



FCI Podcast

Sokonin Bege na Shekarun Tawaye na Matasa Hausa

Song Izapita - Bob Muli, Victor Kasong, Sebastian Mutale - Zambia

Brian: Barka da war haka. Maraba da zuwa ga sakon bege ta wurin (podcast) kopa kun giyar al'uma masu sanarwa da sakonin bege wato Faith and Community Initiative (FCI) magama da na'uran zamani, domin a saurara shi dagag baya ta wurin Adinai da sadarwa na al'uma, sunana Brian Otieno. Ina aiki da Alfajira network. Ina kuma hadda kai da PEPFAR Al'umma Addinai, wanda, tun 2018, tana aiki a karkara ta wurin wayas da kai, ma jamma'a da kuma addinai da sa maza da yara, suna kai masu taimako ta masaman ga masu ciwon Kanjamau HIV domin su samu gwajji da wayewa, muna taimakawa domin a samu ganewa na HIV wato ciwon kanjamau, tun shekara da ta wuce, wannan kungiyar tana aiki da shugabanin karkara ta wurin wayad da kansu, domin su sami gwajji da kuma sanin wannan ciwo ko kuma anobar COVID-19.

Yau, mun zo ne mu saurara wannan sakonin bege daga waddan nan matasan, shiya sa ina mori wannan lokachi in marabci Peter, Lea, Whitney, Doreen da kuma Dennis da suke sadar da wannan sakonin bege ta podcast.

Ina cike da farin ciki domin ina jagoran wannan bitta ko kuma tattaunawa na wannan tawagan mutane, ina kuma da tambayoyi domin su, Ina so, kowa ya nastu ya kwantar da ran shi, masaman matasa da muke da basira a baya, da kuma irin tafiya da kayi a baya.

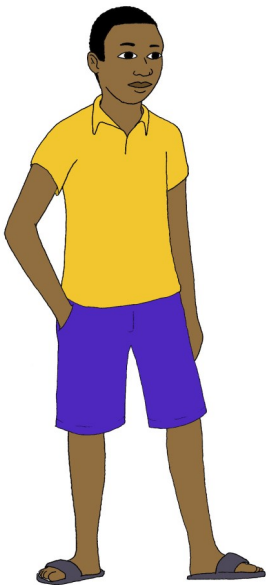
Dalilin Wanna zancen ko kuma tattaunawa shine mu kawo sakonin bege domin matasa da kuma yara, mahimancin sakon domin matasa ne wadda suke tafe da wannan ciwon HIV wato ciwon kanjamau.

Kafin muji daga Peter, Lea, Whitney, Doreen, da kuma Dennis ina so in gayaci kowane dayar mu ya shiga dunnidan gizo na Faith Community Initiative www.faithandcommunityinitiative.org, zan sake maimaitawa yannan gizon www.faithandcommunityinitiative.org yana da duk abin da ake so a sani, cikin wannan ne aka shirya abubuwa guda goma 10 na kasashen sub Saharan Afrika, domin su bayana shirye – shirye yadda ciwon kanjamau a kuma yi nasar, a kan shi masaman a kan kanaan yara, a kuma wayar da kai a kan COVID-19 a keyawa da mu.

1: Gabatarwa na masu jawabi

Brian: Peter, ina maku maraba da zuwa, ina kuma gode maku da kuka hada kai da mu yau, a wannan sakan bege na HIV podcast.

Peter: Ina so ka gabatar mana da kanka da aikin ka, a wannan kauye, masamman ayukan ka da matasa da kuma Kannan yara. Suna na peter mwangi, ni matashi ne, ina kuma da wannan ciwon kanjamau wato HIV, ina nan a madadin matasa daga AHF clinic, a nan malare amma ina





daya daga cikin ma'ikata na AHF ina kuma ba da goyon baya, ina nan kamar madubi na al'umma, Ina ganin abin da matasa sun sani game da ciwon kanjamun HIV a cikin karkara sun san abu game da jima'i da kuma haihuwa da kiwon lafiya da abin da ke cikin tunani su, masanman idan sun sami ganewa, domin su sami karewa a kan wannan ciwon.

Brian: Na gode Peter, nagode Lea, maraba – muna farin ciki domin kasancewar ku yau, saboda haka, zan roke ku, kowannenku ya gabatar da kan sa .

