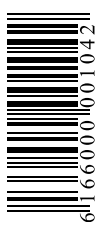


BINGWA

THE MAGAZINE FOR THE CHILDREN OF AFRICA



DAVID RUDISHA

Humble king of the track

COMPETITION

BE PART OF
AN EXCHANGE
PROGRAMME



MECHI KALI

A lesson on unity

PLUS

- CHEMSHA BONGO
- UGANDA STORIES
- CHESS CHAMPION
- JANET
- PUZZLES



PICTORIAL

AFRICAN FASHION AND OTHER
ACTIVITIES

In Issue 9 Term 3 2012, we ran a BINGWA MALARIA CHALLENGE where we asked readers to describe using words and pictures how you can get Malaria and to identify at least 10 countries on the map of Africa highlighting Malaria endemic areas. We received hundreds of entries but as usual, there can only be one overall winner. Here is her winning entry:-

BINGWA MALARIA CHALLENGE WINNING ENTRY

EILEEN ADHIAMBO OF KISUMU PENTECOSTAL ACADEMY, KENYA.

SOME OF THE WAYS MALARIA IS SPREAD



Malaria is caused by a parasite and is transmitted by the female Anopheles mosquito.



Un-cut grass and bushes also lead to faster spread of Malaria



Malaria spreads especially fast in areas with stagnant water. The mosquito's larvae breed in this kind of water.



Always take anti-malaria tablets before travelling to Malaria endemic areas.



Use treated mosquito nets to keep mosquitoes away and avoid getting Malaria.



10 MALARIA ENDEMIC COUNTRIES

1. Uganda
2. Ethiopia
3. South Sudan
4. Sudan
5. Eritrea
6. Tanzania
7. Burundi
8. Somalia
9. Kenya
10. Rwanda

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Thank goodness we are seeing yet another great year. Like us, I am sure you are strategizing on how you will do things better or differently this year. This first calls for a review of the previous year. While preparing this issue for you in 2012, we had some interesting experiences.

- During one of our school visits, we stumbled-upon an innovation worth-sharing with you. Muraka Primary School in Kakamega have an improvised hand-washing facility made from an old jerry-can. Pure genius!
 - In conjunction with Brand Kenya Board, we got to plant trees at the 'Nitakuwepo Tree Corner' in Hill School, Eldoret and Muraka Primary School, Kakamega. Want to learn how to plant a tree? Check out the DIY on Pg.16.
 - For the very first time, we visited schools in Lamu County. Getting to establish the magnitude of education and the use of donkeys as the main form of transport was simply amazing!
- We look forward to even more learning and sharing with you.

In the last issue (9), we shared the first step to improving your life. Here is the second one.

Habit 2: Begin with the end in mind.
Plan ahead and set goals that make a difference-no matter how small.

Interested in knowing what its like to go to school in a different part of the country? Then participate in the competition (Pg. 38) and send us your suggestions, letters, stories and artwork.



Hand-washing facility



Tree Planting



Transport in Lamu

BINGWA TEAM

ENJOY THIS ISSUE AND HAPPY NEW YEAR!

Inside



SEA TURTLE

The graceful sea creature

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CAREER CHOICES

Mwanaisha Chidzuga

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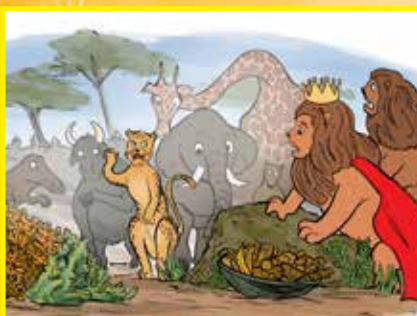
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YOUR CALL



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

YOUR TURN



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.

Issue 9 Distribution to schools was a huge success. Feedback from the pupils and teachers alike was also very encouraging. The most exciting event for us was the prize-giving and tree planting activities in Hill School, Eldoret and Muraka Primary School, Kakamega . We look forward to planting more trees because together, we can greatly improve our beautiful country.

We also made our maiden visit to schools in Tana River Delta. We truly appreciate the warm reception we got and look forward to more interactive events and the continuous distribution of BINGWA Magazine in the region. It is our hope that children, parents, teachers and everyone in the region fully embrace education now and in future.

As usual, we toured schools in Mombasa, Kilifi, Lamu, Nairobi, Kisumu, Kisii, Kakamega, Uasingishu, Nakuru, Embu, Kirinyaga, Meru, Thalaka nithi, Laikipia, Nyeri, Murang'a, Kiambu, Thika, Kitui, Kajiado, and Machakos.

Special shout outs to all the schools that participated in issue 9 Malaria Challenge; Kisumu

Pentecostal Church Academy, Migosi Primary School, Muraka Primary School, Chesternel School, just to name a few. Congratulations to the winners!

We look forward to visiting and interacting with very enthusiastic BINGWA readers all over Kenya and Uganda in 2013. If you would like us to visit your school, call, write, email or send us a letter.



Claudia Gachimbi with pupils from Kalimani Primary School, Machakos

INVITE US TO YOUR SCHOOL FOR FUN ACTIVITIES



Simeon Kamunde, an Equity Foundation beneficiary shows pupils of Tudor Primary School, Mombasa how to get down.

Since 2011, BINGWA Magazine has toured schools in different parts of the country spreading the message of the importance of reading for leisure. This reading campaign is sponsored by Sumaria Industries Limited, manufacturers of AIM and Speedo pens and involves other fun and interactive activities. The school events bring together pupils from different schools, allowing them to engage, share ideas and knowledge and talents freely. Would you like your school to participate? Call 0719 619 006 or email claudiah@bingwa.org for more information.



The star schools of this issue are, Homecare Preparatory School, Kabale, Uganda and Kabale Integrated Primary School, Uganda. Bingwa appreciates your great stories and artwork. Keep going!!



Letters

A BINGWA forever

One of my dreams is to join the BINGWA team because like you, I would like to visit many different schools. The magazine gives life skills that have made me who I am today. Please do come and visit our school soon. **-Gabriel Mathenge, SOS Hermann Gmeiner, Mombasa, Kenya.**

JANET IS BEST!

Janet's story is the most interesting for me in BINGWA as it teaches a lot. Our composition and insha writing skills have also improved because of you. When I grow up, I want to join the BINGWA team! **-Caroline Wambui, DEB Makutano Primary School, Embu, Kenya**



GREAT FOR ME

BINGWA has helped me become a better person. Your stories have inspired me to work hard for my future. I have learnt to love reading, eat and live a healthy and wholesome life. I smile every time I see you! **-Uwamahoro Grace, Kabale Integrated Primary School, Uganda.**

THANK YOU for visiting

Thank you so much for visiting our school. We were all bubbling with excitement when you came because we love BINGWA so much! I was especially glad to win a t-shirt and see my photo in Issue 9. You are teaching us so many things about our continent. We would love it if you visited us again because you were all very friendly.

-Iven Catharine Machoni, Muraka Primary School, Kakamega, Kenya



I LIKE YOU BECAUSE...

I like BINGWA because it helps improve our reading and writing skills. You are also making it possible for schools to share art and knowledge through your magazine. That is the way I like it. **-Munangi Savio, Kabale Integrated Primary School, Uganda.**

BINGWA creates & loves winners

I had the privilege of reading and winning prizes because of you. I think BINGWA is just perfect for the Children of Africa as it opens up our minds about the world. I love the stories, jokes, drawings and much more. The magazine is winning, cheering and loving. **-Christine Adeya, Muraka Primary School, Kakamega, Kenya**

THANK YOU!

Thank you for your articles and pictures. I learnt so much about Malaria from 'Janet'. The Moipei Sisters in Issue 9 also really inspired me. Children now have the opportunity to exploit their talents and share their dreams with others. **-Zipporah Muthoni, DEB Makutano Primary School, Embu, Kenya**

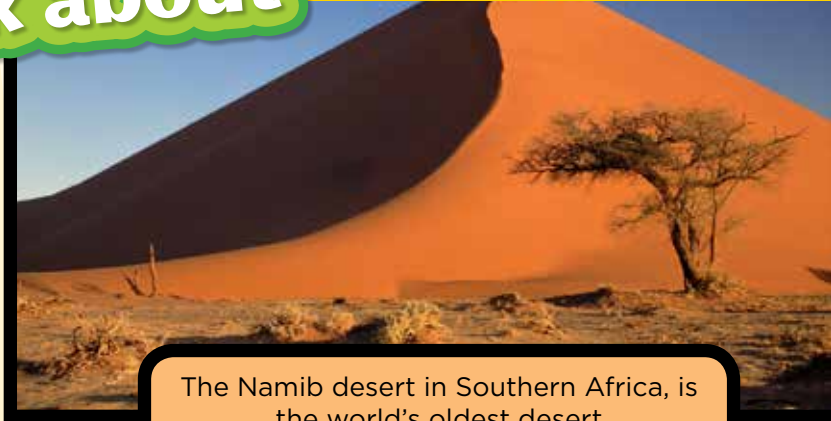
Amazing stuff to think about

Two-headed snakes in existence are merely conjoined twins

-Submitted by Rubangakene Brian, P.7, Kiwafu Primary School, Entebbe, Uganda



The Namib desert in Southern Africa, is the world's oldest desert



Some beetles are much stronger than we are. They can lift more than 300 times their own weight or the same as a man lifting 20 cars.



Several caterpillars are master disguise artists. When danger is near, they keep absolutely still and pretend to be twigs.



In Mpumalanga, South Africa, someone actually built their home in the shape of a shoe



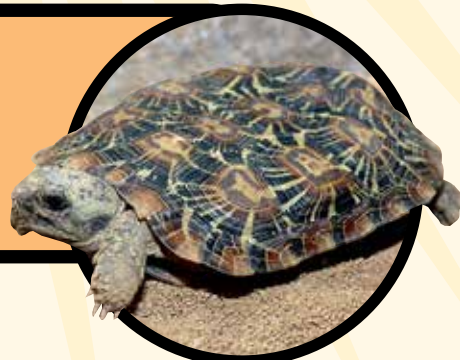
President Barack Obama is an avid collector of Spider-Man and Conan the Barbarian comics



A shrimp's heart is in its head



When alarmed, the pancake tortoise flattens itself and fits into narrowest of rock-cracks thanks to its thin flexible shell



THE SEA TURTLE

the graceful water creature

Sea turtles are reptiles of the *Chelonii* order, one of the oldest reptile groups in the world. They have been on earth for more than two hundred million years, even before the crocodiles, mammals, birds, snakes and even lizards. They are also known as 'shield reptiles' owing to their protective shells. Tortoises that dwell on land and terrapins (fresh water turtles) are also members of this group.

Like other reptiles, they are ectotherms (cold-blooded) meaning their internal body temperature varies to match those of the environment they are in and are more active when temperatures are warmer. Compared to tortoises, sea turtles retain some primitive features such as the inability to withdraw their heads and limbs into the shell for protection.

Diet

What sea turtles eat depends on their species, age and natural habitat. Most of them typically eat plants that grow in the water, small insects, snails, worms, fish and even dead marine animals. Protein is very important for a turtle's growth; the reason why some of them are carnivorous when young and vegetarian as they age.

Mothers and babies

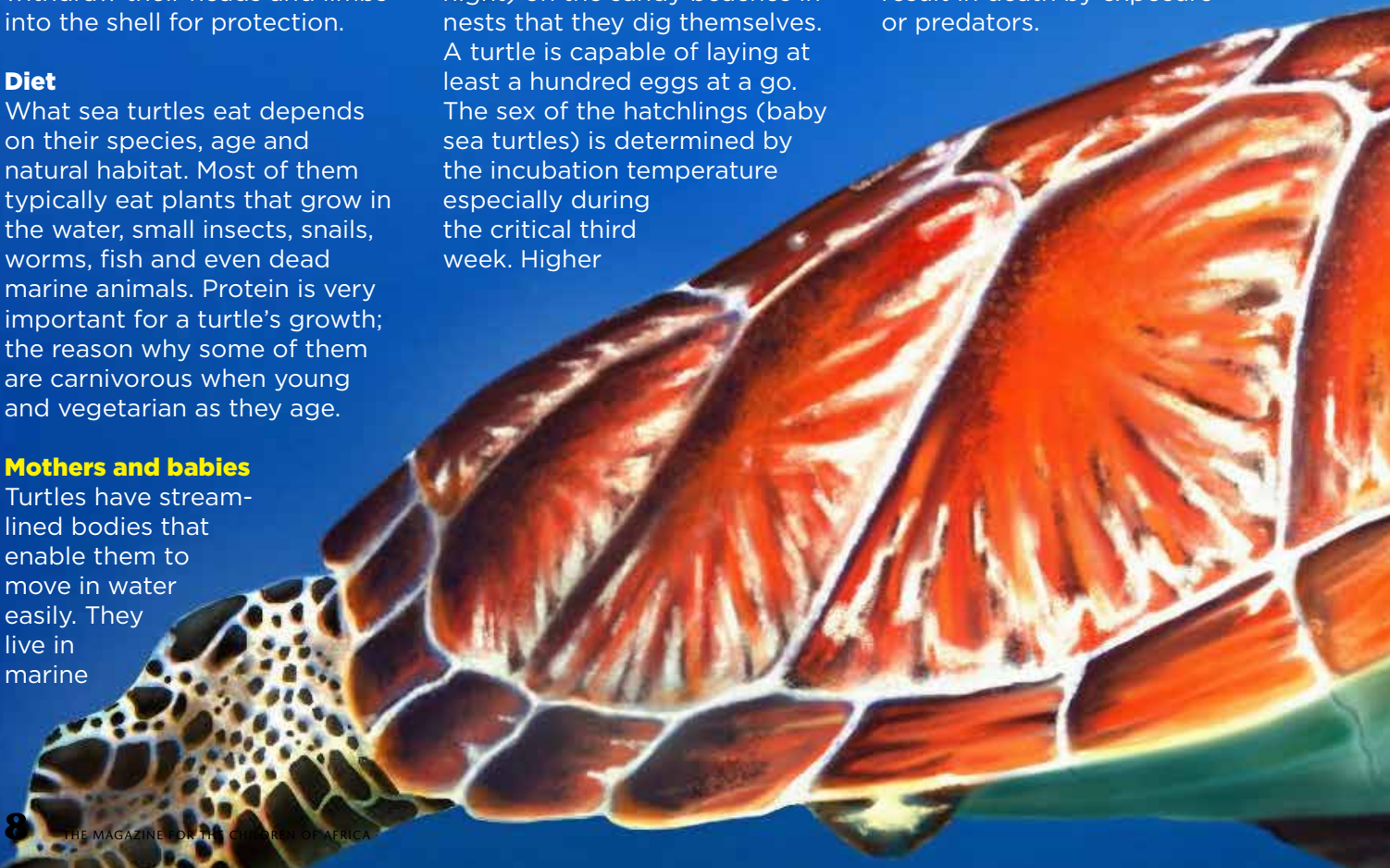
Turtles have streamlined bodies that enable them to move in water easily. They live in marine

waters most of their life, only coming to shore to lay their eggs. While on land, sea turtles are slower and almost helpless making them easy prey for predators like birds and dogs among others. This is because their flippers are not at all suited to walk on land.

Turtles lay their eggs (mostly at night) on the sandy beaches in nests that they dig themselves. A turtle is capable of laying at least a hundred eggs at a go. The sex of the hatchlings (baby sea turtles) is determined by the incubation temperature especially during the critical third week. Higher

temperatures produce females, cooler ones produce males.

After nesting, she returns to sea, leaving the hatchlings to develop on their own. After emerging from their nests, they use the natural light on the sea's horizon to reach water. Disorientation caused by other artificial light on the beach can result in death by exposure or predators.



Endangered

Many turtle species are endangered and all efforts are needed to ensure they do not become extinct. Sea turtles have a long life span, one that requires several habitat types and extensive distribution in terms of distance covered. They are therefore affected by a range of different factors, some natural and others caused by human activities. Some of the threats include Incidental capture by fishermen using nets and hooks resulting to death through entanglement, injury and drowning, Illegal exploitation of eggs, meat and oils, loss and degradation of nesting and foraging habitats, pollution from liquid and solid wastes affecting populations, predation of eggs, hatchlings and juveniles as well as adults, diseases and climate change.



Local Species & Conservation

Out of the seven species found in the world, five species are found in Kenyan waters namely Green turtle, Hawksbill turtle, Olive Ridley turtle, Leatherback turtle and Loggerhead turtle. The Green, Hawksbill and Olive Ridley come ashore to nest on Kenyan beaches while Loggerhead and Leatherback use Kenyan waters as foraging grounds as well as migratory routes.

You can learn more about these graceful creatures by visiting Turtle Centre in Watamu, Kenya or the KWS marine parks and reserves.

