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FOUNDATION  
Reproductive, Maternal and Child Health  
Our Past. Our Future.

## LELAPA LA GA KGOSI MOKGOPA MOROKA

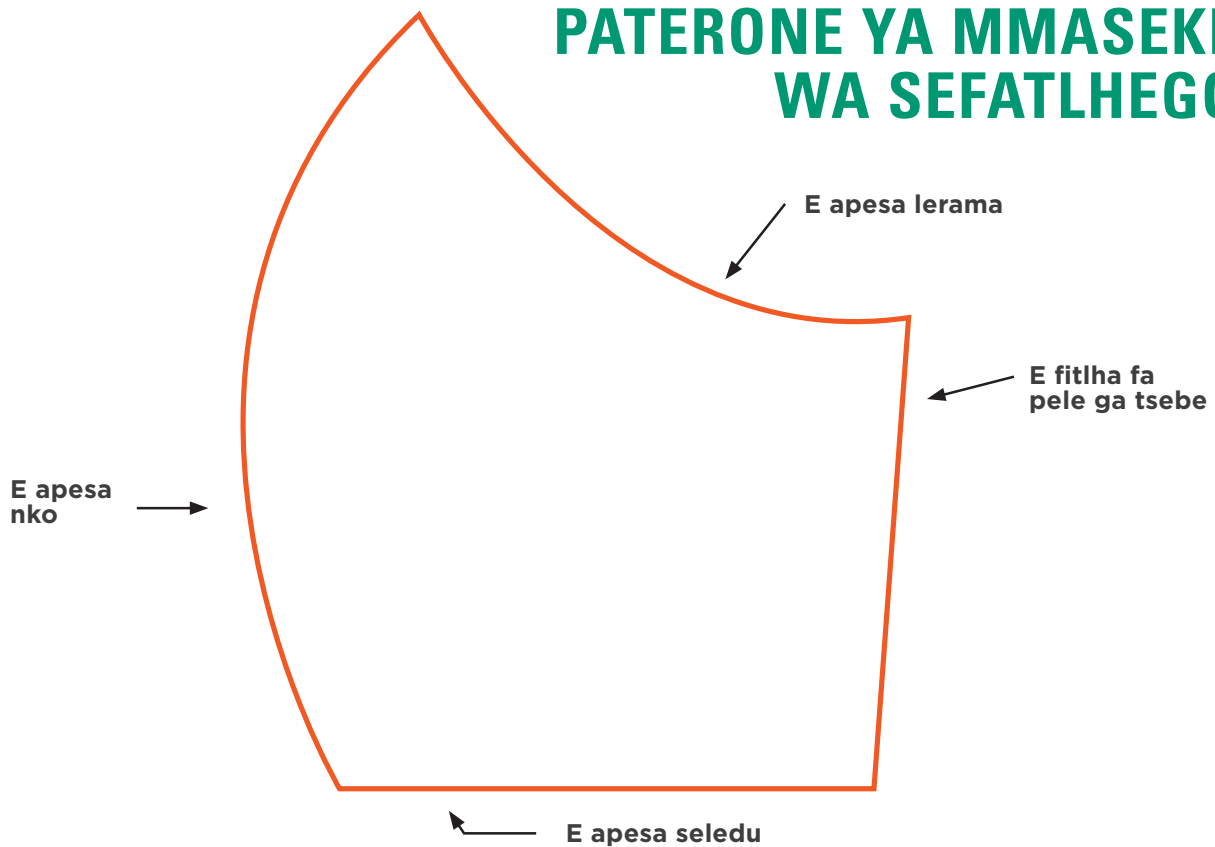


AfriForum

Emang, lo itireleng, lo tshwaraganeng!

