

IQhawse Lami Nguuse



Indlela izingane
ezidunga ukulwa
ngayo neCOVID-19

IASC
Inter-Agency Standing Committee

Ukwensiwa kwencwajana “IQhawe Lami Nguwe”

Le ncwadi iyiprojekthi eyenziwe yi- Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). Lena yiprojekthi exhaswe ochwephese abangamalungu ezinhlangano ze- IASC MHPSS RG, emhlabeni wonke, kwizifundazwe kanye nakumazwe ngamazwe, iphinde ihlanganise abazali, abanakekeli bezingane, othisha kanye nezingane emazweni ayikhulu nane (104). Inhlollovo yomhlaba wonke yathunyelwa ngezilimi zama-Arab, zamaNgisi, zamaNtaliyane, zamaFulentshi kanye nezamaSpenishi ukuvivinya isimo sempilo sezingane ngokwengqondo kanye nezidingo ngokwengqondo nenhlalo ngesikhathi kuqubuka isifo seCOVID-19. Uhlaka lwezihloko okwakufanele lubhekane nokuhlanganiswa kwale ncwadi lwensiwa ngokusebenzisa imiphumela yayo le nhlolovo. Le ncwadi yasetshenziswa njengomzekelo ezinganeni zamazwe ahlaselwe yiCOVID-19. Izimpendulo ezavela ezinganeni, kubazali kanye nakubanakekeli bezingane zabe sezisetshenziswa ukubuyekeza nokubhala kabusha le ncwadi.

Bangaphezulu kwenkulungwane namakhulu ayisikhombisa (1,700) abantwana, abazali, abanakekeli bezingane kanye nawothisha emhlabeni wonke abakwazi ukuxoxisana nathi mayelana nezindlela abakwaze ukubhekana ngazo nobhubhane lweCOVID-19. Sibonga kakhulu kulezi zingane, abazali, abanakekeli kanye nawothisha babo ngokusebenzisana nathi kwinhlolovo kanye nethonya labo kule ndaba. Le ndaba yenzelwe izingane yenziwa yizo izingane emhlabeni jikelele.

I-IAISC MHPSS RG ibonga kakhulu uHelen Patuck ngokubhala kanye nokwenza imidwebo ekule ncwadi.

©IASC, 2020. Le ncwadi ishicilelwe ngaphansi kophiko lweCreative Commons Attribution-NonCommercial-Share Alike 3.0 Igo licence (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo>). Ngaphansi kwemigomo yale nhlangano uvunyelwe ukuthi ukhiqize, uhumushe uphinde uhlele kabusha yona le ncwadi uma ungezuzuza mali ngale ncwadi, uma uzowaveza amagama ababhali.

Lencwadi ihunyushwe ngolwimi lweiZulu ngu: Fikile Mafuya

Ubufakazi baloku kuhunyushwa kwensiwe nguLawrence Molefe kanye noThobile Creator Makhaye.

Isingeniso

"IQhawe Lami Nguwe" incwadi ebhalelw ezingane ezibhekene nesifo sobhubhane lweCOVID-19 emhlabeni wonke.

"IQhawe Lami Nguwe" kumele ifundwe ngumzali, umnakekeli wezingane noma uthisha, eyifunda kanye nezingane noma idlanzana lezingane. Akufanele ukuthi le ncwadi ifundwe yizingane ngaphandle kokwelekelewa umzali, ngumnakekeli wezingane noma uthisha. Isandulela sale ncwadi esibizwa ngokuthi "Izenzo zamaQhawe" (ezoshicilelwu kamuva) inikeza indlela yokuxhasa izingane ukuze zikwazi ukubhekana neCOVID-19 ngokwemizwa nokuziphatha kwazo, kanye futhi nezinto eziphathelene nale ncwadi ezingenziwa yizingane.