FACTS

- It is estimated that one out of a thousand hatchlings will survive to adulthood under natural conditions.
- When in danger, the green turtles can swim up-to twenty miles (or more) an hour to escape.
- Sea turtles have no teeth but have a strong beak which it uses to catch its prey
- Sea turtles have special glands that help remove salt from the water they drink
- Sea turtles have been used in incredible animation cartoons such as Finding Nemo & Sammy's Adventures; the secret passage.



When at the coast, avoid collecting turtle eggs so they can mature in their natural habitat



RWANDA

THE LAND OF A THOUSAND HILLS

- Rwanda has been referred to as the *Switzerland of Africa* and the *land of milk and honey*. But the most famous one is *the land of a thousand hills* because of its hilly nature.
- Rwanda neighbours four East & Central African countries; Uganda, Tanzania, Burundi and the Democratic Republic of the Congo (DRC).
- Its capital city is Kigali, a beautiful city which is further divided into three districts; Gasabo, Kicukiro and Nyarugenge.
- Rwanda's current president is President Paul Kagame. He was born on 23rd October 1957 in Ruhango, Gitarama. He came into power in the year 2000 and is said

to have grown up in a refugee camp. He is an ambitious leader whose aim is to make Rwanda the first middle-income country in Africa.

- There are four main languages spoken in Rwanda; Kinyarwanda, French, Swahili and English.
- The current flag is blue, yellow and green with the sun on the blue part.
- The parliament's gender ratio is said to be relatively equal, with more female representatives compared to other African countries
- Although Rwanda is a land-locked country, she has about twenty-four lakes, the largest being Lake Kivu at the Rwanda-DRC boarder. The lakes are important for domestic use, fishing, agriculture, industries and tourism.
- The country suffered greatly after the 1994 genocide which crippled the economy due to the gross loss of life (about 800,000 people were killed in 100 days) resulting in labour, lawlessness

and a major infrastructure lock-down. However that is all in the past.

- Today, Rwanda has beautifully constructed roads and a growing economy.
- Rwanda has few natural resources and though the economy relies on agriculture, the country still has to import food to cope with needs of its population (10 Million people in 2011). Some of the crops grown include bananas, tea, coffee, potatoes and pyrethrum. The country also has domestic animals like cow, goats, sheep, chicken, fish among others .
- Rwandese food is very tasty. Common foods are *matoke* (plantains), *Isombe* (mashed cassava and fish), Brochettes (skewers), *Ikivuguto* (fermented milk), *Umutsima* (soft Ugali) and ground nut-honey syrup.
- Their traditional beer 'Urwagwan' is made from sorghum and bananas.
- Rwanda is a very clean country. Before entering into the country,



File: AFP

President Paul Kagame



Kigali city by Rwan Kendall

one is required (by law) to dispose of all plastic bags. This is great as plastic waste takes years to decompose and causes various cancers.

- Rwanda maintains its cleanliness by having a community service/clean up every last Saturday of the month, an event known as 'Umuganda'.
- An event of note is the Genocide Memorial Week which begins on 7th April. During this week, all buildings and people are dressed in purple (the mourning colour).
- 'Moto' are *boda bodas*, Matatus are called 'Taxis' and what we call taxis in Kenya are called *Special Taxi* or *Taxi Voiture*
- The schools system in Rwanda runs for nine years; six years in primary school, followed by three years in high school. They also have state-funded education in public schools.
- The Common arts and craft found in the country are greatly influenced by a traditional craft style known as *Imigongo*, a cow dung art. The dung is mixed soil and used to paint geometric shapes that resemble the ridges

and valleys of the country. Other crafts are pottery, carving and dried banana leaf art.

- The most common sports are soccer, rugby, swimming, athletics among others. Their national soccer team is called *Amavumbi* (*agile*).
- The national male dance is called *Intore*, meaning 'the chosen one'. The meaning of *Intore* dance has however evolved and today means the 'dance of heroes'. It is performed by men wearing blonde hair and carrying spears to celebrate victories like a soldiers returning home after battle.
- The national female dance is called *Amaraba* or *Umashangiriro* meaning 'cow dance'.
- A normal Rwandese wedding takes place in three days which can either be consecutive or spread out.
- While moving into her marital home, the lady must move in with *Imigongo*-decorated Agaseke baskets, some traditional bottles to serve *Ikivuguto* (fermented milk) in and some traditional wall hangings.

- Adventure lovers come from distant lands to experience the white-water rafting that the River Nile offers. Other activities you can indulge in include hiking, game-drives, gorilla-tracking, fishing, bird-watching, boat-trips and canopy-walking in the various national parks. The beaches around Lake Kivu and the Congo Nile trail in Rubavu are also spectacular.
- *Hotel Rwanda* is a famous movie based on real life events surrounding the 1994 Rwandan genocide. *Africa United* is another great movie about three ambitious Rwandese children who walk 3,000 miles to South Africa for the World Cup.

COMMONLY USED WORDS IN RWANDA:

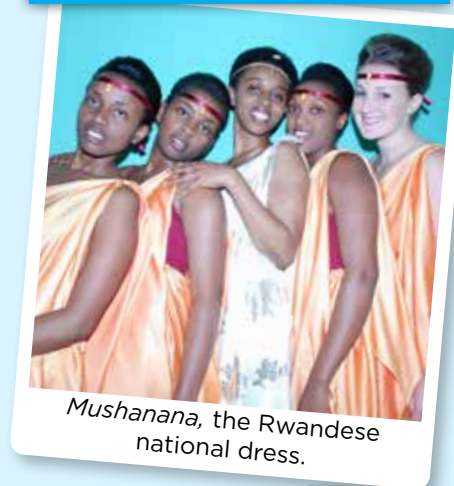
- Murakoze Cyane-Thank you very much
- Bité/ uko bien- Hey?
- Na Chibazo- Hakuna Matata!!!
- Amafaranga-Rwandese Francs (Currency)
- Tujinde- Twende
- Ci vous plait- Please
- Dorien-Your welcome



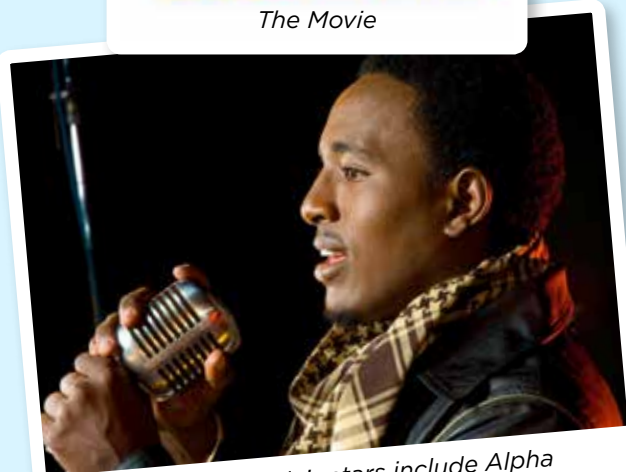
The Movie



Imigongo art depicting Intore dance



Mushanana, the Rwandese national dress.



One of Rwanda's stars include Alpha Rwirangira who won the 2009 edition of Tusker Project Fame competition.

If your mouth turns into a knife, it will cut off your lips-**Rwandese proverb**





AQUILA'S FEAST

One lovely afternoon in the vast African jungle, the mighty King Aquila threw a party for all the animals in the kingdom. There was plenty to eat and drink, beautiful decorations all around and the best singers, dancers, magicians and comedians the kingdom could offer. Other guest animals from neighbouring jungles also came to represent their respective kingdoms.

As the darkness smoothly set in, the king requested for everyone's attention so he could make an important announcement. When all the animals were gathered and settled down, the king stood up to make the announcement. He started off by thanking everybody for attending the party and moved on to declare that his lovely daughter would be getting married to a prince from a faraway land.

Following the announcement, there was a major commotion. The King's chief whip took the initiative, demanding that everyone be silent so King Aquila could finish his announcement. As soon as order was restored, the King continued; "The prince, known as Rafa, is from the land of the Tigers. He will be arriving very soon and I expect everybody to show him as much hospitality as possible. The wedding day will be announced as soon as he arrives. That will be all.....may the party continue!"

The crowd was too stunned by the announcement to resume their festivities immediately. In fact, what followed was a moment of pin-drop silence. As soon as the King Aquila sat on his throne however, someone from the crowd yelled out at the King, "So you're telling us that you're daughter, Princess

Mistri, who happens to be a lioness, will be married by a mere tiger?" It was Mbio, the fastest Cheetah in the kingdom. "You realize this means that if anything were to happen to your son, the prince, then the kingdom could potentially fall into the hands of a tiger from a foreign land who..."

Even before Mbio could finish his sentence, the very short-tempered Prince Kori, the King's son had already pounced on Mbio, immediately silencing him. Prince Kori was a master warrior and getting into a confrontation with him usually meant somebody would get hurt.

"Enough!" said the King, "the kingdom is safe, you need not worry about that. Now, can we continue this party!" Fearing the wrath of Prince Kori, nobody else dared to speak.

The animals danced and made merry and the party continued.

Elsewhere, Mbio had rounded up his friends to discuss this issue. It was clear that none of them wanted Tiger to stay in their kingdom. Mbio and his friends (cheetah, buffalo, wolf and hyena) came up with a plot to sabotage Princess Mistri's wedding. As they went about scheming and strategizing, the King's trusted messenger, Bubo the owl overheard their plans. He had been resting on one of the branches close by. She sat very still and listened to their whole plan. It was only after the meeting was adjourned and all the treacherous animals had gone their separate ways, that she flew off to deliver the grave news to the King.

On hearing the outrageous news, the King was furious beyond measure. He only calmed down after he was offered some sweet tea from the beautiful tea plains of Kericho. His decision? To beat the mutineers at their own game.

"How dare they disrespect my authority and betray me like this?" The King said out loud, "...how dare they discriminate against an animal they have never met or even known just because he is from another land and is different from us! Just how ignorant are these animals! All I need is strength and wisdom to deal with them justly!" He thought deeply about what had transpired before turning in for the night. A few days later, the King consulted with his council of elders about the actions to take.

Meanwhile, the very excited Princess Mistri was busy plan-

ning her big day, totally oblivious of the trouble brewing in the kingdom. Prince Rafa finally arrived, bearing gifts for the entire kingdom and looking as handsome as fresh paint. Except Mbio and his friends who were still hell-bent on getting rid of Prince Rafa, the rest of the animals were easily charmed by the prince and his generosity.

On the eve of the wedding, the venue had been transformed into a little paradise of its own; thanks to all the decorations and flowers in place. Thinking that the time was right, Mbio and his friends snuck into the venue to execute their plan. But woe unto them! The King's security details pounced on



them and arrested them in the nick of time. Later that evening, the mutineers had to face the King and the council of elders to explain themselves.

"I honestly don't see why the princess cannot chose one of her own" said Mbio, "In fact I'm offended that she didn't chose me yet I'm the fastest animal in

the kingdom!"

"I only did it because Mbio promised that as soon as we got rid of the tiger, then he would marry the princess and make me chief whip!" said Nyati, the buffalo.

"Mbio promised to make me chief warrior once he became prince!" confessed Kila, the wolf!

"I was to be the chief food manager!" said Mlafi, the hyena! "Mbio, do you realize that you're guilty as sin for committing high treason, a crime that results in very dire consequences?" asked King Aquila, "If I hadn't found out about your rotten plans and stopped you then, you would have caused chaos throughout the kingdom; maybe even started trouble between our kingdom and the Tiger Kingdom!"

"Oh but your majesty..... I'm very sorry. I now see the error of my ways. Please for..." pleaded Mbio.

"Sorry is what you're going to be as you rot away in jail! I cannot in my right mind allow such selfishness, greed and ignorance to walk around scot free in my kingdom. Judging from your actions, those three vices are clearly contagious and need to be nipped at the bud!" said the King, "I'm sure you'll set a good example for the rest!"

After the hearing, Mbio and his friends were sent off to Jail for a very long time. The next day Princess Mistri and Prince Rafa had a beautiful wedding under the rainbow. All the people in the kingdom made merry in yet another great feast! It was this very union that brought together the two great kingdoms that still prosper today.

Know Your Heroes

BY KATAMI MICHELLE

DAVID RUDISHA

THE HUMBLE KING OF THE TRACK

After his astounding 2012 London Olympics win, David Lekuta Rudisha is being referred to as 'King David' around the world. The Kenyan sits on the throne of the 800 meters race, having broken the world record at the same distance more than once. Standing at six-foot three, the tall and always laid-back athlete is only twenty-three years old.

Rudisha was born in 1988 in Kilgoris, TransMara District in Kenya. He comes from the famous Maasai community in Kenya and is the sixth born in a family of seven. His father, Daniel Rudisha won silver in the 4 x 400 relay at the 1968 Olympics while his mother Naomi was a 400 meters hurdler. Since his childhood, his father's Olympic medal always inspired him to become a greater athlete. "I always said it would be good to add another Olympics medal in the house," he said.

'He also won the Kenyan Sportsman of the Year Award'

It is believed that Irish coach Brother Colm O'Connell, discovered Rudisha in 2004 when he was only fourteen years-old. He was then defending his TransMara District title. His manager is James Templeton.

The young runner enrolled at St. Francis, Kimuron Secondary School in Iten so he could train at St. Patrick grounds. After a series of 400 meters race, Brother O'Connell suggested he doubles his running distance to 800 meters, a great decision since he has lived up to expectations.

Rudisha started representing Kenya in 2005, and even though he did not always win gold, he fared pretty well. By the time

David Rudisha is the ambassador for the Safeguard Antibacterial Soap.





Rudisha sprints in 800m at Nyayo Stadium

he was 21 years-old (2010), he had broken the 800 World record twice. In the same year, he became the youngest ever athlete to win the IAAF World Athlete of the Year Award.

In 2011, he became the World Champion in 800 meters, finishing at 1:41:01. At the 2012 London Olympics, he became the first man to break the world record, finishing at 1:40:91. Besides 'Kind David', his other nicknames have been 'Pride of Africa' and 'Track Master'. He has won the three most important titles in an athlete's career; the Olympics title, the world title and IAAF World Athlete of the Year Award.

He was recently awarded the 2012 IAAF Performance of the Year Award for his outstanding achievements at the 2012 London Olympics and the 2012 Athletics Kenya Overall Athlete of the Year.

This year (2013), he will be going to defend his world title in Moscow, Russia.

Despite being a top athlete, Rudisha has managed to keep a low profile back home. He also

Since 2010, Rudisha has also been serving the country as a police officer.

has a great personality, is focused and hard-working.

Rudisha does not just hit the track to train, he also does gym work and other exercises. He maintains a healthy balanced diet, and drinks lots of milk. He does not indulge in junk food nor takes supplements.

When he is not running, he spends time with his family relaxing, farming and herding cattle.

Endorsements

Being a recognized and popular athlete, Rudisha is highly paid to do endorsements (messages issued on behalf of a product, cause, institution or person).

He has appeared in the Kiwi Shoe Polish advertisement where he highlights the power of good-looking shoes, a venture that goes hand-in-hand with his work on the track.

He is also the Ambassador for the Safeguard Antibacterial Soap, a Procter and Gamble initiative that encourages nurturing of talent and childhood development while maintaining a high-level of hygiene.

Rudisha is also set to star in an Olympic film dubbed, 'First'. He will be telling the story of his running career, training and the great moments of the 800 meters race.

Future plans & goals: Looking forward to having a long running career. The challenge is always defending the titles and keeping in top shape.

I love being an athlete because: I love running....and running faster.

On being picked to star in the Olympic movie: It is a huge honor for me to be singled out; it is motivating and humbling to represent Kenya.

Favourite quote: Never give up

Favourite movie: Action movies

Favourite cartoon: Scooby Doo

Favourite music: Nice, slow and relaxing R & B music

On sports for the young: Sports moulds the youth to be disciplined and remain focused in life.

Tips for young athletes: Never give up and don't be disappointed by failure caused by defeat. Instead, view them as the motivation to becoming better.

Advise to BINGWA readers: Combining education and co-curricular activities is good. Whatever talent you have, don't neglect it as it can open up a whole new world for you. I urge parents to support and encourage children to pursue and nurture their talents.

