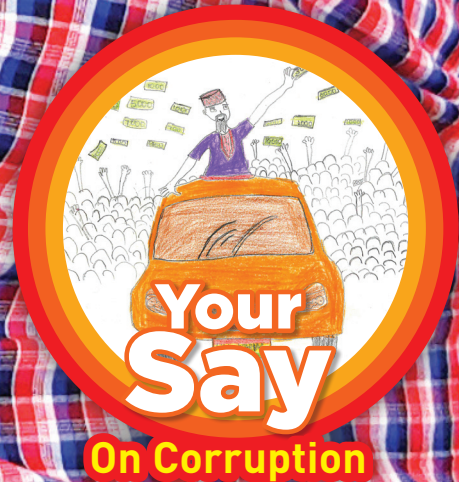


BINGWA

FIGHTING CORRUPTION BY BUILDING INTEGRITY IN THE CHILDREN OF AFRICA



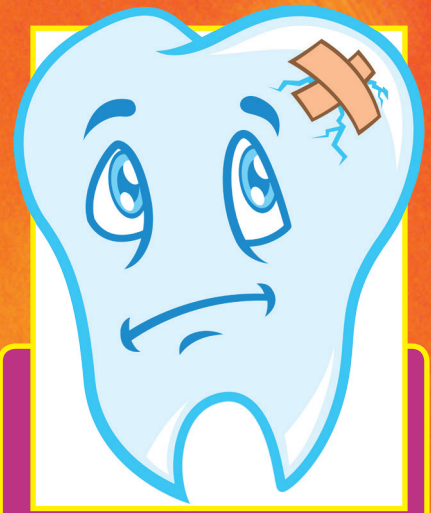
ARTISTIC TALENT FOR DEVELOPMENT

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**COVER PHOTO: The Kenya National
Drama Festival 2016.**



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



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DEAR CHAMPIONS,

Seeing the recognition of artistic talent as a contributor to national development at the 2016 Kenya National Drama Festivals was incredible. Here at BINGWA, artistic talent is also fundamental in the fight against corruption. Every term, your artistic thoughts, ideas and talent inspire us.

This latest issue of BINGWA brings you young champions who are excelling in their chosen fields. From Uganda's swimming champion Danielle Okia to Kenyan writer Nicole Wafula and even the silent craftsman Saidi Kombo (Stars Rising Pg 38-40), these BINGWAs make us so proud. Additionally, Africa's Queen of Comedy Anne Kansiime shares her story on Pg 28 while athlete Hyvin Kiyeng talks about breaking records and expectations (Pg 34).

As you peruse these pages, we hope that every single word and art-work awakens the champion in you so you can go through this term with great clarity.

Keep exploring! Keep sharing!

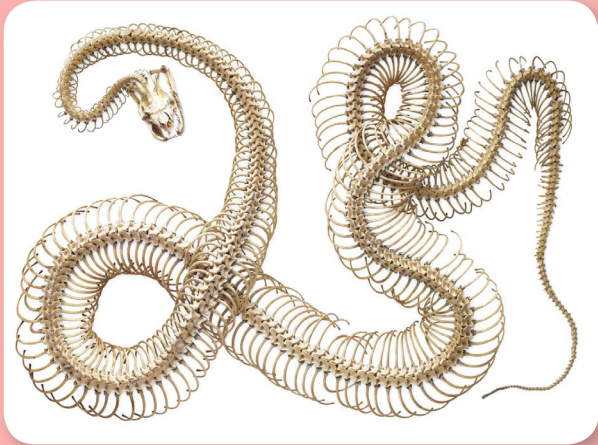


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Amazing stuff to think about

DO SNAKES HAVE BONES?



Do not let the fluid motion of the slithering snake deceive you into believing that its body is boneless. Nothing could be further from the truth. Snakes are full of bones, from their sectioned backbones, to which are attached from one to 145 pairs of ribs, to the ball and joint sockets, which attach the many sections of backbone together, and allow them to contort themselves.

The tips of the one to 145 pairs of ribs in the snake's deceiving body are conveniently attached by muscles to each of the scales, which cover its entire belly, or abdomen. This attachment allows the snake foot-like movement each time he moves one of these scales, hence no need for feet. The snake may be a descendent of the footed lizard. If this is the case, its legs gradually disappeared through the evolutionary process, because they became unnecessary to its movement. Snakes employ several methods of movement to get from place to place, doing just fine without legs. It adapts its method of movement to suit its needs in the environment in which it lives.

What are Tattoos and Where Did They Originate?

Whether they are on arms, legs or ankles, tattoos are painted all over our bodies by injecting ink into our skin. A needle attached to a hand-held tool injects ink into the cells of the dermis—a section of our skin that keeps tattoos from fading and stretching. The tool moves the needle up and down at a rate of several hundred vibrations per minute and penetrates the skin by about one millimeter. The ink that is left in the skin after the injection process is the tattoo. Decorating our bodies with tattoos is a popular among many people. The word, tattoo originates from the Tahitian word tatau, which means 'to mark'. It was first mentioned in explorer James Cook's records from his 1769 expedition to the South Pacific. However, some scientists believe that the earliest known evidence of tattooing dates back to markings found on the skin of the Iceman, a mummified human body that dates as far back as 3300 B.C.

More widely recognized are tattoos found on Egyptian and Nubian mummies dating from 2000 B.C. Classical authors mention the use of tattoos in connection with Greeks, ancient Germans, Gauls, Thracians and ancient Britons.

Tattooing was rediscovered by Europeans when they came into contact with Polynesians and American Indians through their explorations. Because tattoos were considered so exotic in European and U.S.

societies, tattooed Indians and Polynesians amazed crowds at circuses and fairs during the 18th and 19th centuries.

The practice of tattooing has different meanings to various cultures. Decoration was the most common motive for tattooing and that still holds true today. In some cultures, tattoos served as identification of the wearer's rank or status within a group. For instance, the early Romans tattooed slaves and criminals. Tahitian tattoos served as rites of passage, telling the history of the wearer's life.

WHY ARE SOME PEOPLE LEFT-HANDED?

Two theories predominate in the debates that rage on as to why a mere 4% of the population is left-handed. Most agree that if the child prefers using the left hand, and functions well with it, there is no need to correct this 'condition'.

One theory centers on the two halves of the brain, i.e. the left half and the right half, each of which functions differently. Medical science believes that the left half of the brain predominates over the right half. The stem of this theory is the fact that nerves from the brain cross over at neck-level to the opposite side of the body, and nerves from the other side of the brain reciprocate. The end result is that the opposite sides of the body are supplied by the opposite sides of the brain.

The predominant left half of the brain, which graciously supplies the right half of the body, theoretically renders it more skillful in reading, writing, speaking, and working, and makes most people right-handed. "Lefties," however, are the product of an inversion, whereas the right half of the brain predominates, and they work best with the left side of their bodies.

Theory number two trickles down to the asymmetrical nature of the body. Examples of the asymmetry, which flows from head to toe, are that the right side of our faces differs slightly from the left, that our legs differ in strength, or that our feet vary in size. One aspect of

this asymmetry is that for most people, the right hand is stronger than the left.

There is no doubt that all exist in a "right-handed society," which manufactures most basics, including scissors, doorknobs, locks, screwdrivers, automobiles, buttons on clothing, and musical instruments for the 96%. Left-handed people compensate for this snobbery of sorts, by being members of an elite society, which includes many of the greatest geniuses, including Michelangelo, Leonardo da Vinci, and The Useless-Infomaster.



HOW COME WE HAVE TWO EYES BUT ONLY SEE ONE OF EVERYTHING?

Ever hear the phrase 'two are better than one'?

Having two eyes is certainly better than having just one because two eyes provide us with stereo-vision and depth perception; two things that just one eye cannot give us.

With two inches separating our two eyes, each eye views an object from a slightly different angle. For instance, if you hold up a flower and look at it with just your right eye, the image is different from the image you see when you look at it with just your left eye. If

you placed the two different images on top of one another, they would not match and our vision would be out of focus. However, our brains sort out these varying visual messages from our two eyes, combines the images, and then recreates one three-dimensional image. This is referred to as binocular vision. Just like your look through two lenses in binoculars, humans view the world through two lenses. The eyes of many other animals are placed differently compared to ours. Many birds have an eye on each side of their head. Each eye sees a completely separate area stretching out on the left or the right.



THE SWiFT

CHEETAH

SCIENTIFIC NAME:

Cheetah *Acinonyx jubatus*

KISWAHILI NAME:

Duma

Cheetahs have a yellow coat with black coin-like spots and white under parts. Their claws resemble those of dogs. They do not have sheaths and hence are not retractile as those of other cats such as leopards, puma, lions, tigers and jaguars. Mature males may weigh up to 55 kilograms while females weigh about 45 kilograms.

DISTRIBUTION AND FEEDING

They are widely distributed in East and Southern Africa. They are daytime hunters whose food mainly comprises of gazelles, impalas and other smaller antelopes weighing up to 60 kilograms. Hunting during the day ensures that competition between them and other big cats that hunt during the night is minimized. They kill their prey by strangulation. Most of the time, they drag their kills to areas with bush cover to hide it from other carnivores such as lions, hyenas and leopards who snatch their kill at will. Males occasionally form coalitions which hunt together. Such coalitions are able to bring down calves of larger animals such as elands, wildebeests and giraffes. Their habitat is preferably woodland savannah and open grassland. They are able to tolerate arid habitats.



