

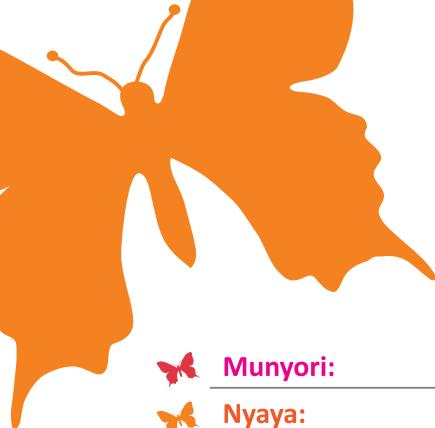


kuputudza semwana wechikoro

Tsanangudzo
kuvanasikana
maererano
nekutevera.

Annie Kanyemba





Bhuku sechipo

*Ndinopa chinyorwa ichi sechipo
kuna amai vangu Beauty Matemayi.*

	Munyori:	Annie Kanyemba
	Nyaya:	Vanasikana vemuZimbabwe
	Muturikiri:	Annie Kanyemba
	Mifananidzo:	Peter Morgan, Annie Kanyemba
	Kutaridzika uye mamiriro: Woema Web & Graphic Design	

Kutenda

Ndinoda kutenda bazi rezveWater Research Commission rekuSouth Africa, nekurudziro yavo yakaita kuti chinyorwa ichi chemuZimbabwe, chinotsanangura pamusoro pekutevera kwevanasikana vari kuchikoro, chibudirire. Ndinoda kunyanyotenda Ditshego Magoro nebatsiro yake mukutanga uye kubatsira chinyorwa ichi. Kutenda kukuru kunaMadeleine Fodge neveEcosanres vekuSEI kuSweden vakapa rutsigiro rukuru kuchirongwa chevanasikana muZimbabwe. Ndinotenda zvikuru Peter Morgan, nekuda kwerubatsiro uye kurudziro yaakandipa. Ndinoenderera mberi nekutenda Marni Sommer nekundipa shungu kuti ndinyorere vasikana vemuZimbabwe vachiri kuenda kuchikoro bhuku iri. Ndinotendazve Malaika Mushandu nehushamwari hwake uye rubatsiro rwake. Ndinotendawo Obedience Matubede nekundibatsira nekuturikira. Kupedzisira ndinotenda zvikoro zvakasiyana siyana nemushandirapamwe - Chisungu Primary School, Domboramwari Secondary School, Marirangwe Primary and Secondary Schools, Nyamutumbu Primary School, Chikarudzo Secondary School.

Kodzero dzose dziri kumunyori: hapana chikamu kana chidimbu chebhuku iri chinogona kuburitswa pasina tendero yakanyorwa kutanga, kubva kumunyori.





Dingindira Rebhuku

Bhuku rino rakanyorwa nechinangwa chekubatsira vanasikana vanoenda kuchikoro, vane makore gumi kusvika gumi nemanakuti vagone kuzviyamura panguva iyo vanenge votanga kuputudza.



Kuenda Kumwedzi (Kutevera)

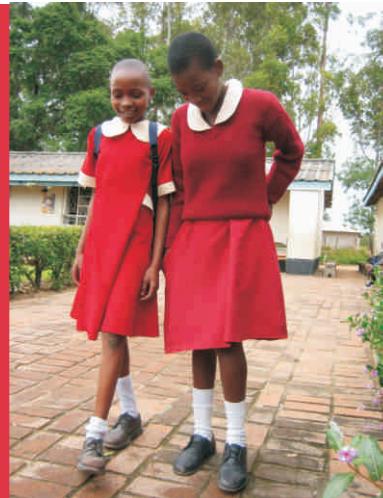


Kuenda kumwedzi, kunova kunotanga kuvanasikana munguva yekuputudza kunozivikanwa nerimwe zita rekuti kutevera. Kuenda kumwedzi zvinoreva mazuva ayo ropa rinobuda kubva muchibereko chemusikana, kuburikidza nepanhengo yake yakavanzika. Izvi zvinoitika mwedzi woga woga kune vasikana kana vakadzi vasina pamuviri; kubva mukuputudza kusvikira mukuguma ura. Kutevera kana kubuda kweropa iri kunotora mazuva angaita matatu kusvika pamazuva manomwe. Vamwe vasikana vanogona kutevera kwemazuva anopfuura manomwe. Kutevera kungatora mazuva anosvika makumi maviri nemasere kuti musikana kana mukadzi agotevera zvekare kubva musi waanenge atanga kutevera mumwedzi unenge wapfuura. Asizve, kune vasikana vanogona kutora mazuva aneuwandumhwemakumi matatu nemanakana kuti aneushoma hwegumi nemapfumbamwe vasati vatevera zvekare.

