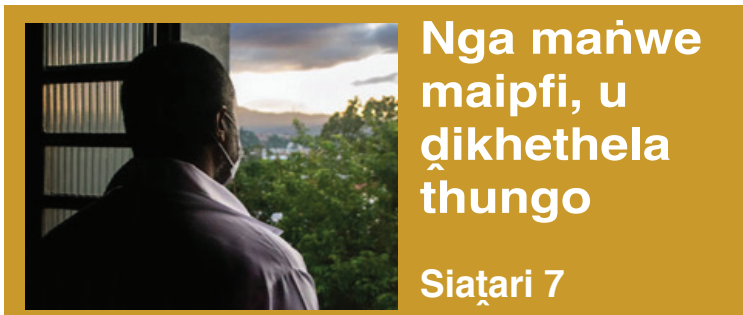


# Vuk'uzenzele

Vha i diselwa nga Vhudavhidzani ha Muvhuso (GCIS)

English/Tshivenda

Thangule 2020 Khandiso 1



**Nga manwe maipfi, u dikhethela thungo**

**Siatari 7**



**U vha o kunaho na u sa kambwa ndi ndila ntswa ya u kambwa ya mugoombeli kha zwidzidzivhadzi**

**Siatari 8**



## Afrika Tshipembe li khou shuma u tandulula thaidzo ya thahelelo ya venthileitha



**VENTHILEITHA** dzi bveledzwaho fano hayani dzi do thusa vhalwadze vha re na tsumbadwadze dza COVID-19 dzine dzi sa vhe khombo nga maanda uri vha kone u fema zwo leluwa.

**Silusapho Nyanda**

**N**ndwa ya u lwa na vhalwadze ha tshitzhili tsha corona (COVID-19) Afrika Tshipembe yo khwathiswa nga venthileitha dza u tou thoma u itwa shangoni lashu.

Venthileitha ya Continuous Positive Airway Pressure (CPAP) i thusa vhalwadze vha re na tsumbadwadze dza COVID-19 dzine dza sa vhe khombo nga maanda u fema zwo leluwa u ntschedza levele yo linganelaho ya mutsiko wa muya u re na okisidzheni u itela uri ndila dza u tshimbidza muya dzi dzule dzo vulea.

Venthileitha yo oliwa nga Khoro ya Thodisiso na zwa

Ndowetshumo ya zwa Saintsi (CSIR) nga kha tshumisano na vhashumisani vha tshivhalo vhapo nahone i do ntschedzwa u mona na shango kha vhalwadze vhane vha khou sumbedza u vha na vhuleme ha u fema mathomoni a u kavhiwa nga COVID-19.

"Muya une muthu a anzela u u fema u na phesenthe dza 23 dzo dalaho nga okisidzheni. Venthileitha ya CPAP i nga bommba okisidzheni nga vhunzhi, i tshi khou thusa muthu u fema. CPAP i bommba okisidzheni yo dalaho u ya ngauralo. Vha nga gonyisa kana vha fhungudza

**Tsho iswa phanda kha siatari 2**



U vhalwa Vuk'uzenzele kha vha danulode GOVAPP kha:



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**KHA VHA RI KWAME**

Vuk'uzenzele

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Webusaiti: [www.gcis.gov.za](http://www.gcis.gov.za)

Imeili: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)

[www.vukuzenzele.gov.za](http://www.vukuzenzele.gov.za)

Luŋingo: (+27) 12 473 0353

**Tshedimosetso House:**

1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

**NDI YA MAHALA A I RENGISWI**

# Bad behaviour results in alcohol ban

**A TRAUMA SURGEON** has welcomed President Cyril Ramaphosa's efforts to sober up South Africa, saying that heavy drinking was causing a headache for hospitals.

**T**he sale of alcohol was once again banned in South Africa in the middle of July because of the number of people needing emergency care in hospitals as a result of drunken behaviour.