CAREER HIGHLIGHTS

2012 (Gold) 2012 London Olympics 2012

2011 (Gold) IAAF World Championships 800 m

2010 (Gold) IAAF Continental Cup

2010 (Gold) African Championships in Athletics 800 m

2009 (Gold) IAAF World Athletics Final 800 m

2008 (Gold) African Championships in Athletics 800 m

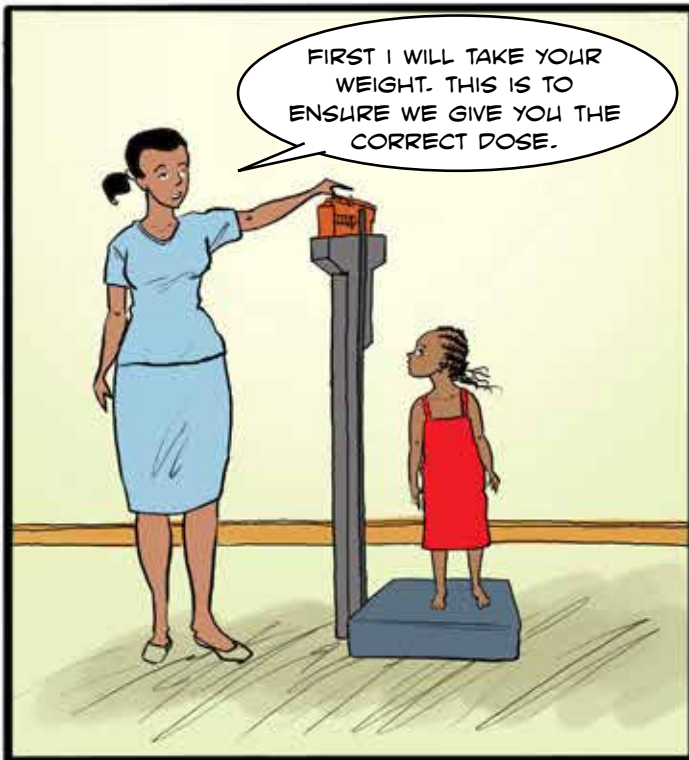
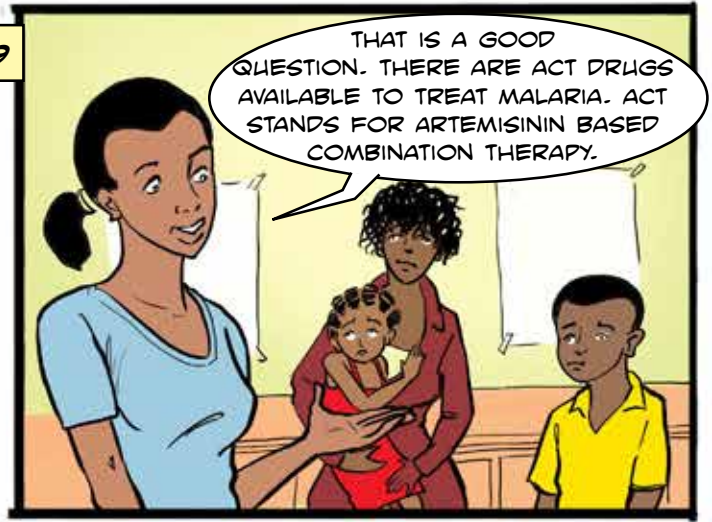
2007 (Gold) African Junior Championships 800 m

2006 (Gold) World Junior Championships in Athletics 800m

JANET

CONTINUED FROM ISSUE 9

JANET FELL ILL, AND HER MOTHER TOOK HER TO THE CLINIC. HER FRIEND, JAMES, ACCOMPANIED THEM. THE NURSE AT THE CLINIC DID SOME BLOOD TESTS AND FOUND THAT JANET HAD MALARIA. SHE TOLD THEM HOW MALARIA IS SPREAD AND TRANSMITTED. JAMES ASKED IF MALARIA CAN BE TREATED...



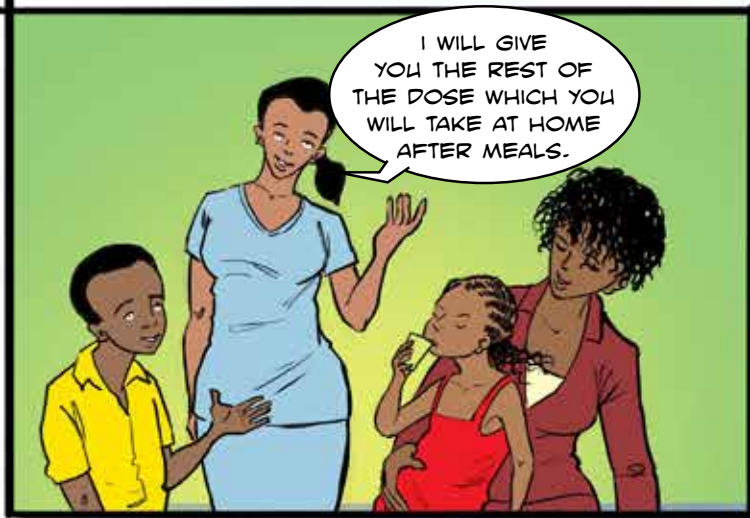


I KNOW YOU DO NOT WANT TO TAKE THE DRUGS, BUT YOU HAVE TO IN ORDER TO GET BETTER.

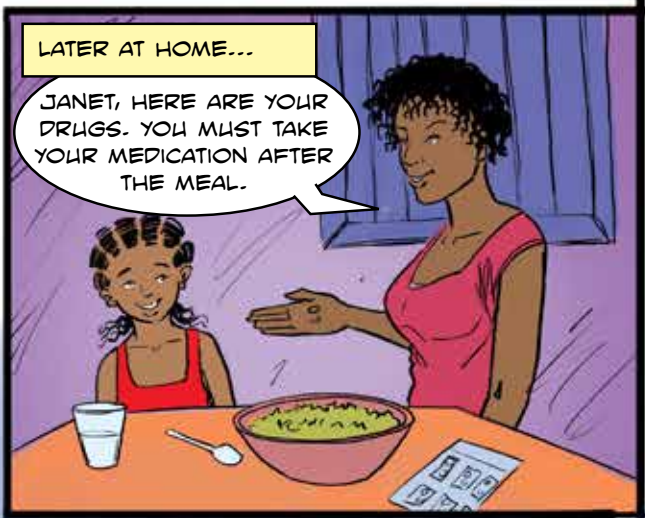


MUM, IT ACTUALLY TASTES NICE!

OH, THAT'S GREAT! SO YOU DON'T HAVE TO FEAR.



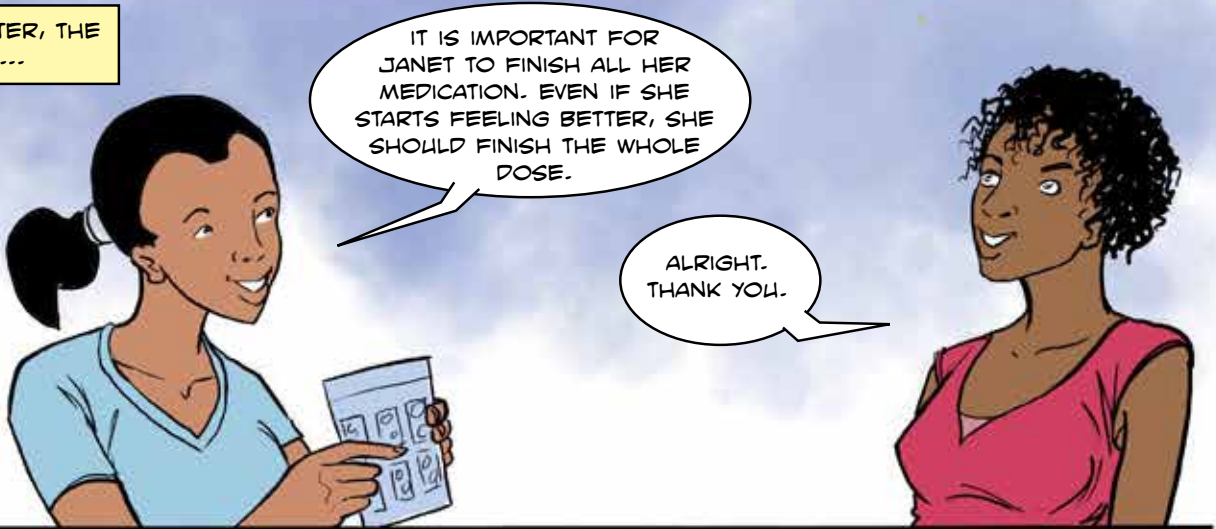
I WILL GIVE YOU THE REST OF THE DOSE WHICH YOU WILL TAKE AT HOME AFTER MEALS.



LATER AT HOME...

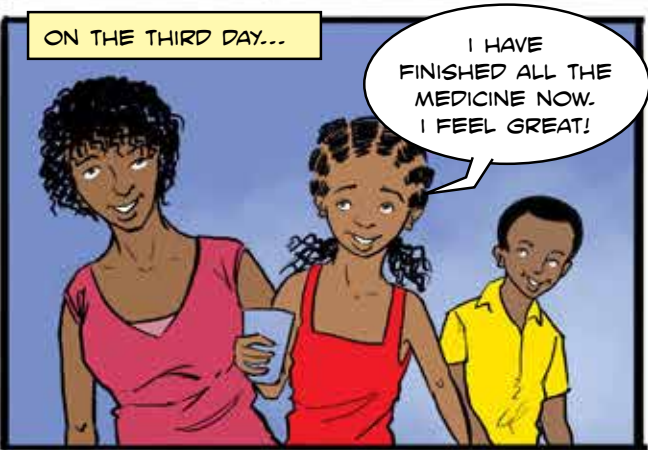
JANET, HERE ARE YOUR DRUGS. YOU MUST TAKE YOUR MEDICATION AFTER THE MEAL.

TWO DAYS LATER, THE NURSE VISITS...



IT IS IMPORTANT FOR JANET TO FINISH ALL HER MEDICATION. EVEN IF SHE STARTS FEELING BETTER, SHE SHOULD FINISH THE WHOLE DOSE.

ALRIGHT. THANK YOU.



ON THE THIRD DAY...

I HAVE FINISHED ALL THE MEDICINE NOW. I FEEL GREAT!



NOW WE CAN PLAY AGAIN!

THE END

ALL ABOUT MALARIA

In Issue 9, Doctor N introduced the subject of Malaria. He took us through the basic facts, causes and symptoms of the killer disease. In this issue, we focus on its treatment.

BINGWA: What is the first step to take when you suspect you have Malaria?

Dr. N: The first step is to visit a health care facility and see a medical official as soon as possible. You will then be examined and asked questions to determine whether you may be at risk of having Malaria. If necessary, a physical examination can then be done to check for any signs of fever, anaemia, throat or chest infections. If the doctor suspects Malaria, he will order for specific tests.

BINGWA: Where are Malaria tests done?

Dr. N: Malaria tests can be done in the laboratory or at the pharmacy. In the laboratory, microscopes are used to examine a blood sample usually taken from the finger-tip. This can take several hours before the results are available. Recently, new tests called the Rapid Diagnostic Tests (RDTs) are also being availed and can detect the presence of parasites within fifteen minutes.

BINGWA: After diagnosis, what next?

Dr. N: If the test is positive, the current recommended drugs called Artemisinin-based *Combination Therapies* (ACTs) are given. These drugs work differently to create a powerful mechanism of killing the Malaria parasites. They are available in both government clinics and private pharmacies.

BINGWA: Is the treatment given to adults the same as that of children?

Dr. N: For children, the recommended drug is the *dispersible* formulation of Artemether Lumefantrine (AL). The AL dispersible tablet is also available in many pharmacies and government health institutions

BINGWA: How long after medication can one say they are cured from the disease?

Dr. N: It is very important to finish the dose of the Anti-Malarial drug even if you feel better after the first day. The drugs have to be taken twice daily for three days for effective cure.

BINGWA: Does the patient need to go back for tests after taking medication?

Dr. N: Normally the majority of patients recover fully after completing medication. If you still feel unwell after completing the dose, you need to go back to the doctor for further examinations. Sometimes different infections exist at the same time, so further tests may be required.

BINGWA: Are there side effects that arise from poor treatment or handling of Malaria cases?

Dr. N: It is very important to take medication correctly. This ensures that there is no under or over-dosing of the patient. Possible side effects of drugs could range from headache, itching, stomach upsets, sleeping problems. However, these are mostly mild and do not warrant stopping of correct treatment. These symptoms could also be Malaria itself.

Ndahiro Phillbert, Home Care Preparatory School, Kabale, Uganda.



Dr N says: It is important to finish your dose even if you feel better.

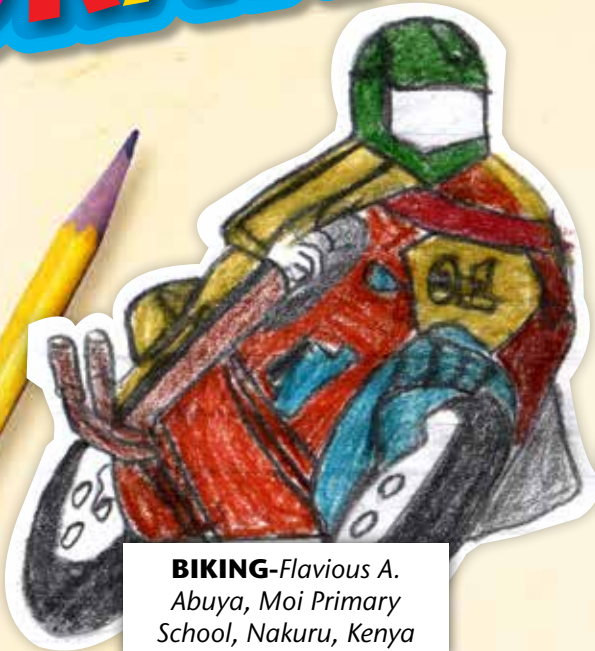
ON DRUGS

- **Combination therapy:** Means there are two drugs in one tablet.
- **Frequently used drugs in Kenya:** Artemisinin-Based Combination Therapies (ACTs)
- **Dispersible drug:** A drug that easily disintegrates especially in water and is fairly easy to take.
- **Forms of administering the drugs:** Oral, injections or through the rectum. If there is vomiting, then it is best to use injectables to treat Malaria.
- **Health Note:** Even if you have the symptoms, it is always important to confirm that the Malaria test is positive before you take any drugs.

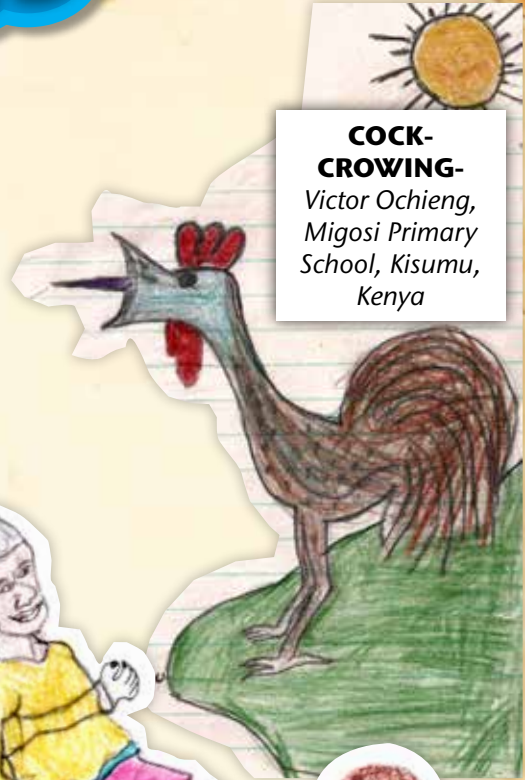


The pharmacist or doctor should check your age and weight first before giving you the correct dose of drugs.

YOUR DRAWINGS



BIKING-Flavius A. Abuya, Moi Primary School, Nakuru, Kenya

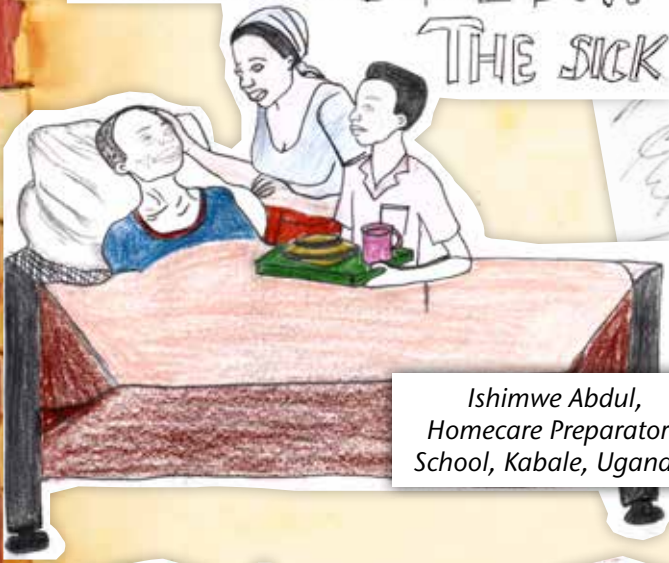


COCK-CROWING-Victor Ochieng, Migosi Primary School, Kisumu, Kenya



FOOTBALL LOVER-Rukunda Lucky, Homecare Preparatory School, Kabale, Uganda.

