

MOJO



S
O
N
G
S
O
L
O
L
O
L
O
L
O
L
O
L
O
L
O

Vol Two
issue
11

A MAGAZINE FOR ALL CHILDREN 50c

April-May '98

Hello Friends

Guess who has just turned 80, on 18 July? Yes, President Mandela! Send Madiba a card and tell him what you are doing to make a difference to your environment.

Thanks for all your letters and drawings.

Your friend

Raai wie het so pas sy 80ste verjaarsdag gevier? Ja, President Mandela!

Stuur 'n kaart en vertel Madiba wat jy doen vir 'n beter omgewing.

Dankie vir al julle briewe en tekeninge. Julle vriend

Qashisela ukuba ngubani ozakuba eneminyaka eyi 80 nge 18 zika July. Ewe, ngu Mongameli Mandela! Bhalela uMadiba ikhadi umxelele ukuba yintoni oyenzayo ekuhlaleni ukwenza umahluko. Enkosi ngeeleta kunye nemizobo yenu.

Umhlobo wenu,

Molo

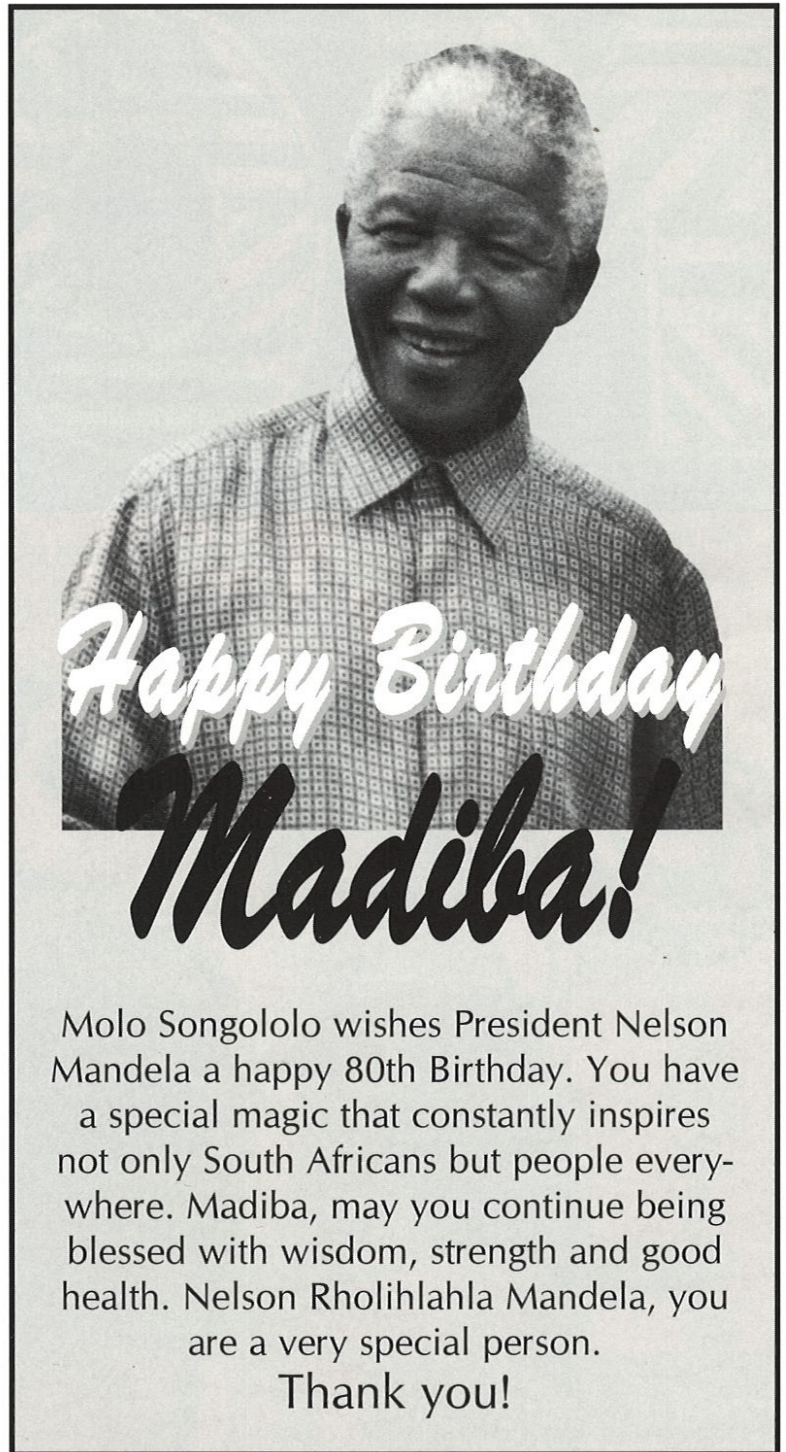
Important dates

July

- 11 World Population Day
- 16 National Hepatitis Day

August

- 1-7 Breast-feeding Week
- 3-10 Cancer Week
- 9 National Women's Day
- 17-21 Child Protection Week
- 17-21 Dental HealthWeek



Molo Songololo wishes President Nelson Mandela a happy 80th Birthday. You have a special magic that constantly inspires not only South Africans but people everywhere. Madiba, may you continue being blessed with wisdom, strength and good health. Nelson Rholihlahla Mandela, you are a very special person.

Thank you!

"Every year thousands of cats and dogs are put to sleep because people do not take good care of them. Think very carefully before you adopt a pet. Make sure your pet does not have many babies – Have it sterilised."



Cover: Artwork by Leighton Sellar, 12, of the Dominican School for Deaf Children



Contents

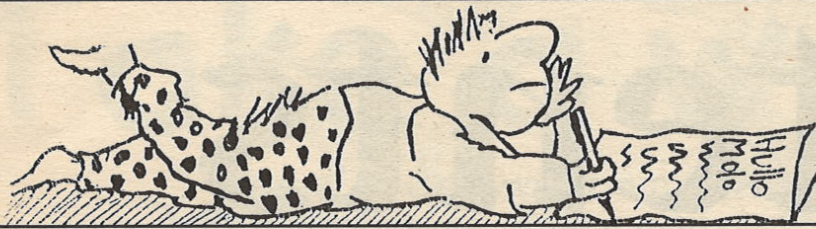
- 4 & 5 Letters and Pen Pals
- 6 & 7 Educational Focus: Creepy Pests
- 8 & 9 Masifunde isiXhosa
- 10 – 12 Your Own Voice: Most Unusual Friends
- 13 Book Review: Monty's Fynbos Surprise
- 14 & 15 Update
- 16 Pet Care
- 17 The Birds and the Bees: Love
- 18 Things To Do: Take a Walk
- 19 Sports Page: Madiba Magic
- Insert: Table Mountain



Water

We cannot live if we do not have water. Fill in the speech bubbles and see how important water is.

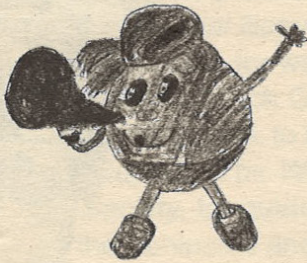




children's

My name is Thandie Dastile. I enjoy reading molo. I am 13 years old and attend Ummangalisa Primary. The name of my teacher is Mr. Nkosi. I am in Std 5B. I wish all my dreams come true and I like your stories. I like my school very much because its clean and beautiful. My favourite sports is swimming and running.

