

FREE "I'M A CHAMPION" POSTER * WIN A BINGWA GIFT HAMPER

BINGWA

ISSUE: 1



"The Unexpected"

MT. KENYA UP-CLOSE



Shinda Safari Ya Kwenda Katika Mbuga La Wanyama Wa Pori La Nakuru

- *PUZZLES
- *RIDDLES
- *STORIES
- *CARTOONS




JANET'S UNWANTED VISITORS



IT'S OVER! GET DOWN NOW! I'VE KILLED THEM. SEE?
TAKE THEM AWAY!!!

How CHURCHIL Related to Girls when He was in School



PRIZES! * AMAZING FACTS! * CAREER TIPS! * SAFETY INFO! * JOKES!

The goodness of
Prestige Margarine
in a trendy pack!



Good for you. And good fun too.



10
TIMES
MORE PROTECTION
from germs*



Stay Healthy
Feel Strong



Be 100% Sure

*As compared to ordinary soaps

A note from **BINGWA!**

Dear kids,
Welcome to the world of Bingwa!

It's a wonderful, friendly place where you can enjoy hours of fun and learning every term. Browse through this issue and see for yourself what Bingwa is all about. You will be impressed by our wide variety of engaging stories, beautiful illustrations, fun-filled puzzles and learning activities.

Bingwa is a haven where you can feel comfortable sharing and reading amazing jokes and riddles, personal artwork, opinions and even problems at home or school. It's a place you can call your own.

Sincerely,
Bingwa editorial team!



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THE **BINGWA!** LEGEND

Just like any other morning, the sun rose majestically over the Nguvu hills, which were the source of River Uzima. This river was so sacred that only a high priest was allowed to drink from it. The people of Nguvu believed it was the meeting place of the gods. In fact, the five elements of the world - earth, heart, wind, water and fire - occasionally met there to discuss matters involving the universe. That morning was one of those days. The five elements were troubled about the current degradation of the universe. They agreed that the only way they could save the universe was through the children, who were pure at heart and capable of the task. The elements had a problem though. They needed a leader to rally the children for this mission. "This leader must be balanced in all ways possible," they thought. They then created Bingwa! Bingwa is a careful blend of the earth's nobility, the heart's purity, the wind's strength, the water's tranquillity and finally, the fire's intensity. With this, Bingwa was sent forth to guide the children into a better world.



Inside

Our World	29	Bosco kapatikana
3 Believe it or not	Competitions	
Know Your Heroes	20	Kwanini unajivunia kuwa Mkenya?
7 Wangari Maathai	Personal Safety	
Know Your Country	31	Draw your family
6 How Kenya began	40	How to handle sexual assault
17 Mount Kenya up close	Careers	
Short Story		
10 The Unexpected	42	Career choices
World of Science	Profiles	
14 Save our trees	46	When I was young
Kiswahili	48	A day with Rehema
18 Jogoo avishwa taji	Cartoons	
22 Picha zenu	9	Fun at school
23 Jaribu kukumbuka	35	After school
28 Tafuta maneno		



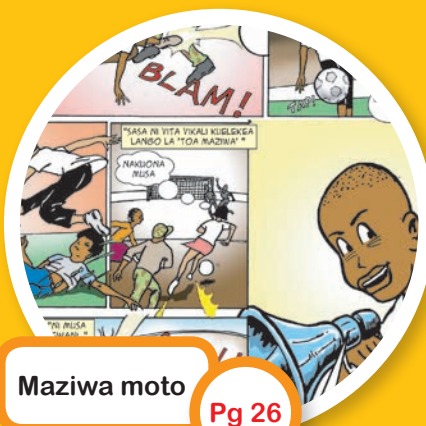
It's a wild wild world

Pg 4



When I was young

Pg 46



Maziwa moto

Pg 26



Do it yourself: Save our trees

Pg 14



Look out for this icon. It tells you that there is an activity you can do on that page.



Look out for this icon. It tells you that there is a competition on that page. Your chance to win amazing prizes!



Look out for Bingwa's opinion. You never know when it might come in handy.

BELIEVE IT
OR NOT



THE WATER WE
USE TODAY IS THE
SAME WATER THE
DINOSAURS USED



A PERSON ONCE
HICCUPPED FOR
68 YEARS!



A PINEAPPLE IS
A BERRY

YOUR
EYES

MOVE ABOUT
80 TIMES A
SECOND

A human being can
live more than a
month without food
but only for one week
without water



ANTS DO
NOT SLEEP

Galileo Galilei
discovered the **four**
brightest moons

about 400 years ago

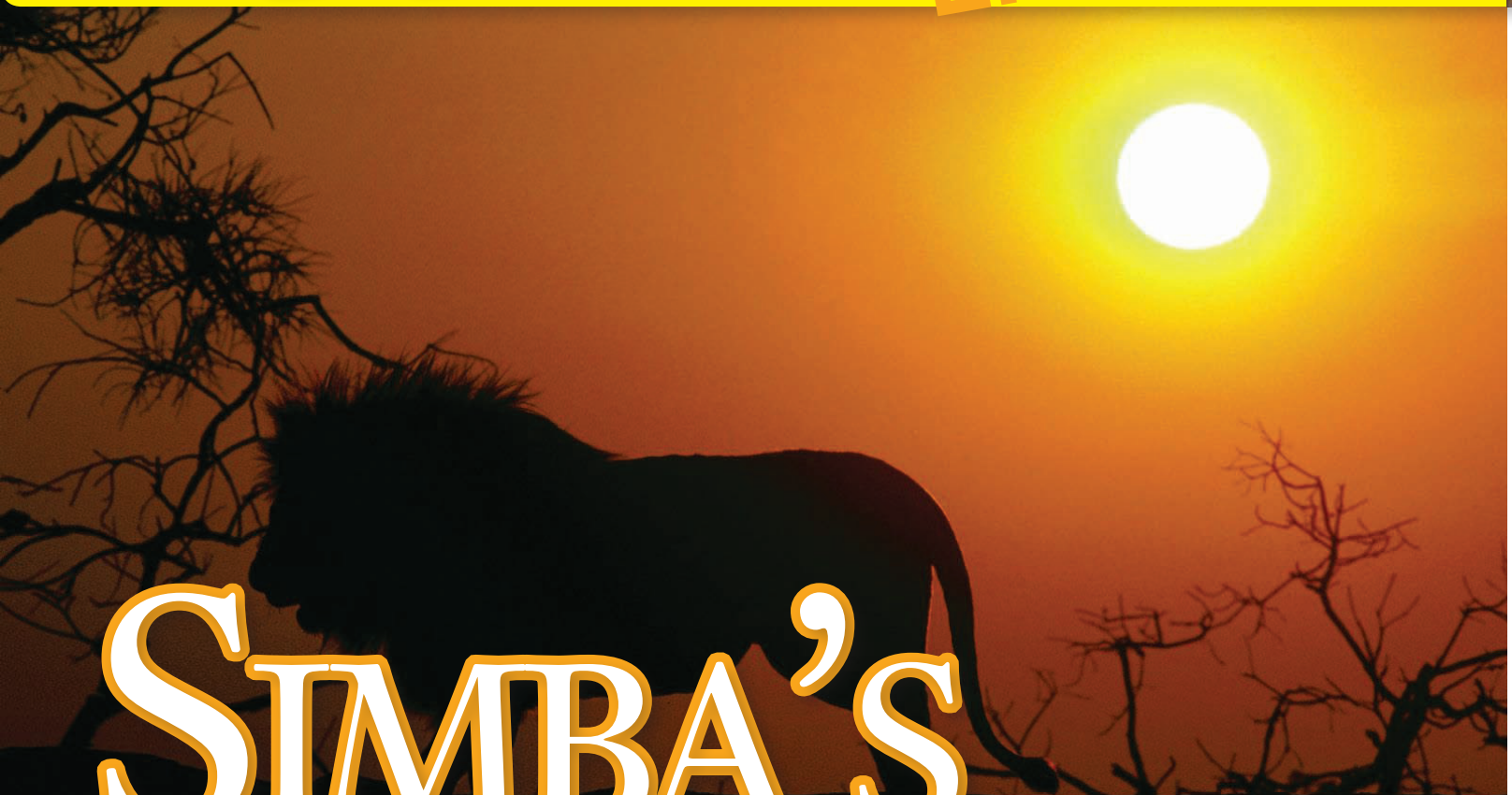
An
ELEPHANT
is 70% water



Eels can swim backwards



IT'S A
WILD WILD
LIFE



SIMBA'S WORLD

By Gitonga Micheu



Jambo. I am the lion, “King of the Jungle.” If you want to impress your friends, you can call me *panthera leo*, but the name I like best is Simba! Mum is known as the lioness, and the little ones are called cubs.



Lions are part of the cat family, and in early times were found as far north as Europe, as well as India, Arabia, parts of Africa and Iraq. Unfortunately, they have become extinct in most of these areas and are now mainly found in the African savannah and a few in northern India. Today, Africa hosts just a quarter of the lion population it hosted 40 years ago.

A lion's average lifespan is about 15 years but a lion named Nero once lived to the ripe age of 29 in a German zoo.

Lions start hunting at the age of two years and are fully grown by the time they are six. At maturity, they can weigh up to 200kg. The largest lion on record was almost 11 feet long and weighed nearly 318kg.

The mane that covers the male lion's head and neck starts growing when the male

is about 18 months old.

Although called *king of the jungle*, Simba is at home in the open savannah grasslands where the giant cat can see prey. Simba hunts stealthily and wham! The prey gets the surprise of its life.

Lions are carnivorous. A lion rarely eats an entire kill – hyenas and vultures finish the rest.

Simba's diet mainly comprises medium-sized animals like impalas, Thomson's gazelles, and larger ones like zebras and wildebeest. The pride sometimes comes together to bring down large animals like buffaloes and giraffes.

Remember, *Simba* kills only for food, never for sport. Simba respects others and they respect his pride. That is how it is in Simba's world. After all, he is the king of the jungle.

When there are many, they are referred to as "a pride of lions." A pride is a family unit and may include up to three males, 12 females and their young.

FACTS

Lions roar to mark or to claim their territory, and the roar can be heard from as far as six kilometres away.

Lions, like other cats, purr when pleased.

Mature lions can eat as much as 40 kilograms of meat at a time.

When not hunting, lions laze about in the shade and some even climb trees.

It may take up to four hours for a pride of lions to finish eating.



Know Your Country

HOW KENYA CAME INTO BEING

Modern-day Kenya was named after Mount Kenya, the highest mountain in the land. The Kikuyu, who lived in the area around modern-day Mt. Kenya, referred to the mountain as “Kirinyaga” or “Kerenyaga”, meaning ‘the mountain of whiteness’ or ‘the mountain of ostrich’. This was because the mountains snow-capped peak looks like that of an ostrich. The name became synonymous with the land but it was always a challenge for the colonists to pronounce “Kerenyaga” correctly hence the coining of the word Kenya which was easier for them to pronounce.

The first inhabitants of what is now Kenya were hunting groups. They were followed by Cushites from the north, Bantus from Central Africa, Nilotes from what is now Sudan and Somalis and Oromo from Ethiopia.

Early Kenyan communities were divided into clans, age-sets and age grades. In most traditional Kenyan societies, government was mostly by a council of elders, although some communities had chiefs and kings who went by different names.

Arab traders began frequenting the Kenyan coast in the first century AD. Arab and Persian settlements sprouted along the coast by the eighth century, introducing Islam to the locals. Nilotic and Bantu peoples later moved into the region. The Swahili language, a mixture of Bantu and Arabic, developed as the official language for trade between the different peoples.

Before the Portuguese came in 1498, the Arabs dominated the coastal parts of Kenya. European

traders then started arriving at the Kenyan coast to trade. In 1885, European countries subdivided East Africa during the scramble for Africa into what they called “spheres of influence.” This saw European influence gain strength in the region.

In 1895, the British Government established the East African Protectorate, which consisted of Kenya and Uganda, and started farms in the fertile highlands for white settlers. Many local people were forced out of their land.

Kenya officially became a British colony in 1920. Africans were not allowed to vote or take leadership positions until 1944.

From October 1952 to December 1959,

Kenya was under a state of emergency. This was because Africans had organised themselves into a group called “Mau Mau” to rebel against the British colonial rulers. Many people were rounded up and detained. The most notable among them were Jomo Kenyatta, Fred Kubai, Bildad Kagia, Kung’u Karumba, Achieng Oneko and Paul Ngei.

The first elections for black people took place in 1957.

Kenya became independent on

December 12, 1963. Jomo Kenyatta, who was head of the Kenya African National Union (KANU), and the first black prime minister, became Kenya’s first president.

Since independence, Kenya has been peaceful despite political changes and problems in neighbouring countries. Since the country became a multiparty state in 1992, Kenyans have enjoyed more freedom. In December 2002, Kenyans held elections, which saw the country’s second president, Daniel arap Moi, leave office and Mwai Kibaki become president.



Mzee Jomo Kenyatta at a rally in Kiambu on August 24, 1952 minutes before he was arrested.

KNOW
YOUR
HEROES



WANGARI MAATHAI

the village girl who now dines
with kings...

Boys and girls, here's a quiz for you. She is famous, well travelled, has been a Member of Parliament, and loves conserving our environment by planting trees throughout Kenya. Congratulations if you guessed right, she is... Wangari Maathai!

