusiza ukuba ukhule, ukukugqugquzela ukuba ukhule kanye nokukuvumela ukuba ufinyelele amaphupho akho empilweni.

Umqeqeshi ufana nesibuko kuwena, ungumuntu ofuna ukumlandela futhi nezenzo zakhe ongathanda ukuzilandela – ungumuntu ongathanda

ukumenzisa. Yena ukusiza ukufinyelela izinhloso zakho ngokuphelele. Ukubuza imibuzo obungazange uyicabange. Umthelela womqeqeshi empilweni yakho ufikela ngisho nasemndenini kanye nasemphakathini wakho.

Kunemibuzo embadlwana ebalulekile okumele uzibuze yona ukuze uzwisise isizathu sokuba udinge umqeqeshi. Umqeqeshi yena angakusiza ngale mibuzo.

Ngabe ufunani empilweni?

Ngabe ufuna ukuzuzani empilweni? Uzibona ukuphi eminyakeni eyishumi ezayo? Umqeqeshi udlala indima ebalulekile ekukwelekeleleni ukuba ukhule futhi uthuthuke hhayi okwesikhashana nje.

Yiliphi inani ozimisele ukulikhokha?

Akukusizi ukukwazi ukuthi ufuna ukuzuzani uma ungazimisele ukwenza okudingekayo ukuze ukuthole loku okufisayo. Kumele uzimisele ukuzinikela ngokuphelele.

Ngabe uhlele ukuba uzifinyelele kanjani izinhloso zakho?

Cabanga futhi ubhale phansi amasu akho ukuze umqeqeshi wakho akwazi ukukusiza ngalokhu. Cabanga ngokulandelayo: ubani, ini, nini nakuphi kwamasu akho ukuze umqeqeshi wakho akwazi ukukulungisa lapho kunesidingo khona.

Ngabe ungumuntu onjani?

Uthanda abantu noma izinto, noma-ke uthanda ukuba wedwa? Yini okuncamelayo? Uthanda ukukhuluma noma ukwenza?

Yini okulula kakhulu ukuba ukufunde?

Uthanda ukwenza konke ngezandla noma ukulalela abantu bekuyalela ukuba wenzeni?

Izici zomqeqeshi

Umqeqeshi ubonakala ngalezi zici ezilandelayo:

- **Uwumthombo wolwazi.** Wazi izinto ofisa ukuzizwa futhi uyazi nokumele kwenziwe.
- **Unika izeluleko** ngezindlela zokulima azifundile ngokuthola ulwazi nokuthi yiziphi ezisebenzayo.
- **Uhambisana namakhono athile okwenza kanye nokuziphatha** okukusiza ukwazi okumele ukwenze nokuthi ukwenze njani epulazini lakho.
- **Ukunika umbiko.** Ungaphezu kokuba yisibuko: uphawula ngokunolwazi futhi abone lokhu okubaluleke kakhulu emsebenzini wakho woku-**lima**.
- **Ngumqeqeshi okufundisa izindlela** zokulima ukuze uphumelele empilweni.
- **Uyibhodi lomsindo.** Ukusiza ukubuza imibuzo ngepulazi lakho ukuze wazi ngokuphelele izinto ezifanele ukwenziwa ungaze wenze amaphutha angenasidingo angagcine esekudle izindodla zezimali.
- **Ungulowo ongaya kuyena,** lowo omethembayo futhi omhloniphayo, lowo futhi okhuluma naye uma unezinkinga noma ubhekene nobungozi obuthizeni.
- **Ukusiza ukwenza amasu** ukuze ubone isithombe esicacile ngempilo yakho futhi usizwisiswe. Unika izeluleko ezisebenzayo.
- **Ukwenza ufune ukwazi kanti** futhi uvula nemi-nyango ukuze ubone amathuba amasha nalokho ongakwazi ukukufinyelela. Ubuza lo mbuzo njalo: 'Ngabe ubonile...?'

Njengoba uzibonela ngenhla, ubudlelwane buyisisekelo esibaluleke kakhulu ekuqeqesheni nokuqeqesheka okuyimpumelelo.

Umqeqeshi ukusiza ukuzwisisa ukuthi ukukhula nanoma okuphi kanye nokuthuthuka empilweni yakho kuwuhambo oluwumsebenzi onzima.

I-'Iron Sharpens Iron' ebhalwe nguHoward kanye noWilliam Hendricks isetshenziswe njengesisekelo sale athikhili.

I-athikhili ibhalwe nguPietie Uys, umfama wenzuzo futhi ongumqeqeshi (eSwellendam). Uma ufuna imininingwane egcwele thumela i-imeyli ku-pietie@swdconnect.co.za.

UPietie Uys ngumqeqeshi kanye nomfama wenzuzo endaweni yaseSwellendam.

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NANGALEZI ZILIMI EZLANDELAYO:**

IsiZulu,

IsiBhunu, isiNgisi, IsiTswana, IsiSuthu,
IsiSuthu saseNyakatho, nesiXhosa.