Drawings by
Thandie
Dastile



My name is Salmah. I am in Grade one at Cravenby Secondary. My pet Cat is six weeks old. His name is Wagied. His favourite corner is in the fire-place and sometimes he likes to be stroked. He is very playful and friendly.



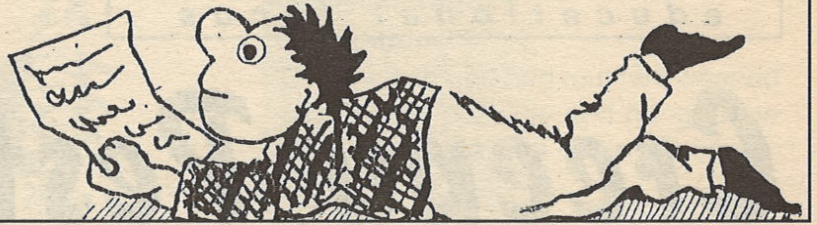
Salmah Hamdulay
Good Wood

My name is Ayonda Juta. I am 10 years old and I live in Gugulethu. I attend Siyazingisa Primary School. My class teacher is Mrs Diepu. My sports is softball. I like music. I like reading books. I love you Molo Songololo.



I Love Molo Songololo

Letters!



Nature!



There are five little bees
Buzzing around the trees,

But when my mom is crazy
I always give her a daisy,

And when I sit in the fresh air
I don't have a care!

♥ ~~~~~ ♥
Poetess: Ashiqah Saïet
School : Stephen Road
Primary
Grade: 6C



A friendly letter from children in Geneva

Hello! We are a group of Christian children,
we live in Geneva, Switzerland, and we
speak french.

Our names are Nicky, Michael, Emilie,
Didier, Mélanie, Sandrine, Camille, Fabien,
Céline, Evelyne and we are between 7 and
12 years old.

We want to greet all the children of South
Africa. We wish you Happiness, Peace,
Love and Joy.

We find it very nice
that children have
their own magazine:
long life to Molo!



Good luck

PEN PALS



Bronwyn Abrahams (girl)

33 Apollow Way,
Ocean View, 7975

South Africa

"My hobbies are cricket and
basketball."

Tony Hudsonberg (boy)

31 Aquarias Way
Ocean View, 7975

South Africa

"My hobbies are cricket,
baseball and rugby."

Roda Jabodien (girl) 9

43 Ravenscrate Road,
Warmer Estate, 7925

South Africa

"My hobbies are reading,
playing tv games and
playing tennis. I would like
girl pen pals from Africa."

Ibtishaam Manuel (girl)

20 Draco Rd.
Ocean View, 7975

South Africa

"My hobbies are modelling
and rollerblading."

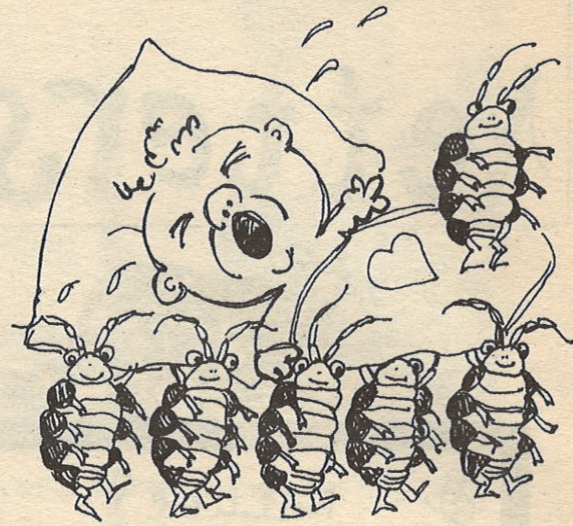
Maja Sontag (girl) 16

ul. Dlugosza 25
33-300 Nowy Sacz

Poland

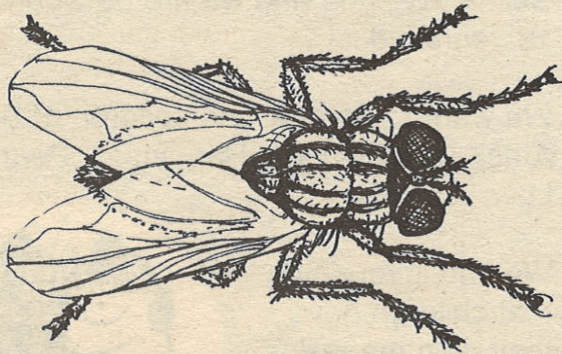
"I love writing letters and
would like pen pals from all
over the world. I think that it
will be the best way to know
the english language."

Creepy Pests

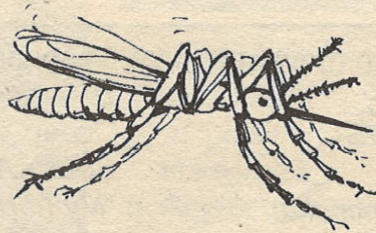


Some insects and animals should not stay in and near our houses because they can make us sick. We call them pests.

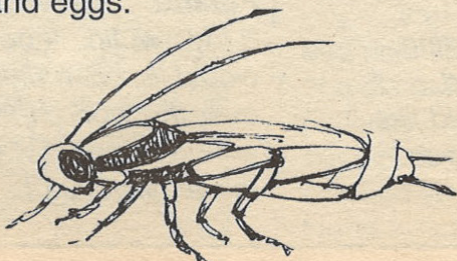
Houseflies and bluebottles spread bacteria and germs. They carry germs from dirty places to our food. Dysentery, salmonella and cholera are passed on to people.



Some **mosquitoes** pass on deadly diseases, such as malaria, when they sit on you to suck your blood. But most mosquitoes just give us itchy bites. Only the female mosquitoes bite us.



Cockroaches carry many diseases. They live in warm, dirty places. We seldom see them because they are nocturnal (active at night). They spoil our food with droppings and eggs.



Pest-busters for

... flies

All food should be covered. Flypaper looks ugly but works well and doesn't harm people or pets. Do not leave rubbish near the house. Always use a toilet or out-house. Toilets and out-houses should be kept clean. Out-houses must be far away (at least 20 m) from dwellings, wells and rivers. Keep the seats of toilets closed. Sprinkle a little lime, soil or ashes into a pit toilet to keep away flies. Remove animal droppings from near the house. Wash rubbish bins often and keep them closed.

... mosquitoes

Sleep under a net. Wear protective clothing in the evening. Do not leave old tins and pots with water around the house. Before you go to areas where people get malaria, get special tablets from chemists or clinics.

... cockroaches

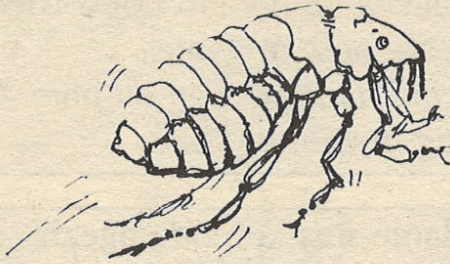
Clean well under furniture, in corners and cupboards. Store food in the fridge or in strong containers with tight lids. Find their hiding places and clean them out!

A safe mixture that should kill them: Mix 3 teaspoons of Plaster of Paris with 6 teaspoons of bran and some water. Put this where they live.

Bedbugs live in your bed and bite you when you sleep.



