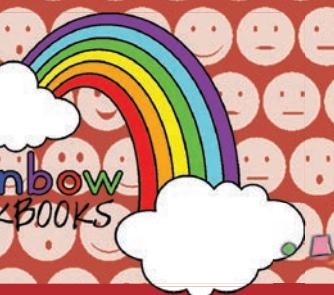


Yo vusuludza,
i tevhedza CAPS

Gireidi ya 3



ISBN 978-1-4315-0283-7



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Themo 1 & 2



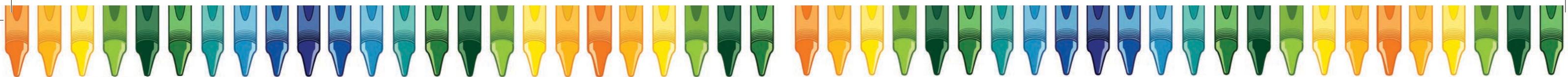
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Vho Angie Motshekga
Minista wa Muhasho wa
Pfunzo ya Muteo



Vho Enver Surty
Muthusaminista wa Pfunzo
ya Muteo

Bugu idzi dzo ñwalelwawa vhana vha Afrika Tshipembe, mushumo wa hone wo rangiwa phanda nga Minista wa Pfunzo ya Muteo. Vho Angie Motshekga na Muthusaminista wa Pfunzo ya Muteo. Vho Enver Surty.

Bugu dza mishumo dza Rainbow ndi tshipida tsha zwe Muhasho wa Pfunzo ya Muteo wa ita zwa u khwi isa vhukoni ha vhagudi vha Afrika Tshipembe vha gireidi dza rathi dza u ranga. Sa tshiñwe tsha zwithu zwiñhulwane zwa Pulanetshumisi ya Muvhuso, thandela iyi yo konadzea nge ya lambedzwa lu sa vhudziswi nga Muhasho wa Gwama ja Lushaka.

Hezwi zwo ita uri Muhasho u kone u bveledza bugu idzi, dzi kha nyambo dzothe dza tshiofisi, dzi tshi waniwa mahala.

Ri na fulufhelo ja uri bugu idzi dzi do thusa vhadededzi (vhagudisi) mushumoni wavho wa u funza wa duvha liñwe na liñwe khathihi na u vha na vhutanzi uri vha khunyaledze kharikuļamu yothe. Ro ita nga vhuronwane uri ri sumbedze ndila vhadededzi kha nyito nge ra shumisa aikhoni dzi no sumbedza uri mugudi u tea u ita zwifhio.

Ri na fulufhelo li no bva li mbiluni uri vhana vha do diphi a nga u shumisa bugu idzi zwenezwi vha tshi khou aluwa na u guda, khathihi na uri na vhonevho, sa mudededzi, vha do diphi a na vhana avha.

Ri ri kha vhone na vhagudi vhavho, ngavhe zwi tshi vha nakela musi vha tshi shumisa bugu idzi. Zwi pfumbe.



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Gireidi ya

3

Zwikili zwa Vhutshilo
nga **TSHIVENDA**
Bugu ya I



Bugu iyi ndi ya:



Nñe

Themo ya I – Vhege ya I – Bammbiri la u shulela la



Kha ri nwale

Muñwe na muñwe washu ha fani na muñwe nahone rothe ri vhathu.
Dadzani linwalo la vhuñe li no amba nga inwi. Itani tshitembe tsha ID.
Musi no no fhedza, ni sumbedze khonani yanu.

Inwi na khonani yanu ni fana nga mini na
fhambana nga mini?



Linwalo la vhuñe

Dzina:

Miñwaha: _____

Deithi ya Mabebo:

nwaha nwedzi duvha

He wa bebelwa hone:

Mutukana kana musidzana:

Luambo lwa hayani:

Muvhala wa mavhudzi:

Vhuntha: _____ cm dza

Muvhala wa mato:

Tsaino



Dioleni tshifanyiso.



Kha ri ambe

Lingedzani u elelwa
vhutshilo hanu u swika zwino

Ni elelwa u swika ngafhi?

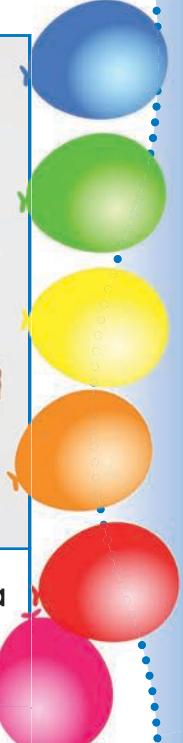
Ni klha di humbula q̄uvha lanu la mabebo
la vhuvhili?

Ni kha di humbula musi ni tshi thoma
tshikolo?



Kha ri nwale

Nwalani mutualotshifhinga
wa vhutshilo hanu.



Ndo bebwa nga	Ndo thoma u amba nga	Ndo thoma tshikolo nga	Ndo phasela kha gireidi 3 nga
nwedzi			
nwaha	20 _____	20 _____	20 _____



Tshikoloni tsha hashu

shulela ja



Kha ri ite nyito

Mudededzi (mugudisi) wañu vha ðo ni thusa u ñwala mutualotshifhinga wa tshikolo tsha vhoiwe. Ro dzula ro ni thomela wone. Mudededzi wañu vha ðo ni vhudza zwiñwe zwithu zwiñwane zwine na nga dzenisa.

Tshikolo tsha vhoiwe tsho thoma lini?	Vhophirintsipala vha vhoiwe vho thoma u shuma lini?		

Themo ya I – Vhege ya I – Bammbiri ja



Kha ri ñwale

Divhazwakale ya tshikolo tsha hanu ndi ifhio? Wanani phindulo ya mbudziso dzi re afho fhasi ni dzi ñwale zwikhalani zwi re kha kholomo ya u thoma. Olani zwifanyiso ni tshi sumbedza divhazwakale iyi.

Tshikolo tsha hanu tsho thoma nga ñwaha ufhio?	Olani tshifanyiso tsha tshikolo tsha hanu.
Phirintsipala (tshohoyatshikolo) wa u thoma o vha e nnyi?	

Deithi:

Muano wa tshikolo wo vha u ufhio?

U kha di vha wo ralo?

Olani betsho ya tshikolo.

Bulani tshinwe tshithu tsha tshipentshela tshi no kwama tshikolo tsha hanu. (Thamusi ho vhuya ha vha na mugudi wa tshipentshela kana vhukoni ha tshipentshela he ha itwa.)

Olani tshifanyiso tshi no sumbedza uri tshikolo itsi ndi tsha tshipentshela nga mini.



Bvelani nnda

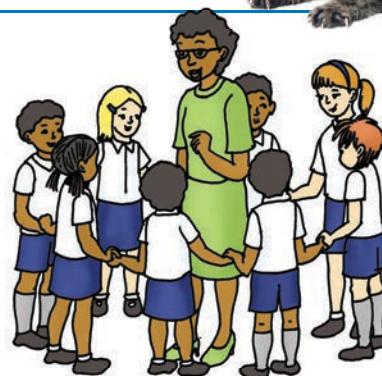
Musi ni sa athu u ya nn̄da u ya u ita ndowendowe, thomani ni onyolowe sa tshimange. Hezwi zwi do ni thusa uri muvhili u si kondé u t̄haramuwa. Ni dovhe ni onyolowe hafhu musi no no fhedza ndowendowe u itela u digeda na u femuluwa. Hezwi zwi do ni thusa uri misipha i si vhavhe nga murahu. Zwino itani zwine a vha vhana vha khou ita.

Mudededzi wanu vha do vhidzelela dzina lanu vha ni posa bola. I gavheni i sa athu wela fhasi.

Zwino lingedzani u gavha bola nga mukhwama musi khonani yanu a tshi ni posa yone.

Posani bola kha khonani yanu ni vhone arali a tshi nga i gavha nga mukhwama.

Onyolowani sa tshimange ni awele.



Zwothe nga nne

Themo ya 1 – Vhege ya 2 – Bammbiri ya u shulela la

Kha ri ambe

Humbulani nga tshinwe tshithu tshi no takadza tshe tsha bvelela kha inwi kale ni vhudze khonani yanu u itela uri a kone u ni talukanya zwavhudzi.

Ndo vha ndi na miwaha
mitanu musi ndi tshi ya
lwanzhe lwa u thoma.

Ndo wa kha luvhondo
ndi na minwaha mina



Kha ri ambe

Vhudzani khonani yanu uri uyu muthu o shanduka hani u bva a tshee tshixele u swika a tshi vha mulala.



tshixele



rwana



rwana wa tshikolo



khomba



mualuwa



mulala



Bvelani nn̄da



Zwi iteni ni kha tshigwada. Disikeleni luimbo ni tshine.

Musi ni kha tshigwada, n̄walani maipf̄i a luimbo ulu tshikhali tshi re afho fhasi. Zwino sumbedzani kilasi yanu uri luimbo lwañu lu imbiswa hani zwenezwi ni tshi khou tshina.

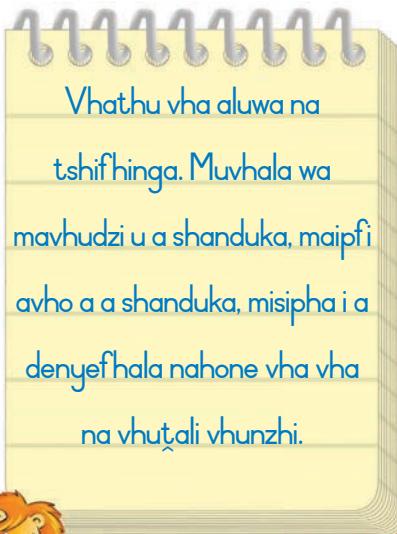


Vhahulwane na vhatuku



Kha ri ambe

Ambani ngauri vhana vhahulwane na vhaaluwa
vha fhambana hani na vhoiwe.



Kha ri nwale

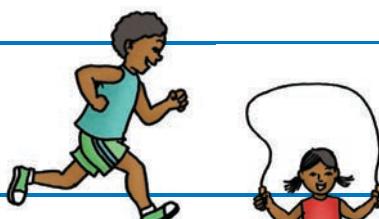
Vhathu vha shanduka nga ndilade musi vha tshi aluwa?



Ndi zwifhio kha zwi tevhelaho zwine na zwi ita nga
ndila i sa fani na ya vhabebi vhanu.

Nne	Vhabebi vhangwa

U gidima ni sa
dinetisi.



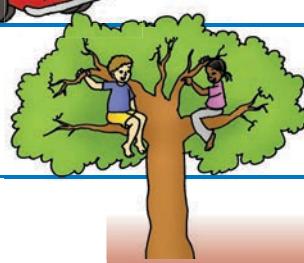
U tamba khadi.



U vhala gurannda.



U reila
goloi.



U tamba nth
ha miri.



Kha ri imbe

Kha ri dilugisele u imba.
Itani miungo iyi.



Muungo u no t̄avhanyedza sa wa saireni ya ambulentse.

Muungo u no ongolowa sa luimbo lwa u luludzela nwana.

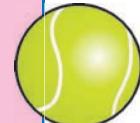
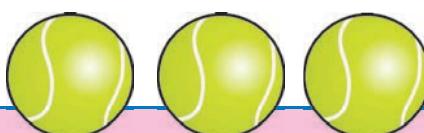
Muungo u re nt̄ha sa wa tshinoni tshi tshi lila.

Muungo u re fhasi sa ndau i tshi vhomba.



Bvelani nn̄da

Ni nga gavha bola?



Posani bola ya thenisi muyani ni i gavhe nga zwanda zwivhili.

I poseni nt̄ha ni phaphathe zwanda ni sa athu i gavha.

Bammbisanī bola ya
thenisi fhasi.

Zwino itani bethe ni tshi shumisa mabammbiri o pombiわho kana
thanda. Zwi shumiseni kha u bammbisa bola fhasi.

Zwino navhani sa tshimange.



Vhudipfi



Kha ri ambe

Lavhelesani zwifanyiso izwi ni bule uri avha vhana vha khou dipfa nga ndilade. No no vhuya na dipfa nga iyi ndila? Nwalani uri vhana vha dipfa hani. Shumisani maipfi aya uri a ni thuse.

vho ḥungufhala

vho takala

vha khou disola

vho tshuwa

vha a dihudza

vho sinyuwa



Bvelani nnda

Tambani mutambo wathenisi ni tshi ita ndowendowe ya u rwa nga tshaphanda na nga tshamurahu.





Kha ri ambe

Ndi mini zwi no ni takadza?

Ndi mini zwi no ni ḫungufhadza?



Khařinwale

Ni shushedzwa nga zwithude?

Ndi mini zwi no ni sinyusa?



Nwalani zwi nwalwaho kha dayari zwa duvha lithihi musi we na pfa no takala. Anetshelani zwe zwa bvelela kha inwi.

Dayari yanga

Nwalani zwi nwalwaho kha dayari zwa ḫuvha lithihi musi we na pfa no ṭungufhala. Anetshelani zwe zwa bvelela zwe zwa ni ṭunqufhadza.

