

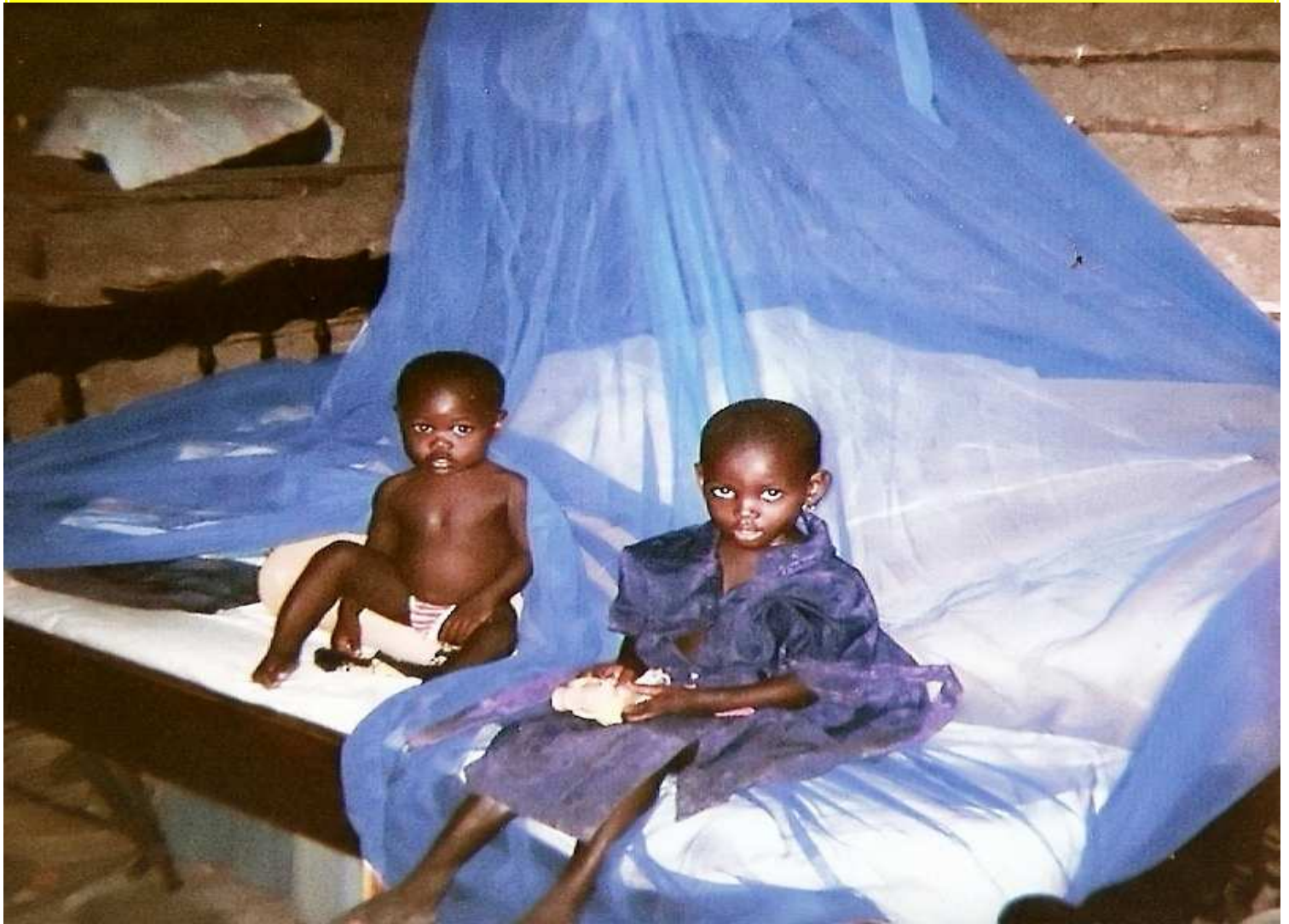
2010

HEALING

HEALTH CARE

WELLNESS

African Proverbs Calendar



www.afriprov.org

Treated mosquito net in Kenya
Photo Credit: Coralie Salvador

January 2010

Planning Ahead in Health Care

Akati kinikwa kakiri kabisa. (Kiga)
 Mti hukunjwa wakati ungali mchanga. (Swahili)
 On redresse l'arbre quand il est encore jeune. (French)
 A stick is straightened while still young. (English)