Fleas can make our pets very ill. Fleas also spread many diseases to people. Ticks and lice are as harmful. They spread diseases such as Typhus fever.



Rats: With their sharp teeth rats and other wild rodents eat through wood. They like staying in our houses and eating our food. They spread very dangerous diseases such as bubonic plague and rabies. Rat droppings and urine may spoil food and cause illness.



Pest-busters for ... bed-bugs

Clothes and bedding must be washed as often as possible and hung in the sun. Put mattresses out in the sun.

... fleas

Keep pets free of fleas, ticks and illnesses. Sprinkle flea powder on pets but make sure it is safe. Never use insect sprays on your pets. Do not let dogs lick your face or climb on your bed. Keep animals such as pigs and chickens outside.

... rats

Keep your house very clean. Fill in any cracks and holes in the floor or wall. Do not leave food out. Keep a cat to catch rodents, but remember to give it other food as well. Traps or poison from the shop can be very dangerous to small children.

Did you know? Diseases spread by rats have killed more people in the last thousand years than all the wars and revolutions put together.

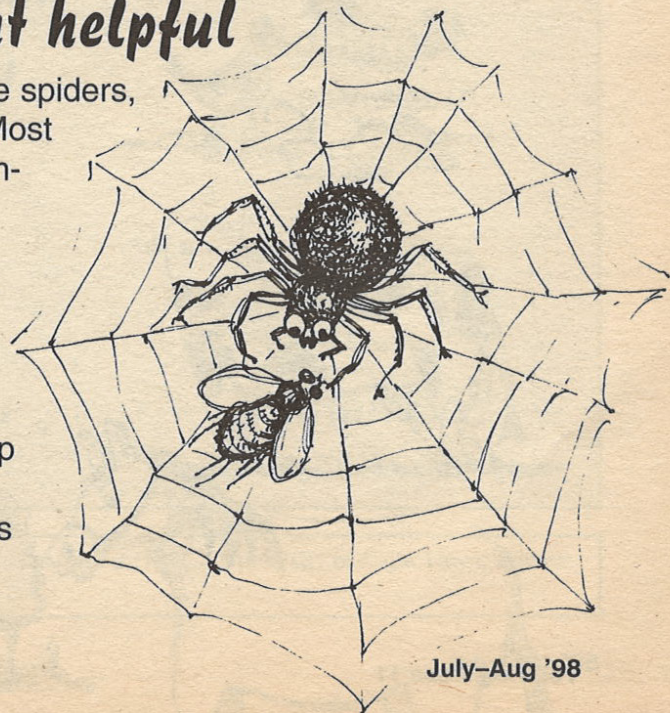
Still the best way is to keep houses clean

Only use insect sprays from shops when nothing else works. (They can harm us and pollute our world.) Make sure that it says 'ozone-friendly' or 'environment-friendly' on the container. Read and follow all the instructions on the can. Children and pets must not come near these poisons.

Never play with strange animals or any animal that looks sick.

Creepy but helpful

We do not all like spiders, but we should. Most of them are harmless. They eat harmful insects such as mosquitoes and flies. Spiders are not insects. They belong to a group called arachnids that also includes scorpions.

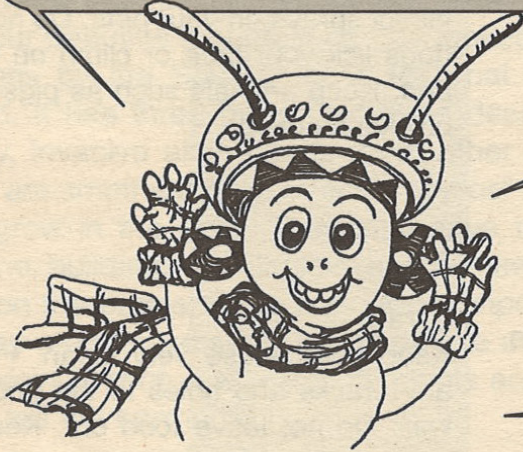


Masifunde isiXhosa

Learn to speak Xhosa. *Leer om Xhosa te praat.*

Molweni niphilile na?

How are you (all)?
Hoe gaan dit met julle?



Yhu! Kuyanetha kakhulu apha eKapa. Nyhani sisebusika ngoku!

Wow! It rains a lot here in Cape Town. Really we are now in winter.
Soe! Hier in Kaapstad reën dit baie. Ons is nou regtig in winter.

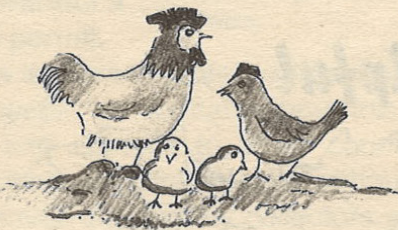
Namhlanje siza kufunda ngezilwanyana.

Today we will learn about animals.
Vandag leer ons oor diere.

Yhu! Zininzi izilwanyana emhlabeni. Ezinye zimbalwa kakhulu, ngenxa yokuba zizingelwe ngabantu. Eplasini niza kubona ezi zilwanyana: Tshatisa imifanekiso namagama.

Wow! There are many animals on earth. Some of them are few because they are hunted by people. On a farm you (all) will see the following animals: Match the pictures with the words.

Soe! Daar is baie diere op die aarde. Party van hulle is skaars omdat mense hulle jag. Op 'n plaas sal jy die volgende diere sien: Verbind die prente met die woorde.



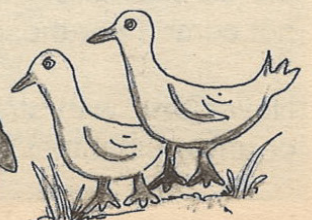
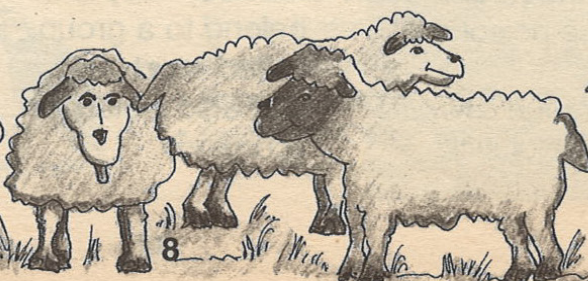
inkomo / cow / koei

iinkukhu / chickens / hoenders

iigusha / sheep / skape

amadada / ducks / eende

ihashe / horse / perd



Ezixekweni niza kubona ezi zilwanyana: Tshatisa imifanekiso namagama.

In cities you will see these animals: Match the pictures with the words.

In stede sal julle die volgende diere sien: Verbind die prente met die woorde.



inja

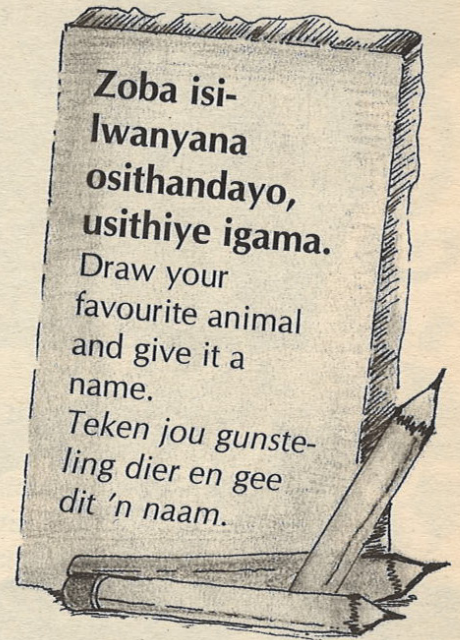
dog
hond

amahobe

doves
duiwe

ikati

cat
kat



**Zoba isi-
lwanyana
osithandayo,
usithiye igama.**

Draw your
favourite animal
and give it a
name.

