



## Mathomo a khwinesa a u bvelela tshikoloni na vhutshiloni

U vhala ndi tshiñwe tsha zwithu zwa ndeme vhukuma zwine mubebi kana muñgomeli a nga zwi funza ñwana wawe uri a zwi ite. Zwiñori zwi kanzwa vhuluvhi hashu nahone zwi fhaña u sa fhela mbilu, u ñifara na u pfela vhüngu. Zwiñwe zwiñori zwi dovha zwa ri funza ngudo dza ndeme. Hafhu zwi a takadza nahone ndi zwithu zwine vhomme, vhokhotsi na muña woþhe vha nga ñiphina nga u zwi ita vhoþhe!

- ★ **U vhala zwi ñandavhudza muhumbulo.** Musi vhana vha tshi vhala zwiñori kana vha tshi zwi thetshesela, vha shumisa maipfi a muñwali sa zwiga zwine zwa vha thusa u "vhona" tshiñori nga maño a muhumbulo.
- ★ **U vhala zwi fhaña vhumuthu havhuði.** Musi vhana vha tshi humbula nga vhuronwane nga thaidzo dzi re kha tshiñori na ñdila ya u dzi piringulula, vha guda u ñhogomela maipfele a vhabvumbedzwa kha tshiñori. Zwenezwo zwi vha funza u pfela vhüngu vhatu vhane vha ñangana navho ñuvha liñwe na liñwe.
- ★ **U vhala zwi ñtuwedza u humbula nga ho dzikaho.** Musi vhana vha tshi tevhela mahumbulele a muñwali nga vhuronwane, zwi vhonala uri vha ño humbula zwiñwe zwithu zwe vha zwi pfa kana u zwi vhala.

- ★ **Itani uri hayani hañu hu dzule hu na dzibugu.** Itani uri hu vhe na khuða ya u vhala kha zwikhala zwiñku zwi re hone. Vhana vha tea u ni vhona ni tshi khou vhala dzibugu.
- ★ **Dovhani ni vhale.** Vhalani bugu dzine na dzi funesa na zwirendo lunzhi u swika ñwana wañu a tshi pfeledza. Hezwi zwi ita uri a pfelesa tshiñori nga ho dzikaho na maipfi o shumiswaho.
- ★ **Vhalani huñwe na huñwe tshifhinga tshiñwe na tshiñwe.** Dzhenisani bugu dzi si gathi begeni dzine vhana vhanu vha ño dzi vhala musi no lindela bisi kana thekhisi kana musi ni kijiniki. Thumetshedzo ya tshiñori tsha Nal'ibali ndi yone yo teaho vhukuma!
- ★ **Itani uri hu vhe na ñdowelo ya u vhala.** Ñineeni tshifhinga tsha u vhala musi muña wo dzula woþhe u fana na nga tshifhinga tsha zwiñwa.
- ★ **U vhala na u ñwala noþe zwi a tshimbidzana.** Ñtuwedzani vhana vhanuuri vha ñwale, vha nga kha ñi ñwala dzina ñavho, zwithu zwine zwa ño rengiwa mavhengeleni kana zwiitea zwavho zwa ñuvha. Vhana vha sa koni u ñwala, ni nga vha ñwalela nga murahu na vha vhalela zwe na ñwala.

### Ni nga thusa hani vhana na dzitshetshe?

- ★ **Thomani u bva hanani.** Ni nga vhalela ñwana wañu a sa athu bebwai! Zwiñwe hafhu, mu anetsheleni zwiñori lunzhi-lunzhi, huñwe na huriwe, tshifhinga tshiñwe na tshiñwe.
- ★ **Ditakadzeni!** Ni shandu-shandule ipfi musi ni tshi anetshela na u vhala zwiñori. Itani zwirendo. Sumbani zwifanyiso nahone ni ambe nga hazwo.
- ★ **Ambani na ñwana wañu.** Sumbani zwithu zwine na zwi vhona ni bule madzina azwo. Vhana vha a pfelesa zwine maipfi a amba zwone na musi vha sa athu kona u amba.



## The best start to success in school and life

Reading is one of the most important things that a parent or caregiver can teach their children to do. Stories feed our brains and build patience, self-control and empathy. Some stories can also teach us valuable lessons. But it's also fun and something moms, dads and the whole family can enjoy doing together!

- ★ **Reading develops imagination.** When children listen to or read stories, they use the writer's words as clues to "see" the story in their minds.
- ★ **Reading builds good character.** When children think carefully about the problems in the story and how to solve them, they learn to consider the feelings of the characters in the story. That teaches them to show empathy for people they meet in their daily lives.
- ★ **Reading encourages deep thinking.** When children follow a writer's thoughts carefully, they are more likely to remember other things that they have heard or read.

- ★ **Keep books in your home.** Set up a reading corner in any small available space. Let your children see you reading books.
- ★ **Read it again.** Read favourite books and poems as often as your child wants. This deepens their understanding of the story and the words used.
- ★ **Read anywhere at any time.** Keep a few books in a bag for your children to read when you are waiting for a bus or taxi, or at the clinic. The Nal'ibali story supplement is perfect for that!
- ★ **Create a reading routine.** Make time to read when the family is already together like at mealtimes.
- ★ **Reading and writing go together.** Encourage your children to write, whether it's their name, a shopping list or something about their day. For children who cannot yet write on their own, write what they tell you and then read it back to them.

### What about babies and toddlers?

- ★ **Start early.** You can read to your baby before he or she is born! Also, tell stories often, anywhere and at any time.
- ★ **Have fun!** Use different voices when telling and reading stories. Make up rhymes. Point at and talk about pictures.
- ★ **Talk to your child.** Point at and name things in your surroundings. Children understand the meaning of words even before they start talking.

IT STARTS WITH  
A STORY.  
ZWI THOMA NGA  
TSHIÑORI.

## Ndila ya u sikela vhana mifuda ya zwithu zwo gandiswaho

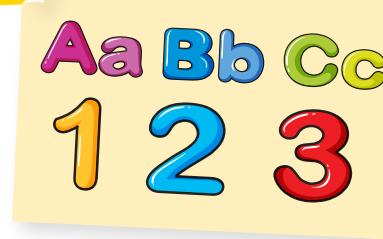
Mifuda ya zwithu zwo gandiswaho i katela fhethu, u fana na hayani, hune ha vha na zwithu zwo fhamba-fhambanaho zwo gandiswaho zwi ngaho zwiga, ndivhadzo, khunguwedzo, dzimagazini, gurannda, dzibugu, dziphostara, marifhi, garaṭa na zwiñwe. Hezwi zwithu zwi nga ñwala nga luambo luthihi kana nyambo mbili kana nnzhi.

Zwi a leluwa uri vhana vha gude u vhala na u ñwala arali hune vha vha hone hu na zwithu zwinzhi zwo gandiswaho. Zwi vha ita uri vha vhone ndivho ya u vhala na u ñwala, nahone zwi kha riñe sa vhat hogomeli vha re vhahulwane uri ri vha sumbedze ndila ine zwa itwa ngayo.

Arali vhana vha vhona vhabebi vhavho vha tshi ita tshikhala na tshifhinga tsha u vhala na u ñwala, vha ño vhona zwi zwa ndeme. Afho fhasi hu na ndila ine na nga shumisa ngayo mifuda ya zwithu zwo gandiswaho.

### Dziphostara

- ⦿ Itani phostara nga u shumisa miolo kana zwifanyiso zwi bvaho kha magazini dza kale na gurannda. Ni nga kha ñi ñwala mulaedza kana liambele nga luambo luthihi, nyambo mbili kana nnzhi.
- ⦿ Itani phostara dzi re na zwirendo, nyimbo na dzithai nga nyambo dzi sa fani. Vhudzisani vhana vhañu na vhañwe vhathu vhahulwane nga ha zwine na nga zwi ñwala nahone ni shumise zwirendo, nyimbo na thai dzine na dzi ñvhva.
- ⦿ Tanani dziphostara hune zwa ño lelutshela vhana vhañu uri vha dzi vhone. Ni dzi tshintshe tshifhinga tshothi uri vhana vhañu vha si boree nga u vhona tshithihi.
- ⦿ Tuñwedzani vhana vhañu uri vha ñiitele dziphostara hayani nahone vha dzi ñane na dzine vha dzi ita tshikoloni.
- ⦿ Tuñwedzani vhana vhañu uri vha vhale dziphostara lunzhi-lunzhi vhe vhothe kana na khonani dzavho.



## How to create print-rich environments for children

A print-rich environment means a place, like a home, that has a variety of printed materials like signs, notices, advertisements, magazines, newspapers, books, posters, letters, cards, and so on. These may be in one language or in two or more languages.

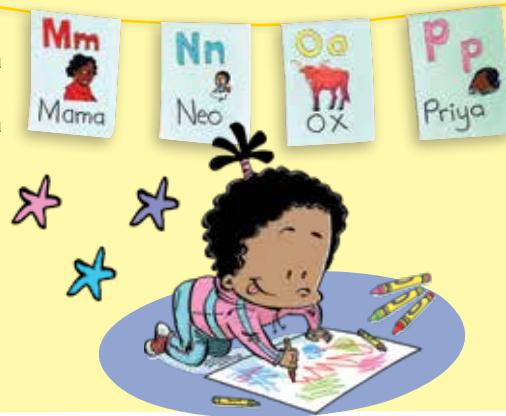
It is easier for children to learn to read and write in a place that has a lot of printed material in it. It shows them what reading and writing can be used for, and it is up to us as adult caregivers to show them how.

If children see their parents making space and time for reading and writing, they will place value on it. Here are some ideas for making a print-rich environment.

### Posters



### Alphabet charts



- ⦿ Alphabet charts let your children see the letters that make words. Help your children to match sounds to the letters.
- ⦿ Draw a picture for each letter. The picture should be of something that has the letter at the start of the word.
- ⦿ Ask each child to make an alphabet picture of themselves using the first letter of their name.

### Zwithu zwinzhi zwa u vhala

- ⦿ Kuvhanganyani gurannda, dzimagazini, khathalogo dza mavhengeleni ane a rengisa zwiliwa, zwibammbiri zwa mafhungo na garaṭa dza kale dza ndumeliso. Vhana vha nga zwi vhala, vha zwi ita zwishumiswa kana vha zwi gera musi vha tshi ita garaṭa na phostara dzavho.
- ⦿ Humbelani ñwana muñwe na muñwe uri a ite tshifanyiso tsha alifabeta tsha ene mune a tshi shumisa ñedere ja u thoma ja dzina jawi.



