

#BoozeFreeRoads

Ngezi holide zehlobo sele kumbovu ukuba zifike, uninzi lwethu lukujonge ngamehlo abomvu ukuthatha ikhefu yaye luza kube luphuma neentsapho nezihlobo lusiya kwiindawo ngeendawo zokuphola kulo eli lethu lihle ngokuncamisayo, bambi bephumela nangaphandle kwalo.

Eli xesha layanyaniswa nokwanda kwabantu abasezindleleni zethu. Kambe eli xesha likwaqapheleka nangokuba abantu babusela kakhulu utywala yaye neziyobisi bazisebenzisa ngokugqithisileyo, abanye ke besenziwa yimincili xa bebhiyoza ngelixa, ngelishwa, abanye besela kuba bebaleka iinzingo zangeli xesha linye, bekhumbula nezithandwa zabo ezabashiyayo nezinye izithwakumbe.

Kubalulekile ke ngoko ukuba sizikhumbuze ngeengozi zeendlela. Ngenxa yeenzame zecandelo leeNkonzo zezeNdlela zePhondo kunye namahlakani ethu kwezolawulo lweendlela, iinkonzo zezempilo nezemfundo lehlile inani labantu abalishiyayo eli ngenxa yeengozi zendlela ngexesha leeholide zehlobo. Kanti nangona kunjalo, bangama--640 bebonke abantu abalishiyileyo eli ngexesha leeholide zehlobo zenyanga yoMnga-eyoMqungu iminyaka ilandelelana.

Oku kuphakama kungakanana kwenani labantu abasweleka ezindleleni ngeli xesha lonyaka kunye nentlungu eviwa ziintsapho nezihlobo zamaxhoba kungumthwalo onzima nanjengokuba kulusizi ukubona amaxhoba xa engxwelerhekile. Xa siwajongile la manani uyabona ukuba sikho esi sandla singabonakaliyo sitsala sibaleka neenkonzo zikarhulumente ezizezinye ezifunwa luluntu. Amapolisa athi kubea kufuneka eye kuninka ingqwalasela kuloo ndawo yexhwayelo, babe abaphuli-mthetho behlasela kwelinye icala, amagumbi eengxwelerha namaandelo abenzakele kakhulu athi exakeke kukujonga amaxhoba eengozi kufuneka ukuba ezinye izigulane zilinde, ngapha iinkundla zithe minxi yingxinano yamatyala aziziphumo zotywala. Leyo yimizekelo nje embalwa. Esi sandla sinye sikrwitsha amathuba ezoqoqosho ngapha, kuba ukuhla kwezinga lezoqoqosho kudala ukuba abantu abafanele ukuba banegalelo bunqamke msinyane ubomi babo, kwelinye icala kwezozoqosho kufuneka kuvale oohola bendlela, kunyuka amaxabiso ezothutho, abantu bathiwe nxi luxanduva lokujongana nee-insorensi zeentsapho zangemihla kaxakeka.

Iindaba ezimnandi zezokuba ngamnye kuthi angenza umahluko nje ngendlela esiziphatha ngayo.

Eyokuqala nje kukuba, utywala nendlela zizinto ezingadibaniyo. Intwana nje encinci yotywala egazini lomntu ingakwenza ungakwazi ukuthatha izigqibo ngokufanelekileyo, ukuqhuba okanye ukuhamba kufutshane nezithuthi, nokuba uyaqhuba, uhamba ngeenyawo okanye ukhwele ibhayisikili.

Ukuba uyasela, musa ukuqhuba. Eyona ndlela yokwenza kukuba uhlale ekhaya, uhlale nabahlobo okanye uyishiye ekhaya imoto yakho xa uhamba. Musa nakancinci ukucinga ngokuqhuba. Yenza elinye icebo - nokuba kukukhwela iteksi, ibhasi, uloliwe okanye bona elinye icebo. Kungcono ukuhlala ube ngumngqusho ezitulweni ekhaya kunokuba uzibone kwintlekele yongqzulwano nerobhothi okanye enye imoto. Ncedisana nathi ukugcina kwiphulo lokwenza ukuba kungabikho tywala ezindleleni. Ukuba unabahlobo okanye amalungu eentsapho aqhuba ephantsi kweempembelelo zotywala, thetha nawo engekangeni ennkathzweni nabomthetho.

Ukuba uhamba ngeenyawo, nceda ungabuseli utywala, okanye ke musa ukusela kakhulu. Ukuhamba unxilille endleleni ebusuku kungenza ukuba uzibone utshayiswa yimoto okanyeuhlasekwangoonqalintloko. Xauhambaendleleni, qinisekisa ukubawelaapho kufaneleke khona ukuba uwele, yaye uhambe epavumenteni. Okubalulekileyo nangakumbi kukuba uqinisekise ukuba abaqhubi bayakubona. Ukunxiba impahla ekhanyayo (reflective) kungabusindisa ubomi bakho. Umthetho ke omngqongqo umi, uthi, bona nawe ubonakale.

Khumbula izinto zokuqala: Jonga isantya - asikho isiphelo esifana nomngcwabo. Bopha ibhanti ngawo onke amaxesha. Xa siye kwiindawo yexhwayelo siye sifumanise ukuba akuye kubekho mfuneko yakukhulula mabhanti kwabo baswelekileyo. Nceda uqinisekise ukuba isithuthi sakho asinazinto zingasebenziyo, ngakumbi amavili nezibane, iifestile nezibane zicocekile, zibonisa kakuhle. Iselula-fowuni yibeke ecaleni. Akukho fowuni okanye myalezo we-sms ungaphezulu kunobomi bakho, zonke ezo zinto zingalinda. Ukuncanca ezinye izithuthi nokugqitha kwezinye ungaqiqanga, lingcwaba yaye kwelo ngcwaba ungarhuqela nabanye abaya kube bengamaxhoba aloo ntswelo-nkathalo yakho.

Ukuba uza kuqhuba imigama emide, khumbula ukuba ayikho into edlula ukulala. Ikhafeyni ingakunika amandla, kodwa amandla ayo ngawexeshana, akahlali. Ukuqhuba udiniwe ke yingozi efana twatse nokuqhuba usele utywala okanye uphantsi kwempembelelo yeziyobisi.

Ukuthatha la manyathelo alula kuya kuqinisekisa ukuba nina neentsapho zenu niya kuhlala nikhuselekile kwezi holide zehlobo.

Ukuqokumbela mandenjenje, uziphumlele, uzipholele, uzicingela ezakho unjalo ngeli xesha, kwenye yeengcinga zakho, uze ufake engqondweni amagosa oncedo ngexesha likaxakeka, amagosa endlela, amapolisa, abezonyango kunye naye wonke omnye umntu ohlala esebenza ezindleleni elungiselela ukuba sihlale sikhuselekile. Kuyinene ukuba sifanele ukubaqhwebela izandla ngako konke abakwenzayo apha enyakeni.

Ndininqwenelela ixesha elimnandi leeholide zehlobo nonyaka ka-2016 ozele uchulumanco, ulonwabo neziqhamo ezihle,

NdinguKenny Africa