Izihumusho

AbeReference Group yibo abazodidiyela ukuhunyushwa kwale ncwadi ngezilimi zama-Arab, zamaShayina, zamaFulentshi, zamaRashiya, kanye nezamaSpenishi. Uma ufuna ukuhumushela le ncwadi kwezinye izilimi ngaphandle kwalezi esezihiwo ngenhla, kumele uthinte yona i-IASC Reference Group of Mental Health and Psychosocial Support (MHPSS) (mhpss.refgroup@gmail.com). Yonke imibhalo ehunyushiwe izofakwa kwiwebhu yayo i-IASC. Uma uhumusha noma wenza ushintsho ngokubhalwa kwale ncwadi kumele uqiniseke ngalokhu okulandelayo:

- Akuvumelekile ukuthi ufake uphawu lwakho noma uphawu lwenkampani ekhokhela ukuhumusha le ncwadi.
- Uma kwenzeka ukuthi kube noshintsho (lwemibhalo noma lwezithombe), ukusebenzisa uphawu lwe-IASC akuvumelekile. Uma kunoshintsho kule ncwadi akumele kwenziwe iphutha elingenza kube nemibono ezobangela ukuthi kuthiwe i-IASC iyabandanyeka ekuxhaseni imikhiqizo noma imisebenzi ethile.
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- Kumele wethule lesi sitatimende ngolwimi lwalesi sihumusho kanje: "Ukuhlelwu kabusha nokuhunyushwa kwale ncwadi akwenziwanga yi-Inter-Agency Standing Committee (IASC). I- IASC ayinalo igunya lalokhu okuqukethwe yile ncwadi kanti ayinaso futhi isiqinisekiso salokhu kuhumusha kanye noshintso olwenziwe ukubhala le ncwadi. Incwadi yokuqala ewumsuka yesiNgisi ibhalwe yi "Inter-Agency Standing Committee. My Hero is You: How Kids can Fight COVID-19! Licence: CC BY-NC-SA 3.0 IGO iyona eqinisekisile nebophezelayo."





UMama kaSara uyiqhawe kuye ngoba ungumama oqotho futhi unguchwepheshe obalulekile kakhulu wezesayensi emhlabeni wonke. Kodwa naye uqobo umama kaSara akakwazi ukuthola ikhambi lokwelapha igciwane lekhorona.

"Iyinto enjani iCOVID-19?" uSara ebuza umama wakhe.

"ICOVID-19 noma igciwane lekhorona lincane ngale ndlela yokuthi asikwazi ukulibona ngamehlo," kusho umama wakhe. "Kodwa lidlulela kwabanye abantu ngokukhwehlela kanye nokuthimula kwabantu abagulayo, nalapho bethinta abanye abantu kanye nezinto abaseduze kwazo. Abantu asebechaphazelekile baphathwa yimfiva, bakhwehlele baphinde bangakwazi ukuphefumula."

"Manje asikwazi ukulwa nalo ngokuthi asikwazi ukulibona?" kubuza uSara.

"Siyakwazi ukulwa nalo," kusho umama kaSara. "Yingakho ngidinga ukuthi uhlale uvikelekile, Sara. Leli gciwane libanga ukugula kubantu abaningi, kanti wonke umuntu angasiza ukuthi silwe nalo. Izingane zibalulekile, nazo zingasiza. Kuyadingeka ukuthi nihlale nivikelekile nenzele thina sonke. Ngiyafisa ukuthi ube yiqhawe lami."



Ebusuku uSara walala ekhathazekile ngoba wayengaziboni eyiqhawe yena. Wayephatheke kabi emoyeni. Wayefisa ukuhamba aye esikoleni, kodwa isikole sakhe sasivaliwe. Wayefuna ukubona abangane bakhe kodwa lokho kwakungaphephile. USara wayefuna ukuthi igciwane lekhorona liyekele ukwesabisa umhlaba wakhe.

"Amaqhawe anamandla amangalisayo" washo ekhuluma yedwa, evala amehlo esefikelwa wubuthongo. "Nginani mina?"

Ngokuphazima kweso wezwa izwi elipholile lihlebeza igama lakhe ebumnyameni.

"Ngubani lowo?" kuhlebeza uSara.

"Yini oyidingayo ukuze ube yiqhawe, Sara?" kubuza izwi.

"Ngidinga ukuba nendlela yokutshela zonke izingane emhlabeni ukuthi zingazivikela kanjani ukuze zivikele nabanye..." kusho uSara.

"Manje udinga ukuthi ngibe yini mina?" kubuza izwi.

"Ngidinga into ekwazi ukundiza... into enezwi elikhulu... futhi into engasiza!"

Kuthe kusenjalo wezwa umoya ovunguzayo, kwase kuvela isimanga sento kunyezi...





"Uyini wena?" kubuza uSara ngokumangala. Yathi, "Ngiyi-Ario."