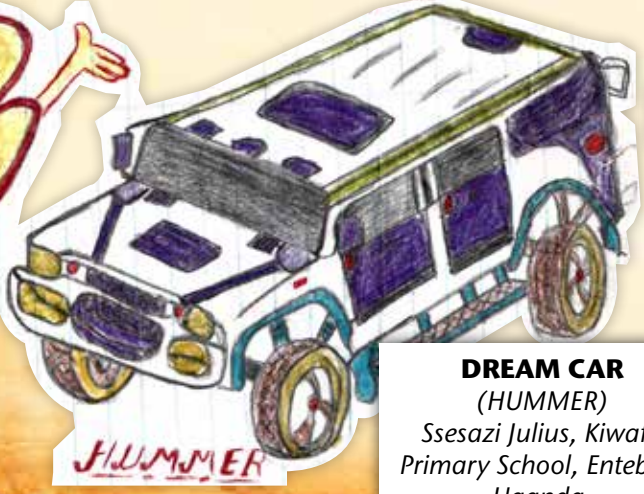
HOW TO CARE FOR THE SICK



Ishimwe Abdul, Homecare Preparatory School, Kabale, Uganda.



STOP HUNTING US Kamugisha Elias, Kiwafu Primary School, Entebbe, Uganda.



DREAM CAR (HUMMER) Ssesazi Julius, Kiwafu Primary School, Entebbe, Uganda.



LUGARD FALLS AND THE 'MAN-EATERS'



If you love raw nature and wildlife, Lugard Falls is the place for you. Located within Tsavo East National Park, the falls are a series of white water rapids on the Galana River. Home to crocodiles, leopards and lions, this area surely has its fair share of indigenous wildlife.

This was my first visit to the falls, and I was fortunate enough to share the experience with my university classmates. We took a three-day academic trip to Voi and its environs and decided to take a break by visiting the National Park. Having heard a lot about Lugard Falls, I was desperate to see the raging water for myself.

We set out from Voi in the

morning, having stocked up on water and light snacks for the day ahead. By noon, we were already at the main gate, where we got directions to Lugard Falls. The KWS rangers advised us to make a quick visit to Mudanda Rock as well, which was not far from the falls. Mudanda Rock is a 1.6 kilometre block of stratified rock that acts as a water catchment feature for the natural dam below it. This dam serves as a watering hole for animals, which can be viewed from atop

the rock. When we arrived, we were greeted by more KWS rangers who gave us information about the ancient rock. Apparently, Kamba hunters used the rock as a platform to dry elephant meat in the pre-colonial era. Due to the rock's natural beauty, the area has also been used in the award winning '*Niko Na Safaricom*' advert which has been widely televised.

We quickly made our way up the rock behemoth, where we found the perfect vantage point to view the

savannah. From the dam below to the Acacia trees in the horizon, we could see it all! We took photographs to capture the scenery and were soon back in the bus. A few minutes later, we arrived at Lugard Falls. The falls are named after Fredrick Lugard, a British colonial explorer who mapped out large areas of the East African plains. This place was like nothing I had seen before; brown water rushed violently down the river like a raging fire consuming everything in its way. Due to the forceful action of the river water, the surrounding rock had been carved out to create beautiful formations of varying widths and depths. Parts of the rock were so deeply eroded that they formed gorges. The class broke out into smaller groups as we set out to explore all the cracks and crevices of the magnificent river rock.

Before we split up, we were advised not to stray too far away, as this area was home to a number of dangerous wildlife.

Due to the bubbling excitement and exploratory spirit within us, we did not heed these warnings.

Little did we know what a mistake we were making. We continued walking along the river-bank embracing everything around us. The further we went, the more interesting landscapes we found. Before we knew it, we were completely separated from the rest of the class. We could barely even see any of them!

As I was taking photographs of the beautiful scenery, I noticed a very low flying small plane that was coming towards us. Upon further scrutiny, I realized that it was a KWS aircraft with rangers inside. I assumed they were just doing their surveillance rounds so I ignored them and went back to my photography. That is when I heard the shouting. I looked up and saw a KWS ranger running wildly towards us, screaming at us to come back at once. We had strayed too far, and were headed towards a pride of twelve hungry lions! We quickly realized the danger we had put ourselves in, and ran back towards the bus as fast as we could. The rangers were extremely angry

at our blatant disregard of the earlier warnings and were prepared to punish us severely.

Thankfully, our lecturer pleaded for forgiveness and we were eventually allowed to leave. Before we set out, the rangers handed us their binoculars which we used to view the danger we had almost walked into. We saw a pride of lions at the top of the rocks we were close to and a family of hippos not far from there. Had we taken a few more steps, there definitely would have been some casualties. The severity of our foolishness dawned on us and we were very grateful that the keen eye of the KWS rangers had stopped the catastrophe from happening.

As we rode the bus back to Voi, I could not help but have mixed feelings about the trip. Although it had been a scary experience, viewing the dramatic natural landscape had been a great opportunity for me. On the other hand, if I ever did come back, I would be more careful and would listen more keenly to all warnings!



It is very important to listen to warnings or advise especially when in a new environment.



URAFIKI WA FISI NA KUNGURU

Hapo zamani za kale, Fisi na Kunguru walikuwa marafiki wa chanda na pete. Wakati huo Kunguru alikuwa na rangi nyeupe pepepe, na Fisi alikuwa na rangi ya hudhuringi au maji ya kunde, bila madoadao. Walikuwa wanaenda kila mahali pamoja; dukani, shambani na hata kanisani. Fisi alikuwa na tabia ya kuangalia juu mawinguni na kusema, "Huko juu kuna nyama nyingi nyeupe ambazo ningependa sana kula!"

"Rafiki yangu Kunguru, tafadhali nipeleke kule juu ili nikale zile nyama nyeupe," Fisi akamwambia Kunguru siku moja. "Sawa. Lakini heri ujue kwamba safari yenyewe ni ndefu na ya kuchosha. Je, uko tayari kuvumilia?" Kunguru alimuuliza Fisi. "Wanasema mvumilivu hula mbivu," Fisi alijibu. Waliagana masaa na siku watakayosafiri.

Siku hiyo ilipofika, Fisi alirauka mapema na kuelekea kwake Kunguru. Kunguru alikuwa akipiga mswaki baada ya kupata chamshakinywa. Kisha alijitia nakshi na kusema alikuwa tayari kusafiri. Kwa hakika, Kunguru alikuwa mrembo kama malaika. Alimwambia Fisi ayashikilie mabawa yake kwani hangeweza kupaa angani kama ndege. "Nitakupeleka hadi kule mawinguni," Kunguru alimwahidi Fisi. Fisi alishika mabawa yake Kunguru

na safari yao ikang'oa nanga.

Safari ilikuwa ndefu kupindukia na Fisi alianza kuchoka. "Mimi nimechoka sana Kunguru, tafadhali turudi," Fisi akamwomba Kunguru. "Hapana, hatuwezi kurudi, tumekaribia sasa. Nilikwambia ni lazima utavumilia. Kumbuka zile nyama unazotamani...eehh!" Kunguru akamwambia Fisi. Fisi aliposikia kuhusu nyama, alisahau uchovu wake kwa saa hiyo. "Sawa rafiki yangu, tuendeleo," alisema Fisi, huku akidodonkwa na mate.

Baada ya saa kadhaa, Fisi alianza kulia akidai amechoka sana na alikuwa akiona njaa. "Usinudhi Fisi, unafikiri mimi sichoki? Unafikiri mimi sioni njaa? Subira huvuta heri mwenzangu, fungua kidomo chako!" Kunguru alimjibu huku amekasirika. Fisi alijaribu kuvumilia lakini alitiririk-



wa na machozi tiriri kutoka na uchovu na njaa. Safari yao ilitia nanga wakati ambapo mabawa yake Kunguru iligonga wingu la kwanza.

Fisi alifurahi sana. Alirukaruka alipoziona zile nyama nyeupe pepepe zilizo tapakaa kote. Alianza kula kwa pupa na tamaa. Alisahau kuwa mla kwa pupa hadiriki tamu. Mara anashika kipande hiki na kukimeza bila kutafuna, mara anameza mfupa, mara anameza mnofu, yaani nyama isiyo na mfupa. Aaaaaaii! "Rafiki yangu Kunguru, tafadhali nishone huku nyuma ilichakula ninachokula kisitoke," Fisi akamwambia Kunguru. Kunguru alifanya alivyoambiwa. Fisi akaendelea kula hadi tumbo lake likafura kama chungu kwa sababu hangeweza kujisaidia. "Mimi ninaumwa na tumbo," Fisi akaanza kulia, "...tafadhali nishone ilinifarijike," Fisi akamwomba Kunguru. "Sawa, lakini tabia zako Fisi zinanikasirisha sana," Kunguru akamwambia Fisi.

Kunguru alichukua makasi, nakukata zile nyuzi alizokuwa ametumia. "Parararararrrrrrr!" Fisi akahara. "Pururururrrrrrr!" Fisi akahara tena. "Porororo-

rorrrrrrr!" Fisi akaendelea. Alimharia Kunguru kila mahali huku pia akijiharia. Harufu iliyoko pale ingemfanya hata nzi atapike; kulinuka kama panya waliooza. Kunguru alikimbia kuoga, lakini wapi! Isipokuwa kichwani, uharo wa Fisi haukutoka mwilini mwake. Fisi naye alibaki na madoadoa mabaya kutokana na ujinga wake mwenyewe. Kunguru alikasirika kupindukia na kuamua kumwacha Fisi huko mawinguni aendeleo na tabia yake ya ulafi.

"Tafadhali ukifika ardhini, mwambie mke wangu aniwekee vitu vyororo ili nikiruka kutoka huku nisiumie," Fisi alimwomba Kunguru. "Sawa," Kunguru alijibu kabla ya kupiga mabawa yake kuelekea ardhini. Alipofika, alienda moja kwa moja hadi kwa mke wake Fisi. "Mume wako amesema utandike vitu vigumu-vigumu hapa nje ili akiangusha mifupa ya nyama, iweze kuvunjika vizuri," Kunguru alimdanganya.

Mkewe Fisi alifanya alivyoelezwa na kuweka mawe makubwa makubwa, kokoto na magogo ya miti migumu. Fisi alipoangalia kutoka mbinguni, aliona vitu vimetandikwa alivyoagiza.

Aliporuka kutoka mbinguni, alivunjika msamba (sehemu kati ya miguu) hapo papo. "Kwa nini umetandika hivi vitu vigumu na mimi nilisema utandike vitu vyororo?" Fisi akamuuliza mkewe huku akilia kama mtoto. "Pole sana mume wangu, Kunguru ndiye alinipa maagizo hayo," mkewe alimjibu. Fisi alishangazwa sana na njama aliyofanyiwa na Kunguru. Waswahili husema, mtende anayekutenda.

Kwa hakika tamaa mbele, mauti nyuma

Tangu siku hiyo, Kunguru hana rangi au manyoya yakupendeza kama hapo awali. Urembo wake uliharibiwa na uharo ule wake Fisi na kuwa kama embebovu. Fisi naye alibaki na madoadoa yasiyofurahisha macho na akaanza kutembea akichechea kwa sababu ya kuivunja msamba. Huo ndio ulikuwa mwisho wa urafiki wa Fisi na Kunguru. Leo hii, hao ni maadui wakubwa sana. Je, unafikiri Fisi ana tabia nzuri au mbaya? Hadithi hii inatufunza nini? Bila shaka tusiwe na tamaa ya kupindukia, kati wa mafunzo mengine.

Kama ni hadithi nzuri, ni yetu sote. Kama ni mbaya, niachie mwenyewe!

TASFIRI

Je, unaweza kutafsiri maneno yafuatayo yaliyotumika katika hadithi

- Marafiki wa chanda na pete
- Nyeupe pepepe
- Alijitia nakshi
- Ika ng'oa nanga
- Kwa pupa na tamaa
- Subira huvuta heri
- Tamaa mbele, mauti nyuma

Majibu Uk. 44





CHEMSHA BONGO

KUWA BINGWA WA
KISWAHILI NA

TARAKIMU HIZI



1. Wahed-Moja
2. Thenine-Mbili
3. Thelatha-Tatu
4. Aroba-Nne
5. Hamsa-Tano
6. Tandatu-Sita
7. Fungale-Saba
8. Themani-Nane
9. Kenda-Tisa
10. Ashara-Kumi
11. Endashara-Kumi na moja
12. Thenashara- Kumi na mbili

Samuel B. Amutabi, Hill School Primary School,
Eldoret

FUMBO

Tatua fumbo hili
kwa kuandika
neni la kwanza la
picha iliyoko 1-7.
Jibu lake ni aina ya
ndege aliyetajwa
katika 'Hadithi
Fupi' (Uk. 20-21).

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|----|--|--|
| 1. | | |
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| 6. | | |
| 7. | | |

Majibu: UK 44

UCHAMBUZI WA KITABU

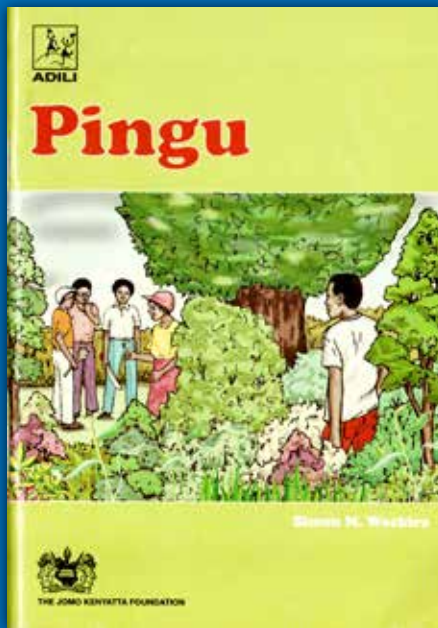
ANWANI: *Pingu*

MWANDISHI: *Simon M. Wachira*

KIMETOLEWA NA: *The Jomo Kenyatta Foundation*

Nuhu ni kijana aliyejaliwa akili licha ya kutoka kwenye familia maskini. Anaibuka mshindi katika mtihani wa KCPE, lakini karo ya kujiunga na shule ya upili inakosekana. Inabidi atafute kibarua kwa Bi. Kero. Kazi yake ni kumsaidia Izraili kuwachunga mifugo na kushugulikia bustani ya maua. Lakini Nuhu anagundua kwamba waliomwajiri wanahusika katika biashara halifu. Ugunduzi huu unamsababishia balaa na beluwa.

Kwa mfano, anatishwa na majambazi wenye bunduki na visu msituni. Vilevile, anakabiliana na askari wafisadi, anapigwa, anawekwa pingu na hatimaye kujipata hospitalini. Babake mzazi na mwalimu wake Bwana Ndovu, wanauwawa. Lakini mwishowe hadithi hii ya kuvutia inabainisha kuwa baada ya dhiki, faraja. Hadithi yenyewe ina msamiati kabambe utakaoweza kuchangia uimarishaji wa sarufi na lugha yako kwa jumla. Kwa ufupi, Pingu inaangazia uozo katika jamii na jinsi wazalendo kadhaa wanavyojaribu kuukabili. Soma na usafiri naye Nuhu katika hadithi hii murua.



SHAIRI

SAFARI

Kitenge nisiye shaka, natokea
kiwanjani
Tumbo langu linawaka, kwa fikira za
moyoni
Kila pembe nimesaka, nyikani na
maporini

Ndege ninamtafuta, wa kutulia
tunduni
Moyo unanipapata, kwa kutembea
porini
Ndege asiye matata, sijamwona
asilani

Nimefika Githurai, nikaingia porini
Nikatega barawai, nikamnasa mtini
Kumbe ndege hafai, kahamia
Kasarani

Nikaenda Rusinga, visiwa vyetu
ziwani
Nikashika njiwamanga, nikafurahi
moyoni
Siku mbili akaringa, kenda zake
mafichoni

Nikenda tega Masaku, kwenye
hewa milimani
Nikampata kasuku, mwenye sauti
laini
Maneno kama chiruku, na uwongo
mitaani
Najivunia kuwa Mkenya, Kenya yetu
ni bora

-Vivian Awour, Darasa la Nane
(2012), Lake Primary School,
Kisumu



Vitendawili

Tatua vitendawili vifuatavyo:-

- Sungura amebeba ndovu.....
- Kuku wangu hutagia mibani.....
- Mlima wenye miti mieusi.....
- Naishi kati ya maadui wawili.....
- Mzungu wangu ana mguu mmoja.....
- Keti huku nami huku tumtie mzee kucha.....

