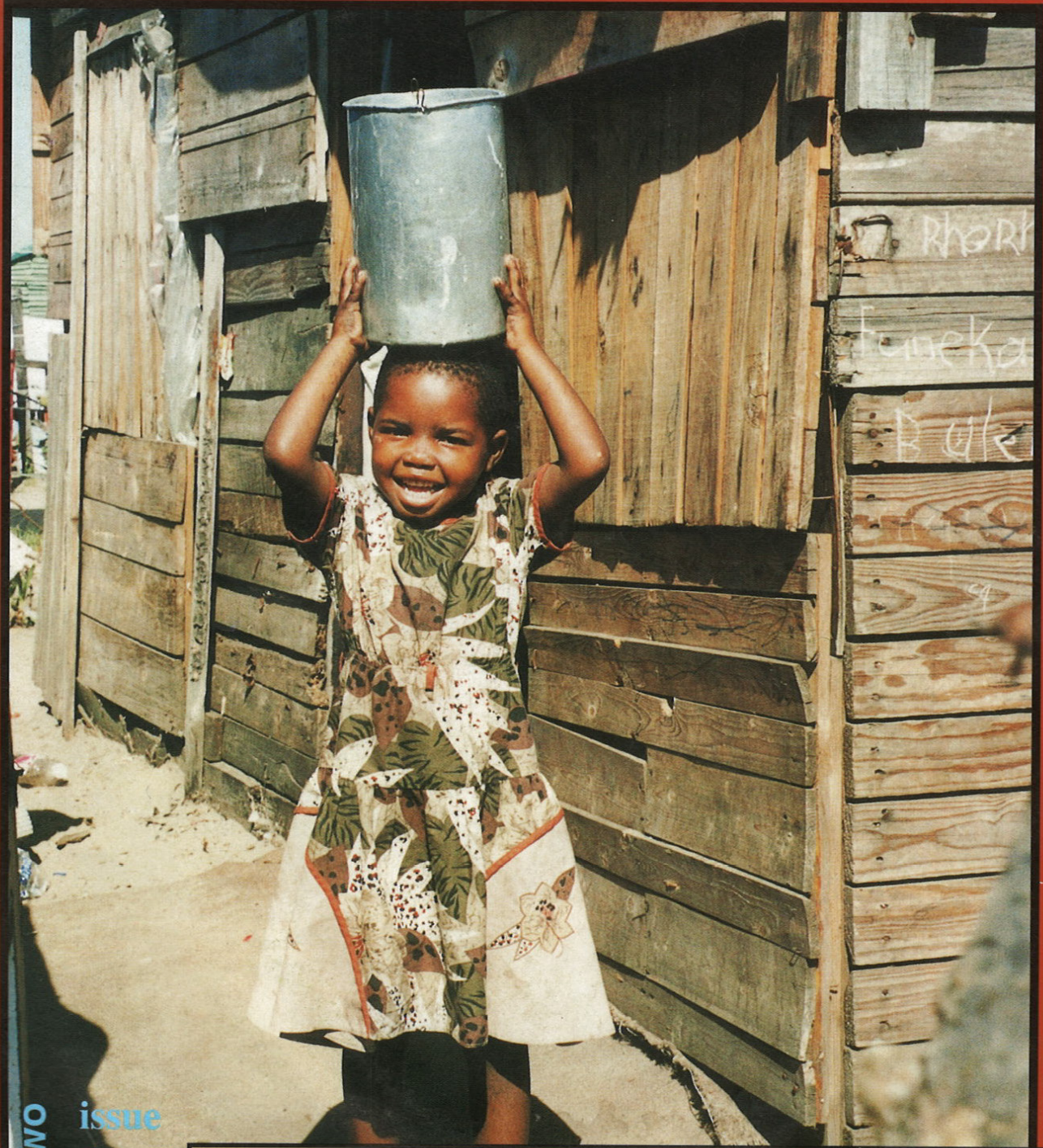


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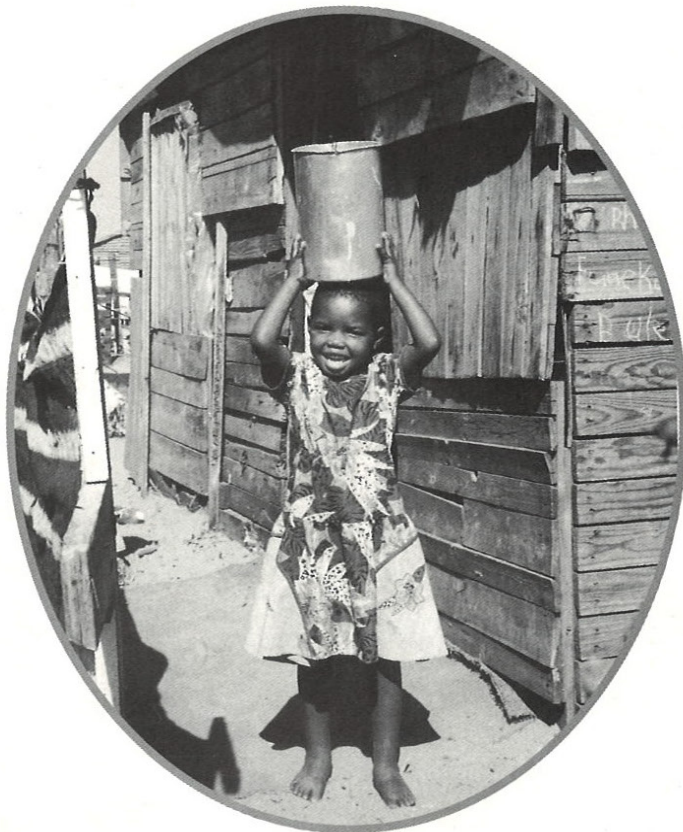
Vol TWO issue
16

A MAGAZINE FOR ALL CHILDREN 50c

May-June '99

Molweni Bahlobo

Ubomi abunakubakho ngaphandle kwawo. Amanzi! Ngoku kunjalo, abantu abangaphaya kwisiqingatha kwelilizwe lethu abanawo amanzi acocekileyo ezindlini zabo. Ungenza ntoni ukubanceda? Akukho nto esingayenza, kodwa singasebenzisa amanzi amancinane. Amanzi abaluleke ngaphezulu kobunewunewu. Enkosi ngembalelwano kunye nemizobo yenu.



