

Vuk'uzenzele

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English/Tshivenda

Tshafamuhwe 2021 Khandiso 2



How are we raising the boy child?
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STAY SAFE
PROTECT SOUTH AFRICA
TOGETHER WE CAN BEAT CORONAVIRUS



Budget brings tax relief
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Stay alert during COVID-19 level 1

PEOPLE MUST continue to wear their face masks and follow all other safety protocols so that South Africa can overcome the pandemic and regrow the economy.

Sphelele Ngubane

The country has moved to Coronavirus Disease (COVID-19) alert level 1 but government urges people to continue with all the precautionary measures aimed at curbing the spread of the virus.

The wearing of face masks remains compulsory and there are still some restrictions to maintain low levels of infections and, in particular, to prevent super-spreading events. It has been a year since the first case of COVID-19 was reported in South Africa. More than 1.5 million

people have been infected and over 50 000 have died from the disease.

Dr Nkosazana Dlamini Zuma, the Minister of Cooperative Governance and Traditional Affairs, has provided details of the regulations that have changed, including the new curfew, which is from midnight to 4am. People may only be out of their properties during this time if they have a permit or a security or medical emergency.

Gatherings

The maximum number of people attending a religious, social, political or cultural gathering is 100

indoors or 250 outdoors, provided that the venue is big enough to allow for social distancing.


The number of people attending a funeral is limited to 100. If the venue is too small for people to be at least one-and-a-half metres from each other, then not more than 50% of the capacity of the venue may be used. Night vigils or after-funeral gatherings, including 'after-tears' gatherings, are not allowed.

Borders



- Land borders: Nothing changes as the 20 land borders which have

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"ZWINO NDI TSHIFHINGA TSHA URI ROṬHE RI SHUMISANE HU U HULISA VHO NELSON MANDELA NA U FHAṬA AFRIKA TSHIPEMBE LISWA LA KHWINE LA VHATHU VHOṬHE."

Muphuresidennde Vho Cyril Ramaphosa

#SendMe

KHA VHA ITE URI VHUMATSEHO HAVHO VHU SHUME KHWINE RI GUDA KHA VHO MADIBA



Tshumelo ya muvhuso ya Maimo a nṱha



Musi ndi tshi khethwa kha vhuimo ha u vha Muphuresidennde wa Afrika Tshipembe, ndo amba zwa uri u fhaṱa muvhuso u bvelelaho, u konaho nahone wa mikhwa u si na zwiito zwa vhuāḍa zwo vha zwi tshinwe tsha zwa ndemesa kha nṱe.

Muvhuso u konaho, u bvelelaho, wa mikhwa na mveledziso fhedzi u nga shuma kha vhuḍikumudzeli ha u khwiṅisa matshilo a vathu vha ḽino shango.

Hezwi zwi amba uri tshumelo ya muvhuso i fanela u langwa nga vhanna na vhafumakadzi vha vha na vhukoni, zwickili na vhuḍiṅetshedzeli nahone vha fulufhedzeaho.

Vha fanela u ḍikumudzela kha u tikedza pḽanelo dza Ndayotewa, vha dovha hafhu vha fanela, sa musi ndo zwi amba kha tshipitshi tshanga tsha u rwela ḽari, "u shumela muvhuso nga u fulufhedzea hu si na u shumela zwiṅwe".

Kha vhege mbili dzo fhirahō, nyambedzano dza tshitshavha dzo vha hone malugana na ḽinwalo ḽa vhuṱhogwa ḽa mbekanyamaitete ḽine ḽa ḍo ṅetshedza ḽuṱhuwedzo khulwane kha vhuḍiimiseli hashu u itela u khwaṱhisa, u maanḍafhadza na u kona u langa tshumelo ya tshitshavha.

Mvetomveto ya u Shumiswa ha Muhanga wa Lushaka kha vhuḍivhi ha Tshumelo dza Muvhuso i pika kha u fhaṱa muvhuso une wa shumela vathu vashu, wo tsireledzeaho kha u dzhenelela ha poḽotiki hu sa ḽoḍei na kha hune u tholwa ha vha ho itwa zwo fanela.

Muhanga wo ṱanganedzwa nga Khabinethe nga ḽara ṅwaha wo fhelaho nahone nyambedzano dzo dzudzanywaho na sekhithara dzo fhambanaho dza tshitshavha dzi ṅḍilani zwazwino.

Miṅwaha ya Fumbilisumbe ya demokirasi, zwi nga ambelwa tshumelo ya muvhuso uri musi hu na vhukoni vhuṱukuṱuku vhu re hone, ri na khaedu khulwane kha Mihasho minzhi ya muvhuso malugana na zwickili, vhukoni na vhuḍivhi.