Dayari yanga



Zwithu zwine nda zwi funesa

Themo ya 1 – Vhege ya 3 – Bammbiri | a u shulela | a

Kha ri rwale

Talutshedzani tshigwada tshanu uri ndi nyito dzifhio dzine na takalelesa u ita.
Zwino rwalani madzina a nyito idzi zwikhali zwi re kha mepe wa mihumulo.




**ZWINE NDA
TAKALELESA
U ITA.**






Kha ri ole

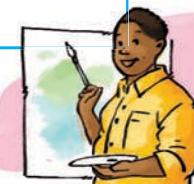
Zwino shumisani mepe wanu wa mihibulo kha u riwala phara i no amba nga zwine na takalelesa u ita nauri ndi nga mini ni tshi takalelesa nyito idzi.

Zwine zwa ntakadzesa



Kha ri ite nyito

Shumisani vumba ja u tambisa kha u vhumba tshifhatuwotshirnwethuwi na tshifhatuwotshisinyuwi.



Kha ri ambe

Vhudzisani khonani tshanu uri dzi takalela u ita zwifhio. Kha larani tshibuloko tshithihi misi yothe musi vha tshi sumbedza u takalela nyito nngede.

5					
4					
3					
2					
1					
	Uimba	Uvhala	Uola	Mitambo	Mbalo

Ndi nyito ifhio ine ya takaleleswa?



Vhudipfi

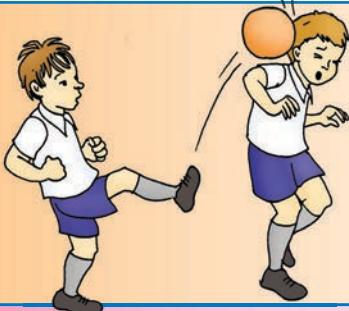
Lavhelesani tshirinwe na tshirinwe tsha hezwi zwifanyiso ni ambe ngauri ni nga thusa avha vhana nga ndilade uri vha ite zwe teaho. Itani thiki kha phindulo i re yone.

Kha ri ambe



A ni koni u tshimbila ni songo bonya mat̄o!

Tshukhw! Litshani ndi ni thuse u tshi doba!



Eish! Kheiha bola yanu.

Ohoo! Iyani u tambela kule hangei!



Ndi yanga nahone ndi nga si ni fhe.

Īdani mungana wanga ri le rōthe tshokōleithi.



Kha ri nwale

Khonani dza mbiluni ndi khonanide?



Arali nda khakhela
muñwe muthu ndi a
humbela pfarello.

Arali nda vhona
khonani yanga a tshi
khou kundelwa ndi a
mu thusa.



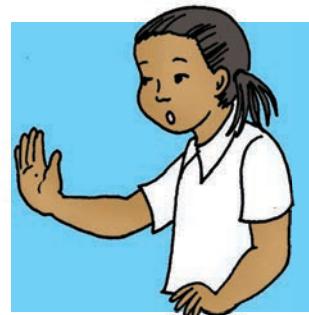
Deithi:

Nwalani zwiñwe zwithu zwivhili haf'hu zwine khonani dza mbiluni dza itelana.

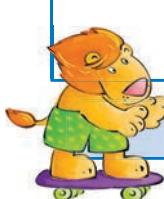


Kha ri ambe

Lavhelesani tshiñwe na tshiñwe tsha hezwi zwifanyiso. Ambani ngazwo. Zwino nangani tshifanyiso ni ite litambwa ngatsho. Zwino nangani tshifanyiso tshithihi ni ite litambwa latsho ni tshi sumbedza zwe zwa bvelela.



Zwino nwalani litambwa li no amba nga tshifanyiso tshe na nanga. Nwalani madzina a vhabvumbedza kha kholomo ya u thoma.



Bvelani nnnda

Edzisani hezwi zwithu.

- Gidimani ni tshi mona na mudavhi. Musi mudededzi vha tshi ri "shanduka" ni a rembuluwa na gidima ni tshi humela murahu.
- Zwino bammbisani bola ni tshi khou tshimbila nga tshaphanda.





Kha ri nwale

Ditoleni

Ndi khonani ya mbiluni.



Ndi a vhavhalela khonani dzanga.



Ndi a sea na vharwe vhana vha kilasini yanga.



Vhunzhi ha vhana vha kilasini yanga vha a mpfuna.

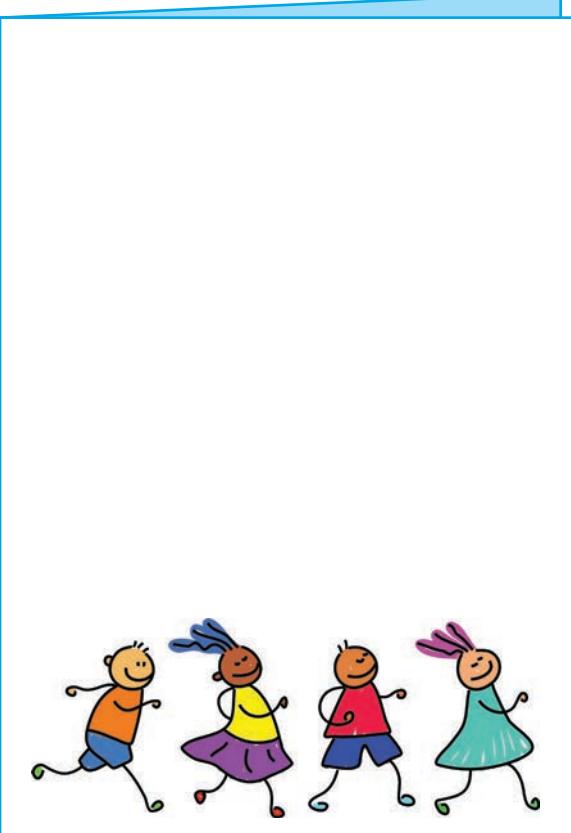


Tshifhinga tshothe ndi na vhulenda kha vharwe vhathe.



Kha ri ite nyito

Itelani muriwe muthu ane na mu takalela garata. Olani tshifanyiso nga nnnda hayo na mulaedza wa tchipentshela nga ngomu.





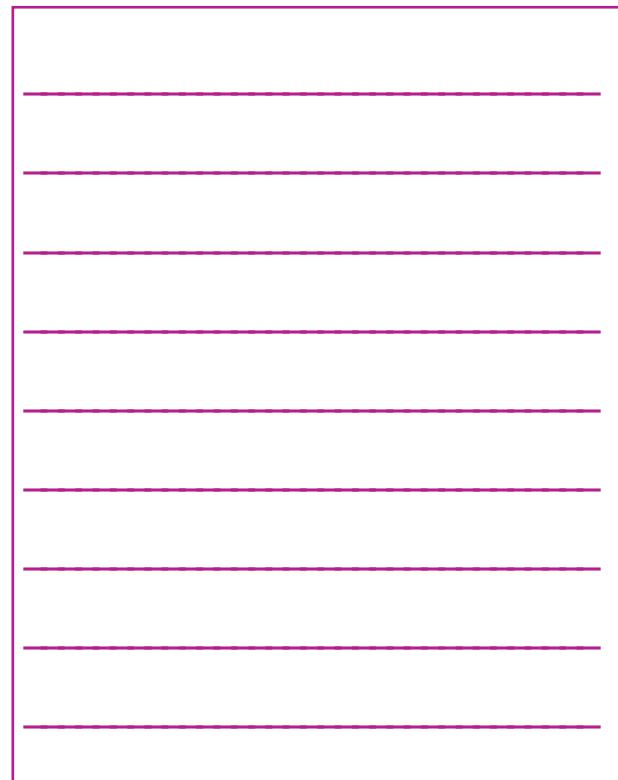
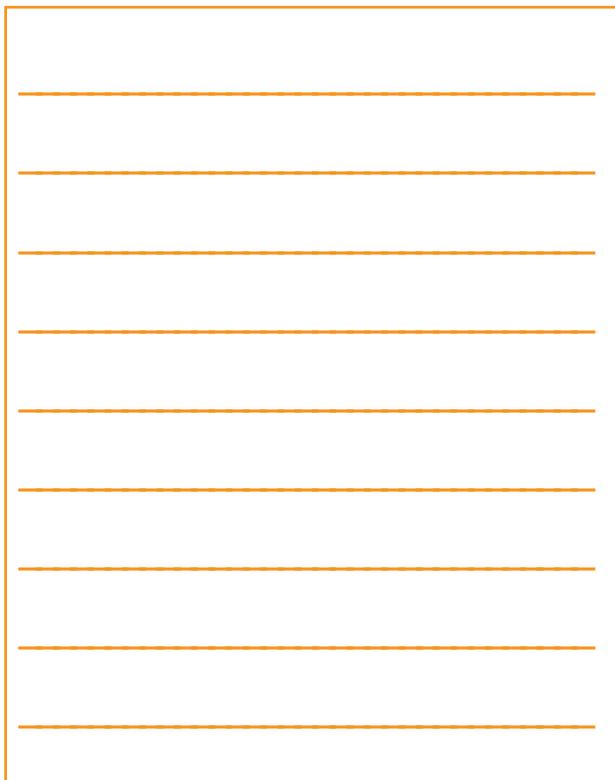
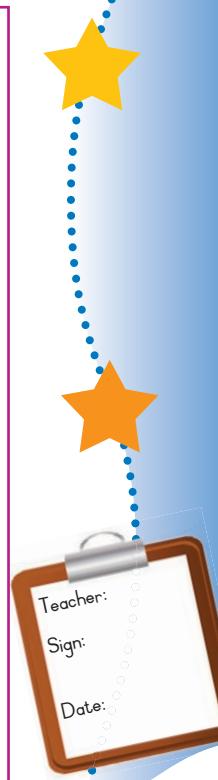
Kha ri nwale

Olanı tshifanyiso tsha khonani dzanu, kana mudededzi wañu, kana mashaka ane a vha a tshipentshela kha inwi. Nwalani madzina avho.



Vhatu vhane nda tshila navho vha tshipentshela

Zwino nwalani ḫhalutshedzo ya avha vhatu na uri ndi nga mini vhe vha tshipentshela.



Mutakalo na Thusothanzi

shulela la



Kha ri ambe

Ambani nga zwine zwa
khou bvelela tshifanyisoni.



No no vhuya na bva mikota?

Ni tea u ita mini arali na nga
thoma u bva mikota?

Ni a ñivha hune bogisi la
Thusothanzi la dzula hone?
Bulani uri li ngafhi. Li

Tokomelwani.

Kanzhi u tshuwa a ho ngo tea.
Ni elelwe u sa fanywa no kwama
malofha a muriwe muthu.

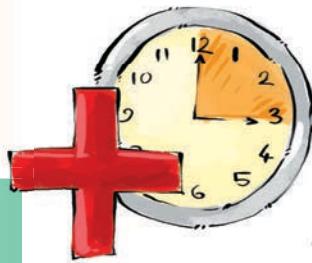
Zwine na nga ita arali ni tshi khou bva mikota



Dzulelani phanda no kotamisa thoho.



Pwatulanini ningo lwa minete ya 2 ni
feme nga mulomo.



Vheyani tshinwe tshithu tshi no khou
rothola kha mutsinga sa thavhula
yo nukalaho kana matombo a a aisi o
putelwa kha thavhula.



Ni songo fumula ningo musi mikota
yo no ima.



Arali mikota ya sa ima nga murahu ha
minete ya 15, iyani ha dokotela kana
muongi (nese).

U londa zwilonda



Kha ri vhale

Zwitzhili a ri koni u zwi vhona ngeno zwi ho^htheho^hthe. Arali ra nga dihuvhadza ri tea u ita uri zwilonda zwashu zwi dzule zwe kuna u itela uri zwi si dzhene zwitzhili.



Kha ri ambe

Talutshedzani khonani dzanu uri tshilonda tshi t^hanzwiswa hani. Vha sumbedzeni uri vha tea u ita mini.

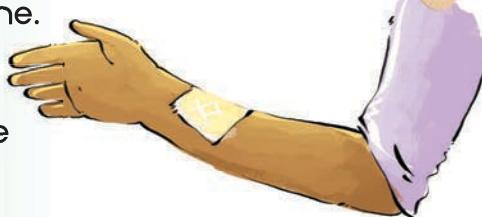


U katudza malofha a mbonzhe

Ni songo vuwa no fara malofha a muñwe muthu.



Arali ni tshi khou thusa muñwe muthu o huvhalaho, ni shumise magilavu tshifhinga tsho^hthe.



Katudzani u bva ha malofha nga u vhea mbonzhe i nt^hha ha levele ya mbilu.

Lingedzani u katudza u bva ha malofha nga u ndondomedza banditshi i si na tshika kha mbonzhe.



Arali mbonzhe yo tsesa nahone malofha a sa imi u bva, iyani ha dokotela kana kiliniki.



Wanani nomboro ya shishi ine na nga founela khayo. Lutingo: _____

U swa

shulela ja
Bammibiri ja - Vhege ya 5 - Themo ya 1 -



Kha ri vhale

Arali na nga fara tshiñwe tshithu tshi no fhisia ni do swa.
Ni nga ita mini arali muñwe muthu a tshi nga swa?