Majibu: Uk 44



COMPILED: EUDIAH KAMONJO



CHESS CHAMPION



SHARANYA KISHAN

While it is every chess players desire to participate in the Chess Olympiad, ten-year old Sharanya Kishan has already listed it in her achievements. She represented Kenya at the at the 40th Chess Olympiad 2012 in Istanbul, Turkey where she won the Women Candidate Master (WCM) title for her amazing performance. Ever since she started taking part in competitive chess in February 2010, she has won several medals and trophies and is looking forward to being a Grandmaster. She lets BINGWA Magazine in on her life with the sport.



Getting involved in a sport you like from a young age is a great idea!

What do you love about chess?

Chess keeps me busy. I also love forcing my opponent to make a mistake and the calculation for that.

How does it feel to have achieved so much at a young age?

It encourages me to achieve much more as I grow up.

What has been your most challenging competition and how did you handle this?

The World Youth Chess Championships 2012 in Slovenia. There was stiff competition India, USA and Europe and I had to learn very fast from the mistakes I made.

How do you prepare before a tournament?

I play long duration chess games and do tactics training and puzzle-solving.

What lessons did you learn at the 40th Chess Olympiad 2012?

I learnt that I need to review my opening, mid game and end game strategy. I need to train more on tactics and solving chess puzzles.

What do you attribute your win to?

The Kenya Olympiad ladies team coach Mr. John Mukabi, my chess personal coach Mrs. Latha Satya, the long hours of practice and my keen interest in the game.

Tell us more about your coach...

Mrs. Satya is one of the best! Four of her chess students have achieved titles over the last two years. She is also my mentor.

Of all the countries you have traveled to play chess, which do you love the most and why?



Greece, Poland, Zambia, Turkey and Slovenia. Each country has its own specialty so it is difficult to pick one.

Are your parents chess players as well? Do they support your love for the game?

My father used to play chess (as a hobby) when he was my age. Both my father and mother support me and spend a lot of their time behind my training.

What is the best chess tip you have ever been given?

A chess coach from India once told me, "Learn to play correct chess. If you play correctly, your opponent will have no choice but to 'reply' correctly or else lose the game to you."

When you are not playing chess, what else do you love doing?

I love watching TV, painting and playing with my friends

Any interesting facts about chess you would like to share with other kids?

Chess helps improve concentration, calculation skills and builds a competitive spirit even in your studies.

Really? Has this applied to

you?

Yes! I was first in my class and third best student in Year Group Five.

(Sharanya goes to Oshwal Academy Nairobi Primary. Her best subjects are Maths and English).

Which has been your most memorable (chess) moment?

Winning the silver medal for Kenya in Girls Under-ten Category at the 2011 African Youth Chess Championships in Lusaka, Zambia.

Who is your role model?

Vishwanathan Anand from India, the current World Chess Champion and Belarusian Boris Gelfand who I met during the Chess Olympiad 2012 in Turkey.

What would you say it takes to be a chess champion?

Being honest when learning the skills, taking interest in the game and willingness to learn from mistakes.

What is your advise to BINGWA Magazine readers?

Continue working hard in your studies and the sports that you love. Do this with honesty, humility and dedication and you will surely succeed in life.

CHANGING

Five beneficiaries of the Equity African Leadership Program (EALP) of the Equity Bank Foundation, spoke to BINGWA about their life changing moments.



I will never forget the year I was in class six. I went to a new school where I was 'caned' and had to wear a red apron that read 'I do not know English' regularly because I was caught speaking other languages. After the exams, I also had to sit at the very front of the class where the poorest performer did. I was ridiculed and secluded due to all of this. In term two and three, I did extra work after school and sought teacher's assistance. On the last day of term three, I received a prize for being number one. As I stood to receive it, I remember saying to myself, 'I am not the brightest pupil, but the one who put in the most effort and refused to accept being last.' I learnt that to be good at anything, one has to put in lots of time and effort. **-Wambui Muriuki, Actuarial Science Student, University of Nairobi, Kenya**

During my final year in primary school. I was in a prestigious school and had friends from well-off families. Many are the times I found myself trying to fit in with others and being a people-pleaser. Life got harder when we had to move from Nairobi to Ruiru-into a house with no electricity or tapped water. It was at this point that I learnt to focus my efforts on what's important; my studies rather than trying to fit in or be popular. Life is about shaping your own destiny. **-Simeon Kamunde, Design Student, University of Nairobi, Kenya.**



Getting exposed to the work environment at a young age was life-changing for me. Equity Bank gave me opportunity to learn how to run a business since I plan on being a great entrepreneur soon. I also learnt money management skills which help me budget for my income. **-Dennis Simiyu, Computer Science Student, Kenyatta University, Kenya.**

In school, I was entrusted with the responsibility of being School Captain and the Christian Union chairlady. The experience made me realize that I was actually capable of doing better. I believe that with self-confidence, hope and determination, there is a very high probability of reaching one's dreams. **-Beatrice Mwangi, Medicine & Surgery Student, University of Nairobi, Kenya**

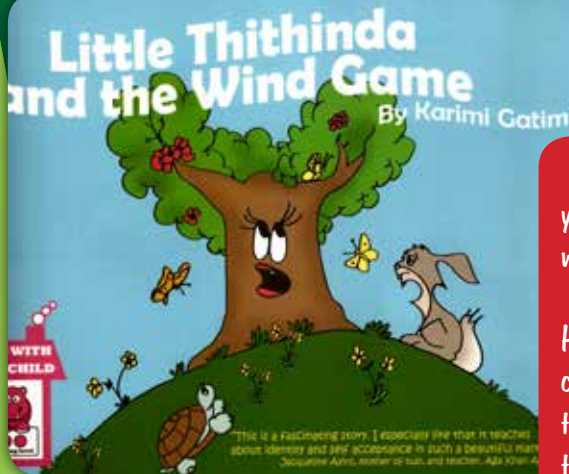


BOOK REVIEW

Little Thithinda and the wind game

Author: Karimi Gatimi

Publisher: Storyhippo



Little Thithinda and the wind game is an interesting story about Thithinda, a young beautiful green tree with pink flowers. Thithinda does not quite understand why she can't fly, jump, walk or play with the rest of the butterflies in the forest.

Her grandfather Mugumo reminds her how beautiful she is and how she ought to celebrate being alive. Thithinda however still wants to move about and play with the other insects of the forest. In the end, Thithinda's mother teaches her a game that only trees can play-the wind game!

Within no time, she is playing the wind game with her family and soon realizes that even the butterflies can neither hear what she does nor join them. She loves the game so much and celebrates being a tree. The story is a lesson on identity and self-acceptance. The illustrations by Ian Arunga are as beautiful as the wind song itself.



MCHONGOANOS

Eti nyinyi ni wadosi hadi mnapika na lotion
Eti wewe ni mrefu hadi ukimeza maharagwe moja unaget pregnant
Eti wewe una pimples hadi ukipigwa picha inasema 'join the dots'
Eti simu yako ni nzee hadi blue-tooth ina cavity
-Joy Precious, Migosi Primary School, Kisumu

You are so thin, you wear a belt on your socks to make sure they don't fall-off
You are so fat, when you step onto a weighing scale it says, 'One at a time!'
You are so ugly that rain dodges you.
You are so dumb, you tried to climb the mountain dew
-Samuel Owele, St. Austins Academy, Nairobi.

Eti kwenu mmendelea hadi mkona teabags za uji
Eti kwenu mna vichwa bigi hadi kunaitwa head-quarters!
Eti kwenu mko wengi badala ya bathroom mnatumia cattle-dip

Eti wewe ni bow-legged na manzi wako ni knock-kneed, mkisimama pamoja mnaspell 'OX'
Simu ya budako imezoea bamba twenty hadi ukiweka bamba one-hundred inasema 'Wacha mpango wa kando!'
-James Peter Ocheing, Migosi Primary School, Kisumu.

Unamaskio bigi uki turn jiko zote za makaa zinawaka.
Grandpa wako ni mzee hadi badala ya kusema watoto anasema 'wadodo'
Gari yenu imezoea Kikuyu hadi ukiakisha engine inasema 'Aterere!'
-Annette Nyambura, Loreto Convent Valley Road.

Babako ni muoga hadi anafence kitanda
Wewe ni mdeadly hadi shetani akikuona anashout, 'Oh Jesus!'
Unamacho red hadi ukiangalia nyama raw inaiva
Unakichwa biggy hadi ukiingia kwa gari unaambiwa 'Kichwa finje, mwili sare!'
-June Anittah, Moi Primary School, Nakuru.



1



2



3



4



5



6

YOUNG PATRIOTS AWARDED

BINGWA Magazine and Brand Kenya Board representatives were at Hill School, Eldoret and Muraka Primary School, Kakamega in November 2012 to award four young patriots who won a national patriotism competition.

The competition call-out started in BINGWA Magazine Issue 7 (2012) and was sponsored by Brand Kenya Board. Open to Upper Primary School children, the competition's aim was to promote national pride in young minds. Readers were asked to use words and pictures to illustrate their understanding of patriotism. The winning entry by Christine Adeya of Muraka Primary School was published in Issue 9 (Term 3 2012). Kenya Forest Service (KFS) representatives also joined the team in a tree-planting exercise where a total of 300 trees were planted.

1. Elsie Adewa of Brand Kenya Board hands over a hamper to competition winner Christine Adeya of Muraka Primary School.
2. The Bingwa Magazine and Brand Kenya Board team with one of the winners from Hill School, Eldoret.
3. The treeplanting exercise at Hill School, Eldoret.
4. Some of the Muraka Primary School entertainers of the day show off their prizes.
5. Hill School, Eldoret pupils get ready to give the competition winners a hearty clap.
6. Elsie Adewa of Brand Kenya Board plants a tree with a student from Muraka Primary School.

Kenya



NITAKUWEPO

MY DREAMS FOR KENYA

We hear it all the time, 'Children are the leaders of tomorrow'. However, leadership need not begin at adulthood. We need to take part in nation-building now so that we do not just dream about the Kenya we want but directly shape the country's direction. Living by the national values is one way to do this.

Here is what BINGWA readers had to say about their own aspirations for Kenya...

Additional reporting: Kaberia M'Mbogori



I would love to help my country in everyway by becoming an engineer. I will also strive to be a good citizen and a great leader ensuring there are no conflicts in Kenya.

Daniel Owino, Kaloleni Primary School, Kenya



My dream for Kenya is that music will bring people together and unite us as one. By becoming a really big musician like Rose Muhando, my music will promote Kenya to the whole of Africa and the world

Agnes Makau, Palm Olive Primary School, Kenya



I pray that we all become good Kenyans everyday. We should show others how to do simple things like planting trees, caring for the sick and poor and other needy people in the society.

Wanjiku Linet Nganga, St. Jane Preparatory School, Kenya



I would like to become a good leader; the kind that can stop corruption, tribalism, hunger, and nepotism in Kenya and other countries in the world.

Mercy Auma, Kaloleni Primary School, Kenya



I hope to realize my dream for Kenya when I become an engineer. When that happens, I will work on some amazing sky-scrappers and flying cars for Kenya. I will also ensure we develop into a modern country by teaching young people how to use tablets and computers in school.

Ruben Mwangangi, Palm Olive Primary School, Kenya

SOME OF OUR NATIONAL VALUES

- Being Patriotic
- Promoting National Unity
- Respecting the rule of law
- Promoting Social Justice
- Championing Peace
- Non-discrimination and Protection of the less fortunate
- Promoting Transparency and Accountability
- Practicing integrity

Brand Kenya
Board

Kenya



UGANDA, MY HOME

Words submitted by Asimwe Isaac, Kabale Integrated School, Uganda.

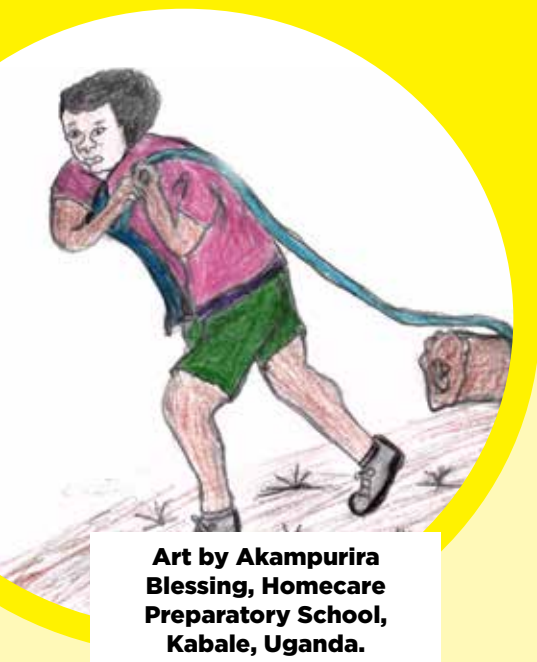
This is my home, Uganda
The land for me
Where my heart is at rest
The land for all that is best
Here I am alive and free

This is my home, Uganda
With the mountains, valleys and hills
Deep dark forest where no one goes
Thick green swamps where River Nile flows
The Western lakes, strange and still

This is my home, Uganda
Full of the flight birds
The Crested Crane, the Eagle and the Dove
Spinning to the sky and above
Music of songs without words.

This is my home, Uganda
Full of the beasts that God made
The golden lion and the swift deer
The elephant grey and the dik-dik here
The Leopard lies comfortably in the shade

This is my home, Uganda
Where even little ones work hard
Here is the dark house I built with my hands
Here I was born, here I will die.



Art by Akampurira Blessing, Homecare Preparatory School, Kabale, Uganda.

POLITICIANS



Artwork by Kitya Peter, Kiwafu Primary School, Uganda

Submitted by Kwesiga Emmanuel, Homecare Preparatory School, Kabale, Uganda.

There was once a farmer who witnessed a vehicle accident. In the bus that crushed into a tree at a high speed were Members of Parliament (MPs). A search team had already been sent by government officials who suspected that something had gone wrong when the MPs could not be reached. When the farmer explained to the search team what had happened, the team leader asked him, "Did any of the MPs survive? Are some of them in hospital?"

The farmer replied, "I buried them all." On further enquiry, the farmer explained, "Some of them were crying, telling me they were still alive, but you know politicians cannot be trusted. That is why I buried them all!"

WISE LIKE A BIRD



I can see water deep inside this pot, but I cannot reach it.



Let me drop some stones into the pot so the water can come up. Then my thirst will be quenched.



Ahhhhhh.....! Now I am happy! I saved myself from thirst and hunger, while my friends are still at home waiting for the rain.

Ampeire Samuel, Kabale Integrated Primary School, Uganda.



OF MYTHS AND LEGENDS

By Arineitwe Mackay, Kabale Integrated Primary School

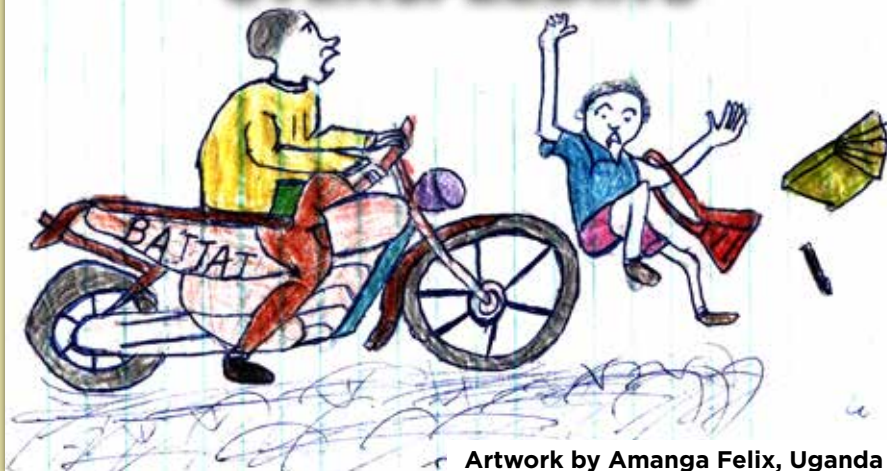
Many communities in Uganda have their own stories to explain how they came to settle where they are today and other important things like what they eat and how they live. These stories are told from generation to generation are known as myths or legends.

BAGANDA'S STORY OF ORIGIN
By Mutekanga Samuel, Kabale Integrated Primary School

According to the Baganda, the first man to live on earth was Kintu. He lived alone with a cow who provided him with milk and dung. There was a powerful being (Ggulu) who lived in heaven and used to come down to earth and go back to heaven on a rainbow. One day, Ggulu's beautiful daughter Nambi came to earth and liked Kintu. Nambi wanted to marry Kintu, but Ggulu had to test him first. Nambi's brothers came down and took Kintu's only cow. He had nothing else to eat except roots and leaves as he did not know how to farm. Kintu was however wise and managed to pass the tests and eventually marry Nambi. But he did not follow one instruction, which was not to go back to heaven even if they forgot something. Nambi forgot millet for her chicken and went back in spite of the previous instructions given. This is how Walumbe (Death) was able to come back to earth with Nambi and why he still exists today.