Lea: Na gaishe ku, sunana Lea wanjiru, ni psychologist ce, ni kuma kakaki ne, na matasa, wadda ina son mata da yanmata da kuma mazaje su sami yanci .

Whitney: Ni ne mai suna Whitney Begon, ina aiki da yara tun shekara 2019. Ina nan a kasa domin in sa iddo da kuma kara wayad da kai.

Brian: Na gode Whitney da Doreen ina so kuma ku gabatar da kan ku.

Doreen: Na gaishe ku duka, sunana Doreen moraa moracha. Ina dauke da wannan ciwon kanjama wato HIV. Ina kuma ba da Labarai na masanman a kan wandada suke da wannan cutar kanjamau da kuma jama'a al'uma gaba daya, nine wanda na kafa Fondation wanda a ke kira "I am a beautiful story" wato nine mai labarai mai kyau" wanda shiri ne, na ba mutane bege cewa akwai rayuwa mai kyau fiye da wannan ciwon kanjamau HIV da yake jikin ka. Ina yin abubuwa da dama da wannan ciwon kanjamau a jikina wanda na yi, bada jimawa ba shine international Aids Society wanda muna shirya na'uran zamani domin matasa su kira da muruyoyin su, a kuma yi amfani da wannan Zarafi da lokaci, ni kuma mamba ne na Generation Wakili na matasa masu kulawa. Na gode.

Brian: Na gode Doreen nagode kwarai, ina iya ganin kowane dayan mu, na cike da ayuka dabam – dabam da wadannan matasa da kuma yara, dukan wannan ayukan domin a tal-lefe ku ne labarai na anobar kanjamau hiv da kuma samun bege, mun yarda cewa, kawo taimako na hiv da kuma yadda za'asa rayuwa ya zuma da ma'ana a cikin mu.

Dan so Dennis ya gabatar da kan sa, yi hakuri Dennis.

Dennis: Na gode sosai, sunana Dennis munyoro a yanzu haka ina aikin paediatrics research wato aikin bincike a wurin yara, ni kuma peer mentor ne wato ina ba da labarin kaina bisa ga irin rayuwa da matasala da na fuskanci kaina a baya, ni kuma peer educator ne inaba mutane ganewa ta wurin koyas- wata da kuma yin bincike, yana da muhimanci kwaral, ina iya ji sosai domin in sanar da matasa dake dauke da wannan chutar kanjamau hiv a cikin Kasarmu. Ina nuna godiya, na domin ina aiki da mutane, domin mutane dayawa suna da damuwa dayawa, mutane sun rasa bege, mutane dayawa wanda sun yi burin abu mai kyau a rayuwa sun a gaba, bas u a nsara ba, domin suna da chutar Kanjamau hiv. yau dole ne ayi ma'a mala da wadannan mutane a basu bege da tunani mai kyau cikin rayuwan mu, ko da yake yana da wuya muna iyakan kokarin mu da wadannan peer mentors masu yin mana koyaswa domin mu gane, cewa muna da wani a rayuwar mu wanda yana tunani ya bamu ganewa ta wurin labaran da suke bamu, labarin nan ya kan bamu tunani mai kyau, yana kuma chanza rayuwar mutum, yana kuma chanza rayuwar matasa da mutane dayawa. Muna bukata dayawa, kuma dole ne mu kan mu muna so mu taba rayuwa dayawa.





2: Menene kake yi da matasa? yaya kake watsar da sakonin bege zuwa gare su ? Ta yaya z aka kawo bege a rayuwarsu ?

Brian: Na gode maku duka da gabatarwa da kanku, ko kun gan bangaskiya na al'uma masu sadarawa da sakoni bege? wato faith and community initiative, muna da sakoni bege ? muna da sakonin Whatsapp; sun ka'itas sosai da misali muna kuma da kalanda dakuma aduo'l da za a yi amfani da shi a lokacin ibada na addinai – ta wurin wadannan mu kan yi jawabi a kan kanjamau Hiv a cikin alu'mai addini ta hanya mafi sauki muna da bidiyo na yan mata, shugabanin adini da kuma duk mai addini, yak an iya taimaka ta wurin shelar wannan kanjamau Hiv yadda za a yi gwaji da kuma sanin cewa ga yanda za'a kula da ciwon cewa akwai magani, a kuma y rayuwa mai kyau .