"Angikaze ngiyibone i-Ario," kusho uSara.

"Cha, ngahlala ngikhona lapha njalo," kusho i-Ario. "Ngiphuma enhliziyweni yakho."

"Uma nginawe... ngingakwazi ukutshela zonke izingane ezikhona emhlabeni ngegciwane lekhorona!" kusho uSara. "Ngingaba yiqhawe! Kodwa, awume kancane, Ario, kuphephile yini ukuthi sihambe njengoba kunegciwane lekhorona ezweni nje?"

"Kuphela uma uhamba nami, Sara," kusho i-Ario. "Alukho olubi olungakuvelela uma sihamba sobabili."





USara wagxuma esho egibela emhlane we-Ario, baphuma bobabili ngefasitela legumbi lakhe lokulala bangena ebumnyameni besibhakabhaka. Bandiza bebheke ezinkanyezini, badlula babinjelela inyanga ngo "Sawubona."

Lathi uma liphuma ilanga, behlela endaweni enhle ewugwadule enezakhiwo ezibanzi ngezansi, bese zicija phezulu, lapho kwakudlala khona iqenjana lezingane. Izingane zamemeza ngokujabula ziphakamisa izandla zibingeleta, zikhombisa ukuthi uSara ne-Ario yakhe bamukelekile.

"Siyanamukela, nginguSalem!" kumemeza omunye wabafana. "Nenzani lapha? Siyaxolisa, asikwazi ukusondela lapho, kufanele sime kude nani ngebanga elingangezingalo ezimbili!"

"Yingakho size lapha!" kusho uSara ememeza. "Mina nginguSara, lona ngu-Ario. Niyazi yini ukuthi izingane zingakwazi ukuvikela omakhelwane, abangani, abazali kanye nawogogo nomkhulu egciwaneni lekhorona? Sonke kudingeka ukuthi si..."

"Sigeze izandla zethu ngensipho namanzi!" kusho uSalem emamatheka. "Siyazi, Sara. Sikhwehlelela ezindololwaneni zethu uma sigula, kanti siphakamisa izandla sibingelete ngazo esikhundleni sokuthi sixhawulane. Siyazama ukuthi sihlale ezindlini, kodwa sihlala endaweni enabantu abanangi kakhulu... akusiye wonke umuntu ohlala ekhaya."

"Hmm, mhlawumbe ngingasiza lapho," kusho i-Ario. "Abakwazi ukulibona igciwane lekhorona, kodwa... banokungibona mina! Gibelani, nihlale ezimpikweni zami ngoba zona ziqhelelene ngebanga lezingalo ezimbili!"



U-Ario wandizela
esibhakabhakeni ethwele
uSalem noSara ezimpikweni
zakhe. Wandiza phezu
kwedolobha waqala ukubhonga
futhi ecula! USalem wamemeza
izingane ezisemqwageni wathi:

"Hambani, niyotshela
iminden i yenu ukuthi sivikeleke
kangcono uma sisezindlini!
Singanakekelana kangcono
kakhulu uma sihleli ekhaya!"

Abantu bamangala kakhulu
ngalokhu ababekubona.
Baphakamisa izandla zabo
bekhombisa ukuthi bayavuma
ukungena ezindlini.





U-Ario wandizela phezulu esibhakabhakeni. uSalem wamemeza ejabulile kakhulu. Phezulu emafini kwadlula indizamshini, abagibeli bayo bababheka befisa ukuhamba ngo-Ario nabo.

"Kuzofuneka ukuthi abantu bayeke ukuvakasha okwamanje," kusho uSalem. "Sekuvalwa nemingcele emhlabeni wonke, futhi kumele sihlale lapho sihlezi khona sonke ndawonye nabantu esibathandayo."

"Kubukeka sengathi izinto eziningi sezishintshile," kusho uSara. "Ngizizwa ngifikelwa ukwesaba ngesinye isikhathi."

"Kuyesabeka kuphinde kudideke nengqondo uma izinto zishintsha, Sara," kusho u-Ario. "Uma ngifikelwa ukwesaba, ngiyaye ngidonse umoya kancane bese ngiphefumula umlilo ovuthayo!"

U-Ario wakhipha omkhulu umlilo ngamakhala!