Dagsê Maats

Lewe is onmoontlik sonder WATER! Tog het byna die helfte van die mense in ons land nie skoon water by hul huise nie. Wat kan jy doen om te help? Ons kan nie meer maak nie, maar ons kan beslis minder gebruik. Dit het meer waarde as juwele.

Dankie vir al jul briewe en tekeninge.

Hello Friends

Life cannot continue without WATER! Yet, almost half the people in our country do not have clean water at their homes. What can you do to help? We cannot make more, but we can certainly use less. It is more valuable than jewels.

Thanks for your letters and drawings.

Important Dates

June

- 1 June - International Children's Day
- 1-7 June - International Volunteers' Week
- 5 June - World Environment Day
- 16 June - National Youth Day

On June 16 we remember the young people of our country and their struggle for equality.

On this day in 1976 thousands of students in Soweto protested against 'Bantu Education'. During the protest hundreds of students were killed or injured. Hundreds more were detained without trial.

The most important thing about the Soweto uprising is that it was initiated and led by young people. This action inspired a rising tide of protest against the Apartheid government, and support from the rest of the world.

African Art Contest

Get out your paints or crayons and make an artwork that shows the worth and work of Women in Africa.



The contest is organised by Children's Art Support for Africa and supports the theme of the Zimbabwe International Book Fair.

The contest is open to children in Africa between 7 and 18 years of age. The closing date is 30 June. Call Mogamat Abass at Molo Songololo tel. 448 5421/2 for more details about the competition and prizes.

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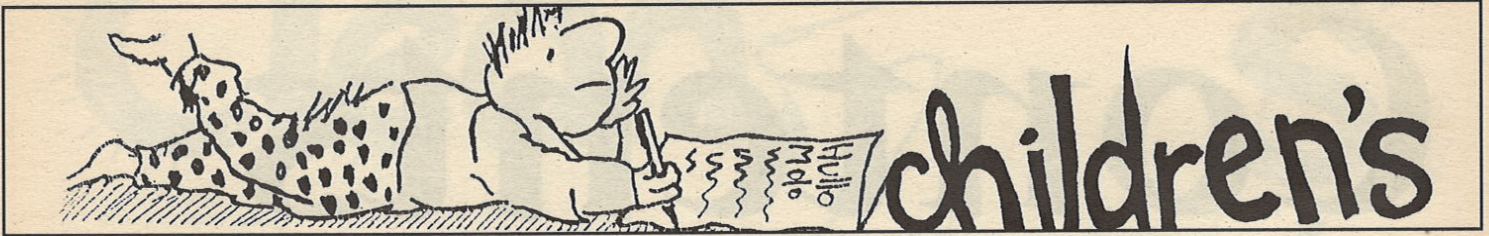
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Waterbesparing

Ontsyfer die woorde

1. _____ (*ttors*) eerder as bad.
2. Moet nie _____ (*eeopndl*) water gebruik om skottelgoed of groente te was nie.
3. Hou die kraan toe as jy jou tande _____ (*lboesr*).
4. Was 'n bietjie _____ (*sawdgoe*) met die hand.
5. Versamel reënwater in 'n tenk om _____ (*nlpate*) mee nat te lei.
6. Benut gebruikte badwater om die _____ (*tteiol*) te spoel.
7. Water die tuin vroegdag of in die aand om _____ (*mngivrpeda*) te voorkom.
8. Gebruik 'n _____ (*mmree*) om fietse en karre te was.





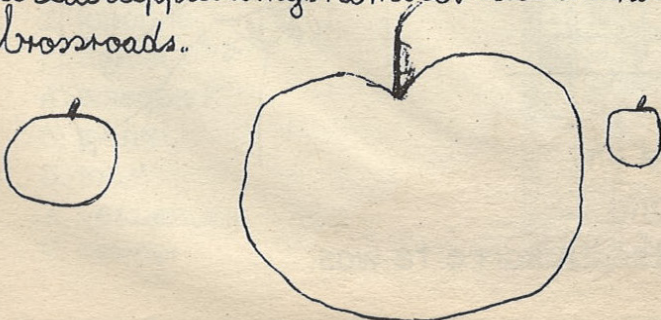
children's

Ek bly op Robben Eiland en glo my die water is nie lekker nie. Op die eiland is vars water. Die water is nie lekker nie want hulle gooi kloor in die water om die kieme uit te hou. Ons het water baie nodig op die eiland. Die vars water kom van die Kaap of. Dit word vervoer met die boot genoem Blouberg en hy kan baie water en diesel op 'n slag vat. En op die oomblik is die vars water dam stukkend en nou gebruik ons see water wat gesuiwer word. Hulle suiwer die water by 'n klein gebou met pompe.

Carel Lourens

I am Lwazi Breakfast
 I doing s.t.d 3 a.
 The name of my school is Vusekela
 The name of my teacher is Mr. Khulashe. I like English and History.
 I love my school
 I love you too Sanyalolo

My name is Mtombozuko Mchule. I am 12 years old. The name of my school is Dingga-Mtswana at Crossroads. I am in grade 4. The name of my class teacher is Mrs. Shoki. My principal is Miss Makhathi. I like to read Molo Songololo. When I grow up I want to be a teacher. We are the family of six. I am the youngest. My best friends are Mlathi, Siphokazi and Mmapha. My hobbies are schoolings, shopping and Netball. My mother's name is Mosayinile. My father's name is Mntreke. I have two brothers and two sisters. I like to eat apples. My home is at Mlathi in Crossroads.



Water is Our Treasure

A story by Nhoma Lefuma (13)
 from Intshinga Primary in Guguletu

Once upon a time there were two boys who lived in a big village. Their names were Siphos and Thabo and they loved to play with water. One day they were washing cars. Siphos was using a bucket and Thabo a hose pipe. Siphos told Thabo to stop wasting water because water is important - It is our treasure. Thabo said "Don't be stupid. Our treasure is money and jewelry." Siphos and Thabo went inside the house to ask their mother about water. Their mother said that Siphos was right, water is our treasure. Thabo said: I am very thirsty. They all had some cool drink. Please Save Water
 Water is our Treasure

Letters!



My name is Jeverson Krotz and I attend Parkview Primary in Atlantis. I am in grade 5 D and my class teacher is Mr. P.F. November. Molo, your games and things which I can do is absolutely fabulous. I love buying your magazine and look forward to every issue. My english teacher, Mrs. Bocks, gave us an assignment to do on the circus. Do you like my poster, Molo? It is of Benne the clown and I drew it myself.