Zwo no ḍi itea lunzhi, vathu vha tholwa vha dovha hafhu vha fhiriselwa kha vhuimo ha phanḍa vhune a vhu ngo vha fanela kana a vha swikeli u vha khaho. Hezwi zwi kwama mashumele a muvhuso, fhedzi zwi dovha hafhu zwa shela mulenzhe kha tshidivhano, u dzhenelela ha poḽotiki kha mishumo ya mihasho, u shea ha vhuḍifhinduleli, u sa langwa zwone na zwiito zwa vhuāḍa.

Hu dovha hafhu ha vha na thaidzo i elanaho na u dzhenelela ha poḽotiki na vhalanguli vha mihasho ya mavunḍu vha dzulela u kwamea. Kha miṅwe mihasho, dziDG, dziHoD na vhalanguli vha mihasho vho vha na vhuḍiziki musi vha tshi tholwa.

Vhalanguli Vhahulwane na vha mihasho ya mavunḍu vha dzulela u kwamea. Kha miṅwe mihasho, dziDG, dziHoD na vhalanguli vha mihasho vho vha na vhuḍiziki musi vha tshi tholwa.

Vhalanguli Vhahulwane na vha mihasho ya mavunḍu vha dzulela u kwamea. Kha miṅwe mihasho, dziDG, dziHoD na vhalanguli vha mihasho vho vha na vhuḍiziki musi vha tshi tholwa. Kha vhuḍiziki kha vhurangaphanḍa, mawanwa a muṱolo a dzulela u vha avhuḍi nahone masheleni a tshitshavha a a vhone na uri khou shumiswa hani. Hune ha vha na kuṱutshete kwa vhalanguli vha mihasho, hu dzulela u vha na khakhathi kha ndangulo.

Nthihi ya themendelo khulwane dzo itwaho kha muhanga wa mvetomveto ndi ya uri tshumelo ya muvhuso i fanela u bviswa kha zwa poḽotiki na uri mihasho ya muvhuso i fanela u tsireledzwa kha poḽotiki.

U vha makone ndi zwa vhuṱhogwa kha vhuḍiziki ha kha tshumelo ya muvhuso, nga maanḍesa kha maimo a nṱha. Vhashumeli vha Muvhuso vha fanela u kona u isa phanḍa na u ita mishumo yavho "zwi si na ndavha na u tshintsha ha Miniṱa, Miraḍo ya Khoro Ndaguli kana Vhonedorobo kha ḽihoro ḽivhusi ḽine ḽa khou langula, kana tshanduko kha mahoro a zwa poḽotiki nga murahu ha khetho".

Ri khou dzinginya tshivhalo tsha tshanduko dzi re kule

na u swikelwa, dzi fanaho na u engedza tshifhinga tsha mishumo ya tshoṱhe kha Vhalanguli vha Mihasho zwi tshi ya nga vhukoni na mashumele, u ita ngaganyo dza vhukoni dzo ḍitikaho nga mushumo na u dzhenisa Khomishini ya Tshumelo dza Muvhuso kha inthaviwu dza Vhalanguli Vhahulwane na Vhafarisavhalanguli Vhahulwane.

U ḍivhadza ndingo dza tshirunzi kha vathu vhoṱhe vho khethelwaho u ita inthaviwu zwi ḍo thusa nahone ri ḍo kona u thola vhashumeli vha muvhuso vha nga kona u shuma nga vhufulufhedzei. Ri khou fanela u engedza milingo ya khombekhombe ya u dzhena ye ra i ḍivhadza nga Lambamai 2020 kha vhalanguli vha mihasho. Muvhuso yo bvelelaho i na maga a fanaho ane a thusa u vha muḍivhi ngomu kha tshumelo ya muvhuso.

Musi ri tshi khou ḽhogomela mvetomveto ya muhanga, "maitele a ndangulo a fanela u bvela phanḍa na u shumisa bono ḽa zwa poḽotiki nga vhuronwane na nga u fulufhedzea ḽe ḽa vhwewa nga vkhakethi na dzangano, fhedzi nga nyiledzo kha u vha vhorapoḽotiki vhone vhaṅe."

Ri khou eletshedza mathomo a vhuronwane kha u tholwa na u khethwa ha vhashumeli vha muvhuso, maitele a u wana vhashumi vhaswa na ndangulo ya kushumele. Hezwi zwi katela ngudo dzi bvelaho phanḍa na ḽila ya mveledziso ya vhukoni i re khagala kha mushumeli muṅwe na muṅwe wa muvhuso.

Mvetomveto ya muhanga i ombedzela kha ḽoḍea dza u ṅea vhashumeli vha mu-

vhuso vhuḍifhinduleli kha vhuḍifari vhu si havhuḍi, u fhelisa mvelele ya u sa dzhiela muthu vhukando kha ndaulo i si yavhuḍi na i songo fanelaho ya zwishumiswa zwa muvhuso.