### Lots to read

- ⦿ Collect newspapers, magazines, grocery store catalogues, information pamphlets and old greeting cards. Children can read them, use them as props to act with or cut them up when they make their own cards and posters.
- ⦿ Ask friends and family members to donate a book or give a book as a gift.

### Ivhani tsumbo yavhuđi

- ⦿ Vhalelani vhana vhañu nahone ni vhale navho. Musi vha tshi vhona ni tshi khou ñiphina sa zwithu zwine zwa takadza u zwi ita, zwi ño tou ralo na khavho.
- ⦿ Ñwalelani vhana vhañu nahone ni ñwale navho. Lingedzani u vhea notsi pfufhi nduni ni vha humbudze u ita mishumo yavho, i ngaho u ñanzwa zwigodelo.

### Be a role model

- ⦿ Read to and with your children. When they see you enjoying it as something fun to do, they will do it too.
- ⦿ Write for and with your children. Try leaving short notes around the house reminding them to do their chores, like washing the dishes.





## Tshiteñwa tsho itelwaho vhañhogomeli vha vhana vhañku

### A feature especially for caregivers of young children

**Kha Mme, Khotsi, Makhulutshinna,  
Makhulutshisadzi, Murathu, Mukomana na  
Khaladzi, Muhura, Makhadzi na Malume**

U ñhogomela vhana ndi muñwe wa mishumo ya  
ndeme na i kondaho vhukuma shangoni.

Ri a zwi ñivha uri ni ñodela vhana vhanu  
zwa khwine nahone ni ita zweþe zwine  
na kona uri vha dipfe vho tsireledzea,  
vha tshi funwa, vha tshi kanzwiwa  
nahone vhe na mutakalo wavhuði.

Vhañivi vha mveledziso ya  
vhana vha ri vhudza uri ri tea  
u ita zwo engedzeaho. Vha  
amba uri ri tea u tuñuwedza  
vhana vhashuuri vha  
ñode u ñivha na uri vha  
vhe vhagudiswa vha re  
na mafulufulu. Vhana  
vhañku vha tea:

- U vha na  
fulufhelo la u  
shumisa maipfi  
manzhi
- U guda u ñiphina  
nga u amba na u  
thetselesa
- U ñahulela u funa  
dzibugu na luambo  
lwavho lwa hayani.

Lavhelesani zwavhuði heli  
**Linga ja vhukoni ha u vhala  
na u ñwala** uri ni gude ndila ya u  
thusa ñwana wañu.

- Thomani ñamusi nga Nomboro 1.
- Gerani ni ite bugu, **Tshitambisa  
tsho xelaho**.
- Kovhani ni haseledze na vhana vhanu.
- Tshi vheeni fhethu ho tsireledzeaho kha  
laiburari hayani hanu.

Hu ño vha na mishumo miswa, zwishumiswa na  
zwithu zwinzhi zwi takadzaho kha ñumetshedzo iñwe na iñwe  
u itela inwi na muña wañu!

Mimunithi i si gathi nga duvha i nga ita  
phambano KHULWANE!

**Dear Mother, Father, Grandmother, Grandfather,  
Brother and Sister, Neighbour, Aunty and Uncle**

Caring for children is one of the most important  
and most difficult jobs in the world.

We know you want what is best for your  
children and that you do everything you can  
to keep them safe, warm, fed and healthy.

Specialists in children's development  
tell us that we need to do even  
more. They say we must  
encourage our children to  
become curious and  
active learners. Young  
children must:

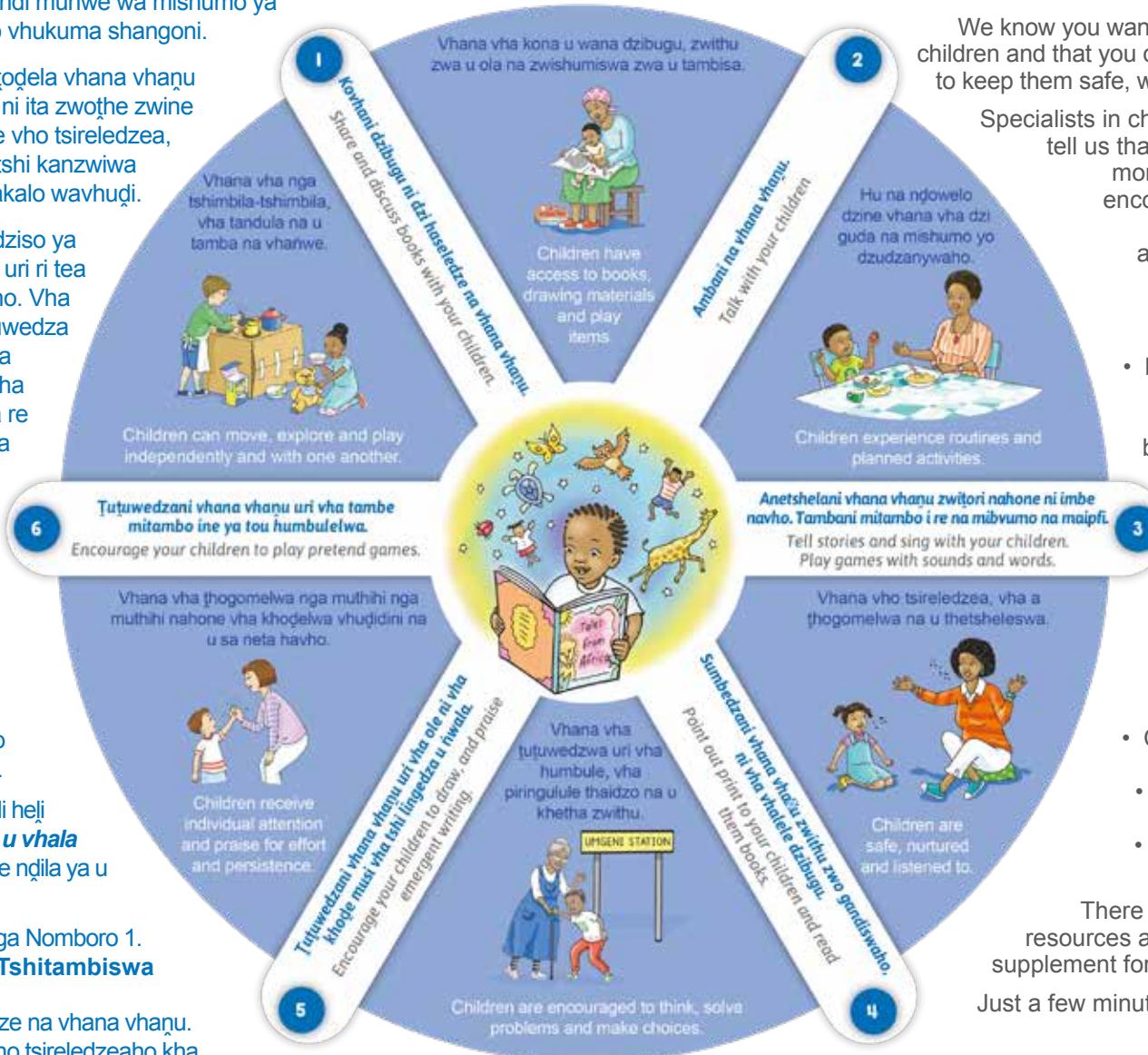
- Build confidence to  
use many words
- Learn to enjoy talking  
and listening
  - Develop a love for  
books and their home  
language.

Look carefully at  
this wonderful  
**Wheel of  
Literacy** to learn  
how you can help  
your child.

- Start today with  
Number 1.
- Cut out and make the  
book, **Lost toy**.
- Share and discuss it  
with your children.
- Keep it safely in your  
home library.

There will be new activities,  
resources and lots of fun in each  
supplement for you and your family!

Just a few minutes a day can make a  
BIG difference!



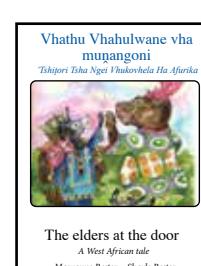
### Downloudani Wordworks App ya mahala kha Playstore uri ni wane zwinzhi vhukuma!

Download the free Wordworks app  
from the Playstore for so much more!



#### Tandavhudzani laiburari yanu. Itani bugu **MBILI** dla tumula u vhulunge

1. Gerani masiañari 5 u ya kha 12 a yeneyi ñumetshedzo.
2. Bammbiri li re na masiañari 5, 6, 11 na 12 li ita bugu nthihi. Bammbiri li re na masiañari 7, 8, 9 na 10 li ita iñwe bugu.
3. Shumisani bammbiri liñwe na liñwe u ita bugu. Teyhelani nyeletshedzo dzi re afho fhasi u ita bugu iñwe na iñwe.
  - a) Petani bammbiri nga vhukati kha mutalo mutswu u re na zwithoma.
  - b) Dovhani ni li pete nga vhukati kha mutalo mudala u re na zwithoma.
  - c) Gerani kha mitalo mitswuku i re na zwithoma.



#### Grow your own library. Create **TWO** cut-out-and-keep books

1. Take out pages 5 to 12 of this supplement.
2. The sheet with pages 5, 6, 11 and 12 on it makes up one book. The sheet with pages 7, 8, 9 and 10 on it makes up the other book.
3. Use each of the sheets to make a book. Follow the instructions below to make each book.
  - a) Fold the sheet in half along the black dotted line.
  - b) Fold it in half again along the green dotted line.
  - c) Cut along the red dotted lines.



Lots more free books at [bookdash.org](http://bookdash.org)



### Itani uri tshitiori tshi nyanyule!

- ★ Olani tshitambisa tshine na tshi funesa.
- ★ Ni vhona u nga ndi ngani tshitambisa tsho thamutshela nnda ha bege ya onoyo mufumakadzi?
- ★ Nwalani mitaladzi i si gathi kana phara dzine dza tshimbidzana na zwifanyiso zwa tshitiori. (Vhabebi, ri humbela uri ni thusse vhana vhatuku nga u vha rwalela zwine vha zwi ṭoda. Vha vhaleleni zwe na rwala uri vha kone u ni vhudza arali zwi zwine vha zwi ṭoda!)

### Get story active!

- ★ Draw your favourite toy.
- ★ Why do you think the toy jumped out of the lady's bag?
- ★ Write a few sentences or paragraphs to go with the pictures in the story.  
(Parents, please help younger children by writing what they would like you to write. Read what you have written back to them so they can tell you whether it is what they wanted!)

