

# IJAMPIL' EKASI NEWS



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## TAC's next decade-dignity, life, health and equality for all

TAC Western Cape held its fourth provincial congress on 08 and 09 February 2008 at the Ritz Hotel. This was a preparation for the fourth National Congress that would be held in Johannesburg on 14-16 March 2008. The majority of the delegates were women. Theo Steele (TAC NEC Member) opened the congress and spoke about the organisational review and national overview. She highlighted the achievements and challenges of the organization in the past nine years. During the last year, some of the TAC leaders resigned and the organization saw the need for an organizational review to reflect on what was happening and plan a way forward.

Dr Ivan Toms from the City of Cape Town made a presentation on the politics of TB (Tuberculosis), highlighting that South Africa has the seventh highest TB incidents in the world and that Western Cape has the second highest TB incidents in the country. TB is curable however there is a need for better diagnostics; patient literacy and enough re-



Delegates at the Western Cape Provincial Congress

sources to fight TB.

There were political discussions that reflected on the HIV epidemic in the province. TAC Provincial Co-ordinator highlighted the provincial overview and the Western Cape Strategic objectives from 2006-07. Challenges and achievements of province were discussed and members voiced their concerns about the future of the organization.

Recruitment of new members, women leaders, PWA sector were matters that were discussed seriously. Delegates went into commissions to discuss what challenges hindered some sectors not to reach

their targets and also came up with resolutions. The different commissions were:

- Campaigns and organising;
- Treatment and Prevention Literacy;
- Women's Rights campaigns and
- PLWHA sector

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## Gender based violence is growing

Violence against young women is a global problem and the prevalence rate in Sub-Saharan Africa ranks high in comparison with levels in other developing regions. One in ten South African women has experienced gender violence in the past twelve months and 25% report lifetime exposure to gender violence. Violence within households is common in some coun-

tries in sub-Saharan Africa and is accepted as justifiable by most women. The majority of women in Zimbabwe and South Africa believe that it is fine for a man to beat up a woman or force themselves sexually.

Young women (15 to 29 years) are being abused by their partners and they become vulnerable to infections such as HIV/AIDS, teenage pregnancies and other sexually transmitted infections. This is shown by the increasing numbers of infections among young women compared to the statistics of older women.

Most young women who are infected with HIV have been involved in relationships with older men. They get involved in these relationships for material gain and they end up being young single parents. They endure the physical, emotional and sexual abuse they get from their partners and justify

it by saying they are loved by these men that they get material things from these men. These women end up abusing alcohol in order to cope with the abuse. Some of them know that by being involved with older men they are getting into polygamous relationships. The men involved in these abusive relationships believe that it is right to abuse their intimate partners because they provide for them since the women are mostly uneducated and unemployed.

The communities need to come together and fight to end gender based violence and urge all women who are being abused to report their cases to the police. The justice system needs to make sure that men who abuse women are prosecuted and given harsh sentences that will make other men not to abuse women and children

*Most young women who are infected with HIV have been involved in relationships with older men*

## Love Does not have to hurt

It is wonderful to be in love, it's exciting, romantic and fun and you feel like nothing can go wrong. Sure like the love songs say "Love hurts sometimes". You worry and wonder if the person you love really loves you or if he or she is cheating on you. But know that when you love someone you should not expect to be hurt by any form of abuse. One should not tolerate abuse whether it is physical, financial, sexual or emotional. It is just unacceptable.

Many people believe that February is the month of love since most of them celebrate St Valentine's Day on 14 February. Most people lie to one another by trying to be perfect to their partners. We lie to others because we feel that we must be loved by everyone. We strive to keep everyone happy all the time. We lie to ourselves to avoid dealing with our problems. The truth is, if we hide or ignore our problems, they will not go away. We just have to deal with them. Dishonesty



causes many problems leading to break-ups.

One of the reasons many couples have extra affairs, split up and divorce is that they forget the importance of playing together and having fun. Having fun means sharing experiences and being friends with your partner. All it takes is to enjoy your partners company and talk about ways to make each other happy. If you don't laugh and have

fun together, it's easy to forget who you are as an individual and why you are in a relationship.

When we celebrate the month of love, we must love one another. We should stop discriminating against people who are living with HIV/AIDS and those affected by the disease. We should love all our children, our orphans and especially our grandparents who take care of us when we become sick and they bear the burden of looking after our children when we die.

## Dual-therapy saved my child



Neliswa Nkwali's baby tested HIV-negative after receiving dual-therapy

**M**y name is Neliswa Nkwali, I tested HIV-positive on 08 October 2001 when I was retreated for TB. I also did a CD4 count test and the count was 224. I was shocked about the results as a result I became sick and

my CD4 count dropped to 39.

**I**n April 2002, I started my which antiretroviral treatment that included zidovudine (AZT), lamivudine (3TC) and efavirenz. I was also taking my TB treatment at same time. I already had one baby who was HIV negative.