She was born in 1940, the third child in a family of six children at Ihithe village, Nyeri District. Her parents were peasant farmers.

Wangari started going to school at the age of seven. In her book, *Unbowed, One Woman's Story*, Wangari says, "I remember my first day at Ihithe Primary School as



ABOUT THE NOBEL PEACE PRIZE

Alfred Nobel was born in Stockholm, Sweden, in 1833, the fourth son of Immanuel and Caroline Nobel. Alfred Nobel invented dynamite in 1867. Nobel prizes were made possible by his final will in 1895 and the first award given in 1901.

Each year on December 10, the anniversary of his death, the Nobel Prize is handed out in six categories: physics, chemistry, medicine, literature, economics and peace. The awards are given to those who have made the most important discoveries or inventions in their field.

fascinating; especially now that I had a pencil, a slate and an exercise book all in a simple goatskin bag.”

Wangari later joined St Cecelia’s Intermediate Boarding School. Then in 1956, she joined Loreto Girls’ High School in Limuru.

In 1960, Wangari went to the United States for further studies. She first attended Mount St. Scholastica College, later winning a scholarship to Pittsburgh University where she pursued a Master’s diploma in biological sciences until 1965.

She returned to Kenya in 1966 to work as a research assistant at the University of Nairobi and two years later, became a lecturer. Wangari completed her Doctor of Philosophy degree (PhD) in 1971, becoming the first woman to do so in East Africa. She was also the first woman to head a university

Wangari says she was a hard working and very keen student. This saw her top her class during the final exams.

department in Kenya.

Although a pacesetter, Wangari was hardly recognised in a male dominated world. Most positions were a preserve of men and Wangari had to fight for her place and those of other women.

Wangari has been a voice for women and the poor. In 1990, she opposed the construction of a 60-storey building at Uhuru Park in Nairobi. Uhuru Park is a public park and putting a building on it

would have denied the public a place to rest. The case was heard in favour of Wangari and the complex was never built.

In 1992, Wangari showed her unity with the mothers of political prisoners who set up camp at Uhuru Park demanding the release of their sons. Police beat them and pictures of the mothers, chained together, were published in newspapers worldwide.

In 1977 she founded the Green Belt Movement, aimed at bringing Kenyans together to plant trees and conserve the environment. It has planted 30 million trees throughout Kenya so far. She won the Nobel Peace Prize in 2004. It was the first time a Kenyan has won a Nobel Prize.

Wangari inspires today’s generation to make a change no matter the challenges.



Wangari Maathai with school scouts and guides from Kajjado District.



Test your General knowledge

Answer true or false

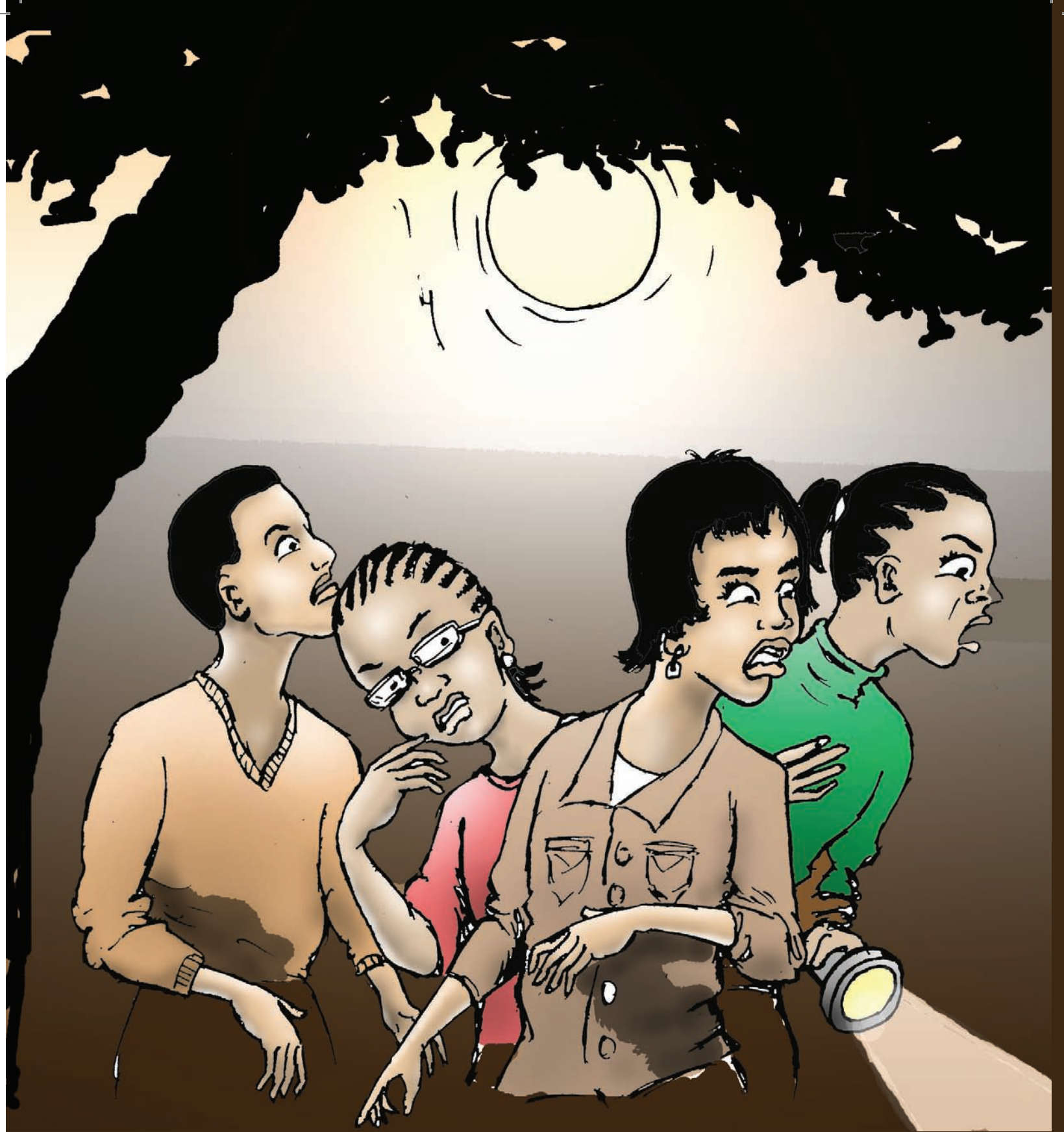
1. Jupiter is closer to Earth than to Venus.
2. A tiger is the fastest animal on earth.
3. A monument in remembrance of freedom fighter Field Marshall Dedan Kimathi was recently erected in Nairobi.
4. Children's Day is celebrated all over the world on November 14.
5. The elephant is the largest animal in the world.
6. HIV/AIDS can be transmitted through blood transfusion.
7. Before Mzee Jomo Kenyatta became president, he was a prime minister.
8. Bees have two stomachs.
9. Computers are used with satellites and telephone lines for communication.
10. A rat can live longer without water than a camel.



Answers: 1. False. 2. False. 3. True. 4. False. 5. False. 6. True. 7. True. 8. True. 9. True. 10. True.

FUN AT SCHOOL





THE UNEXPECTED!

By Christine Nderitu

The moon was round and yellow and the trees swayed against the moderate breeze as April, May, Adam and I walked slowly back to camp. We had hiked up and down the Ngong Hills that day and we were all exhausted. We hummed a famous camp tune as we struggled with the sharp bends on the rocky path.

April was the group leader. Like a lion that leads the pride, she shouted orders with such finality that any rebelling soul would cower. May was the group chatterbox. She talked endlessly. We bet that she even talks in her sleep!

Adam was the trickster, like the monkey of the group. If we ever found a rubber snake or spider on our faces when we woke up, we knew whom to blame. I, on the other hand, was the silent observer, the one bearing a load of creativity within.

Everyone was humming to *Ten Green Bottles* when we heard some bushes move, bringing us to a sudden halt. For a few seconds we stood, silent and listening, gazing into the dark bushes, hoping to see some sign of life that would not maul us to death in the early evening.

"It's just the wind," said April. "Let's move on."

We moved on, but this time without humming. Instead, May decided to tell us stories about the grizzly hyenas that sneak up on unsuspecting campers to maul them to death! She continued with tales of the enormous elephants that stomp on people and houses, and then with stories about fierce lions that never spare a rib.

At that moment, we heard a branch break violently. We knew that was not the wind. We formed a square,



At the sound of that, we all took to our heels, running as fast as we could. We tripped over tree roots, getting up again and running even faster to save our lives.

the four of us standing back to back, as we watched the dark shadows of the huge trees. Unfortunately, our torch batteries were low and we could barely see through the night. The trees were huge in this part of the forest and they blocked the moonlight.

Suddenly, Adam jumped in a terrified frenzy screaming, "Run for your lives! I saw it! It's so huge, run for your lives!"

Then Adam stopped, caught his breath and started to talk. "I... I... I'm telling you, it... it... it was big and

scary and... and... it moved threateningly!"

"What?" we asked in chorus.

"The big huge tree with big leaves!" he said. We could not believe it! All that running and panicking because of a tree?

Adam stood there with a sheepish smile, telling us he had thought the tree was supernatural as it was moving. Typical! Sometimes, I feel like tying him to a tree for the night, but that would be a wrong and mean thing to do.

We continued walking slowly towards camp and in a few minutes, we caught sight of the campsite. Then we heard some twigs cracking. "Not again," I thought.

We all looked back sharply, convinced this time we were really in danger. What we saw surprised us! We could not believe that we almost ran away from these small, sweet-looking animals.

We stood there laughing at ourselves and making fun of each other, especially of April because usually she is the tough one. But tonight she was scared half to death by two small harmless baby monkeys!

We got to our campsite, ate some food and went to sleep. In my tent, I tossed and turned, eagerly awaiting the next day, just to see what lay ahead and hoping it would be as unexpected as today's adventure.

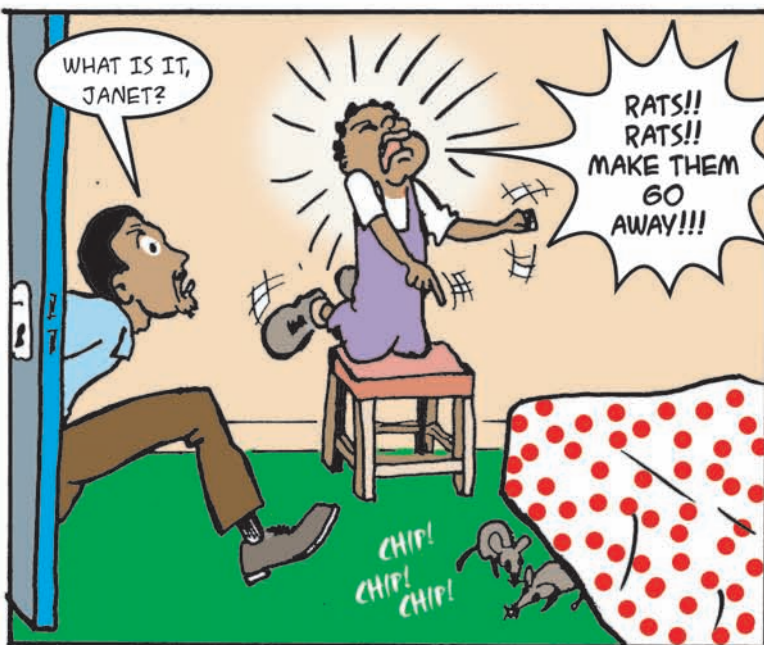
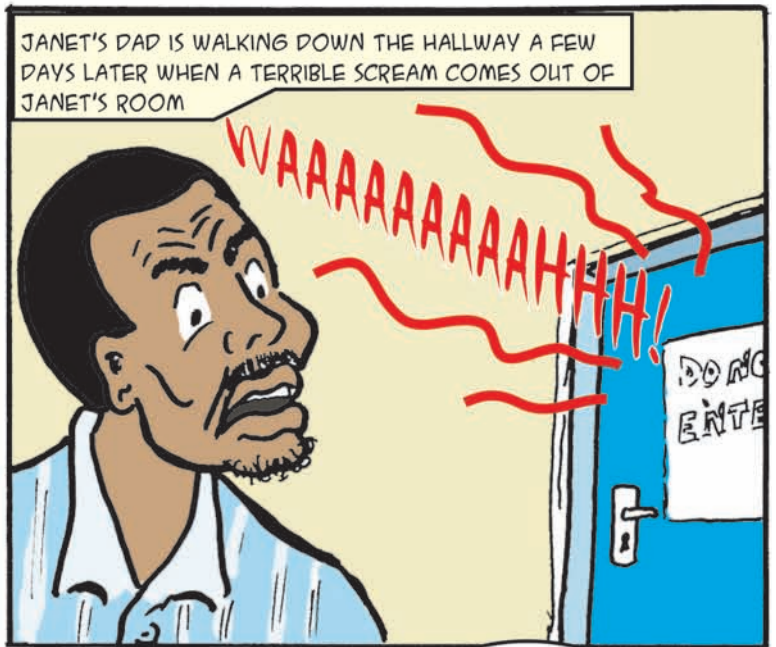
JANET'S

Unwanted Visitors



JANET IS IN HER ROOM ONE DAY WHEN HER MOTHER WALKS IN. SHE IS QUITE SHOCKED AT WHAT SHE SEES...





Refer to story on Page 43

Do it yourself: Save Our Trees!