Cheetahs are one of the fastest animals on land.





BEHAVIOUR

Females are not territorial and are rarely defended by males. Where prey is scarce due to aspects like migration, their home range can be as large as 1500km². Unlike females, males can be social but disperse far from their families to avoid inbreeding. Coalitions of males defend territories from other males and resultant fights occasionally turn fatal. Single males are nomadic with large home ranges. Territorial males mark their territories by spraying their urine that contains pheromones on trees and rocks. Cheetahs are very fast animals and can run at speeds of up to 110km/hour for short distances. Thereafter, they are capable of chasing prey for long distances at a speed of about 70 km per hour. Their greatest enemy is the farmer who kills them as they constantly prey on livestock.

REPRODUCTION AND POPULATION

Gestation lasts for three months (98 days) after which a maximum of up to six cubs are born. Weaning takes place between two and five months. Cubs stay with the mother up to an age of twenty months when they become independent. Before becoming independent, their mother releases small prey such as fawns of Thomson's gazelles and Dik Diks as a way of teaching them how to hunt. When they leave their mother, they stick together as a sibling group but females leave before they become sexually mature. Females first conceive at 20-24 months and can remain productive for twelve years. Survival rate for cheetah cubs is small as almost all other carnivores kill them whenever an opportunity arises. Other than the human-wildlife conflict cases, cheetahs are killed by lions, hyenas and other predators in territorial fights and in hunting accidents.

CONSERVATION STATUS

Cheetahs are increasingly becoming fewer and fewer mainly due to various factors. These include loss of habitats and increased competition from other predators. Some people also engage in illegal trade of cheetah cubs further reducing their numbers.

HOW TO TELL A CHEETAH FROM A LEOPARD

Cheetahs are narrow and long. They have triangular heads, have black tear stripes and have black spots. They also do not have retractile claws except the dewclaws. On the other hand, leopards are stout and have rosettes in place of spots. Leopard's tails are two thirds as long as their body and the tail tips are white. Their voices are also different. Cheetahs have a high-pitched bird-like calling sound and purr when contented. Leopards on the other hand, produce a deep rasping cough which sounds like wood being sawed. Leopards make their sound mostly at night. They also sniff, hiss loudly and also snarl. They call their young by meowing.



FACT:

Its coat is cryptic and hence camouflages itself well, making it hard to see when its in the grass.

WORDPLAY



MCHONGOANOS

(These are uniquely formulated jokes that exaggerate or make fun of people)

Kichwa yako ni Subway hadi ukithink kichwa inavibrate (Your head is such a Subway that when you think it actually vibrates)

Naskia mkona gari noma mpaka ikifika kwa matope inaitisha gum-boots. (Your car is so awesome that when it reaches a muddy part of the road, it asks for gum-boots)

Ati budako ni mfupi hadi akipocket mkono zinaingia kwa socks. (Your Dad is so short that when he pockets, his hands end up in his socks)

Ati wewe husema eti budako nimslow ju hawezi kula fast food. (You say that your Dad is slow because he doesn't eat fast food)

Kevin Ogega, Class 5, Moi Primary School, Nakuru County, Kenya.

RIDDLES

I was born in the presence of my father and husband, but in the absence of my other, whom a I?

IN the morning I Walk using four legs, afternoon using two legs and evening using three legs, who am i?

Tr. Gerald Alioni, Premier Nursery & Primary School Maganjo, Uganda.

TONGUE TWISTERS

I scream, you scream, we all scream for ice cream. Grace Wangare, Class 5, Chogoria Girls Boarding Primary School, Meru County, Kenya.

Timmy the timer tried to time termites' toil. If termites toil ten times, how many times will he time the time that termites toil? Nayanka Tumaini Wairimu, Class 7, Chogoria Girls Boarding Primary School, Meru County, Kenya.

Two witches were wearing two watches, which watch did which witch wear? Celyn Sambai, Class 7, Chogoria Girls Boarding Primary School, Meru County, Kenya.

Otai tied the tie but the tie Otai tied was too tight for Otai to untie the tie Otai tied. Kakuba Alicia, P.7, Kampala Model School, Uganda.



FUNNY CONVERSATIONS

Woman: Excuse me young man, where does this road go?

Tom: But Madam, it doesn't go anywhere, it stays where it is.

Jaymie: Tina, have you forgotten that you owe me eight-five thousand shillings?

Tina: Not yet, but give me some more time and I will forget.

-Ahumuza Tracy, P.6, Kitante Primary School, Uganda.

ANSWERS ON 46

YOUR DRAWINGS



LET'S CELEBRATE THE DAY OF THE AFRICAN CHILD
By Victor Ntabo, Class 7, Embakasi Garrison Primary School, Nairobi County, Kenya.



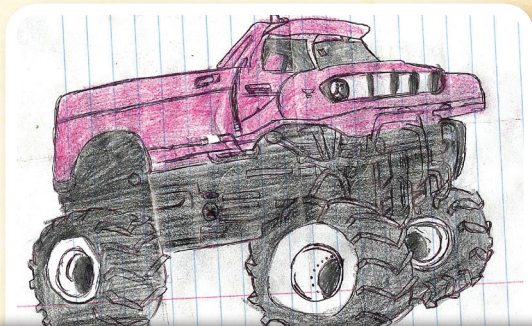
EVERYONE FOR EDUCATION By Michell Nduta, Moi Primary School, Nakuru County, Kenya.



WHEN RECEIVING PRIZES By Michell Nduta, Moi Primary School, Nakuru County, Kenya.



STOP DEFILING US By Samuel Epodoi, P.8, Osukuru Primary School, Uganda.



HER RIDE By Raymond Chesang, Moi Primary School, Nakuru County, Kenya.



BE BRAVE By Ian Mugendi, Class 5, Chogoria Complex Primary School, Meru County, Kenya.



IT'S UP TO YOU By Fortune, Moi Primary School, Nakuru County, Kenya.



Africa is a continent of contradictions. While it is clearly developing in leaps and bounds, others factors seem to be working to bring it to its knees. One of these factors is corruption-the worst disease in Africa. Poverty in Africa cannot ever be eradicated if corruption is still an everyday occurrence. In fact, besides poverty, corruption has caused so many ills; from lack of access to education, water, healthcare among other resources, corruption is the root cause of many challenges faced by Africa's children today. Yet it is unconsciously accepted and tolerated.

90% of countries in Sub-Sahara Africa score below 50 out of 100 points (0 being the most corrupt) in Transparency International's Corruption Index.

What is corruption?

Corruption is the abuse of entrusted power for private gain. But there's more to it than that. According to Robtel N. Pailey author of *Gbagba*, an anti-corruption book for children, "Corruption is not a timeless tango between the public and private sectors alone. It is also the little acts of trickery we engage in as a means of

bypassing systems that we find cumbersome or problematic, no matter our station in life or where we live in the world."

These 'little acts of trickery' include exam cheating in schools. This year, the Education Ministry in Kenya cancelled the 2015 Kenya Certificate of Secondary Education (KCSE) results of 5,101 students, reporting a 70% rise in the number of exam cheating cases. Due to the increased

For corruption to end, we must all work together.



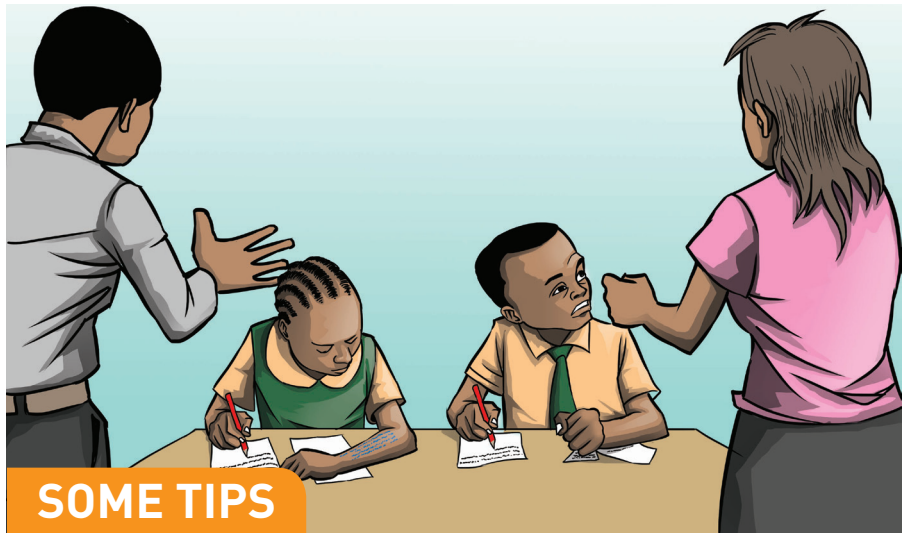
advancement in technology, reports have also been made whereby students form Wassup groups where they circulate expected exam questions and answers in advance. Even school children copying each other's homework answers and 'passing them' as their own is a form of corruption. These are just a few examples of how the seeds of corruption start to grow.