Menene kake yi da matsa? Yayakake watsar da sakonin bege zuwa gare su? Ta yaya zaka kawo bege a rayuwar su?

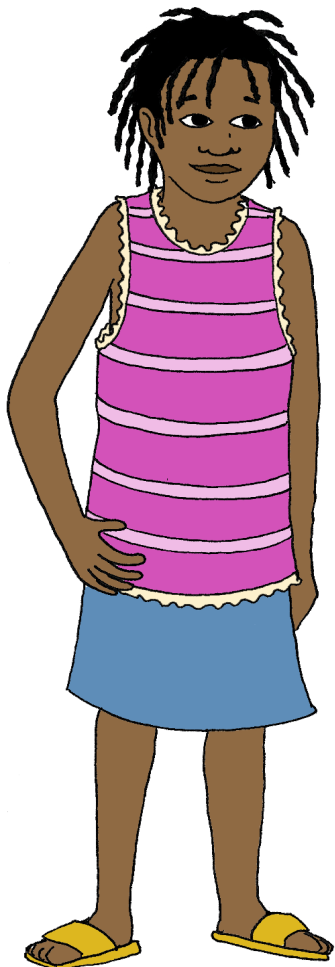
Doreen: A matsayi na zan ce aiki na, a kowace rana yak- an fara da-ga waddan nan sakone da na watsarwa ta wurin social media wato na'uran phone na zamani. Kamar kowace rana, ina farka da sako masamman ma mutane domin na samu, masu bina dayawa a social media. A nan ne na kan fara, ya kuma dan ganta da abin da na shirya kowace rana –sau da dama zaka iya sami kanka cikin ayyukan matasa da-yawa, kamar meeting na matasa, da kuma wayar da kan jama'a da kuma gari sau da daman a kanje wurin su masanman domin abin da suke so – ko da yake yanzu, saboda kula da Covid-19, ko da shike ban iya na sami suba kasa, amma na yi kokari mun tatauna online wato da taimakon na'uran telephone wata salula, domin in ji daga gare su – yadda suke rayuwa, me suke so su gani game da rayuwar bege wadda zai sa a gan rayuwar ciwon kanjamau ya samu sadarwa mai kyau. Domin muna zuwa wurin su, muna kuma magana du su, muna kuma karfafa su ta wurin ba da labara cikin wayay wa da kan jama'a da kuma koyaswa a kana baba dayawa akan chutar kanjamau, wannan shine abin da na sa kai kowale rana ina yi ta wurin amfani da na'uran zamani salula da kuma yin jawabi da kai na.

Brian: Na gode, na gode Doreen domin wannan. Wannan abin da kin yi Yana da muhimanci sosai, kai peter me ka gani?

Peter: A lokacin Covid-19 wato anobar korona-birus abubuwa dayawa sun faru, an manta da matasa domin mutane suna duban gaba fiye da Covid-19 amma ni, a matsayi na peter, na zo ne in bada gudumawa na kamar uba, wanda ba ya zama. A satin da ya wuce, na samu wadansu daga AYP (matasa da kuma yara) suna tattau-nawa yadda zusu tafe da rayuwan su a kowace rana. Suna Magana a kan munanar kyayoyi da a ke ce da shi Rv na zo domin mutattauna yadda za mu sadar da wannan zance, mu kawo musu sabon aiki da kuma tunnani, ,mu kuma hada su da wadansu kungiyoyi ko kuma mu shirya sabon abu, mu kan tattau-na kuma.

Brian: Toh na gode so sai, na gan yawancin mu dukan mu, muna yin abubuwa dayawa da matasa, a cikin gari, whitney ko za ki takita mana yadda kina huldawa da matasa da yara a kowanne rana?