1 Rothodzani afho he ha swa nga mađi a no rothola lwa minete ya 10.
Hezwi zwi thusa uri lukanda lu rothodzwe.



2 Pombololani kana khurumululani afho he ha swa.
Ni songo bvula tshiambaro arali tsho nambatela lukanda.



3 Ni songo pomba he ha swa ni vhe na vhutanzi uri a hu rungunyi.



4 Arali he ha swa ho tsesa nahone hu hu hulwane u fhira tshanda
tshañu tsha fhasi, iyani ha dokotela nga u t̄avhanya.



Bvelani nn̄da

Fhufhani nzambo ya fhasi.

Dzhiani vhutanda vhuraru kana zwipida zwiraru zwa thambo. Musi no no
fhufhela vhukati hazwo, zwi vheeni zwo no vha kule na kule ni vhone uri
ndi nnyi ane a nga fhufha u fhira vharinwe.



Kalani he na lavhutshela hone.

Sedzani ni vhone arali khonani
yanu a tshi nga lavhuwa u
fhira inwi.



Bvelani nn̄da

Itani bara.

Inwi na khonani dzanu
sielisanani u vha bara.



Zwino sielisanani u dzungudza
thambo uri khonani dzanu
tshi i fhufhe.



Kha ri ambe

Hu khou bvelela mini zwifanyisoni izwi?
Vhathu vha swa nga ndila dziñwe dzifhio?

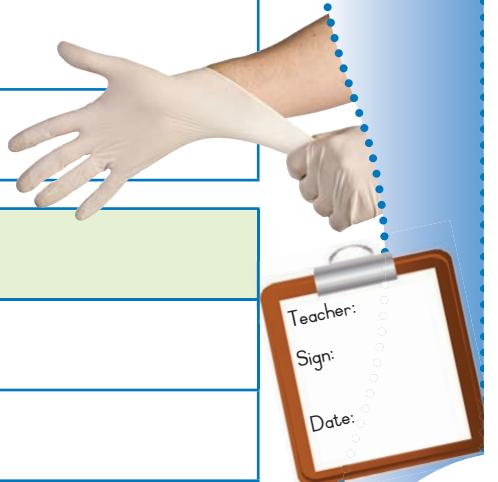


Nwalani milayo i re na ndeme ine na tea u elelwa musi ni tshi tea u thusa musi:

Muthu a tshi khou bva mikota

Muthu e na tshilonda

Muthu o swa



Ndi tsireledza muvhili wanga

shulela la



Kha ri ambe

Ri tea u tsireledza mivhili yashu.

Musi ri tshi takalela tshiñwe tshithu ri vha na
vhudipfi ha uri "ee" mbiluni dzashu, ra tama zwi sa
swiki hune zwa fhela.

Musi tshiñwe tshithu tshi tshi ita uri ri pfe ri songo
digeda ri vha na vhudipfi ha "hai" mbiluni dzashu,
ra tama itshe tshithu tshi tshi ima.



Kha ri ñwale

Dzhenisani thiki □ arali tshifanyiso tshi tshi sumbedza nyito yo
tsireledzeaho kana □ arali nyito i na khombo ngomu. Zwino ñwalani fhungo
nga fhasi ha tshifanyiso tshiñwe na tshiñwe ni tshi bula uri ndi nga mini ni
tshi vhona u nga nyito yo tsireledzea kana i na khombo ngomu.

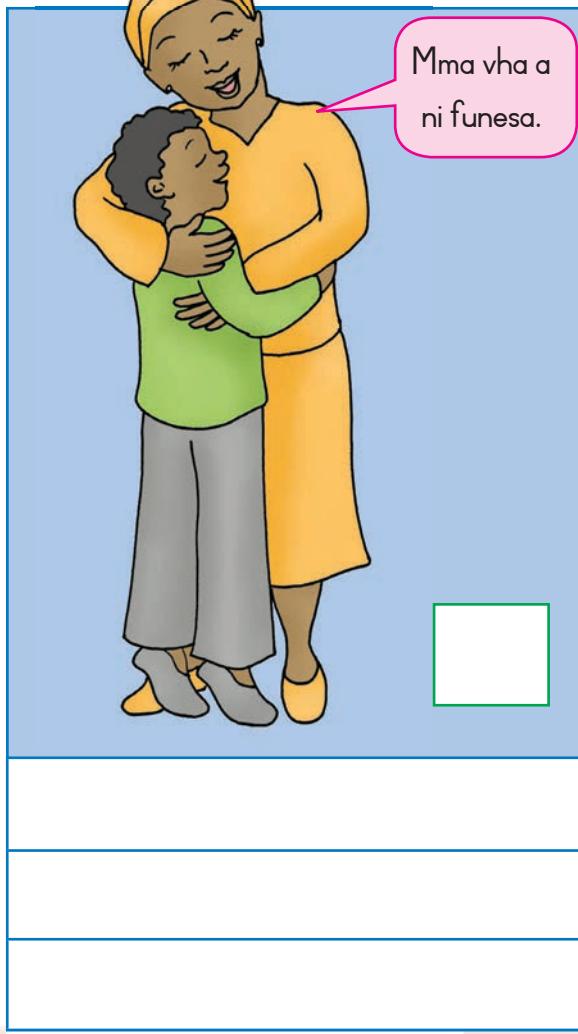


Mma vha a
ni funesa.



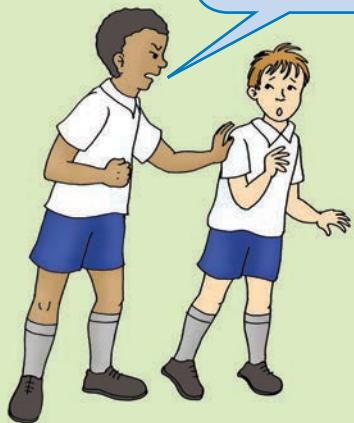
Kha dzhene goloini ri tuwe
rothe. Ndi do mu fha
malegere.

A thi vha ñivhi nne.
Kha vha ño tuwa!



Deithi:

A thi ni funi na luthihi.



Zwino no nakelela hani ngoho.



U buluuri hai

Zwi a konda uri hai, fhedzi no tea u amba uri hai arali munwe muthu a tshi ita uri ni pfe ni songo digeda.

Arali muthu a tshi ita uri ni vhe na vhudipfi ha "hai" nahone a tshi ita uri ni pfe ni songo digeda, vhudzani muthu muhulwane ane na mu fulufhela.



Nangani vhatu vhararu vhane na nga vha fulufhela ni talutshedze uri ndi nga mini ni tshi vha fulufhela.

Nwalani ndila ine na nga vhudza ngayo muthu ane na mu fulufhela zwithu zwi sa takadzi zwe na tzangana nazwo.



U ditsireledza

Themo ya l – Vhege ya b – Bammbiri la u shulela la

Kha ri ambe

Lavhelesani zwifanyiso izwi nga vhuronwane. Ni vhone arali ni tshi nga anetshela tshitiori. Nwalani maipfi kha bulo la maipfi la u fhedza.

Kha de, ndi do mu fheletshedza vhengeleni.



Deithi:



Kha ri ambe

Rerani nga vhudipfi ha musidzana uyu, zwe a ita na uri vhoiwe no vha ni tshi nga ita zwifhio kha nzulele yo raloho.



Kha ri nwale

Nwalani milayo mi^ñanu ya u ditsireledza.
Ni thome muñwe na muñwe ngauri:

Vhana vha songo vuwa vho...



Kha ri ite nyito

Itani masiki wa u sumbedza vhudipfi.

Khethani uri ndi vhudipfi hufhio hune na tama masiki wañu u tshi sumbedza.

Zwi oleni kha bammbiri la u vetaveta (la rafu).

Li gereni.

Gerani maço.

Li khavhiseni nga bammbiri li re na muvhala.



Bvelani nnnda

Dilugiseleni muçatisano wa mugidimo.



Govhani (tumbani) fhethu ho teaho u thomiwa hone.

Thetshelesani mudededzi wañu vha tshi ri:

"Gona fhasi! Redii! Goo!"

Ni phule ndila i re na zwikhukhulisi.



Muvhili wanga, mutakalo wanga

Themo ya 1 – Vhege ya 7 – Bammbiri | a u shulela | a



Kha ri ambe

Ro^{the} ri na vhudifhinduleli ha u ita uri mivhili yashu i dzule yo takala.
Avha vhana vha khou ita mini zwine zwa vha zwavhu^{di} kha mivhili yavho?



Ndi zwifhio zwiⁿwe zwithu zwi si na mutakalo ngomu zwine vhathu vha ita?

No vha ni tshi zwi divha uri u daha hu vhaisa mivhili yashu?

No vha ni tshi zwi divha uri arali muⁿwe muthu a tshi khou dahan tsini na inwi
zwi nga vhaisa muvhili waⁿu?

U dahan hu vhaisa mivhili yashu nga ndilade?



Kha ri nwale

Itani thiki ✓ kana tshifhambano ✗ kha tshitatamennde tshiⁿwe na
tshiⁿwe ni tshi sumbedza uri **ndi zwone** kana **a si zwone**.

	Segerete i a <u>difha</u> .
	Arali nda dzula tsini na muthu ane a khou dahan, fola li nga vhaisa muvhili wanga.
	U dahan hu nga ita uri ma ⁿ o a ⁿ u a birime.
	U dahan hu vhanga malwadze a mulomoni.
	U dahan hu nga vhanga tshihot ^o la.
	U dahan hu nga vhanga khentsa.

Deithi:



Milayo ya mutakalo

Ndi tea u tamba mano ndi tshi fhedza u la na musi ndi sa athu u edela. Ndi tea u gama mavhudzi ndi sa athu ya tshikoloni.

Ndi tea u nongola nala arali ndo tamba mavuni. Ndi tea u tamba mano ndi tshi fhedza u la na musi ndi sa athu u edela. Nala dzanga dzi tea u dzula dzo geriwa na u kuna tshifhinga tshothhe.

Ndi tea u tamba zwanda tshifhinga tshothhe ndi tshi bva thoilethe, ndi sa athu fara zwiliwa.

Ndi tea u laza thishu dzi re na tshika binini.



Kha ri diphiñe

Vha tea u ambara mini uri vha tsireledzee? Livhanyani zwifanyiso nga u tala mutalo u tshi bva kha zwifanyiso zwi re kha muduba wa nthha u tshi ya kha tshifanyiso tsho teaho tshi re kha mudumba wa fhasi.



Kha ri diphiñe



Dionyoloseni nga u tamba mutambo wa khirikhethhe mafanedza.

Mudededzi wanu vha do tamba muzika. Thetshelesani ni kone u edzisela mudivhithe wawo nga minwe kha desike.

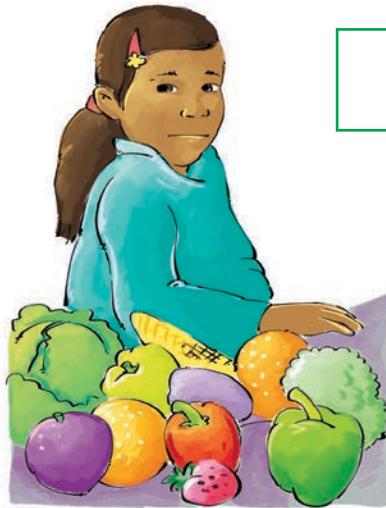


Pfanelo na vhudifhinduleli

Kha ri vhale

Tshifhinga tsho^lhe vhana vha tea u thusa nga u shuma mishumo mi^lani ya havho. Fhedzi vhana a vho ngo tea u shuma mishumo i no lemela sa ya vhahulwane. Vhana vha tea u wana tshifhinga tsha u tamba na u dzhena tshikolo.

Lavhelesani zwifanyiso. Itani thiki kha mishumo yo teaho vhana. Zwino r^uwalani fhungo nga fhasi ha tshifanyiso tshi^lwe na tshi^lwe ni tshi amba uri ndi zwifhio zwine na vhona zwe tea kana zwi songo tea vhana.



Mulalo u rengisa mitshelo duvha l^othe a fhedza a si tsha dzhena tshikolo.



Musi tshikolo tshi tshi bva Mulanga u sheledza ngade ya miroho.



Tshifhiwa u hwala zwidina ngauri u shuma kha mufhati.

Ntakadzeni na Bongi vha thusa kha u t̄anzwa zwigedelo.



Kha ri ambe

Ndi mishumo ifhio ine na ita hayani?

Ndi mishumo ifhio ine na ita tshikoloni ni tshi thusa mudededzi wañu?



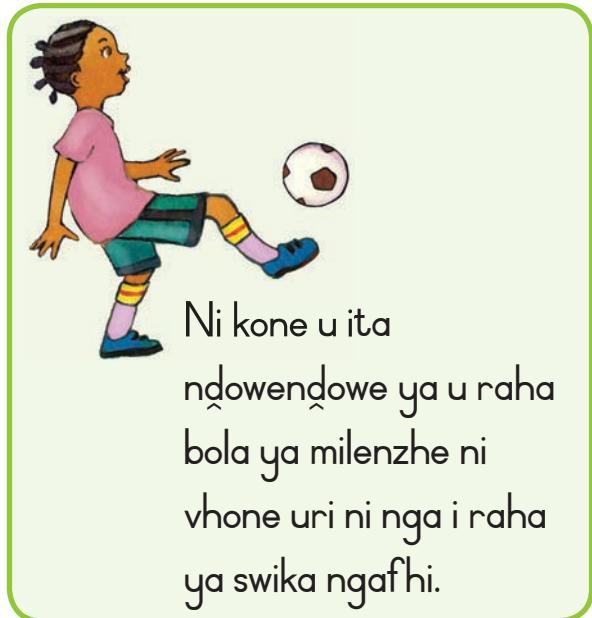
Bvelani nn̄da

Edziselani kushumelwe kwa mishumo yo fhambananaho.