Nalibali ndi fulo ja lushaka ja u vhalela u qiphina u itela u karusa na u tħuhulela nđowelo ya u vħala kha lothe ja Afrika Tshipembe. U wana mafhuno nga vħudalo, dalelani [www.nalibali.org](http://www.nalibali.org) kana [www.nalibali.mobi](http://www.nalibali.mobi)



Nalibali is a national reading-for-enjoyment campaign to spark and embed a culture of reading across South Africa. For more information, visit [www.nalibali.org](http://www.nalibali.org) or [www.nalibali.mobi](http://www.nalibali.mobi)

## Tshitambisa tsho xelaho

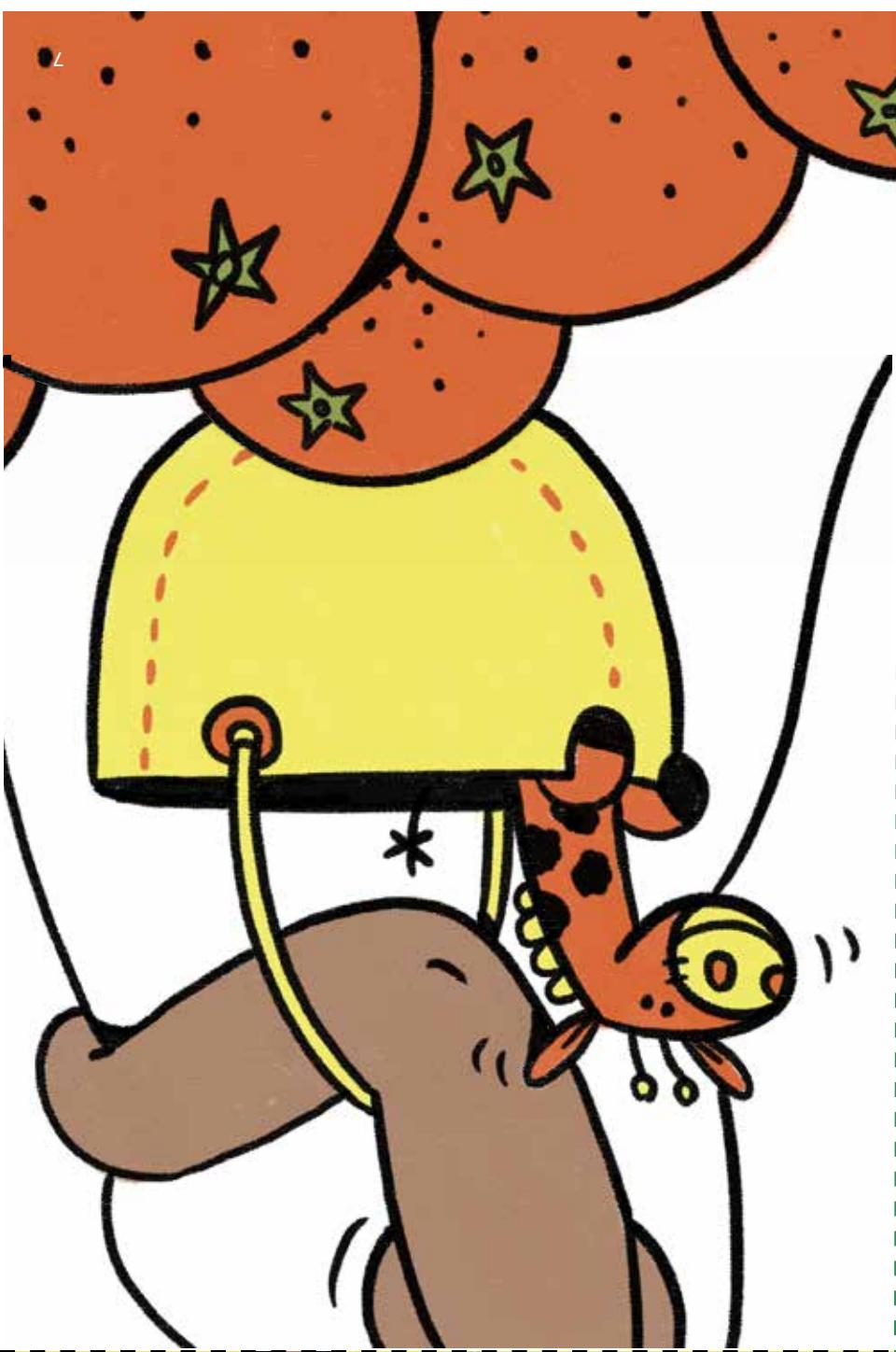


### Lost toy

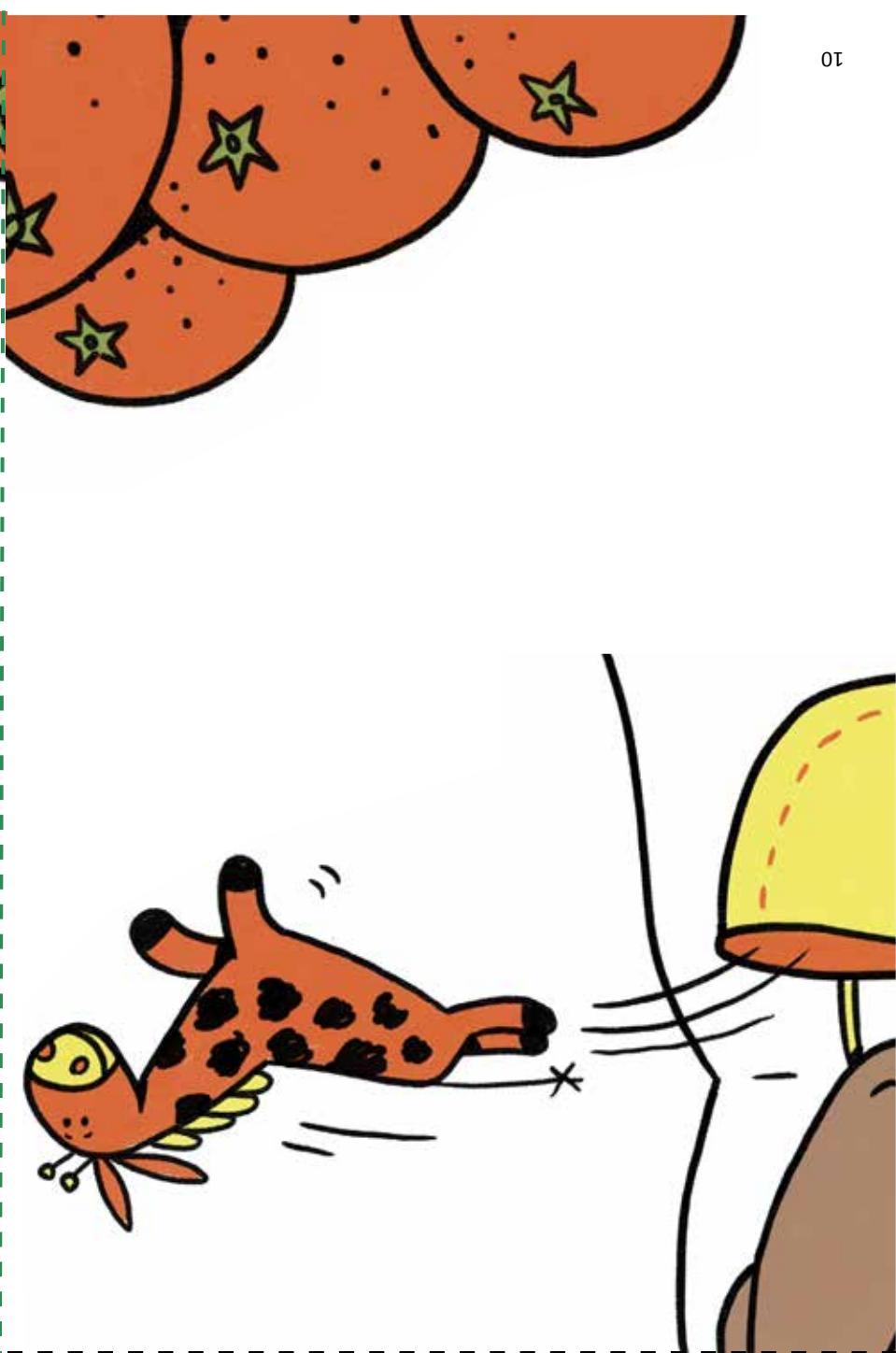
*Sam Beckbessinger • Amy Slatem  
• Natalie Pierre-Eugene*

**Zwine ha nga ambiwa nga hazwo:** Ni na tshitambisa tshine na tshi funesa zwino kana ndi tshifhio tshitambisa tshe na vha ni tshi tshi funesa musi ni tshee muṭuku? Naa no no vhuya na xedza tshiħwe tshitħu tshe na vha ni tshi tshi funesa? Ri qipfa hani musi ri tshi xedza zwithu zwashu kana musi vhathu vha tshi zwi tswa?

**Ideas to talk about:** Do you have a favourite toy now, or what was your favourite toy when you were younger? Have you ever lost something that you loved very much? How do we feel when we lose our things or when other people steal them?



7



10



2

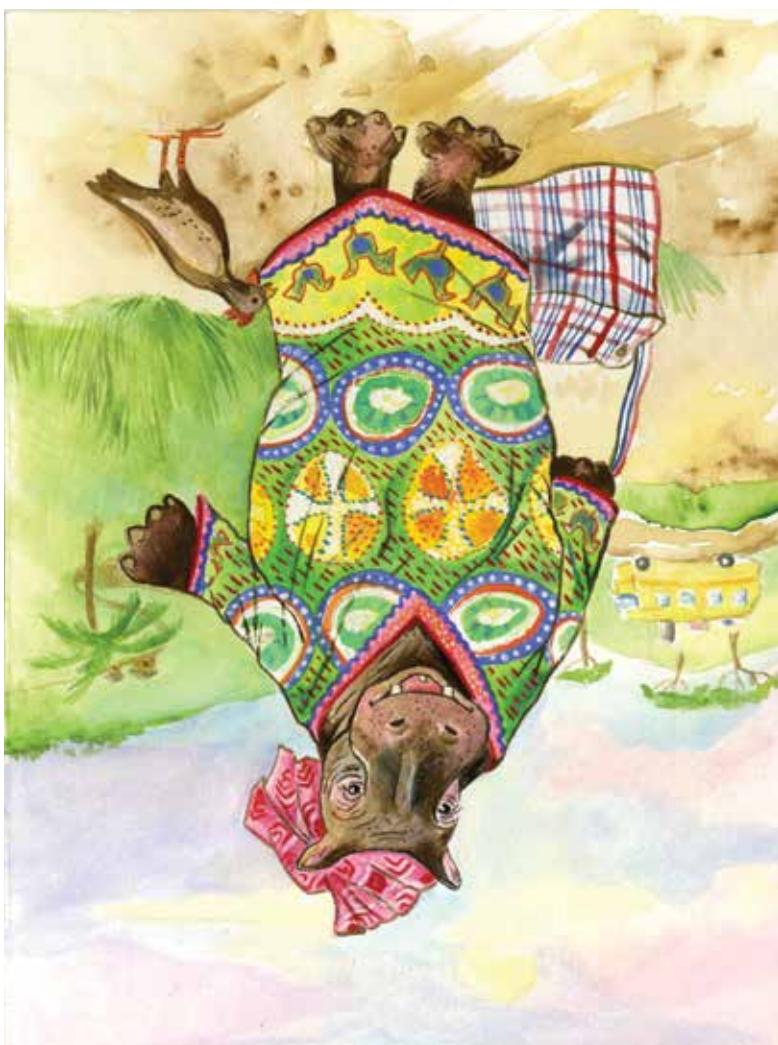
6



15

TVE

“...and I am Love,” said the third.  
“...mahone nne ndi pfi Lufuno,” a ralo wa vhuraru.



