



# U tshila na vuholefhalo

African Storybook

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Vincent ndi muvhigi wa Tshitiŧtshi tsha RX Radio. U tshitudio tsha RX Radio u itela u rekhoda mbekanyamushumo yawe.

Namusi, mbekanyamushumo ya Vincent ndi ya malugana na vhana vhane vha vha na malwadze mahulwane a mutakalo.

U khou ambedzana navho nga ha tshenzhelo dzavho tshifhingani tsha dwadze ja Covid-19.



“Ri a vusa vthathetshelesi, hoyu ndi Vincent fhana kha Tshitudio tsha RX Radio. Namusi vhaeni vhashu ndi Mulalo, Ashley, na Lina,” hu amba Vincent.

Vhaeni vha a didivhadza.

Vincent u bvela phanda, “Dwadze la Covid-19 lo itela khaedu vhatu vha re na vuholefhalo. Ri humbela uri ni vhudze vthathetshelesi vhashu nga ha zwenezwo.”



Mulalo u a thoma, “Ndi na vhwadze vhu sa fholi vhu vhidzwaho *‘spinal muscular atrophy’*. Vhu kwama misipha yanga, milenzhe, zwanḁa, na nḁila ine nda fema ngayo.

Arali tshitzhili tsha Corona na vhwadze hanga zwa ṭangana, zwo vha zwi tshi ḁo mmbulaya! Mafhafhu anga ha na mutakalo wavhuḁi, nahone nga hetshi tshitzhili ndo vha ndi tshi ḁo vha ndo raha bakete!”



Lina uri, “Na n̄e ndo vha ndo tshuwa nga maan̄a. Ndi na vhuḽwadze ha u fhelelwa nga muya (*‘asthma’*), vhune ha kwama mafhafhu anga.

Arali nda hoṭola kana nda pfa u nga ndi khou kundelwa u fema, ndo vha ndi si na vhuṭanzi ha uri ndi nga n̄hani ha *‘asthma’* kana nga tshitzhili tsha Corona. Zwo vha zwi tshi kwama khana yanga nga n̄ila i si yavhuḽi.”



Ashley u a engedza, “Ndi na vhulwadze vhu vhidzwaho ‘*bipolar disorder*’. Vhu kwama mutakalo wanga wa muhumbulo nahone ndi fanela u nwa mishonga u itela u vhu langa.

Nga zwiñwe zwifhinga ndi dipfa ndo t̄ungufhala nga maan̄ḁa, kana ndo sinyuwa nga maan̄ḁa. Nga zwiñwe zwifhinga maḁipfele anga a shanduka nga u t̄avhanya. Zwi a konḁa u langa maḁipfele anga.”



“Ro livhuwa nge na ri vhudza dzenedzi tshenzhelo. Naa hu na zwithu zwavhudi zwe zwa itea kha vhoiwe nga tshifhinga tsha Jeneji dwadze?” hu vhudzisa Vincent.

“Ndo kona u fhedza tshifhinga tshinzhi na muṭa wa hashu. Ro tamba mitambo ya i re kha gwati, nahone ndo zwi funa nga maandḁa,” hu amba Lina.



“Na n̄e ndo fhedza tshifhinga tshavhuḁi na muḁa wa hashu. Mashudu mavhuya, ndo kona u ḁinwisa mishonga ndi hayani,” hu fhindula Mulalo.

“Ndo khetha u shumisa tshifhinga sa tshibuli tsha u ita khwine. Ndo kona u khwaḁhisa vhushaka na muḁa wa hashu. Ndo dovha nda sendela kha Mudzimu, nda rabela,” hu amba Ashley.





Vincent a lavhelesa watshi i re kha luvhondo lwa tshitudio.

“Mashudu mavhi, ro no fhelelwa nga tshifhinga!” a tshi amba.

“Kha vhañwe vhana vha re na vhumwadze ha muhumbulo kana ha muvhilini, ni nga vha tuṭuwedza hani?” hu vhudzisa Vincent.



Ashley u fhindula u thoma, “Vhathu vha anzela u sasaladza vhathu vha re na vhulwadze ha muhumbulo.

Ni dzhiiwa ni tshi penga kana ni khou ɽoɽa u vhonwa, ndi zwine nda ɽoɽa u zwi shandula. A hu na tsho khakheaho arali ni tshi lwala nga tshinwe tshifhinga.”



Lina u a tenda nahone a ri, “Zwine nda nga zwi eletshedza vhanwe ndi uri ni ñivhavhalele. Ni songo ñifhelela mbilu. Ni khou ita zwothe zwine na nga kona.”

Mulalo u a engedza, “Ni songo ñala! Hu na khaedu fhedzi ni nga kona u swikelela miḵoro yaḵu.”

## —Dzimbudziso

1. Nwalani zwine haya maipfi a amba zwone: vhulwadze, vhulwadze vhu sa fholi, sasaladzwa.
2. Wanani maipfi a re kha nganea ane a fana na: nga maanda, nyeletshedzo, khonadzeo.
3. Zwi amba mini 'u vha na vhulwadze ha muhumbulo kana ha muvhilini'?
4. Naa hu na zwithu zwavhuḁi zwe zwa itea kha inwi nga tshifhinga tsha dwadze?

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Heyi nganea yo thewa kha mivhigo ya RX Radio. RX Radio ndi tshiti tshi tsha radio ya kha inthanethe, ya vhana na yo itelwaho vhana.

RX Radio i hasha i ngei Red Cross War Memorial Children's Hospital, Cape Town.

RX Radio i thusa vhana u amba zwiṭori nga ha mafhungo a ndeme ane a vha kwama.

[Dalelani RX Radio](#)



Ulwazi Lwethu is a Zenex Foundation funded and initiated project to develop a series of graded and leisure African language readers and teacher support materials. This project is targeted at teaching and supporting learners in the Foundation Phase to improve their home language reading and understanding. The readers have been originated in nine African languages in collaboration with Molteno Institute for Language and Literacies, Nelson Mandela Institute for Education and Rural Development, Room to Read South Africa, and Saide. All resources are developed as Open Education Resources (OER).



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