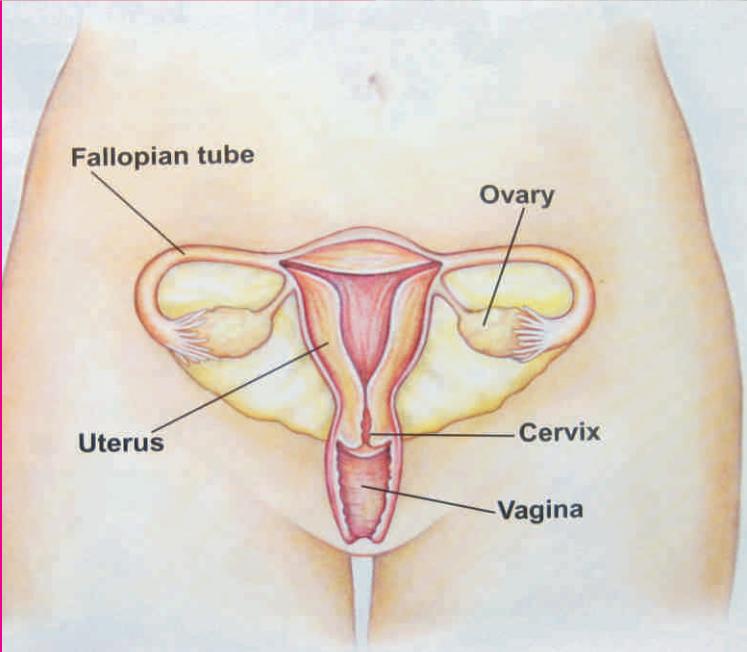
Mumakore maviri ekutanga mushure mekunge musikana ava kuenda kumwedzi, zvinokwanisika kuti asatevera mimwe mwedzi. Kutevera chinhu chinoitika kuvasikana, uye vasikana vese vanofanirwa kugadzirira kuburikidza nekudzidza zvavangaita pamusoro pekunge vasvika nguva yavo yekutevera muupenyu. Pane nzira dzakawanda dzinoita kuti nguva iyi ive yakareruka.



**Kutevera
kunokwanisa
kusananakidza,
kurwadza uye
kunyadzisa, asi
pane nzira zhinji
dzekurarama
nako zvakakanaka.**



**Mufananidzo
wechiberekoo
chemunhukadzi**





Kunotanga nguva ipi?

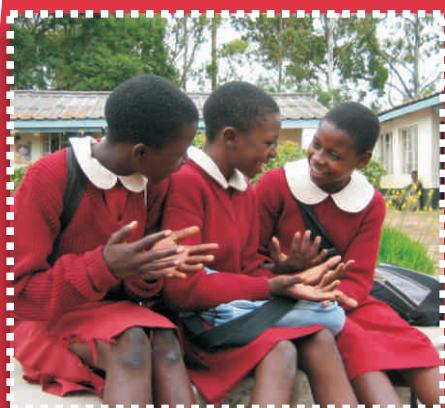
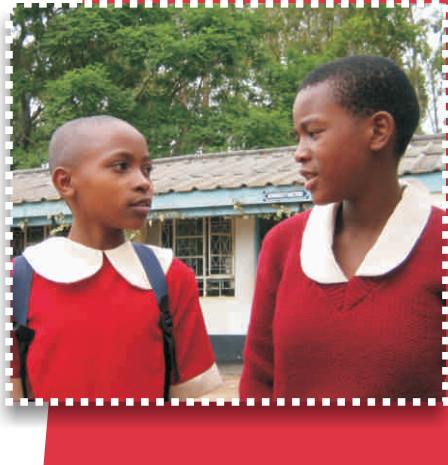
Munguva zhinji, vanasikana vanotanga kutevera kubvira pamakore mapfumbamwe kusvikira pamakore gumi nemashanu okuzvarwa. Kune vamwe vasikana vanogona kutanga kutevera vasati vasvitsa makore mapfumbamwe, vamwezve vanogona kutevera vapfuura makore gumi nemashanu okuzvarwa.

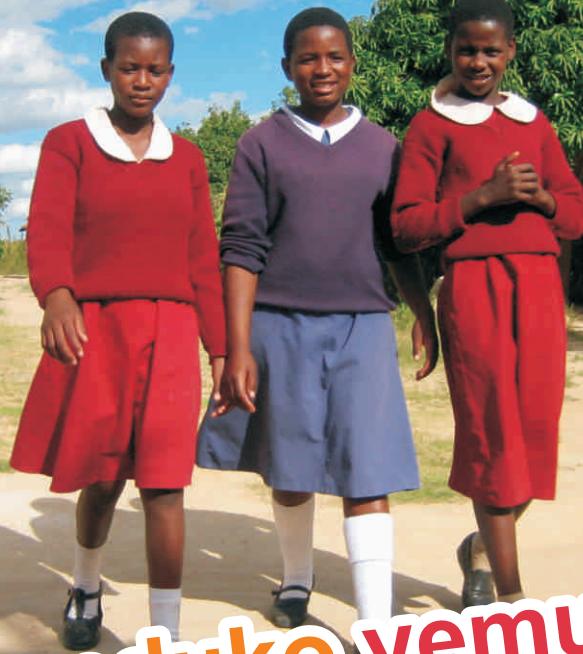
Munguva yekutevera, ropa rino buda nepanhengo yakavanzika uye zve chiveve chemuchibereko kana mamwe marwadzo anogona kunzwika. Mapedzi anoshandisa kusveta ropa uye kudzivirira kuti risaenda pazvipfeko. Mapiritsi akaita semaasi prini anogona kubatsira kuder edza marwadzo aya.



Chii chinoitika mumazuva akatarisana nekutevera?