*Teken jou gunste-
ling dier en gee
dit 'n naam.*

Qashi-qashi zitya ntoni.

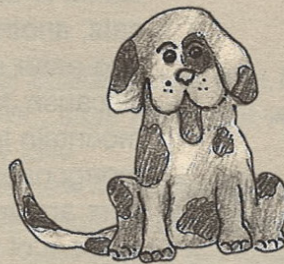
Guess what they eat.

Raai wat eet hulle .



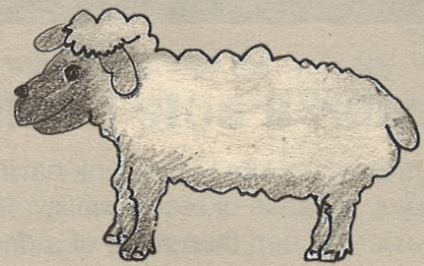
intaka

bird / voël



inja

dog / hond



igusha

sheep / skaap



ingca

grass / gras



umbungu

worm / wurm



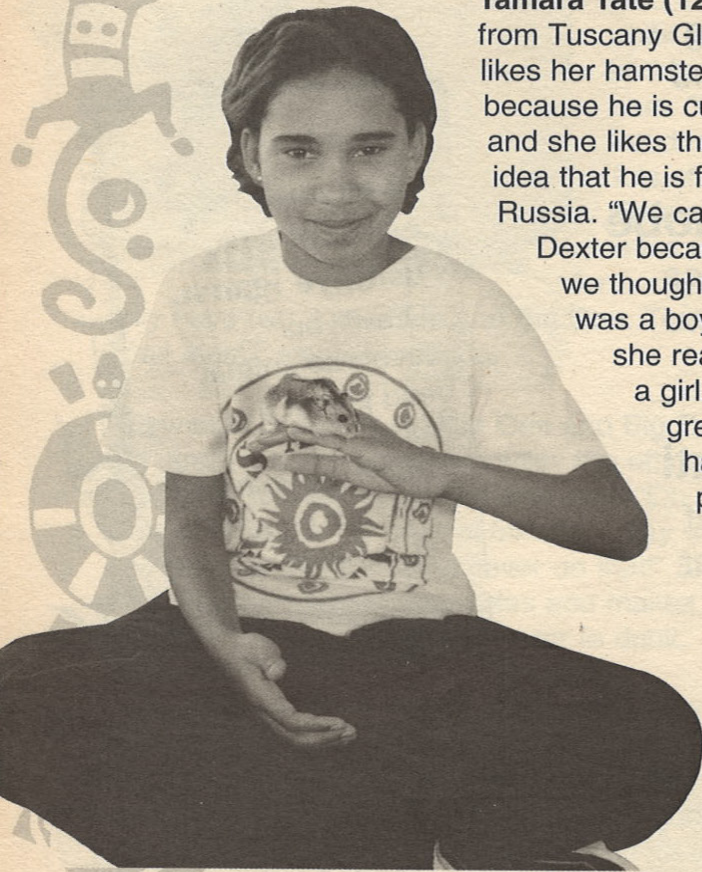
ithambo

bone / been



Written by Andrew Kruger from Teaching and Learning Resources Centre (TLRC), University of Cape Town, Private Bag, Rondebosch, 7700, Tel 650 3276 (copyright)

Most unusual friends...



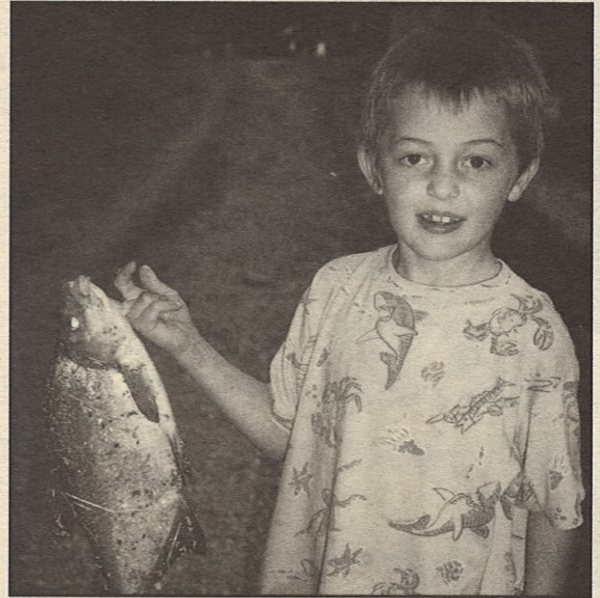
Tamara Tate (12) from Tuscany Glen likes her hamster because he is cute, and she likes the idea that he is from Russia. "We called it Dexter because we thought it was a boy, but she really is a girl. It is great to have a pet."

Dexter, a cute hamster

"She cheers me up. I also think having a pet gives you a sense of responsibility. Hamsters are easier to keep than a cat or a dog. They cannot run away and they do not cost much to keep. I clean and wash the cage once a week and give her fresh food every day. She likes carrot best."

Tamara says she knows that some animals such as monkeys and cats are used for experiments and tests. She thinks it is not fair when they suffer and are treated badly. Perhaps other ways can be found to test medicines for people.

Hamsters are lovely cuddly little pets. Most of them are nocturnal. That means that they are active at night and sleep during the day. You should not play with them too much during the day. They need rest. Be very gentle with them and make sure that cats cannot get to them.



From a Great Dane to a salamander

Jake Harding is happiest when he is surrounded by all the family pets. Griffan, a huge Great Dane, is one of his favourites. Then there are 5 cats, another dog, 3 Australian salamanders, an egg-eater snake, 4 fish and about 20 mice. Because Jake's house is high up against the mountain in Houtbay, two black eagles and 2 mongooses also come to be fed. The salamanders are very interesting creatures. They live in and out of water, and are fed with chopped ox heart or tail.

One look at the models and pictures in his room and you know that Jake is fascinated by sharks, dinosaurs and cricket. "A tiger shark is the sea creature I'd most like to see", says Jake. "Sea creatures should not be kept in tanks, but be in real sea water. They must be free to go out into the sea." He thinks the biggest dangers to the sea and its creatures are people and pollution. This 9-year-old knows a great deal about sea life. Both his parents study sea life. It is their work as marine biologists.