We use paper for many activities in our lives. Paper comes in either plain, printed or coloured form and could be in stationery, books, boxes and gift-wrapping. Some papers, like milk packets, are coated.

As important as paper is in our daily lives, we must be careful when using it. Using paper carelessly means that more trees are cut down to meet the increasing demand. Cutting trees for paper depletes forest cover, which contributes to climate change.

The pulp and paper industry contributes to air and water pollution.

Recycling paper not only saves trees and decreases pollution, but it also reduces the waste problem by reusing paper that might have otherwise gone to waste. We can re-use newspapers and other used paper.

Waste paper can also be used as building material, roofing sheets and as, animal bedding. Old cartons can be used as fuel. Many households in Kenya use milk packets to start a fire.

Other ways to recycle paper is by using both sides of the paper and creating notepads. You can also keep a basket of scrap paper for scribbling notes.

Benefits of recycling paper

- Reduces waste: Paper accounts for a high amount of waste produce. Recycling paper means less waste and disposal problems.
- Conserves energy: 60-70 per cent energy is saved.
- Conserves our resources: Producing paper from other sources uses 55 per cent less water and helps preserve our forests.
 - Reduces pollution: Recycling paper reduces water pollution by 35 per cent and air pollution by 74 per cent. It eliminates many toxic pollutants.
 - Livelihood creation: Recycling waste paper creates jobs.

Each person uses 5kg of paper every year.

In the five year period from 2007 to 2012 due to the population increase, six per cent more paper will be used.

Use of paper over a five-year period

2007	2008	2009	2010	2011	2012
5kg	5.3kg	5.6kg	5.9kg	6.2kg	6.5kg

Recycle paper at home



1 Soak waste paper in water overnight. Break it up, pulp and grind it with a paste of flour and water.



2 Add glue and mix well.



3 For colour, add ink, paint or natural colouring agents like tumeric powder.



4 Put water into a pan with wiremesh placed inside. Pour a cup of the blended pulp over the mesh and spread it evenly. Lift the mesh and drain the water.

Why not?

Students in schools around the world have been involved in separating paper waste, collecting and recycling it. They have also made paper products like folders, penholders, material for display boards, lampshades, teaching/learning aids and so on.

Why not recycle paper to make your own cards, files, folders, invitation cards and certificates for your school?

We should promote recycling paper to reduce paper wastage and save our trees.

Making recycled paper at home

(What you need)

1. 10 old newspapers or any other waste paper
2. A basin
3. 4 glasses of water
4. 10 drops of glue
5. Half a cup of flour
6. Ink, paint or natural colouring agents like tumeric powder
7. A frying pan
8. Very fine wire mesh
9. Clean dry newspapers
10. Flat wooden board
11. Dried leaves or flower petals
12. Moist muslin cloth
13. Flat iron and ironing board

PROCEDURE:

1. Shred available waste paper and soak it overnight in cold water.
2. Break it up, pulp and grind it with your hands and a paste of flour, water and glue until the mixture feels like it's holding itself together. For colour, add a spoonful of ink, paint, or natural colouring agents like tumeric powder.
3. Pour half a cup of water into a pan with wire mesh placed inside it. Pour a cup of the blended paper over the mesh and spread it evenly.
4. Lift the mesh and drain the water.
5. Place the mesh on one side of an open newspaper and fold it.
6. Carefully flip the newspaper so that the mesh is on top of the pulp. Press a flat wooden board on the newspaper to squeeze out excess water. Open the newspaper and remove the mesh. Keep the newspaper open for drying. To decorate, spread dried leaves and petals on the sheet while it's wet.
7. Once dry, peel off the sheet from the newspaper.
8. Lightly iron the sheet under a piece of moist muslin cloth.



5 Place the mesh on one side of an open newspaper and fold. Carefully flip the newspaper so that the mesh is on top of pulp.



6 Press a flat wooden board on the newspaper to squeeze out water. Open the newspaper and take out the mesh.



7 Keep the newspaper open for drying. Dried leaves and petals can be spread on the sheet while it is wet.



8 Once dried, peel off the sheet from the newspaper. Lightly iron the sheet under a piece of moist muslin cloth.



BOOK REVIEW

Kithingichi My Father's Bull By Njue Kamunde

Renowned writer of children's books Njue Kamunde has proved how beautiful oral traditional stories can be. Once you start reading Kithingichi My Father's Bull, you can hardly put it down.

The story is set in a grandmother's kitchen, which is dimly lit by a simple tin lamp called "ngwatira." Every evening, she narrates a story to the eager children

seated around her.

The story in this book is about a hunter named Gitobu who was the best in the land. He had a large herd of animals led by a famous competition winning bull known as Kithingichi. Gitobu had many children but did not have a son. One day, during one of his hunting sprees, a fairy promises that his wishes for a son would come true on condition that the child is never denied any of his wishes.

His child is named Kiao and develops a special relationship with Kithingichi. They spend so much time together that his parents decide to slaughter the bull. What happens next? Read the book to find out.

The story is interesting and educative.

RIDDLE TIME

1. My house has no door...
2. I walk with my house on my back.
3. What kind of nut doesn't have a shell?
4. What travels around the world but always stays at a corner?
5. Why was it so hot after the basketball game?
6. Why did the bald man paint rabbits on his head?

ANSWERS

1. An egg 2. Tortoise 3. Doughnut 4. Postage stamp 5. Because all the fans had left 6. Because form a distance they looked like hares

JOKES



Hi, do you have a great *mchongowano*, joke or riddle in any language, drawing, or photograph you would like to share with Bingwa?

Send it to us at:
editor@bingwa.org or Bingwa Magazine,
 'Jokes Submissions'
 P.O. Box 823 - 00606
 Nairobi, Kenya.

Mt Kenya up close

By Jeff Mundia

My family and I set out from Nairobi early in the morning for Mt Kenya. We were booked to stay at the Sirimon Bandas, which were right at the edge of Mt Kenya forest on the eastern side and are owned and managed by the Kenya Wildlife Service. We knew the journey would take us approximately three hours. We had already packed our bags, refreshments and snacks the previous evening so we could set out early.

On the way, we spotted a few zebras here and there, which was just a taste of the varieties of animals we were to see.

As we approached the rocky road leading to Sirimon Bandas, the spectacular view of the mountain prompted gasps of awe from everyone in the car. There was not a cloud in sight, presenting a clear view of Mt Kenya which was not too many kilometres away.

The chilly weather welcomed us but we were all covered up in jackets. On arrival at the lodge, the friendly park rangers greeted us and showed us to our rooms. All the ladies, who included my mum, my two sisters, aunts and cousins, stayed in one banda, while “the boys” stayed in the other.

“The boys” included my dad, my cousin and two of my uncles.

First on the agenda was lighting up a fire to warm up the place. Then the boys - as the males were referred to throughout the trip - had to make dinner.

We soon retired to bed to regain the energy used during the trip. Although it was a freezing, cold night, the peace and tranquillity

surrounding us ushered in deep sleep. Morning was soon with us, and once again, the boys made breakfast.

The view of the mountain from our windows redefined the beauty of Kenya. The zebras, monkeys and buffaloes in the distance provided a truly picturesque scene! Mid-afternoon, we set out on a game drive of the Mt Kenya forest, which was just a few metres away from our cottages.

Although we didn't see many animals here, we were treated to an endless array of beautiful indigenous trees, many of which I had never seen before. On the way back, our vehicle experienced a mechanical problem. It was getting dark and this especially scared the younger ones among us. The fear was further enhanced when my cousin claimed he heard heavy footsteps in the bush. We assumed those would be elephants, which in these areas were known for their trampling sprees. It turned out to be a family of three warthogs, who were just as scared of us as we were of them.

We were soon back at the lodge, bearing tales of our dangerous escapades. But those who did not come for the game drive did not believe us! Tired and exhausted, we soon retired to bed.

The next day, we started packing our bags for the long journey ahead of us. In the car, I could tell that everyone was taking in the marvels of nature and could not wait for the next visit to Mt Kenya. On my part, I couldn't wait to tell my friends in school of all the fun I had.



JOGOO avishwa taji la UFALME



Imeandikwa na Njue Kamunde

“Paukwa,” Cucu (nyanya) aliwaambia wajukuu wake.
“Pakawa,” walijibu wajukuu.

“Hapo zamani za kale, wanyama walipojitawala kwenye ufalme wao msituni, Simba ndiye aliyekuwa mfalme wa wanyama. Wanyama wote walimwogopa Simba kwa ajili ya nguvu zake alizotumia kuwanyanyasa wenzake.”

“Wakati huo huo aliishi Jogoo, ambaye kila mara alitembea kwa ustaadi na

maringo – huku akiinua kichwa chake kwa majivuno mengi.

“Jogoo hakumwogopa Simba, jambo ambalo alidhihirisha kwa wanyama wengine.

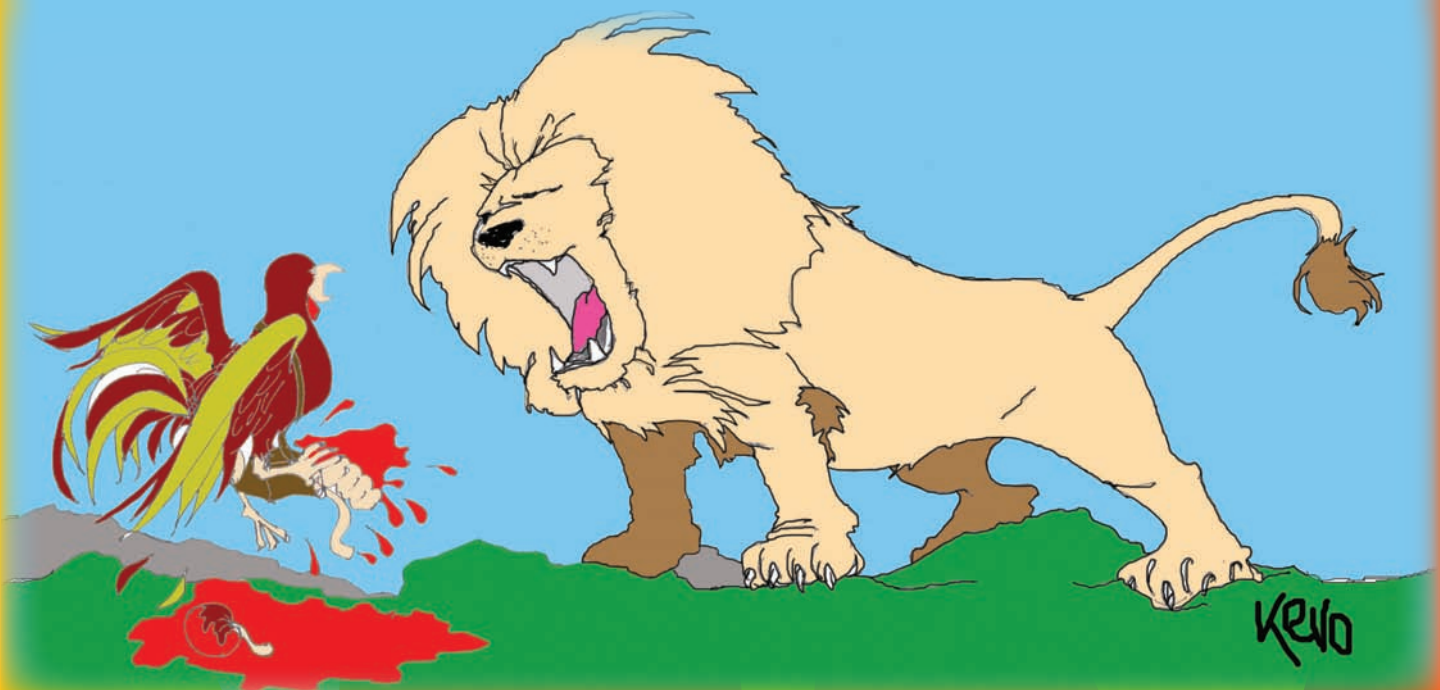
“Siku moja, Jogoo alikuwa anachakurachakura mchanga huku akitafuta chakula, kama ilivyo kawaida yake.

“Mara tu Simba akapita

na kunguruma kwa kitisho.

Mngurumo huo ulimshtua Jogoo sana.

“Jogoo alikimbilia usalama wake kwa kuruka juu ya kichaka huku mabawa yake yakibebwa na upepo juu kwa juu, akiwika kwa hasira. “Simba alimcheka Jogoo. ‘Ha! Ha! Ha!’ huku akiwa na raha nyingi kwa kumshtua Jogoo. Simba alimchukia Jogoo



kwa kuwa Jogoo alimkosoa na kumpuuza kwa tabia yake mbaya ya kutia wanyama wengine baridi na uoga.

“Simba alimkemea Jogoo. ‘Mbona unatoroka? Si nilidhani huniogopi mimi, mfalme wa falme zote za wanyama.’

“Jogoo alimwalia Simba kwa uoga mwingi, lakini hakutaka kukiri kwamba alimwogopa. ‘Mimi sikuogopi – wala sijakimbia – najitayarisha tu ili ukijaribu kunivamia, niwe tayari kukabiliana na wewe vilivyo!’

“Wanyama wengine walikuwa wameanza kukusanyika – lakini kwa umbali kiasi – wakitazama yanayoendelea.