Instead of being available to help people who were very sick from the coronavirus disease (COVID-19), hospitals were treating patients wounded in car accidents or

fighting that were caused by drinking too much.

Professor Steve Moeng, who is head of trauma at Gauteng's Charlotte Maxeke Hospital, explains that under level five of the lockdown, the hospitals' emergency rooms were nice and quiet but each time the country went to a lower level, the number of people needing emergency treatment at our hospitals increased.

He says that since the coun-

try moved to level four of the lockdown on 1 June, hospitals have seen more trauma cases.

"Unfortunately, this has had a negative impact in terms of our ability to deal with the COVID-19 load in our hospitals," he says, explaining that in South Africa, most of the trauma cases dealt with by hospitals are related to alcohol.

Moeng, who is also the academic head of trauma at the University of the Witwa-

tersrand, says

when the emergency rooms are full, hospitals are not able to give as much time and resources to COVID-19 as needed.

He says there is a need to re-evaluate society's relationship with alcohol because too many people are not able to drink responsibly and

instead become drunk and disorderly and behave recklessly or badly as a result.

Emergency rooms tell the story of the impact on South Africa of the abuse of alcohol, with doctors spending most weekends stitching up victims of domestic abuse, car crashes or violent fights.

— SANews.gov.za



## Tsho bva kha siafari 1

tshikalo tsha okisidzheni ine muthu a khou i fema, "vha ralo Mulanguli Muhulwane wa CSIR Future Production: Manufacturing Vho Martin Sanne .

Vhalwadze vha shumisaho venthiileitha vha tumanyiwa nayo nga kha masiki wa khofheni. Okisidzheni i kokodzwa u bva kha thannge la gese ya okisidzheni ya tanganyiswa na muya mufhe kha venthiileitha, une u bva afho ya fhiriselwa kha masiki wa kona u femiwa nga mu-

lwadze. Vho Sanne vha ri u dudzisa kha u bommba muya u re na okisidzheni, CPAP i dovha ya thusa vhalwadze u femela nnda.

Tshishumiswa tsha CPAP tshi nga shumiswa hothe fhethu ha zwa dzilafho la vhalwadze ha thekhinolodzhi ya ntha na kha nzudzanyo dza tshifhinga nyana, u fana na zwibadela zwa tshifhinga nyana na zwiimiswa zwa u valela vha khou lwalaho.

Vho Sanne vha ri CSIR i do vha yo no bveledza dziventhiileitha dza 10 000 mafheloni a Thangule. I tshi khou shumisana na

Siemens, Simera, Akacia, Gabler, Umoya na Yuni- vesithi ya Cape Town, CSIR yo bveledza CPAP u ya nga tshilingano tsha zwa Dzangano la Mutakalo la Lifhasi.

Betshe ya u thoma ya dziventhiileitha i do ngetshedzwa zwibadela zwa muvhuso zwine zwa khou tshenzhema mutsiko nga vhanga la u sa vha hone ha tshomedzo dza u thusa vhalwadze vha COVID-19.

CSIR yo thoma u shuma zwa CPAP nga murahu ha musi lifhasi li tshi khou tshenzhema thahalelo khulwane vhukuma ya dzi-

venthiileitha. "Henefha nga Thafamuhwe na Lambamai, ho do thoma u vha na thahalelo ya ngetshedzo ya dziventhiileitha u bva kha vhangetshedzi vhashu vha dzitshaka. He dza vha dzi tshi khou wanala hone, dzo vha dzi khou dura vhukuma, ngauralo, muvhuso wa bvisa thenda ya mveledzo ya dziventhiileitha," vha ralo Vho Sanne.

Thenda yo vha tshipida tsha Thandela ya Venthiileitha ya Lushaka ya muvhuso u bva kha Mhasho wa Mbambadzo, Ndowetshumo na Muafatisano.