Tshigwada tsha vhoiwe tshi tea u humbulela uri ni khou shuma mushumo ufhio.



Vhofhanani milenzhi ni ite mbambe.



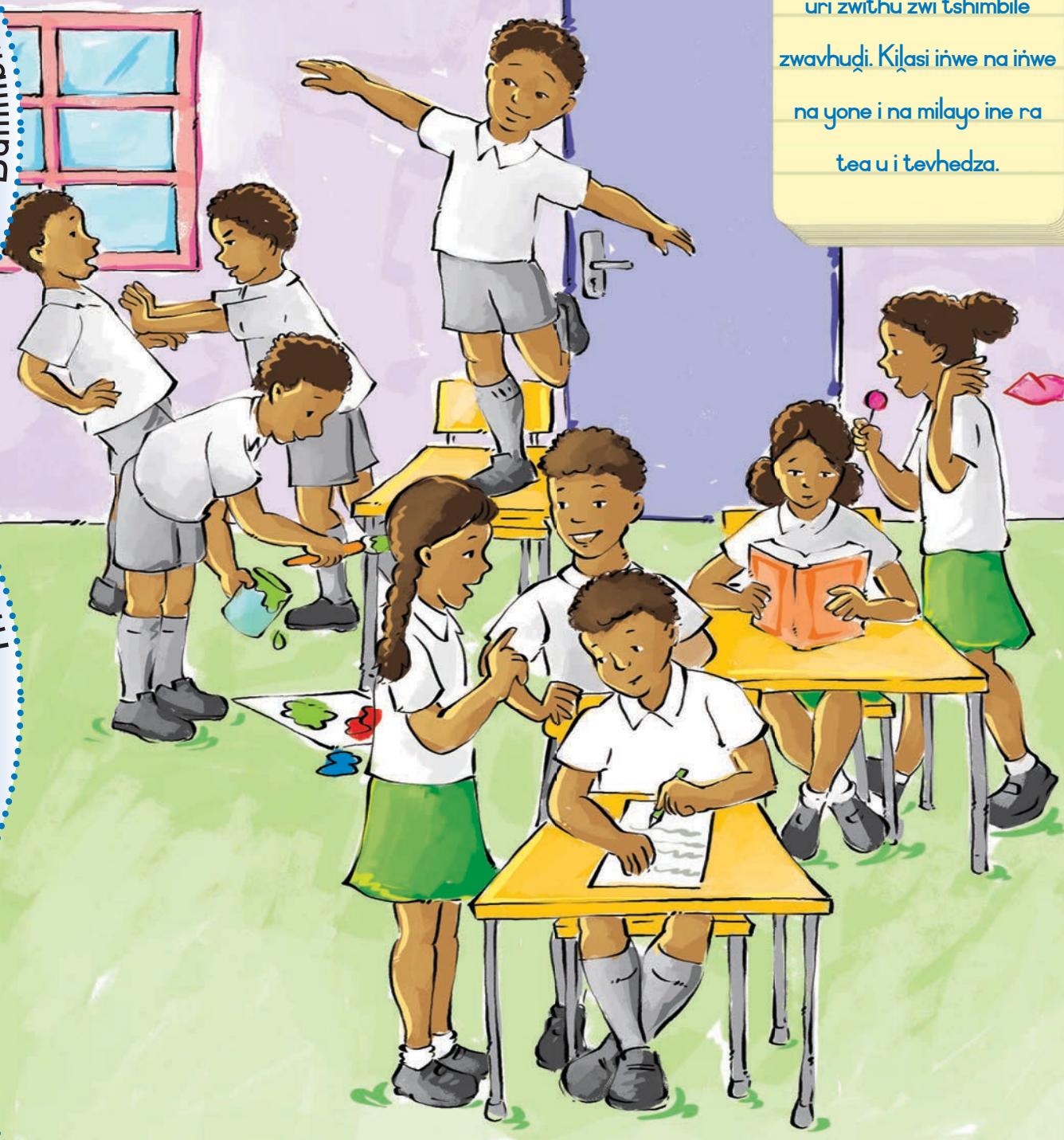
Pfanelo na vhudifhinduleli

Themo ya 1 - Vhege ya 8 - Bammbiri la u shulela la



Kha ri ambe

Vhudzani khonani yanu uri avha
vhana vha khou pfuka milayo ifhio.



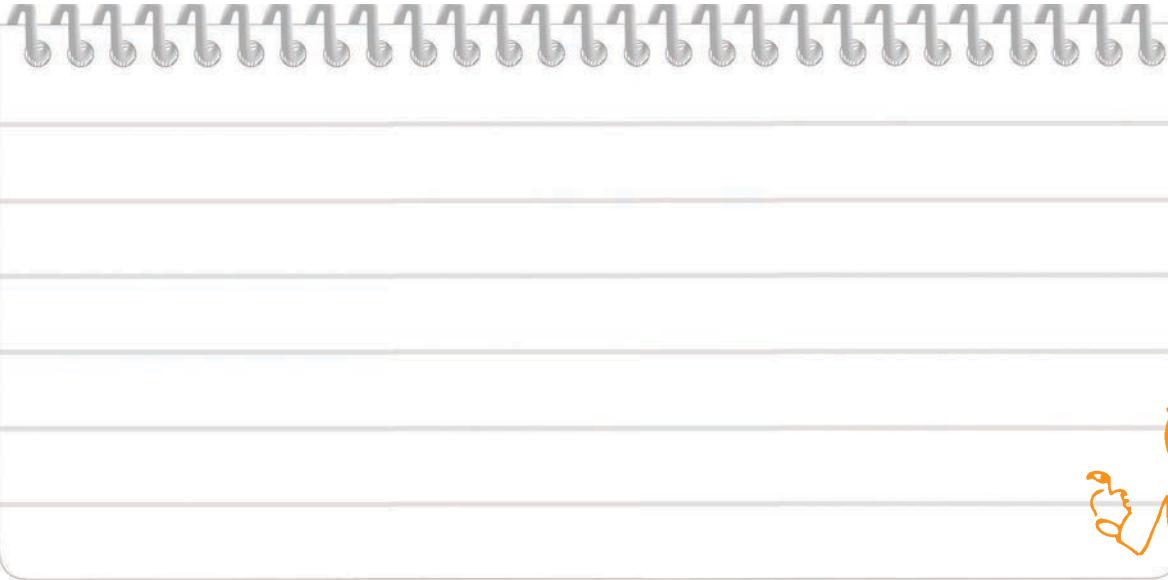
Tshikolo tshirwe na tshirwe

tshi na milayo u itela
uri zwithu zwi tshimbile
zwavhudzi. Kilasi iñwe na iñwe
na yone i na milayo ine ra
tea u i tevhedza.



Kha ri nwale

Nwalelani kīlasi yanu milayo ya 4.



Kha ri ambe

Vhalani pfanelo na vhudifhinduleli ni ambe na khonani yanu uri zwiñwe na zwiñwe zwi amba mini.



VHUDIFHINDULELI HA VHASWA VHĀ AFRIKA TSHIPEMBE

Ndingano	Tshirunzi tsha muthu	Vhutshilo	Hayani
<p>Farani muthu muñwe na muñwe nga u linganana na u fana. Ni songo īalula</p>	<p>Thonifhani muthu muñwe na muñwe. Ni vhe na vhuhwaho na u vhahalela!</p>	<p>Hulisani na u thonifha vhabebi vhanu. Funananî na u fulufhedzea mutani wa hanu. Vhutshilo hothe ndi mpfo. Vhu thonifheni.</p>	<p>Thusani kha mishumo ya hayani.</p>
Pfunzo	U shuma	Mbofholowo na tsireledzo	Ndaka
<p>Dzhenani tshikolo, ni gude ni shumese. Tevhedzani milayo ya tshikolo.</p>	<p>Vhana vha songo kombetschedza u ḫoda mishumo.</p>	<p>Ni songo vhaisa, u shengedza kana u shushedza vhariwe, nahone ni songo tenda vhariwe vha tshi zwi ita. Tandululani phambano nga mulalo.</p>	<p>Thonifhani ndaka ya vhariwe vhathe. Ni songo tshinyadza ndaka nahone ni songo tswa.</p>
Vhurereli, lutendo na mihibumbulo	Tsireledzo	Vhudzulapo	Mbofholowo ya u amba
<p>Thonifhani lutendo na mihibumbulo ya vhariwe vhathe.</p>	<p>Vhahalelani līfhasi. Ni songo tambisa mađi na muđagasi. Tsireledzani zwipuka na zwimela. Kunakisanî miđi ya hanu na zwitshavha zwa hanu.</p>	<p>Ivhani mudzulapo wa Afrika Tshipembe wa vhukuma na u fulufhedzea. Tevhedzani milayo, ni vhe na vhuñanzi uri na vhariwe vha ita ngauralo.</p>	<p>Ni songo tūtuwedza mazwifhi na vengo. Ivhana na vhuñanzi uri vhariwe vhathe vha songo nyadziwa kana u vhaiswa.</p>



16a

Mađuvha a tshipentshela a vhurereli na zwiňwevho

la
shulela la

Kha ri ambe

Nangani vhuriwe ha vhurereli uhu. Wanani zwinzhi nga vhurereli uhu. Dilugiseleni u ita mukumedzo kīlasini. Ni lengedze u ḫa na bugu kana zwifanyiso zwa u tikedza mukumedzo wanu.



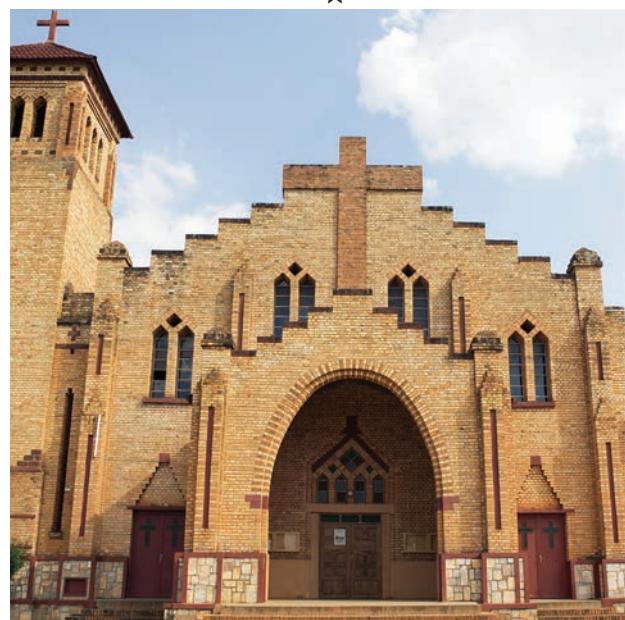
Tshihindu



Tshiisīlamu



Tshiyuda



Tshikhriste

Ri tea u ḫonifha vhatu vha vhurereli hoṭhe.

Vhurereli hanu ndi hufhio? _____

Vhurereli ha khonani yanu ya mbiluni ndi hufhio? _____

Deithi:



Ndi a ditola hafhu



Kha ri nwale

Nwalani zwi no ni kwama kha garat̄a iyi.

Themo ya I – Vhege ya 8 – Bammbiri ja u shulela ja

Dzina langa _____

Tshifani tshanga _____

Duvha ja mabobo anga _____

Gireidi yanga _____

Tshikolo tshashu _____

Nomboro yanga ya lutingo (founu) _____

Direse yanga _____

Nomboro ya shishi _____

Mutambo une nda u funesa _____

Muvhala une nda u funesa _____

Khonani yanga ya mbiluni _____

Zwine zwa ntakadza _____

Zwine zwa ntungufhadza _____

Zwine zwa ntsinyusa _____

Zwine nda zwi konesa _____





Kha ri ambe

Kulele ku re na mutakalo

Lavhelesani tshiñwe na tshiñwe tsha zwigwada zwa zwiliwa ni ambe na khonani yanu ngazwo:

Ndi zwiliwa zwifhio zwi re kha tshigwada tshiñwe na tshiñwe?
Ndi nga mini tshigwada tshiñwe na tshiñwe tsha zwiliwa tshi
tshavhuđi kha riñ?



Phurotheini

Phuretheini dzi fhaṭa sele ntswa u itela uri mivhili yashu i aluwe.



Vithamini

Vithamini na miminerala zwi thusa mivhili yashu kha u lwa na pfukelo ya zwitzhili zwa thusa uri ri dzule ri na mutakalo.



Bvelani nnda

Humbelani mudededzi wanu vha ni sumbedze kutambelwe kwa mutambo wa "founu i sa shumi". Ni tshi fhedza ni ite ndowendowe ya u posa bola.