“I am Wisdom,” said the second.  
“Nue ndi pfi Vhutali,” a ralo wa vhuvhili.



Hetshi tshītori tsho r̄walwa na u fanyiswa nga ho khetheaho sa tshīnwé tsha zwītori zwa fumi kha bugu ine ya pfi *Sunday Times Storytime*, ye ya sikwa ho sedzwa nga maanda vhana vha Afurika Tshipembe.

This story was especially written and illustrated as one of ten stories in the *Sunday Times Storytime* book, which was created specifically for South African children.

### Itani uri tshītori tshi nyanyule!

- ★ Thireisani kana ni kope tshifanyiso tshine na tshi funesa tsha tshenetshi tshītori. Tshi khalařeni nga mivhala ine na i funa.
- ★ N̄walani zwithu zwīna zwine na zwi tama kha vhathu, sa tsumbo, u fulufhedzea.
- ★ Vhalelani tshitori nt̄ha ni tshi shumisa mai pfia a sa fani kha mubvumbedzwa muñwe na muñwe.

### Get story active!

- ★ Trace or copy your favourite picture of this story. Colour it in the colours of your choice.
- ★ Write down four other characteristics that you admire in people, like loyalty, for example.
- ★ Read the story aloud using a different voice for each character.

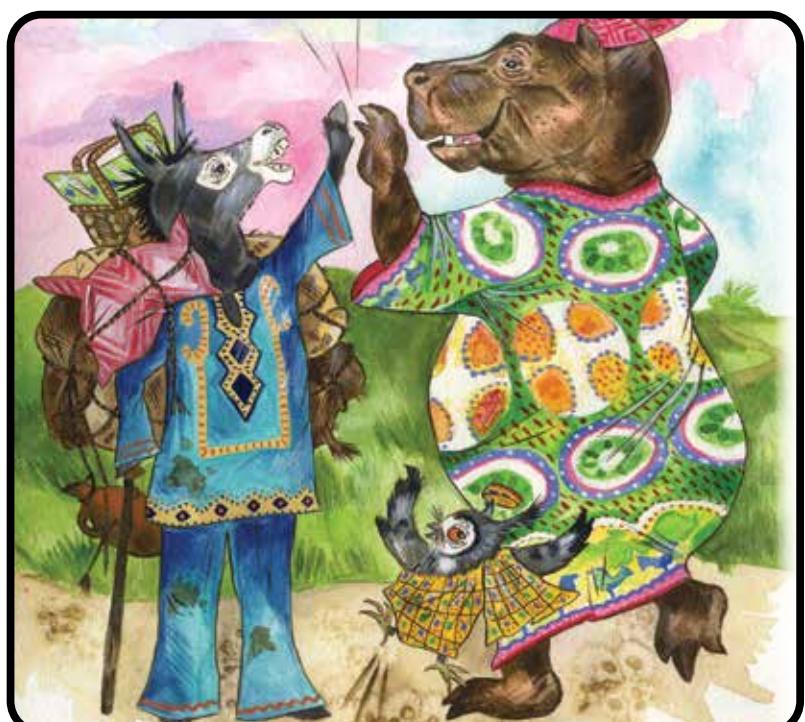
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## Vhathu Vhahulwane vha muñangoni

*Tshītori Tsha Ngei Vhukovhela Ha Afurika*



### The elders at the door

*A West African tale*

Maryanne Bester • Shayle Bester

**Zwine ha nga ambiwa nga hazwo:** Ni vhona u nga ndi ngani nga zwirwe zwifhinga vhalala vha tshi dzhiwa sa vho khetheaho kha tshitshavha? Ndi dzifhio dziñwe ndila dzine ngadzo vhalala vha farwa u fhambana na vhaswa vho vhinaho?

**Ideas to talk about:** Why do you think older people are sometimes viewed as special in the community? In what ways are older people treated differently to younger adults?

"I am Blessing," said the first elder.  
"Nde ndi pfi Phatustshedzo," a ralo muhluwane  
wa u thoma.



Ho vha hu nga matsheloni-tsheloni, hu tshee na luswiswi. Ha bvelela vhathu vhararu swiswini vha tshi khou nanaila u tsa na bada nahone vha dzhena muđanani. Vha ima nnđa ha iñwe nnđu, vha khokhonya vothini.

Vha henefho muđani vho vha vho no vuwa. Ho vha hu tshi pfala maipfi a vhana vha tshi khou amba na u imbelia nđha, ngeno mme avho vha tshi khou bika zwiđiwa zwa nga matsheloni. Musi two no vibva, vha dzula fhasi vha la samusi vho vha vho farwa nga ndala. Ndi izwi-ha vha tshi pfa hu tshi khokhonywa vothini.

It was early morning and still dark. In the shadows, three figures slowly, slowly made their way along the road and down into the village. They stopped outside a house and knocked on the door.

Inside the house, the family was wide awake. The children talked and sang with big voices, while their mother cooked the morning meal. When it was ready, the hungry family sat down to eat. Only then did they hear the knocking.

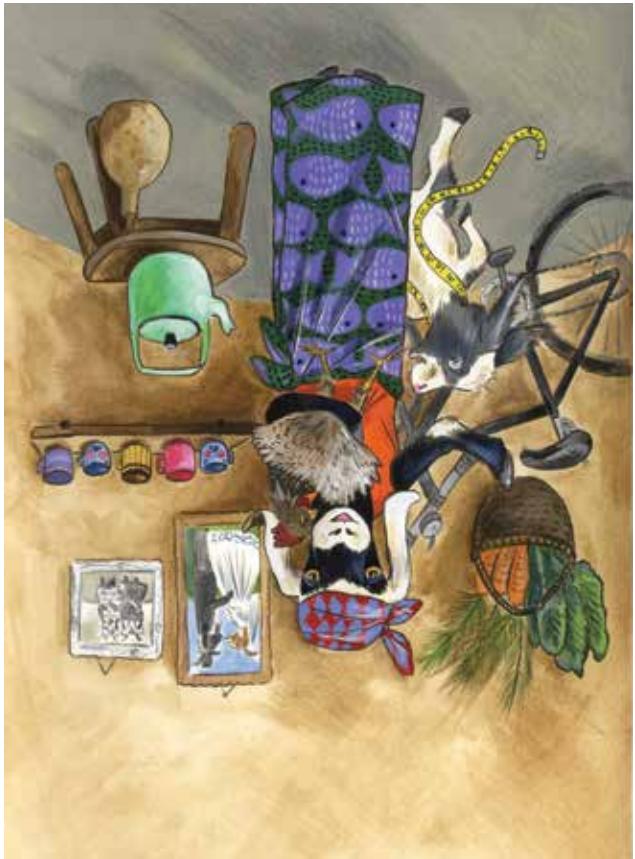
The eldest child said, "Daddy, your business has not been going so well ... so I think we should invite Blessing to come inside, so that your business can grow. Then we will be blessed with many good things."



Wonojo muta wa thoma u hasaledza ane vha do mu khetha. Nwana wa tanzhe a ti: "Baba, bindu lava ho a li khonu tsimbila zwavhuđi, ngea zwenewzo ... ndi vbona u ngea ti tea u rambaa Phatustshedzo uti a dzhene nduri uti bindu lava ho li kone u alwua. Nga murahu ha zwenewzo uti do phatustshedza ngea zwitbu zwavhuđi zwa ngi zwenewzo." Ngea zwitbu ngea zwitbu ngea zwitbu



This sister said, "No, no. The REASON your business is not going well is because you need the wisdom to make it grow. We should ask Wisdom to come in, Daddy."