Whitney: A yawan cin lokaci na zama ma sadarwa, tsakanin matasa da mai'al-kata a clinic da kuma mai'alkantan kiwon lafiya, su matasa basu same shi da sauki ba abubuwan da suke fuskanta a gida, da makaranta, har ila yau da chudanya da daliban makaranta, wadanda su ba abokan aiki bane, amma nan gaba, abubuwa za su iya chanza a tsakiya kuma, ina kokarin samo wa matasa wurin huldawa mai kyau, domin samun dukan abu a wuri daya. Mun samu babban matsalla a da am-





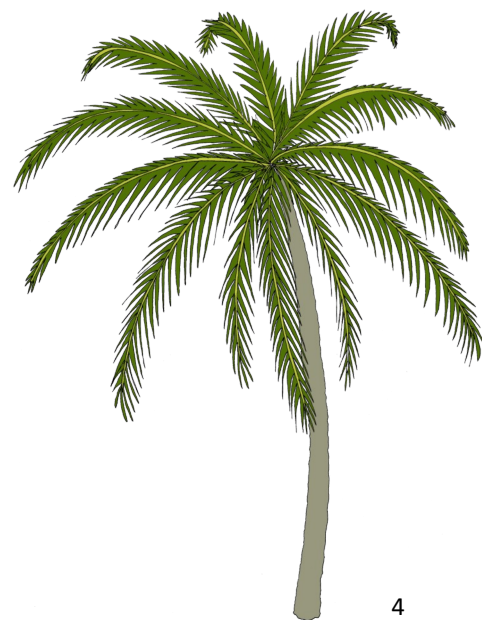
ma matasa suna da tsoro cewa idan suna zama cikin asibiti , sa' anan suna zuwa domin duban kiwon lafiyarsu, sna fuskantan mutane cewa, toh yara nan ma suna marmarin jima'l amma kuma sun manta cewa za'a iya haife su da wannan ciwon kanjamau hiv, wannan shine babban tunanin mu , wannan shine kokarin mu, mu samu wannan center na matasa, kuma ya tai maka kwarai, a wannan wurin zasu samu taimako na magani, zasu samu kulawa, zasu samu shawara masanman masu zurfin tunani domin lafiyan su, idan kana zaman kashe wando a gida, zaka iya zuwa wannan centre, zaka koya ma kanka abubuwa da dama, kuma nan gaba ma, zaka iya zama mai koyarwa kaima, wuri ne na masanman kwarai, yanzu ina kan bincike, a kan chutar zazzabin murar korona birus Covid-19. Ina duban dangan takar Covid-19 da kuma chutar kanjamau hiv, tabatciya, na dauki yan kwanaki ina tambayan matasa masu shekaru kamar 9 – 12 da haihuwa, menene sun gane game da Covid-19 wato chutar korona, yaya suke kare kansu, ya rayuwar su game da/ sheka run tawaye na matasa yana bada tsoro, sa'anan yanzu da min gane irin wadannan rayuwa toh menene muka sa a gaba. Muna da wani bangare a cikin binciken mu, yanda zamu koyaswa akan Covid-19 da kuma dangan takarsu da hiv domin harilla yau akwai sababin tunami dakuma abubuwa masu tasowa a kan Covid-19 da kuma dangan takarsu da Hiv domin har illa yau akwai sababin abubuwa masu tasowa game da COVID-19.

Brian: Peter, yaya kake gani, a matsayin ka na matasa wanda ke dauke da wannan ciwon kanjamau wato hiv, domin ka kawo sakonin bege ga tsaranka ?

Peter: Da farko zance rayuwa da wannan ciwon kanjamau wato Hiv ba da sanki yake ba, a lokacin da na gane cewa ina da shi , Yanzu ina da shekara 25 , ku duba rayuwa da wannan ciwon ya san a bar makaranta. Ina so ku sani na bar makaranta doomin matsololin da na sami kai na, ku duba yanzu bani da satifikate amma kuma ina bukatan aiki wa zai bani aiki ? ciwon kanjamau wato hiv ya bata rayuwa na a wata hanya, amma kuma ta wani bangarin ya gyara rayuwata, Ni jakada ne na matasa wadda suke da wannan ciwon kanjamau, ina so in gaya wa matasa da suke da wannan ciwo da cewa, na yi rayuwa da wannan ciwon sheka ru 25 yanzu amma ban mutu ba, ina raye, wannan ya nuna gurbi ne cewa zan iya ba matasa bege na rayuwa domin kada su karaya – rayuwa da wannan ciwon kanjamau ya zama kadari, wannan bai nuna cewa baza'a yi ma'amala da kai ba, amma zai sa ka zama mutum na gari.

Brian: Doreen kin karfafa mu sosai masamman matasa a cikin wannan garin, kin zama fitila kira haskaka ruyuwar mutane a cikin gari da kauyuka, kira basu tunami da rayuwa mai kyau, ina so ki gaya mana, yaya kike rayuwa a matsayin ki na matashiya mai rayuwa da wannan chutar kanjamau wato HIV?