# DITAELO TSA GO DIRA MMASEKE WA SEFATLHEGO (go tsentswe paterone)

## PATERONE YA MMASEKE WA SEFATLHEGO



## KHAI

Boikaelelo jwa mmaseke ke go thibela kanamo ya marothodi a a nang le mogare wa *corona*. Le fa go ntse jalo, o santse o tshwanelwa ke gore o kgone go hema o tsentswe mmaseke. Go botoka gore khai e e ka fa ntle e o e tlhophang, e nne la kothene (le le jaaka khai ya sekipa, khai ya kothene kgotsa toulo ya pampiri) Khai ya lakane e tla dira mme ga

le na tshireletso e e kalo. Go bonala khai e e tsenyang lesedi fa o e tsholetsa e le eo e tsenyang marodi a le mmalwanyana fela fa e bapisiwa le khai e e tsenyang lesedi le le ntsi thata.

Khai e e ka fa e se ka ya kokonela letlalo la gago. Khai ya kothene, ya *polyester*, kgotsa ya lakane ke tse

dingwe tsa dikhai tse di ka akanyediwang.

Dirisa rekere e e sephara ya bolelele jo bo ka nnang 150 mm go fitlha go 180 mm ya bokima jo bo fa gare ga 4 mm le 6 mm go tshwara mmaseke ka ditsebe. Direkere tse di kgolokwe kgotsa mabanta a go tshwara moriri a a segiwlang, le one a ka bereka.

# DITAELO TSA GO ROKA

## KGATO 1: SEGOLOLA KHAI

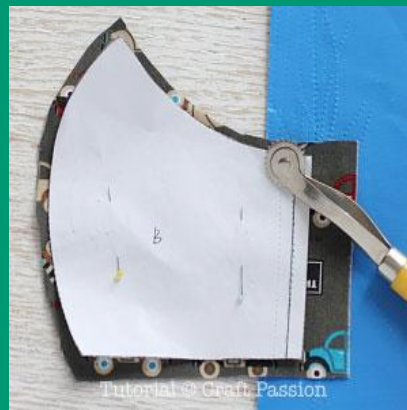
Porinta paterone eno mme o segolole saese e o e batlang. Tlhomamisa gore o e porinta go ya ka sekale (dirisa boleele jo bo bontshitsweng jwa karolo e e tsenang ka fa tlase ga seledu).

Mena khai ka fa bokafantle jwa mmaseke gabedi o bo o le tshwaraganya le paterone ka phini. Sega khai o latelela sebopego sa paterone, mme o sadise bogolo jwa 6 mm jwa karolo e e tlleng go rokelelwa ya nko,

seledi le mathakore a ka fa marameng, mmogo le 25 mm e nngwe gape ya mathakore a a fa thoko ga ditsebe. Jaanong o na le dikarolo tse pedi tsa karolo e e ka fa ntle ya mmaseke.

Mena khai bokafantle jwa mmaseke gabedi o bo o tshwaraganya paterone le lone ka diphini. Sega khai leno o latelela sebopego sa paterone mme boa gape o sadise 6mm mo mathakoreng otlhe a le

mane gore o kgone go rekelela. Jaanong o na le dikarolo di le pedi tsa khai a ka fa gare la mmaseke.



## KGATO 2: ROKELELA MOMENO O O FA GARE

Pataganya dikarolo tse di ka fa ntle tsa khai o bo o rokelela momeno o o fa gare o o apesang nko.

Dira jalo le ka khai ya ka fa gare.



## KGATO 3: GATELELA MOMENO O O FA GARE

Gatelela momeno mo momenong o o fa gare o o bule gore momeno o robale (go ka thusa go dira mesegonyana mo mokwatleng wa momeno o o robadiwang). E re ka ntlha ya momeno

ono e se bogale, ga o kitla o robala gotlhelele. O ka nna wa o aena ka aene go tswa ka fa letlhakoreng le lengwe, mme halofo ya bobedi go tswa ka kwa letlhakoreng le lengwe.