OVERSPEEDING



Artwork by Amanga Felix, Uganda

MOTHERS WAITING FOR IMMUNIZATION



Artwork by Niwenyesing Dorothy, Homecare Preparatory School, Kabale, Uganda

SCHOOL IS THE BEST PLACE TO BE



Artwork by Mubiru Andrew, Kiwafu Primary School, Uganda



I love being Ugandan and living in Uganda. Here, you can eat good food and celebrate life as things are not too expensive. We do not abandon our people but care for them. Other countries also work with us to help in development. Come one, come all; to the pearl of Africa.

-Akot Brenda Patricia, Entebbe, Uganda.

PLANNING PURPOSEFULLY

This year, we will cover the crucial steps to achievement. To achieve success, we must not only work hard but also work smart. One way of working smart is by writing down the plans you have for achieving your goals, and then executing them. Wangui Wachira expounds on the first step, which is purposeful planning.

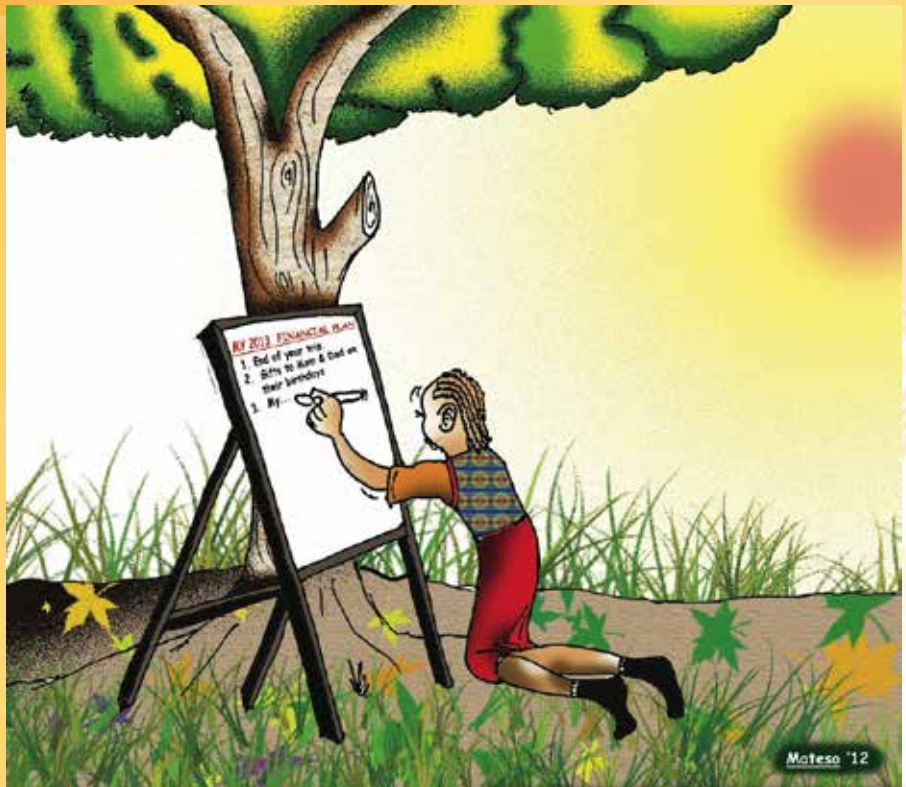
Do you know that you can achieve your financial goals by simply having and executing your financial plan? A financial plan is a list of goals that you want to achieve with your money. Assuming you want to build a house; the first thing you will need to do is explain to an architect about what you want. The architect will then draw and design a house (on paper) for you until you find the best one. This is the design that will be used to build your house. It is the same with money. Have a plan on how you want to use your money with the aim of achieving your goals.

GETTING STARTED

Think Big: What do you want your money to do for you? An end-of-year trip? A laptop? Start investing in the stock market by age eighteen?

Start Small: Do you want to save (for example) Ksh. 5000 by July 2013 so you will have saved enough by end of the year? Does your allowance allow you to save enough for this or do you need to earn extra income over the holidays? If so, how?

A Break Down: Number your goals according to importance. Then write down what you will do each week to make sure you are closer to achieving them. By breaking them down like this, you will find that your larger goal seems easier to achieve, right?



Budget: Preparing a budget is the best way to help in monitoring and sticking to your plan. The main items you can use to categorize it are savings, spending, investing and giving.

Avoid Debt: If you do not have money to go to the movies, do not borrow. Instead, try watching one at home. If you already owe money, pay it back as soon as you can and avoid borrowing anymore.

Emergencies: Always put some money away for unforeseen circumstances or 'emergencies'. Talk to your parents to decide what an 'emergency' can be.

TIP: Read about successful people around the world. You will find that self-sacrifice, determination, a financial plan and focus are all necessary aspects of goal-achievement.

People don't plan to fail, they simply fail to plan.



...by Matero



Happy new year Chet!
What are your plans for the year?

Plans? I do not really make plans.
I just take each day as it comes.

What?
Okay, let me tell you what I achieved
last year.

I saved enough to buy myself an iphone,
gifts for my parents and even managed
to go the annual school trip in Zanzibar!

How did you do all that? We always
get the same allowance money.

Planning and discipline, that's all!!
At the beginning of the year, I made
a list of the financial goals I wanted to
achieve and shared it with my mum.

I then made a plan on exactly how
I would achieve each of them. I had to
really focus on saving, cut down on
impulse buying and avoid debts.

That is so brilliant! Let me go
and do the same. I will make the
best of this year too!!



D.I.Y

How to plant a tree



ITEMS NEEDED
Hoe/Jembe and Spade,
Tree seedling of your
choice, Ruler, Knife,
Sticks, Watering can



1. Select a tree depending on purpose. We chose Grevillea, a fast growing evergreen tree.
2. Select a site and clear the spot to use. Please note that the site should not be too close to a building as some roots can damage its' foundation or fall on it.
3. Using a hoe dig a hole 30 cm deep and 30 cm wide (Dimensions depend on tree species).
4. Remove the polybag (the bag enclosing the seedling) by using a razor blade or knife to cut along the edge and make it easier to remove.
5. Holding the tree seedling from the bottom (to avoid destroying the soil holding the roots), gently place it inside the hole.
6. Holding the seedling, put the soil back into the hole.
7. Firm the soil with your hands or foot. Add more soil and then firm it again.
8. Pour enough water around the seedling, but not too much to flood it.
9. Mulch the tree by placing dry leaves or grass around the base of the seedling to minimize water loss by evaporation.
10. Use sticks to make a rocket-shaped hedge around the seedling to prevent the seedling from destruction by livestock.



If you have manure available, mix it with the soil you dig out and then place the mixture with the rest of the soil you use to plant the tree.

This activity was demonstrated by Marion Mwendu, a Class 5 student at Donholm Primary School, Nairobi. Marion loves football, swimming and bread. Her favourite subjects are Maths, Kiswahili and Science and her favourite BINGWA Magazine comic is Janet. It was facilitated by Gideon Kibusia, a Forester at BetterGlobe Forestry.



Helping you understand some life situations

Hallo boys and girls, Thank you very much for your questions and for the courage to speak out. When in doubt about any feeling or situation, always remember to talk to an adult whom you are comfortable with.

Dear Ms. Kijuu

My teacher always tells me to go to school with my hair tied-up. I love my hair down but she says I look prettier with my hair tied-up. I don't see it that way. Please help me understand!
-Carla

Dear Carla

As you grow older, you are more aware of the changes in your body and you become more conscious of how you look. You then take a keener interest on how you present yourself. This includes combing your hair differently. I am sure that whichever way you wear your hair you are a pretty girl. What your teacher is simply telling you is that when in school, it is more appropriate to keep your hair tied up. At school, it is best to keep it simple. You can always let your hair down during the weekend. It will be much more fun then.

Dear Ms. Kijuu

I feel like my sports skills are not so good yet I love football so much. I am always chosen as a defender and always

picked last when the teams are chosen. What should I do?
-Aziz

Dear Aziz

I do understand how you are feeling. It is disappointing not to do well in what you love. You need to understand we all have different talents and we cannot be good at everything. Take heart and accept that you are not that great but that does not mean you should stop playing. Keep playing, keep practicing and I am sure your skills will eventually improve. Always remember that what matters most is the heart; never give up on what you love doing.

Dear Ms. Kijuu

Most people in my class are great at mathematics. I am not that good at the subject. Yet everyday I attend the class, each time hoping to answer the questions correctly. I really want to be good at it, but nothing seems to work. What will I do?
-Ash

Dear Ash

First, I would like to say that I like the fact that you do want to do well. What you need to start doing is stop concentrating on how good the others are. You need to pay more attention to yourself and how you can improve your Maths skills. Speak to your

Maths teacher or your parents and share with them your concerns. They should be able to come up with a strategy that would help you improve. All you might need is just further support in understanding the various concepts. Whatever the case, remain positive and make sure you are always doing your best. Good luck.

Dear Ms. Kijuu

At school, I always feel left out because I am not as cool as the other kids. What can I do to become as cool as them?
-Johnson

Dear Johnson

As become teenagers, we tend to start paying more attention to our peers. It is human nature to want to fit in or belong to a group. It is very normal and there is usually nothing wrong with it until it starts making you unhappy and uncomfortable. What you are talking about is what we call peer-pressure. You feel the need to be a certain way because the others have insisted it is the only way. Don't change who you are so you can fit in. Look around you. There must be other children who are not 'cool' and are happy as they are. Befriend them. Surround yourself with those willing to accept you as you are; get friends who make you feel good about yourself. Not everybody wants to feel 'cool'.

Your favourite Magazine recognizes the challenges you face as a pupil and a young person with varying needs, anxieties and concerns. Here, you can get expert advice on anything that may be bothering you, be it of an emotional, academic or social nature.

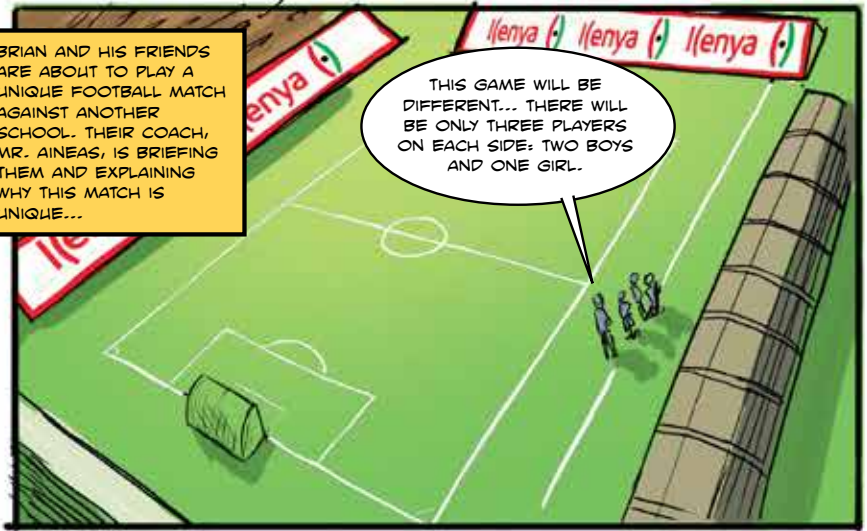
Bingwa invites you to send your questions about life in school or your life in general. Our expert will pick and answer a few questions at a time and publish the answers here. Send your questions by email to editor@bingwa.org or by post to P.O Box 823-00606 Nairobi.

Mechi Kali

BARKSA

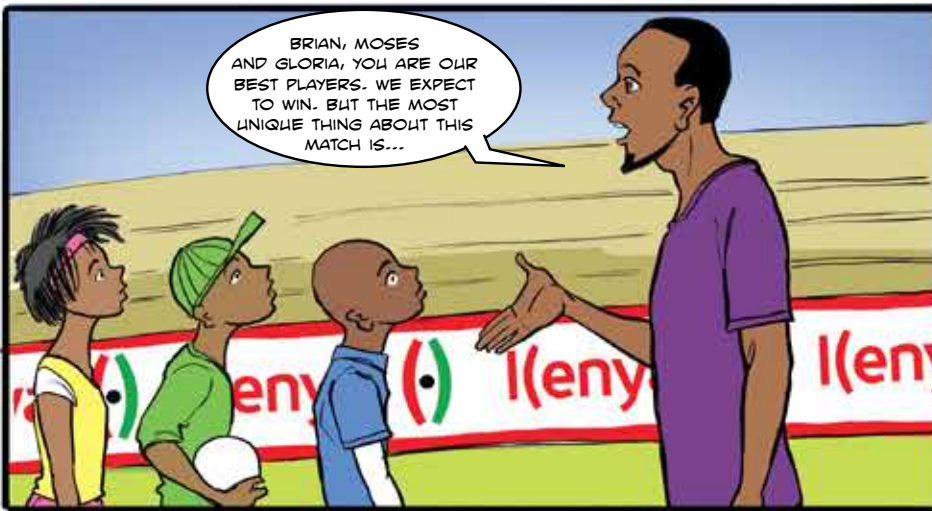
BRIAN AND HIS FRIENDS ARE ABOUT TO PLAY A UNIQUE FOOTBALL MATCH AGAINST ANOTHER SCHOOL. THEIR COACH, MR. AINEAS, IS BRIEFING THEM AND EXPLAINING WHY THIS MATCH IS UNIQUE...

THIS GAME WILL BE DIFFERENT... THERE WILL BE ONLY THREE PLAYERS ON EACH SIDE: TWO BOYS AND ONE GIRL.



BRIAN, MOSES AND GLORIA, YOU ARE OUR BEST PLAYERS. WE EXPECT TO WIN. BUT THE MOST UNIQUE THING ABOUT THIS MATCH IS...

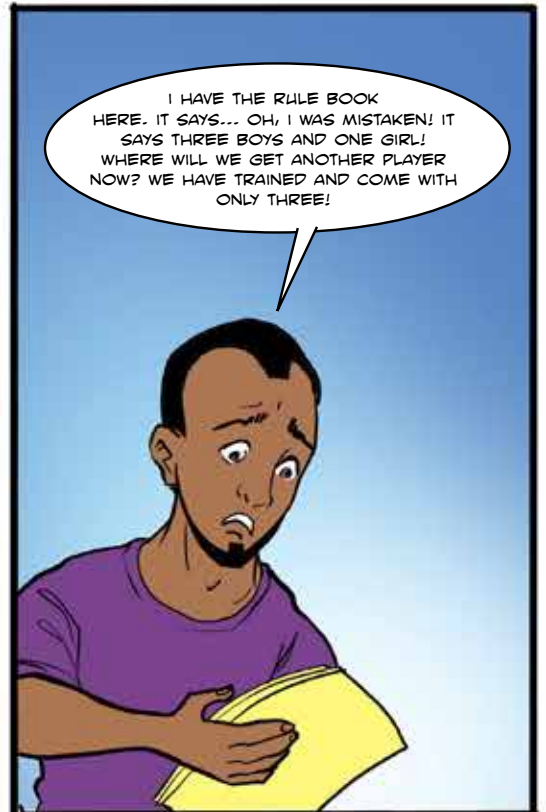
THE FIRST TEAM TO SCORE WINS, AND THE GAME ENDS!



AH! HERE COMES THE OPPOSING TEAM AND THEIR COACH! WHY HAVE YOU BROUGHT FOUR PLAYERS?

DIDN'T YOU READ THE RULES OF THIS MATCH, MR. AINEAS? THE RULES SAID FOUR PLAYERS!

I HAVE THE RULE BOOK HERE. IT SAYS... OH, I WAS MISTAKEN! IT SAYS THREE BOYS AND ONE GIRL! WHERE WILL WE GET ANOTHER PLAYER NOW? WE HAVE TRAINED AND COME WITH ONLY THREE!



Brand Kenya Board



SOME OF OUR NATIONAL VALUES

- Being Patriotic
- Promoting National Unity
- Respecting the rule of law
- Promoting Social Justice
- Championing Peace
- Non-discrimination and Protection of the less fortunate
- Promoting Transparency and Accountability
- Practicing integrity



CAN YOU GUESS WHO SCORED THE WINNING GOAL?