Mumazuva akatarisana nekutevera, mwanasikana anosangana nezviratidzo zvakawanda. Zviratidzo zvinogona kunzwika zvakadai sekukurumidza kutsamwa, kuchema, kunzwa kufara nekusuwa panguva imwecheteyo. Zvimwe zvezviratidzo zvinoonekwa, zvakafanana nekunzwa kuneta, kufufutirwa, mapundu anobuda kumeso uye kushanduka kwamadyiro zvinoita kuti munhu ade chikafu chakawanda. Kugarosimbisa nyama dzemuviri uye kuwana kudya kwakakwana kunovaka muviri zvinogona kuder edza zviitiko izvi.





Shanduko yemuviri muvanasikana munguva yekuputudza

- Urefu uye uremu (mhumhu) hunowedzera.
- Mazamu anobuda uye chiuno chinokura.
- Izwi rinoshanduka.
- Nyama dzemuviri dzinosimba.
- Vhudzi ronomera panhengo yakavanzika uye muzasi mehapwa.
- Mapundu anotanga kubuda pachiso.
- Dikita uye mafuta emumuviri anotanga kuwanda zvekare manhuwiriro emuviri anoshanduka.
- Chibereko chinoyaruka.
- Kutevera kunotanga.
- Manzwiro kana mafungiro anotanga kungoshanduka shanduka.

Kuputudza chinhu chinogona **kuoma** imwe nguva, asi kunogonazve **kunakidza** kana uine mafungiro akanaka!



Vana vechikoro vanotsanangura nyaya dzavo

Nyaya yekutanga 1

Pandaikura ndaingonzwa nyaya dzekutevera kuburikidza neshamwari nehama, zvekuti ndakanga ndazviudza kuti kuenda kumwedzi chiitiko chinosemesa zvekare ndaingonamata kuti dai ndaizotanga kuenda kumwedzi ndapedza chikoro. Musi wandakatanga kutevera ndaiva nemakore gumi nemana ekuzvarwa uyezve kwaiva kupera kwesvondo. Ndaiva mubindu apo ndakaerekana ndonzwa kunyorova kunhengo yangu.



Ndakatarisa kuti hapana aindiona aiva pedyo here ndokubva ndapinza ruoko mubhurugwa rangu. Pandakaburitsa ruoko ndakaona pane ropa. Izvi zvakanditsamwisa uye kundisuwisa sokuti ndaifunga kuti ndakanga ndakurumidzisa kutevera. Ndakatanga kuchema chinyararire ndichingodemba kuti dai zvisina kuitika kwandiri. Sezvo ndakanga ndisina ku-gadzirira kutanga kutevera kwangu uyezve pamba pakanga pachingova namai vangu chete, ndakaenda kwavari ndichibvunza kuti ropa rakanga riri panhumbi yangu yemukati rairevei. Ndakanyepera kusaziva nezvekuenda kumwedzi zvachose apo mai vangu vainditsanangurira zvizere. Ndakavanza ruzivo rwangu rwandaiva narwo sokuti ndaitya kuti mai vangu vaizofunga kuti ndaiva ndine misikanzwa kuziva zvinhu zvakadaro.

Mai vangu vakandipa donje ndokundiratidza kuti ndaizorishandisa sei.

Vakandiratidzazve kuti ndaikwanisa kushandisa mucheka sei munguva yekuti pakanga pasina mari yekutenga donje. Muvhuro wakasvika ndokuenda kuchikoro ndaisa donje rangu. Pandakanga ndakagara muchikoro nevamwe, donje riya handina kuona kuti rakabva raenda parutivi ndokubva ndasvibisa hembe yangu. Handina kumbozviona kusvikira apo ndakaenda kumberi kwevana vechikoro ndichida kuita masvomhu ndobva shamwari yangu yazviona ndokuuya akandi-zevezera kuita aida kuenda nenii kuchimbuzi chiriporipocho. Patakaenda akandipa pedhi ndokundiratidza kuti rinopfekwa sei. Ndakanyara chose apo ainditsanangurira asi ndakazodzokedzana. Takadzokera muchikoro asi mudzidzisi havana zvavakataura; ndinofunga kuti vakanga vaona zvakanga zvaitika. Ndakaita rombo akanaka rekuti vamwe vana vechikoro vazhinji Havana kunge vazviona. Kubvira zuva iri ndakatanga kunyatsoita zvinhu nemazvo nguva dzose apo ndinenge ndiri kumwedzi kuti ndisasvibisa hembe dzangu zvekare.



Nyaya yechipiri 2

Musi wandakatanga kutevera ndaiva pachikoro. Yaiva nguva yebreak apo ndakaenda kuchimbuzi ndokuona ropa pabhurugwa rangu remukati. Izvi zvakandityisa uye kunditenderedza musoro sekuti ndakanga ndisingazivi zvakawanda zvinechekuita nekutevera. Ndakadzokera muchikoro asi ndainyara kubvunza vanhu vakanga varipo ndokubva ndangogara nedivi rimwe kuitira kuti ndisanyorovesa kana kusvibisa dhirezi rangu. Ndabuda chikoro ndakaenda kumba ndokusvikowacha bhurugwa randaiva ndakapfeka ndokutora rimwe ndokupfeka pasina chandaiva ndaisa.