WELCOME TO THE CIRCUS OF ATIANPIS

JEVERSON KROTZ



Date: 1 July
 Time: 10 o'clock
 Place: ATIANPIS Circus
 Tent
 Price: R2,00

My name is Farz andah Davids I am 8 years old I attend St. Pauls Primary School. I am in grade 3b Molo I want to tell all about water Water is important for all living things on earth.

Poeple must learn not to waste water

Nothing on earth can live without water

We must make people aware of the Importants of Water
 water Glorious water.

PEN PALS



Clayton Schrader (Boy), 14
 1 Erica Street,
 Strand, 7140,
South Africa

"I would like pen pals from all over the world. I enjoy singing, writing and listening to music."

Gershwin Solomons (Boy),
 51 Carnation Road,
 Atlantic Heights,
 Ocean View, 7975,
South Africa

"My hobbies are soccer, cricket, rugby and baseball."

Fatima Hardien (Girl)
 16 Linx Avenue,
 Ocean View, 7975,
South Africa

"My hobbies are eating, modelling, softball and netball"

Iepken Holvoet (Girl), 11
 Oosthoek-Graaf jansdijk 3,
 9980 Sint-Lareins,
België

E-mail: frank.holvoet@village.uunet.be

"My stokperdjies is lees, skryf, swem en fietsry. Ek het drie broers Jens (9), Jitse (6) en Sietese (3)."

Water Everywhere



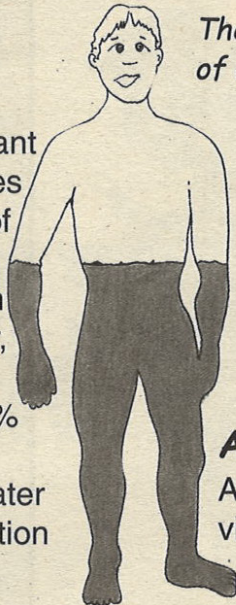
Water is found everywhere but almost all of earth's water cannot be used. Ocean water makes up 97% of earth's water. It cannot be used because it is too salty. Of the 3% left, about 2% is found in the form of ice caps and glaciers. About 1% is left for the world's use. The water we use comes from rivers, lakes, on the ground and below the ground.

Water for life

Water is very important for life. All living animals, plants, organisms and insects need water to survive. The human body cannot survive without water for more than a few days.

Some interesting facts

- Water has many important tasks in the body e.g. it carries nutrients and rids the body of toxins and waste products.
- Most of the body's main organs are made up of water, for example the brain is 75 % water and the kidneys 83% water.
- A severe loss or lack of water could lead to severe dehydration and even death.



The human body is made up of about 70% water.

A potato is about 80% water



A tomato is about 95% water



A jellyfish is about 95% water

All living things need water

Animal and plants do not only need water to survive but are partly or mainly made up of water.

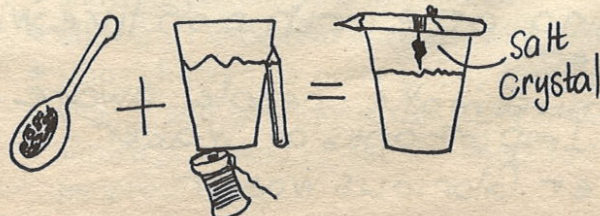
Why is the sea salty?

The sea covers 70% of the earth's surface. Sea water is called a solution because it consists not only of water but many other things. The most common substance found in the sea is a chemical called sodium chloride. We know it as table salt. That is why the sea is salty. We cannot drink sea water because of the salt in the water.

Make your own crystal plant

Mix 3 teaspoons of table salt in a glass of water. Stir the mixture until the salt has dissolved. Tie a piece of cotton onto a pencil. Drop the cotton thread into the solution.

Watch the salt growing onto the string!



Water Pollution



Polluted water is not safe to use. It is unhealthy and can cause illness. It is a threat to people and animals. Did you know that 25 000 people die from water pollution every day?

Water from a tap is usually safe to drink. People without running water use streams and rivers as water sources. Boil water to kill germs, if you think it might be unclean.

Search for the 11 underlined words

C	H	E	M	I	C	A	L
I	L	L	N	E	S	S	E
T	Z	Y	A	E	R	X	T
S	M	R	E	G	O	L	U
E	S	R	E	T	T	I	L
M	A	L	I	B	O	I	L
O	X	O	P	S	O	F	O
D	E	I	F	I	R	U	P

Water companies get their water from sources such as rivers, underground sources and lakes. These sources can become polluted. It then has to be purified before it is safe for domestic use.

It is important for us to not pollute or litter wherever we are. Remember to use environmentally friendly products.

Old medicines, old oil and chemical(s) should not be thrown down the drain or flushed down the toilet. Wash fruit before eating. Wash your hands after going to the toilet.

Acid Rain

Acid rain is a product of industrial pollution. Chemicals and poisonous gases are released into the atmosphere by power stations, factories and cars. These waste products mix with rain clouds and fall down as acid rain. Acid rain is dangerous. It kills trees, harms fish and can destroy the stonework of buildings. The City Hall building in Cape Town had to be restored because of damage done by acid rain.

Identifying polluted water

People become ill from using and even bathing in polluted water. Most diseases are water related. Malaria, bilharzia and cholera are the most common. If there are dead fish and birds in the water the water, could be chemically polluted.



Masifunde isiXhosa

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

Yitsho
Unjani?



Mna, ndikhona.

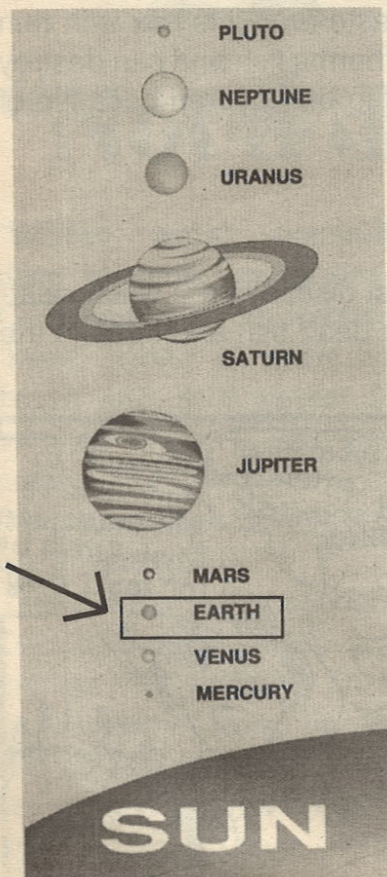
Me, I am well. / *Ek is gesond.*

Ndithemba ukuba ninempilo entle!