"Niludambisa kanjani uvalo uma nizizwa nifikelwa ukwesaba?" kubuza u-Ario.



"Mina ngithanda ukucabanga ngomuntu ongenza ngizizwe ngiphephile," kusho uSara.

"Nami futhi, ngivele ngicabange ngabo bonke abantu abangenza ngizizwe ngiphephile, njengogogo nomkhulu," kusho uSalem. "Ngiyabakhumbula. Angikwazi nokubagona ngoba kungenzeka ngibathelele ngegciwane lekhorona. Sivamise ukubavakashela njalo ngempelasonto, kodwa asikwazi ukukwenza lokhu ukuze bavikeleke."

"Uyakwazi yini ukubashayela ucingo?" uSara ebuza umngane wakhe. "Yebo ngiyakwazi!" kusho uSalem. "Bangishayela ucingo zonke izinsuku bese ngibatshela ngezinto esizenzayo ekhaya.

Lokhu kwenza ngingabi nakho ukwesaba, kanti nabo kubenza bazizwe bengcono."

"Kuyinto ejwayelekile ukuthi sibakhumbule abantu esibathandayo uma singakwazi ukubabona," kusho u-Ario. "Lokhu kukhombisa ukuthi sibanakekela kangakanani. Nicabanga ukuthi ngeke nazizwa ningcono uma singayobona amanye amaqhawe?"

"Yebo, siyacela!" kumemeza uSara noSalem.
"Kulungile-ke, umngani wami uSasha unamandla amakhulu ngokumangalisayo," kusho u-Ario.
"Asihambeni!"





Basuka bendiza amabombo ebheke phansi futhi emhlabeni; bayo bathi cababa endaweni yasemakhaya encane. Lapha kwakunentombazane eyayingaphandle kwendlu yakubo ikha izimbali. Ithe uma ibona u-Ario nabantwana begibele ezimpikweni zakhe, yahleka.

"Ario!" kumemeza intombazane. "Kumele sihlale kude nani ibanga elingangezingalo ezimbili, ngakho-ke ngizokwenza sengathi ngiyakugona ngilinganise ukukuphonsela kona! Nizokwenzani lapha?"

"Ngikuzwile ukungisingatha kwakho mawungitshela lokho Sasha," kusho u-Ario. "Ngiyayithanda indlela esisebenzisa ngayo amazwi kanye nezenzo ukukhombisa ukuthi siyanakekelana. Bengifisa ukuthi abangane bami bawazi amandla akho ayisimangaliso."

"Yimaphi amandla ami ayisimangaliso?" kubuza uSasha.

"Kusukela ngesikhathi omunye womndeni wakho egula, ulokhu uhlale ekhaya lokho-lokho ukuze uqiniseke ukuthi awutheleli abanye abantu ngegciwane lekhorona," kusho u-Ario.

"Yebo, nguBaba wami, uhleli egumbini lakhe lokulala, kuyoze kufike isikhathi lapho eba ngcono ngempela khona," kusho uSasha.



"Akukubi kangako kodwa! Sidlala imidlalo, sipheke, sisebenze engadini siphinde sidle ndawonye. Mina nabafowethu siyeluleka sithinte izinzwane zethu sibuye sigide. Sifunda izincwadi, nami ngiqhubeke nokufunda ngoba ngiyasikhumbula isikole. Ukuhlala ekhaya bekungemnandi ekuqaleni, kodwa sesikujwayele manje."

"Akulula lokho Sasha," kusho u-Ario. "Senithole izindlela zokuthokozelana nindawonye; nikwazi nokuphilisana nabantu enibathandayo ekhaya. Lokho kwenza wena ube liqhawe lami!"

"Kuyenzeka yini ukuthi uxabane nomndeni wakho?"
kubuza uSalem.

"Ngesinye isikhathi siyaxabana," kusho uSasha.
"Kuyadingeka ukuthi sibekezelelane ngokuthe xaxa, sikhazi nokuqondiswa kakhudlwana, sikhazi nokuthi shiso masinyane ukuthi ngiyaxolisa. Lokhu kuveza amandla amakhulu, ngoba kwenza ukuthi thina nabanye sizizwe singcono. Ngiyasidunga nesikhathi sokuthi ngibe ngedwa. Ngiyathanda ukucula nokuguya ngingedwa! Ngesinye isikhathi ngishayela abangane bami ucingo..."