The leaders of tomorrow

Since the children of today are the leaders of tomorrow, these kinds of vices need to be eliminated if our continent is to grow out of its current quagmire. It is said that strong values are best implanted in the early years of life. This is further reinforced in Proverbs 22: 6 which says, "Train the child the way he should go and he will never depart from it when he grows old." And this is precisely what Child Africa and BINGWA Magazine does; it nurtures its readers into champions (*Bingwas* in Swahili) who fight corruption wherever they are in order to ensure a corrupt-free tomorrow. We all want to do good and be champions, right?

Many other organisations have recognized the need to nurture children with integrity. Transparency International have, for example, been running integrity clubs in schools to promote good values.

Kurt Cobain said *'the duty of youth is to challenge corruption'*. But do we (the children of Africa) know that we can contribute in the fight against this vice? That we can be that ideal generation that will not condone it? Well, it is up to each of us to understand corruption and equip ourselves (and others) for this seemingly arduous task.



SOME TIPS

Mr. Rino Solberg, who is also the author of 'Put Integrity First (2007)', a publication exploring **'the right way to get success in Africa and fight poverty and corruption in the process'** shares some tips to help children contribute in this fight against corruption wherever they are :-

First, learn what honesty and integrity is. Understand that lying, cheating and stealing is not just bad, but dangerous for all.

Build a strong character early in life by clearly articulating what you like and do not like. This will ensure you become successful in whatever you want now and in future. Remember that people like to be with honest people not dishonest people. This is why the most honest people are successful and the most respected in the community.

In schools (or during community events), you can stage plays or use poetry, songs, dance and other dramas to show what happens to good children with integrity and what happens to bad children without integrity, so people can understand the difference and change right now.

Start correcting family, friends, teachers and others at home or in the community when they say or do the wrong things. Coming from you, this shame will remind them to do the right thing the next time because you are watching.

The best way to be happy is to be honest. Those who start thinking this way as children will always have a better and corruption-free life as adults. To prove that point, one of the wealthiest countries with the happiest people in the world is Norway. In **Transparency International's Corruption Index 2015**, Norway is rated as the number five least corrupt country in the world.

These are just a few examples of how you can contribute in fighting corruption, but there are so many more innovative ways you can come up with. Please share these with those around you or by emailing us at editor@bingwa.org

PLEASE NOTE: Eliminating corruption means that all the children of Africa will have to fight corruption for the rest of their lives in order to leave this continent and the world at large a better corrupt-free place.

DECEMBER 9: International Anti-corruption Day

THE STRONGEST ENEMY

My name is corruption. I am the strongest enemy in the history of development. I have misled many and turned many more into liars. I have transformed many promising youth into helpless orphans by use of my sweet tricks. I put useless men in positions of power and turn the educated into walking disasters. The orphaned children know me well. The well-off ministers, lawyers, scholars, M.Ps, even the church knows me. I have captured millions and still live to tell.

-Words by Aswata Irene Lydia, P.8, St. Thomas Aquinas Mayembe, Tororo, Uganda.

-Art by Nantume Angel, P.6, Kitante Primary School, Uganda.



FAMOUS THROUGH CORRUPTION



Famous people have become popular from nowhere. Most of them have gained popularity through hidden agendas while others (like footballers, musicians and the like) have gained it through good deeds. For example, some of the tycoons in our country have accumulated wealth through dubious ways like embezzling funds, murdering, cheating, robbing and telling lies. All this is what we know as corruption. We appreciate those who have become famous through consistency and honesty, please continue in the same spirit.

--Words by Namis Moses, P.8, Koitangiro Primary School, Uganda.

--Art by Twesigomwe Norman, P.5, Child Africa Junior School-Kabale, Uganda.



HOW CHILDREN CAN FIGHT CORRUPTION

Children can fight corruption by campaigning for good leaders. We can form groups where we report or talk about the crisis of corruption when we see any such cases. It is also important that we talk to our parents, teachers and other responsible adults who can pass our messages across to the relevant leaders.

-Samuel Njuguna, Class 7, Moi Nyeri Complex Primary School, Nyeri County, Kenya.

By using drama, music and dance showing the dangers of corruption and the solutions, children around the world can contribute in the fight against corruption. Also, if you are not sure whether something is right or wrong, it is best to ask a teacher or other trusted adult.

-Geoffrey Gitau, Class 6, St. Johns Mahiakalo Primary School, Kakamega County, Kenya.

Corruption is a beast eating almost everyone in Africa, even the leaders we look up to. Its important to remember that leadership comes from God. Fellow Africans, lets work together to change things for the better.

-Kakuba Alicia, P.7, Kampala Model School, Uganda.

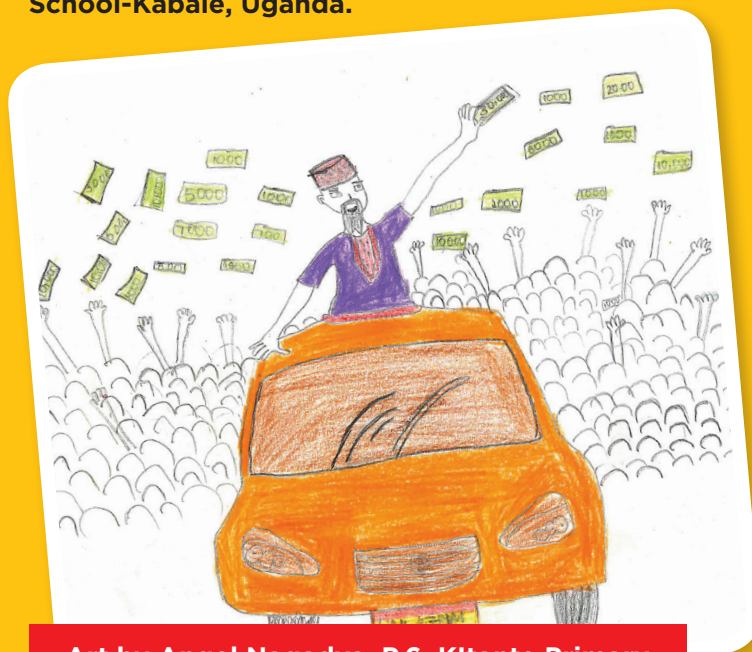
By reporting any forms of corruption we see around around. Corruption starts in schools. For example, a prefect can tell a fellow pupil that if she washes her clothes for her, she will never report her when she does anything wrong in school. We should also not engage in any kind of corruption ourselves. We should also exercise unity at all

times.

-Sharon Kaimenyi, Class 8, Chogoria Girls Boarding Primary School, Meru County, Kenya.

Corrupt officials must be punished first. In Africa, people admire corrupt people because of their luxurious lifestyles and want to become like them. This gives the wrong impression. If such corrupt people are always left unpunished, many young people will also become corrupt.

By Ainebyoona Elizabeth, P.7, Child Africa Junior School-Kabale, Uganda.



Art by Angel Nagadya, P.6, Kitante Primary School, Uganda.

JOIN US

The people are fighting corruption,
Policemen are fighting corruption,
Parliament is fighting corruption,
Punishments are put forward
To fight corruption

The people are fighting corruption,
The teachers too fight corruption,
The pupils are following the lead
Come and join us
As we stand up to kick corruption out!

-By Alyek Priscilla, P.6, Kitante Primary School Uganda.

VOX POP

What were some of your highlights from your December 2015 holidays?



Over the holidays, I went to visit my grandmother. There, I found my cousins, who I played, danced and celebrated with. Along the way, I remember seeing green vegetation all around us and even a man with toes peeping out of his shoes as if they also wanted to enjoy the beautiful sight too.

Hyvonne Kerubo Gesembe, Class 7, Nyagesenda Primary School, Kisii County, Kenya.



I went to Haller Park in Mombasa with my big brother and nephew. Here, we saw many wild animals and had a very good time. A monkey even held onto my brother's shirt; we were so excited, we couldn't stop laughing! After that, we went to Mega City for shopping and then Watamu where we ate some good food.

Darsh Ghia, Class 5, Kisumu Junior Academy, Kisumu County, Kenya.



I took part in cultivating the garden for growing vegetable for home consumption. My parents would spend a lot of money buying vegetables for the family but now we want to produce some at home so that we use the saved money to buy my scholastic materials.

Alexander Owoyesiga, P.7, Child Africa Junior School, Kabale, Uganda.



We went to visit my grandmother, then went to Jinja to see the source of the River Nile. I loved taking the boat ride in the Nile.

Aaliya Khan, Class 6, Kisumu Junior Academy, County Kenya



I went to Diani Beach with my family for one week. I loved the New Year celebrations there and hope that next year, we can go to Malindi.

Maqta Samatal, Class 7, Makini School, Nairobi County, Kenya.



I went for group discussions with the rest of my friends from other schools. Since I am a candidate this year. I did not relax because I want to get good grades in my primary leaving examinations.

Aryampa Shakirah, P.7, Child Afrca Junior School, Uganda.



I went to my grandparents and helped them with various chores.

Pius Kipkurui, Class 8, Boito Primary School, Baringo County, Kenya.



I visited some game parks, went to see Lake Nakuru and even visited my grandmother.

Sidik Asya Noorjaan, Class 8, Prisons Primary School, Nakuru County, Kenya.



I went to visit orphans, see my grandmother and even went to the Kivu Resort.

Lopez Ndete, Class 8, Prisons Primary School, Nakuru County, Kenya.



I used to go to church every evening for praise and worship and this kept me busy and changed my life. At home, I would teach the rest of the children songs and how to pray.