Ndatotanga kuziva nezvemaitiro kana uchienda kumwedzi nhasi uno chaiye, Kubvumbi 2011, asi ini ndava nemakore maviri ndichitevera. Vabereki vangu vakashaya ndichiri mudiki uyezve ndinogara nehanzvadzi yangu uyo wandaINYARA kutaurira nyaya dzekumwedzi naye. Ndine rombo rakanaka kuti kana ndichitevera, ropa harinyanyobuda. Handina musi wandakatadza kuenda kuchikoro nemhaka yekuti ndiri kutevera. Ndinongopfeka bhurugwa rangu rimwe mukati ndogara negaro/divi rimwe. Mamwe mazuva zvinoitika kuti ndinosvibisa kana kunyorovesa dhirezi rechikoro ndokumbira mvumo yekuenda kumba. Nhasi nadadzidza nezvenzira dzakareruka maererano nekutevera kubva munhaurirano yataita iyi. Ndinovimba zvikoro zvichaita kuti pave nezvipoka zvipoka zvevanasikana umo vanenge vachidzidziswa uye kukurukura nezvekuenda kumwedzi. Izvi zvinobatsira vamwe vakaita seni vanobva kumhuri dzinotungamirirwa nehanzvadzi kuti vazine zvekuita kana nguva yacho yasvika. Ndinokurudzirazve vamwe vasikana vanenge vasingazivi chekuita nekuenda kumwedzi kuti vabvunze vadzidzisi vavo vechidzimai kana vaona pane zvinenge zvaitika; ndiko kuti vagobatsirikana mukuenda kumwedzi.



Nyaya yechitatu

3

Ndakatanga kuenda kumwedzi ndiri kumba. Musi uyu handina kufara nekuti ndaifunga kuti pane chaiva mudumbu mangu chaiva chatsemuka. Ndakaudza amai vangu, avo vanova musoni, vakanditi parizvino ndakanga ndava mukadzi chaiye uyezve ndakanga ndisingafanirwi kutamba nevakomana sekuti ndaizoita pamuviri. Vakatora micheka inosara pakusona pavo ndokundipa umwe kuti ndiise mubhurugwa rangu, imwe micheka ndokuti ndichengete kuitira kuti ndizoisa kana ndichinge ndachinja.



Pandaifamba panze kamucheka kandakanga ndaisa kaya kakabva kadonhera pasi. Hapana aivapo saka ndakabva ndakurumidza kukanhonga. Ndakadzokera paisionera mai vangu ndokubva ndatora zvidimbu zvina zvemaribhoni. Ndakazvisungirira kumucheto kwemucheka uya ndokubva ndasungirira maribhoni nechekumusoro kwegumbo rimwe nerimwe. Handina kumboudza amai vangu nezvenyaya iyi asi ini ndinoona zvichindishandira chaizvo. Ndinokurudzira vamwe vasikana kuti vave vanoshandisa zvinhu zviripo izvozvo nehungwaru uyezve vasatadza kuenda kuchikoro nekuti vari kutevera.



Nyaya yechina **4**

Musi wandakatanga kuenda kumwedzi ndaiva pachikoro. Izvi zvakandivhundutsa uye kundisuwisa. Ndakakumbira mvumo yekuti ndiende kumba. Nekuti ini ndinoenda kuchikoro nebasikoro, musi uyu ndakadzokera kumba ndichirisesedza sezvo ndaitya kuti ndaizowederesa kuti ropa ribude.

Pandakasvika kumba ndakawana mainini vangu vasipo, pachingova nababamunini chete. Pandakavaudza kuti ndaibuda ropa hapana zvavakataura kunze kwekuenda kuimba yavo yekurara ndokudzoka nemicheka yakawanda.



Vakandiudza kuti ndiise mucheka mukati mebhurugwa rangu remukati ndigomirira mainini vangu kuti vadzoke. Izvi zvakaita kuti ndinyare zvikuru. Mainini vangu pavakazodzoka vakazondiudza kuti ndakanga ndaputudza uyezve ndaifanirwa kuchenjerera pakutamba nevakomana sezvo ndaigona kubata pamuviri. Vakandidzisa kuti ndaizoshandisa micheka sei uyezve kundiudza kuti ndaizotevera mwedzi woga woga kusvika ndava kuchembera.

**Nyaya
yechishanu**
5

Ndakaona kutanga kutevera kwangu apo ndaiva ndichibva kuchikoro ndakananga kumba. Ndakanyara zvikuru apo ndakaona kuti ndakanga ndabuda ropa kwenguva refu uyezve dhirezi rangu rekuchikoro rakanga rasviba.

Dambudzikoro guru raiva rekuti ndakanga ndisingakwanisi kuudza amai vangu nekuti ndakanga ndisingazivi kuti ndotaura sei. Ndaifunga kuti vaizonditi ndakanga ndaita misakanzwa, nekudaro handina kuvataurira. Ndakapfeka mbatya dzakanga dzasakara kwemazuva maviri, asi ndaisadziwacha kwete; ndaingodzinyika mumvura ndodziviga muimba yekugezera.