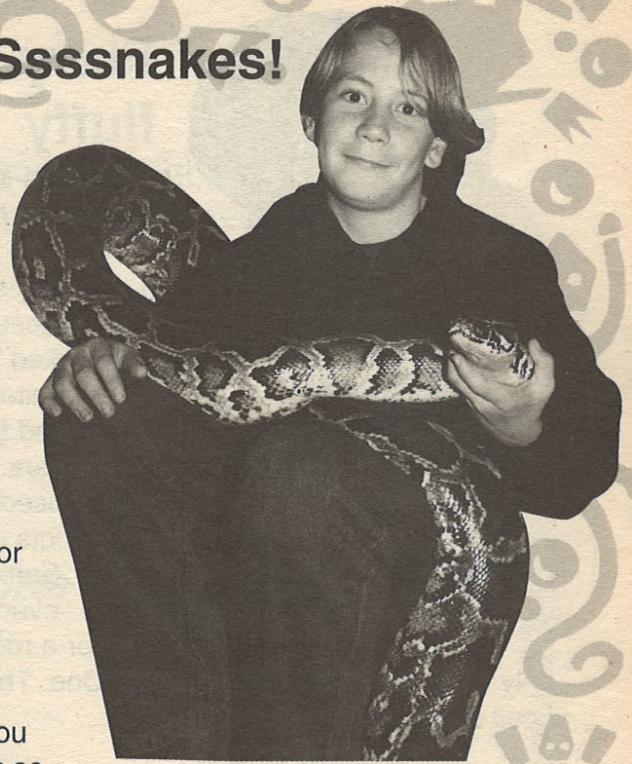
"The place in nature that I like best, is Myburg's Ravine on Table Mountain. There are beautiful things to see, a waterfall and disas."

A Snake is not everybody's idea of a cuddly pet. But once you've held one, and let it curl around your fingers, you do not want to let it go. **Jay Purtil (13)** has no less than 8 of these reptiles at his house high up against the mountain in Houtbay valley. Amongst them are 2 shiny black-and-white Californian King snakes, an Albino Corn snake and 4 brown house snakes.

Not all Jay's snakes can curl round your fingers. Pi, the Burmese python, is still young, but already enormous. She can grow up to 6 metres long! Pi used to be free in the house, until she went up the mountain by herself. Now she stays in her big cage most of the time, and takes her walks with a human caretaker. Pi needs heat and water, and a live chicken every six weeks or so. Pythons can do without food for long periods.

Not just anyone is allowed to keep snakes. "You must have a permit for each snake. An inspector from the Nature Conservation office comes to your house to make sure that you take good care of them. Some people keep pretty snakes just as decoration and do not take proper care of them." Breeding with some types of snakes is encouraged because they are endangered in their own habitat, mostly because of farming activities. Jay thinks 'milking snakes' could one day be his job. This is the tapping of venom from venomous snakes to use as antidote. It's a dangerous undertaking. The smallest bit of venom on your skin can be life-threatening.

Ssssnakes!



On a cold day with drizzling rain, Pi, the Burmese python, strains towards the heat of the fireplace. She loves to curl around the chimney.

Kelly, Rocky and Boytjie

Rocky and Boytjie will be dearly missed when they move to their new home. But, **12-year-old Kelly-Lynn Hattingh** understands why they have to leave and is sure that they will be happy and well cared for.

"You see, Rocky and Boytjie need lots of attention and toys to play with. When they are unhappy, they pull out their red tail-feathers and squawk", says Kelly. Ah! you guessed. Yes! Rocky and Boytjie are African Grey Parrots. What's more, they talk!

Anyway, Rocky and Boytjie are getting a new home because "they are very social and need lots of space to move around in. Our place is now too small and we can't keep them in that small cage any longer", says Kelly. She has many fond memories of the two perky parrots who back-chat her.



You can't just feed them anything. These birds are very particular. Kelly says that "monkey peanuts, sunflower seeds, mealies, fresh fruit and bones are their favourites. You have to clean out their cage regularly. When they are sick, you have to take special care of them and take them to a vet".

Rocky and Boytjie can get very chatty. "Yes, you can have a conversation with them. They repeat everything you say. They mimic your accent", says Kelly, who is very fond of her back-chatting pets. She promises to visit them at their new home.



Furry and fluffy

Nokwanda Mngqola, 15 years old, decided to keep some rabbits as pets because she liked their furry white coats and floppy ears. "Oh! We used to have lots of them. Some we even cooked for a meal. Now I

only have two, Little One and Big One. That's what I call them", says Nokwanda.

Nokwanda is sure that Little One and Big One will not land up in the cooking pot like the other rabbits. She feels strongly about this and says "Oh no! Never. They are my special friends. I play with them and care for them. I could never do that!" She feeds them fruit and vegetables and makes sure that they always have clean water to drink.

Little One and Big One are both males. Nokwanda doesn't have to worry about them multiplying. However she will let them mate with female rabbits next mating season. Her friends and neighbours all like the rabbits. Some are afraid to touch them because of their white fur.



Micheal and Tessa

Michael Davids (12) was very worried when his beloved cat, Bottlebrush, became ill. By mistake they put flea spray on her that is meant for dogs only. They were very relieved when she got better. Michael's family does not let their 4 dogs go out of the yard by themselves. It is important for the dogs to be safe and not to be a nuisance to other people. "I like Alsations such as my dog Tessa best. It's a pity the open field near us is so polluted. There is glass everywhere and dogs can get hurt if taken there for a run", says Michael.

"Our pets are sterilised so that they cannot breed more. There are too many neglected and lost dogs and cats already. People should take any stray dog or cat to the SPCA so that they can be adopted by people who will care for them. It is very important to have cats and dogs vaccinated so that they do not get and spread diseases.

I do not think animals should be kept in cages. It depends what it is. It is okay for birds and hamsters. Our pigeons fly free in daytime because their cage is open."

Moo moo moooooo ...

Herding cattle is not what **13-year-old Mawethu Bhalangile** wants to do when he is grown-up. But for now he makes the best of looking after the family cattle. They have three cows and two goats.

While most of us are still asleep, Mawethu would "... milk the cows and goats before taking them to a field nearby where they will graze for the whole day. The milk we sell to the neighbours and keep some for ourselves", he says.

After school, Mawethu watches over and plays with the cows and goats. Sometimes his friends, who call him "shepherd", would join him and help bring them back home. "We don't hurt them or treat them badly. When they get sick, I tell my father. He then buys medicine or sometimes we take them to the SPCA", says Mawethu.

As much as he now enjoys herding cattle, Mawethu is very sure that he wants to be a traffic cop when he finishes his schooling. "I don't really like being a shepherd, but I have to. It is for my parents."





Monty's Fynbos Surprise

Monty's Fynbos Surprise is the second children's book in the series, "Kirstenbosch Tales". The book was written by Ali Corbett and published by *Alicat Publications*. If you would like to read this book, ask your librarian to order it for your school.



Reviewed by Saajidah Abrahams, 11 yrs, Grade 6, Belthorn Primary.

Monty is the Cape Grey mongoose who thinks that his friends forget about his birthday. But he is fooled when his friends capture him and asks him a few riddles and questions. He is very scared and suspicious, because he hears familiar voices. But at the last question every^{one} screams "Surprise!" Monty never knew that his friends ~~were~~ were playing a trick on him all the time. Monty gets presents from all his friends, Mrs Francolin, Impuku, (Mrs Field Mouse), a lizard, a little ant and Impangele.

At the back of the book there are some activities for you to do. There is Fynbos Facts, Fynbos Fun, Fynbos Friends and Fynbos Food, (Monty's Munchy Carrot Cake).

Fynbos Fact

Pugnacious Ants

Some Fynbos plants produce seeds with fleshy parts. Ants carry these seeds to their underground nests, where they eat the fleshy parts and discard the seeds. Here the seeds remain safe from seed eating animals and from fire. The seeds germinate when conditions are favourable.



Colour in the picture.

Unravel the words and try to find Monty's four hidden Fynbos Friends.