CSIR i khou dovha ya shuma kha u bveledza venthiileitha ya *Bi-level Positive Airway Pressure* yo sedzaho kha u thusa vhalwadze vhane vha vha na tsumbadwadze dza COVID-19 dzi re na khombo ya u vhulaha. Venthiileitha i do thusa hothe kha u femela ngomu na u femela nnda, hu nga vha nga maitele a disaho mutsiko wa muya tshifhinga tshothe kana nga ndila ine mutshini wa limuwa ndisedzo ya okisidzheni i fodiwaho nga mulwadze na u dzudzanya mutsiko nga ndila yo teaho. **U**



government  
communications

Department:  
Government Communication and Information System  
REPUBLIC OF SOUTH AFRICA

Tel: 012 473 0353

Email: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)

Address: Private Bag X745, Pretoria, 0001

Head of Editorial and Production  
Khusela Diko | [khusela@gcis.gov.za](mailto:khusela@gcis.gov.za)

Editor-in-Chief  
Tyrone Seale | [tyrone@gcis.gov.za](mailto:tyrone@gcis.gov.za)

Managing Editor  
Ongezwa Mogotsi  
[ongezwa@gcis.gov.za](mailto:ongezwa@gcis.gov.za)

News Editor  
Noluthando Motswai

Writers  
More Matshediso  
Jauhara Khan  
Silusapho Nyanda

Senior Designer | Tendai Gonese

Language Practitioners  
Nomgcibelo Motha  
Boitumelo Phalatse

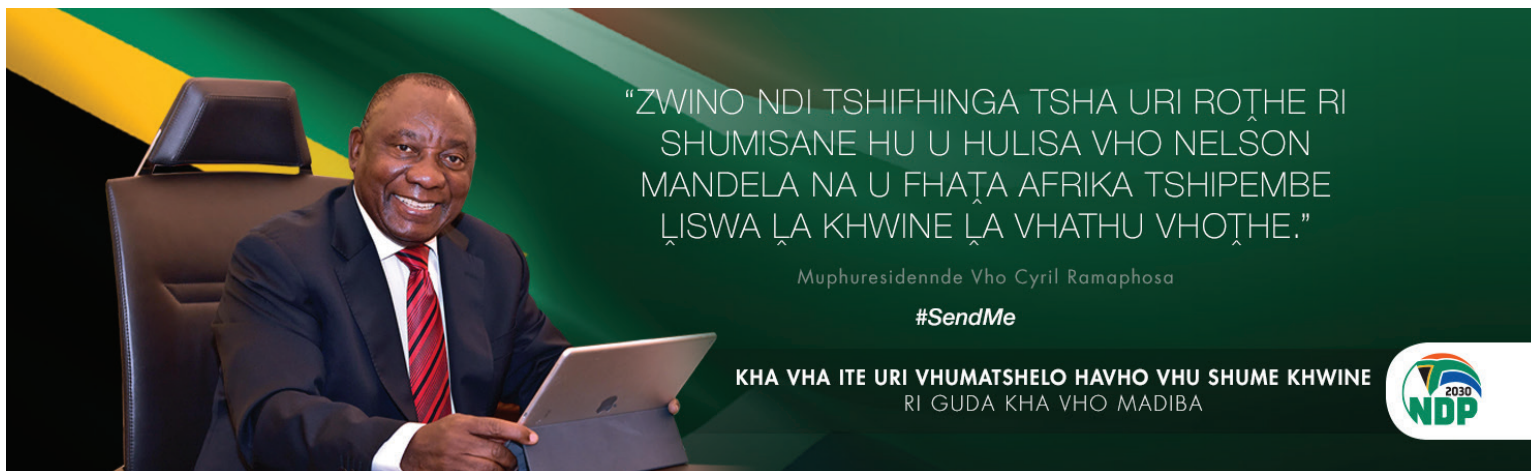
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## Kha vha thuse u fhelisa u phadlalala ha COVID-19

**L**ushaka lwashu lwo livhana na tshiwo tshihulu vhukuma kha qivhazwakale ya dimokirasi yashu. Kha maḍuvha a fhiraho 120, ro kona u lengisa u phadlalala ha tshitzhili tshine tsha khou vhangha mutshinyalo u mona na lifhasi.