Mellon Ayebazibwe, P.7, Child Africa Junior School, Kabale, Uganda.



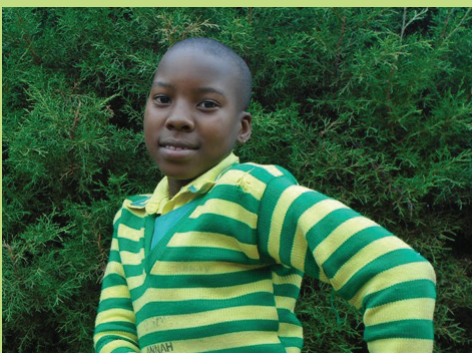
I went to visit the needy and my grandmother.

Richard Kanyera, Class 6, Prisons Primary School, Nakuru County, Kenya.



I spent most of the time helping my parents in various activities at home such as looking after livestock and other domestic work.

Erick Sisi Nyakundi, Class 8, Nyagesenda Primary School, Kisii County, Kenya.



I helped my parents in doing home chores such as cooking, washing utensils and sweeping the compound. Since I am away in school most of the time, I used that holiday to appreciate the fact that they provide for my school fees and scholastic materials on time.

Komuhangi Patricia, P.7, Child Africa Junior School, Kabale, Uganda.

THE MAGIC MIRROR

As the sun graces the beautiful African Savannah, there are things that must be done; food must be cooked and eaten, water fetched, animals must graze, gardens must be tended, cows must be milked, grandparents must tell stories, kids must play, songs must be sung, young men must train as warriors, young women must learn how to tend their homes, firewood must be fetched, mothers must offer advice, fathers must lead, provide and discipline. Indeed a lot must be done before the sun sets in the Savanna.

Sirii was preparing to fetch firewood before sun set. As usual, she would go collecting a few other girls from different homesteads so they could take care of each other whilst in the forest. Just incase the mighty forest ogre should happen upon them, then some of the girls would be able to escape and run into the village to get help. Finally, Sirii and her four friends walked off into the forest where they

collected dried fallen leaves, twigs, branches and logs. They did this as they sung songs and talked about the day's event. Each of the girls took their own spot and started stacking their heap of firewood. The heap would then be tied up and carried back to the village.

As Sirii went about this chore, she noticed a shimmer from under a huge rock. Upon deeper prodding, she retrieved an object that was rectangular in shape with one shiny side and funny symbols on it.

'What an odd looking mirror,' she thought to herself. At that moment, one of the other girls declared that she had finished collecting her bundle of firewood. Instantly, Sirii stashed the strange mirror into her pocket, then hurriedly collected the firewood without even bothering to check whether it was dry or not.

That night, Sirii was more than excited to get to bed after dinner. As soon as she got



into bed, she began to thoroughly examine it. She used the moonlight filtering into the room through the window to examine this new strange thing. She pressed on the buttons-sometimes two at a time, but nothing happened. Just as she was about to give up on her new toy, she noticed one more button on the side, this one was smaller than the rest. She pressed on it and to her dismay, the strange mirror vibrated and let out the most peculiar sound. It then lit up and silently beckoned her to discover the magical world that lay within it. Fascinated, she spent her time pressing and prodding. In her discovery, she happened to press a number.

“Hello!” said the voice in the strange mirror!
“Hellooo...”

Sirii was so terrified that she quickly threw the mirror under the bed hoping the voice would go away. After a while, the voice did go away but Sirii, still shaken by the experience did not dare touch the strange mirror again that night.

At the break of dawn, Sirii peeked beneath the bed and reached out for the strange magical mirror all over again. She was so engrossed in it that she did not even notice how time flew by. By the end of the day, she had discovered new songs, places and even other languages. After a while, a strange sound emanated from it that made it light up again. Panicking, she pressed something and once again there was a voice. This time, the voice spoke in a language she understood. This paved the way for a long conversation.

After the conversation ended, Sirii had learned quite a few things. First, this was not a mirror, it was a communication device known as a ‘simu’. Secondly, this simu belonged to a young man called Joni. Joni was from the city and had lost it while on safari in the Savannah. Thirdly, Joni had acquired another simu and gladly gave this one to Sirii. She could also use it to take pictures and share them with her friends. Lastly, if she wanted the simu to continue working, she had to charge it in the sun for a few hours every two days.

It was not long before Sirii gained the confidence to show off her phone to her family and friends. She became obsessed with taking pictures, always talking on the phone with people she had never even met and allowing

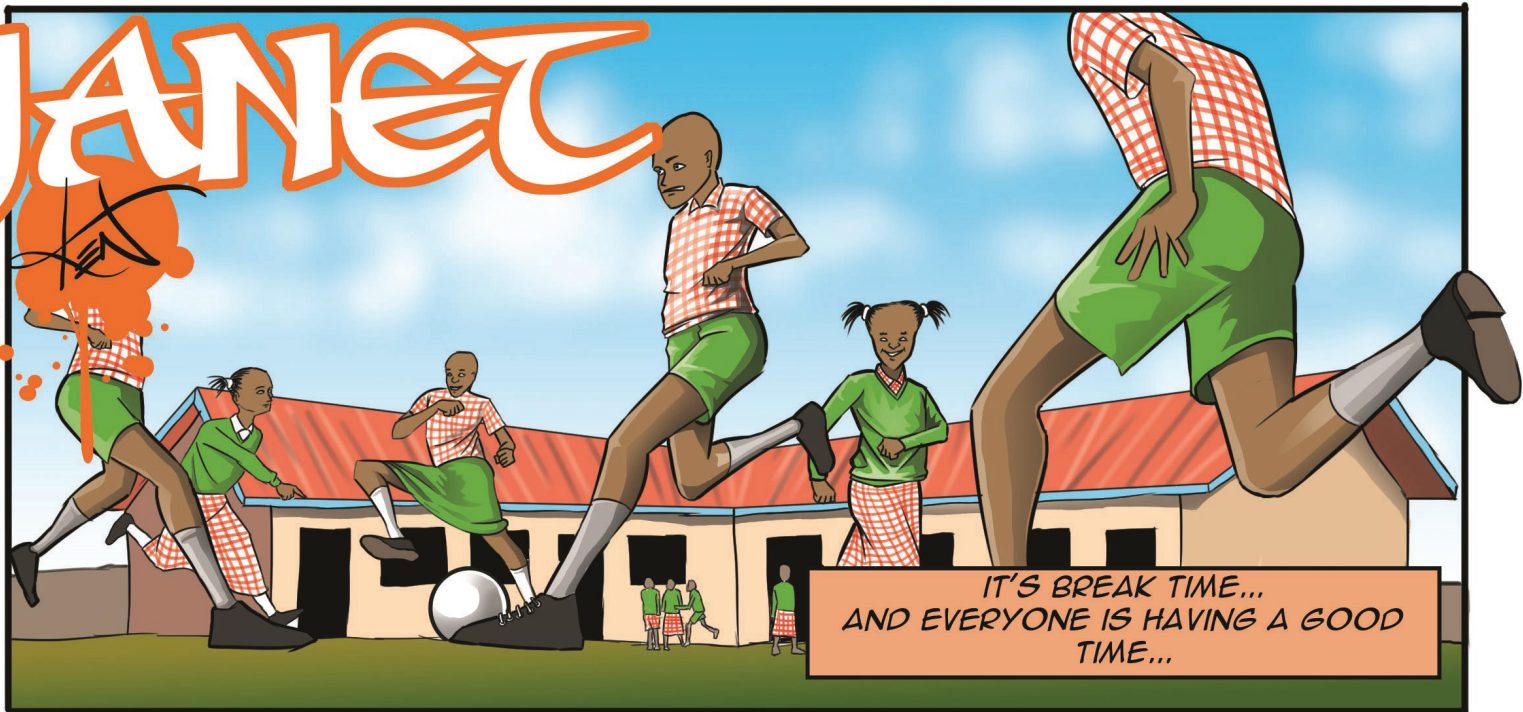


them to control her time and her life. Things just got worse as days went by. She got even lazier and totally anti-social. Things just had to change. After Sirii’s parents discussed this issue, they agreed to take the simu away from her.