Doreen: Muhimmin abu a cikin rayuwa a shine kina darai, wannan shine mafi amfani cikin albarka da aka samu, peter yace yayi rayuwa da wannan chutar ciwon kanjamau hiv shekaru 25 kenan, ina kuma da wannan kanjamau hiv she karu 28 yanzu, Toh kun gani, wannan shine albarkuda muka samu, wannan haske da yana mana jagora kowace rana, yana taimakon mu muyi rayuwa a kulayomi, har illa yau, muna cikin lokaci da anna kan bincike yanzu, akwai han yoyi masu kyau na bada magun-guna fiye da yadda ake yi da, saboda haka, wannan abu mai kyau ne, matsalar abu shine rayuwa shan magani kowale rana, domin bashi da sauki domin rika shan magani wannan duniya ka mutu, kuma kun san maganin da kula da kai yana da matsala sosoi, saboda haka dole ne a basu abin da zai taimake rayuwan sile domin kuru san zai danki lokaci may yawa, amma na sani zaku yi kokori ku nai am da shi. Mutane dayawa san yi shi a da, kuma lokaci yayi da mu duba yadda za'a cika muffin da guri yin nasara ta usurin shal magani kowace rana domin ta wurin shan maganin nan ne, za ayi magani odmin salmon yin nasara kowale rana da kuma kowace, ko yau din nan na sha ARVs na .





Song Izapita - Bob Muli, Victor Kasong, Sebastian Mutale - Zambia

3: Menene Begen mu?

Brian: Na gode maku da abin da kun takaita mana game da rayuwa mai kyau da kuma ruyuwun da bashi da kyau, yadda mai kyau da kuma ruyuwun da bashi da kyau, yadda Doreen ta gaya mana, game da matsalloli du zamu fuskantu su taimake mu, mu yi girma, Akwai chanzawa cikin rayuwun mu, game da abin da muka ji daga garemu daka, menene wannan abu da ke bani tunani da bege, wanan abu da ke sani tafiya gaba-gaba? Kila in fara da Doreen, menene ya baki tunani da bege da kina rayuwa mai kyau kina abubuwa bubu far gaba a kulayomi?

Doreen: Abin da yana taimakon ruyuwa na ina cin gaba kulia yomi, shine, wad an su ji labari na, kuma sun sami karfafawa a ciki, cewa an yi bincike an same ni da chutar ciwon kanjamau HIV a lokacin da babu magani wato ARVs ko kadan, na fara shan ARVs sai na zo na tsaya bana sha kuma ina gani kamar na warke gaba daya. rayuwa ne game yadda na sami kai na da wannan chutar abin ya sa ina raye da kuma cin gaba, ba labara na kawai ne ba, amma rayuwa nane yadda na dauke shi da sauki, ni ne ina falkawa kowace rana, I dan mutum y ace ciwim kanjamau wato hiv. Sai ka jizazzabi a jikin ka, Babu! Ba zazzabi bane – zazzabi yak an warke bayan kwana bakwai – amma chutar kanjamau hiv yana jiki na shekaru 28 kennan, saboda haka, ba zazzabi bane, wannan rayuwa ne da na sami kaina a ciki, ina run gume shi ina raye da shi a kowace rana, amma dole ne ina karfafa mutane, su sami bege cewa kai ma zaka iya rayu, idan na iya na kai wannan lokace, kai ma z aka iya, kai kanka ka sha karfun wannan chutar, wannan karamin chutar ba zai iya Magana ba, ka bar bashi iko a kanka! Murdin kana raye, ina da begen rayuwa, kana ba matasa tunani bege masanman wadanda suyi fama ba su so su yarda cewa suna da wannan chutar kanja-mau hiv na sani zamu sa wannan duniya ya zama worrin zama mai kyau domin muna da bege.

Brian: Da kyau, da kyau bege wanda Doreen take da shi, shine, yake ba mutane bege karfafawa, rayu-warta ya gina bege wanda mutane suke sa zuciya, Lea a matsayin kin a mai'aikachi da matasa wanda suke da wannan chutar kanjamau hiv, kina tunani akwai bege a ruyuwun wadanda suke tafe da wannan chutar kanjamau hiv, kuma menene wanan bege a ruyuwun ka?