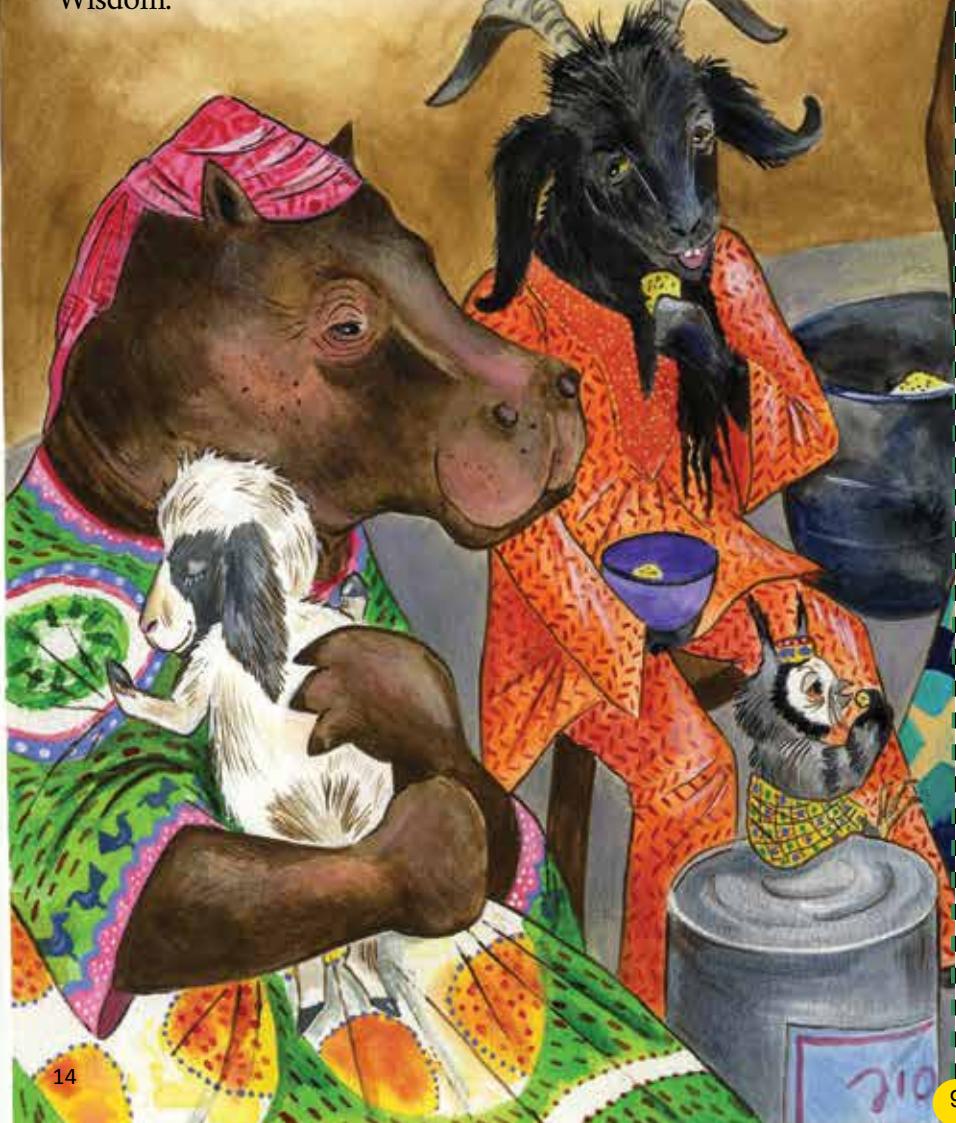


Khaladzi awe a ri, "Hai, hai. TSHITSI! tshe u bimbi lavaho li si tshimbile zwavuhdi nidi ngeauti a vha na vhatuli ha u ji ita uti ja aluwe.

Baba, ri tea u humbelela Vhutali uti a dzhenie nduuti"

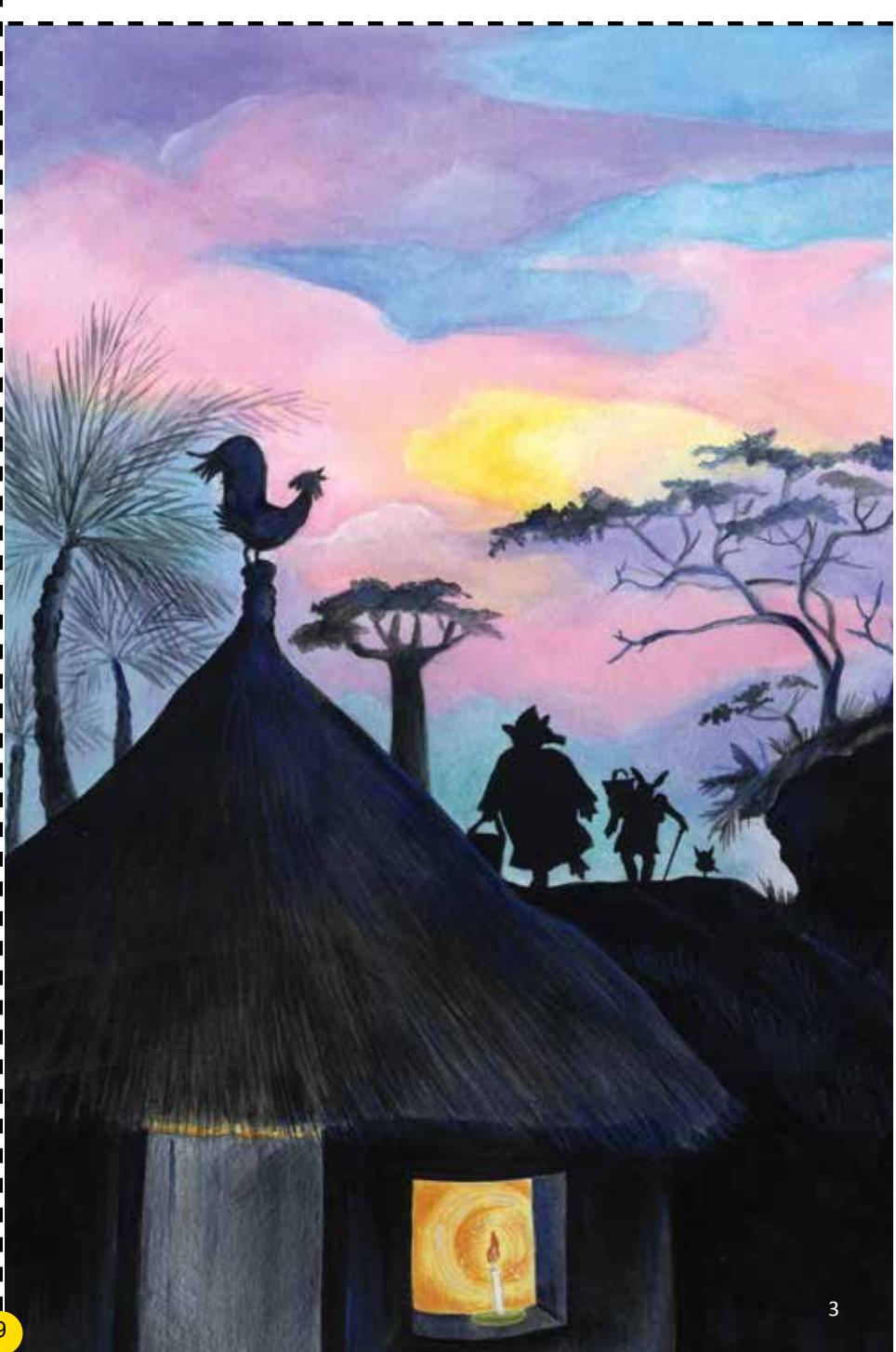
Vhahulwane vha fhindula vha ri, "Ahaa, samusi vho khetha Lufuno, rothe ri do dzhena, ngauri hune ha vha na Lufuno, hu dovha ha vha na Phatshedzo na Vhutali."

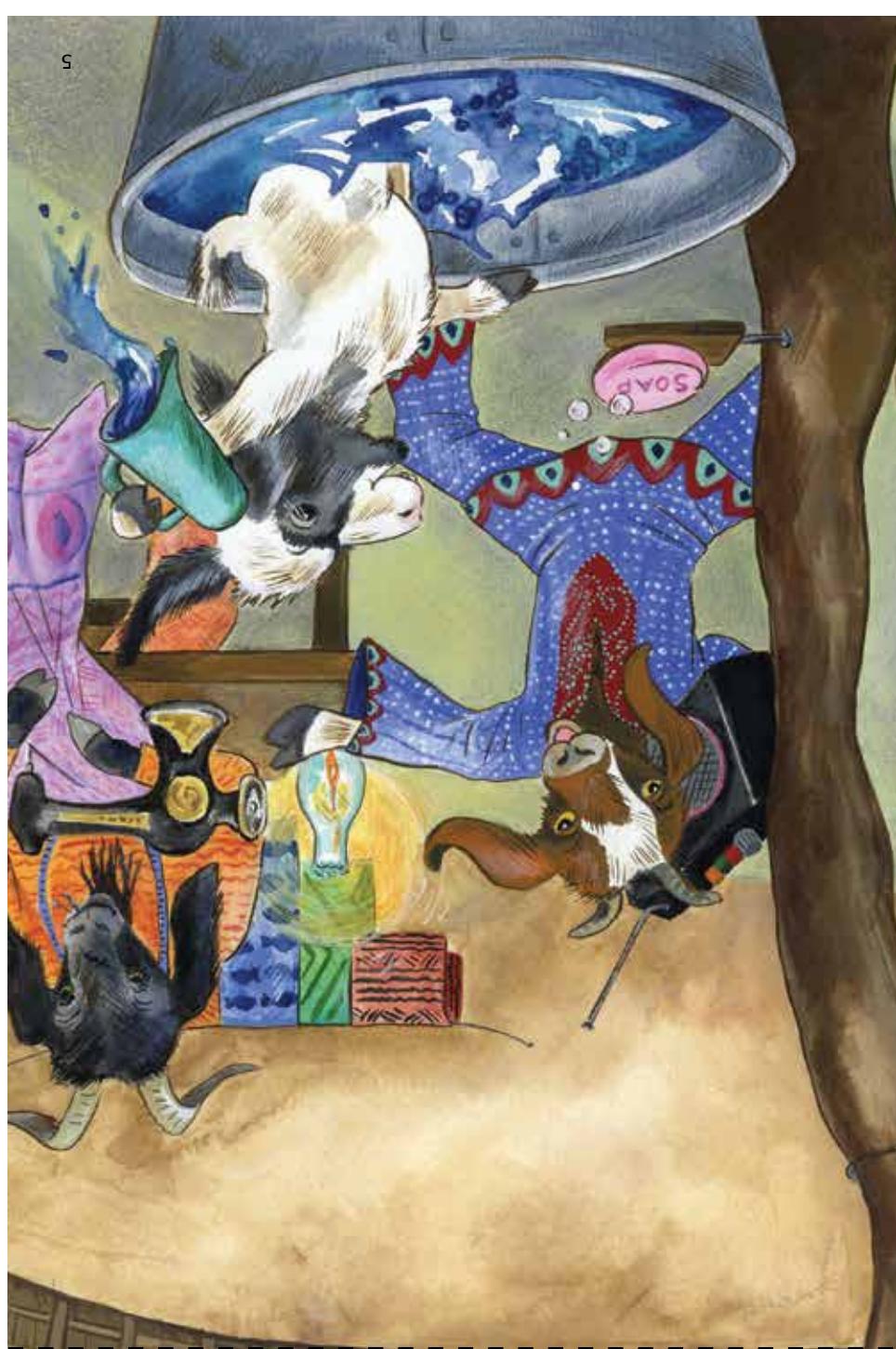
The elders replied, "Ah, now that you have chosen Love, we will all come in, because wherever Love is, there is also both Blessing and Wisdom."



So the woman went back and asked them for their names. "The father must ask them for their names and choose one of them," said the mother. "Then we must ask the father and told him what the elders had said. The mother went back to the father and told him what the elders had said. "You must choose one of us," said the elders. "Ah thank you, kind woman, but we never enter together," said the elders. So the mother went to the door and invited them in, "Then you must open the door and invite them in," said her husband. "There are three elders out there," she said to the father. "They are dirty and hungry, and need to be taken care of." The mother went to the window and looked out. By now the shadows had lifted, and she could see the figures waiting outside. The mother went to the window and looked out. By now the shadows had lifted, and she could see the figures waiting outside.