U khwiṅisa tshiimiswa tsha muvhuso zwi katela u pfumbudza vhaofisiri vha muvhalelano u mona na madavhi oṱhe a muvhuso kha thendelo yo teaho ya zwa mulayo.

Tshikolo tsha Lushaka tsha Muvhuso tshi na mushumo wa ndeme une tsha fanela u u ita kha heḽi fhungo.

U vha muḍivhi a si u vha na ndalukanyo dzo fanelaho na zwickili zwa thekhiniki fhedzi, fhedzi na u dovha hafhu wa vha na u tevhela milayo yo fanelaho ya ḽhonifho.

Tshiimiswa tsha muvhuso tsho angalala, na u vha na vhuḅzhi ha zwickili, ndalukanyo na vhukoni. Vhashumeli vhanzhi vha muvhuso vha na zwickili zwo khetheaho zwine zwa vha zwa ndeme kha ndugiselo i shumaho ya tshumelo. Zworalo, a si zwa ndeme uri ri ḽoḍa tshumelo ḽhukhu ya muvhuso: zwine ra ḽoḍa ndi tshumelo ya muvhuso yo linganaho tshipikwa ine ya vha na zwickili zwo fanelaho, mikhwa ya vhuḍifari havhuḍi na vhuḍiimiseli ha u shumela vathu.

Vhanna na vhafumakadzi vha tshumelo ya muvhuso vha fanela u fundezwa vhukoni ha u ita mushumo wavho kha u tshimbidza mveledziso na u ṱanganya demokirasi. Heyi ndi pfulufhedziso ya khwiṅe ya muvhuso u konaho une wa shumela zwine vhadzulapo vha takalela zwone.

Ndi humbela vhoiwe uri ni vhe tshipiḍa tsha maitele a nyambedzano dza tshitshavha kha mvetomveto ya muhanga uyu, ine ya vha hone kha webusaithi ya Tshikolo tsha Lushaka tsha Muvhuso, na u ita uri maipfi a vhoiwe a pfiwe.

Tshimiswa tsha muvhuso a si tsha ḽihoro na ḽithihi, kana u vha muvhuso wa tshigwada tsha dzangalelo ḽeneḽo. A tshi faneli u vha mulayo nga tshone tshine.

Tshiimiswa tsha muvhuso ndi tsha vathu vhoṱhe vha Afrika Tshipembe. Tshi fanela u vha shumela nahone vhone fhedzi. **U**

Local doctor opens free clinic for Chatsworth community

COMMUNITY-FUNDED clinic gives patients with COVID-19 a fighting chance.

■ Dr Diveshni Govender helping a COVID-19 patient at the Havenside Clinic.



A new clinic opened by a Durban-based doctor is assisting the community in the fight against the Coronavirus Disease (COVID-19)

and it is doing it for free. The clinic, operating from the Havenside Community Hall in Chatsworth, was established by Dr Diveshni Govender (39) in a bid to

cope with the second wave of COVID-19 infections. Hundreds of patients have been treated at the clinic since it opened its doors in January. "The number of COVID-19

patients we were seeing increased to the point where I had to treat some patients in their cars, in the shopping complex where my practice is located," she says.

Dr Govender contacted community activists to assist with getting her access to use the Havenside Community Hall as a makeshift clinic. Govender says that the clinic is run on donations from several non-governmental organisations, businesses and members of the community.

The 30-bed clinic has helped patients like Jeeveshni Abraham (47) and her family. Abraham, her husband and two children were admitted to the clinic after her symptoms started to worsen.

"At the clinic, we received quality care and medication. We also had access to oxygen to help with breathing a little easier when we were in distress. The clinic also admitted my brother, his wife and children when they con-

tracted the virus," she says.

When Abrahams and her family were discharged from the clinic they received medicine packages to take home.

Dr Govender says that the free medicine they dispense from the clinic is made possible through donations from members of the community.

According to her, the clinic mainly treats patients who are above 45 years of age, with about 10% of patients under the age of 12. She says that the clinic has also partnered with a private ambulance company to transport patients who need elevated care to a hospital, at no cost.

Dr Govender says: "The partnership has saved several lives as patients who are in urgent need of transport to a hospital no longer have to wait a long time for an ambulance."

Dr Govender is assisted by two nurses and has also employed a cleaner to assist at the clinic. **U**

U pembelela Duvha la Vhulwadze ha Down Syndrome la Lifhasi

Kgaogelo Letsebe

Vha dwadze la Down Syndrome vha Dzitshaka vho khwaḥisedza duvha la 21 Thafamuhwe sa Duvha la Lifhasi la u pembelela avho vha lwaho na u katelwa ha vhafunwa vhavho vhane vha khou tshila na vhu-lwadze uvhu.