“Jogoo alisimama juu ya kichaka huku akijifurisha mwili na kusema, ‘Mimi, sikuogopi! Mimi Jogoo nakukabili tupigane hapo kesho kutwa – tukutane katikati ya msitu – tuamue kati yangu na wewe nani bingwa.’

“Simba hakuamini masikio yake. ‘Yaani, wewe Jogoo, unataka kupigana na mimi, mfalme wa wanyama? Sawa, tukutane kesho kutwa!’ Simba alisema haya kwa majivuno, huku akiendelea na shughuli zake.

“Jogoo alijua kwa hakika hangeweza kupigana na Simba na aibuke mshindi. Lakini alijua akili ni nywele, na kila mtu ana zake,” alisema nyanya, huku macho yakiwaka mwangaza wa tabasamu.

“Kesho yake, Jogoo aliamka asubuhi na mapema na kuelekea moja kwa moja hadi ndani ya msitu. Huko, aliupata mzoga wa nyati aliyekuwa ameuawa na Simba. Jogoo alichukua damu mbichi, matumbo, roho na maini ya yule nyati na kuziweka ndani ya

mkoba wake wa ngozi. Kisha alirudi nyumbani na kungoja kesho yake, siku ya vita.

“Siku ya vita, Simba alifika asubuhi na mapema, lakini Jogoo alifika kwa kuchelewa imakusudi ili wanyama wote wawe wamekusanyika kwenye uwanja wa vita.

“Ndovu alikuwa katikati ya uwanja. Kama kawaida yake, ndiye aliyekuwa refa wa vita.

“Alipomwona Jogoo amefika, Ndovu alipiga tarumbeta yake kwa sauti, kumaanisha mwanzo wa vita.

“Papo hapo vita vikaanza!

“Punde si punde, Jogoo alifyatuka mbio, akaruka juu kwa hamaki na ushujaa mwingi.

“Alipokuwa karibu kumfikia Simba, Jogoo aliruka juu zaidi, akiwika kwa sauti kubwa. Halafu alitupa mkoba wa damu aliokuwa ameficha kwenye mabawa yake. Pwaa..! Damu ikatiririka kwa fujo.

“Aaaa! Wanyama wote

...Alipokuwa karibu
kumfikia Simba,
Jogoo aliruka juu
zaidi, akiwika kwa
sauti kubwa...

walishtuka.

“‘Hiyo ni damu yako Simba,’ Jogoo alisema kwa ukali. ‘Ngoja uone nitakavyofanya.’ Jogoo alisema haya kwa sauti ili wanyama wote wasikie.

“Tena Jogoo aliruka juu kwa juu akimkaribia Simba.

Muda si muda, aliangusha matumbo na maini yaliyokuwa yamechanganyika na damu aliyokuwa ameficha kwenye mabawa yake.

“Kuona hivyo, wanyama wote walipigwa na butwaa. Wakasonga mbali na kulia kwa mshangao ‘Eeeee! Aaaaa! Hayo ni matumbo na maini ya Simba?’

“Jogoo aliruka juu na kupiga hatua hadi sehemu yake, akiruka hapa na pale, akisema kwa sauti kubwa, ‘Sasa Simba, kilichobaki naitaka hiyo roho yako!’ Akitoa sauti ya vita ‘lihii hiii! lihii hiii! lihii hiii,’ huku akimkimbilia Simba.

“Simba kusikia hivyo, uoga ulimshika na akajiliza, ‘Hiyo ilikuwa damu, sasa ni matumbo na maini yangu, na sasa Jogoo anataka roho yangu...’

“‘Hakika Jogoo akipata roho yangu mimi nimekwisha!’ Mara Simba akageuka na kutimua mbio.

“Wanyama wote walimshangilia Jogoo, huku wakimbeba hobelahobela wakisema kwa sauti, ‘Jogoo! Jogoo! Jogoo juu! Jogoo juu! Juu juu zaidi!’

Wanyama wote walijawa na furaha tele walipomwona Simba akikimbia.

“Wanyama walimvisha Jogoo taji la ufalme, ambalo Jogoo huvaa kichwani mwake mpaka wa leo.

“Kuanzia siku hiyo, Jogoo alipewa jukumu la kuwika na kuwaamsha wanyama wote. Hakuna mnyama anayeamka kabla ya kumsikia Jogoo akiwika.

“Naye Simba huwinda usiku, akiogopa kukutana na Jogoo, asichukue roho yake na kumuua,” alitamanisha Cucu.



Shindano!

Kwa nini unajivunia kuwa mkenya?

Pata nafasi ya kutembelea mbuga la wanyama la NAKURU

Kama wewe ni Mkenya unajivunia hadhi ya kuwa Mkenya, twandikie makala mafupi huku ukielezea kinachokupendeza na unaona fahari gani ukiwa Mkenya. Makala yako yaweza kuwa kuhusu chochote kile kama vile, wanyama wa pori, mbuga za wanyama au kuhusu watu wema waliokuzingira. Kumbuka kwamba utakuwa mshindi kulingana na nahau pamoja na msimko wa hadithi yako. Shindano limeidhinishwa kwa wanafunzi wa darasa la tano hadi la nane pekee.

Zawadi:
Mshindi wa kwanza: Safari ya kwenda katika mbuga la wanyama wa pori la Nakuru
Mshindi wa pili: Safari ya kwenda katika mbuga la wanyama wa pori la Nairobi

Ulichostahili kufanya
Andika makala bunifu ambayo hujaisoma mahala popote pale. Unaweza kufanya haya kwa kukariri hadithi yako kutoka moyoni mwako. Tumia sarufi mwafaka isiyo na makosa ya kitahajia. Unaweza tumia lugha ya kiswahili au kingereza Makala yako yasizidi sentensi kumi na tano.



Tuma hadithi yako kwa:
'Najivunia kuwa Mkenya'
Bingwa Magazine
S.L.P 823 - 00606
Nairobi, Kenya.
Au
Barua pepe: editor@bingwa.org

KAZAMA KWA MAKINI



Sasa enda ukurasa wa 23

MAAJABU YA NAMBARI

Chukua nambari yoyote

$? + 7$

Ongeza 7

$\times 2$

Izidishe mara mbili

$+16$

Ongeza 16

Kisha izidishe tena mara mbili

$\times 2$

Gawa nambari kwa 4

$\div 4$

Ondoa 15

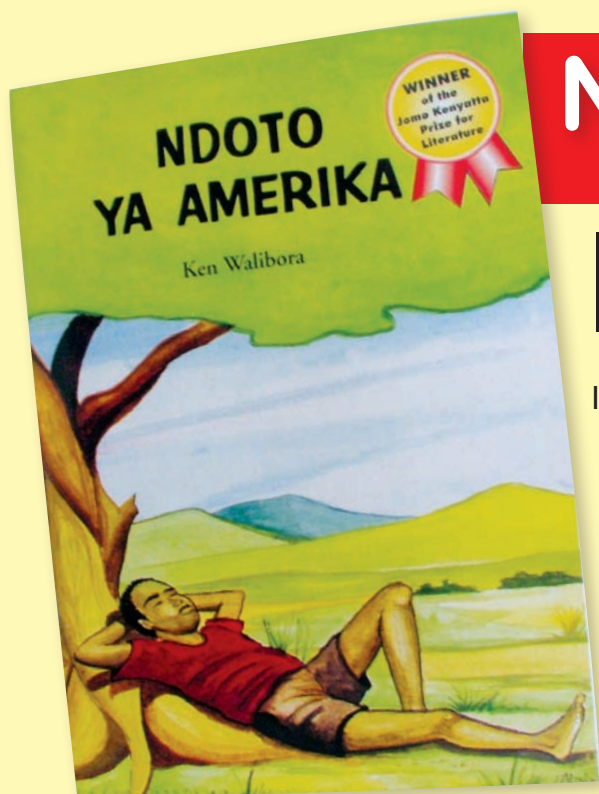
$- 15$

Tokeo unalopata lazima iwe ile = $\underline{\quad}$?
nambari uliyoichagua mwanzoni.

UCHAMBUZI WA KITABU

Ndoto Ya Amerika

Kimeandikwa na Ken Walibora



Isaya Yano anaishi Sangura katika tarafa ya Cherangani, wilayani Trans-Nzoia. Madoa ni rafikiye ingawapo mamake Isaya hapendelei urafiki huo.

Madoa ana ndoto za kwenda Amerika na anamwambia Isaya hivyo.

Anasema amechoshwa na maisha ya Sangura, masomo na kuchapwa na mamake kila siku.

Isaya hajaota kuhusu Amerika na anamwambia mamake ambaye anamchapa vikali. Isaya anatoroka nyumbani na kwenda kuishi msituni ambako anampata Madoa. Huko msituni, Madoa anaota kuhusu Amerika. Rock Mwamba, rafiki yake Madoa anayeishi Nairobi, atawasaidia kwenda Amerika. Wafikapo Nairobi, Rock Mwamba anawaambia maarafiki hao lazima wafanye “kazi” ili awasaidie.

Jee, hii ni kazi aina gani? Pata jibu utakaposoma hadithi hii ya kulisimua.

Funzo kubwa la mwandishi ni, “Asiyefunzwa na mamake hufunzwa na ulimwengu.”

Picha Zenu

Je, una mnyama wa nyumbani umpendaye sana? Tungependa kujua juu yake. Tafadhali tueleze kwakifupitu, kwanini unampendaye huyu mnyama na tueleze matukio ambayo wewe na mnyama wako mmejhusishana nayo. Pamoja na hayo, tutumie picha ambayomwepigwapamoja. Piatujulishe umri wako. Tutachapisha picha hiyo katika ukurasa huu wa Bingwa.

Tumia anwani ifuatayo:
'Picha zenu'
Bingwa Magazine,
S.L.P 823 - 00606
Nairobi, Kenya.
editor@bingwa.org



Diana Wangu, Miaka 10

“Mimi napenda sana kucheza na Gugu, paka wangu wa pekee. Yeye hupenda kunywamaziwanakulanyama. Maranyingi, sisi hukaa nyumbani na Gugu. Anapenda nikianzakulazamanyoyayake. Pia anaweza kusimama hivi...”



Jamie Matindi, Miaka Sita

“Mimi napenda kucheza na mbwa wangu Spots. Tulimwita hivyo kwa sababu ana madoadoa mazuri sana. Tunapenda kutembea pamoja na kucheza kwenye nyasi. Mimi hurusha mpira hewani kisha Spots huukimbilia na kuukamata. Ni raha sana kuwa na Spots.”



Jaribu kukumbuka

Jaribu kukumbuka uliyoyaona katika ukurasa wa 21

1. Ni wanyama wa aina gani walioko katika picha hiyo?
2. Ni mnyama gani kati yao amevaa suruali nyekundu?
3. Je, ni mnyama gani aliye na firimbi na ataitumia firimbi hiyo kufanya nini?
4. Mnyama aliyevaa suruali yenye rangi ya waridi anafanya nini?
5. Mnyama ambaye amevaa miwani anaitwaje? (Wanyama wawili wamevaa miwani)
6. Ni wanyama wangapi wamevaa kofia?

MAJIBU
1. a) Kuku b) Ng'ombe c) Nguruwe d) Sungura 2. Kuku
3. Ng'ombe, yeye ni kocha na ataitumia kusimamisha au kumaliza mashindano
4. Anashabikia kwa nguvu 5. Sungura 6. Wavili

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I am a Champion

Hard work?

No, it dosent
scare me!