Lea: Bari in gaya maku wannan duk wanda yayi na'am ya kuma yarda yana da wannan chutar kanjamau wa to yana da hiv/aids wannan shine muhim-min abu na farko a ruyuwun wannan mutumin domin halin su da ruyuwun su ya kan chanza, idam sun sani suna da chutar, saboda haka duk wanda yana son lafiyan jikin sa, dole ne su yi la'akari da jimrewa ta fuskar shan magun-guguna da aka basu kuma dole ne za a basu goyon baya mai kyau, suna jin labaran wadanda suma sun sani suna da chutar a jikin su, amma sun karaya, domin sun cire bege a ruyuwun su, idan ka ji labara, idan kana jin labara kana gani kamar tatsuniya ne kuma labarin na wani ne, ba naka ba ina so mu sani zamu iya yin nasara, idan ita tayi nasara, toh menene zai hana ni? Har yanzu, idan mun samu goyon baya a cikin tsaranmu za muyi nasara domin idan tsaran mu ne, suna chu danya tare, suna bada da labaru tare za'a yi nasara, mun lura suna tafiya da ma'ammala na rayuwa a cikin tsara su, koman tsani da ba'a mun gane cewa lai-lai ne su gane juma a kuma yi rayuwa tare.

Brian: Sai ka ci gaba peter, yaya rayuwun bege yake a gareka? Menene wannan abu guda wanda kake sa zuciya nan gaba, a matsayinka na matasa wanda yake rayuwa da wanan chutar kanjamau HIV.





Peter: Abinda zan iya in ce shine, matsalolin da an sha a baya da kuma guri da na sa a gaba – dabu mafi kyau a rayuwa na, abu mafi kyau ma yanbaya na, abu mafi kyau ga rayuwa da na samu, na gane cewa zan iya yin abubuwa da ko da yake ina da wannan chutar kanjamau hiv, zanya abu daya, ba domin wai ina dauke da wannan ciwon ba, zankobe wannan a ciwo gefe, ina falka wa da safe, ina shan magani na, sa’anan in manta da shi kuma gobe safe babu. Soboda haka, bashi da muhimmanci a gare ni, wannan shine abin da ya sani inna raye, ya kuma bani bege zan iya yin abubuwa dayawa in kuma kowa sabo-bin rayuwa a gari, Ina tabattar da cewa, idan matasa daya ya gani sabon chanzawa a jikin sa, kuma suna gamin yaya za a ci gaba da wannan al’amarin? Yaya za a samu cin gaba da ganar da mutane domin su sani bai kamata su tsaya daga shan magain ba a kowace rana? Shiya sana zo ne in zama komar madubi, ina basu bege, ina basu misalai, ina kuma neman mutane suyi goyon baya, ina kuma zama da mutum daya mu tau-tauna tare, ina kokorin kasancewa kowane lokaci ina kuma yin Magana da su, ina masu jagoranci, ina kokari cewa a shekaru masu zuwa nan gaba za su zama kamar ni suna gina rayuwar su, da ku bege a kulayomi.

Brian: Sai ka ci gaba da kyau hangan gaba da kuma shirya guri wato wannan shine samun bege wanda zamuyi a hangan gaba domin gurin da muka sa domin ka da kuma rayuwanka whitney, zuwa gareki. Yaya wannan bege yake a gareki?

Whitney: a gare ni, muhimmancin abu da na ke hanga shine wannan bege de gurbi da zamu ba tsara mai zuwa, ni masanman ina gani ciwon kanjamau HIV dole ya are da ni ina so ku sani wadansu lokatai mu kan ce kila iyayen mu busu da basira da ganewa wanda za su cece mu daga wannan chutur amma ina so ku sani yanzu abubuwa sun chanza sababin abubuwa suna tasowa, ina so in gan tsara da suke tasowa wanda basu da chutur karjamau hiv ina so in gani cewa ya are da ni (dariya) kuma wannan shine yake sani farin ciki kowace rana kuma na sani, wannan shirin zai dauki lo kace rana, kuma na sani, wannan shirin zai dauki lokaci ina so ku sani wannan shirin zai dauki lokaci, ina so ku sani yana kawo chanzawa, ina so ku sani ku ba kanka laifi, ka dauke shi kamar an zabe ka ne da dalili, domin kana karfin zuciya, za’ a iya a zabe wani ya dauki gurbin ka, kila zai sha wuya a wannan lokacin ba zasu kai inda kake yauzu ba kuma zaka yi shugabanci wata rana, za kayi wani abu wanda za su dube ka su yi tambaya yanda kayi nasara, suma za su so su yi nasara kamar ka, za su gwada yin abin da na baya za su koyi, za su kuma sani wannan abu maiyiwa ne wannan shine bege da kar fafawa da ake da shi.