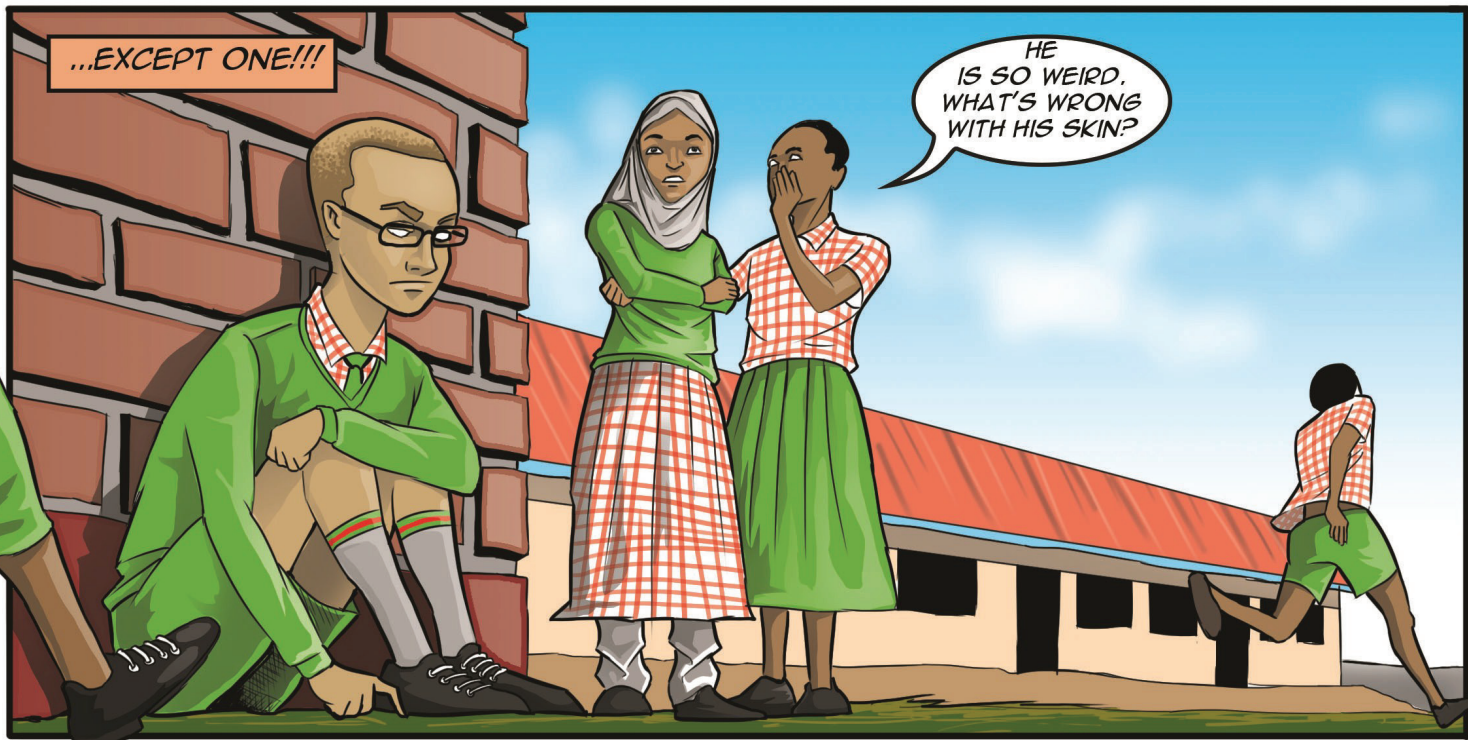
Slowly but surely, life started getting back to normal. Chores were done on time and family traditions upheld. However, it was clear that Sirii greatly missed her simu. Soon, she urged her family to look into the advantages of having a simu. She explained that besides saving good memories, it allowed everyone to learn new things about nature, farming, conservation and even what youth and leaders in far away lands were doing. “It could be a beneficial business tool to the community and was great for asking for help in case of catastrophe,” she concluded.

After much deliberation, her parents allowed her to use the simu for a few hours each day to only do beneficial things. This change in the use of the simu brought wonderful changes in the Savannah. Sirii was able to advise people on how to improve their farming, businesses, bee keeping, bookkeeping, conservation and other activities. The village grew more successful and even helped neighbouring communities grow. The simu proved it could be a dangerous tool when misused and a very powerful tool when used wisely.

JANET



IT'S BREAK TIME...
AND EVERYONE IS HAVING A GOOD
TIME...



...EXCEPT ONE!!!

HE
IS SO WEIRD.
WHAT'S WRONG
WITH HIS SKIN?



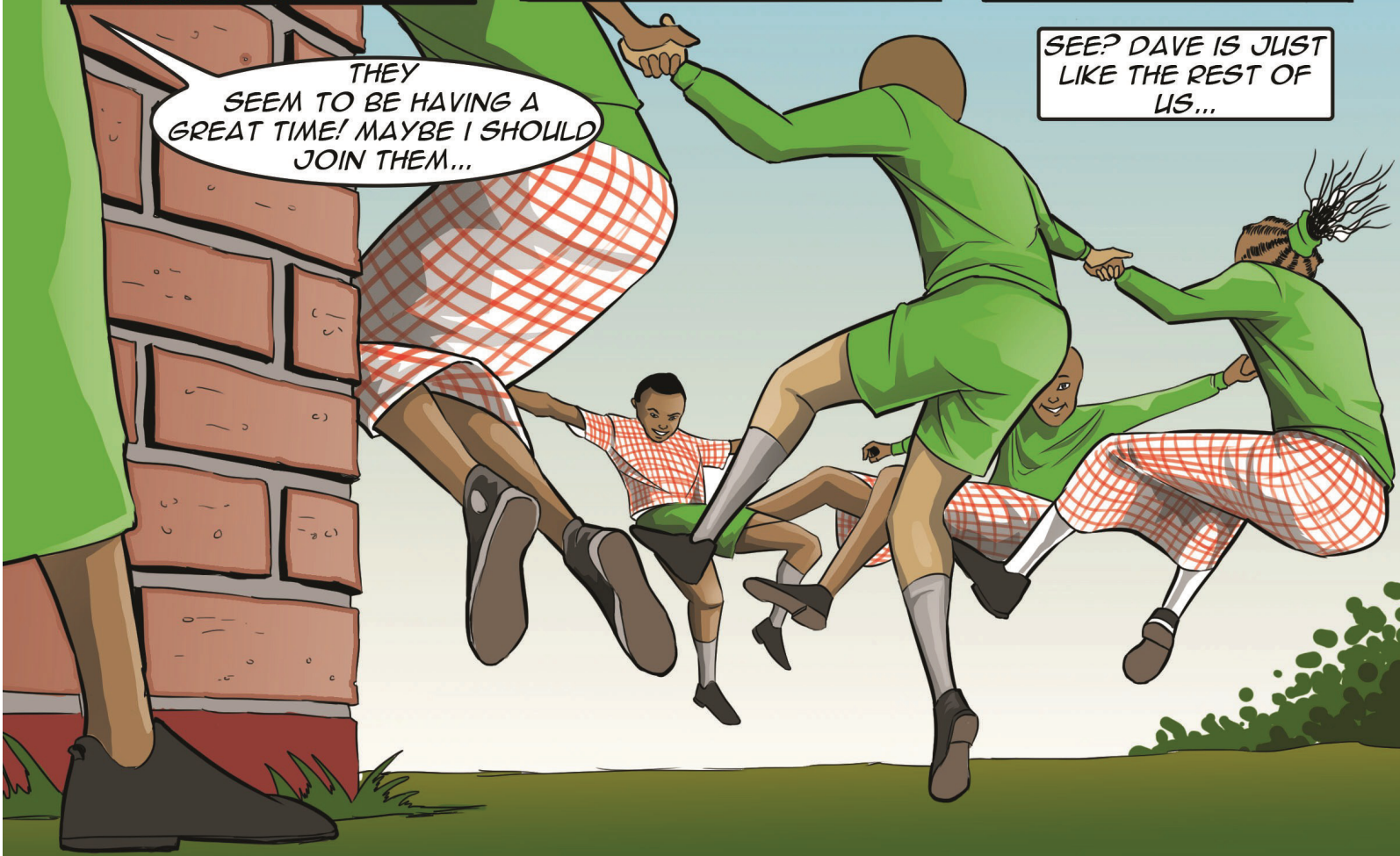
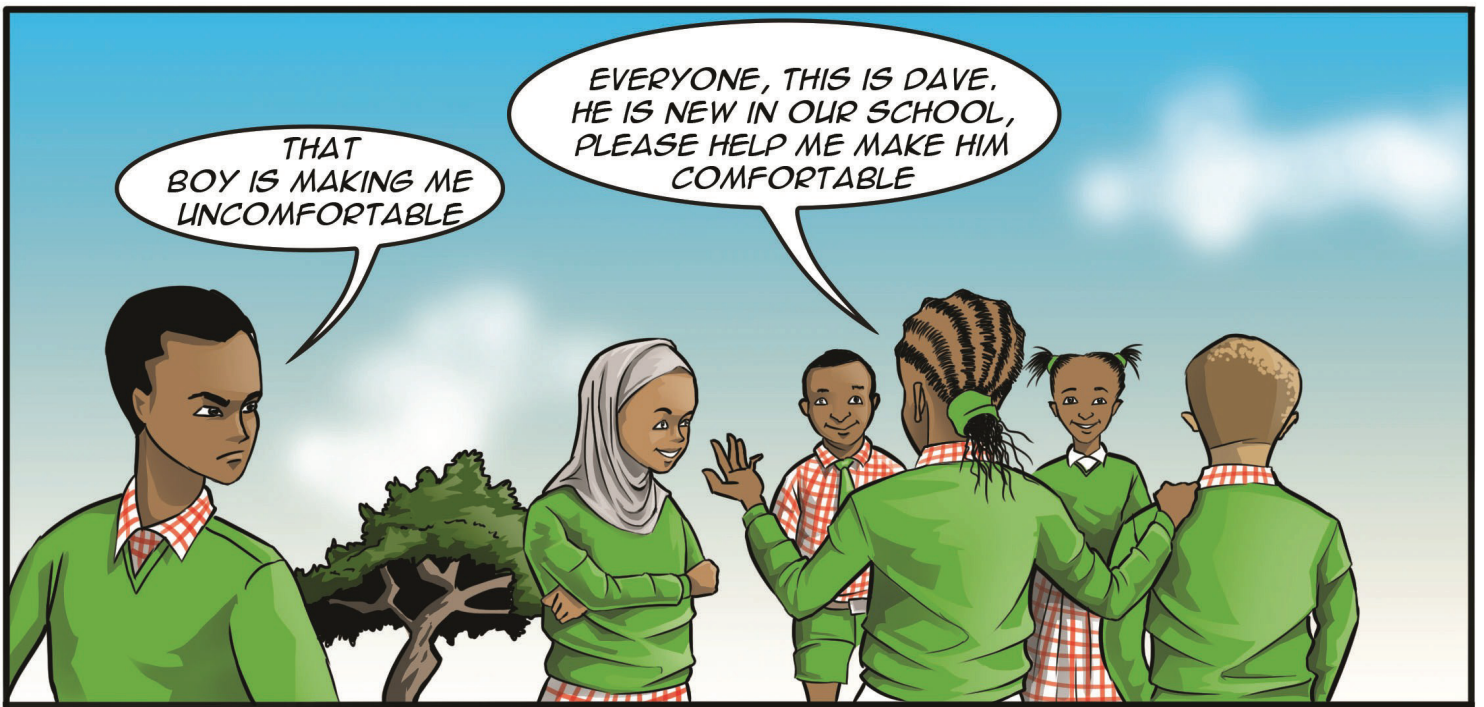
HI! I
AM JANET. YOU MUST
BE THE NEW GUY.