Fhedzi zwazwino, u engedzea nga u ṭavhanya ha tshivhalo tsha vha kavhiwaho he ra eletshedzwa nga vhomakone vhashu vha zwa dzilafho uri hu ḑo itea, ho swika. Vhathu vha fhiraho kotara ya milioni Afrika Tshipembe vho kavhiwa nga tshitzhili tsha corona, nahone ri a zwi ḑivha uri hu na tshivhalo tshinzhi tsha vho kavhiwaho tshi songo vhonealaho. Zwazwino ri khou rekhoda tshivhalo tshiswa tsha vha kavhiwaho tshi fhiraho 12 000 ḑuvha liṇwe na liṇwe.

U bva tshe dwadze la ṭaha nga Ṭhafamuhwe, vhathu vha swikaho 4.079 vho lovha nga nthani ha COVID-19.

U fana na lutsinga luhulu lwa muya u rotholaho vhukuma lu swielaho shangoni lashu u bva kha South Atlantic nga tshifhinga hetshi tsha ṇwaha, hu na zwipiḑa zwi si gathi zwa shango lashu zwine zwa ḑo sala zwi songo kwamiwa nga tshitzhili tsha corona. Dumbu la tshitzhili tsha corona lo kalula vhukuma na u vha li tshinyadzesaho u fhira zwe ra vhu ya ra ṭangana nazwo murahu. Li khou swiela fhu zwiko zwashu na thandululo dzashu u swika magumoni.

U gonya nga u ṭavhanya ha tshivhalo tsha vha kavhiwaho he vhomakone vhashu na vhorasaintsi vha hu bula uri hu ḑo itea miṇwedzi miraru yo fhiraho, ho swika. Ho thoma Kapa Vhukovhela nahone hu khou itea ngei Kapa Vhubvaḑuvha na Gauteng.

Naho zwo ralo, musi tshivha-

lo tsha vha kavhiwaho tshi tshikhou gonya nga luvhilo, ndi zwa vhuṭhogwa u ḑivha uri reithi yashu ya vha lovha ho ya phesenthe ya 1.5 ndi iṇwe ya dza fhasisa lifhasini. Hezwi zwi khou vhambedzwa na tshivhalokati tsha reithi ya vha khou lovha tsha lifhasi tsha phesenthe dza 4.4. Ri tea u livhisa ndivhuwo dzashu dza u vha na tshivhalo tsha mpfu tsha fhasi kha shango lashu kha tshenzhemo na vhuḑikumedzeli ha vhashumeli vha mutakalo vhashu na maga e ra a dzhia nga u ṭavhanyedza u beveledzisa na u lugisela sisiṭeme ya mutakalo washu.

Naho vhunzhi ha vhathu vhashu vho dzhia vhukando ha u thivhela u phadlalala ha tshitzhili, vha hone vane vha sa khou ita nga u ralo. Hu na vhaṇwe vhukati hashu vane vha khou pfuka milayo ye ya phasiswa ya u lwa na vhu-lwadze.

Vhukati ha tshiwo tsha dwadze ili, u ṇamela thekhisi u songo ambara masiki, u kuvhangana na dzikhonani, u ya mbulungoni kana u dalela vha muṭa, na zwone zwi nga phadlaladza tshitzhili na u lozwa matshilo. Hovhu vhu nga kha ḑi vha vhu vhu-lwadze vhu vhangwaho nga tshitzhili, fhedzi vhu phadlaladzwa nga vhuḑifari na mikhwa ya vhathu.