Brian: Na gode, na gode, sosai Whitney wani kyauway magani akau – chutur kanjamau Aids dole ne ya kare a wajen mu a karshe Dennis yaya bege yake a wurin ka?

Dennis: Idan zaka iya chanza rayuwa mutum daya, idan zaka gyara ruyuwu wannan mutum idan nine zan zama haske a rayuwa wannan mutum . . . Ina duban kaina kamar wanda ya saka farfado, kanaan ne kamar shu-gaba kamar wanda ana kallon ka wanda matasa suna dubawa sun ace, ina so in zama kamarka ka zama abin sun ace ina so in zama kamaka ka zama abin misali. Ina sa wannan begen domin wani ina sa wannan bege domin mutane wanda suka kamu da wannan chutar kaujamau hiv/aids ina so, su sa zuciya domin su samu sanin abin daya kamata domin ni ma in taba rayuwa wadansu.

4: Menene zai zama sakon na bege domin matasa?

Brian: Toh, toh, toh, toh! Wadannan sakonin bege suna da muhimmaci sosoi, suna bada tunani kwarai, yanzu da muka gama ina duba irin ta-taunawa da muka yi idan zaka ba da sakon bege yaya sakon nan zai kasance? Menene wannan sako zuwa ga matasa a waje chan?

Doreen: Sakona na bege zuwa ga wannan matasa guda shine, ka sha kar fin chutuar kanjamau hiv kayi ruyuan ka da ya dace, fiye da wannan a waje.

Brian: Toh! Rayuwa ka tabataciya ne, kayi rayuwa mai ma’ana ka sa niyya ta wurin karfafa kanka to wurin riga kafin kanjamau, ka sha karfin hiv wannan shine kyakyawar sako kayi rayuwa daya dace, yana da kyau, Na gode na



gode domin wannan sako.

Dennis: I, kanjamau hiv baya bayanawa mutum kanjamau hiv karamin gaba ne, karamin abu wanda ya kawa matsala ga rayuwa, mu, kuma ka sha karfin wannan rayuwa, yadda Doreen ta fada.

Brian: Lea, menene wannan sako guda daya, na bege da z aka bayar?

Lea: Zan zama kakaki domin wani ya samu bege akwai wadanda sun kula da wannan abu da, idam her sun yi to me zai hana? muna tare cikin wannan al'maarin kuma ko kai, ko ita kado kayi kamar kai kadai ne.

Brian: Whitney da shike mun kamala, wane abu guda ne, z aka bar mana cewa wani a bin tuni ne game da sakon bege?

Whitney: Akwai haske in da akwai duhu baza a lonzama cikin rami ba, rayuwa yana da wuya, i rayuwa yana da wuya ma kowa yadda Doreen tace akwai kannan bege da sa zuciya da muke da su, kamar yadda make fal-ka mu gani muna lumfashi, akwai dayawa an saka mana wannan aiki da gurbi domin shan magani wannan ba babban abu ane, kuma za muyi nasara.

Brian: Ka ci gaba da jinya da kula da lafiya an ka domin kayi rayuwa mai kyau, ba mu kadai bane! Idan a lokacin jinya, baka gane kanka ba idan kama jiri abinda abokanen mu, sun Tatauna da mu, sun gaya mana: ba kaikadai ba ne akwai masu goyon baya da kuma kumgiyoyi da matasa wa danda matasa wanda suke da chutar kanjamau hiv, suna kan kula da kau su. Wannan bita ya kayatasa ma dukan mu, na gode maku domin kuna bada labarai na rayuwa ku daya-daya wannan ya karfafa mu masammam a wannan bita na ji dadi na kuma kaunace dukan abin da kuka ce ina bege da sa zuciya duk wandanda suka ji mu, suna da bege da kuma sun samu karfafa-wa na gode maku na gode, nag ode maku duka sosai

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