## KGATO 4: ROKAGANYA KHAI E E KA FA NTLE LE A KA FA TENG

Menolola dikarolwana tsa khai. Baya khai ya ka fa ntle o e lebisitse kwa godimo. Baya khai ya ka fa gare bokantle jwa yone bo lebile kwa tlase mme le le mo godimo ga khai ya ka fa ntle gore memeno e e fa gare le dipopego tsa yone di nyalane sentle.

Mena letlhakore le le bolebona la khai ya ka fa teng mo e ka nnang 4 mm

go ela kwa momenong o o fa gare mme o le gatelele gore le robale.

Tshwaraganya karolo ya lerama le ya seledi mmogo ka diphini o bo o di rokaganya.

Kgonamisa mmaseke gore bokafantle bo nne ka fa ntle.

Gatelela kgotsa aena memeno gore e robale. Ntlha

ya lerama le ya seledu di ka tshwaragangwa ka go rokagangwa gore di lebege sentle.



## KGATO 5: TSENYA RABA

Baya mmaseke bokafantle jwa one bo lebile kwa tlase.

Tsenya raba ya mo e ka nnang 10 mm go tswa fa letlhakoreng la tsebe mo khaing e e ka fa ntle ka fa letlhakoreng le lengwe la mmaseke.

Mena 3 mm ya letlhakore le le ka fa letlhakoreng la tsebe la khai ya ka fa ntle o bo o le menelela mo godimo ga rekere gore ntlha ya momeno wa 3 mm e nne mo e ka nnang 5 mm go tswa fa ntlheng ya letlhakore la tsebe la momeno o o ka fa gare o bo o le tshwarisa ka phini.

Rokelela letlhakore leno rekere e le ka fa teng.

Rokaganya dintlha tse pedi tsa momeno ono go di nonotsha gore di se senyege fa o goga rekere. O bopa sebopego se se jaaka phaephe se rekere e kgonang go tsamaya mo teng ga sone.

Tlhomamisa gore ga o rokaganye khai ya ka fa teng le la ka fa ntle, ka gone phatlha e e fa gare ga one e dirisediwa go tsenya llaga e nngwe ya tshireletsego.

Rokaganya dintlha tse pedi tsa rekere thata. Fa o batla, sutisa ntlha e di kopanang mo go yone mo momenong.

Boeletsa seo ka fa

letlhakoreng le lengwe.

Fa o dirisa direkere tsa go bofa moriri, o tshwanetse go rokelela dintlha tse di kwa godimo ga momeno o o mennweng kwa dikhutlong tse pedi, kgotsa ka fa tlase ga khai ya ka fa teng mo dikhutlong (lebaka la seno ke gore direkere tsa go bofa moriri di tla nna dikhutshwane go ka di dirisa jaaka di ntse).



## KGATO 6: TSENYA MMASEKE WA GAGO

Tsenya mmaseke khai ya ka fa ntle le le ka fa ntle mme direkere di feta ka fa morago ga ditsebe.

Mmaseke o tshwanetse go tsena ka fa tlase ga matlho mme o nne mo sefatlhegong sa gago le mo marameng mme o tsengwe