I AM
DAVE. EVERYONE
SEEMS TO BE
AFRAID OF ME!!

DON'T WORRY
ABOUT THEM. COME
WITH ME, LET ME SHOW
YOU AROUND...





Highlights

BY EUDIAH KAMONJO



Sharing of their inappropriate photos without consent, blackmailing and cyber bullying among others are some of the dangers affecting children using the internet today. The Safer Internet Day is an event that aims at promoting safer, responsible and positive use of digital technology, especially among children and

young people around the world.

With the 2016 theme being **'Play your part for a better internet'**, Child Africa joined Watoto Watch Network and other partners at St. George's Primary School in Nairobi, Kenya on February 9 2016.

Online SMART rules

- S** Set limits
- M** Meeting People Online (but exercise caution)
- A** Accepting invitations online (choose wisely)
- R** React (in the event that you are not comfortable)
- T** Tell someone (a teacher, a parent, or a trusted guardian)





“The Internet is not a bad thing, it is your right as a child to get all the information you need. However, its your responsibility as well to use it wisely,” said Ms. Shola Sanni, the Policy Manager Africa GSAM.

A debate (*‘Do you feel welcome online?’*) between St. George’s (opposing) and Makini School (supporting) also took place. For questions well answered during the Q & A session later, various prizes were handed out. Copies of *‘Be the Cop’* publication -a guide to child online protection and *‘Think before you share’* -tips on online sharing, were also distributed.

Bernard Ndegwa, a Class 4 pupil at Kilimani Primary School said he loved the debate, the music the DJ was playing and the Q & A session while Nicole Siso, a Class 6 pupil at Makini School loved the prizes given and the debate.



Let’s play our part in creating a better internet for all today!



CULTURE CHANGE



A totem is one's clan symbol. It must be respected and never eaten. A number of people in different communities belonged to the cow or sheep or even antelope clan. Therefore, they were not to eat any beef, mutton or antelope meat respectively. In the past, women and girls in some communities were not allowed to eat chicken, eggs and grasshoppers while boys and men ate them. Wasn't that greed and ignorance? Thank God things have changed and women and girls may eat them for better health.

Atwani Josephine, P.8, Koitangiro Primary School, Uganda.

THE INNOCENT

We, the ambitious innocent
Full of passion, beauty and wonder
Made by the hands of the dream-giver
Have the tales to tell our teacher

We, the innocent tell our teacher
The morning star, to the innocent you are
Through you, will we find our way

We too require knowledge
In this pool of life
We too lead our lives
We too need our likes
We too overcome fear and worry-less

We young motivated souls
Find each day too short
For things we want to do
For books we want to read
For tales we want to tell
For friends we want to meet
To live a better life.

Words by Lucy Nairesiae, Class 6, Naikarra Boarding Primary School, Narok County, Kenya.

Art by Kasiya Peter, P.6, Child Africa Junoir School, Uganda

OUR WORLD

Destroying our lives
Dropping out of school
STIs and early pregnancies
Forcing us into early marriages

Don't you see?
She's too young for you
What do you really want
From a girl so little
The mother of the next
Great generation

Words by G.Naduduwal,P.8, Ogutu Primarym School, Tororo, Uganda.

Art by Wokorach Joel,P.7, St. Kizito Primary School, Uganda.



TRANSPORT SERVICES IN UGANDA



I feel like the public service vehicles like buses and taxis don't care for people's lives. They carry more than the recommended number of passengers and the traffic police don't even arrest them. As a passenger, please do not enter a full taxi because accidents are real. We need to contribute in ensuring we get the best services so we do not die too early.

Words by Peter Paul Bbaale, P.7, Greenhill Academy, Uganda.

Art by Jeffson Angila.

FROM UGANDA WITH LOVE



My country of origin in India but I have stayed in Uganda for over ten years. The common thing that India and Uganda have is the various types of food crops like bananas and cassava. The only thing I don't like is the eating of grasshoppers. The main difference is the culture. What I would like to tell people back home is that the hospitality of Ugandans is excellent. My message to the children of Africa is that they should be proud of being African.

Sneha Maria, Kampala Parents School, Uganda.

IF I HAD LOTS OF CASH



If I had lots of cash
I would just eat milk and honey
And never once clean my teeth

If I had lots of cash
I would throw a great big bash
And just invite my closest friends

If I had lots of cash
All my toys I would mend
Especially the ones I like the best
If I had lots of cash

I think it might be funny
And I would make sure everybody laughed

Words by Sheetal Vithlani, Class 8, Kisumu Junior Academy, Kenya.

Art by Cisse Karani, Chogoria Complex Boarding School, Meru County, Kenya.

ZAMBIAN SCHOOL WINS

the 2015 School Enterprise Challenge

Extreme poverty and unemployment remain huge challenges that even traditional education often struggles to solve. The School Enterprise Challenge was designed as a way of transforming large numbers of young people from all over the world from job seekers into job creators. It challenges young people to establish a socially responsible, yet profitable, business at their school. This offers a platform for providing hands-on relevant education to students, while at the same time generating extra income for the school.

In 2015, more than 2,900 schools from over 100 countries benefited from participating in the School Enterprise Challenge. Those that reached business implementation stage generated an average income of \$680 in their first four months of operation.

The overall 2015 Global Winner was the *Kariba South Primary School* in Zambia. Through its

on-going involvement in the School Enterprise Challenge, the school established and grew an impressive tailoring centre. The students have generated impressive profit by using second-hand materials and by finding new markets in both Zambia and the UK.

"The Young Tailors Club is very important to me because I can now make a living from sewing. When I grow up I will start my own business making skirts, dresses, bags, aprons and school uniforms for my community," said Clever, a student at *Kariba South Primary School*. Other African Winners at different stages included schools from Tanzania, South Africa, Uganda, Mauritius and Rwanda.

Some of the other school businesses included a bakery using home-grown products in Ukraine and a start-up in Scotland that needed no start-up capital and had very low direct costs later on.

For more information on the School Enterprise Challenge ran by UK-based charity Teach A Man To Fish visit <http://www.schoolenterprisechallenge.org/>



March 20 is the World Oral Health Day.

10 TIPS TO BETTER ORAL HEALTH



1

Using the proper brushing technique, brush your teeth at least twice a day—in the morning and after your last meal in the evening.



2

See your dentist regularly (at least twice a year) to check for any dental health problems like cavities, decay, oral cancer among others.



3

Cut down on sugars (sodas, sticky candies and fruit drinks) in order to decrease build up of plaque.



7

Eat a healthy well-balanced diet to maintain healthy strong teeth and prevent gum disease.



4

Protect your teeth from fatal injuries by being careful when playing at home, school or anywhere else. Wear a mouth guard or a face helmet.

8

Use a fluoride-based toothpaste to prevent tooth decay and the right toothbrush (With soft bristles and a small head) and replace it every three months or as soon as it becomes worn-out to avoid injury to the teeth and gums.

9

Avoid using teeth for anything other than chewing food. These includes cracking nuts and removing bottle caps as you risk chipping or breaking them.



5

Floss correctly at least once a day to remove left over food particles and other debris stuck between teeth. Remember that doing it the wrong way could damage your gums.



10

Chew sugar-free gum after a meal to help release saliva which washes away bacteria and neutralizes acid. Additionally, use antibacterial rinse for temporary fresh breath and to further prevent tooth decay.

6



Avoid smoking as tobacco stains teeth, increases the risk of tooth decay and oral cancer.



18.9% of children in Kenya miss school due to tooth related problems.

BINGWA CHAMPION

WILL SAVE AFRICA FROM THE

10

ATTRIBUTES OF A BINGWA CHAMPION

1. A champion is a learner
2. A champion is honest
3. A champion has a positive attitude
4. A champion is trustworthy
5. A champion is self-confident
6. A champion is helpful
7. A champion supports champions
8. A champion is polite
9. A champion loves hygiene and good health
10. A champion is fair to everyone

www.bingwa.org



CHAMPIONS

THE CORRUPTION MONSTER



COMEDIAN ANNE KANSIIME

'Africa's queen of Comedy', Kansiime Anne is a Ugandan comedian who has been in the business for close to ten years. She has beaten many odds to make it in the male-dominated world of comedy. Some fans fondly refer to her as 'Ninja', others as 'Uganda's greatest entertainment export'. Kansiime has proven that through talent and hard work, even a girl from the rural area can make it big in the urban world.