Kiga, Ankole (Uganda) Proverb



Health Clinic near Nyamata, Rwanda

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Photo Credit: Michael Le Chevallier					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2010

Healthy Diet



Siemunda sisute siekhumurwe. (Bukusu)
Kilicho tumboni ndicho hubeba kilicho kichwani. (Swahili)
What is in the stomach carries what is in the head. (English)

Bukusu (Kenya) Proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						Illustration by: Cephas Agbemenu

March 2010

United Efforts

“Pita uko,” si kuenda. Kwenda ndi “Tiyenda kuno!” (Sena)
 “Vai nesta direcção” não é andar. Andar significa “vamos embora juntos!” (Portuguese)
 “Aller dans cette direction” ne signifie pas tu vas. Aller signifie, “Allons ensemble” (French)
 “Go in that direction” does not mean that you go. To go means, “let’s go together!” (English)

Sena (Mozambique) Proverb



Explores solidarity as shown in the three women lifting a big basin of fruits. The fruits symbolize the rewards for their solidarity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			Illustration by: Cephas Agbemenu

April 2010

Making Healthy Choices to Prevent Malaria

Bahana owo gulimu. (Haya)

Aonywaye na kufuata ni Yule mwenye roho tulivu. (Swahili)

A person who is not disciplined cannot be cautioned. (English)

Haya (Tanzania) Proverb



Treated mosquito net in Kenya

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Photo Credit: Coralis Salvador				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2010

Not Taking Health for Granted



Akpa le tome gake menya tsi fe vevie nyenyeo. (Ewe)

A fish is in water but does not know the importance of water. (English literal translation)

A fish is the last to acknowledge the existence of water. (English figurative translation)

Ewe (Ghana, Benin, Nigeria and Togo) Proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Illustration by: Cephas Agbemenu						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2010

Actions Speak Louder Than Words

Isihlahla saziwa ngezithelo zaso. (Zulu)
A tree is known by its fruit. (English)

Zulu (South Africa, Swaziland) Proverb



"Jesus Heals the Sick" by Charles Ndege

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2010

Compassionate Healing

Imbilaph' ivun' isilonda. (Zulu)
The groin pains in sympathy with the sore. (English)

Zulu (South Africa, Swaziland) Proverb



Health Clinic near Nyamata, Rwanda

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Photo Credit: Michael Le Chevallier				1	2	3
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August 2010

Working Together



Mukami tiwe muruti nguha. (Gikuyu)

Aanayekama no tofauti sana na anayetoa (ng'ombe)

kupe/mbung'o. (Swahili)

The one who milks the cow is not the same person as the one who removes (plucks out) ticks from a cow. (English)

Gikuyu (Kenya) Proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				Illustration by: Cephas Agbemenu

September 2010

Voice of Experience

Utamirhe ya mokorho, urhagenda bwirhe. (Ngoreme)
 Kama ukikataa la mkubwa utatembea kutwa nzima. (Swahili)
 If you refuse the elders advice you will walk the whole day.
 (English)

Ngoreme (Tanzania), Kuria (Kenya, Tanzania)



Teaching about AIDS in Mombasa, Kenya

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		Photo Credit: Maryknoll Africa Website, Brother John Mullen

October 2010

Concern for the Whole Community

Wabiute, walya watundila uenyu. (Bembe)

Kama siafu, kula sehemu ndogo na peleka nyingine nyumbani. (Swahili)

Comme les fourmis, mange peu et amène le reste à la maison. (French)

Like ants, eat little and carry the rest back to your home. (English)



Bembe (Democratic Republic of the Congo – DRC, Tanzania) Proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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November 2010

Simple Lifestyle

Iireragira ruku-ini ni ikaya kuigana. (Gikuyu)

It [a bug] grows up in dry wood, and yet it comes to maturity. (English)

Gikuyu (Kenya) Proverb



Mother and child at a Health Clinic in Rwanda

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				Photo Credit: Michael Le Chevallier

December 2010

Preventative Medicine

Amihwa gaholela nwele. (Longo)

Miba imepoa kwenye wayo. (Swahili)

The thorn in your foot is temporarily appeased, but it is still in.
(English)

Longo (Tanzania) Proverb



Poster used in AIDS education program in Kenya

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Photo Credit: Maryknoll Africa Website, Brother John Mullen

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