Nga kha nyito dzashu riṇe vhaṇe – sa vhathu vhone vhaṇe, sa miṭa, sa zwitshavha – ri nga kona nahone ri fanela u shandukisa nḑila ine tshiwo tsha dwadze ili ya khou isa shango lashu hone. Ri tea u ambara masiki wa labi une wa vala mulomo na ningo tshifhinga tshoṭhe musi ri tshi bva hayani. Ri fanela u bvela phanḑa na u ṭamba zwandḑa zwashu tshifhinga tshoṭhe nga

maḑi na tshisibe kana nga sanithaiza (tshivhulahatshitzhili). Ri fanela u bvela phanḑa na u kunakisa na u sanithaiza fhethu hoṭhe ha u shumela hone ha nnyi na nnyi. Tsha vhuṭhogwa vhukuma, ri fanela u vha kule na muṇwe muthu – lwa vhukule ha mithara dzi swikaho mbili – u bva kha vhaṇwe vhathu.

Zwazwino hu na vhuṭanzi ho bvelelaho ha uri tshitzhili tshi nga hwalwa nga zwipiḑa zwiṭukuṭuku muyani fhethu ho ḑalesaho vhathu, ho valeaho kana hune hu sa tou vha na u mona ha muya zwavhuḑi. Nga nthani ha hezwi, ri fanela u khwinisa nga u ṭavhanya vhupo ha nga ngomu ha fhethu ha nnyi na nnyi hune khonadzeo ya khombo ya u kavhiwa ya vha khulwanesa.

Tsheo yashu ya u ḑivhadza nyiledza u bva mahayani ya lushaka nga vhu-phara yo thivhela u gonya huhulu ha vhu-lwadze nga u ṭavhanya musi tshumelo dza mutakalo dzashu dzo vha dzi sa athu lugiselwa zwavhuḑi, zwe zwa vha zwi tshi ḑo vhangana ndozwo khulwanesa ya matshilo a vhathu.

Kha tshifhinga tshe ra vha ri natsho, ro dzhia maga a vhuṭhogwa u khwaṭhisa phindulo ya mutakalo washu. Ro ita dzindingo dza tshitzhili tsha corona dzi fhiraho milioni mbili nahone vhashumeli vha mutakalo vha tshitshavha vho ṭola vhathu vha fhiraho 20 milioni.

Ro kona u ri hu vhe na mimbete ya sibadela i ṭoḑaho u swika 28,000 ya vhu-lwadze vha COVID-19 na u fhaṭa zwibadela zwa tshifhinga nyana zwi shumaho u mona na shango. Zwazwino ri na mimbete ya khwarathini ya 37,000 kha zwiimiswa zwa muvhuso na zwa phuraivethe

u mona na shango, zwo lugela u ṭanganedza avho vha sa koni u ḑikhethela thungo mahayani avho.

Ro renga na u ḑisa tshomedzo dza u ḑitsireledza dza milioni zwibadela, dzikilini na zwikoloni u mona na shango u tsireledza vhashumi vha ṇetshedzaho tshumelo dza vhuṭhogwa. Ro thola nahone ri khou bvela phanḑa na u thola vhaongi vha u engedzedza, madokotela na vhashumi vha zwa mutakalo kha tshiimo tsha shishi.

Ri ya phanḑa na u ita mvelaphanḑa kha ndingedzo dzashu dza u lwa na COVID 19, fhedzi khaedu yashu khulwanesa i kha ḑi ḑa. U mona na mavundu oṭhe, ri khou shuma u engedza tshivhalo tsha mimbete wadini dza vha lwalesaho na kha wadi zwadzo uri i vhone u itela vhu-lwadze vha COVID-19.

Tshikhala wadini tshi khou vulea kha zwibadela zwo vhalaho nga u lengisa ndondolo ya dzilafho ine a si ya shishi, u shandukiswa ha huṇwe fhethu zwibadela ha itwa wadi dza u engedzedza na u fhaṭwa kana u engedzedzwa ha zwibadela zwa tshifhinga nyana.