I hope that you (all) have (are in) good health.

Ek hoop julle (almal) is gesond.

Ilanga enzijikelezi zalo (in the solar system) eyona iplanethi enezinto eziphilayo nguMhlaba. Apha eMhlabeni abantu nezilwanyana baphila ngamanzi. Sisela amanzi, sihlamba ngamanzi, silima ngamanzi, sisebenzisa amanzi kwiziko leshishini.



Die aarde is die enigste planeet in die sonnestelsel met lewe. Die mense en diere op die aarde het water nodig om te oorleef. Ons drink water, was met water, boer met water en gebruik water in industrieë.



Izilwanyana ziyawasela amanzi



Inkwenkwe isela amanzi

In the solar system the only planet with life is the Earth. On Earth people and animals need water to live. We drink water, we wash with water, we farm with water, we use water in industry.

Amanzi, umkhenkce, ikhephu namanzi azele ngumphunga (water vapour) azizozinto zahlukeneyo, ziyinto enye enezimo ezahlukeneyo.

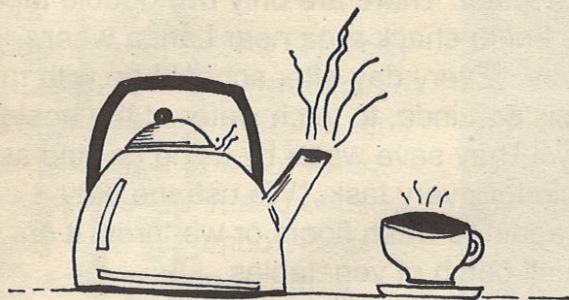
Water, ice, snow and water vapour are not different substances (things), they are the same substance in different forms.

Water, ys, sneeu en waterdamp is nie verskillende stowwe nie. Dit is dieselfde stof in verskeie vorme.

Xa amanzi ekhenkcisiwe, aguquka abe ngumkhenkce.

When water is frozen, it changes (and becomes) ice.

Wanneer water gevries word, verander dit in ys.



eketileni, aguquka abe ngumphunga.

When water is boiled in a kettle, it changes (and becomes) water vapour.

Wanneer water in 'n ketel gekook word, verander dit in waterdamp.

Heke, siyazi ngoku ukuba amanzi angaguquka abe ngumkhencke, lulwelo (amanzi) okanye ngumphunga.

That's it, we now know that water can change (and become) ice, a liquid (water) or gas (water vapour).

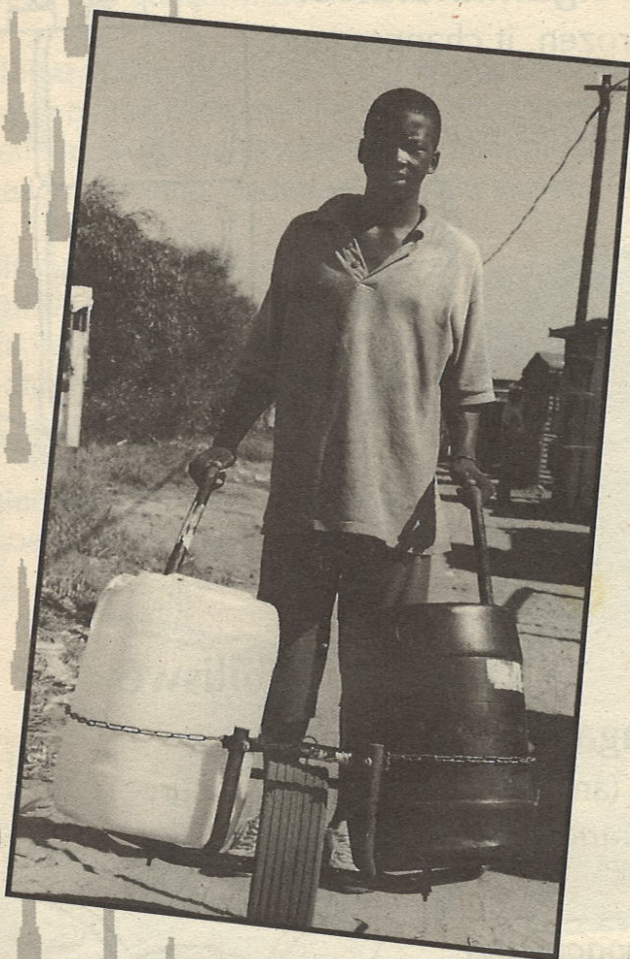
Daar het jy dit, nou weet ons dat water kan verander in ys, 'n vloeistof (water) of 'n gas (waterdamp).



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

Water for a Better Life

In many households children just open a tap and there's water. Some even have hot water for washing. Others are not so lucky. They have to fetch water from a tap far away or ask neighbours for water. Almost half of our country's people do not have piped water at their homes.



Athi Gajweni (16) earns 6 rand a day fetching water for other people in the area – one rand per 25-litre drum. Many other young people in the Joe Slovo shack area do the same during school holidays. He pushes 2 of these drums on a homemade trolley. "I do 3 trips per day to get enough water for my own family. At the water tap I sometimes wait for an hour to have a turn to fill the cans." The nearest water is at the hostel in Langa but there they often get chased away.

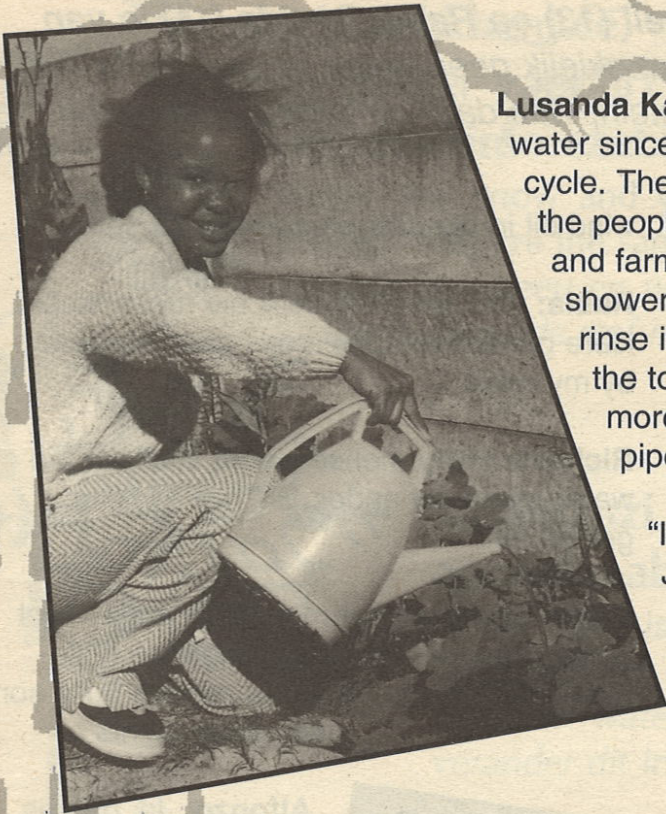
Jamakazi/Monica Ndzala (10) in Grade 6 at Tembani Primary in Langa.