Ndi izwi-ha mme a vhana vha tsyi humela khabavo nahone vha vha vhudzisa madzina.  
"Ri tea u vha vhudzisa madzina avho nahone ti khetha muuwe vheneho vahuluwane vha amba.  
Mlme a vhana vha humela kha mukalaha wavyo vha mu vhudza zve tea u khetha muuwe washu."  
"A vha ti thileli nqocho mme a vhana, ti luhuwa vhuudu havho, fheldzi ni nqaga si dzhenie rothi," hu amba vheneho vahuluwane. "Vha tsyi vhudza mukalaha wavyo. "Vha na tsikha nahone vho farwa nqaga nqala, vha tea u phogomelewa."  
"Hu na vahudu vahuluwane vharatu vho imaho nndi," vha ralo vha tsheena swiswi nahone vha vhonam vahatiu vho imaha nndi.  
Mlme a vhana vha takwua vha ya u folela nqaga fasitere. Ho vha hu si

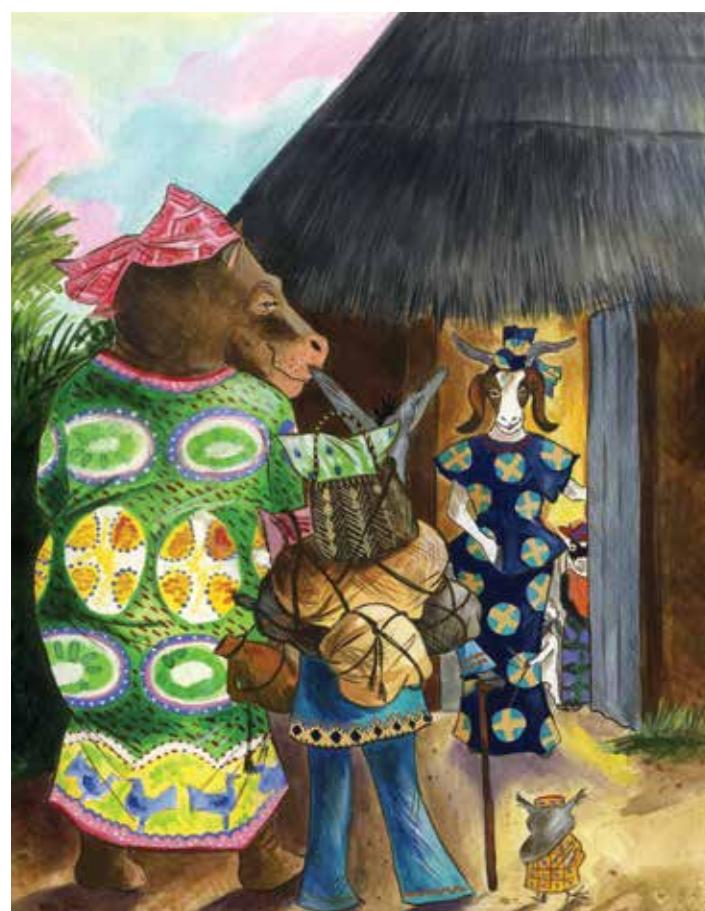




invite Love into their home.  
So the family discussed the matter no further. They decided to  
over and over again, "Love, Love, Love."

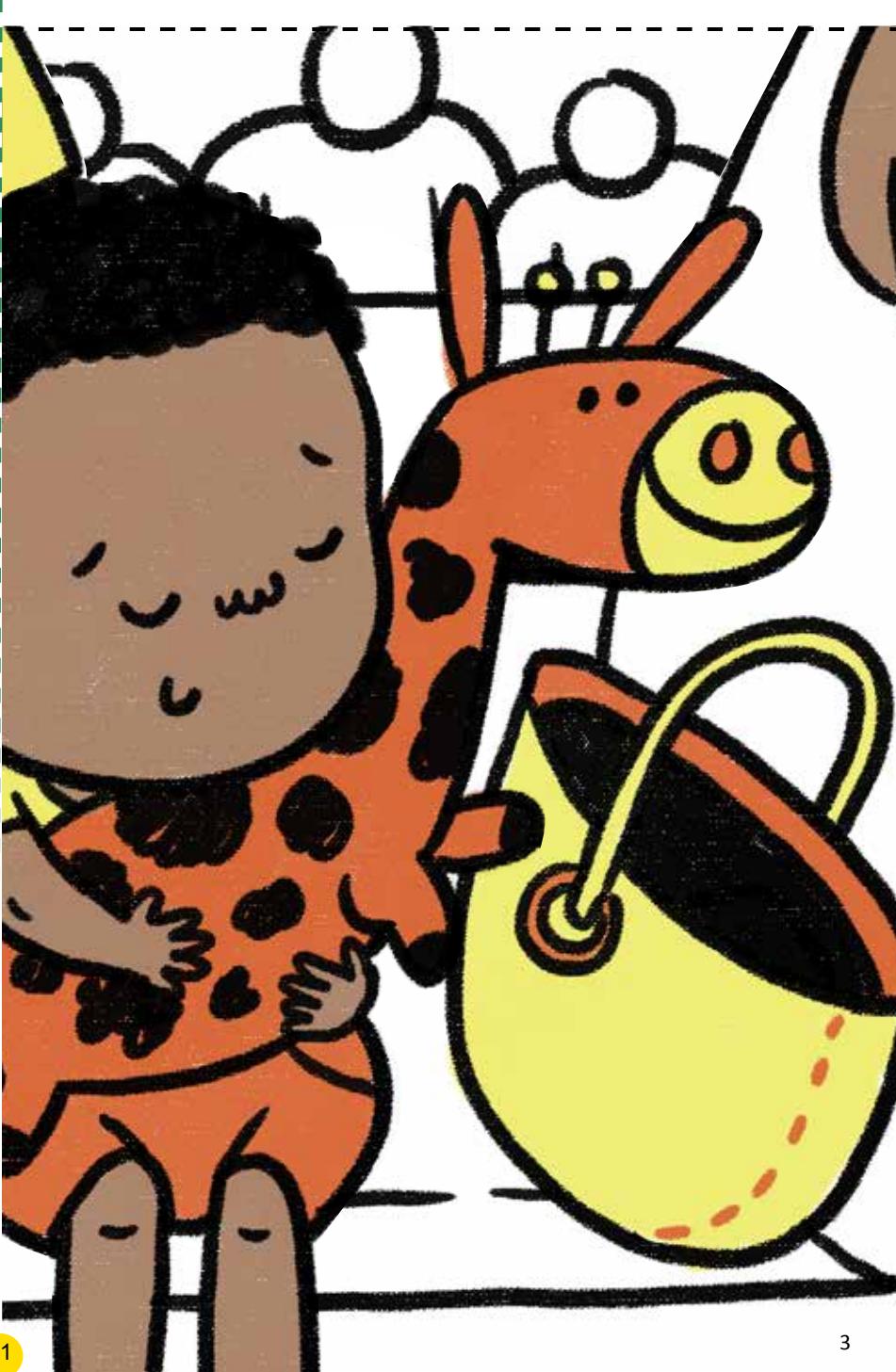
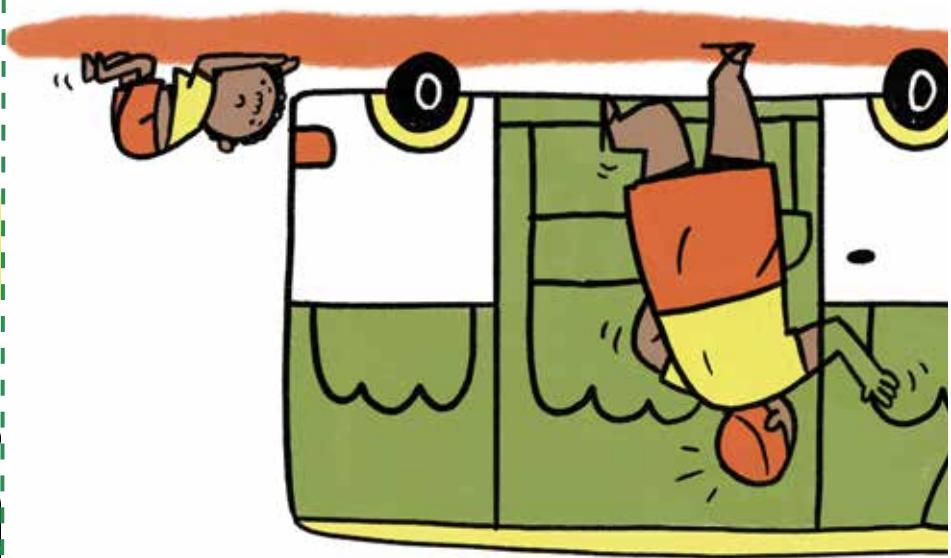
But the baby, who knew few words, with great insistence, said  
Vha dzhia tsheo ya u ramba Lufuno uti a dzhene nduny yavho.  
Wonoyo muja wa mbo di litsa u hasaledza eneo malihungo.

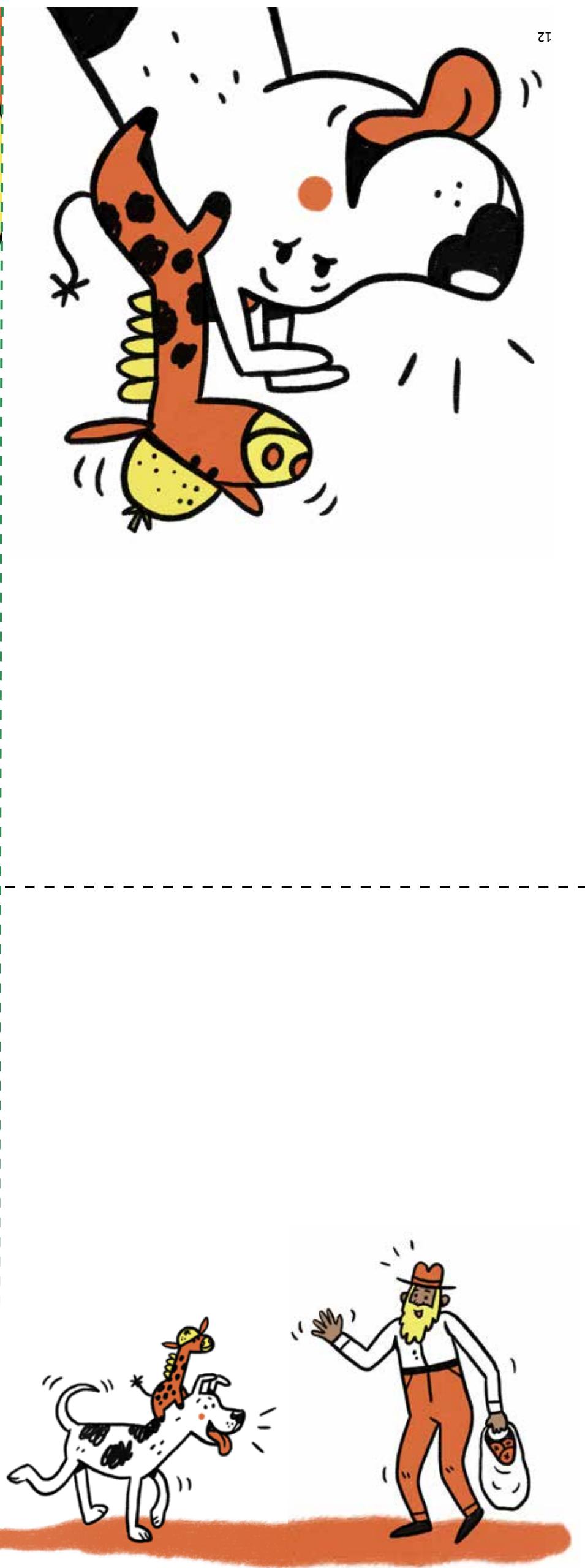
Iunzhi a sa neti a ri, "Lufuno, Lufuno, Lufuno."  
Fhedzi iwanana, aye a divha mapif a si gathia, a simba Iunzhi-



Mme a vhana vha mbo di ya vothini lwa u fhedza. Vha  
ima phanda ha vhenewho vhahulwane nahone vha ri: "Ro  
khetha Lufuno."