Khabohadireithi

Hezwi zwiliwa zwi ri fha nungo
(mafulufulu).



Kha ri nwale

Itani mutevhe wa zwiliwa zwe na la mulovha. Kha kholomo ya u fhedza, bulani uri izwi zwiliwa ndi phurotheini, khabohadireithi, mitshelo kana miroho naa.

Zwiliwa zwe nda la mulovha	Lushaka lwa zwiliwa





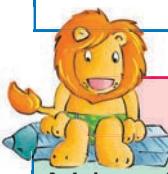
Kha ri ambe

Vhuelele kwa khonani dzañu nña uri vha takalela u ja mini.

Dzhenisani madzina a mirado ya tshigwada tshanu.

Kulele kwashu

Vhudzisani khonani dzañu nña uri vha takalela u ja mini. Lavhelesani zwiliwa zwe fhambananaho ni ite thiki (✓) arali ni tshi zwi takalela, kana tshifhambanano (✗) arali ni sa zwi takaleli.



Kha ri nwale

Lavhelesani thebulu ye na i dadza ni kone u fhindula mbudziso idzi.

Ndi zwiliwa zwifhio zwe khonani dzañu dzi si zwi takalese?

Ni vhona u nga kulele kwa khonani dzañu ku na mutakalo ngomu?

Ndi nga mini ni tshi ralo?



Kha ri diphine

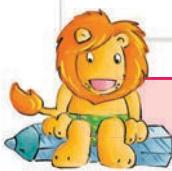
Humbelani mudededzi vhañu vha ni sumbedze kutambelwe kwa founu i sa shumi.





Kha ri nwale

Itani mutevhe wa tshaka dza zwiliwa zwine ra
tea u zwi la duvha linwe na linwe.



Kha ri nwale

Nwalani risipi ya zwiliwa zwine na zwi funesa.

Ri tea u tinya mini?

Muno wo kalulaho ngauri u nga
ri vhangela mutsiko wa malofha
u re nthia musi ro no aluwa.

Swigiri yo kalulaho ngauri i nga
ri vhangela daibetisi musi ro no
aluwa.

Swigiri yo kalulaho i dovha ya
vhanga mivhili yo kalulaho.

Nyamunaithi (dirinkhi), khekhe
na matshipisi zwe kalulaho.

Risipi ya _____

Ndi do shumisa thinganywa dzifhio?	
Ndi tevhedza kubikele kufhio?	



Kulele ku re na mutakalo ngomu

Themo ya 2 – Vhege ya 2 – Bammbiri | a u shulela | a



Kha ri nwale

Shumani na Malindi vha khou ya Khefini ya Sunshine. Vha khou tea u renga zwiliwa zwa u bika tshilalelo. Vha thuseni uri vha ite menu wa zwiliwa zwi re na mutakalo.



Bvelani nnda

Sielisanani u dzungudza thambo uri khonani dzanu tshi i fhufhe.





Kha ri nwale

Nwalani zwithu zwine vha tea u renga na mitengo ya hone kha mutevhe wa zwirengwa u re afho fhasi. Shumani na Malindi vho badela vhugai kha zwiliwa zwe vha renga?



MUTEVHE WA ZWIRENGWA

MUTENGO



Kha ri nwale

Kulele kwañu ku na mutakalo ngomu u swika ngafhi? Khałarani tshifhałuwotshiñwethuwi kha kulele kuriwe na kuriwe ku re na mutakalo.

Kulele kwanga

Ee	Hai

Ndi anzela u la ndi Thiviini.

Ndi pfana na mitshelo na miroho.

Ndi pfana na zwiliwa zwa mapfura sa matshipisi.

A thi pfani na u nwa madi, ndi funesa dirinkhi.

I thi li miroho ye nda sevhedzwa.

Ndi tafuna zwiliwa zwanga nga ngona.

Ndi la burekifasi (vhuragane) ndi sa athu ya tshikoloni.

Vhalani uri ndi zwifhałuwotshiñwethuwi zwingana.



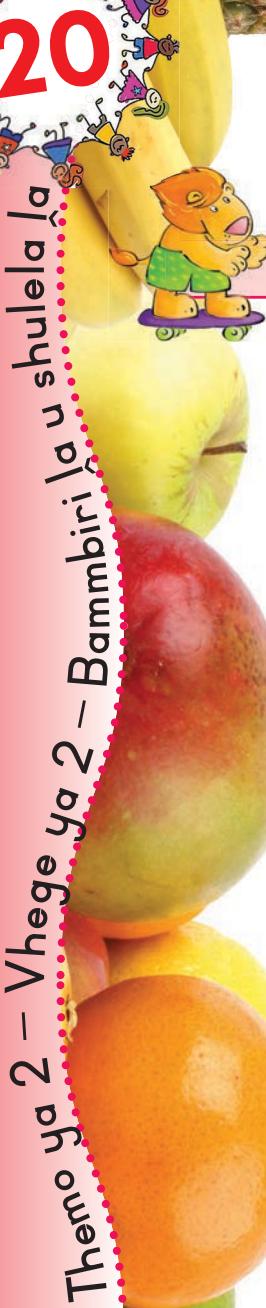
20

U ḥa zwavhuḍi

Themo ya 2 – Vhege ya 2 – Bammbiri ḥa u shulela ḥa

Kha ri ite nyito

Olani kana ni nambatedze zwifanyiso zwa zwiliwa ni
tshi sumbedza muļo u re na mutakalo ngomu.





Kha ri vhale

Milayo ya kulele ku re na mutakalo ngomu

Ni ḥtambe zwanda tshifhinga tshoṭhe ni sa
athu fara zwiliwa.

Ni songo litsha zwiliwa zwi songo tibiwa/
khurumedzwa.

Ni songo ḥla zwiliwa zwa kale kana zwo tshinyalah.
Shumisani makanda na makhwathi a miroho kha u
ita pfudzethukhwi (khomphosi) ngadeni.

Tavhani miroho yanu inwi mune.



Kha ri ite nyito

Olani tshifanyiso ni tshi sumbedza muthihi wa hei milayo.



Zwikhokhonono

Themo ya 2 - Vhege ya 3 - Bammbiri a u shulela ja



Kha ri ambe

Ambani nga zwipida zwo fhambananaho zwa zwikhokhonono.

Zwikhokhonono zwi na zwipida zwiraru zwa muvhili
thoho, mutumbu wa nthā na mutumbu wa fhasi.

Zwi dovha zwa vha na milenzhe ya rathi na
tshiphuphuledzi.



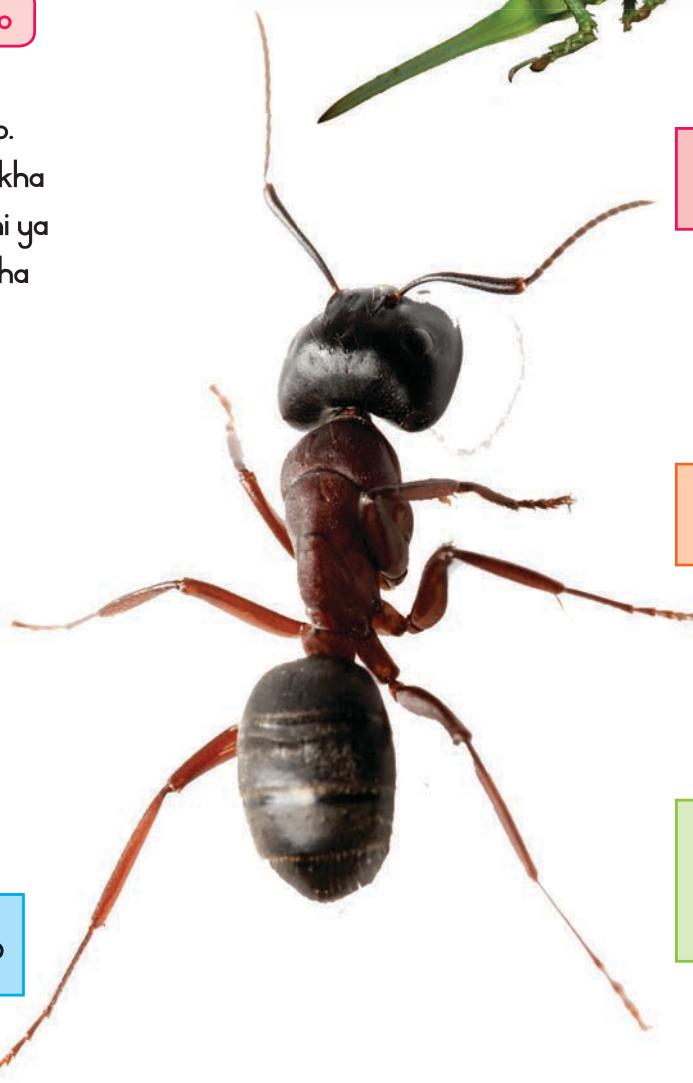
Kha ri ite nyito

Lebulani tshikhokhonono.
Talani mutalo u tshi bva kha
lebulu iñwe na iñwe u tshi ya
kha tshipida tsho tea tsha
tshikhokhonono.



Thoho

Tshiphuphuledzi



Litō

Muthumbu wa nthā

Mutumbu wa fhasi

Mulenzhe/gwendo



Bvelani nnđa

Noñani sa ñotshi, fhufhani sa tshisu ni thamuwe sa nzie.
Zwino no no lugela u tamba bola ya milenzhe!



Kha ri ንwale

Talani mutalo ni tshi livhanya dzina ላንዬ na ላንዬ na tshikhokhonono tsho teaho. Bulani uri ndi zwikhokhonono zwifhio zwine zwa ri thusa na zwine zwa ri tshinyadza.



Notshi



Lunyunyu



Thunzi



Lusunzi

Nzie



Tshisuṣu



Kugonono



Tshisuṣuvhoya



Kha ri ንwale

Zwino dzhenisani (ኑwalani) maipfi
ane a khou ታhela.

dzi ita mutoli.

dzi andadza muvula.

vhu andadza dali (malaria).

vhu andadza malwadze.

zwi እa zwiliñwa zwa vhalimi.



Zwińwe hafhu nga zwikhokhonono

Themo ya 2 – Vhege ya 3 – Bammbiri ja u shulela ja



Kha ri ambe

Lavhelesani zwifanyiso ni vhudze khonani yanu uri ndi ngani notshi dzi na mushumo.



Notshi dzi andadza muvula. Muvula u shuma u anwisa mitshelo.

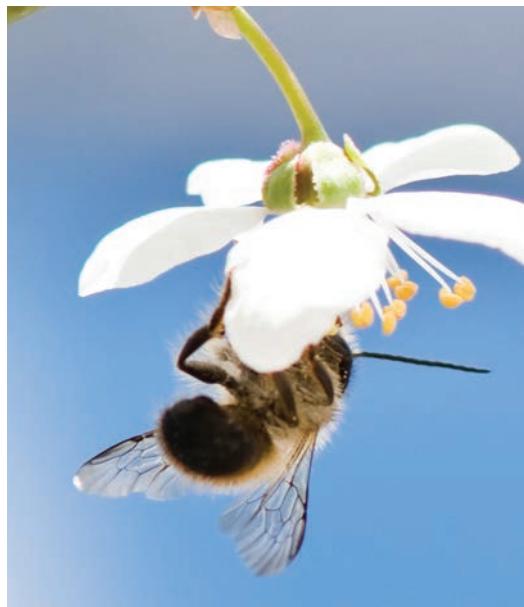


Kha ri nwale

Nwalani dzina ja tshikhokhonono tshirwe na tshirwe zwikalani zwe na newa.



Notshi dzi ita mutoli.



nzwonzwa mununzu kha dzuvha.

Deithi:



Nzie i na magwendo o khwathha a u thamuwa ngao.



shumisa

tshiphuphuledzi kha u davhidzana.



Kha ri ite nyito

U ita tshikhavisi nga
zwikhokhonono.

- Gerani zwikhokhonono
zwi re kha siatari la
zwigeriwa nga murahu
ha bugu.
- Zwinembeledzeni kha
henara.

zwi andadza muvula kha
zwimela.

andadza zwitzhili.