1. gardusirb

2. osume

3. erusrilq

4. ifunagowle



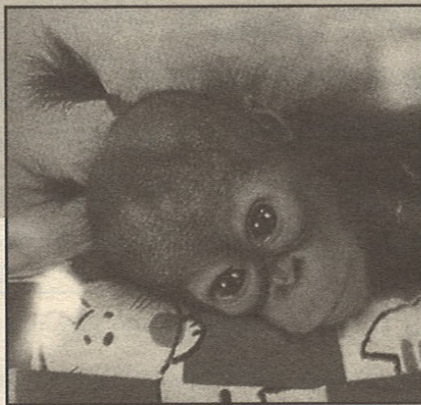
A New National Park!

The new Cape Peninsula National Park has just been proclaimed by the government. This park includes the whole mountain chain, from Table Mountain to Cape Point. This means that our beautiful mountain can be looked after properly by the South African National Parks Board. It has three big problems to deal with. Firstly, invasive alien plants (from other countries) are smothering the special "fynbos" plants that grow in the park. They also have to see that no buildings like hotels and houses are built on the edges of the park. Most importantly, they must make sure that all people use the mountain in such a way that its plants and animals are not harmed.

Animal Smuggling

It is against the law to keep, or buy and sell any wild animal and certain wild plants without a special permit.

This law is there to protect wild animals and plants. Many people do not care about this and smuggle plants and animals to other countries. Most of these plants and animals die without proper care. The animals are kept by collectors and in zoos, or they are used for experiments, food or medicine. This is called illegal trade. Because of this many animals are no longer to be found in the places where they used to live, or will soon disappear. Think of all the exotic birds and fish that die in cages and tanks. Rather stick to rabbits, cats or dogs and take good care of them!



Baby orangutan in a petshop in Taiwan.

Our Living World



Zap alien plants!

Trees, shrubs and grasses from other countries are spreading on Table Mountain and in the rest of the peninsula. Our living National Monument (all the special animals and plants on the mountain) will die if this is not stopped. The government and Cape Town council have always been removing alien plants, but it is an ongoing task because new seeds grow all the time. Huge amounts of money are spent on this problem. You can help by learning exactly what these plants look like, and pulling them out. Make sure that your friends and family also know.



Wise up on Waste

A neat hat made from cool drink cans? Whichever way you use waste, it is the clever thing to do. A lot of our waste can be used again, instead of being thrown away. This is called recycling. Find out how it can work, for you and the environment!

Ask your teacher to call the Fairest Cape Association at 462 2040. Ask them to help you solve your problems with waste. They hold "Wise up on Waste"-workshops to show teachers and children how to keep the home and playground clean, safe and healthy.



List of recycling depots

- that buy paper, cardboard, cans.
- **Roro's Depot** – near Shoprite, Khayelitsha.
 - **AEP Waste** – corner of Landsdowne and Duinefontein Roads, Phillipi.
 - **Southern Recycling** – 52 Prince George's Drive, Retreat.
 - **Bravo Street** – Mitchell's Plain.
 - **Express Waste** – Johnson Road, Athlone
 - **Collect-a-Can** – will collect weekly from your area. Call Mandy: 54 7010

Shoeshiners and street vendors

Pedestrians were shocked to find child workers on the streets of Zurich, Switzerland. It is simply unthinkable for children to work in one of the world's richest cities.

The child shoeshiners and vendors received mixed responses from passers-by as they plied their trade. Many had to take a second look before rushing past. Others simply chose to ignore the child workers and carried on.

After two hours the child workers were exhausted and a little bit frustrated. "This is the real life of working children on the street.

They do not earn a lot and many people are not very kind to them", Markus, one of the shoeshiners said. Markus and his school friends staged this street theatre and handed out information to make the public aware of the problems of working children. They did this to support the Global March Against Child Labour.

Contribution from Christina Voegeli, HEKS



Swiss school child acting out the everyday life of children working on the street.

A better life

Many of you are aware of child abuse; that's when children are treated badly, neglected or abandoned. Well, this is what's happening to many animals too. Animal abuse and neglect are so common, it happens every day.

Molo readers Candice, Nicole, Caryn and Nosiphiwe visited the wildlife area at the SPCA to learn how to treat animals properly. They were clearly shocked at the kind of abuse and violence animals experience. Candice can't believe that "...someone would want to hurt any of these beautiful animals".

This was the first time any of them could touch a goat, a goose, a horse, a rabbit, or get close to a bull and a peacock. As much as they were excited about the animals, they were also nervous and a little scared. Nosiphiwe soon realised that the animals are more scared of her than she is of them. She started holding them and was surprised at "... how calm, cuddly and loveable they are, no matter if they're big or small".

Nicole and Caryn feel that more wildlife areas should be established where animals can live and be cared for. Nicole says "...this way we can learn more about animals and they will have a proper home where they are happy".

Art and poetry competition

Are you a budding artist or do you have a way with words?

Well, now is your opportunity to get creative. The Lansdown Children's Library is having their 2nd Annual Art and Poetry Competition.

Primary school children in the age categories of 5-7 and 8-13 years are welcome to enter. Closing date for entries are 31 August 1998.

Themes can include science, technology, gangsterism, racism, youth, drug abuse and sport. For further details contact the library at 762 4671.

Below: Nosiphiwe, Candice, Caryn and a kid.



Below: Sue Mutch of the SPCA Horse Care Unit introduces Dancer, the white mare, to the group.



Pet Care

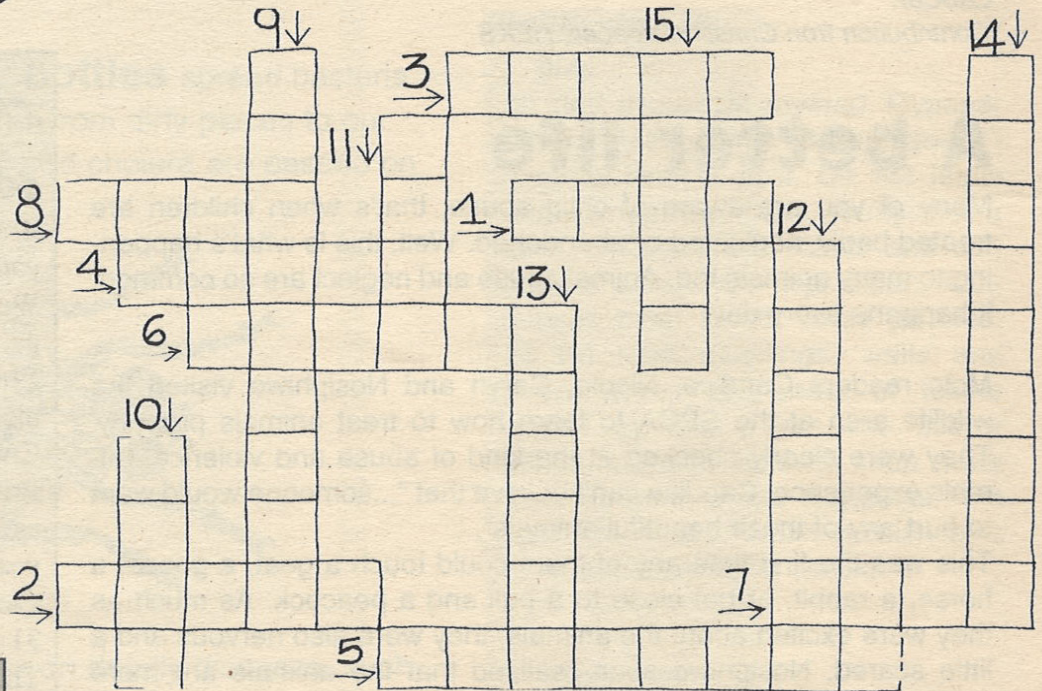
Veterinarian doctors and nurses at special animal welfare organisations can help you to take good care of your pet.