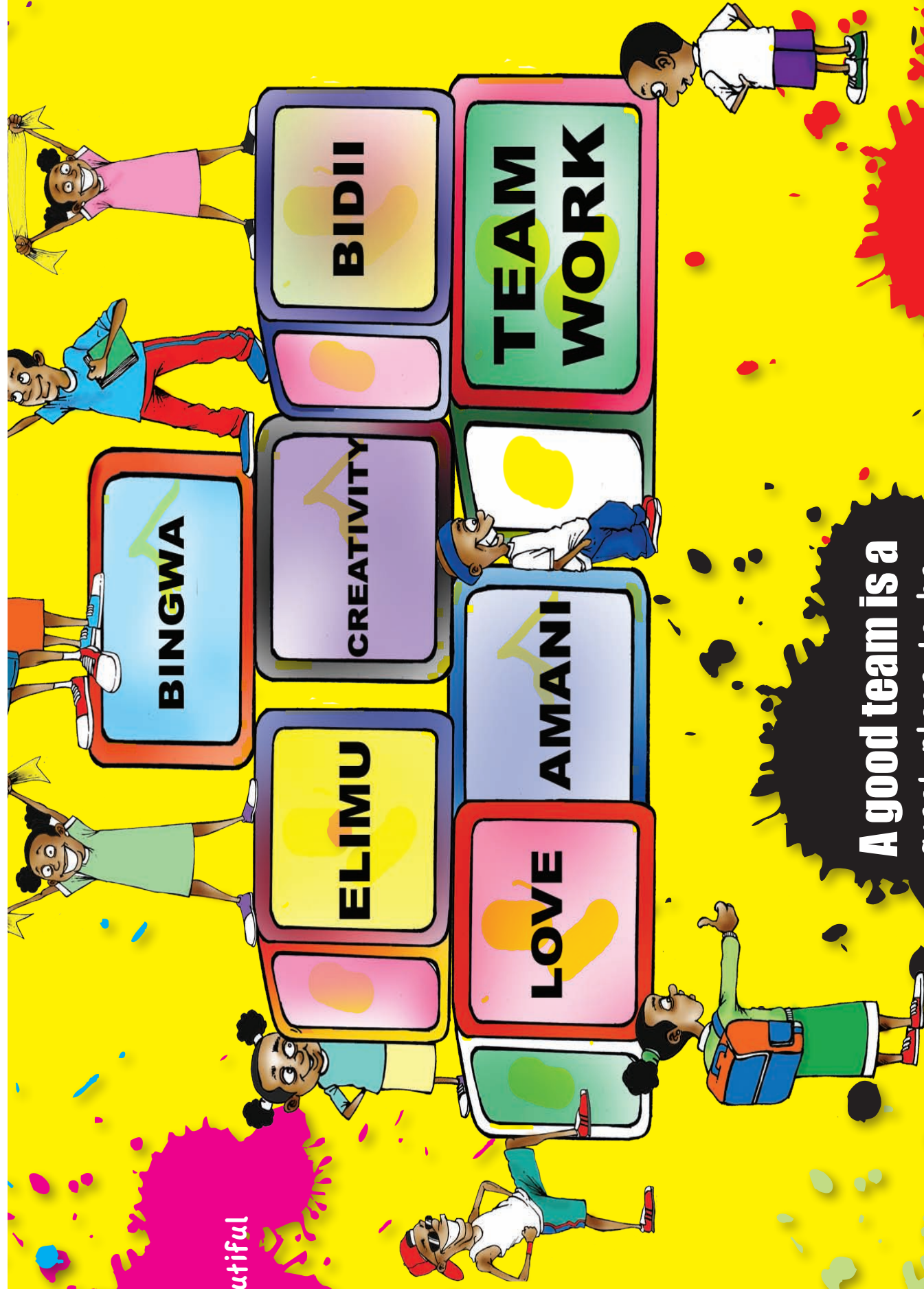
**Peace
to all**



I STAND TALL
Head **HIGH**, chin **UP**



Love
is a beautiful
thing



**A good team is a
great place to be**

**Loud and clear
Without fear...**

Confident
Speak my truth

MAZIWA MOTO



MUSA ALIKUWA AKIELEKEA DUKANI ALIPOKUTANA NA WENZAKE KUTOKA SHULE. HAKUJUA KUWA ALIKUWA KIDOGO KUTUMBUKIA KEJELI ZAO TENA...





ALASIRI HIYO...

HAYA BASI, TUMEFIKA HAPA ALASIRI HII KUSHUHUIDIA MECI MAALIM, WACHEZAJI WANNE KILA UPANDE. TIMU YA "MAZIWA MOTO" YAMENYANA NA "TOA MAZIWA." REFA ANA SHERIA MPYA: TIMU ITAKAYO FUNGA BAO KWANZA NDIYO ITASHINDA MECI

KIPENGA KIMEPIGWA! MPIRA UMEANZA!

BRRRRR!



"DAKIKA NNE ZIMEPITA. JEMO NA MPIRA... YAONEKANA 'TOA MAZIWA' ITASHINDA MECI HII..."

"PALE KANDO JUMA AMEMFUATA KWELI..."



"JUMA ANAKUMBANA NAYE KWELI KWELI. 'TOA MAZIWA' WAMEUPOTEZA MPIRA SASA..."

BLAM!



"JULIA ANAMPISHA BENJA. JE, ANAFANYA NINI NA MKONO WAKE WA KUSHOTO?"

AHA! DALILI YA KUWA NI WAKATI WA SIRI YETU IITWAYO "MAZIWA MOTO"

TAP!

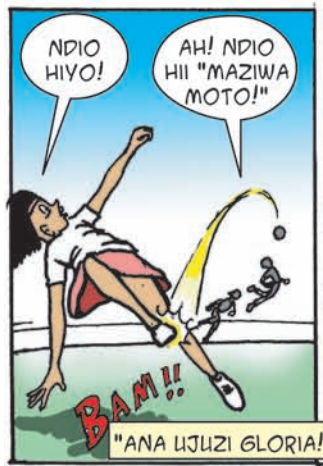


"SASA NI VITA VIKALI KUELEKEA LANGO LA 'TOA MAZIWA' "

NAKUONA MUSA

GOAAL!

"BENJA ANAMPISHA GLORIA UPANDE WA KULIA..."



NDIO HIYO!

AH! NDIYO HII "MAZIWA MOTO!"

"ANA UJUZI GLORIA!"



"NI MUSA HEWANI..."

"NI BAOOOOOO! 'MAZIWA MOTO' WAMESHINDA MECI! YAONEKANA 'TOA MAZIWA' WATAKUNYA MAZIWA MENGI ZAIDI NDIPO WAWAZE KUSHINDA SIKU NYINGINE!"

NITAKAPOKUWA MTU MZIMA NITAWANIA URAIS ILI NIWAPE WATOTO WOTE MASHULENI NA MAHOSPITALINI MAZIWA YA BURE. NINA HAKIKA KUWA MTANIPIGIA KURA!

MWISHO

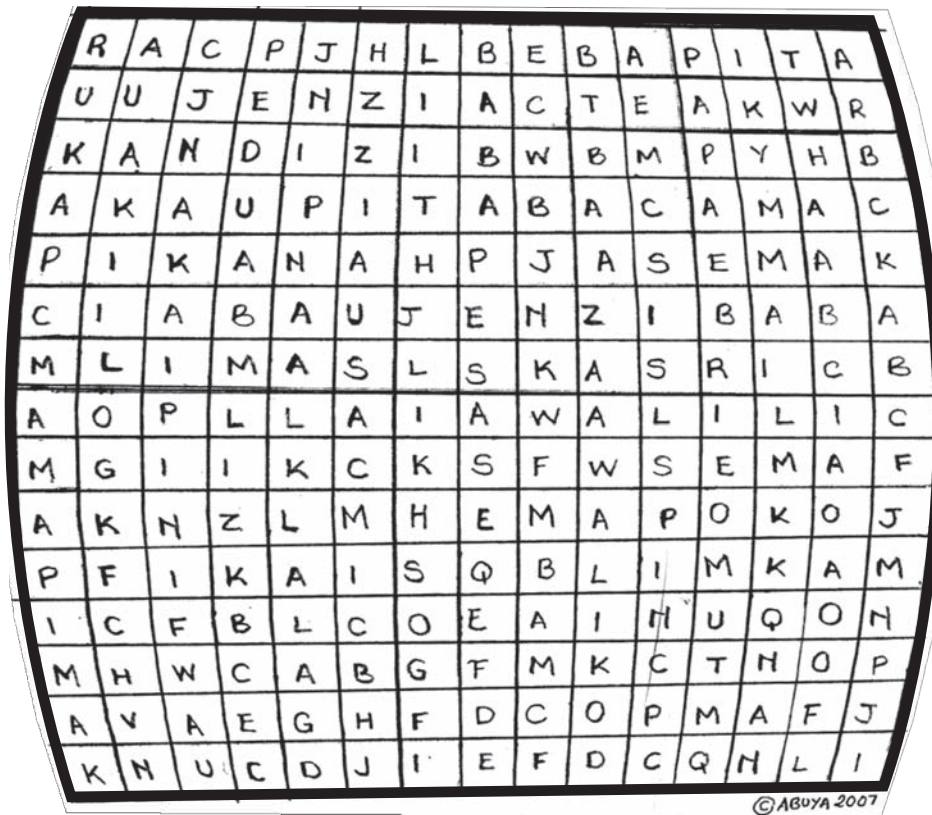
Tafuta maneno

Tafuta maneno yaliyofichwa ndani ya hili fumbo.

Wali - Chakula kinachopikwa na punje za mchele wa mpunga, mahindi au mtama.

Kasoko - Shimo kubwa la volkana; kreta.

Awali - Mwanzo, kitambo, kwanza.



Hema - Kibanda cha turubali kinachotumiwa kuishi mahali pasipo majumba, kama vile porini

Pesa - Sarufu na noti zinazotolewa na kuidhinishwa na serikali au benki kuwa ni fedha rasmi na halali za kubadilishana na bidhaa au huduma; fedha.

Dhahabu - Madini yenye thamani kubwa na yenye rangi nyekundu au manjano mbivu.



Ujenzi - Kazi ya kujenga; ujengaji.

Ndizi - Tunda la mgomba lililo jembamba na refu linalomea kwenye mkungu.

Msemo - Fungu la maneno linalotumiwa na jamii ya watu kwa namna maalumu ili kutoa maana fulani.

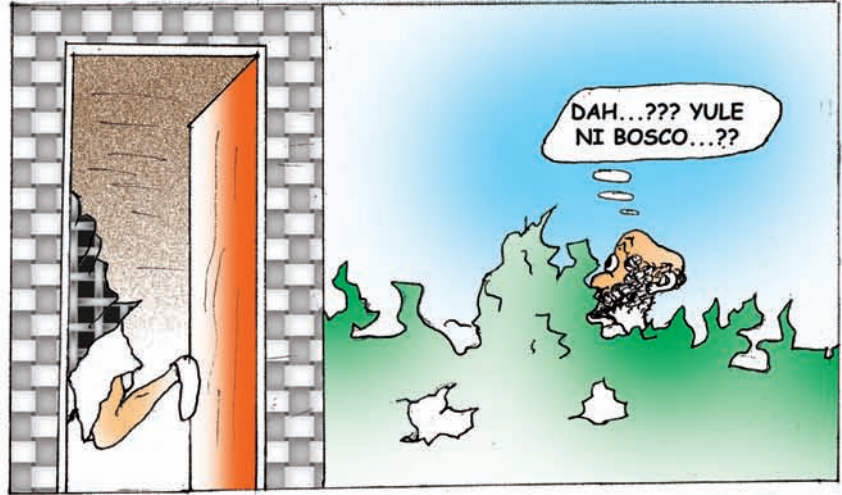
Kasri - Jumba kubwa la fahari na starehe kama la mfalme.

Pilipili - Tunda linalowasha linalotumiwa kama kiungo cha chakula au kitoweo.

Rununu - Simu ya mkono.



BOSCO KAPATIKANA



Vitendo vya wanyama

Linganisha kitendo na mnyama



Nyoka - Huwika



Kipepeo - Hubweka



Tai - Hupapata



Jogoo - Hujikoili au kujizungusha



Mbwa - Hupaa angani

MAJIBU
1. Nyoka - Hujikoili au kujizungusha 2. Kipepeo - Hupapata 3. Tai - Hupaa angani
4. Jogoo - Huwika 5. Mbwa - Hubweka

Wagonjwa wavumilivu



Ilikuwa alasiri na Fatuma na Hadija walikuwa uwanjani wakicheza. Fatuma alikimbia na kwenda jikoni alipompata mamake akipika. Mamake alimuuliza, “Mnafanya nini?”

“Tunacheza ‘daktari,’” Fatuma alimjibu na kutoka nje.

Mamake alishangaa jinsi walivyokuwa wakicheza kwani kifaa chao cha kusikiliza vipigo vya moyo kilikuwa kimevunjika. Akaamua kwenda uwani ili ajionee. Fatuma na Hadija walikuwa wameketi wakisoma gazeti ya katuni. “Kwani, mliamua kwamba hamtacheza ‘daktari?’” aliuliza.

“La, bado tunaacheza,” Hadija akasema, “tunangojea kuingia ndani kumwona.”

YOUR CALL



WIN! A Bingwa branded hamper for your family and make them proud

draw your family

We all love our families. Sometimes, they make us angry or sad, but we still run home to them. So, why don't you share with us a drawing of your family. Bingwa would like to know the members of your family in a drawing. Go on; let us see what you think your family would look like if they were cartoons.



WHAT YOU NEED TO DO

1. Draw and colour a picture of your family using crayons or paint.
2. Submit neat work.
3. Do better than the sample drawing to the right.

This competition is open to Standard 5-8 pupils.

The next issue of *Bingwa* will feature the best two entries. The runner-up gets a Bingwa branded t-shirt while the overall winner gets a Bingwa gift hamper.



Send your entries to the following address:
Bingwa Magazine
'My Family'
P.O. BOX 823 - 00606, Nairobi, Kenya.
You can also email it to: editor@bingwa.org

CALL OUT TO PENPALS



Hands up if you would love to meet new people with the same interests and hobbies as yours from all over the country. Hands up if you would love to learn about other cultures and languages. Then you, my dear Bingwa reader, are looking for a penpal. A penpal is a person you have never met but regularly exchange letters with.

If you would like Bingwa to put you in touch with someone with similar interests to yours, send us your details. Explain the kind of penpal you would like, your hobbies, interests, likes and dislikes, age and post office address.