For the last time then, the mother went to the door. She stood  
before the elders and said, "We have chosen Love."





# La 16 Tshimedzi ndi Duvha la Lifhasi la Zwiliwa

Duvha la Lifhasi la Zwiliwa lo thomiwa nga 1979 u itela uri vhathu vha qivhe nga vhudalo nga ha thaidzo dzine dza tshimbidzana na zwiliwa nahone vha dzie vhukando uri vha lvisane na ndala, vhushayapfushi, ndato ya zwiliwa na vhushayi. Vhathu vha dzimilioni u mona na lifhasi a vha na zwiliwa zwo edanaho, fhedzi mavu a bveledza zwiliwa zwo edanaho lune zwa nga kanzwa muñwe na muñwe kha pulanete.

Mita, zwikolo na madzangano a tshitshavha zwi nga thusa u bveledza zwiliwa zwavhuđi, zwi re na mutakalo na zwi sa quri kana zwa mahala u itela vhane vha zwi ḥoda, nga u ḥavha miri ya mitshelo na u ita ngade dza miroho kha zwikhala zwi re hone nahone vha kovhela vhathu zwine vha zwi kaña!



## 16 October is World Food Day

World Food Day was started in 1979 to increase awareness of the problems with regard to food and to take action against hunger, malnutrition, food wastage and poverty. Millions of people around the world do not have enough to eat, yet the earth produces enough food to feed everyone on the planet.

Families, schools and community organisations can help to provide fresh, healthy and cheap or free foods to those who need it by planting fruit and vegetable gardens in any available space and sharing the harvest!

1



**Shumisani mbeu na zwitanda zwo khwathiwaho zwa zwimela.** Ni kovhele khonani dzañu dziřwe mbeu dza zwiliwa zwine na zwi ja. Ḥavhani mbeu kana zwitanda zwo khwathiwaho zwa zwimela kha mabogisi a makumba kana makhadibogisi. Itani uri mavu a re kha midzio yo ḥavhiwaho mbwanana a dzule e mañu, a si na mađi. Vheani ḥirei dza mbwanana fhethu hu hu re na duvha.

**Use seeds and cuttings.** Share some seeds from the foods you eat with your friends. Plant seeds or cuttings in egg boxes or cardboard rolls. Keep the soil in the seedling containers moist, not wet. Put the seedling trays in a sunny place.

2



**Shumisani zwithu zwa mahala zwine zwa nga vusuluswa.**

Ṭavhani mbwanana kha mabodelo a pulasitki, zwikođikoti, masaga a kale, mathaela na mabogisi a bulannga.

**Use free recycled containers.** Plant your seedlings in plastic bottles, tin cans, old sacks, tyres and wooden boxes.

3



**Shumisani tshikhala tshine na vha natsho nga vhūđali.** Nembledzani mabodelo, zwikođikoti kana zwisagana luhondoni kana ḥarađani uri ni vhe na tshikhala tshihlwane ngadeni yanu.

**Use your space wisely.** Hang the bottles, cans or smaller bags against a wall or fence to make more space for your garden.

**Shumisani zwine na vha nazwo.** Dzhiani makanda a miroho, hatsi ho gerwaho, makanda a makumba na mađari a tie ni zwi ite thulwi ya mpufuze kana ni zwi longele kha fagi. Musi zwo no sina, shelani wonoyo mupufuze kha zwiliwa zwañu.

**Use what you have.** Put your vegetable peels, grass cuttings, eggshells and tea leaves in a compost heap or drum. Once it has rotted, use the compost to feed your plants.

4



### Tshipurei tsha zwikhokhonono, tshi sa duri tshi leluwaho u tshi ita

Shumisani mishonga ya u vhulaha zwikhokhonono i sa tshinyi mupo uri ni tsireledze zwimela zwañu uri zwi sa liwe nga zwikhokhonono. Zwenezwi zwifafadzeli a zwi itwi nga khemikhala dici re na khombo.

1. Tshifafadzeli tsha mapfura u itela dici-aphid, zwipembene, zwisušu zwitshena, dici-thrip na nnda dza zwimela. Dzhiani khapu nthihi ya mapfura a u bika ni a vanganye na kulebula kuthihi kwa tshisibe tsha zwigodelo. Shelani zwilebula zwiraru zwa wonoyo muvango kha lijhara nthihi ya mađi.

2. Tshifafadzeli tsha viniga u itela khumba-muđolo, khumba dzo ḥoweleaho, vhusunzi na thunzi. Dzhiani khapu nthihi ya viniga ni i vanganye na khapu tharu dza mađi na hafu ya kulebula kwa tshisibe tsha zwigodelo.

### Cheap, easy insect spray

Use environmentally friendly pesticides to protect your plants from bugs. These sprays are not made from poisonous chemicals.

**1. Oil spray for aphids, beetles, whiteflies, thrip and mites.** Mix 1 cup of cooking oil with 1 teaspoon of dishwashing soap. Add 3 teaspoons of the mixture to every litre of water.

**2. Vinegar spray for slugs, snails, ants and flies.** Mix 1 cup of vinegar to 3 cups of water and half a teaspoon of dishwashing soap.



Fafadelani zwimela zwañu nga matsheloni kana nga madekwana uri muvango u ome duvha ji sa athu fhisesa lune ja nga fhisia mađari a tshimela. Fafadelani zwimela zwañu mađuvha mañwe na mañwe a 7 u ya kha 10.



Spray your plants early in the morning or in the evening so that the mixture can dry before the sun becomes strong and burns the plant leaves. Spray your plants every 7 to 10 days.



# Muhulisei Vho-Kholomo!



Nga Koketso Tsemekwane ■ Zwifanyiso nga Heidel Dedekind

Nga ንዋה wa mmbo na tsikidzi, Kholomo na Tshimange zwo vha zwi tshi dzula Tshikwarani tsha Toutswemogala. Zwo vha zwi tshi dzula na zwiñwe zwipuka heneffo tshikwarani. Kanzhi zwipuka zweþe zwo vha zwi tshi dzula hu si na dinani, ji la maladze. Kholomo yo vha yo khethia vhukuma kha zwipuka zweþe nga ንዋምbo wa uri yo vha i yone fhedzi i re na *mogagolwane*. Matsheloni mañwe na mañwe yo vha i tshi dzhia *mogagolwane*, ya u kapea kha mahaða nahone khoro ya dzula.



Musi Kholomo yo ima heneffo yo tou pfundulula, yo vha i tshi tou nga mudzimukadzi nga husili. Yo vha i tshi tou vha tshiko tsha vhuñali nahone i tshi nea nyeletshedzo kha mafhungo oþe, mahulwane na matku.

Zwi þungufhadzaho ndi uri ho vha hu si na ane a funa Tshimange. Zwiñwe zwipuka zwo vha zwi tshi tenda uri Tshimange tshi na vhukwila nahone zwo vha zwi sa tshi fulufheli. Ndi ngani tshi tshi ñengeledza vhusiku nahone tsha fhedza ðuvha þoþe tsho sokou ganama ðuvhani? Zwiñwe zwipuka zwo vha zwi tshi vhona uri Tshimange tshi na vhumbulu.

Liñwe ðuvha Tshimange tsha ya kha Kholomo tshi tshi khou þoda nyeletshedzo. Tshimange tsha vhudzisa, "Vho-Kholomo, ndi ngani vhona na zwiñwe zwipuka vha sa mpfuni?"

Kholomo ya sokou kotama, ya ðifukedza nga *mogagolwane* kha mahaða ya ðitutshela i songo vhuya ya fhindula.

"Vho-Kholomo," Tshimange tsha lila tshe miauu, "ndi þoda u ðivha uri ndi ngani vha sa mpfuni? Vha tea u ri þogomela roþe, naho tshifhinga tshoþe vha tshi þogomela zwipuka zweþe, a vha vhuyi vha ntsumbedza vhuthu na vhuñku-þuku."

Ðuvha liñwe na liñwe Tshimange tsha ði endela u ya kha Kholomo tsho fara zwifhiwa, tshi tshi þoda u ðivha uri ndi ngani hu si na muthu ane a tshi funa. Tshimange tsha ða tsho fara hatsi vhunu, vhu ðifhaho vhu bvaho govhani nahone tsho gagadela na maði a rotholelaho a bvaho tshisimani. Fhedzi hu sa londwi zweþe zwo Tshimange tsha zwi lingeda, Kholomo na zwiñwe zwipuka a zwo ngo tshi funa. Zwipuka zweþe zwo bvela phanda zwi tshi nyala Tshimange nahone zwenezwi zwa ita uri Tshimange tshi þungufhale vhukuma.

Hezwi zwo bvela phanda u swika liñwe ðuvha Tshimange tshi tshi vhudza Kholomo tsha ri, "Zwo edana," nahone tsha mbo ði pfuluwa.

Nga murahu ha tshifhinga tshilapfu, mbevha dza thoma u vusa muhifirifhiri. Ndi izwi-ha zwiñwe zwipuka zwi tshi ya u vhila kha Kholomo. Zwo vha zwo dinalea vhukuma. "Muhulisei Vho-Kholomo!" zwa lila musi zwi tshi khou pfumbula na u vhomba na u kuma na u ñuñuna na u zhamba.