BACKGROUND

Kansiime grew up in Kabale in the Western part of Uganda. Her mother Mrs. Kubiryaba, was a stay home mum who attempted business and failed occasionally but never gave up. Her father Mr. Kubiryaba, was a banker.

Kansiime went to Kabale Primary School for seven years. "I never repeated a class, wasn't the first neither was I the last in class. I didn't hate school enough to miss class. I was small but I was a bully, making it difficult for everyone at school. The kind of bully that jumps at you, bites you, then runs to the teacher and hides behind them saying you want to beat them yet they are the ones who started the fight. As I grew up, I changed and rarely got into problems at school," she explains.

She loved playing the usual outdoor games like Dodgeball, hide and seek, bouncing off each other, "Daddy and mummy" (which is where they found out the difference between boys and girls). She remembers cooking in empty metallic margarine tins. "I lived the real organic authentic Ugandan African life.

I wasn't that creative to come up with my own activities, I took part in everything other kids did," she adds.

As a child, she was given the opportunity to learn, make her own mistakes, play outside, fall and come back with a broken leg. She believes that growing up like this helped her learn how to relate with people in a community setting and to share.

What do you love about being a comedian?

The fact that it is something I am truly passionate about and enjoy doing. Every day is a new experience and I love the people that I have met through this work.

Most memorable moment?

They have been many and I believe the best is yet to come. Among the special ones was meeting the Queen of England and receiving my first award. It was then that I realized that what I did was being watched, recognized and appreciated.

What lessons have you learnt so far?

You are only as good as your last work so never settle at your current level. Keep growing and learning. Be grateful always, try to complain less because no matter how hard the situation is, there is always a positive- it could have been worse!

What challenges do you face?

My greatest challenge now is how to stay relevant and better than the Kansiime the world has come to love.

What does it take to be in comedy?

Talent, passion and hard work. If one is thinking of joining comedy just for the money, then they are setting themselves up for a difficult time.

Which other comedians do you think are doing great work?

All the characters, actors and actresses in Fun Factory. They all have powerful profiles as individuals and are extremely funny yet they manage to work together and excel at it.

How do you give back to your community?

I started the Kansiime Foundation- an NGO that seeks out academically excellent children who

are from disadvantaged and financially handicapped families. We mentor and help them through school. It started in 2016 with thirty children and we hope to keep increasing the number over time as God empowers us.

What tips would you give BINGWA readers planning to get into comedy? Discover who you are and how you want to represent yourself and stick to it. Never try to be like anyone else. Your uniqueness is your strength.

What can you tell BINGWA readers about accomplishing their goals? Once you have set your goals, just keep your eyes glued to them as you work. Giving up is not an option. Only you can bring them to life.

What are your views on Corruption? It is a pity that it is eating up Africa this much because my belief is that we actually have enough to go around for everyone if only the corruption would stop.

What are your views on Honesty and Integrity? One can't be honest and have integrity just to please others. It is a personal choice and unless we keep checking our personal conscience, we will so easily lose it.

What are your views on Child rights? We are the ones to stand up for child rights. God didn't give adults stronger voices and personalities by mistake.



FAVOURITES

Role model: My mum. Without her, the character Kansiime would not exist because that character is my mum in real life.

My future plans: I am not about to stop doing what I am doing although I hope to produce a great body of work such that at some point I can afford to slow down a little.

Favourite saying: The best kind of job in life is the kind you do without knowing you are working until you receive your paycheck.

Favourite subjects: Back in school, it was Mathematics. However, my favourite subject of discussion outside of class was whatever we had read in those Mills and Boon novels. We were so fascinated by that kind of romance and drama because we knew how far away it was for us. We had been warned about relationships, so that is all we had.

Favourite colour: Red.

Favourite music: Country music.

Favourite program, cartoon or movies: The Ellen Degeneres Show, Tom & Jerry and Mr Bean movies.

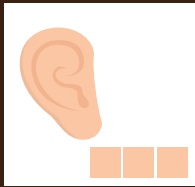
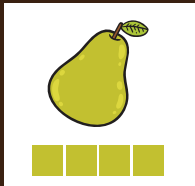
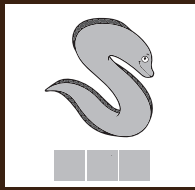
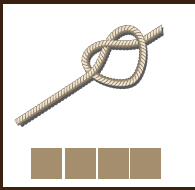
Favourite magazine, book or author: I simply read what fascinates me at that moment.



PUZZLES

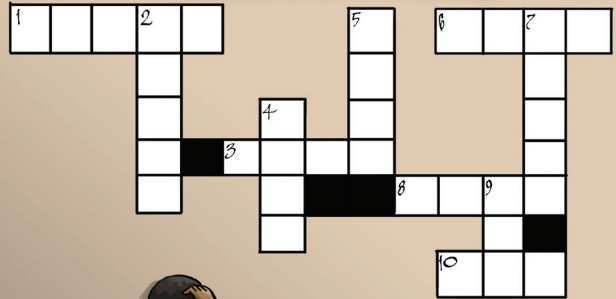
WORD FIND

Use the letters from the word in the centre square to name the other pictures.



San Aungmye

CROSSWORD



ACROSS

1. Presents
3. Black diamond
6. Trick
8. False as
10. Bird of the night

DOWN

2. Provoke
3. Many
6. Bottomless pit
7. Assent
9. Sound that crows make

Can you find eight various types of African music in this wordsearch? The first one has been done for you.

DAJIOYJNUBVOUNR
 BSBTLDKFAJQAJJJ
 AZCAOAYOKCVYUOY
 RSKBBZBBENGAJAI
 ABYNMYEMAJHQOLJ
 ARTUOQHYO **OTIAWK**
 TJRYDTHUZRHKCA
 SVVYNWVORTIASHC
 SSIZFAKUPAKKXAP
 SOUKOUSREPCXISD

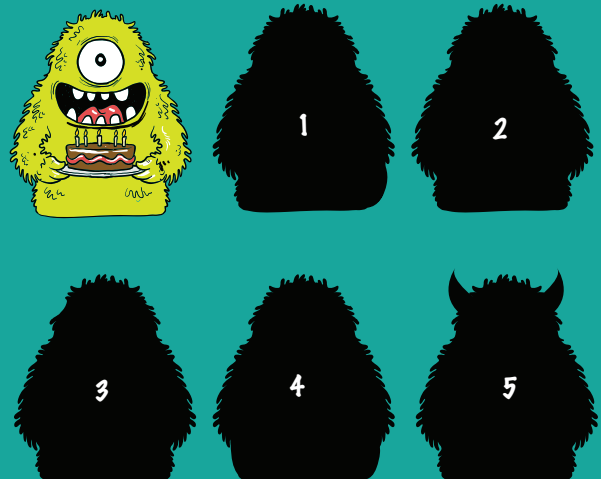
Answer:

Totolep, Kizompa, Ndombolo, Benga, Kwelof, Soukous, Kabuka, Luja

San Aungmye

MONSTER SILHOUETTE

Which numbered figure matches exactly with the silhouette of the freindly monster?



San Aungmye

WHERE ARE THE PAPER CLIPS?

Amondi has hidden 10 paper clips at the park.
Can you find all the 10 hidden paper clips?



A RAY OF LIGHT

I now believe in the old adage 'Never lose hope'. A poor girl staying with my grandfather, with no clothes, no meals at home (mostly relying on the meals I ate for lunch at school), I could not even dream of completing my primary level of education leave alone attaining first grade results. Despite the many hardships along the way, I finally saw a ray of light thanks to Madam Julie Solberg.

When I joined the BINGWA Club at Child Africa Junior School Equator in 2014, I was so active that I composes poems, skits and articles, which were published in BINGWA Magazine. However, I would be absent from school for several days due to lack of books, clothes and school fees. At one time, I was absent for three days. My BINGWA patron, who was also my English and Science teacher surprised and visited me inquiring whether there were any unsolvable problems that kept me away

from attending school. After a long discussion with my grandfather, he said that he was going to write to Madam Julie and explain to her my situation.

I was at home when I learnt that Madam Julie had promised to support me in my education. For the six years I had spent in primary school, 2015 was my first time I had school uniform. For the rest of the year, I was never sent away from school. I promised my sponsor [Madam Julie Solberg] and the teachers that I would not shame them. In the good learning environment at Child Africa Junior School, I worked for a first grade (which I attained) and now am in Senior One.

I would like to appreciate the passionate mother of many children in Africa, Madam Julie for supporting me and many more children whose cries she hears. Thank you!





THE BATWA PYGMY PEOPLE OF UGANDA

The Batwa are an endangered pygmy tribe of Uganda, they were the original dwellers of the Bwindi Impenetrable Forest for thousands of years. They are also known as the 'the keepers of the jungle'.

Bwindi Impenetrable Forest is home to many exotic plants and animals that include the endangered mountain gorillas. The Batwa pygmies inhabited the forest together with all these living things yet they lived in harmony. They survived on hunting small animals using nets and arrows and gathered fruits and plants in the rain forest. They constructed their huts using leaves and branches.