Brand Kenya Board



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MY DREAMS FOR KENYA COMPETITION

KENYA- CELEBRATING 50 YEARS OF UHURU



- 1886:** The European colonial powers divide Africa between them at a conference in Berlin.
- 1895:** Britain's protectorate is formed and officially named British East Africa (Kenya & Uganda).
- 1896:** Construction of the railway line begins in Mombasa.
- 1921:** The protectorate becomes Kenya and gets status of British Crown Colony. A British governor administers the colony.
- 1922:** Africans educated in the Missions starts protesting against the British policies.
- 1952:** The young Elizabeth is staying at the Aberdare Treetop Hotel when her father, King George VI dies of cancer. She returns to England as Queen Elizabeth II.
- 1952:** A political Kikuyu group called 'Mau Mau' starts violent attacks on white settlers. Jomo Kenyatta is regarded of leading the 'Mau Mau' and is jailed in 1953. The rebellion leads Britain to declare a state of emergency in Kenya.
- 1959:** Kenyatta is transferred from jail to house arrest. Formation of political parties is now allowed.
- 1960:** Britain gives in to the pressure and starts preparing Kenya for independence.
- 1963:** Kenya attains independence as the Dominion of Kenya with Her Majesty the Queen as the Head of State and Mzee Jomo Kenyatta as the Prime Minister.
- 1964:** Kenya becomes a Republic and is sworn in as Kenya's first president

Credit: <http://www.brandkenya.co.ke/>

CHALLENGE 1

What are five of Kenya's greatest achievements (since 1963) in the last 50 years?

CHALLENGE 2

Write and illustrate what you think the future holds for this country and its people and categorize it in the following ways:

- In one year Kenya will be...
- In five years Kenya will be...
- In 20 years Kenya will be...
- In 50 years Kenya will be...



World-wide hit song 'Malaika' was originally written by Kenyan songwriter Fadhili William

WIN!
The top five entries will get to visit different parts of the country!

SEND YOUR ENTRY TO:

The Editor, BINGWA Magazine, 'My dreams for Kenya',
P.O. BOX 823-00606,
Nairobi, Kenya.
Or email: editor@bingwa.org

PLEASE NOTE:

- Your entry must reach us by April 15th 2013
- At the back of your entry, do not forget to include

your full name, class, school, age and a mobile phone number (even your head teachers') we can reach you on

- Winners will be chosen based on the creativity, good grammar and quality of artwork
- This competition is open to school pupils in Class 4-8
- The winning entry will be published in the magazines' next issue.

BY KEPHA NYANUMBA, NUTRITIONIST, AAR HEALTHCARE LTD

Exercise is so Good



Active Everyday

Young people exercise all the time without even knowing it. Running around outside, dancing, playing soccer, or even reaching down to touch your toes, all count as exercise. When you exercise, you are building a strong body that will enable you do everything you need to do.

Joy for your heart, building strength

Your heart is a muscle that pumps blood to the rest of your body everyday. To strengthen this important muscle, you need to engage in aerobic exercise often.

Aerobic means ‘with air’ and aerobic activities require oxygen. Aerobic exercise quickens your breathing and gets your heart pumping. Regularly exercising your heart ensures it does an even better job of delivering oxygen around your body. Some aerobic exercises you can do are swimming, basketball, jogging, playing soccer, biking, walking quickly and even skipping rope. Activities that require you to use the power of your muscles like bike-riding and doing push-ups also help in strengthening other muscles of your body, like the arms and legs.

Improves academic performance

It has been proven that physical activity influences academic performance. It improves brain function allowing you to concentrate better and remember more.

Full range of motion

Can you touch your toes easily without yelling ‘Ouch!’? Many of you are pretty flexible and can bend and stretch their bodies without feeling tightness or pain.

Some exercises you can do to improve flexibility are dancing and simple stretches like touching your toes, lifting your arms towards the sky or side stretches).

Keeps the Balance

Food gives your body fuel in the form of calories, which are a kind of energy. If you’re active, your body needs an extra measure of calories. If not, then your body stores the excess fat, which is not good for your health.

Feel So Good

It feels so good to be able to do all the activities you enjoy (like jumping and playing with your friends). It’s also fun to be good at a sport (like swimming, soccer, running or basketball). When you exercise, the brain releases chemicals called endorphins which boost your mood, leaving you feeling happier.



Work on being physically active at least thirty minutes everyday

CAREER CHOICES

By Eudiah Kamonjo

SWAHILI BROADCASTER

Mwanaisha Chidzuga is a broadcast journalist currently working with the British Broadcasting Corporation (BBC). Before joining the BBC, she was a Senior News Anchor/Reporter with Kenya Television Network (KTN). It was at KTN that her infectious smile made her stand out.

Mwanaisha or Isha as she is fondly referred to, has been in the industry since 2002. "I love broadcasting because it opens doors for you, challenges you and earns you respect. You also get to travel and meet people," she says.

REQUIREMENTS

According to Mwanisha, you must be good in communication, be confident, intelligent, very creative and hard-working. You must also have an authoritative voice and a face (for TV). Training in broadcast journalism is also as important. Talent (like in her case) can be an advantage in the beginning. To stay in the industry, one must respect herself and others and be of high moral and ethical standards.

HER STORY

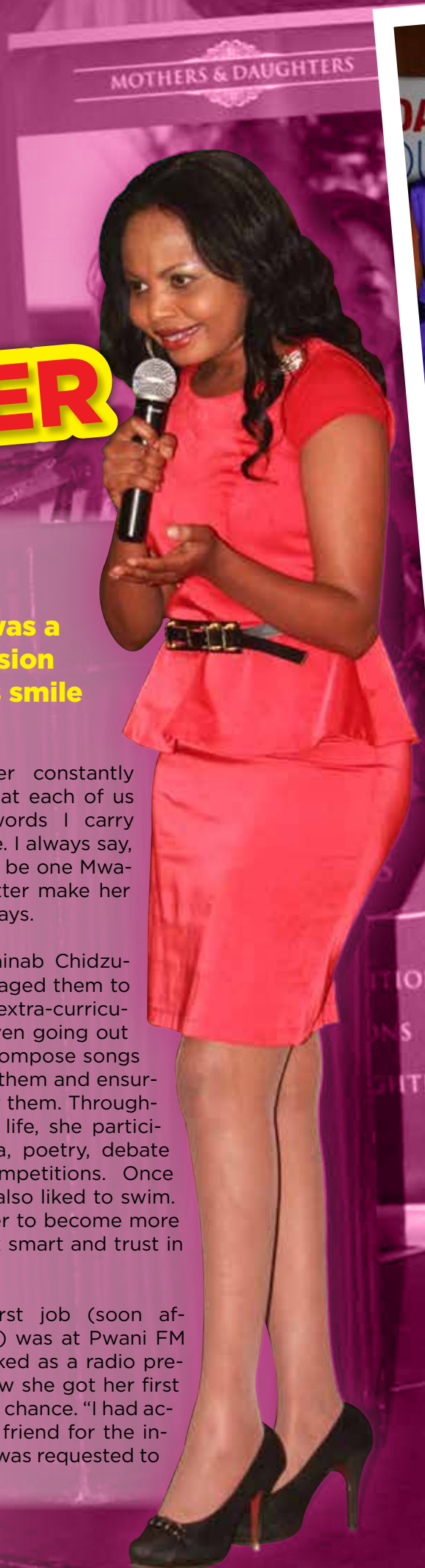
Mwanaisha grew up in Kwale, Coastal Kenya. She attended Ziwani Primary School and became the very first girl from the area to go to a national school in Nairobi (Kenya High School).

Growing up in a large family (five girls and three boys) was both a challenge and a blessing. For one, she had to excel both at home and school. They were also not that well off, but they never lacked the basics hence she learnt how to share and appreciate others. She believes that the person she is today had a lot to do with her upbringing.

"My father constantly reminded us that each of us was unique; words I carry with me to date. I always say, 'There can only be one Mwanisha, so I better make her the best!'" she says.

Her mother, Zainab Chidzuga, also encouraged them to participate in extra-curricular activities, even going out of her way to compose songs and poems for them and ensuring they master them. Throughout her school life, she participated in drama, poetry, debate and music competitions. Once in a while, she also liked to swim. All these led her to become more confident, work smart and trust in God.

Mwanaisha's first job (soon after high school) was at Pwani FM where she worked as a radio presenter / DJ. How she got her first opening was by chance. "I had accompanied my friend for the interview when I was requested to





Mwanisha with artiste Wahu Kagwe at an event

undertake the interview. "I got the job!" she simply explained. It was one of the best decisions she has ever made.

She later moved to Idhaa ya Kiswahili (a Kenya Broadcasting Corporation (KBC) station). These two first jobs were not easy but she got training in presentation and production from professionals like Khadija Ali, Leonard Mambo Mbotela, Zainab Azizi and Elizabeth Obegi. "Some of the lessons I learnt at Idhaa were that to be successful in broadcasting, one must strive to be original-do the right thing differently and take criticism positively," she offers. She joined KTN while she was pursuing her BSc. in Communications and Public relations at Moi University-Nairobi Campus, a course she is still undertaking.

Apart from broadcasting, Mwanisha

has also served as a board member on the Coconut Board Authority (under the Ministry of Agriculture). The presidential appointment saw her become the youngest Kenyan to have served as a board member in a parastatal (2005-2012).

Swahili was Mwanisha's first language and was easier for her to use in her media ventures. This does not however mean that she is not fluent in English. Often, she has to use both languages depending on the need. She advises young people to love Swahili too. "When you love Swahili, it loves you back," she believes. She also stresses on the importance of reading widely, practicing and having a positive attitude. Like her, great Swahili can actually get you the top job.

For her, the most challenging thing was juggling family life (she is a mother of two), broadcasting and being a student. "It can get really tough but I've learnt that it all boils down to proper planning," she says.

Other broadcasters she admires are Catherine Kasavuli (Citizen TV) and Ayesha Sesay (CNN). Mwanisha gives back to the community through her trust, ISHA FOUNDATION, which supports education. She is working on creating the most successful public relations & media company in the world.



She attributes her success to working smart, believing in herself and in God, good education, support from others and respecting herself and others.

Awards won: Best News Anchor 2008 (Human Rights Awards) and Best News Anchor 2011 (Coast Media Awards)

Favourite quote: Success is for those who are brave enough to be different and jump into the world of the unknown.

Her favourite subjects back then: All of them except mathematics. I wasn't really good at it and I don't know why because I really tried.

On mentorship: My greatest have been my mother and Khadija Ali (KBC). It is important to have one as she can guide you in achieving your goals.

Career lessons: You are your own best friend. Do not shy away from shining and do not let anybody tell you you aren't good enough because you and only you can be the best.

I've had to get used to: All the attention from the public. In actuality, I'm a very private person.

Most memorable moment: There is something special about each and every story and bulletin I have done

What inspires me: A better today and tomorrow for my family and I.

On smiling: Smile everyday and live longer. Do not waste your energy frowning and do not let anything put you down! You'll always get a smile back when you do.

My role models today: My mother Zainab, Mitchell Obama, Oprah Winfrey and Wangari Maathai.

Favourite cartoons: Tom and Jerry and Kung Fu Panda.

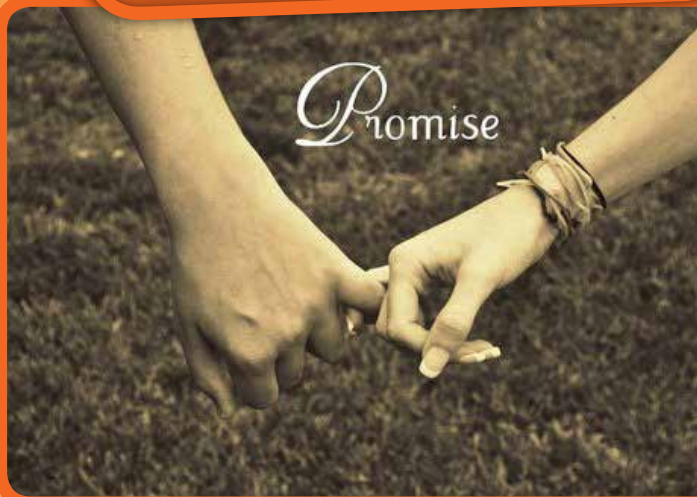
Favourite music: Taarab

Tips for future broadcasters: Be yourself, work hard, respect yourself and avoid shortcuts.

Advice to BINGWA Magazine readers: Do not just go to school for the sake of it; learn as much as you can.

A PROMISE

IS A DEBT



Can you imagine what the world would be like if people did not keep promises? For example;

- What if President Kibaki promised free primary education, but did not provide it because he wanted the money for his own constituency?
- What if your Member of Parliament promised to build an extra classroom for your school, but did not because he wanted to buy a new car?
- What if your Chairman promised to lead the annual walk, but did not because he thought it was a little chilly outside?

All these would cause an uproar or a disaster! Have you ever failed to keep a promise? Always try as much as you can to keep one.

Keeping a promise is very important. Infact, the world would be a much better place to live in if this happened.

-Duncan Njoroge, Class 8, Moi Nyeri Complex Primary School, Kenya.

THE MEANING OF

FRIENDSHIP

The three great friends at Kabale Integrated School, Uganda

There are three great friends at Kabale Integrated School; Mutekanga Samuel (left), Ntigura Yanick (Middle) and Akakwa Romeo (Right). They got together years ago while in Primary Four and are still very great friends to date (Primary Seven). They hope to be friends throughout their schooling years and beyond.

Like other kinds of relationships, they have had their fair share of misunderstandings, but they have overcome all of them. They have different talents but have a lot in common.

Mutekanga Samuel is great at running and



hunting. He would like to be a soldier in future. His role model is Arnold Schwarzenegger, the Governor of California.

Ntigura Yanick is an amazing rapper, but would like to become a Chief Justice in future. His favourite Eminem song is 'Not afraid'.

Akakwa Romeo is great at dancing and would also like to be a soldier.

Everybody says he dances like the late King of Pop-Michael Jackson.

Submitted by Ntigura Yanick, Kabale Integrated School, Uganda

WORLD OF NUMBERS

You are wrong if you think mathematics is not fun

CELEB CALCULATIONS

South African musician Yvonne Chaka Chaka recently participated in a TV gameshow. She was asked to 'pick-out' which mathematician (between Euclid, Pythagoras, Fibonacci and Archimedes) was not from Greece. What was her correct answer?



Kenyan musician and architect Nameless was giving a career talk at a local school. He asked one of the pupils to answer true or false to the statement: 'The Earth is close to being spherical in shape and has a mean radius of 6,371 kilometers'. True or false?



SODUKU

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| 5 | | 5 | | |
| | 5 | | 4 | 2 |
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| 1 | | | | 4 |
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Place the number 1-5 in each of the blank cells. Ensure that each straight line has numbers 1-5 both across and down.

MY DEAR MATHEMATICS (A POEM)

By Mariane Akinyi, Moi Primary School, Nakuru, Kenya

KITES



Help Silvia count the number of kites in this picture.

Fourteen years and on, I still face Mathematics
Facts and figures don't lie, they are the basis of statistics
From working out simple sums to changing of tactic
These challenges I passed, only with practice

The probability that Math will change is zero
Maths was born many centuries ago
During Stone Age, many years ago
Legends like Pythagoras, indeed the great ones

Traveling is my hobby, thus I dwell in linear motion
Social studies lesson, a study on earth's rate of rotation
I am bound to enlarge my passport by transformation
And the day ends, with sums and binomial expansion

My whole life is empty without integers
Lessons learnt in all the professions including acting
The stretch to destiny is long
I have learnt to live and love Maths

Mutation may occur and I might be the next matrix
Performing the incredible with determination and practice
Who knows, the solution to our problems might be graphics
Mathematics....I live it, I love it!

ANSWERS ON PAGE 44

ANSWERS

WORLD OF NUMBERS (PG. 43)

KITES: There are 11 kites in total

CELEB CALCULATIONS (PG. 43)

- (a) Fibonacci was a mathematician born in Pisa, Italy. He is best known for the Fibonacci Series and the introduction of the Hindu-Arabic number system (also called the decimal system) to Europe.
- (b) The correct answer is True; the Earth's mean radius is 6,371 kilometers.