"Vho-Kholomo, vha tea u dzhia vhukando," Ndau ya vhomba.

"Mbevha nandi, dzo ðala hoþe – hune ra edela hone, hune ra ðela hone na hune ra nwela hone," ha kumela Mvuvhu.

Ndi nga tshenetsho tshifhinga tshe Kholomo na zwiñwe zwipuka zwa thoma u þogomela mushumo wa ndeme we wa vha u tshi itwa nga Tshimange vhusiku musi zweþe zwo edela.

Samusi Kholomo i yone murangaphanda wa Toutswemogala, ya dzudzanya tshigwada tshine tsha ðo bva fulo ja u ya u þoda Tshimange. Vha tsa vha tshi gonya, vha þoda ngeno na ngei. Ha fhela maðuvha a sumbe vha tshi khou tshi þoda fhano na fhaña, vha guduba fhethu hoþe.

Musi vha tshi fheleledza vho wana Tshimange, Thuñwa – ye ya tshi vhona u thoma – ya kotamela khatsho. "Tshimange," Thuñwa ya ralo, "zwipuka zweþe zwo ni þuvha wee. A ri tsha zwi dzhia uri ni na vhukwila na vhumbulu. Mbevha dzo ri dina lwe ra ni humbula nga maanda. Ri a ni þoda nahone ri a ni takalela. Ri humbela uri ni hume na riñe ri vhuyelete Toutswemogala."



Tshimange tsha ðipfa tsho takala zwiñlu musi tshi tshi vhuyeleta Toutswemogala na zwiñwe zwipuka. Tsha ja mbevha vhusiku vhuñwe na vhuñwe nahone tsha dici pandela fhethu huñwe na huñwe. Zwipuka zweþe zwa takala zwiñlu, fhedzi Kholomo yo vha i yone yo takalesaho nga ንዋምbo wa uri zwino ho dovha ha vha na mulalo na vhudziki ngei Toutswemogala. Nahone u bva ñeneþo ðuvha Kholomo na Tshimange zwa vha madele mapfani, Kholomo yo vha i tshi siela Tshimange mafhinyana ðuvha liñwe na liñwe.

## Itani uri tshitor tshi nyanyule!

- ★ Olani tshifanyiso tsha mbevha.
- ★ Shumisani vumba kana fuñauru ya u tambisa ni vhumble kholomo, tshimange na þuñwa. Shumisani zwipuka zwañu zwa vumba u tampa tshenetsho tshitor.

★ Ñwalani magumo aju a tshenetsho tshitor. Kha ri ri Tshimange tsho hana u vhuyeleta ngei Toutswemogala. Ni vhona u nga ho vha hu tshi ðo vha ho itea mini?



# Great Cow!

Story corner

By Koketso Tsemekwane ■ Illustrations by Heidel Dedekind

In the olden days, Cow and Cat lived on Toutswemogala Hill. They shared this hill with all the other animals. For the most part, all the animals lived together in peace and harmony.

Cow was very special amongst the animals because she was the only animal to have a *mogogolwane*, a beautiful cloak. Every morning she took her *mogogolwane* out, put it around her shoulders and held council.



Standing there in her finery, Cow looked like a real goddess. She was full of wisdom and would give advice on all matters big and small.

Now, sadly, no one liked Cat very much. The other animals believed that Cat was sly and they didn't trust her. Why did she slink around at night and then sleep lazily in the sun the whole day? They were sure Cat was up to no good.

One day Cat came to Cow for some advice. Cat asked, "Cow, why don't you and the other animals like me?"

Cow just lowered, wrapped her *mogogolwane* tighter around her shoulders and walked away without answering.

"Cow," Cat meowed, "I want to know why you don't like me. You are supposed to look after all of us and, even though you always help all the other animals, you never show any kindness towards me."

Every day Cat went back to Cow with gifts, wanting to know why no one liked her. She brought sweet, fresh grass from the valley and sparkling, cool water from the stream. But no matter what Cat tried, Cow and the other animals still did not like her. They kept on ignoring Cat, and this made Cat feel very sad.

This went on until one day Cat said to Cow, "Enough is enough," and moved away.

It took a while before the mice started running amok. This is when the other animals came to Cow to complain. They were very upset. "Great Cow!" they cried as they snorted and growled and bellowed and squeaked and screeched.

"You have to do something, Cow," Lion roared.

"There are mice everywhere – where we sleep, where we eat, even where we drink," grunted Hippopotamus. It was only then that Cow and the other animals started to realize the important work Cat had done at night while they were all sleeping.

As the leader of Toutswemogala, Cow called together a search party to look for Cat. They all set off searching up and down, high and low. For seven days they looked here and there and everywhere.

When they finally found Cat, Giraffe – who had spotted her first – stepped forward. "Cat," Giraffe said, "all the animals miss you. We no longer think that you are sly and up to no good. The more the mice plague us, the more we miss you. We need you and we like you. Please come back with us to Toutswemogala."



Cat felt very happy as she walked back to Toutswemogala with the other animals. Every night she ate the mice and chased them out of every nook and cranny. All the animals were very happy, but Cow was the happiest because now, once again, there was peace and quiet in Toutswemogala. And from that day on Cow and Cat became very good friends, with Cow saving a lick of milk for Cat every day.

## Get story active!

- ★ Draw a picture of a mouse.
- ★ Use clay or play dough to make models of a cow, a cat and a giraffe. Use your clay animals to act out the story.

- ★ Write your own ending for the story. Imagine that Cat refused to come back to Toutswemogala. What do you think would have happened?

# Zwi takadzaho nga ha Nal'ibali

## Nal'ibali fun



1.

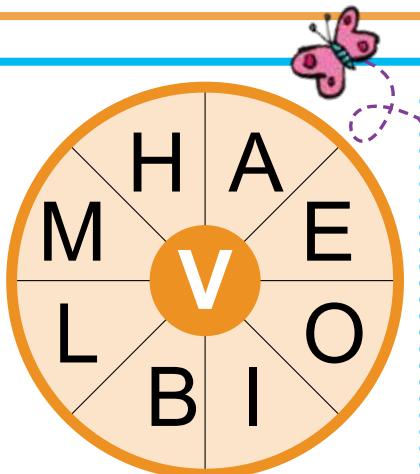
Ni a ñivha uri ndi ngafhi he vhenevha vhabvumbedzwa vha Nal'ibali vha wanala hone vha tshi khou vhala? Kha bułoko iñwe na iñwe, olani fhethu hune na vhona u nga vhana vha khou vhala vhe hone.

Can you imagine where these Nal'ibali characters got caught reading? In each block, draw the place where you think the children are reading.

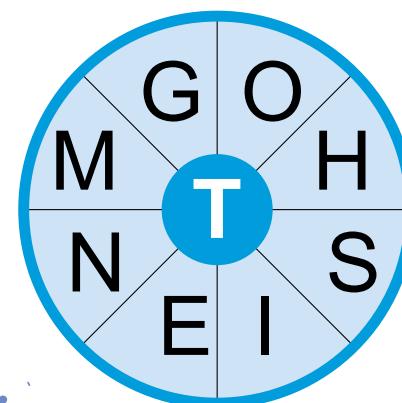


2.

1. Nwalani maipfi a re na maleđere mavhili kana manzhi.
2. Shumisani ledere liñwe na liñwe li re kha linga luthihi fhedzi.
3. Tshifhinga tshothe ni shumise ledere li re vhukati ha linga kha maipfi anu.
4. Madzina vhukuma ho ngo tendelwa.



1. Make words with two or more letters.
2. Use each of the letters in the wheel only once in each word.
3. Always include the letter in the middle of the wheel in your words.
4. No proper nouns allowed.



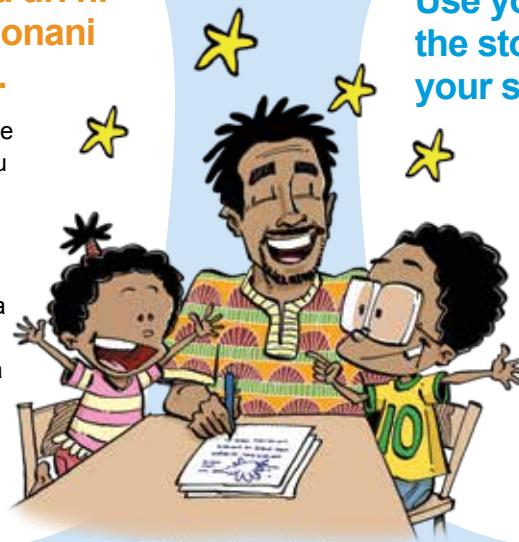
3.

Humbulani zwine na nga zwi ñwala uri ni thaphudze tshiṭori. Anetshelani khonani kana mubebi wañu tshiṭori tshañu.

Kale-kale ho vha hu na rabulasi ane a pfi Vusi, we a vha e na maanđa mahulwane vhukuma. Ho vha hu si na muthu ane a ñivha uri o vha a tshi zwi kona hani, fhedzi o vha a tshi kona u takula kholomo mbili nga tshifhinga tshithihi.

Liñwe duvha nga matsheloni musi Vusi a tshi vuva, a gidima a tshi tsa a tshi gonya o tshuwa. "Vhulungu hanga nandi! Ndi nnyi o tswaho vhulungu hanga ha madambini?" a huwelela. "Arali ndi si naho ndi ño xelewla nga maanđa anga othe, nda vho fana na muthu muñwe na muñwe!"

A gidimela fasitereni, a swika nga tshifhinga tshone-tshone a vhona kuriwe kutukana ku tshi khou gidima nga luhlilo luhulwane vhukuma ...



Use your imagination to complete the story. Tell a friend or parent your story.

Once upon a time, there was a farmer called Vusi who was very, very strong. Nobody knew how he did it, but he could easily carry two cows at the same time.

One morning, when Vusi woke up, he ran around in a panic. "My necklace! Who has stolen my magic necklace?" he shouted. "Without it I will have lost all my strength and will be just like everyone else!"

He rushed to the window, just in time to see a little boy running off very, very fast ...

Nal'ibali yo itelwa u ni ɿtuwedza na u ni tikedza. Ri kwameni nga iñwe ya dzenedzi ndila:

Nal'ibali is here to motivate and support you. Contact us in any of these ways:

[www.nalibali.org](http://www.nalibali.org)

[www.nalibali.mobi](http://www.nalibali.mobi)

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Produced by The Nal'ibali Trust. Translation by Mosekola Solutions. Nal'ibali character illustrations by Rico.

UMLAZI  
**EYETHU**

EASTERN CAPE  
**RISING SUN**

POLOKWANE  
**OBSERVER**

**Nal'ibali**