Maiva munaGunyana uyezve kuchipisa samare saka ndakatanga kunzwa kurwara. Apa ndipo amai vangu vakaona mbatya nyoro dzandaiva ndakanyika mumvura ndokubva vavuya kwandiri ndokundibunza kuti zvaiva zvatanga riinhi. Ndakavataurira ndipo apo vakandiudza kuti ndigeze uye ndipfeke nhumbi dzakachena. Vakanditaurirazve kuti ndainge ndave musikana aputudza uyezve handaifanirwa kutamba nevakomana. Amai vakanditaurirazve kuti panguva yekutevera iyi, ndaifanirwa kugara ndakachena uye kushambidzika. Ndakatadza kuudza shamwari dzangu nezvenyaya iyi sokuti ndaifunga kuti pamwe ndini ndega ndaitevera nekudaro ndakabva ndazvibvisa mune vamwe.



Kuona maererano nekutevera



Chekutanga:

Kutevera chinhu chisingatyisi, chinoitika kumusikana wese wese aputudza. Kutevera zvinoreva kuti unokwanisa kuita vana uye unehetano hwakakwana. Kana usina chokwadi kana usingazivi zvekuita zvirinani kutaurira mubereki kana kuti muchengeti wako. Kana uchinyara kutaurira umwe wepedyo, semusikana unofanirwa kuzvifungira nekuverenga zvinyorwa zvinokupa ruzivo. Ziva kuti kana ukatanga kutevera shamwari dzako dzisati dzatevera hachisi chinhu chinonyadzisa, asi chinodadisa; nekuti zvinoreva kuti unenge wavatangira kukura. Kana uchinge watanga kutevera, zvinokurudzirwa semusikana kuti ugare uine zvekushandisa kumisa kubuda kweropa nguva dziri dzose, kunyangwe isiri iyo nguva yako yekutevera kuitira kuti ugare wakagadzirira.

**Kutura nemudzidzisi wenyu muri
muzvikwata kunobatsira**

ZANO

Kana uchinge watanga kutevera, zvinokurudzirwa kuti ugare uine mucheka kana pedhi rekushandisa rakachena nguva dziri dzose kunyangwe asiri mazuva ako ekutevera.



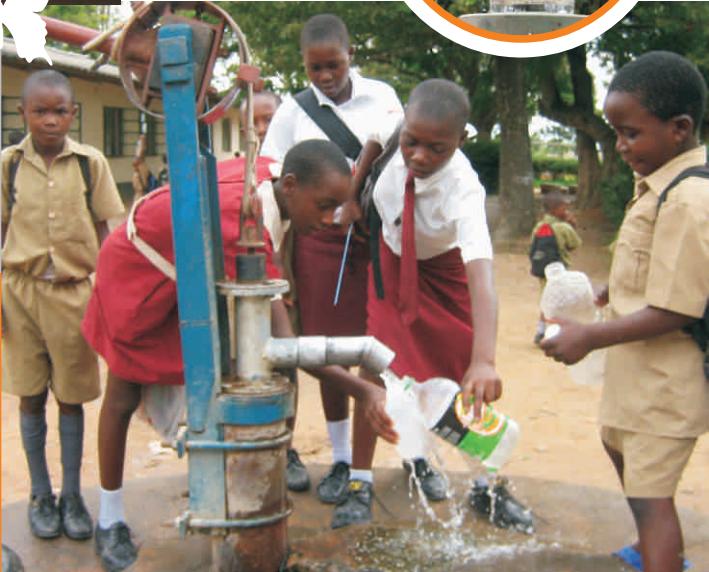
Utsanana hwemuviri

Mumazuva ekutevera,
zvinokurudzirwa kuti musikana
ageze nhengo yake zvakadai
sekaviri pazuva; zvichida
mangwanani nemanheru. Izvi
zvinobatsira kuderedza
kunhuwa kwemuviri uye
zvirwere. Kugeza maoko
nemuviri zvinobatsira, zvekare
zvakakosha kugara nehembe
dzakachena.



Geza maoko
ako nguva
dzose!

Inwa mvura
yakawanda
yakachena



Kubata kubuda kweropa

Mapedhi anotengeswa



Pedhi chisonwa chinopfekwa munhumbi yemukati, pazasi penhengo yakavanzika kuti chisvete ropa rinobuda apo munhu anenge ari kutevera. Mapedhi aya ane mupendero mutete *weplastic* unodzivirira kuenda kweropa panhumbi yemukati mushure mekunge rapinda nemupedhi; zvekare anonomira pasi pavo zvinova zvinoita kuti agare panzvimbo. MuZimbabwe mapedhi anoita dhora ari gumi. Musikana anenge achida kuva nedephi rimwe kusvika pamatatu pazuva rega rega, kwemazuva anokwana matatu kusvika manomwe panguva iyo anenge achitevera mwedzi wega wega. Kunyangwe zvazvo anemutengo wakadai, zvikoro zvishinji muZimbabwe hazvishandisi mapedhi ekutenga awa nekuti anenge achividhurira kutenga kana kuti anenge asingawanikwi. Izvi zvinoreva kuti vasikana vazhinji muZimbabwe vanoshandisa mapedhi anogadzirwa mudzimba.



Mapedhi anogadzirwa mudzimba

Aya anogadzirwa kubva mumicheka yakasiyana siyana, yakapfava. Micheka iyi inopetwa zvakafanira zvekuti ikwanise kusveta ropa rinobuda pakutevera. Dambudziko riripo pamapedhi aya nderekuti haakwanisi kunamira panhumbi yemukati, nokudaro anogona kusanyatsopfekeda zvakanaka kana kutodonha.



