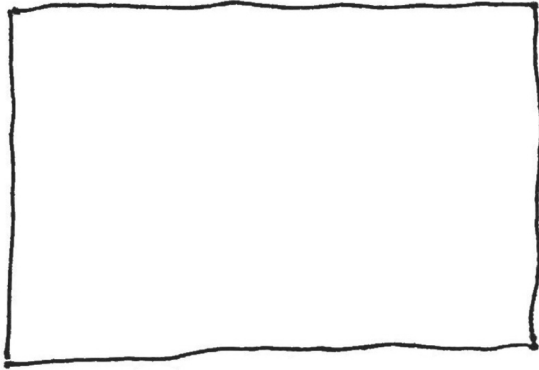
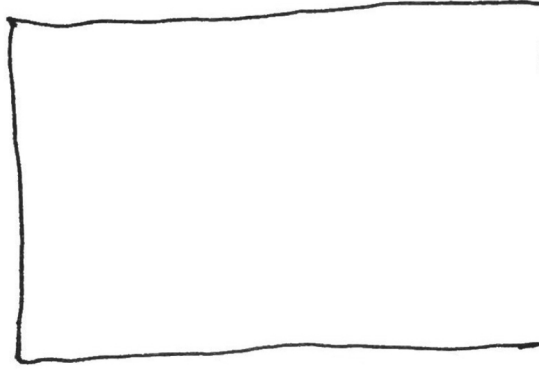


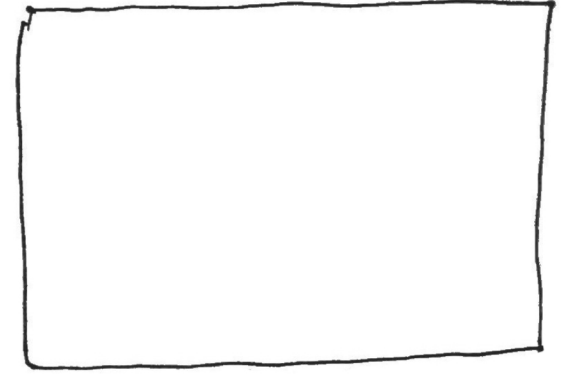
# UKUHLALA USEMPILWENI



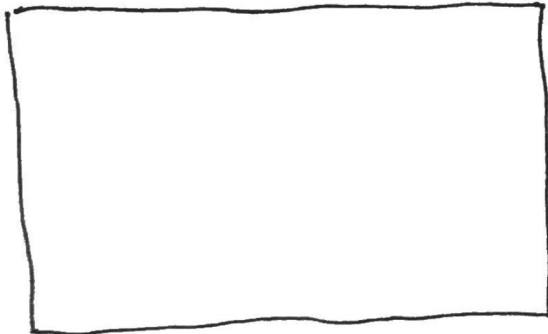
Ndilala kakuhle.



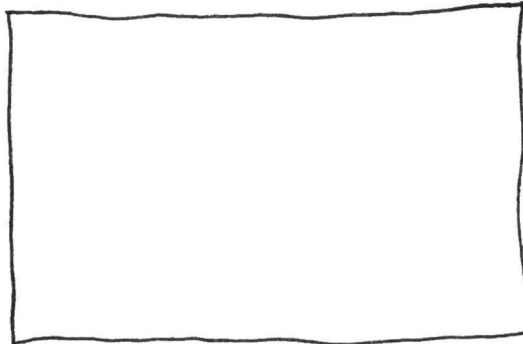
Nditya iziqhamo kunye nemifuno  
ngokwaneleyo



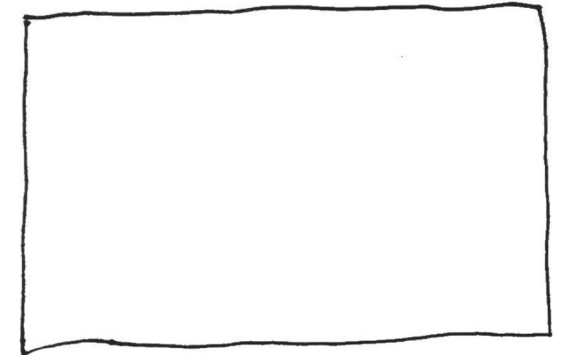
Ndisela amanzi rhoqo ngemini.  
Ngamanye amaxesha ndisela amanzi  
adiki-diki ane lamuni.



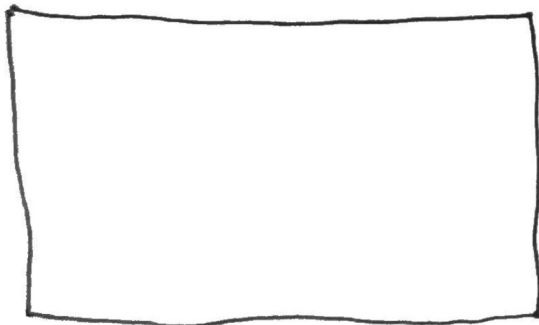
Ndiyazi voca-voca kathathu  
ngeveki.



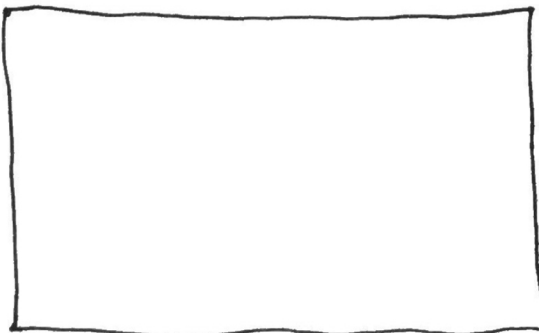
Ndihlala nezihlobo zam  
sincokole.



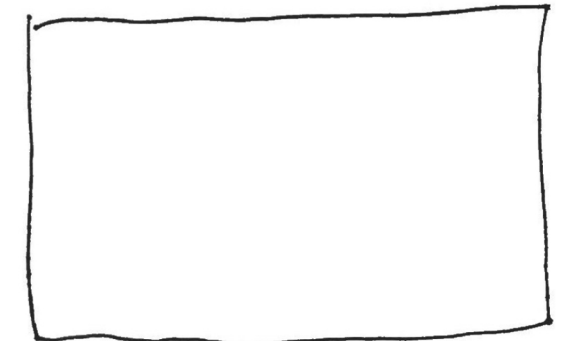
Ukungathathi iziyobisi



Hlamba izandla rhoqo.



Ngoku fumana ilanga ukuze  
ndifumane uVitamin D



Ndizama ukungafaki uxinzelelo  
engqondweni.