"Kodwa, Ario, kwenzekani ngabantu abakude namakhaya abo nakulabo abangenazo izindlu?"
kubuza uSara.

"Umbuzo omuhle lowo, Sara," kusho u-Ario.
"Asihambeni siyothola impendulo."





Base bevalelisa kuSasha bahamba. Kwathi lapho sebesondela behlela esiqhingini esasizungezwe wulwandle, kwezwakala umoya ofudumele.



Kule ndawo babona inkambu egcwele abantu.
Enye yamantombazane yababona yase
iphakamisa isandla ibingeleta kude nabo.
"Sawubona Ario, ngiyajabula ukukubona futhi!"
washo ememeza. "Siyazama ukuqhelelana
ngebanga elingangezingalo ezimbili, ngakho-ke
ngizokhuluma nani ngilapha. Kodwa ngingathanda
ukubazi abangane bakho! Mina igama lami
nginguLeila."

"Sawubona Leila! NginguSara, lona nguSalem,"
kumemeza uSara. Kubukeka sengathi nizama
ukuzivikela egciwaneni lekhorona. Yini futhi okunye
enikwenzayo?"

"Sigeza izandla ngensipho kanye namanzi!"
kumemeza uLeila.

"Ingabe nisebenzisa izindololwane uma
nikhwehlela?" kubuza uSalem.

"Ungasikhombisa ukuthi lokho nikwenza
kanjani?" kubuza uLeila ememeza. USalem
wayesebakhombisa.

"Siyazama ukuthi sibe nesibindi, kodwa kunento
engipethe kabi," kusho uLeila. "Ngingakhuluma
yini nani ngalokhu? Ngizwe kuthiwa kukhona
ogulile washona; le nto yabe seyenzo ukuthi
ngizwe nginokwesaba okukhulu. Yiqiniso yini
ukuthi abantu bayafa ngoba begula ngegciwane
lekhorona?"



U-Ario wezwakala ephefumulela phezulu wayesehlala sengathi uhlezi phezu kwaso isisu sakhe esikhulu.

"Yebo, maqhawe amancane, khona kuyamangaza," kusho u-Ario. "Abanye abantu abaze bangazizwa kungathi bayagula, kodwa abanye bangagula kakhulu; kanti abanye bayafa. Yingakho kufanele sibanakekelle kakhulu abantu abadala, nalabo abanokugula okuthile, ngoba lokhu kugula kungababamba kabana. Ngesinye isikhathi uma sifikelwa ukwesaba kakhulu, noma sizizwa singaphephile, kungasisiza ukuthi siye endaweni ephephile ngokwengqondo. Ningathanda yini ukukuzama kanye nami lokhu?"

Bonke bathi, yebo, u-Ario wase ecela zonke izingane ukuthi zivale amehlo zizibone ngamehlo engqondo zisendaweni ezizizwa ziphephile kuyo.

"Niqikelele ukubuyisa emqondweni isikhathi enake nazizwa niphephile ngaso," kusho u-Ario.

Wayesebabuza ukuthi babonani, ukuthi baphatheka kanjani nokuthi base benukelwa yini kule ndawo yabo ephephile. Wababuza ukuthi ukhona yini umuntu abafisa ukuthi amenywe eze kule ndawo yabo ephephile nokuthi yini abangafisa ukuyikhulumna nalo muntu.

"Ningaya endaweni yenu ephephile noma kunini uma nizizwa niphatheke kabi noma ninokwesaba," kusho u-Ario. "Lawa-ke yiwo amandla enu amakhulu ngokumangalisayo, futhi ningabatshela abangane kanye neminden yenu ngawo. Nikhumbule futhi ukuthi ngiyankhathalela, kanti nabanye abantu futhi bayankhathalela. Nakho lokho kuzonisiza."



uLeila wathi, "Sonke singanakekelana."

"Uqinisile, Leila," kusho u-Ario. "Singanakekelana sonke noma ngabe sikuphi. Ungathanda yini ukuhamba nathi kulolu hambo lwethu lokugcina?"

uLeila wakhetha ukuhamba no-Ario nabangane bakhe abasha. USara wayejabule ukuthi uLeila uhamba nabo, azi futhi ukuthi ngesinye isikhathi badinga ukunakekelana. Bandiza bethule engekho okhulumayo, kodwa uLeila wayazi ukuthi abangane bakhe abasha bayamkhathalela kakhulu.