Anokonzera kukuzvuka apo musikana anenge achifamba uyezve anogona kusadzivirira ropa zvakakwana kuti risaende pahembe. Kazhinji kacho, mapedhi aya anowachwa zvinova zvinogona kusava neutsanana hwakakwana sekuti vasikana vanenge vachinyara kumayanika pachena opedzisira asina kunyatsooma zvakafanira.

Magadzirirwo echinobata pedhi

Idzi indandi dzinosonerwa pamicheka yakapetwa zvakafanira dzinobatsira kuti mapedhi anogadzirwa mudzimba kana mapedhi anotengeswa agare ari panzvimbo. Iri izano rakananga kuonekwa nemunyori kuMarirangwe, muZimbabwe. Ndandi kana dzichinge dzasonerwa, pamicheka yakabatanidzwa dzinopfekwa sebhurungwa mukati menhumbi yemukati pamusoro pe pepedhi kana micheka zvinova zvinota kuti ndandi izobatwa nemumativi mechiumo. Chigadzirwa ichi chinobatsira zvikuru kuti micheka kana mapedhi zvirambe zviri panzvimbo. Izvi zvinodzivirira kunyadziswa mushure mekunge micheka yadonha pakufamba kana kuchikoro.



Chinobata pedhi uye chinobata pedhi nemucheka wakapetwa

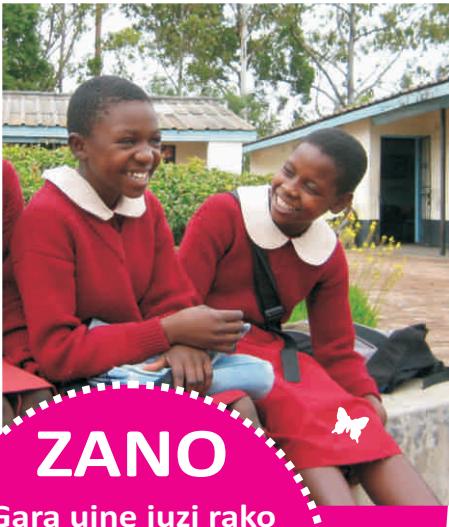
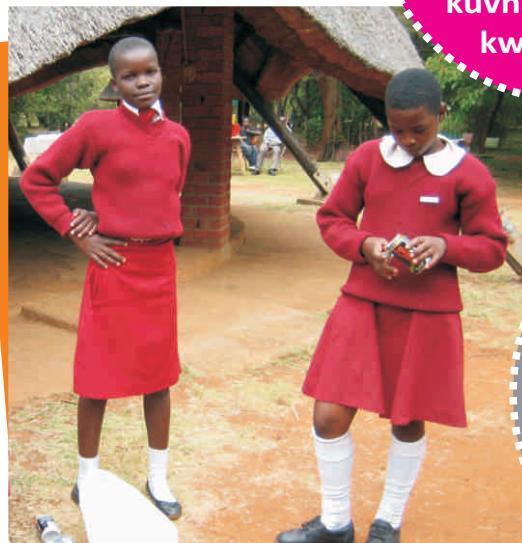
Zvisonwa zvinobata mapedhi zvinogona kugadzirwa zvakawanda nemusoni nemari inoita iyo dhora kana iri pasi. Chisonwa chinobata pedhi ichi chinogadzirwa nedonje uye ndandi dzakaiswa kumativi. Chinokwanisa zvekare kugezewa nguva zhinji. Chisonwa chinobata mapedhi chinokwanisa kugadzirwa neurefu hwakasiyana kuitira kuti chive chinenge chichikwana pavasikana vemakore akasiyana siyana. Chinobatsira zvekare kudzivirira kuenda kweropa pambatya munguva yekutevera. Unofanira kupfeka nhumbi yemukati yakakura zvekuti pedhi rinonyatsokwana uyezve inovhara magadziko ako. Micheka, mapedhi, donje kana zvimwe zvingashandiswa pakutevera zvinofanirwa kuchengetedza pakanakapasingapindi mvura kuti zvigoshandiswa munguva inenge ichitevera.



Pfeka mbatya dzakafanira



Kana uchinge uchitevera, pfeka nhumbi dzakafanira zvakadai sekupfeka nhumbi dzinobata mukati merokwe rako rekuchikoro; uyezve gara uine juzi rako pedyo kuitira kuti pamwe ungangosvibisa unifomu yako. Kana zvakadai zvichinge zvaitika, monera juzi rako muchiuno kuti zvisaonekwa. Kana uchifanirwa kupfeka dzimwe hembe kuchikoro zvakadai sekuenda kumitambo, pfeka mbatya tsvuku, nhema kana dzine ruvara rwakasvibira kuti vanhu varegedze kuona kuti uri kutevera.