Vhulwadze ha Down Syndrome (DS) ndi vhu-lwadze ha u sa dzudzanyea zwavhuḍi ha dzikhuromozoumu vhune ha ḍa nga tshifhinga tsha vhuimana. Muḍivhi wa zwa dzilafho wa Mpumalanga Vho Dokotela Midah Maluleka vha ri, "Hu na khuromozoumu ya u ḍadzisa ya vhu21 (Trisomy 21) ine ya vhang a u khakhisea kha nyaluwo ya muvhili na ḥhalukanyo.

A hu na tshivhanga tsha vhukuma tsha khuromozoumu iyi ya u ḍadzisa. Zwo khwaḥisedzwa uri a zwi na vhusaka na miḥwaha, tshimo tsha zwa ikononi, lushaka kana zwa vhurereli. A si vhulwadze vhu pfukhelaho u bva kha mubebi u ya kha ḥwana."

Vho Maluleka vho ḍadzisa nga uri DS ndi vhu-lwadze ho ḍowealeho ha u sa dzudzanyea ha dzikhuromozoumu kha vhana vha kha ḍi bvaho u bebwa. "Muthihi kha vhana vha 1 000 vho bebwaho kha mashango a lifhasi la u thoma na muthihi kha vhana vha 650 vho bebwaho kha mashango a bvelelaho, u fana na ḥashu, vho kwamea. Hanefha kha 80% ya vhana vho kwameaho nga vhu-lwadze ha DS vho bebwa nga vho mme vha miḥwaha ya fhasi ha 35, naho

zwo ralo vho mme a vhana vha miḥwaha ya ḥḥa ha 35 ndi vhone vhane vha vha kha khonadzeo ya khombo ya u vha na vhana vha re na DS."

Vho amba uri ngauri vhu-lwadze vhu nga kona u vhone u bva musu muthu a tshi vhihfa muvhilini, hu na zwiga zwi sumbedzaho zwine vha nga zwi lavhelesa. "Kha miḥwedzi ya u thoma ya vhuimana, vhege ya vhu12 u ya kha ya vhu13 muvhendo wa nzudzanyo ya muvhilini wo tsivhudzwa. Hezwi zwi kala vhudzenya ha tshiluḍi tsha nga murahu ha mutsinga wa ḥwana, tshi vhidzwa ho nuchal translucency. Tshiluḍi itshi tshi dzulela u vha tshidenya kha vhana vha re na DS.

Dziḥwe ndingo dza phanda ha mbebo dzi vhidzwa amniocentesis (Ndingo dzine ha

dzhiwa sambula ya zwiluḍi u bva kha mbumbelo ya muimana hu u itela u ḍivha tshimo tsha mutakalo wa ḥwana). Hafha ndi musu tshiluḍi tsha kha mbumbelo ya mme a ḥwana tshi tshi kuvhanganywa tsha rumelwakha musa ukanyo wa dzikhiromozoumu. Ndingo idzi dzi na vhu-ngoho ha 98% ha ḥhoḍuluso."

Vho Maluleka vho amba la uri vhana vha re na DS vha a kona u tshila lwo fhelelaho, vha na mutakalo nahone vha a vha na vhu-lwadze vhu-lwadze.

Naho hu si na mushonga, vhatu vha re na DS vha vhu-lwadze kha miḥa ya lufuno, ndondolo ya dzilafho yo fanelaho, thikhedzo musu vha tshe vhaḥuku, tshumelo dza pfunzo na dza mishumo ya zwanḍa. Nga mulandu wa ndondolo ya dzilafho yo khwiḥiswaho, vhu-nzhi

ha vhatu vho bebwaho na vhu-lwadze ha DS ḥamusu vha na ndavhelelo ya vhu-tshilo ha heneḥa kha ha miḥwaha ya 55. Vhatu vha re na vhu-lwadze ha DS vha na vhuḍipfi na ḥhoḍea sa muthu muḥwe na muḥwe vha dovha hafhu vha fanelwa nga zwikhala na ḥhogomelo i fanaho na ya vhaḥwe," vho ralo Vho Maluleka.

Mudededzi a wanalaho vunduni la Devhula Vhu-kovhela Vho Tshepo Kekana vha ri, "A si vhoḥe vhaḥudiswa vha ḥhoḍea dzo khetheaho vhane vha fanela u ya kha dzilafho na kha zwikolo zwo khetheaho. Hu na vha si gathi vhane vha kona u guda kha zwikolo zwo ḍowealeho. Nga kha ngudo dzi bvelaho phanda, thikhedzo na u sa fhela mbilu, vhana vha nga bvelela. **U**