Kwathi lapho sekuvela izintaba ezineqhwa,
u-Ario wehlela phansi edolobheni elincane.
Kwakunezingane ezimbalwa ezazidlala
emfudlaneni omncane.

"Ario!" kumemeza omunye wezingane,
ephakamisa isandla ebingelela.

"Sawubona, Kim," kusho u-Ario. "Bengifisa
ukunihlanganisa nabangane bami
abebenegciwane lekhorona kodwa asebengcono
manje," esho kubobonke.

"Kube njani nje?" kubuza uSalem.

"Ngikhwehlelile, ngesinye isikhathi ngazizwa
ngishisa kakhulu. Ngazizwa ngikhathelile
ngingakwazi ukudlala nezinye izingane izinsuku
ezimbalwa," kusho uKim. "Bengahlala ngilele
sonke isikhathi, umndeni wami unginakekela.
Abanye abazali nawogogo nomkhulu bethu
bangeniswa esibhedlala. Amanesi nawodokotela
babaphatha kahle nangomusa, nabantu
bomphakathi basisiza lapha ekhaya. Emva
kwamasonto ambalwa saba ngcono futhi."



"Ngingumngane kaKim," kusho omunye wezingane. "Njengoba uKim ayegula ngesizathu segciwane lekhorona asizange siyeke ukuba abangane, yize ngangingakwazi ukumbona. Angizange ngiyeku ukumnakekela; manje sesiyajabula ngoba sesiyakwazi ukudlala sobabili futhi!"

Ngesinye isikhathi into eba semqoka ukuthi sivikelane njengabangane," kusho u-Ario. "Noma ngabe lokhu kuchaza ukuthi sizohlala singabonani okwesikhashana."



"Singabambisana ukwenza lokhu omunye komunye," kusho uLeila.

"Ngelinye ilanga, siyokwazi ukudlala siphinde sibuyele esikoleni njengoba sasenza," kusho uSalem.

Isikhathi sokuthi babuyelete emakhaya nokuthi uSara avalelise kubangane bakhe sasesifikile. Bathembisa ukuthi abasoze bakhohlwa ngalolu daba lwabo bonke.

USara wayephathetheke kabuhlungu emoyeni ecabanga ngokuthi yena nabangane bakhe ngeke bakwazi ukuphinda babonane futhi. Kodwa wazizwa engcono uma ekhumbula okushiwo ngumngane kaKim. Ukuthi awukwazi ukubabona abantu, akusho ukuthi awusabathandi.



U-Ario wabathatha ebahambisa emakhaya, wayeselinda ukuthi uSara aze azumeke ngaphambi kokuthi ahambe.

"Singakwenza futhi kusasa lokhu?"
USara ebuza.

"Cha, Sara, sekuyisikhathi sokuthi uhlale nomndeni wakho manje,"
kusho u-Ario.

"Khumbula udaba lwethu. Ungakwazi ukuvikela labo obathandayo ngokugeza izandla zakho nangokuhlala ekhaya. Angikho kude nawe. Ungakwazi futhi ukuba nami njalo uma uya kule ndawo yakho ephophile."

"Uyiqhawe lami," esho ehlebeza uSara.

"Uyiqhawe lami nawe, Sara. Uyiqhawe kubo bonke labo abakuthandayo,"
kusho u-Ario.



USara wazumeka walala, kwathi lapho ephaphama ekuseni wathola ukuthi u-Ario wabe esehambile. Wayesevakashela indawo yakhe ephephile ukuze akwazi ukukhuluma naye, wadweba konke ababekubonile nababekufundile kulolu daba lwabo. Wagijima eya kumama wakhe ephethe umdwebo wakhe efuna nokumtshela izindaba.

"Sonke singasiza ngokuthi abantu bahlale bevikelekile, Mama," kusho yena. "Ngihangane namaqhawe amanangi kulolu hambo lwami!"

"Hawu Sara, uqinisile!" kusho umama wakhe.
"Maningi amaqhawe agcina abantu bevikelekile egciwaneni lekhorona, njengawodokotela namanesi amahle. Kodwa wena ungikhumbuza ukuthi sonke singaba amaqhawe, zonke izinsuku, nokuthi iqhawe lami elikhulukazi nguwe."