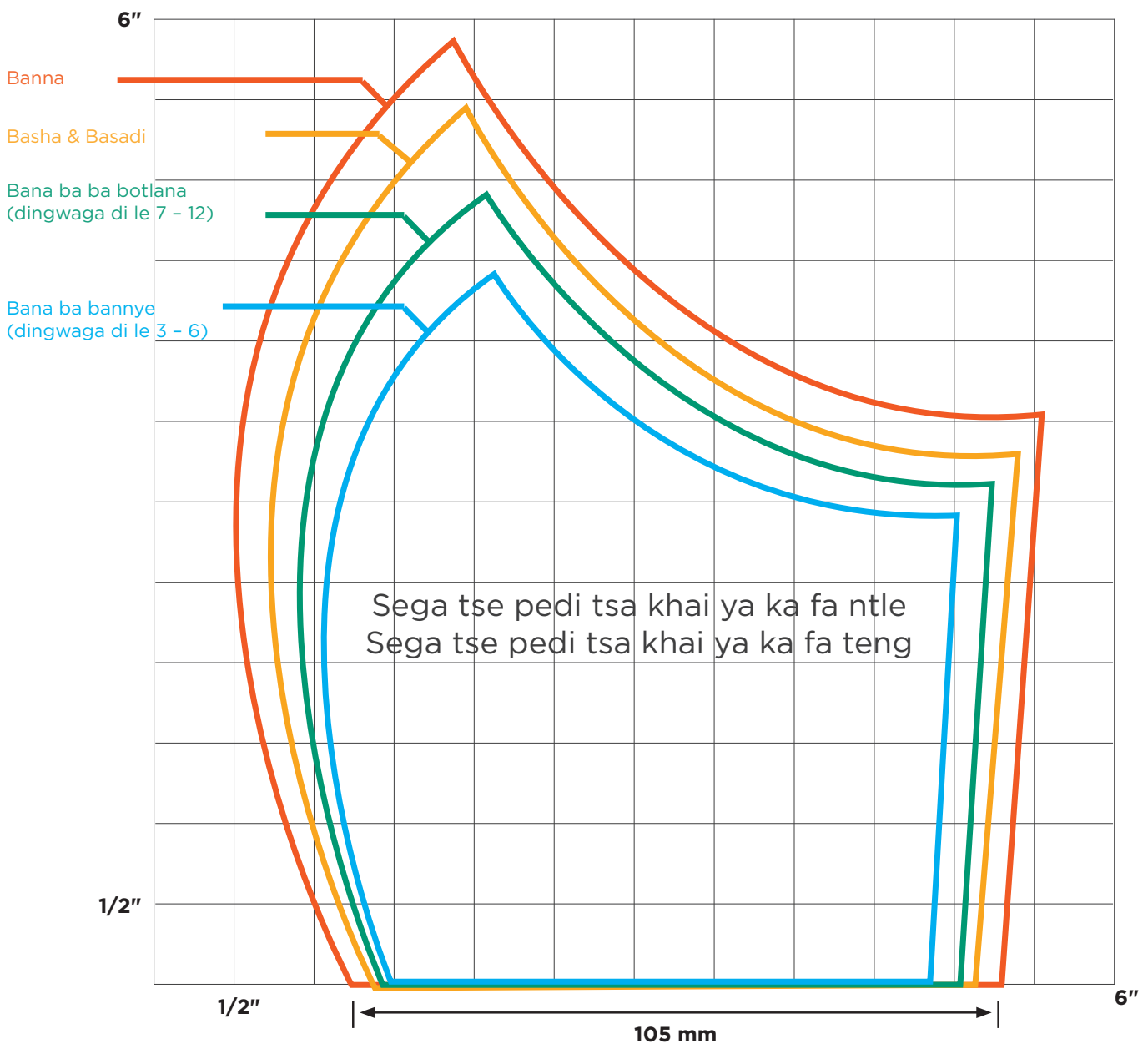
gore o apese le seledu.

O ka nna wa tsenya toulo ya pampiri fa gare ga khai ya ka fa teng le la ka fa ntle go nonotsha tshireletsego.

Tlosa mmaseke ka go hakolola direkere ka fa morago ga ditsebe. O se ka

wa kgoma mmaseke ka fa pele.

Tlosa toulo ya pampiri mme o e latlhe. Tlhatswa mmaseke ka metsi le sesepa mme o o anege mo letsatsing gore o ome. Morago ga moo tlhapa diatla thata.



**Tlhomamisa gore o porinta paterone go ya ka sekale.** Ntlha ya boleele jwa seledu ya mmaseke wa mogolo e nne bogolo jwa 105 mm.

Ditebogo: <http://www.craftpassion.com> tsa paterone le <https://freeseewing.org/docs/patterns/fu/instructions/> tsa ditaello.