ZANO

**Gara uine juzi rako
pedyo zvime
ungangoda
kurishandisa
kuvhara kusviba
kwehembe.**



ZANO

**Mbatya
dzakafanira
dzinogona
kubatsira**



Marwadzo ekutevera uye kumadzivirira

Marwadzo pamazuva ekutevera, anogona kuderedza nekugara munhu achidya chikafu chinovaka muviri, kusimbisa nyama dzemuviri, kuisa bhodhoro remvura inopisa padumbu apo unenge wakazorora kana kuti kugeza mumvura inopisa. Mabhanana anogonazve kudyiwa munguva iyi sekuti *anepotassium* yakawanda inodiwa nemuviri. Kudya muriwo *wespinach* kunobatsira. *Iron* inowanikwa *muspinach* inobatsira kuwedzera patsva ropa iro rinenge rarasika panguva yekutevera. Mapiritsi anonyaradza marwadzo akadai *semaibrufen*, *paracetamol*, *nemapanado* anobatsirawo zvekare kuderedza marwadzo munguva yekutevera. Pane imwewo mishonga yechivanhu inozivikanwa nekuderedza marwadzo ekutevera.



**Usanyanyonetseka,
izvi ndezvimwe
zvezvinhu zvinogona
kubatsira
kuderedza
marwadzo**

mapiritsi mishonga yechivanhu
 Kusimbisa muviri
 mabhodhoro ane mvura inopisa

Bhodhoro remvura inopisa rinogona kubatsira kuderedza marwadzo.



Kuzvidziisa
kunogona kubatsira
kutambanuka kwenyama
dzemuviri uye kuderedza
marwadzo panguva yekutevera.
Kuisa bhodhoro remvura inopisa
padumbo kunogona kubatsira
chose. Zvekare unogona
kushandisa chero bhodhoro
rakachena kuisa mvura
inopisa.





Chikafu chinovaka muviri chinobatsira



Kudya kunovaka muviri kunobatsira kuti nguva yekutevera ireruke. Inwa mvura yakawanda uyezve idya michero nemiriwo yakawanda. Zvese izvi zvinobatsira.

Spinach – inobatsira kudzorera ropa.

Pane imwe miriwo yakakosha chose. *Spinach* ndiyo imwe yemiriwo iyi. *Spinach* hainetsi kurima zvekare inefibre

yakawanda. Inochenura muviri uyezve ine *iron* yakawanda. *Iron* inodiwa pakugadzirwa kweropa idzva. Kana ropa richinge rarasika nekuda kwekutevera, rimwe ropa rinofanirwa kugadzirwa kuti ridzokere pekare. Ndokusaka miriwo yakadai sespinach ichibatsira zvikuru.





Kusagadzikana.

Zivisa avo vari pedyo newe kana uchinzwaga kusagadzikana kwemuviri nekuda kwekutevera kuitira kuti vagoziva kutaudzana newe. Kubva zera kunosanganisira kuziva zvekuita kana uchinge watevera kana kuti usinganzwi kunyatsogadzikana zvakanaka.

Dzidza kuzorodza nyama nepfungwa

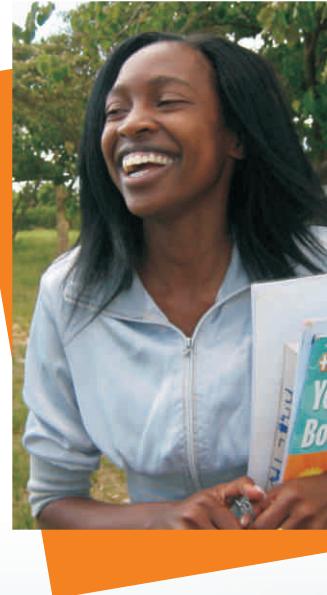
Dzidza kuzorora worega kufunga funga pamusoro pekutevera kwako. Kufunga-funga kunogona kukonzerwa zvigozhero pakutevera kwako. Usazvidya moyo pamusoro pekutevera, nekuti musikana wese wese aputudza zvinoitikawo kwaari; saka hausi iwe wega!





Kuseka ndiwo mushonga mukuru!

Taurira vamwe nyaya inonakidza, taura nyambo, mifungo uye zvauri
kunzwa zvinonakidza. Kuseka ndiwo mushonga mukuru.



Nyika inonakidza uyo anogara achinyemwerera.



Kufema zvakadzika uye kusimbisa muviri

Tinofema nguva dzose kuti tirarambe. Kazhinji kufema uku kunenge kusina kunyanyodzika kunze kwenguva idzo tinenge tiri kusimbisa miviri yedu. Kufema zvakadzika kunogona kutibatsira kuti tizorore uye tinzwe zviri nani. Kuti uite izvi unofanirwa kunyatsotora nguva yako pakufema.

Enda pazvimbo ine runyararo, wonyatsogara pachituro wakavhara maziso ako. Teerera kunze kwakakupoteredza. Femera mukati zvakadzika – nesimba rako rese kuti mapapu ako azare. Ibva wafemera kunze kusvika kwekupedzisira. Ramba uchifemera mukati nekunze zvakadzika kweminiti imwechete yakazara. Izvi zvakafanana nekfema kagumi nekaviri. Enderera mberi nekfema zvakadzika asi zvinyoro-nyoro. Femera mukati zvakadzika woramira kwemasekonzi gumi wofemera kunze. Femera mukati zvekare, ramba wakadaro kwemamwe masekonzi gumi. Femera kunze zvinyoro-nyoro. Dzokorora izvi kagumi. Izvi zvinofanirwa kuti unzwe kugadzikana uye runyararo. Nguva yega yega yaunoita izvi unoramba uchinzwu zviri nani. Kufema zvakadzika zvinyoro-nyoro uye kunwa mvura yakawanda zvinoita kuti unzwe zviri nani chose uye kuti ugadzikane.