Above: Mobile clinics go into the townships to offer their services.

Clues

exercise
rescue
love
sterilise
water
worms
fleas
vaccinate
lost
care
litter
away
food
clinics
adopt



Get help here:

- **SPCA** (Society for the Prevention of Cruelty to Animals): 1st Avenue, Grassy Park, tel. 705 3757.
- **The Animal Welfare Society of SA:** Papkuilsvlei Road, Phillipi, tel. 691 3702; Kennels at Phillipi, tel. 692 2626 and Belville tel. 951 3029 / 951 3010.
- **PDSA** (People's Dispensary for Sick Animals): Tarentaal Road, Bridgetown, tel. 638 5134/5 or 637 9870; Simpson Road, Athlone, tel. 696 7268.
- **Animal Anti-Cruelty League:** Bofors Circle, Epping 2 industrial area, tel. 54 6426.
- **Mrs Margo Wilke** (*'the bird lady'*), for help with any wild bird or animal: 4 Linden Way, Pinelands, tel. 531 5686.

Complete the crossword on pet care:

Across:

1. Pets need _____ regularly.
2. All pets need a constant supply of fresh _____.
3. Regular grooming will keep pets free of _____ and ticks.
4. De-worming keeps _____ away from pets.
5. Many pets need regular _____.
6. _____ can be dangerous to pets and animals.
7. Handle pets with _____ and patience.
8. Give pets lots of _____ and attention and you will have a good friend for many years.

Down:

- Animal Welfare Organisations**
9. ... _____ your pet so there will not be many unwanted babies.
 10. ... can look after your pet while you are _____.
 11. ... take care of injured or _____ pets and wild animals.
 12. take mobile _____ into the townships.
 13. send trained people into the community to _____ animals.
 14. _____ your pet (inject to protect against diseases).
 15. can give you a pet to _____.

The Birds and the Bees

for pre-teens (10–13 years)



How often do we hear and talk about **LOVE**? We use the word in so many different ways. But let's talk about that 'special feeling between two people', not love meaning just 'liking something or someone a whole lot'.

LOVE means different things to different people. Soon *you* may find yourself 'in love'. Because it is such a strong feeling, it can feel wonderful or it can **HURT** terribly. To keep a cool head while in love, is not at all easy! It helps if you know what to expect.



Love for Friends

You know your very best friend well and enjoy being with him/her. You are close and share many feelings and experiences – This love has nothing to do with sexual feelings. For pre-teens and teens strong friendships are very important.



True Love?

The safe and ideal way to share love would be to give and receive equally. Usually this takes time to grow. You trust that the other person will not reject or judge you, and will be there to comfort and support you. You accept the other person's weak points. You respect each other's ideas and feelings. You want to spend your life with each other. Sex can be a beautiful shared experience with someone you love and trust; without any pressure; and when you are ready and responsible enough.

Love-sick?

Your first experience of 'love' may well be a 'crush' on someone you admire and adore. You feel like this about someone that is not a family member or good friend – Now sexual feelings are part of it. You think some person is ideal, a dream. Mostly it is someone you do not know well, or at all. It may fade away soon if the other person does not return your feelings, or you find that he/she is not so ideal after all. Watch out that this person does not abuse your feelings.



Falling in Love ...

It just happens. You do not know why. This is more than a 'crush'. Your feelings are all over the place. You can't stop thinking and dreaming about this person. You want to spend all your time together. You are in **LOVE** ... This can be a very confusing time for young people – Strong sexual feelings may be hard to control, but to have sex while you are too young is not on. Well, it's true, the responsibilities of sharing sexual love is **BIG**. It is best not to rush into it.



Self-esteem!

Good self-esteem can help you to love and be loved. First of all, you need to like and respect yourself. Accept yourself, weak points and all. After all, nobody is perfect! You are just as important as anyone else. The better you feel about yourself, the better your relationships with other people.

In the next magazine we talk about different customs and beliefs



Talk to your parents, guardians or community leaders about your feelings. Get the correct answers. Write to **sisi Nomhle**, PO Box 43326, Salt River, 7924, Cape Town.

Take a walk



Get away from townships, tarred roads and buildings. Take a walk! It is great fun and good exercise. Besides, there is much to learn and discover. Explore and enjoy, but take care – For your own safety, stick to the rules.

What to do

Teachers, parents or guardians can call the *Houtbay Museum* at tel. 790 3270 and ask about their guided walks and other programmes.

Other places to call: *The National Botanical Institute*, for walks in Kirstenbosch Gardens: 762 1166 (speak to Michelle Cupido). *The Wild Life Society*, for guided walks in the peninsula and the

Helderberg area (fynbos and water studies); find out how to start or join a hiking club; get pamphlets with maps of different routes for walks: (W) 701 1397 or (H) 851 3849 (speak to Debbie Hall). *The Mountain club of South Africa*: 465 3412. *The National Parks Board*: 422 2816

Safety Hints

1. Organise a walk with a group of friends. Never walk alone.
2. Always go with an adult or guide who knows the route, or has a map.
3. Allow enough time to get back in daylight.
4. No running. Take time to look at interesting things.
5. Stick to the route and obey warning signs.
6. Tell somebody the exact route that you are taking and the time you expect to be back.
7. Keep together and do not split up.
8. Be prepared for cold weather. It can change suddenly on the mountain.
9. Turn back if the weather becomes bad or if the route becomes too difficult.

Where to go

There are hundreds of different routes for walks in the Peninsula. Do not go on difficult hikes. Try the pipe-track on Kloofnek; Newlands forest; Cecelia forest; Kirstenbosch Gardens; Silvermine; Elsies Peak; Fish Hoek Peak; and Cape Point.

What you need

Comfortable shoes! Wear socks to prevent blisters and sweating. A hat or cap, and top with long sleeves if you sunburn easily

A tracksuit top or jersey in summer and rainproof jacket in winter. A backpack with enough water, especially in summer.

Weather:

Call the Cape Town weather office at tel. 4 0881 for the weather forecast.

Keep it unspoil

- Don't litter. Take home cans, plastic, tissues and all other rubbish.
- Don't pick flowers or dig up plants.
- Don't throw stones, shout or chase animals or birds.
- Don't pollute the water – people and animals drink it.
- Don't scratch names on rocks or trees.
- Don't make fires.
- If you go to the loo, bury it. *We want to smell the flowers.*

answers • answers • answers • answers • answers • answers • answers • answers

We need water:

... to drink
... to wash in
Our plants and animals need water.
Fish live in water.