Monica washes from head to toe every day. So what's strange about that? Monica cannot just open a tap. Every day she has to walk far to fetch water. There are only two double taps for the entire shack area near Langa where she lives. "Every day after school I go with my older sister, Linda, to fetch water at the hostel nearby." They save water by using as little as possible for every task. "We use the dirty water again to wash floors or we throw it on the small patch of vegetables.

"I do not swim in the stream and canal because the water is dirty and gives you sores."



The family uses three 25-litre drums every 2 days. They share a pit toilet with another family.



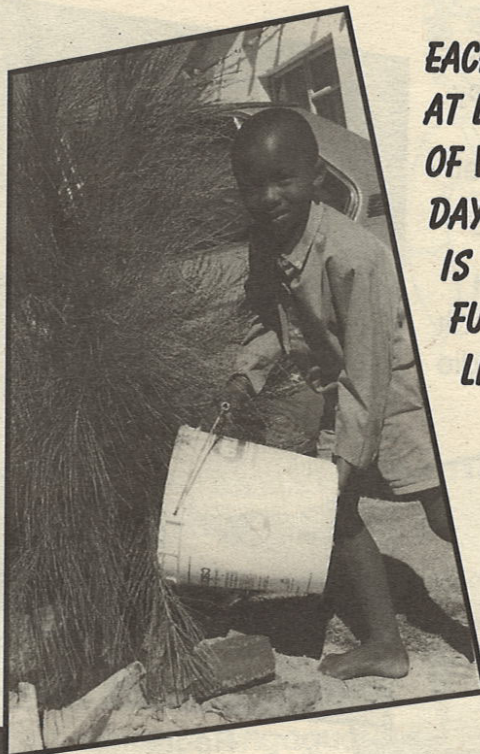
Lusanda Kausele (11) thinks people should not pay for water since it comes from rain and rivers, from the water cycle. The municipality does not pay for it. Why should the people pay? They do not use so much. Factories and farmers use much more. "I rather take a quick shower than bath. When I wash the dishes I do not rinse it under the tap, but in the sink. I do not flush the toilet more than necessary." Lusanda thinks more water gets lost through leaking taps, broken pipes and such.

"I think it is hard for the people over the road at Joe Slovo because they do not have water near their 'hokkies'. But I think they also cause some of their own problems because they urinate and throw rubbish in the stream. They also throw dirty water in the streams."

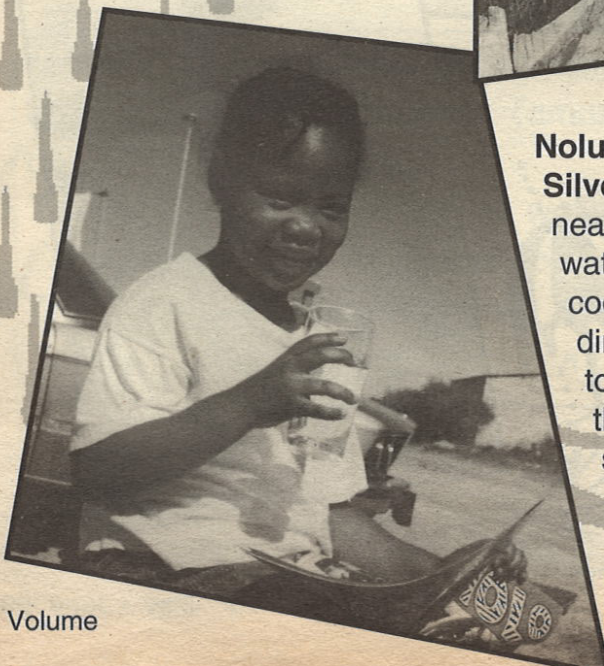
EACH PERSON NEEDS AT LEAST 25 LITRES OF WATER EVERY DAY. MUCH MORE IS NEEDED FOR A FULL, HEALTHY LIFE.



Mbongiseni Rikwe (7) from **Luzuko Primary (grade 2)** in **Guguletu** says "I will be dirty and smelly if I do not wash." There is a tap in and outside his house in Tambo village. "The water from our taps comes from the sea. But if you taste the seawater, it is bitter. The water from our taps tastes good. Water that comes to us has been cleaned first."



Noluthembiso Ncithi (7) in **Grade 1** at **Silverstream Primary**, lives in Tambo village near Manenberg. "People cannot live without water. In my house we use it to drink and for cooking. We heat water for me to wash. The dirty water goes down the drain and back to the sea. We have a flush toilet. If people throw rubbish around, it can wash into the streams and rivers. It will make the water bad."



Alfonzo Langevelt (13), Richard Mitchell (13) en Rabia Davids (11) is van Bonteheuwel. Hulle weet hoe dit voel om skielik geen water in die huis te hê nie. Selfs by hul skool, Laerskool Klipfontein, was daar op 'n dag geen water nie.

Alfonso: Ons is al vir drie weke sonder water. Dit is glad nie lekker nie. Na skool is jy dors en dan is daar net druppels wat uit die kraan kom.

Rabia: Baie mense se water is afgesny. Hulle het verlede week gaan kla by die munisipale kantore. Baie mense kan nie betaal vir water nie want hulle kry nie werk nie. Hoe moet mens dan sonder water klaarkom?

Richard: Ons moes elke dag 'n groot emmer water by die bure kry. Die water moet warm gemaak word om te was. Mens moet darem was in die aand, anders stink jy na sweet.

Alfonzo: En jy sal jeuk of siek word. Ons kry water oorkant by die kerk as dit oop is. Baie water is ook nodig om die toilet te spoel.

Richard: Die sand in die jaart moet ook natgegooi word. As dit droog is, waai die

wind dit in die huis en in mens se gesig.

Rabia: Ons het uiteindelik nie meer skoon klere gehad nie. Ons moes gaan klere was by my antie.