Ri khou shuma u engedza nḑisedzo ya okisidzheni, dziventhiḑeitha na dziṇwe tshomedzo u itela avho vha ṭoḑaho ndondolo ya vhuṭhogwa, hu tshi katela na u nga pambusa ṇetshedzo ya okisidzheni dze dza vha dzi tshi khou ya u shumiselwa zwiṇwe. Ri khou shumisa thekhinoḑodzhi dza didzhithala u khwaṭhisa u topola, u sala murahu vho kwamanaho na muthu o kavhiwa na u vha vhea fhethu ha thungo, na u tikedza avho vho wanwaho uri vha na tshitzhili tsha corona.

Sa izwi zwino ri tshi khou sendela tsini na maṭhakheni a vhu-lwadze, ri tea u khwaṭhisedza uri ri tevhedza tsiradwadze na u khwaṭhisa maga ane a vha hone a u ongolosa reithi ya phiriselo.

Milayo ya u ambarwa ha mimasiki i ḑo khwaṭhiswa.

Vhatholi, vhaṇe vha mavhengele na vhalanguli, vhareili vha zwiendedzi zwa nnyi na nnyi, na vhalanguli na vhaṇe vha zwifhaṭo zwiṇwe zwa nnyi na nnyi zwazwino vha kombetshedzwa nga mulayo u khwaṭhisedza uri muthu muṇwe na muṇwe a dzhenaho kha zwifhaṭo zwavho kana moḑoro u fanela u vha vho ambara masiki.

Thekhisi dzi tshimbilaho nyendo pfufhi dzapo zwazwino dzi ḑo tendelwa u engedza tshivhalo u ya kha phesenthe ya 100 ya vhanameli, ngeno thekhisi dza nyendo ndapfu dzi sa ḑo tendelwa u ṇamedza tshivhalo tshi fhiraho phesenthe dza 70 dza vhanameli, zwi tshi bva nga uri phurotokholo ntswa dza u fhungudza khonadzeo dza khombo dzi elanaho na u ambarwa ha masiki, u sanithaiza moḑoro na u vula mafasiṭere dzi khou tevhedzwa.

Zwazwino hu na vhuṭanzi vhu re khagala ha uri u vulwa ha thengiso ya mahalwa zwo vhangana mutsiko u vhonealaho kha zwibadela, hu tshi katelwa yuniti dza zwi tatisaho na ICU, nga vhangana la khombo dza mimoḑoro, zwi tatisaho zwi elanaho na dzikhakhathi. Nga u ralo, ro dzhia tsheo ya uri u itela u vhu-lunga tshivhalo tsha mimbete sibadela, thengiso, u hwala na u iswa ha mahalwa zwi khou imiswa u bva zwino.

Sa maga a u engedzedza u itela u fhungudza mutsiko zwibadela, hu ḑo vhwana nyiledzo ya tshifhinga tsha u tshimbila vhukati ha awara ya 9 nga madekwana na awara ya 4 nga matsheloni.

Ri khou dzhia maga aya ri tshi tou zwi ḑivha zwavhuḑi uri a kombetshedza nyiledzo dzi sa takalelwi kha matshilo a vhathu. Honeha, o tea u ri thusa uri ri kone u bva maṭhakheni a vhu-lwadze.

A hu na nḑila ine ri nga tinya dumbu la tshitzhili tsha corona. Fhedzi ri nga fhungudza tshinyalelo ine tshi nga i beveledza kha matshilo ashu. Sa lushaka, ro ṭangana u tikedzana, u khuthadza avho vane vha khou lwala khathihi na u ṭuṭuwedza u ṭanganedzwa ha vhathu vane vha vha na tshitzhili.

Zwazwino, u fhira na mathomoni, ri na vhuḑifhinduleli ha matshilo a vhathu vha re vhukati hashu.

Ri ḑo bva kha dumbu ili ro tsireledzea. Ri ḑo vusuludza shango lashu la vha na mutakalo na lupfumo. Ri ḑo kunda. **V**

# Celebrating South African women

**A**ugust is Women's Month, a time when we pause to celebrate the achievements and contributions made by South African women.