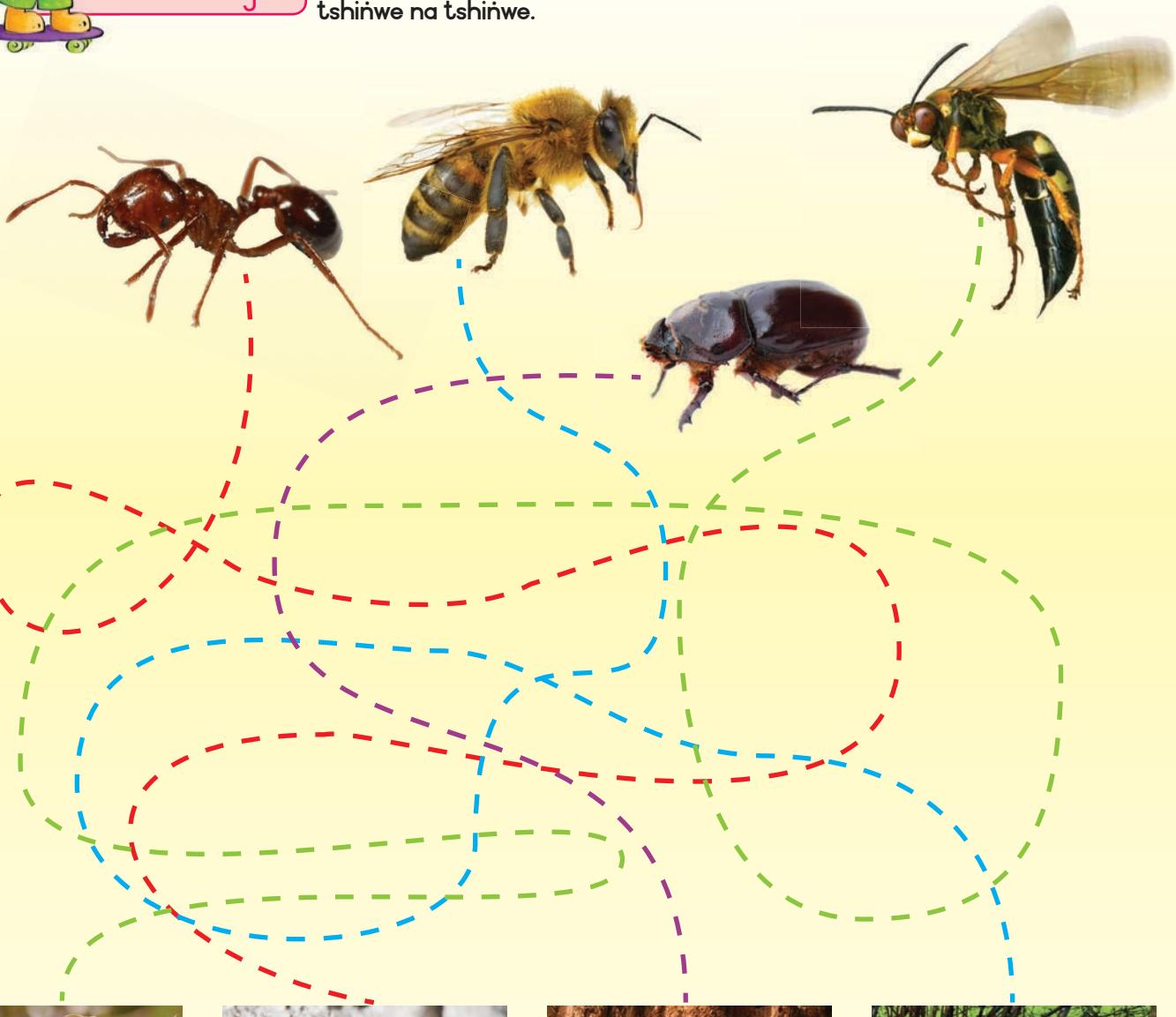
Haya ha zwikhokhonono



Khari ite nyito

Tevhedzelani lutambo ni wane haya ha tshikhokhonono
tshiñwe na tshiñwe.

Themo ya 2 – Vhege ya 4 – Bammbiri ya shulela





Kha ri ite nyito



Kha ri የwale

Monamonani na dzharača ya tshikolo ni vhone
uri ndi tshaka nngana dza zwikhokhonono dzine
na nga dzi wana.



Ndi zwikhokhonono zwifhio zwe na zwi vhone ngei nnda. Nangani tshithihi
ni tshi የwale hafha.

Itshi tshikhokhonono tshi ሁላ zwiliwade?

Itshi tshikhokhonono tshi tshimbila nga u ongolowa kana nga u ታవհanya?

Tshikhokhonono tshanu tshi na mushumo? Ndi nga mini ni tshi ralo?

Tshikhokhonono tshanu tshi a huvhadza? Ni nga ita mini arali tsha nga ni
huvhudza?



Kha ri ደiphine



Zwino dizainani
na u ola
tshikhokhonono
tshanu inwi
muñe ni tshi
rine dzina.



Tongisani vhutsila he na ita

Khari ite nyito



Themo ya 2 – Vhege ya 4 – Bammbiri la shulela la

Ni do tea u vha na: Bammbiri la A4

Khirayoni dza phula (wakisi)

Tshigero

Guluu

Tshifhutabibi

Gwati la thoilethepheipha



Olani tshisu, ni tshi sumbedza muvhili watsho mulapfu, musekene na mabesu. Khavhisani mabesu a tshisu tshanu nga phetheni (makolo) dza mivhala yo fhambananaho. Ni vhe na vhutanzi uri mabesu aya vhuvhili hao a a fana na u lingana. Gerani tshisu itshi. Nambatedzani muvhili uyu kha gwati la thoilethepheipha. Zwino itani zwiphuphuledzi nga tshifhutabibi tsho khothiwaho.

Tshi tomeni kha thoho ya tshisu.





Bvelani nnda

Edzisani mitambo iyi.



Tshititshi tsha 1:

Basiketebolo: Bammbisan bola ni tshi khou gidima nga masongesonge.



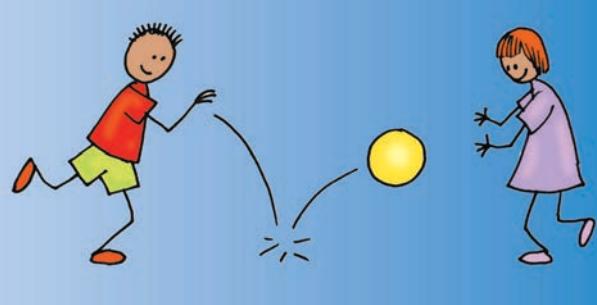
Tshititshi tsha 2:

Hokhi: Shumisani thanda ya hokhi kha u sukumedza bola i tshi ya mapalani.



Tshititshi tsha 3:

Netibolo: Bammbisan bola i tshi ya ha khonani yanu zwenezwi ni tshi khou gidima.



Tshititshi tsha 4:

Ragibii: Gidimani na bola ni fhirisele kha vharewe.



Tshititshi tsha 5:

Bola ya milenzhe: Dirivhulani bola i tshi ya mapalani.



Tshitendeledzi tsha vhutshilo

Tshitendeledzi tsha vhutshilo tshi na maga ane a tevhedza thevhekano nngede. Lavhelesani tshitendeledzi tsha vhutshilo ha tshidula na tsha tshisu ni ambe nga maga o fhambananaho.

Tshitendeledzi tsha vhutshilo



Kha ri ambe

Lavhelesani zwifanyiso ni vhudze khonani yanu uri tshidula tshi shandukisa hani kha tshitendeledzi tsha vhutshilo hatsho.

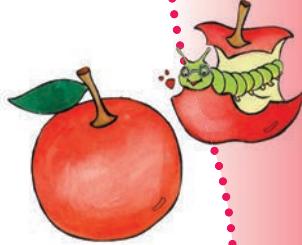
- 1** Zwidula zwivhili zwi a gombana u itela u andedza makumba.
- 2** Tshidula tsha tshisadzi tshi kudzela makumba.
- 3** Buluvhulu li re na mapwit̄i na mveki ya mutshila.
- 4** Buluvhulu li mela milenzhe.
- 5** Mutshila u thoma u fovhela.
- 6** Tshidula tsho vhinaho tshi re na mafhafhu nahone mapwit̄i ha tsheho.



Kha ri ite nyito

Zwino lavhelesani tshitendeledzi tsha vhutshilo ha tshisu.

Nwalani zwine zwa bvelela kha liga linwe na linwe la
tshitendeledzi tsha vhutshilo. Ro dzula ro ni itela maga mavhili.



Tshitendeledzi tsha vhutshilo ha tshisu



1

2

3

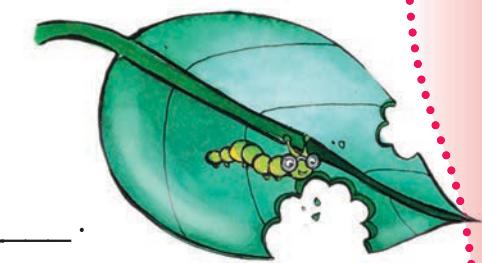
4

5

6



Tshisu tshi kudzela makumba.



1

2

3

4

5

6

1

2

3

4

5

6



1

2

3

4

5

6



1

2

3



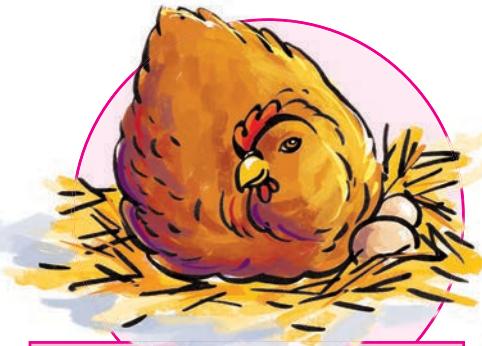
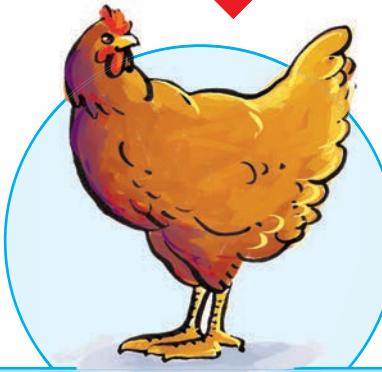
Zwitendededzi zwa vhutshilo

Themo ya 2 – Vhege ya 5 – Bammbiri ya shulela ya

Kha ri ambe

Lavhelesani zwifanyiso izwi ni ambe na khonani yanu nga tshitendededzi tsha vhutshilo ha khuhu. Nwalani nga zwine zwa bvelela kha liga linwe na linwe.

Tshitendededzi tsha vhutshilo ha khuhu





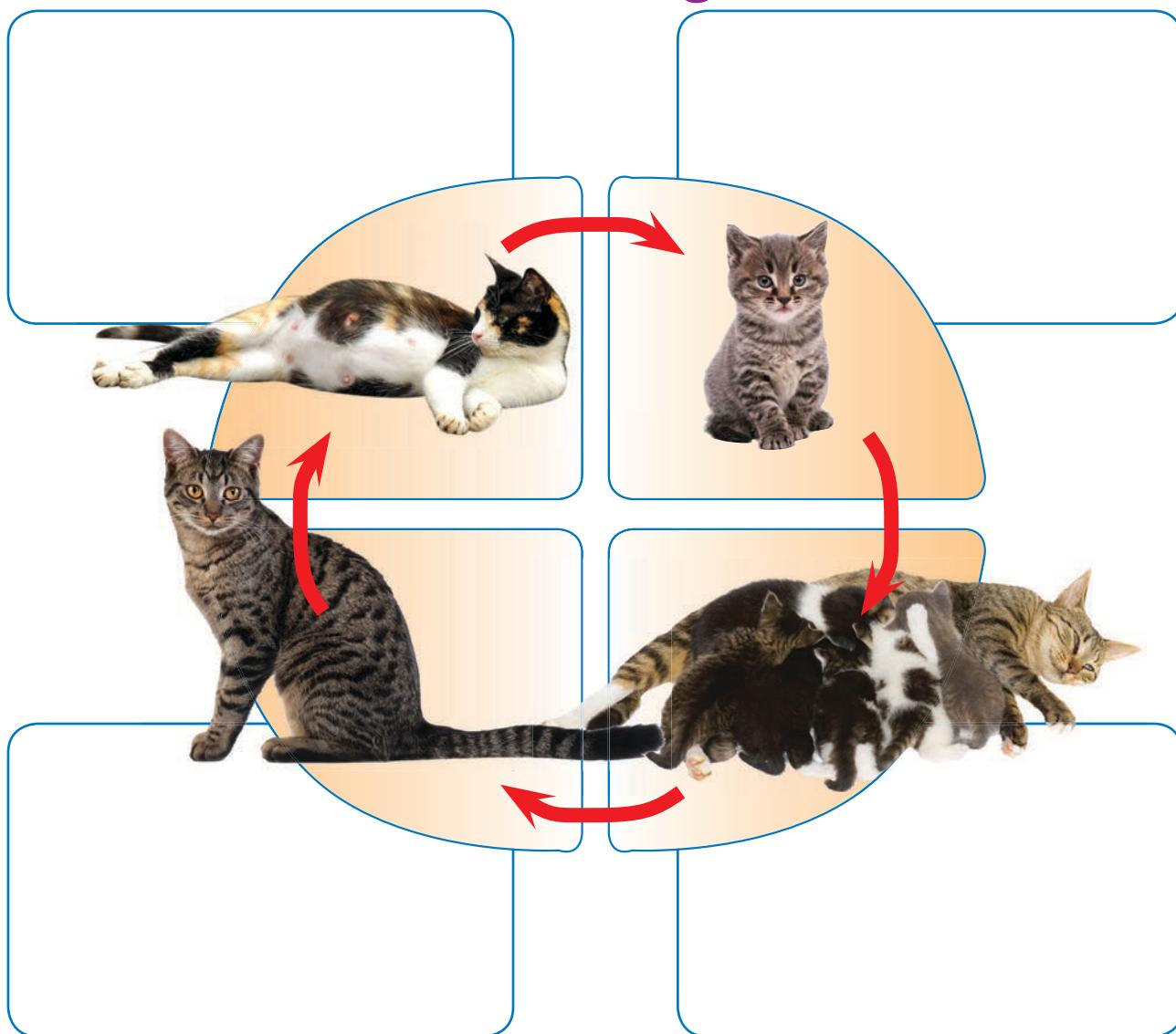
Kha ri ite nyito

Itani tshitendeledzi tsha vhutshilo ha inwi muñé.
Lebulani tshifanyiso tshiñwe na tshiñwe tshi re kha vhili la nganetshelo
ni tshi sumbedza tshitendeledzi tsha vhutshilo tsha tshimange.