Send your entries to:
Bingwa Magazine
'Penpals'
P.O. BOX 823 - 00606, Nairobi, Kenya.
You can also email it to: editor@bingwa.org

YOUR TURN



Fun

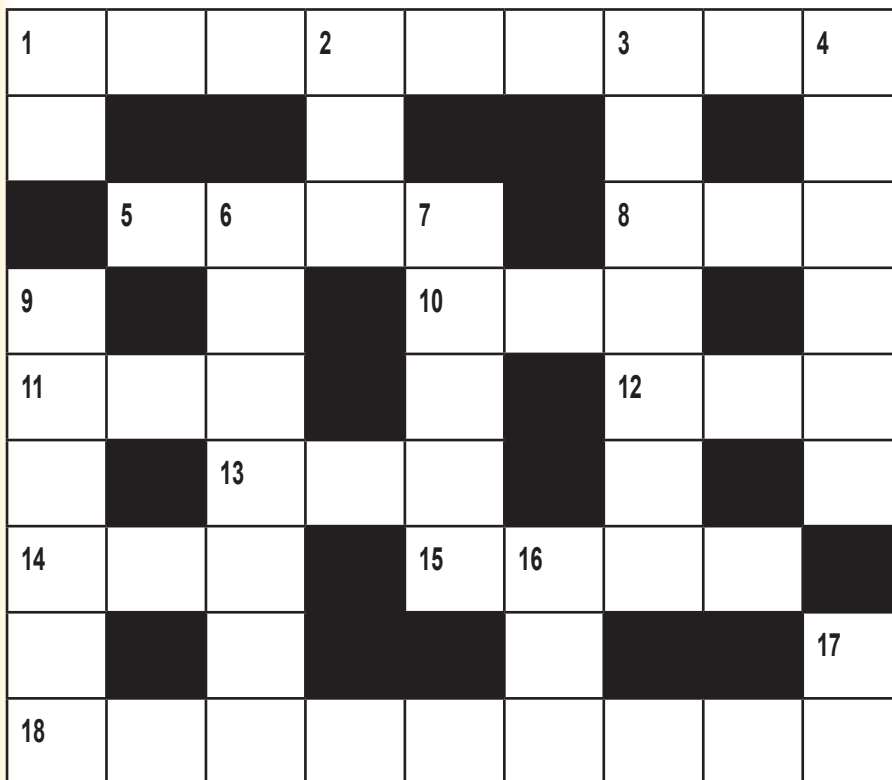
WITH WORDS

A pencil is used for writing and drawing; it can be thick or thin, of many bright colours and clever too.

This PENCIL is hiding at least 14 words!
Can you make out at least 10 of them?

Answers
1. Pen 2. Pie 3. Pile 4. Epic 5. Nip 6. Pin 7. Clip 8. Line
9. Lice 10. Nice 11. Lien 12. Ice 13. Nile 14. Lip 15. Cline

CROSSWORD PUZZLE



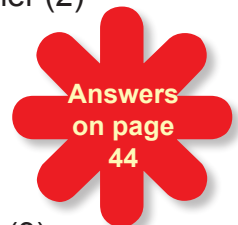
DOWN

- Abbreviation for Physical Education (2)
- Observe with use of eyes (3)
- Town in Rift Valley Province (7)
- Red round juicy vegetable-like fruit (6)
- Study subject in education syllabus (7)
- Times when something happens (5)
- Mixture of red and yellow (6)
- Irish Republican Army (abbreviation) (3)
- We together (2)

ACROSS

- The head of state (9)
- Past tense for use (4)
- Large man-made reservoir for water (3)
- In the past (3)
- Return on investment (abbreviation) (3)

- Mouse-like rodent (3)
- The day before a holiday (3)
- Feminine of a monk (3)
- The ground upon which a house is built (4)
- Large mammals with ivory tusks (9)





Stay healthy, live longer

By Daniel Simiyu

“Happy birthday dear Quiny, may you live to blow a thousand and one candles,” friends said to Quiny at her 11th birthday party. Later on, jovial Quiny said to her Mum, “I truly want to be the oldest person to ever live in my generation.” Her mother looked perplexed at that thought but casually said, “All the best my dear.”

Living a long life is never a game of chance, fortune or coincidence. At a young age, the thought of old age seems like a far-fetched idea and rarely bothers us. Yet, each counting day our bodies are slowly wearing out. How can we stay healthy and live longer?

Below are five basic tips everyone should know;



1. Eat a balanced diet: We are what we eat. We ought to eat less sugar. We should not eat biscuits, cakes, sweets, crisps and sugary drinks too often. Sugary drinks and foods contribute to dental decay or cavities. High levels of sugar can lead to future complications such as diabetes.

2. Cut down on fat: Avoid eating too much fat, as it is likely to cause your blood vessels to block later in life. We should concentrate on foods rich in calcium like milk, cheese and yoghurt to ensure we get strong bones and teeth. Also, vegetables and fruit ensure we do not get flu and colds.

3. Be physically active: It's important to keep fit. You do not need a coach or special resources to keep fit. You can keep fit by playing football, netball, walking, jogging, running, riding a bicycle or swimming. Staying fit ensures you have strong bones and increased energy. It also gets the heart pumping, which ensures an increase in oxygen intake, helps prevent certain diseases such as high blood pressure, and helps reduce fatigue and stress. Keeping fit also keeps your weight down. All these benefits increase your life span.

4. Stay safe: Another way to stay healthy is ensuring we stay safe. Avoid risky activities that may cause either physical or mental harm.

Simple safety measures such as wearing a helmet while riding a bicycle ensure we stay safe.

5. Many young people die from drowning.

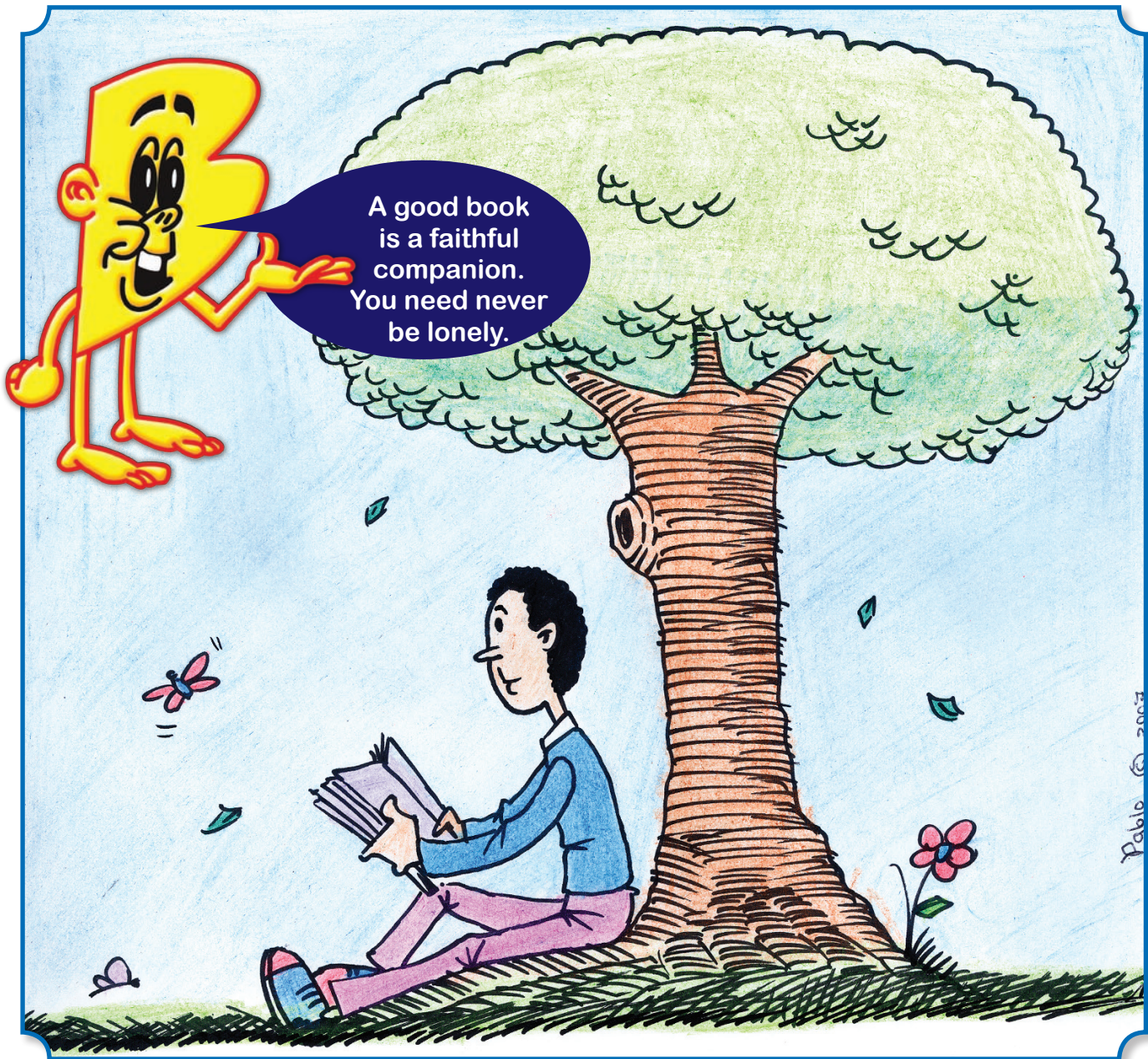
Water is fun to play with, but it can also be dangerous. Observe the following to ensure your safety in water:

- ü Don't swim alone.
- ü Always wear a life jacket when travelling by water.

Cheers to a healthier you!



Veggies are not only good for your health, they also make you strong and smart in school



SUDOKU



Place the numbers 1-4 in each of the shaded cells. Ensure each straight line has numbers 1-4 both across and down. And every shaded box should have numbers 1-4.

Level one

	4	3	
	1		4
1	2	4	
		1	

Level two

1	3		
2			1
3			4
		2	3





Eric's Blunder

OOPS!



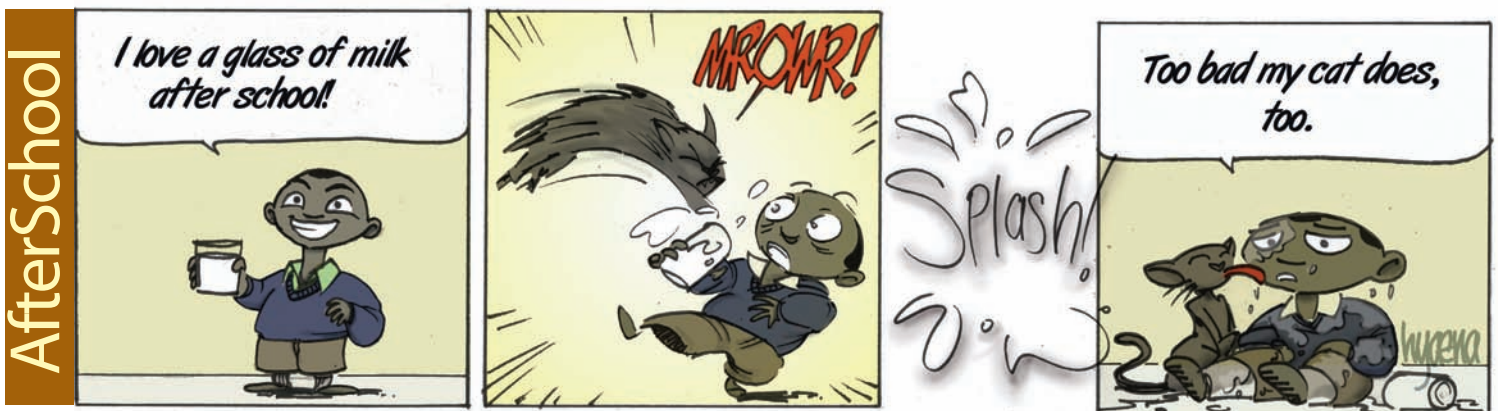
Eric spilled coffee on his white shirt. Teacher Candy once told him how to remove a stain on white clothes, but he cannot remember. Use Teacher Candy's clues to give Eric the solution on what to use for the coffee stain.

- A Cross out the letters that appear twice in box A
- B Cross out the letters that appear two or more times in box B
- C Cross out the vowel letters in box C.

Clue: The letters remaining are the solution to Eric's problem.

A			B			C		
Z	A	C	T	S	S	A	U	E
K	J	Z	S	T	Q	I	E	K
A	C	K	Q	I	T	I	U	A

Answers on page 44



AfterSchool

Talk to BINGWA

Free
BINGWA
t-shirt for the first
20 forms received!

Name:

Address:

School:

Class:

Which are your three favourite BINGWA stories or article?

What topic or article would you like to see in your next issue of BINGWA?

What is the most interesting or surprising fact you learned from BINGWA?

Who is your favourite character or personality in BINGWA?

What do you dislike about BINGWA?

If you were the editor, how many pages would BINGWA have?

Please give BINGWA any suggestion, comment or idea that would make the magazine more interesting for you.