## Why do we celebrate Women's Day?

In South Africa, 9 August is Women's Day and the month of August is National Women's Month. This is an opportunity to celebrate women's achievements and the important role that women of all races and religions have played and continue to play in South African society.

On 9 August 1956, more than 20 000 women from all walks of life united in a mass demonstration at the

Joseph, Albertina Sisulu, and Sophia Williams-De Bruyn.

In remembrance of what South African women

**“Women of South Africa, be proud of what you have achieved.”**

Union Buildings in Pretoria. They protested against the unjust pass laws enforced on women in South Africa.

The women were led by Lilian Ngoyi – a trade unionist and political activist, Helen


achieved on that day, 9 August has been declared as National Women's Day and is a public holiday in South Africa. Women's Month is an opportunity to celebrate and reflect on the achieve-

ments of these inspirational women, the problems they faced in the struggle to be free and the important role all women continue to play in society.

Apart from their traditional roles as mothers, wives and caregivers, statistics show that women are making great progress in business, politics and academic and economic careers, with more and more women reaching top positions.

## Make a difference

Women of South Africa, be proud of what you have achieved. Let the achievements of those who went before you inspire you to unlock your own strength and motivate you to make a difference in your family, your community and your country.

Go out and celebrate the women that you are. Go out and make a difference this Women's Month! 

## Gender-based Violence

Gender-based Violence and Femicide (GBVF) continues to be a big problem in our society. The fight against GBVF cannot be left to government alone; it must be embraced by all South Africans – men, in particular.

Contact the Gender-based Command Centre in your area by calling 0800 428 428 or send a please-call-me to \*120\*7867#

## Important numbers

If you are being abused or suspect that someone is being abused, call:

- South African Police Service 10111
- Childline 0800 055 555
- Stop Women Abuse Hotline 0800 150 150
- Lifeline 0861 322 322.

# Mudzimamulilo wa Crew Juliet u ri kovhela tshiṭori tshawe

**VHAFUMAKADZI** vha fanela u ita zwithu zwiswa, u ralo mudzimamulilo.

Dale Hes

**M**uswa ane a vha mudzimamulilo, Vuyiseka Arendse wa minwaha ya (26) ndi muraḁo wa Crew Juliet, tshigwada tsha zwa u dzima mililo ya ḁaka tsha u tou thoma tsha vhafumakadzi fhedzi kha ḁa Afrika Tshipembe. Nungo dzawe na vhuḁiimiseli hawe kha u ṭoḁa u ḁiitela dzina kha ḁifhasi ḁa mushumo wo ḁalesaho vhanna wa zwa u dzima mulilo i tou vha ṭhuṭhuwedzo ya vhukuma kha vhafumakadzi vhoṭhe.

Arendse o alutshela ḁoroboni ṭhukhu ya Kapa Vhukovhela, Beaufort West. Nga murahu o fhedza tshikolo, o lingedza u ya u guda gudedzini ḁa Oudtshoorn, fhedzi a nanga u humela hayani u tikedza muṭa wa hawe. O shuma vhengeleni lwa tshifhinga nyana, fhedzi



**Muswa ane a vha mudzimamulilo, Vuyiseka Arendse ndi muraḁo wa tshigwada tsha vha u dzima mulilo vha vhafumakadzi fhedzi tsha u thoma Afrika Tshipembe.**

Photo: Alistair Burt – Tshumelo dza zwa Mupo dza NCC

zwa vhudzimamulilo zwa kunga maṭo awe.

“Ndo vhona vhadzimamulilo vho ambara yunifomo dza vho na maṭiraka matswuku mahulu. Nda mbo ḁi thoma u zwi takalela na zwenezwo nda vho ṭoḁa u ḁivha zwinzhi,” u ralo Arendse.