KISWAHILI

TAFSIRI (UK. 21)







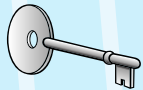
- Marafiki sana, wasio wachana au wanaopendana

- Nyeupe kabisa, bila waa au doa
- Alijirembesha
- Safari ilianza
- Kula kwa ulafi mwingi
- Uvumilivu una matokeo mema baadaye
- Hamu nyingi isiyodhibitiwa hufuatwa na mkasa

VITENDAWILI (UK. 23)

- (a) Reli
 (b) Nanasi
 (c) Kichwa
 (d) Ulimi
 (e) Uyoga
 (f) Ugali au sima

FUMBO (PG. 22)

| | | |
|----|--|---|
| 1. |  | K |
| 2. |  | U |
| 3. |  | N |
| 4. |  | G |
| 5. |  | U |
| 6. |  | R |
| 7. |  | U |

SODUKU (PG. 43)

| | | | | |
|---|---|---|---|---|
| 5 | 1 | 4 | 2 | 3 |
| 3 | 5 | 1 | 4 | 2 |
| 2 | 4 | 3 | 1 | 5 |
| 1 | 3 | 2 | 5 | 4 |
| 4 | 2 | 5 | 3 | 1 |

SIMILIES CROSSWORD (PG. 46)

ACROSS

- AS DOCILE AS A **LAMB**
- AS RARE AS A **COMET**
- AS MYSTERIOUS AS AN **ECHO**
- AS OBEDIENT AS A **PUPPET**
- AS SLEEPLESS AS AN **OWL**

DOWN

- AS WIDE AS **HOPE**
- AS VAIN AS A **PEACOCK**
- AS STRANGE AS A **VISION**

TOP TEN BINGWA MALARIA CHALLENGE WINNERS

OVERALL WINNER: Eileen Adhiambo, Kisumu Pentecostal Church Academy, Kenya
 SECOND PLACE: Yuri Sadia, Hill School, (Eldoret) Kenya
 THIRD PLACE: Bravin Mukhwana, Mukumu Boys Primary School, (Kakamega) Kenya

BINGWA MALARIA CHALLENGE CONSOLATION PRIZE WINNERS

- Dennis Gogo, Joybells Academy, (Eastleigh), Kenya
- Rosemary Wangu, Wangunyu Primary School, (Karura) Kenya
- Francis Onyino, Migosi Primary School, (Kisumu), Kenya
- Anthony Ngugu, Ruthimitu Primary School, (Nairobi), Kenya
- Sammy Boy, Nyati Primary School, (Sasa Saba), Kenya
- Antony Ndegwa, Beran Saba Academy, (Sasa Saba), Kenya
- Dorine Okanga, Hill School, (Eldoret), Kenya

T-SHIRT WINNERS

- Uwamahoro Grace, Kabale Integrated Primary School, Uganda (Pg. 4)
- Gabriel Mathenge, SOS Hermann Gmeiner, Mombasa, Kenya (Pg. 4)
- Iven Cathereine Machoni, Muraka Primary School, Kakamega, Kenya (Pg. 4)
- Caroline Wambui, DEB Makutano Primary School, Embu, Kenya (Pg. 4)
- Munangi Savio, Kabale Integrated Primary School, Uganda (Pg. 4)
- Zipporah Muthoni, DEB Makutano Primary School, Embu, Kenya (Pg. 4)
- Rubangakene Brian, Kiwafu Primary School, Uganda (Pg. 5)
- Uwamahoro Grace, Kabale Intergrated Primary School, Uganda (Pg 4)
- Ndahiro Phillibert, Homecare Preparatory School, Kabale, Uganda (Pg. 16)
- Ssesazi Julius, Kiwafu Primary School, Uganda (Pg. 17)
- Kamugisha Elias, Kiwafu Primary School, Uganda (Pg. 17)
- Rukunda Lucky, Homecare Preparatory School, Kabale, Uganda (Pg. 17)
- Ishimwe Abdul, Homecare Preparatory School, Kabale, Uganda (Pg. 17)
- Flavious Abuya, Moi Primary School, (Nakuru) Kenya (Pg. 17)
- Victor Ochieng, Migosi Primary School, Kisumu, Kenya (Pg. 17)
- Vivian Awour, Lake Primary School (Kisumu), Kenya (Pg. 23)
- Samuel B. Amutabi, Hill School (Eldoret), Kenya (Pg. 23)
- June Annittah, Moi Primary School (Nakuru) Kenya (Pg. 27)
- Annette Nyambura, Loreto Convent Valley Road, Kenya (Pg. 27)
- James Peter ochieng, Migosi Primary School, Kisumu, Kenya (Pg. 27)
- Samuel Owele, St. Austins Academy, (Nairobi) Kenya (Pg. 27)
- Joy Precious, Migosi Primary School (Kisumu) Kenya (Pg. 27)
- Kitya Peter, Kiwafu Primary School, Uganda (Pg. 30)
- Asiimwe Isaac, Kabale integrated Primary School, Uganda (Pg. 30)
- Ampeire Samuel, Kabale Integrated Primary School, Uganda (Pg. 30)
- Akampurira Blessing, Kabale Integrated Primary School, Uganda (Pg. 30)
- Kwesiga Emmanuel, Homecare Preparatory School, Kabale, Uganda (Pg. 30)
- Arineitwe Mackay, Kabale Intergrated Primary School (Pg. 31)
- Akot Brenda Patricia, Entebbe, Uganda (Pg. 31)
- Mutekanga Samuel, Kabale Integrated Primary School (Pg. 31)
- Amanga Felix (Pg. 31)
- Niwenyasing Dorothy, Homecare Preparatory School, Kabale, Uganda (Pg. 31)
- Mubiru Andrew, Kiwafu Primary School, Uganda. (Pg. 31)
- Ntigura Yanick, Kabala Intergrated Primary School, Uganda (Pg. 42)
- Duncan Njoroge, Moi Nyeri Complex, Kenya (Pg. 42)
- Mariane Akinyi, Moi Primary School, Nakuru, Kenya (Pg. 43)



CHILD AFRICA offers continuous support

I am a twenty-three year old who grew up in Kanyakwanzi Bukoors Parish in Kabale, South Western Uganda. There I was raised by my Aunt Tuwikirize Kate and Ngazioire William my uncle who were like parents to me. My biological parents passed away while I was still very young. Despite the care and love they gave me, they were not financially well-off and needed a helping hand to ensure my success in life.

Getting to know Child Africa

In the year 2000, I went to a party in Kyankwanzi where I danced and sang my heart out. Little did I know that someone would be wooed by my talent, pick me out from the rest and make such a huge difference in my life.

A lady by the name Madam Julie had attended the party too and followed me up after my performance, much to my surprise. She expressed intrigue over my performance and showed genuine interest in me. This is the day I recall as my turning point. I was so unkempt and could not figure out how, just like Jesus, she was able to see the inner me.

Many Firsts

A hero can be defined in many ways. I was a hero in my village when I became the first among my peers to wear shoes. Everybody would praise me and ask me where I got them. "They were a gift from Madam Julie," I would say happily. I was also the second girl in my village to join Secondary School, the first to complete University education and among the first to visit Kampala City.

Best Memories

I remember the first day I travelled to Kampala. When we got to Mpigi, something caught my attention and I asked Madam Julie, "Is that a big iron sheet or is it a lake?" In actuality, it was a bunch of taxis caught in the Kampala traffic jam. I was also amazed by the fireworks and the lifts. I had never thought that one day I would leave Kabale to explore other places like Kampala. I had such a great time going to The Serena, Sheraton, Garden City, Lake Victoria, Muyenga and Didi's World.

Worst Moments

During my S.4 vacation, my Auntie fell ill owing to cancer and I contemplated dropping out of school to take care of her. Madam Julie however advised me against doing that

and started looking after my Auntie herself.

Continuous Support

Madam Julie continued helping and visiting my family, especially during the holidays. She prepared food for us and took my Auntie to hospital. I would often visit her in Kampala during the holidays. She began sponsoring my Secondary education in the year 2003 when I joined S.1 at Kabale Secondary School. Life was not easy for me as I had to travel for seven kilometers everyday to get to school.

Things changed in 2004 when she helped me get a sponsor named Tom Ottar Row. I was able to join the boarding section of the school before I joined Kigezi Cleverland High School where I completed my A levels.

My life today, tomorrow

I graduated in 2012 with a Diploma in Records Management, majoring in Health. I plan to do my Bachelor's Degree in the same with the hope of joining the Ministry of Health in Uganda. I encourage young people to never give up.

To Madam Julie and Rino Solberg

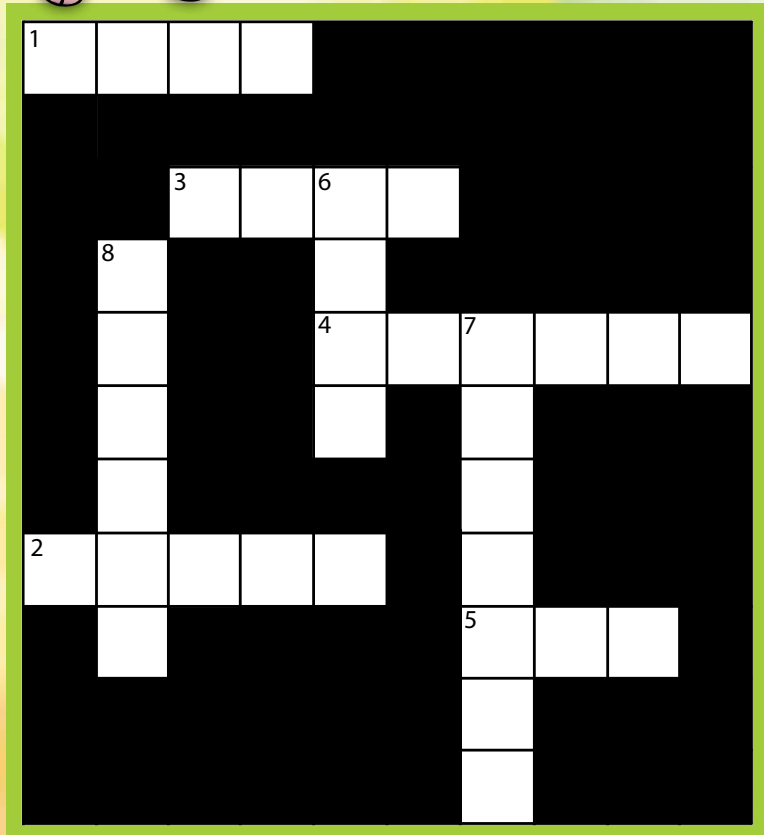
I thank you so much for your loving heart. I am who I am today because of you. I wish you the very best in life and that all your heart's desires are fulfilled. Just like you assisted me, May God grant you the will to continue assisting other children in Africa so they never give up.

SIMILIES

CROSSWORD



Complete the similies below to solve the crossword



ACROSS

- 1. AS DOCILE AS A
- 2. AS RARE AS A
- 3. AS MYSTERIOUS AS AN
- 4. AS OBEDIENT AS A
- 5. AS SLEEPLESS AS AN

DOWN

- 6. AS WIDE AS
- 7. AS VAIN AS A
- 8. AS STRANGE AS A

PICTORIAL



1



2



3



4



5

1. Greensteds Academy pupils look on as Tracey Shiundu, a Bsc. Industrial Chemistry graduate undertakes a science experiment at the Storymoja Hay Festival 2012
2. Pupils at Hill School, Eldoret show Bingwa Magazine some love
3. Kaloleni Primary School pupils at the 15th International Book Fair 2012 at the Sarit Center, Nairobi
4. Pupils of Kiambere School Complex, Machakos County show off their copies of Bingwa Magazine.
5. The Kileleshwa Primary School Muslim Group performs a song on togetherness at their 2012 Talent Day
6. **ON THE COVER;** The fashion show at Kileleshwa Primary School's 2012 Talent Day, Nairobi showcased a great mix of African outfits.
7. These young rappers at Muraka Primary School, Kakamega were having so much fun entertaining the Bingwa & Brand Kenya Board guests.



6



7

PICTORIAL



1



2



3

1. Hill School, Eldoret pupils entertain the guests with 'Mr. Tumbo' poem during the patriotism prize-giving
2. A Kenya Forest Service representative shares his knowledge about trees with Hill School, Eldoret pupils during the patriotism prize-giving
3. These girlfriends from Hill School, Eldoret share the great day with Bingwa Magazine
4. Kileleshwa Primary School pupils perform a skit on Malaria during their 2012 Talent Day
5. Claudiah Gachimbi of Bingwa Magazine plants a tree during the 'patriotism' competition prize-giving in November 2012
6. Winnie Anyona of Bingwa Magazine and Elsie Adewa of Brand Kenya Board share the moment with patriotism competition winner, Christine Adeya
7. Kileleshwa Primary School pupils welcome Bingwa Magazine for their 2012 Talent Day



4



5



6



7



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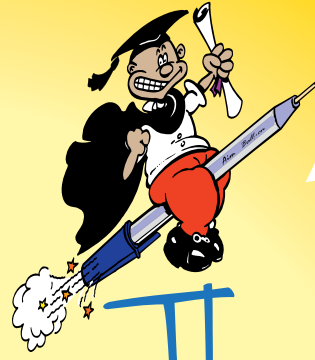
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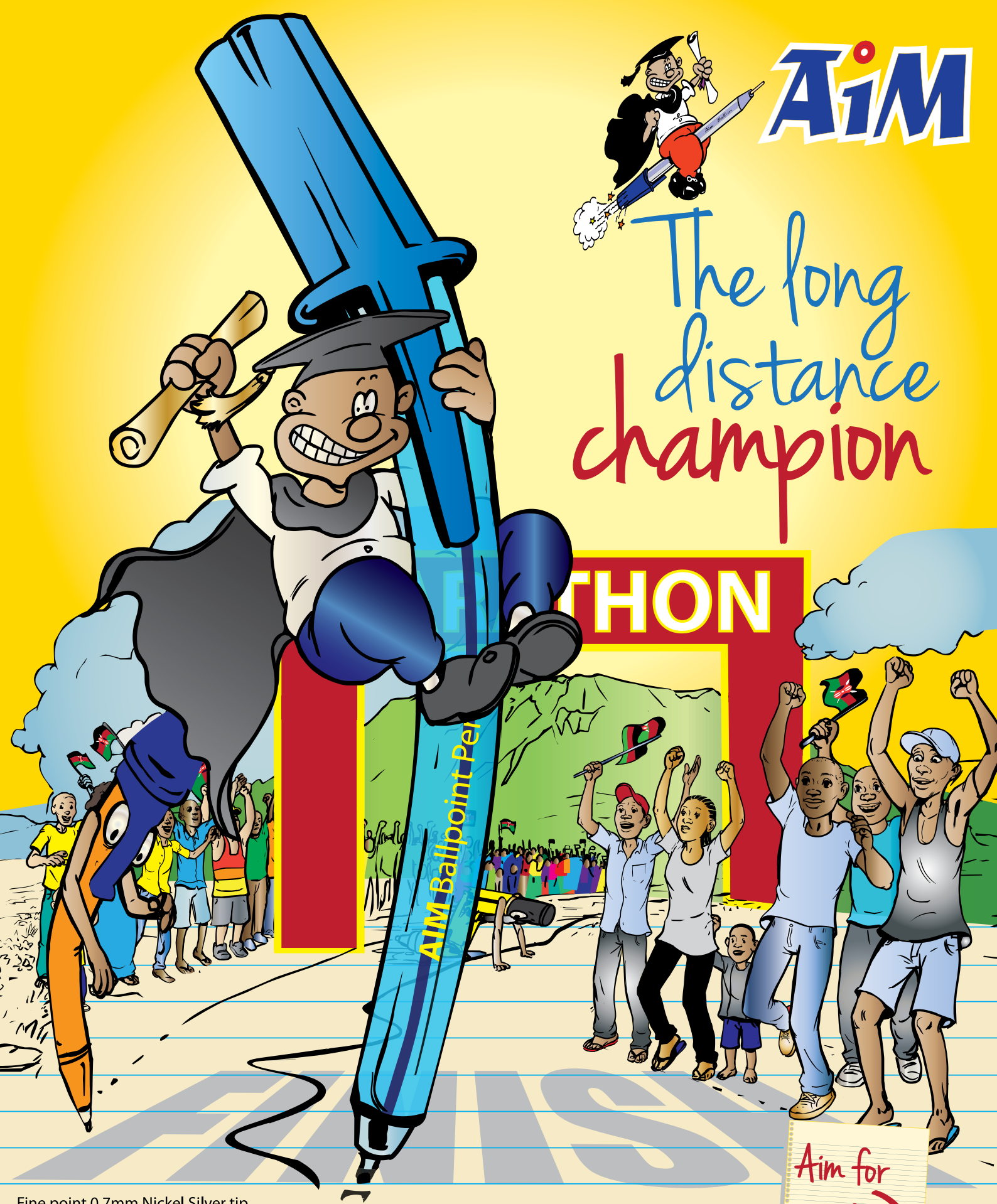
BingwaMagazine



ChildAfricaMedia

The AIM logo is written in a bold, blue, sans-serif font with a white outline. The letter 'i' in 'AIM' has a red dot above it.

The long
distance
champion

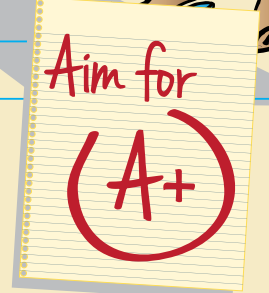


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