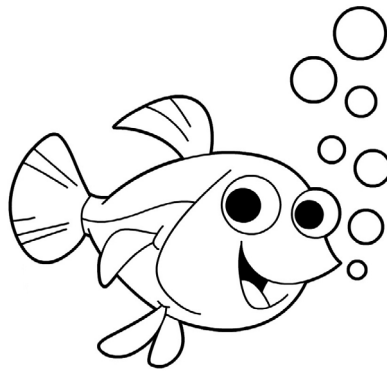


# Imibongo

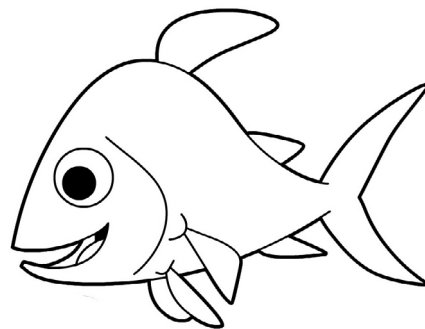
Igama:

## Umbongo weentlanzi

Intlanzi enye encinane Yayiqubha kwisitya sayo  
Yavuthela amaqamza Yaza yachaza umnqweno wayo  
Ekuphela kwento eyayiyifuna yenye intlanzi Eyayiza  
kuqubha nayo Kwisityana sayo esincinane



Kwafika enye intlanzi ngenye imini  
Ukuzovuthela amaqamza Ngoxa zazidlala ezo ntlanzi  
zimbini zincinane  
Ngoku zivuthela amaqamza Kwisityana esincinane  
Qumpu! Qumpu! Qumpu!



Ukutya iintlanzi ezinamafutha ezifana  
neepilchard, ituna, iisardine nemackerel  
kusempilweni kuwe kuba zizele  
nguOmega-3 Fatty Acids.