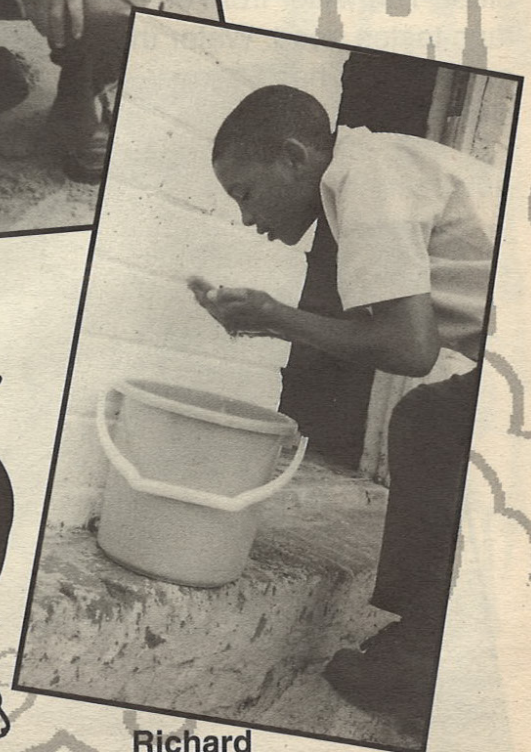
Richard: Party mense lag en spot oor die water-vraery by ander. Dis nie 'n lekker gevoel nie.

Rabia: Dit is reg dat mense vir water moet betaal want dit is kosbaar. Maar as hulle regtig nie kan nie, is dit nie reg dat hulle sonder water sit nie.

Alfonzo: Ja, daar is baie pype nodig om die water by mense se huise te kry. En die water moet eers skoongemaak word. Dit kos geld.



Rabia

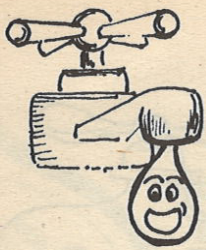


Richard



Alfonso



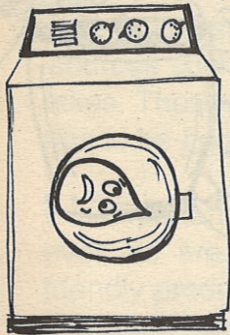


A Water Drop Called Dimple

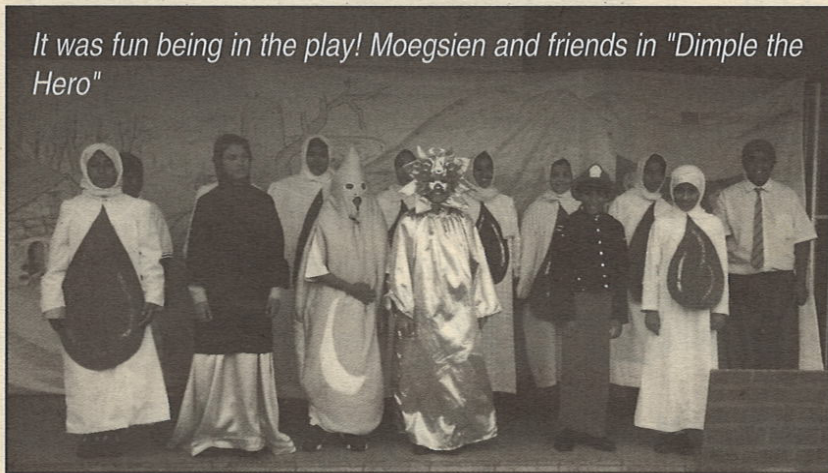
Dimple travels down a ray of sunshine into a cloud. When the cloud becomes heavy, Dimple falls down as rain. Dimple then travels through a stream of water until he ends up in someone's home. When

the tap is opened he is used in a washing machine. He leaves the washing machine and is recycled and pumped into a fire truck.

When a fire breaks out in a squatter camp, Dimple is pumped along with many other drops of water and puts out the fire. That is how Dimple becomes a HERO!

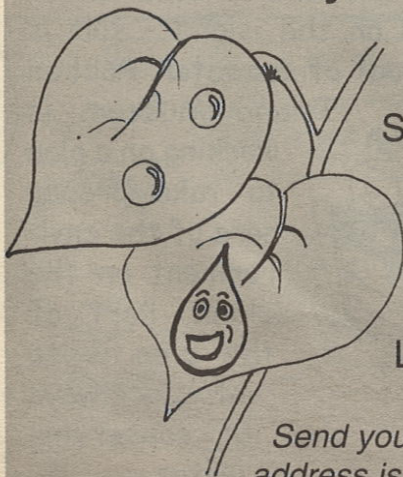


It was fun being in the play! Moegsien and friends in "Dimple the Hero"



Dimple the Hero, the story of Dimple's adventure was written by Moegsien Hassen (10). He is a pupil of Islamia Primary School in Rylands. They presented the play about Dimple as part of Water Week 1999.

Write your own story about the adventures of a drop of water.



Some ideas: Give your water drop a name. Look at the water cycle and see where your story begins – in an elephant's trunk; in a factory to make paper or inside a bean plant. Let your imagination go and grow!

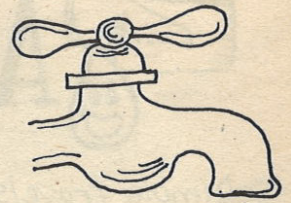
Send your stories to Molo Songololo. The address is on the back of the magazine.





**WHO IS THE
MINISTER OF WATER
AFFAIRS AND FORESTRY?
ANSWER ON P.18**

Update!



EVERY DROP COUNTS!

By the year 2020 there may not be enough water for all of South Africa's people. The number of people is growing, but the amount of water stays the same. We cannot make more, but we can certainly use less! Every one of us can use water more wisely.

The '2020 Vision for Water' is a project of the Department of Water Affairs and Forestry that can help us with this. It helps learners and teachers to become aware of the way they use water at schools and at homes. Then they work out ways of using less water. All the schools taking part in the project show big savings in water and electricity – There were 2133 schools in 1998.