Nomborani maga a u bva kha l u swika kha 4 ni a shumise kha vhili lanu
la nganetshelo.

	Tshimangana tshi a tanziwa (bebwa).		Tshimange tsho vhinaho (tshihulwane).
	Mme atsho u vha na luvhuli vhege dza tahe dzothe.		Tshimange tshi mamisa zwimangana zwatsho.

Tshitendeledzi tsha vhutshilo ha tshimange



Tshifuwohaya tshanga

Themo ya 2 – Vhege ya 6 – Bammbiri la u shulela la



Kha ri ite nyito

Itani masiki wa tshifuwohaya.

Ni do tea u vha na: Bammbiri la A4

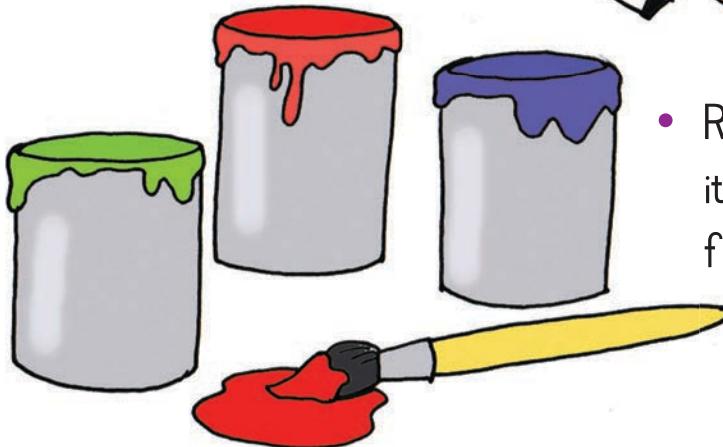
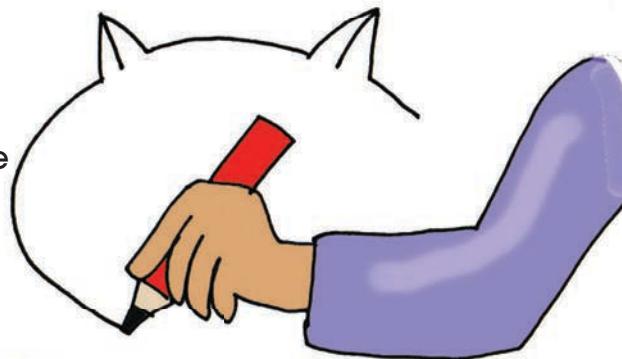
Penisela

Pennde ya luvhanda na madi

Iyebadi (zwif hutandevhe)



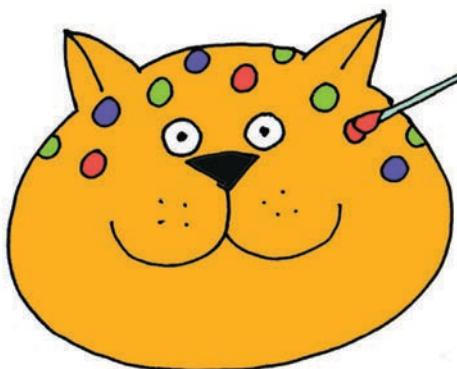
- Olani tshifhatuwo tsha nga nnda tsha tshimange kha bammbiri.



- Rithani pennde uri ni kone u ita pennde ya mivhala ya 3 yo fhambananaho.



- Shumisani iyebadi nthihi kha muvhala muñwe na muñwe.



- Itani zwithomathoma zwa mivhala yo fhambananaho kha tshifhatuwo tsha tshimange.





Kha ri ambe

Talutshedzani khonani yanu nga
tshifuohaya tshanu kana tsha muñwe
muthuvho ane na mu ñivha.
Bulani uri ni ño tshi ñhogomela nga ndilade.



Kha ri ite nyito

Oiani zwithu zwiñga zwine na tea u ita musi ni tshi
ñhogomela tshifuwo tshanu.



U vhavhalela vhupo hashu

Themo ya 2 – Vhege ya 6 – Bammbiri ya u shulela ja



Kha ri ambe

Lavhelesani phos̄itara khedzi ni ambe na khonani dzañu nga zwine dza ri vhudza.

Lavhelesani logo ya mvusuludzamalat̄wa.

No no vhuya na vhona ngafhi logo yo raliho?



Ri vusuludzeni wee!



Bvelani nn̄da

Ni nga dithomela mutshino wanu ni tshi shumisa dzihupu na riboni?





Kha ri vhale

Ri nga thusa hani uri vhupo vhu dzule ho kuna?



Ri tea u elelwa **FDV**.



Fhungudzani: Ri tea u fhungudza u lakatedza.

Dovholosani: Kha ri dovhole u shumisa zwithu lunzhi ri sa athu zwi lata.

Vusuludzani: Ri tea u wana ndila dza u shumisa haf hu mabammbiri,

mabodelo na zwikotikoti.



Kha ri nwale

Kha theбуlu i re afho fhasi, nwalani madzina a zwithu zwine zwa nga vusuludzwa. Ro ni thomela mutevhe muñwe na muñwe.



Vusuludzani ngilasi	Vusuludzani pulasitiki	Vusuludzani mabammbiri	Itani mupfudzethukhwi (khomposi)
Mabodelo a kale	Mapulasitiki	Gurannda	Makanda/makhwathi a miroho



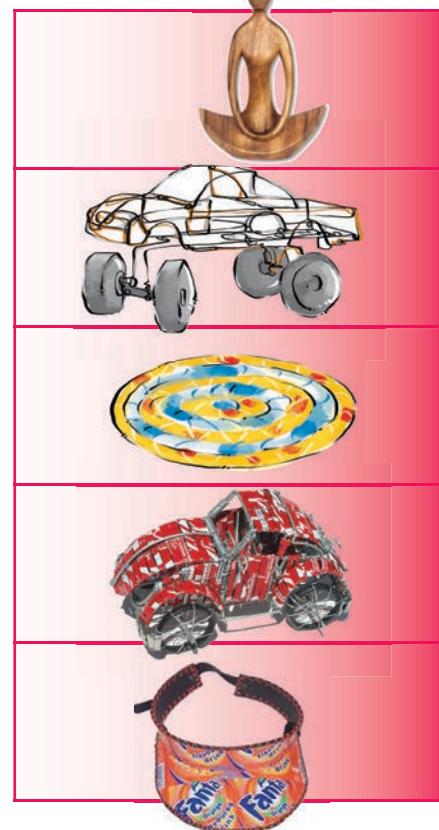
Mvusuludzamalaṭwa

Themo ya 2 – Vhege ya 7 – Bammbiri ja u shulela ja



Kha ri nwale

Talani mutalo u tshi bva kha tshiñwe na tshiñwe tsha zwithu zwi re kha tsha monde u tshi ya kha tshithu tshi re kha tsha u ja, ni tshi sumbedza uri zwi nga shumiswa hani kha u ita zwithu zwi re na mushumo.



Zwino dizainani ni lebule tshiñwe tshithu tshine na nga tshi ita ni tshi shumisa zwithu zwe vusuludzwaho.

Dzina ja tshithu

Oiani tshifanyiso tsha itsho tshithu tshanu.

Tsho itwa nga



Kha ri የwale

Elekanyani nga zwithu zwine zwa nga ita khomposi yavhuđi. ነwalani ipfi ላንዬ na ላንዬ kha kholomo yone afho fhasi uri ni fhedzise thebuļu. Ni nga kha ደi elekanya nga zwiንwe zwithuvho zwaንu ni kone u zwi vhekanya kha kholomo dzone.

mapuለasitiki

makanda/makhwathi a miroho

zwibigiri

zwiኮቃቃ zwa nyamunaithi (dirinkhi)

makanda a makumba

Zwithu zwi sa sini

Zwithu zwi no sina



Kha ri ite nyito

Itani phosītara ya u
kaidza u lakatedza.
Olani tshifanyiso ni
የwale mulaedza.



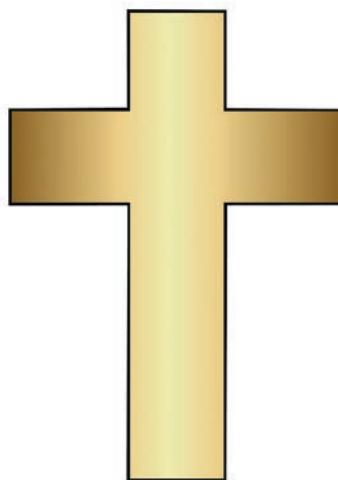
Maduvha a tshipentshêla a vhurereli na zwiñwevho

Themo ya 2 – Vhege ya 7 – Bammbiri | a u shulela | a



Kha ri ambe

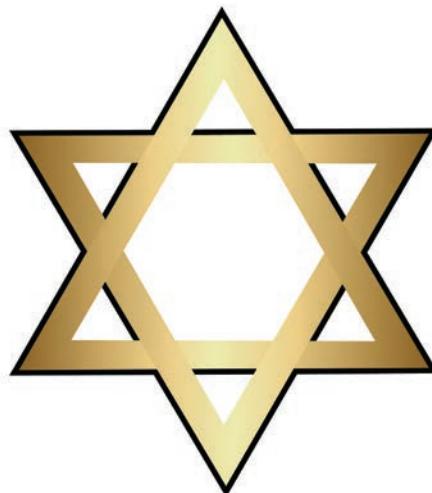
Ambani na khonani yanu uri ndi vhurereli hufhio hu no shumisa zwiga izwi. Bulani uri ndi tshiga tshifhio tshi no shumiswa kha vhurereli hanu. Arali ni sa tshi wani, tshi oleleni khonani yanu.



Tshifhambano ndi tshiga tsha Tshikhiresite. Jesu, Murwa wa Mudzimu, o fela zwivhi zwashu tshifhambanoni.



Luvhedzhegu lwa nwedzi na naledzi ndi tshiga tsha Tshiisilamu. Vhamoslem vha rabela lutangu nga duvha.



Tshiga tsha Vhayuda ndi Naledzi ya Dafita. Khosi Dafita o vha e khosi ya Vhaisiraele.



Tshiga tsha Vhahindu ndi Om, tshine tsha wanala tsho nwalwa kha luambo lwa kale lwa Sanskrit lwa India.

Fhethu ho fhambananaho 31 ha u rabela



Kha ri ite nyito

Olani mutalo u tshi ḥanganya vhurereli vhuñwe na vhuñwe na fhethu hune ha rerelwa hone.

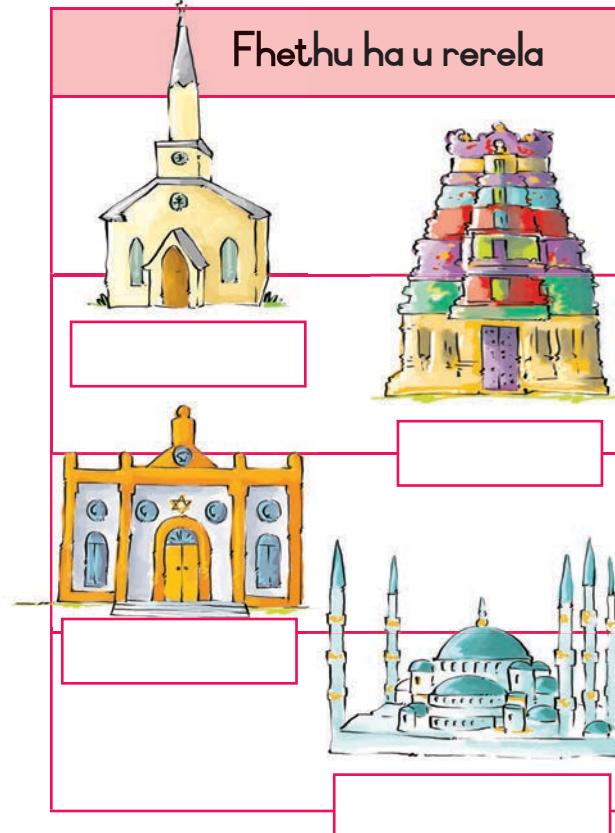
thembele

sinagogo

mosiki

kereke

Vhurereli
Tshiisilamu
Tshihindu
Tshikhirisite
Tshiyuda



Kha ri ite nyito

Vhudzisani khonani nña uri ndi tshiga tshifhio tshi no sumbedza vhurereli havho. Tshikopololeni tsini na madzina avho.