Arendse o vha muṇwe wa vhatelwadigirii vha mbekanyamushumo ya mveledziso ya vhaswa ya Chrysalis Academy nga muvhuso wa Kapa Vhukovhela nga 2016. Nga murahu ha mbekanyamushumo, o shuma kha tshiṭitshi tsha zwa vhudzimamulilo ngei Beaufort West a tshi hola R1 900 fhedzi

nga n̄wedzi. Fhedzi o ḁo wana tshikhala tshe tsha ṇetshedzwa nga Tshumelo dza zwa Mupo dza NCC n̄waha wo fhiraho.

“Ndo vha ndi Chrysalis Academy sa mutshimbidzi musi NCC i tshi ḁa u amba na matshudeni nga ha tshikhala tsha u ita khumbelo ya pfumbudzo ya tshigwada tsha u dzima mililo ya ḁaka tsha u tou thoma tsha vhafumakadzi fhedzi. Naho ndo vha ndi si muṇwe wa matshudeni, ndo vha na dzangalelo vhukuma nda mbo ḁi ita khumbelo ya u dzhenela kha pfumbudzo, na uri nda mbo ḁi ṭanganedzwa,” u ralo Arendse.

Arendse o ḁo ita pfumbudzo, ye ya katela masia a theori na u tou ita mushumo wa zwa vhudzimamulilo.

“Ndo guda zwinzhi vhukuma. Tsha u thoma, ndo vha ndi sa ḁivhi uri hu na vhadzimamulilo vha shumaho u dzima mulilo wa maḁaka. Ndo vha ndi tshi humbula u nga vhoṭhe vha shuma dziḁoroboni fhedzi u dzima mililo kha zwifhaṭo,” u ralo.


Arendse o ḁadzisa nga uri zwo vha vhuḁipfi vhu ma-ngadzaho u phasa pfumbudzo na u vha tshipiḁa tsha tshigwada tsha zwa vhudzimamulilo tsha vhafumakadzi fhedzi tsha u tou thoma tshi sa faniho na zwiṇwe.

“Ndo pfa ndo takala vhukuma, nga maanda ngauri musi ndi tshi vhudza vhathu uri ndi khou ṭoḁa u vha mudzimamulilo, vhunzhi havho vho ri ndi nga si kone u zwi ita ngauri ndi mufumakadzi nahone ndi nga si kone u konḁelela u ita mushumo uyu. Hezwi zwo nkombe-tshedza u vha sumbedza uri ndi nga zwi kona, hu si u itela nṅe fhedzi, fhedzi na vhafumakadzi vhoṭhe vha Afrika Tshipembe.”

Arendse u ri u lwa hawe na mulilo muhulwane vhukuma lwa u tou thoma ngei Noordhoek ho vha khaedu fhedzi ha dovha ha vha tshenzhemo ya mbuelo khulwane.

“Ḽo vha ḁi diso ḁanga ḁa awara dza 24 dzoṭhe ḁa u tou thoma na u dovha lwa vha lwa u thoma ri tshi khou shuma roṭhe na vhaṇwe vhadzimamulilo vha vhanna. Zwo vha zwi tshi khou netisa na u fhisesa nga maanda ro ambara zwiambaro zwa u ḁitsiredza zwashu fhedzi ra fhedza mushumo nahone vhuḁipfi nga murahu ho vha havhuḁi vhukuma.”

Arendse u ṭuṭuwedza vhafumakadzi vha Afrika Tshipembe uri vha songo ḁidzhiela fhasi na luthihi.

“Vha songo ḁaluswa nga zwine vathu vha ri vha nga kona na zwine vha ri vha nga si kone.” 

**\*U sedza zwikhala zwinzhi zwi ṇetshedzwaho nga Tshumelo dza zwa Mupo dza NCC, kha vha vha tevhele kha siaṭari ḁa Facebook. Vha nga ḁi dovha vha founela hafhu kha 021 702 2884 (ḁoroboni ya Kapa), 010 007 5272 (Gauteng), 031 003 2964 (KwaZulu-Natal) kana 041 101 1033 (Kapa Vhubvaḁuvha).**