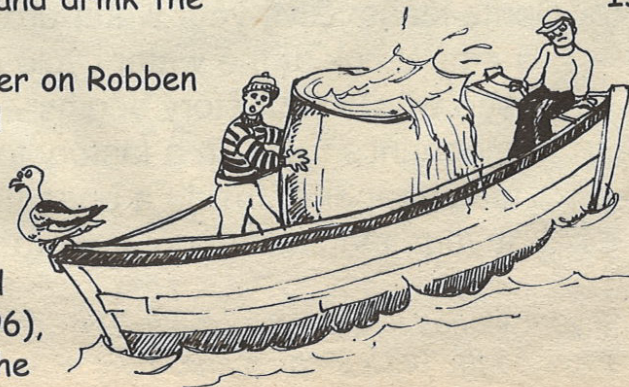


To become part of this project, write to the National Co-ordinator, National Water Conservation Campaign, 2020 Vision for Water Schools Project, Private bag X9052, Cape Town 8000. Tel: (021) 462 1460. Fax: (021) 462 1719.

“Not a drop to drink”

"Water, water everywhere, but not a drop to drink" complains Leon Voff-Davis (11), who lives on Robben Island. "We use 'brak' water to bath. It is a mixture of fresh and salt water. It can have some strange effects, like one day our teacher came in with almost chalk-white hands. People who are new to the island drink the water and get ill."

There is certainly enough water on Robben Island, but not much is good enough for drinking. In the past, people living on the island collected rainwater for drinking. While the island was a prison (from 1961-1996), water had to be brought to the



island by boat from Cape Town. Seawater was used in toilets.

At the moment the water from bore-holes and wells cannot be used for drinking. It is too salty. Last year a seawater desalination plant was installed on the island - salt is taken out of seawater. Robben

Island Museum is working on a plan to take proper care of the environment on the island. Part of the plan is to introduce ways of conserving water.

John Graham water audit

'We were members of a team of learners from John Graham Primary School who conducted a water audit at our school. It was part of the '2020 Vision for Water' project.

A facilitator from the project visited our school to show us what to do. We had to work out how much water we use at the school - the average amount for drinking by hand, flushing toilets, washing hands and so on.

On the day of the audit all the pupils and teachers ticked the audit forms every time they used water. We found that the toilets and urinals used most water. We now shut off the urinals after school hours. The meter is read more regularly and we want to introduce more water-saving methods.



Victoria and Megan record results, assisted by Brendan and Timothy

The whole experience was one of learning and enjoyment. It proved to be a great success.

By Megan du Plessis and Victoria Brooke



"WATER IS OUR RESPONSIBILITY"

Nhoma Lefuma (13) and Zukile Matebese (14) measure how much water Ricardo Diamond (12) is going to drink. They are members of a water club at Insthinga Primary School. They tell their schoolmates and people in the community about conserving water.

At the school they fix leaking taps; open flushing toilet systems only during breaks and lunchtime; water the garden only early in the morning or in the evening; and plant indigenous plants (from our area) in the garden - They need less water.

*"Ithontsi ngalinya linexabiso londoloza amanzi"
"To have water is our right,
Saving water is our responsibility"*

The Birds and the Bees

for pre-teens (10–13 years)

Children are sexually abused every day. It is very important that you find out what to do to protect yourself against **SEXUAL ABUSE**



William's story

My uncle always played with me and hugged me when I was small. Later on he started touching me in a way that made me unhappy. He touched my private parts and asked me to touch his. He said if I don't, I do not love him. He said it must be a secret, that I will get in trouble if I tell anyone, and so would he.

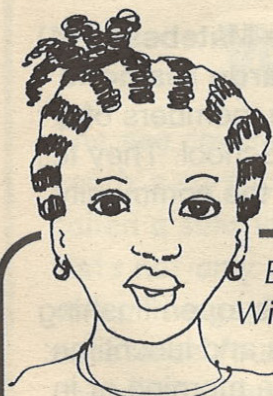
It was very hard, but I told my grandmother about it. She said that such a secret should never be kept. She told my uncle to stop touching me in that way. She reported him to the police. In court my uncle received a heavy sentence. He now goes to a place where he gets help with his sexual needs and problems.



Busisiwe's story

When I was 13 a boy I know forced me to have sex with him. He said that he would hurt me and my little sister if I did not do it. He told all his friends that I've slept with him. They teased me and called me names. I felt so sad and ashamed, and was worried that I may be pregnant.

I told a teacher whom I trust about it. She told me that it was NOT my fault - The boy had no right to do anything like that. I went with her to the Child and Family Unit at the Red Cross Children's hospital. There I learned that what happened was rape. People there helped me with the feelings of anger and hurt. The boy had to go to the unit to learn about sexuality and how to control his violent behaviour. If he was older he could have gone to jail.



Both Busisiwe and William have been sexually abused.

Sexual abuse is sexual contact that is forced and harmful. Child sexual abuse is ANY sexual contact with a child. NOBODY has the right to abuse children.

All sexual abuse is a crime!

What is child sexual abuse?

It is sexual abuse when an adult, young person or older child uses a child for sexual needs or pleasure in any of these ways:

- sexual intercourse with a child
- touching children's private parts (breasts, vagina, penis or anus)
- asking children to touch private parts
- showing private parts to children
- allowing children to have sex with others
- using children for pornography (pictures, videos, and so on, of sexual parts and acts. It is shown or looked at with the intent to arouse people sexually)



It is mostly boys and men who are the abusers, and mostly girls who are abused. Why do you think this is the case?

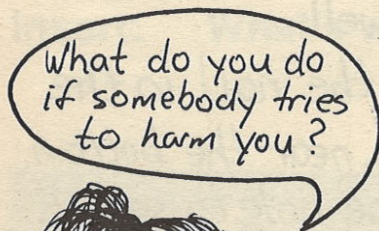
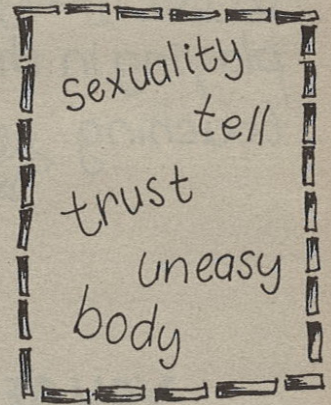
Who are the abusers?

An abuser can be anyone, a man or woman of any age or race. Most of the time it is someone the child knows. Most children are abused in or near their homes. Abusers often threaten to hurt the child or somebody the child loves. Sometimes the child is bribed with food or money.