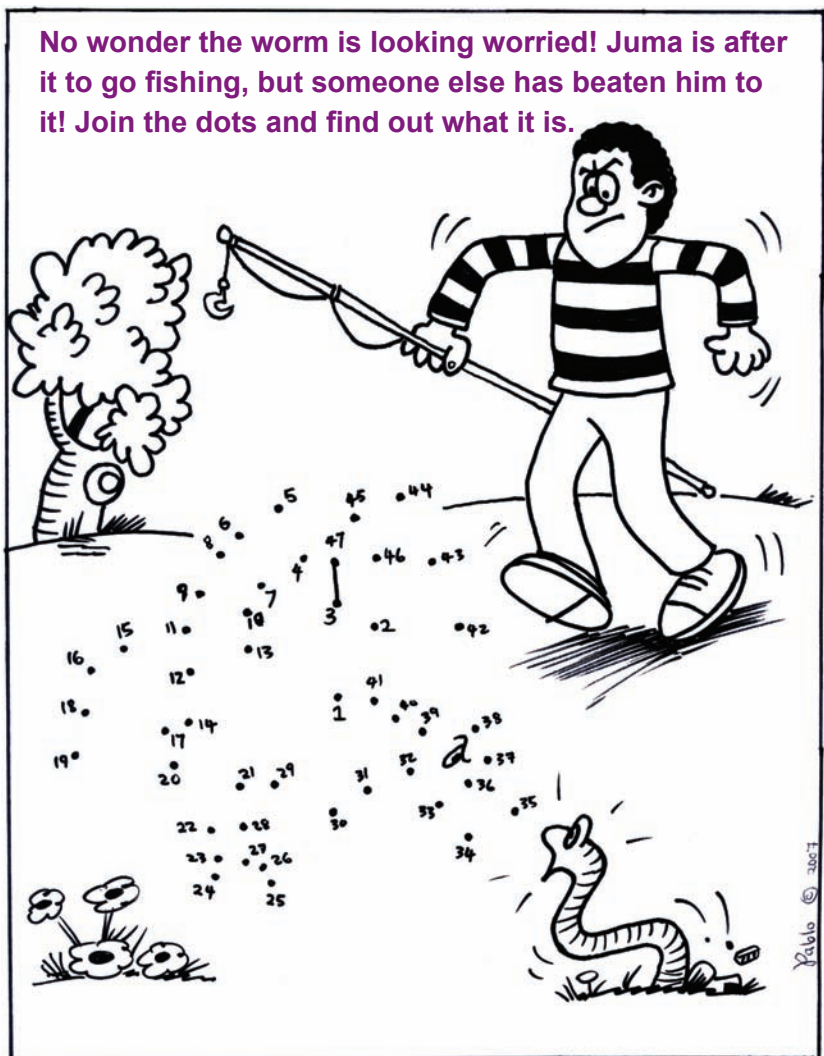
You can answer on the form or simply write your answers on a separate sheet of paper. Don't forget to write your name and address.

Mail your response to
BINGWA Magazine, P.O. Box 823 - 00606 Nairobi, Email: editor@bingwa.org

YOUR TURN



Take the first letters of the eight drawings shown and rearrange them to spell out the name of the month.



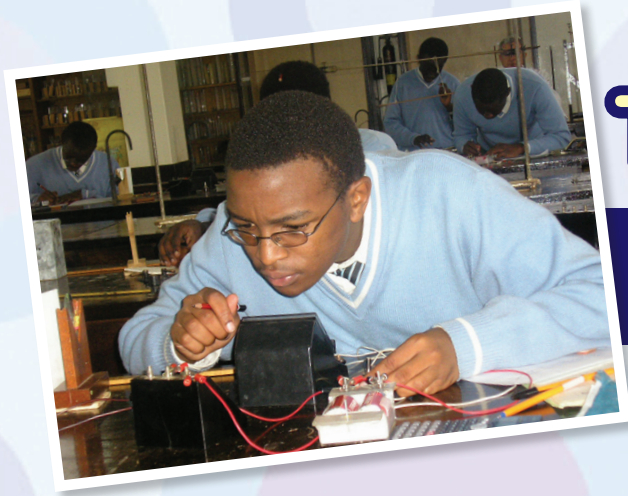
RUKI AND KAMBO
by Tony!

KAMBO IS RUDE TO MOST PUPILS AT SCHOOL!



RUKI LEAVES HIM ALONE AND BORROWS ONE FROM THE GIRL SEATED BEHIND HIM!





The top student

What you need to join Strathmore School

Not every student attends a government-sponsored school. Some go to private schools like Strathmore, a boys-only school.

Most schools have a clear-cut idea of the type of student they would like to admit. Apart from the required academic standards, schools also consider a student's character. This assessment is done through interviews. "This cannot accurately determine a student's character but is a necessary step. We eventually get to know them better in their four years with us," says Raphael Gortazar, the principal of Strathmore School.

So, how does one get into Strathmore School?

Entrance depends on whether the student is from a private or public school. For students who sat the Kenya Certificate of Primary Education (KCPE) last year, the cut-off point was higher for applicants from private schools than for applicants from public schools.

Why the different cut-off points? Students from private schools receive more attention and extra tutorials that enhance their performance. Students from public schools on the other hand, do not receive the same one-on-one attention, as the teachers have to divide their attention among more students.

Strathmore avoids admitting boys from boarding schools. According to Mr Gortazar, boys from boarding schools seldom fit well at Strathmore, a day

school. He says they have less practice in making their own decisions because in boarding school, students have a programme to follow from morning until evening and this does not enhance their decision-making capabilities.

"The choices of whether to do one's homework, watch TV, or socialise with friends proves challenging. They are therefore overwhelmed by the freedom they get here and mismanage their time. Eventually, they do not pay the necessary attention to their studies," Mr Gortazar says.

Strathmore is a family-oriented school that involves parents in the lives of the students. During the first oral interview, applicants are interviewed together with their parents on the type of education they would like for the applicant.

The applicants take a mathematics and aptitude test in August of their final year of primary school.

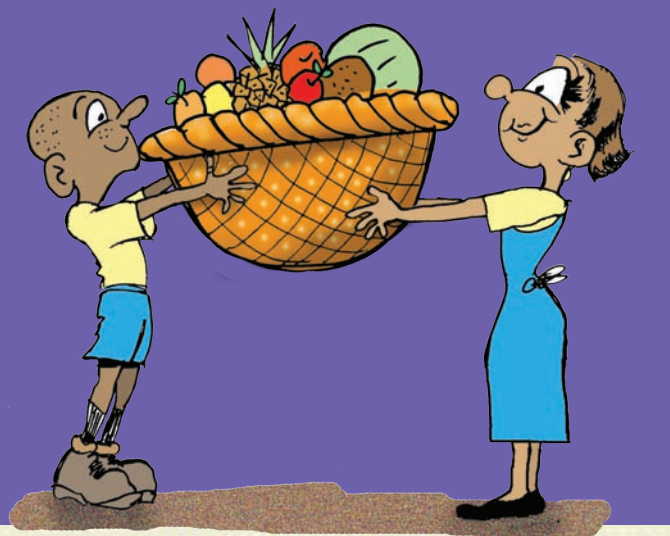
Later, a teacher interviews the student for about 15 minutes, to get an idea of the student's aspirations, hobbies and interests.

Strathmore offers an all-round education. It aims to develop a student's mental, spiritual and physical well-being. Attention is also paid to social skills, so as to develop a responsible and mature adult.

"Students need not necessarily be super bright. One can be an average but intelligent, self-driven, organised and self-motivated person with sufficient willpower to make choices. One's personal best effort is better than raw intelligence," Mr Gortazar says.

The Giving Habit

By Kate Ndigirigi



Most of us find Christmas, birthdays and other occasions exciting because of the presents we receive. We all love to receive presents, but it is important for us to give as well.

A few years ago, I started buying gifts for my friends and family. I once bought a cartoon character cup for my sister, and she was very excited. It was a pleasure to make someone I care about happy.

I realised that giving is not about what's in the box but the satisfaction we receive on seeing someone else happy.

The greatest gifts are those passed on to others.

Giving builds relationships and keeps them strong. It shows people they are loved. What is more, one does not have to spend too much money.

Take the case of my friend Brenda. She only had 20 shillings to spend when her friends came to visit her. She decided to buy a chocolate bar, cut it into pieces and share with them. One bar was enough for all of them.

You can give gifts to different types of people. For example:

- J **Needy people.** You can give a pair of shoes to someone who does not have any.
- J **Friends and family.** Giving gifts to our friends and family members shows we appreciate

them.

- J **People who are going through hard times.** Giving gifts to people in difficult times will boost their mood and encourage them. While we associate gift giving with holidays and birthdays, we can give all the time.

There's no time limit or set season for giving, as long as we give for the right reasons.

Sometimes people give for the wrong reasons. They may give to intimidate, to compete or to get rid of something.

Remember that some people will get offended if you give away something they gave you. It's good to let them know, and to explain to them why you are parting with their gift before you pass it on to someone else.

So, go ahead and share what you have, any time!

John D. Rockefeller Jr. once said, "Think of giving not as a duty but as a privilege."





How to handle sexual assault

Mariamamu is 11 years old. Since birth, she has had a hearing problem and was not accepted in schools near her home because of this. Her mother Rosie is a single parent and leaves Mariamamu at home alone when she goes to work. In 2004, when her mother was away, a 28-year-old male neighbour sexually assaulted Mariamamu.

Mariamamu's mother came home that afternoon and found her crying on her bed. She noticed her soiled clothes and inquired what had happened.

Mariamamu used sign language to describe what happened before directing her mother to the man's house. Rosie understood what she was trying to say and with the help of a local priest, rushed Mariamamu to hospital.

Eventually, the matter went to court. Mariamamu's family is still waiting to see the rapist behind bars.

Mariamamu did the right thing to report what happened. How about you, how would you have handled the situation?

How to handle sexual assault

If a person hurts or touches another's sexual organs without permission, then that's sexual assault. Rape is a form of sexual assault and is a violent crime that affects both boys and girls. It must be reported, like Mariamamu did, and immediately investigated. Talking about this kind of assault is also necessary so we can learn how to deal with it.

You can reduce your chances of becoming a victim by taking certain steps:



- Even though you know you are a strong human being with the right to freely go about your activities, you need to organise your own personal security by always being prepared.
- Be strict about the time you get home and avoid walking alone at night. (Concerns about issues like sexual assault are the reasons your parents give you a curfew).
- Avoid locations and situations where rape is likely to occur. If your area is never safe, make sure you have a trusted adult

with you.

- Ask questions on how to avoid rape and how people in your community handle it. Find out where people go for counselling.

Safety outside

- Avoid shortcuts through parking lots, alleys, fields and thickets.
- Be aware of the movement of people around you when walking. If possible, walk in crowded areas or with a friend.
- Avoid walking alone in secluded areas.
- If someone on foot or in a car approaches you and you feel threatened, scream and run to where there are people.

How to react to sexual assault

Use your judgment. Think! Do not panic. Do not try fighting with your attacker as this might provoke him. Try and divert his attention long enough to get away.

Break away and run towards areas with other people.



Be observant so you will be able to remember and identify the assailant.

In case he catches up with you, try resisting. Physical resistance can distract or temporarily injure your attacker to create an opportunity for escape. Nobody can tell you whether physical resistance will be the “right” thing to do. Your goal is to escape, not to win.

Pros and cons of resistance

Struggling or fighting back may discourage the attacker, but might inflict serious injuries on you. Do not be afraid to hurt your attacker. Aim forceful kicks and blows at vulnerable areas such as the groin and eyes.

Apply any self-defence skills you might have learnt, like karate or judo.

A yell or a scream might frighten an attacker away because he will fear people will come and help. Note that yelling may not help in isolated or noisy areas.

Talk your way out

If you believe you might get hurt defending yourself or are afraid to fight back, don't! Try talking your way out. Stay calm and try calming down your attacker. Convince him not to hurt you. Do not do anything that might upset him.

Claim to be sick, faint or cry hysterically, as this may intimidate him. You can even act insane or mentally handicapped. If you are at home, tell the attacker that your parents are returning soon.

Submitting to an attack

If all this fails and there's nothing you can do because you are afraid of getting hurt, do not worry. Sexual assault is a crime, even if you do not have a single cut or bruise. Victims who do not resist should never feel guilty. It is the assailant who committed the crime.

If you are raped

Get to a safe place. Let it sink in that you have been raped. Do not wash yourself or change clothes. Get to a hospital as soon as

possible. Within the first two hours is best.

A very important medical exam is performed for the sake of your own health and to collect evidence to be submitted in court.

Counselling sessions are organised to help you deal with the trauma.

Other places you can go for help

- A crisis services centre like the Nairobi Women's Hospital.
- A local religious centre.
- If you are in a school or an institute, report this to your class teacher or principal.
- A non-Governmental Organization that deals with rape or violence like COVAW.
- A nearby police station.
- Call Child Life number toll-free all over East Africa 08002210800

Information courtesy of Coalition Of Violence Against Women (COVAW)

Danger signs

Beware of people with inappropriate behaviour, such as putting pressure on you to get intimate with them or “too much” physical contact like stroking your hair or rubbing your shoulders, or that makes you uncomfortable.

Watch out for non-verbal cues like “odd” eye contact.



The most vulnerable area is your own home. Do not be afraid to report assault by someone you know, just as you would that by a stranger.



Career Choices

By Munyao Mutinda

In this column, we explore two different careers to help you understand what they are all about. We all have the potential to pursue the careers of our dreams. Find out what it takes. We feature an engineer artist who excels in both careers.

WHAT IS ENGINEERING?

When you walk across a bridge, fly in a plane or use a computer, you experience the work of engineers. Engineers are problem-solvers. They apply science and mathematics to solve problems and are involved in the designing and constructing of everything from bridges to and even mountain bikes.

Want a career in engineering?

If you are thinking about a career in engineering, answer the following questions:

- Are you good at mathematics and science?
- Are you creative and imaginative?
- Do you like to build new things or improve the way things work?
- Do you have good communication skills?
- Do you like working in teams?
- Are you a member of a school club or team?

If you answer yes to some of these questions, you might have what it takes to be an engineer.

You need to know that only top students are admitted for engineering courses in credible universities.

There are nearly 20 areas to choose from. Some are:

Agricultural engineers, who are involved in enhancing plant and animal production.

Biomechanical and biomedical engineers, whose work involves developing equipment to assist in human movement like artificial limbs. Chemical engineers, who manufacture chemical products.

Civil engineers, who design, construct and manage roads, railways and airports.