**I**n 2004 I decided to have another baby. I consulted my doctor who advised me to bring my partner and that time we were not married. I was the only one advised to switch the efavirenz to nevirapine. My partner did not have to switch any of his medicines. I was also sent to do a PAP smear, check my viral load and CD4 count. When I checked my CD4 count it was 650. After two months of regular check up we were advised to stop using condoms. I conceived in October 2004 and my CD4 count was 550. I had no complications throughout my pregnancy.

**O**n 15 June 2005 I gave birth naturally to a healthy baby boy who weighed 3,5kg. When my son was six months old, he was tested for HIV using PCR and he tested negative.

**A**fter delivery my CD4 count went up to 884. I am living a positive life, this could not have been possible if it was not for the friendship I had with my doctor and my loving husband. My advise to HIV Positive women who want to get pregnant is to speak to their doctor first.

## Failed by the justice system

**S**outh Africa has a very progressive and democratic constitution but disturbingly so it is only on paper in reality it is the opposite. The judicial system is failing people of this country badly. Nandipha Makeke was raped and murdered on 15 December 2005. Three years on, her case is still going on and her perpetrators have not been sentenced yet although one of them confessed to the crime.

**N**andipha's case has been postponed 18 times; meanwhile the perpetrators remain in custody. On 27 February 2008 TAC members from around Khayelitsha were picketing outside the Khayelitsha court to support Nandipha's family. Some of them were inside the court room to listen to the proceedings.. Magistrate Johan Lootze who is the state witness gave testimony and confirmed that one of the accused made a confession at the magistrate court in Mitchell's Plain. Magistrate Johan also confirmed that the accused was in his right state of mind, he was not forced into making the confession.. He told the court that



Male activists were at the front during the picket at the Khayelitsha court during Nandipha Makeke's case on 27 March 2008

only he, the accused and Mr Welile Mthembeka were the only people present when the confession was made. Mr Welile was the translator as the accused was speaking Xhosa. The defendant's attorney argued that the accused was forced to confess by police and was also assaulted.

**I**t was a bit too much for Nandipha's father, Mr Makeke to listen. He stood outside throughout the proceedings.

He is hurting and does not know why the case has taken so long. This is depressing him and his wife. Tears filled his eyes when he remembered his daughter and he has been asking himself why is it taking so long for the perpetrators to be punished. He says that his family will find closure when the case is over. The case has been postponed to 5 March 2008

## TREATMENT ACTION CAMPAIGN

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*The Treatment Action Campaign (TAC) was founded on 10 December 1998 in Cape Town, South Africa. We campaign for treatment for people with HIV and to reduce new HIV infections. Our efforts have resulted in many life-saving interventions, including the implementation of country-wide mother-to-child transmission prevention and antiretroviral treatment programmes.*

*The TAC also runs a treatment literacy campaign: this is a training programme on the science of HIV treatment and prevention.*

TAC website:  
[www.tac.org.za](http://www.tac.org.za)

## Khayelitsha branch list

Branches	Contacts	Numbers	Venue	When	Time
Harare	Nkosinathi Maliwa	0726803096	Nonkosinathi crèche 34 – section (near Roma Catholic church)	Mon & Thurs	16h00-18h00
Kuyasa	Nokwanda	0838676729	Kuyasa Primary School	Tues & Thurs	16h00-17h00
Makaza	Bonelwa Nukwa	0766428191	Desmond Tutu Library Next to Makhaza shopping centre	Tues	15:30-16:30
SST	Nobom Twise Vathiswa Kamkam	0732630365 0836944965	SST 1152 Blouwee SST section	Mon & Thurs	16h00-17h00
Town 2	Malwande Luzipho	0730430821	Baptist Church Town 2 FF – section	Mon	16h00-17h00
F-Section	Nasiwe Fandesi	0711333245	Khubulani crèche I Section Khayelitsha	Tues	17h00-18h00
Nkanini	Lungisa Mndende	0783181596	2850 Nkanini Next to second bridge & Vodacom container	Thurs	17h00-18h00
VT Mxenge	Khwezi Rasmeni	073 8081652	Nolukholo Hall next to Andile (Msizi site B)	Tues	17h00-18h00
Sosebenza	Babalwa Ndesana	0820406182	Soyisile Primary school (M – section)	Wed	16h00-17h00
TR	Nokulunga	0742468491	White House community hall TR section	Wed	16h00-17h00
Moses Mabida	Lungelo Yozi	0766433958	Moses Library Site C	Wed	15h30-17h00
Masizakhele	Amanda Sentile	072 4646110	Zamuxolo Creche koA section next to Ncotsheni Pr. School	Thurs	16h00-17h00
Thembokhwezi	Zukisa Klaas	072 9129575	Ntlanganiso High school Site	Wednesday	16h00-17h00
Nozipho Sor-tange	Fanelwa Gwashu Fumana Ntlotlo	0761708995 073 3900516	27 Ntutyane street Litha park (near Radio Zi-bonele)	Thursdays	16h00-17h00