Madzina a khonani dzanu	Zwiga



Themo ya 2 – Vheqe ya 8 – Bammbiri ja u shulela ja



Thanziela

ya u khunyeledza Bugu ya 1 ya

Zwikili zwa Vhutshilo ya Gireidi

ya 3 yo ḥnewa

Nwalani dzina ḥanu.

Deithi _____

Mudededzi _____

Dikishinari yanga

A
a

a

G
g

g

B
b

b

H
h

h

C
c

c

I
i

i

D
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J
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Dikishinari yanga

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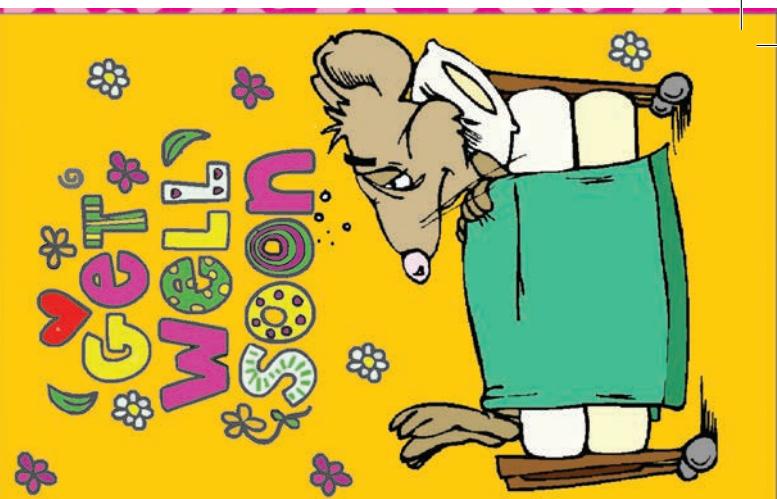
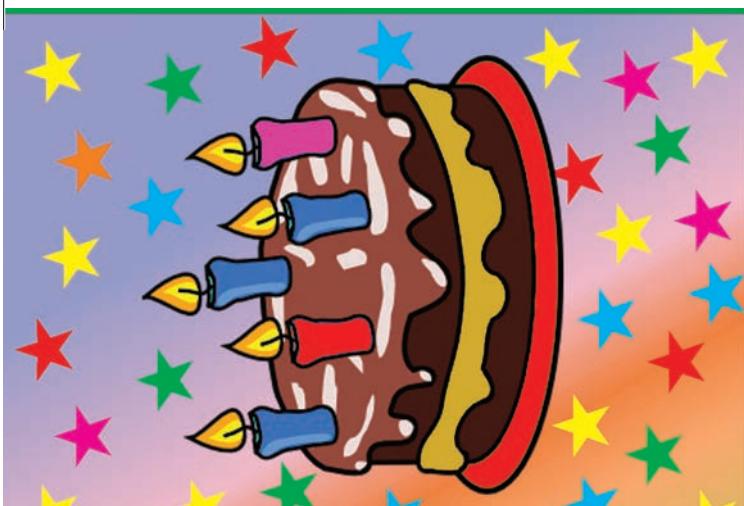
V
v

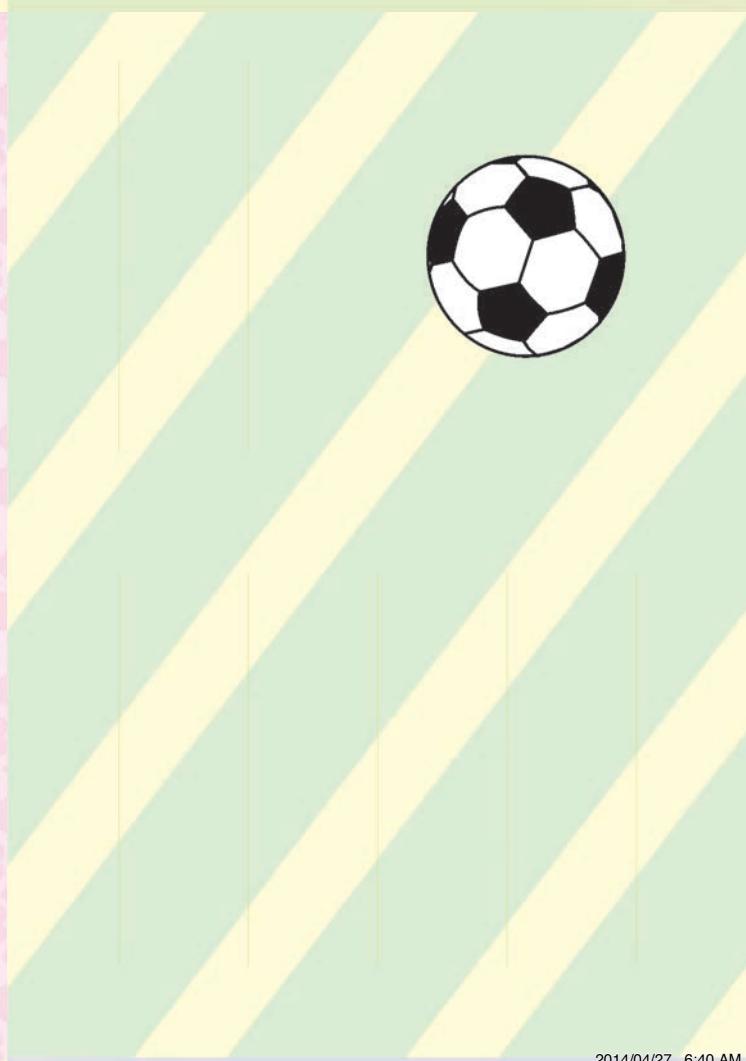
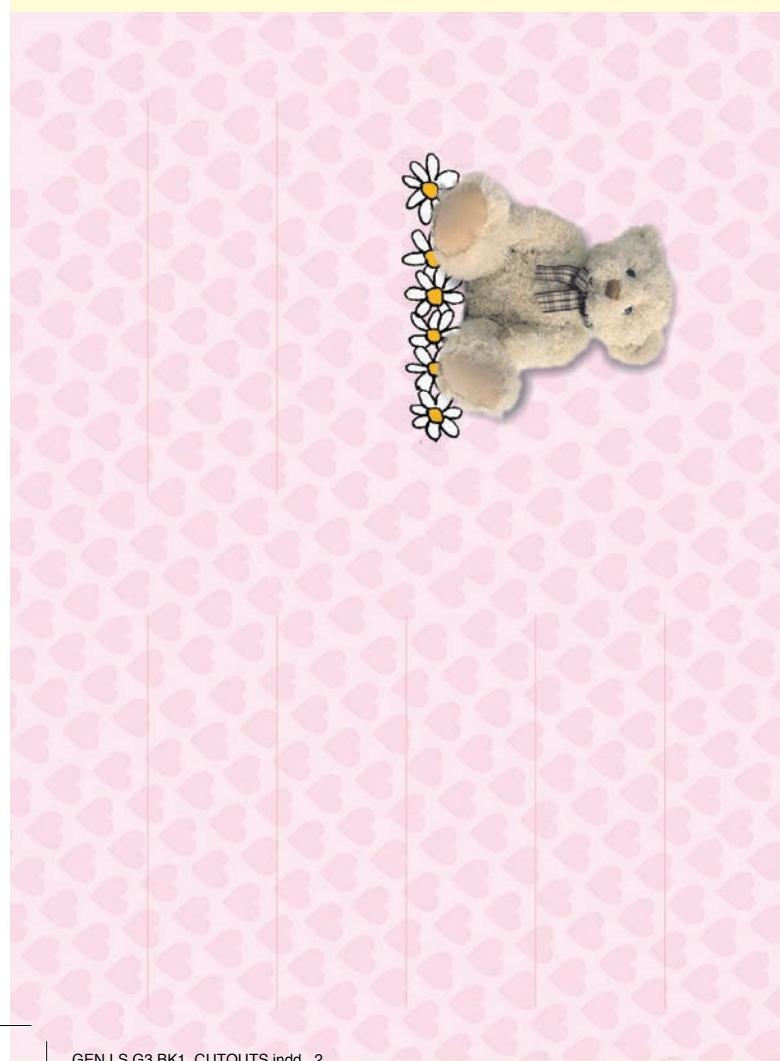
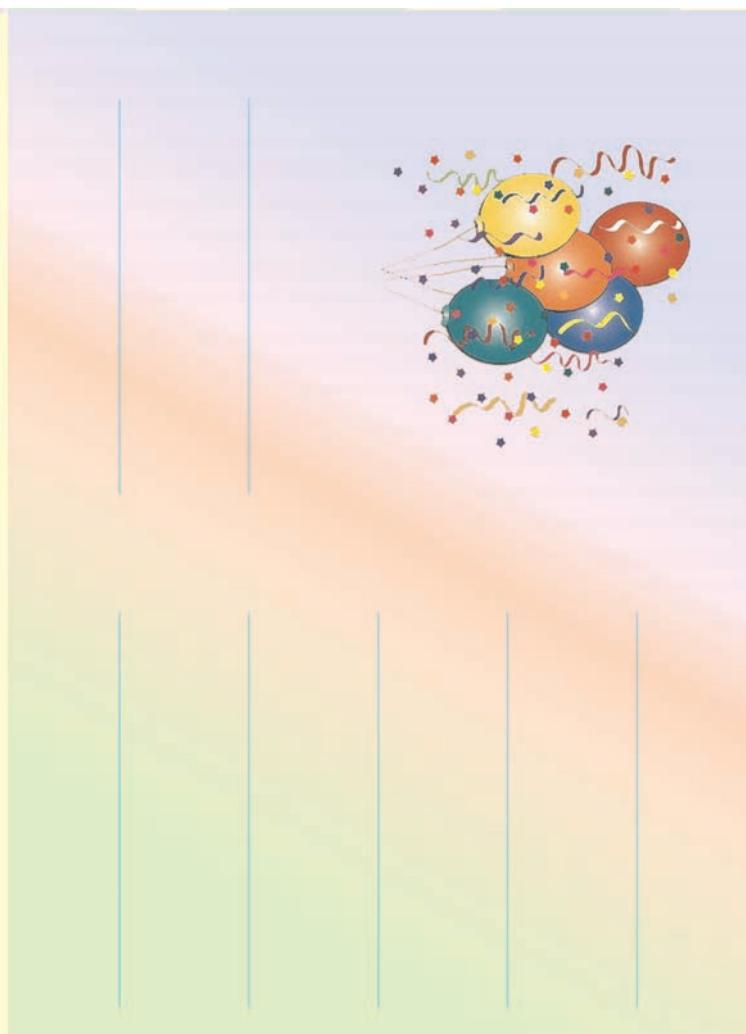
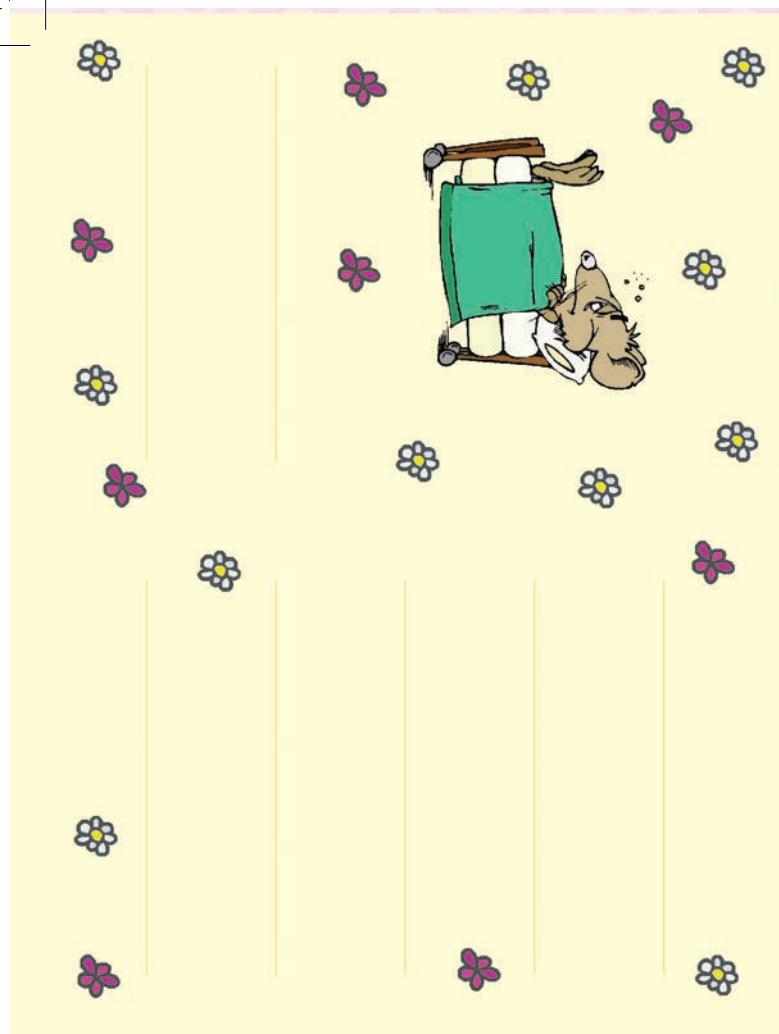
Q
q

W
w

R
r

X - Z
x - z





P.45