**Kufema zvakadzika
kunotibatsira
kuzorodza nyama
dzemuviri uye
kunzwu zviri nani.**





Kusimbisa nyama dzemuviri

**Kutwasanudza
nyama dzemuviri
zuva roga roga
kunoita kuti tinzwe
zviri nani.**

Kuti muviri ushande zvakanaka, nyama dzemuviri dzinoda kutambanudzwa. Kana tikatamba mitambo, tinodhonza dhonza nyama dzemuviri zvinoita kuti tinzwe zviri nani. Izvi zvinobatsira muviri yedu. Kusimbisa nyama dzemuviri zuva roga roga zvinoita kuti tinzwe zviri nani.



**Twasanudza
muviri uyo!**





Kuumba kuzvivimba iwe pachezvako

Chii chinonzi kuzvivimba?



Awa maonero aunozviita iwe pachezvako. Neimwe nzira, mafungiro
ako pamusoro pemakoshero ako.

- 1 Gamuchira muviri wako nekuva zvauri.
- 2 Kunongova nemumwe chete akaita sewe.
- 3 Famba nekudada nezvauri.
- 4 Nangana nezvakanaka zvechimiro uye maitiro ako.
- 5 Ziva zvinhu zvausiri nyanzvi mazviri.
- 6 Shandisa zvipo zvauinazvo uye zvinhu zvaunoziva
nezvazvo kuti utaure uye kuwadzana nevamwe

Kudemba
kuti dai wanga
uri umwe munhu,
kutambisa iwe
zvauri.





Gara uchiziva nguva dzako dzekutevera



Nguva dziri dzose edza kuziva kuti watevera kwemazuva mangani, watanga zuva ripi uye uchapedza rinihi. Zvinokurudzirwa zvekare kuongorora kuti ropa riri kubuda rakawanda zvakadini. Unoverenga mazuva makumi maviri nematanhatu kusvika pamazuva makumi maviri nemasere kubva musi uyo unenge watanga kutevera. Zvinoreva kuti kana wakatanga kutevera musi wa 1 Chikumi, unotarisira kutevera zvekare pamazuva ari pakati pemusi wa 26 Chikumi na 28 Chikumi. Kana kutevera kwako kwapedza mazuva anopfuura gumi, zvinokurudzirwa kuenda kuchipatara kana chiremba ari pedyo.



Gara uchiziva
kuti unotanga
kutevera
mazuva api!
Zvinobatsira
kuti ugare
wakagadzirira.

Kurasa kana kuchengetedza mapedhi

Mumazuva ekutevera, ona kuti zvawashandisa kubata kubuda kweropa zvarasiwa panzimbo yakakodzera zvakadai semugomba remuchimbuzi cheBlair VIP. Kana uchinge uri pachikoro uyezve uchida kuzoshandisa micheka, kana pedhi rawamboshandisa, bvisa mucheka, kana pedhi racho woriisa mubepa risingaburitsi mvura, wopeta bepa riya woisa munhava yako yekuchikoro. Kana uchinge wasvika kumba, tora bepa riya wowacha zvishandiswa zvako nemvura inopisa uye nesipo. Kana wapedza omesa mucheka wako kana pedhi pazuva wochisa neaini.





Zvinoitika kuti:

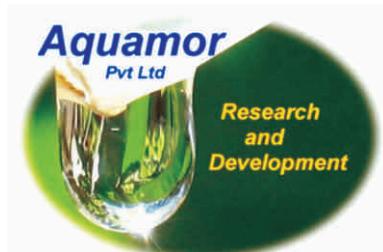


- 🦋 Vanasikana vanosaratidza rukudzo rwakakwana kana kuita unhubu kana vachinge vari kumwedzi.
- 🦋 Musikana anogona kutanga kutevera achiri mudiki, zvakafanana nemakore mapfumbamwe, gumi kana kuti gumi nerimwe.
- 🦋 Musikana aone ropa rakagwamba richibuda apo anenge achitevera.
- 🦋 Mwanasikana anogona kubuda mapundu kumeso mumazuva mashoma katarisana nekutevera kwake kana kuti panguva iyo anenge achitevera.
- 🦋 Mwanasikana anogona kuburitsa tumvura tuchena kuburikidza epanhengo yake, apo anenge asati kana kuti achangopedza kutevera.
- 🦋 Mudumbu munogona kurwadza mumazuva ayo mwanasikana anenge ari kutevera.
- 🦋 Vamwe vasikana vachangotanga kutevera vanogona kudarika mimwe mwedzi vasina kutevera.
- 🦋 Kutevera kwemwanasikana kunogona kупедза mazuva maviri chete.
- 🦋 Iwe utevere kwemazuva matatu, shamwari yako ichitevera kwemazuva mashanu.
- 🦋 Unonzwa marwadzo pamazamu kana uchikura.
- 🦋 Unogona kunzwa kunyara zvakanyanya





Annie Kanyemba



Ndinoshandira Aquamor, kambani yakazvimirira ine mahofisi ayo muHarare, Zimbabwe. Apa tinenge tichita tsvagiridzo itsva maererano nekurarama zvine hutsanana uye kuwaniswa kwemvura inehutano kuvanhu zvisina mutengo wakanyanya.

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Bhuku rino rinowanikwa mururimi rweChirungu uye rweNdebele.