Computer engineers, who develop and maintain computer systems.

Electrical engineers, who deal with electrical equipment.

Industrial and manufacturing engineers, who are involved in industrial procedures.

Mechanical engineers, who develop and maintain mechanical equipment like cars and aeroplanes.

History of engineering

“Engineer” means “to be ingenious.”

In prehistoric times, people had to be ingenious to survive hunger, enemies and climate changes.

“Engineers” have always been around,

but were involved in activities we would not associate with engineering today. In early times, they helped with hunting, farming, fishing, fighting, tool making and transportation.

Over the years, engineers have made many inventions.





BECOMING AN ILLUSTRATOR

An illustrator is a creative artist who makes images for various media like newspapers or television. An illustrator's work is to produce entertaining drawings that make people laugh, think or both. Cartoonists use pens, crayons, paints and computer programmes to create designs.

Some illustrators use original ideas to tell short stories or jokes with a series of cartoons (comic strip animators) while others use current news events to inspire their drawings and make people think about current issues or influence public opinion (editorial cartoonists). Editorial cartoonists often draw caricatures

of politicians and use satire to make a point. Madd and Gado are some of the prominent editorial cartoonists in Kenya.

Some cartoonists work for advertising agencies. They draw cartoons describing a scene or commercial and if a client or creative director likes the idea, the agency produces the idea using real actors or moving cartoons.

There are no definite educational requirements for a cartoonist, but a degree in fine art is recommended. Cartoonists need good drawing, design and writing skills as well as a good eye for detail.

ENGINEER ARTIST!

Engineering and art have worked perfectly for Kitui Barasa, a 24-year-old engineer who loves drawing. Barasa studied mechanical engineering at the Jomo Kenyatta University of Agriculture and Technology (JKUAT), specialising in engineering design.

"I took the production option because I wanted to be able to use my artistic skills," he says. After graduating, he got a job as an engineering designer and drafter at a stainless steel company in Nairobi. His job entailed designing products for the workshop.

Barasa began drawing in his childhood but developed his skills at the Friends School Kamusinga, where he studied fine art. He scored an A- in the subject during his KCSE examination in 1998. His overall grade was A-, which earned him a place in the mechanical engineering class at JKUAT.

"I was also good at mathematics and physics," he says. These subjects are important for anyone who wants a career in engineering.

Barasa loves both art and engineering. "With art, you create something that is good and attractive and with engineering you create something that is good and works well," he says.

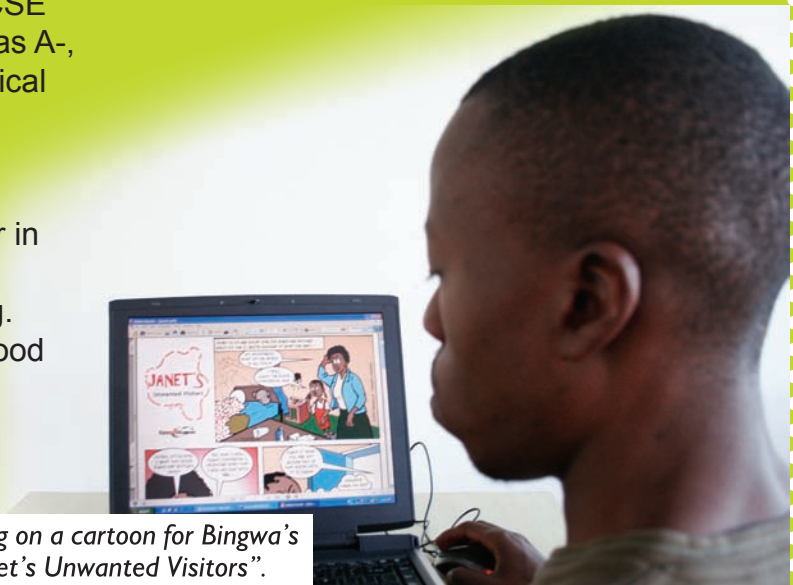
In 2006, he established his own design and

illustrations company, Funartic Creations. He still does drafting for another stainless steel company (part-time) and illustrations for various media, including *Bingwa*, *Drum*, *Be*, and *G-Purpose*, a magazine for New Dawn Kenya aimed at creating HIV/Aids awareness among pre-teens.

Hard work has brought him this far. "To succeed as an illustrator you need to practise. You also need to read books on art and learn relevant computer packages like Adobe InDesign and Illustrator."

His favourite comic strip is Flash Gordon, published in the *Sunday Nation*.

"I aspire to publish comic books," he says.



› Barasa working on a cartoon for *Bingwa's* page 18, "Janet's Unwanted Visitors".

COLOUR ME ALL



Seems like someone did not finish colouring Jummy. Can you finish doing it?



Answer to Eric's Blunder page 35



Answer: JIK

Answers to crossword on page 32

ACROSS

- 1) President 5) Used 8) Dam 10) Ago 11) R.O.I.
12) Rat 13) Eve 14) Nun 15) Site 18) Elephants

DOWN

- 1) P.E. 2) See 3) Eldoret 4) Tomato 6) Science
7) Dates 16) I.R.A. 17) Us

SUDOKU

Answers to Sudoku on Pg 34

2	4	3	1
3	1	2	4
1	2	4	3
4	3	1	2

1	3	4	2
2	4	3	1
3	2	1	4
4	1	2	3

Detective Puzzles

1. Each child in a family has at least four brothers and two sisters. What is the smallest number the family might have?

2. A billionaire left his fortune to his seven children and the rest to charity. He kept the money for his children in a large chest. When the billionaire died, the first child said, "My siblings are all crooks; I'm the only honest one." He took $\frac{1}{7}$ of the money in the chest. The other siblings did the same. All the leftover money went to the nanny. How much did the nanny get?

3. How many cards are in the standard deck of cards?

4. Jimmy was looking for his lost bag. He found it in one of the classrooms, but it was hanging way up on the ceiling. The classroom had neither desks nor chairs and none of his friends was tall enough to reach the ceiling. After a short while, he noticed the floor was wet. "Why," he wondered. Can you tell how one of his cheeky friends could have managed to place the bag that high without help?

Answers
 1. Seven
 2. She got nothing
 3. 52
 4. One of his cheeky friends stood on top of a big ice cube. By the time Jimmy got there, it had melted, hence the water on the floor.

Bubu at the doctors'



A young mother was having a consultation with a doctor. As they spoke, her son Bubu could be heard terrorising the people in the waiting room, yet she did not attempt to restrain him. Soon they heard some clattering in an adjoining room, but she still did nothing. Finally, after an extra loud crash, the woman casually told the doctor, "I hope you don't mind my son Bubu playing in there." "No, not at all," said the doctor calmly. "I'm sure he'll calm down as soon as he finds the poison."



Churchill goes back in time

Churchill Live is a comedy show aired on Nation TV. Comedian Churchill Abednego, who talks about real life issues with a light touch is the show's host who brings tears of laughter to our eyes. His real name is Daniel Ndambuki. He was born in Machakos, in Eastern Province. He tells us how life was when he was younger.

Tell us about your life when you were younger

I was just a naughty village boy sliding in the mud with my torn shorts. I used to go to the "shamba" every day but I especially looked forward to playtimes. I wanted to become an international footballer because I was a very good footballer and everyone wanted to join my team. I saw myself at Wembley Stadium in England.

Did you like school?

I just had to go.

What subjects did you like?

I loved English, Swahili, history, music, and Christian Religious Education. I did not like maths because we used to be beaten really badly every time we missed a sum. The worst thing was, our parents supported the beatings fully. I loved English because we used to be told to read aloud. I loved the fact that everyone would listen to you.



"...And that, ladies and gentlemen, is how the hare lost its tail."

Which high school did you attend?

I went to Mumbuni High School.

Did you get along with other children?

Everyone was on my side. I was tiny but I was very "hyper." Other children would surround me everywhere I went

because I would tell them what to do.

How did you relate with girls in your school?

I respected them. I am still trying to learn about them, as they are the only ones who could open you up or hurt you.

I did not have a girlfriend but I'd always be the one hooking people up. I was afraid of having a girlfriend because I was afraid they would know my weakness.

Which was?

That I could cry.

Have you always made people laugh?

In fact, I am a very serious



Sweet and innocent at age six, with the rest of the family



Living by example: At Sunday School with the choir

Describe your most memorable moment.

When I won a plastic cup for being the best actor. I was in Standard Three and acted as the prodigal son. I also remember

those times in church. I loved spending time in church playing. Those missionaries had programmes for us kids. I played the kayamba too...

Who was your role model?

Archbishop Nzimbi was my role model. At the time, he was a tutor. He had a car (which was rare), and he'd come watch us playing football. I liked the way he had disciplined all his kids and the way he treated us.

What food did you like?

Food in Machakos was scarce and appreciated. I loved chapati, which was rare because it was a celebration food.

Has your upbringing contributed to your life?

Yes! I have learnt to appreciate the small things in life. The church also taught me to be positive. My society also contributed to my respect for people.

If you were to go back in time, what one thing would you do?

I would make more friends and play more.

What advice would you give *Bingwa* readers?

They should use their talent now. They also ought to appreciate everything their parents do for them and know that there are people going an extra mile for them.

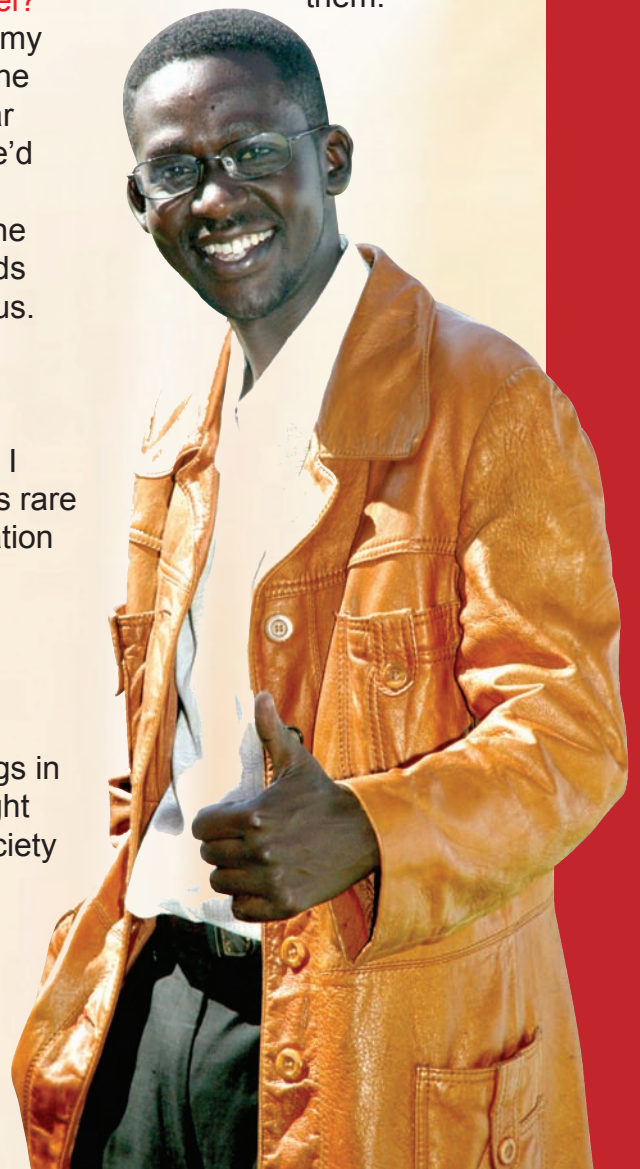


During the just concluded "Red Korna" show

person, always have been. Let's just say that I know how to super-charge people and entertain them.

What was your big break?

Red Korna comedy show was my big break. There was no one else to be laughed at, so I sacrificed myself. Now, after participating in it, I realised it has opened many doors for me.



A day with Rehema...



The first thing I do is prepare tea for my family. Today, I feel a bit anxious because I have visitors.

Bingwa team spent a day with Rehema Otieno at her home in Kibera. She is 15 years old and attends Ayany Primary School. Her mother passed away when she was only 11 years old. Being the first-born, she acts as the head of the house and does a lot of housework.

Rehema's father, Alfred Ayatta, tells her that he was almost killed on the day she was born. He was taking her mother to Pumwani Maternity Hospital when they were mugged. That is why he named her Rehema – Swahili for mercy. She wants to be a doctor when she grows up.



I serve everyone breakfast. The githeri, bread and tea are satisfying.



I then wash clothes for everyone. My siblings do not often help me, they like to go out and play with their friends.



This is my brother Job Onyando. We do not get along because he doesn't do what I ask him to do unless Dad is there. That's our dog Amigo. She is three years old. Job built that kennel himself for her.



Felgona Awour, my sister, prefers to spend the day playing "bladder" with her friends Gladys and Lavender. Bingwa team joins them and proves they used to play it too.



I'm doing my homework; my best subject is C.R.E. When I'm not doing housework or studying, I like to read storybooks and watch TV and movies.



I'm preparing lunch. My favourite food is rice and chicken.



We like to eat together. My dad is soon going to remarry and I will have another mother; she will help me with housework, I hope.



Ha...ha...ha... I caught Job today. Dad is here and Job has to help me with the dishes. Job wants to be a journalist in future and has already acted in a film titled "Wide Angle."



Well, the sun is about to set. Tomorrow is another day. I'd love to visit Nigeria one day because I've heard a lot about it.