**Uhlelo lweGrain SA
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UKUSEBENZISA IZIDAKAMIZWA – esona sithikamezo esikhulu endleleni yakho yokuba nguwe ophile kahle emoyeni

Emphakathini wethu izinto eziluthayo ezifana notshwala, ugwayi kanye nezidakamizwa ezingekho semthethweni zitholakala kalula. Abantu bazisebenzisa budedengu lezi zinto ezibaluthayo noma bazi ukuthi zidala izinkinga emphakathini, emzimbeni kanye nasemoyeni ngisho nasemsebenzini. Ukuhlukunyezwa kwezidakamizwa kungaqhubeka njalo iminyaka eminingi kona okuholeta ekuncikeni kuzona ukuze umuntu aphile nsuku zonke.

Ukuncika kuzidakamizwa kubonakala ngokuncika kuzona ngokomzimba kona okukhuluma ngokukwazi ukubekezela (ngenxa yokuzisebenzisa njalo, kudingeka ukuba kukhushulwe isilinganiso ukuze kutholakale umphumela ofanayo) kanye nokuhoxa (izinkomba zomuntu uma ethe wayeka ukuthatha isidakamizwa ancike kusona emvakwesikhathi esisebenzisa).

**Izizathu eziholela
ekusebenziseni izidakamizwa**

- Ubumnandi noma ukukhuleleka ekucindezelekeni, ukukhathala noma ukuba nexhala.
- Izibonelo zokuncika kuzidakamizwa noma ukuhlukumeza izidakamizwa okubekwe ngabemindeni noma abangani.
- Ukucindezelwa abalingani abasebenzisa utshwala noma izidakamizwa.
- Ukungakwazi ukumelana noma ukukwazi ukubhekana nezinkinga ngendlela efanele.

Izinhlobo zezinto eziluthayo

Izinto eziluthayo zihlukaniswe kumaqembu amathathu amakhulu:

Amadepressants

Inciphisa isivivini secentral nervous system bese inciphisa imizwa yokucindezeleka kanye nokuba nexhala, isib. utshwala kanye neheroin.

Amastimulants

Ikhuphula isivivini senervous system bese inikeza imizwa yokujabula okwedulele kanye nokuzethemba, isib. ugwayi, icocaine, icrystal meth (iTiK) kanye ne-ecstasy.

Amahallucinogens

Ikhuthaza ukulutheka kwemizwa noma ukubona izinto ezingekho ngenxa yokudungeka kwemizwa okubala kuko nokushintsha kwemibala kanye nokuzwa izinto okungezona. Okunye kungaba ukuphumula, ukuthokoza ngokweqile noma ngezinye izikhathi ukuba netata. Izibonelo yiLSD kanye nemarijuana (Insangu).

**Izinkomba kanye nezimpawu
zokusetshenziswa kwezidakamizwa**

- Ukushintsha kwemizwa okungenancazelo,

ukucanuka okungajwayelekile kanye nokuba no-dlame.

- Ukulova noma ukwehla kwezinga lomsebenzi/ukwenza esikoleni.
- Ushintsho endleleni umuntu abonakala ngayo, isib. ukungazinakekeli emzimbeni okusho ukungcola.
- Ushintsho kumaphethini okulala nawokudla.
- Ukungathembeki, ukweba imali/impahla.
- Amaphunga angajwayelekile, amabala/imivimbo.
- Impahla ehambisana nezidakamizwa, isib. amanaliti noma amapayipi.

**Amasu okunqoba
ukusebenzisa izidakamizwa**

(Umthombo ethathwe kuwona: www.rethinkingdrinking.niaaa.nih.gov)

- **Thola ezinye izindlela.** Ukungadakwa kusho ukuthi uba nesikhathi esiningi ezandleni zakho. Thola izindlela ezintsha zokuchitha isikhathi sakho ngokwenza izinto ezifana nemidlalo enika impilo, ukwenza izinto ozithandayo kanye nobudlelwano obusha.
- **Gwema “izinto ezivusayo”.** Kubalulekile ukuba wazi ukuthi yini ekwenza ukuba uphuze noma uthathe izidakamizwa. Uma wazi izindawo noma abantu abakwenzela kube nzima ukuyeka, hambela kude.
- **Hlela ukulawula inkanuko.** Uma kufika inkanuko, zikhumbuze ukuthi yingani kumele ushintshe imikhuba yakho yakudala noma-ke ungakhuluma nomuntu ongamethemba. Kunokuthi ulwisane nomuzwa lowo, wamukele uwunike isikhathi ngaphandle kokuthi unikezele kuwona ngoba uyazi ukuthi uzo-ukwehla masinyane njengegagasi bese uyadlula.
- **Funda ukuthi “cha”.** Izilingo zokuphuza noma ukuthatha izidakamizwa zizofika, lokho kulindele. Hlala ulindlele ngempendulo ezothile ethi “cha ngiyabonga”. Uma ushesha ukuthi “cha” ngeke walingeka ugcine usukwenzile loku obungazimisele ukukwenza. Uma unqikaza ungaze uthole isizathu sokubuyela emuva.

Thola usizo lobuchwepheshe uma wena noma omthandayo enenkinga yokudakwa noma yokuhlukumeza izidakamizwa. Ukuncika kuzidakamizwa kuyisifo okuthi uma singalashwa singacekela phansi impilo yakho, silimaze wena nalabo obathandayo. 🍷

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