Pet Care

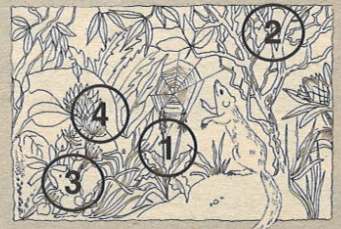
1. food
2. water
3. fleas
4. worms
5. exercise
6. litter
7. care

8. love

9. sterilise
10. away
11. lost
12. clinics
13. rescue
14. vaccinate
15. adopt

Monty's Fynbos Friends

1. sugarbird
2. mouse
3. squirrel
4. guineafowl



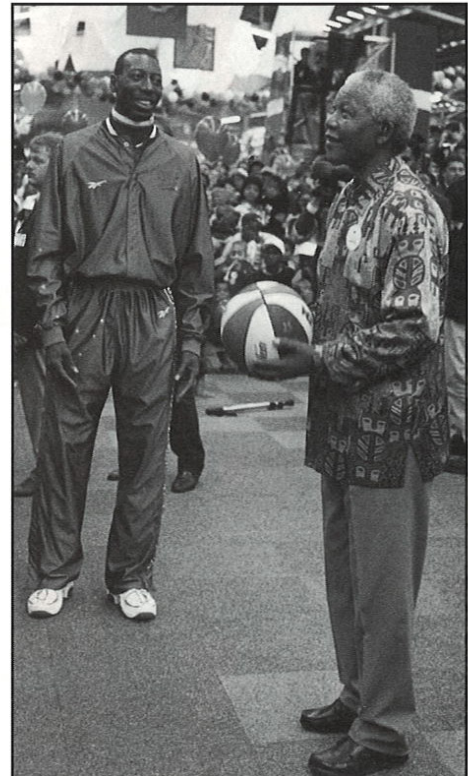
Madiba Magic

"South Africa is a country of many cultures but we are one sporting nation. Through sporting excellence we have learnt to accept one another, not for the colour of one's skin, but for what you are. Sport has made a very important contribution to the once divided South Africa. Let us not only appreciate our sporting achievements but also the role that sport has played in bringing South Africans together."

President Nelson Mandela



Madiba and Olympic gold medalist, Penny Heynes.

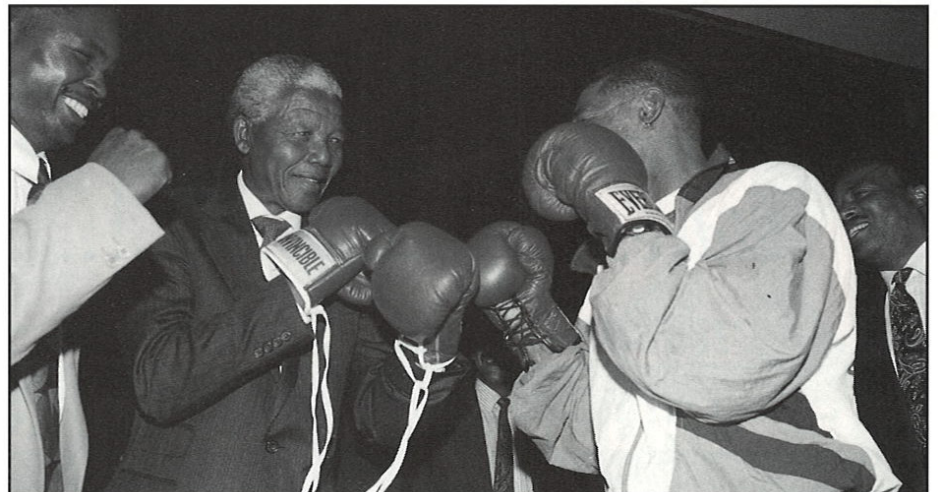


Madiba plays basketball with the Harlem Globetrotters.



Madiba meets Allan Donald, Jacques Kallis and Paul Adams.

Nika Khumalo and Derrick Whiteboy spar with Mandela.



Photographs: Benny Gool and text: Cheryl Roberts (Township Publishers).

TERRY

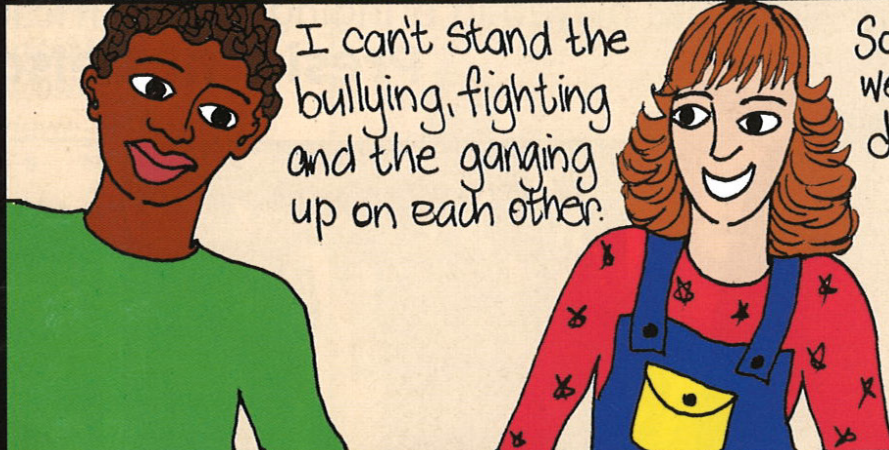
Tenny, I don't feel safe at school anymore.

Yes, things are very scary with all the violence going on. It affects our schoolwork.



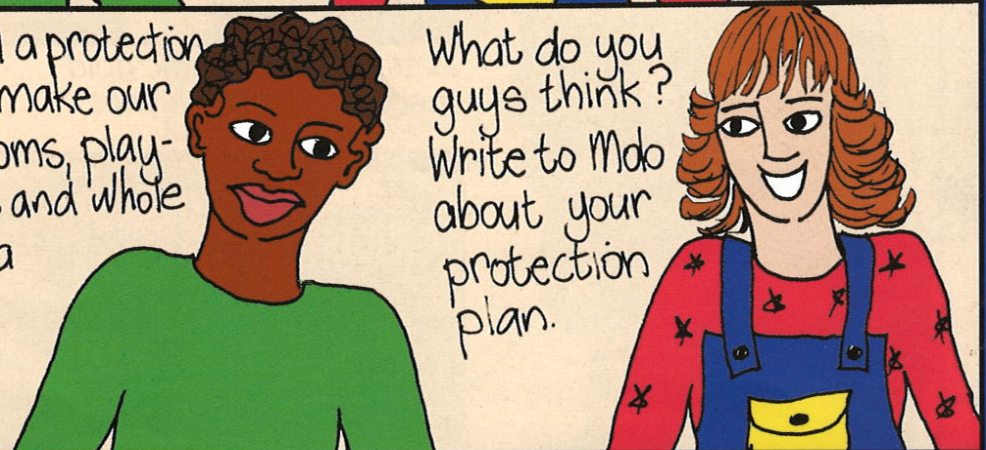
I can't stand the bullying, fighting and the ganging up on each other.

So what are we going to do about it?



We need a protection plan to make our classrooms, playgrounds and whole school a safe place.

What do you guys think? Write to Mdo about your protection plan.



subscribe to



songololo

RATES: R50,00 - South Africa / R100,00 - overseas for 10 issues

name tel.

address

i enclose for issues

POST TO: Molo Songololo, PO Box 43326, Salt River, 7924, Cape Town, South Africa

Physical address: 1st Floor, Observatory Arcade, 67 Station Road, Observatory, Cape Town

Telephone: (021)- 448 5421/2 or 448 5538/42. Fax: (021)- 474 997