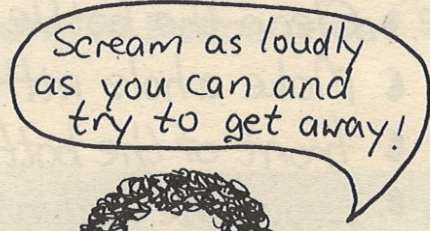
Protect yourself

Pick the correct word from the block and complete the sentences

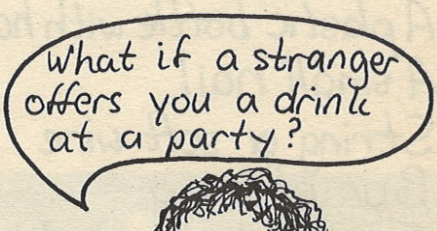
- Say 'NO' when someone asks you to do something that makes you feel _____ or unhappy.
- Do not keep quiet about abuse – _____ an adult you trust. If he or she does not believe you, tell someone else.
- Make sure that you know everything about _____.
- Find out what your _____ rights are.
- Do not go anywhere alone. Go with someone you know and _____ or a group of friends.



What do you do if somebody tries to harm you?



Scream as loudly as you can and try to get away!



What if a stranger offers you a drink at a party?




Play the "What if"-game

Who to call:

The nearest clinic, hospital, imam, or priest
National Childline: 0800 055 555 (toll free)
Safeline: 0800 035 553 (office hours), 426 1100 (24 hours)
Childline: 461 1114
Child Welfare Society: Wynberg - 761 7130,
 Athlone - 638 1164,
 Khayelitsha - 361 4970
Child Protection Unit: Goodwood - 592 2601, Mitchell's
 Plain - 376 3030

Can you think of more ways for pre-teens to protect themselves? Discuss it with some friends and play the game. Make a list of ways to protect yourselves. Help each other stick to it.

Clean Hands

Germs hide on dirty hands.
Wash your hands
after going to the ,

playing in the soil, and touching ; before  and before going to .



MAKE A 'TAP'

YOU NEED:

- A plastic bottle with handle.
- A small nail
- String or soft wire
- Bar of soap
- Thin stocking or pantihose

YOU DO:

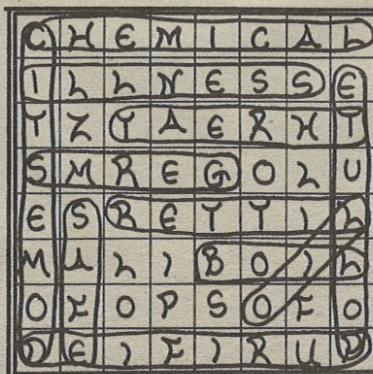
- 1. Clean the bottle well.
- 2. Make a hole with the nail in the front of the bottle, near the bottom.
- 3. Leave the nail in the hole to seal it.
- 4. Fill the bottle with clean water.
- 5. Close it tightly with its screw top.
- 6. Hang it outside the toilet or house.
- 7. Put the soap inside the stocking and tie it to the handle of the bottle.



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

Waterbesparing Antwoorde

1. stort
2. lopende
3. borsel
4. wasgoed
5. plante
6. toilet
7. verdamping
8. emmer



Update

Professor Kader Asmal is minister of water affairs.

Protect yourself p.17

1. uneasy
2. tell
3. sexuality
4. body
5. trust

SPORT IN MANENBERG

Children in Manenberg are getting the chance to do more sport. This is all thanks to the Manenberg Sports Council.

Manenberg is known for its crime, drugs and gangs, but now sport is taking over as the best way to have a better life. Children and adults are keen to take part in sport and recreation. They are playing baseball, softball, football, table tennis, netball, and cricket and are even swimming and playing golf.

The sports council wants to instill a sense of pride in all sports people. They want to have role models that the youth

can look up to. They are setting up a sports academy for children. Several sports festivals, leadership courses, skills training and coaching courses have already been held.

The Manenberg Sports Council was named as the sports council of the year by the Western Cape region of the National Sports Council. They won the award for their work to develop sport in this community.

Netball is the most popular sport amongst women and girls in Manenberg. They also participate in swimming, hockey and football.



Left: Former baseballer and footballer, Andre Alexander shares his baseball skills with Manenberg's children.

Right: Manenberg children learn how to swim.



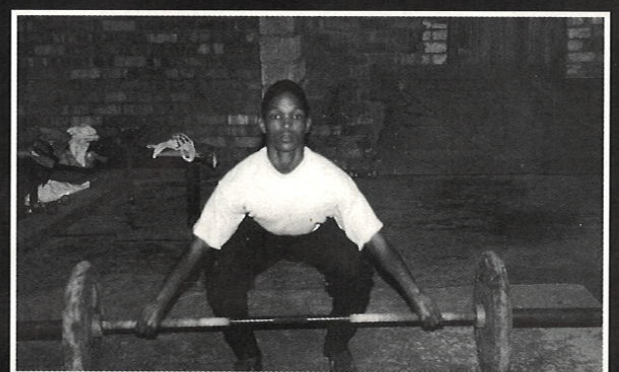
Below: Western Province rugby player Tinus Linee with some happy rugby players in Manenberg.



Below: South African weightlifting champion, Greg Gertze is one of Manenberg's role models. He represented South Africa at the Commonwealth Games.



Above: Manenberg under 15 cricketers participated in the Summer Games.

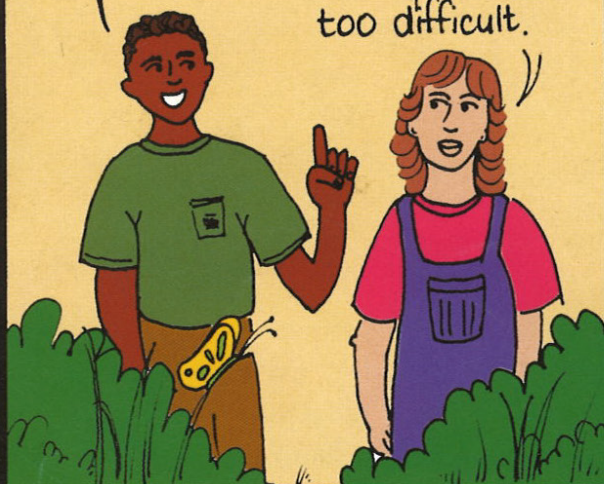


Text: Cheryl Roberts (South African Sports Action magazine).
Photographs: Manenberg Sports Council

TERRY

Terry, I have a riddle for you.

I hope it's not too difficult.



It's our wetlands! vleis areas, lakes and marshes. For example Zeekoevlei.

I do know that wetlands should be protected. It also provides habitat for birds and animals.



What in nature acts as a kidney; cleaning water and acts as a natural sponge?

Wow! nature's own filtering system...



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