In 1992, the lives of the Batwa Pygmies changed forever. Bwindi Impenetrable Forest became a National Park and a World Heritage site. In order to protect the 350 endangered mountain gorillas within its boundaries, the Batwa were evicted from the park. Since they had no land titles, they were given no



compensation. The Batwa become refugees in an unfamiliar land without forests. Many Batwa died during the early years of exile and the tribe's existence is severely threatened.

They are being integrated into the local community but it's proving hard for them. Since they are so poor and own no land, they live at the mercy of the well-wishers, local people and religious centers such as churches that provide them with small basic needs, money and small pieces of land to cultivate food for home consumption. There are some good Samaritans who have made a big difference in their lives for example Gerald Tugume who with the help of donors has managed to build a home for some of these very vulnerable and poor Batwa children and some NGOs like Child Africa under its director Julie Solberg have gone ahead to sponsor the Batwa children in attaining education to ensure a brighter future.

TOP STEEPLECHASE RUNNER

HYVIN KIYENG

Over the years, Kenya has made a habit of producing shock gold medallists at major events. The 2015 World Athletics Championship in Beijing was no different as Hyvin Kiyeng Jepkemoi pulled off a shock victory in the women's 3,000 metres steeplechase. Kiyeng's gold in the Far East was Kenya's second by women steeplechase runners after Milcah Chemos' maiden 2013 triumph in Moscow.

Kiyeng recaps the wonderful performance; "That was my best achievement, since I was not lucky in Moscow where I finished sixth. I had done the proper build up competing in Rome, Doha and Birmingham Diamond League, all in which

I finished in the top three." On top of that, she added that that she had competed with most of the athletes in Beijing apart from Tunisia's Habiba Ghribi.

Kiyeng is indeed one of the Kenya upcoming female steeplechase runners. Her personal best stands at 9:15.08, a time she posted in 2015 at the Golden Gala in Rome. So far, her personal best ranked her 19th on the world all-time list. The 24 year-old started running in 2006 while at Sing'ore Girls Secondary School. But it wasn't until the year 2010 that she started



training seriously. In 2011, she made it to the All African Games team that travelled to Maputo, Mozambique. This was her first major competition.

“At the All African games, I competed in 5,000 metres after making it the trials. I was number four.”

They say that one man’s trash is another man’s treasure. While in Maputo, an opportunity to try the 3,000 metres steeplechase arose after an athlete dropped out. She grabbed it, going on to win gold despite having had no training at all in the waters and barriers race.

“While other countries had three competitors, Kenya had only two, so when that chance came I told myself, no harm to give a try,” she explained.

That triumph in the year 2011 made her switch to the steeplechase competition completely, ensuring her rapid progress since then. In 2012, she won steeplechase bronze at the African Championships. In 2014, she missed out on a chance to represent Kenya at the Commonwealth Games.

“Since then, I have been improving in every race I have participated in,” she added.

Kiyeng had to learn the technique of the race along the way. “Steeplechase is more technical. When I won gold at the All African Games, my coach advised me to focus on it and then I started training slowly by slowly,” she added. “Even when I went to Moscow I didn’t have enough experience to clear the barriers, so I had to continue learning.”

Hyvin is a rare breed Kenyan athlete who didn’t compete as a junior before graduation to a senior athlete.

“I started competing in 2005 as a senior although I was a junior and still at school. I never went to represent Kenya as a junior,” she said adding that it was hard to compete as a senior.

Hyvin idolizes her world champion predecessor Milcah Chemos. While Kenyan men have dominated steeplechase competitions for generations, the women haven’t been as dominant. Hyvin says women fear clearing the barriers. However she foresees a wave of change.

“Now that we have two gold medals in women’s steeplechase, that will be a motivation to the rest of the ladies. Milcah won in 2013, I retained the title in 2015. We believe that we are heading in the right direction as women steeplechasers.”

As for 2016, Kiyeng says the women record is also not so far out of sight for the steeplechase ladies. “I will continue focusing on my career, I will continue to train well. Infact, I have already started proper training in preparation for the Olympics,” Hyvin said.



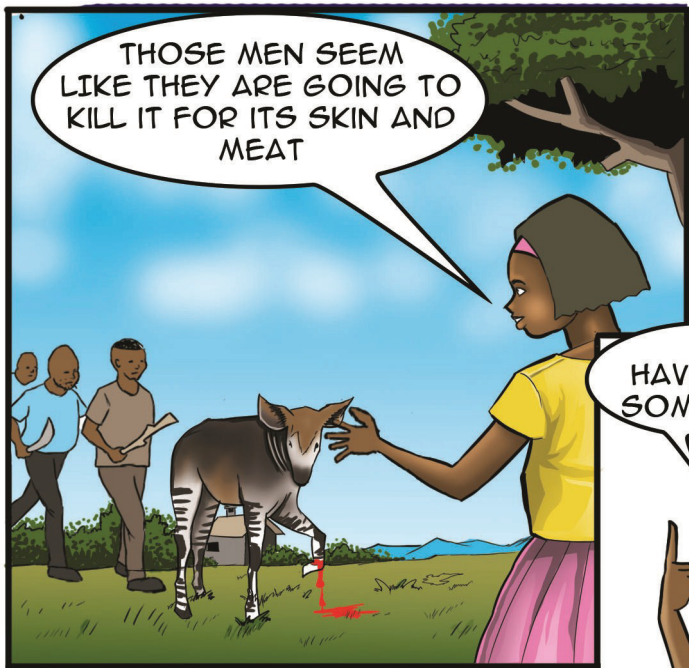
MECHI KALI



HA-HA-HA... GUYS THAT'S A CUTE BABY OKAPI!!

... AND IT'S HURT!!







Nicole Wafula is a jolly and talented class eight pupil at Nairobi Primary School. For the last two years, she has been writing uplifting stories for publications such as The Young Nation. She 'feels blessed' to call herself a young published writer and is currently working on her first novel.

How do you juggle your passion with schoolwork?

I enjoy writing stories and can write at any time, during my free time. For my schoolwork, I just make sure I follow my timetable.

What are some of the important lessons you have learnt so far?

Writing stories helps people, so I will keep writing them to help Kenya.

What is the best advice you have ever received?

Whenever there is a situation, use the PHD method; Prayer, Hardwork and Determination.

What do you think it takes to excel in your field?

Practice, practice and more practice.

What are some of the challenges you have faced and how did you handle them?

Getting my stories published in the newspapers. I just kept sending and presenting my best stories until I got published.

What is your advice to BINGWA readers?

The darkest hour is just before dawn.

What words or sayings do you live by? A journey of a thousand miles begins with one step.

What are your views on child rights? Children should be given their rights especially the right to education for they are the future leaders.

What are your views on the Day of the African child?

It's a chance for us to remember how children suffered before independence. I will write a story about it to present on that day.

What are your views on corruption? It is one of the problems hindering development in our country. It is therefore the duty of all citizens to fight against it so that equal rights are available to both the rich and poor.



FAVOURITES

I look up to: My mother and Carolyn Keene-the Nancy Drew author.

Favourite subjects in school: Science.

Favourite colour: Purple.

Favourite music: Classical music.

Favourite author: Nancy Drew.

My future plans: To be a chemical engineer.

In my words: Life is like a book, every paragraph tells a new story and every step we take to conquer our fears is a new word in our paragraph.



National swimming champion

DANIELLE OKIA

Her passion for swimming has propelled her to become a national champion. At the age of twelve, Danielle Okia won a gold medal at the National Swimming Gala in 2015. BINGWA Magazine spoke to her at Green Hill Academy in Uganda where she goes to school.

When did you realize you were good at swimming?

When I was seven years old and I won a competition at school.

How do you balance your school and swimming practice?

I value my education very much so I usually do my swimming practice on the weekends. I am also privileged that we have swimming lessons at my school every Monday.

Other than swimming what else are you good at?

I am good at playing the violin and I have also started guitar lessons.

Who are the people you look up to?

My mother, who has always been there for me and the Nelson Mandela for his courage.

What is your greatest achievement so far?

Winning the gold medal at National Swimming Gala in 2015.

What are your views on corruption? Corruption is a true source of evil, it deprives people of what they deserve. For example, corruption is the reason poor sick people never get treatment in hospitals.



FAVOURITES

Best advice I have ever received: Insist on yourself and never imitate others.

Advice to fellow young children: Effort is a necessity. Set your heart on what makes you truly happy.

My future plans: To become a doctor and a part time musician.

Favorite subject: Math.

Favorite colour: Purple.

Favorite music: Reggae.

Star Rising

BY ALIZA KITUI



The silent craftsman **SAIDI KOMBO**

Disability is not inability. This saying rings very true to Saidi Kombo, a sixteen year-old boy that amazed many of us when we saw a photo of him online. He was on a motorcycle he had built himself using rubbers, sticks and actual parts of a motorcycle. Saidi is so passionate about his motorcycle that he has built a garage for it.

Saidi was born deaf and dumb. As a child, he loved crafting cars from old tins and boxes. Most kids grow out of this, but not Saidi. Time and age only served to grow his skill and sharpen his attention to detail. His mother, Bi Nuru told us how he would leave the house in the morning in search of materials that he needed for his project only to come back home in the evening. It is clear that Saidi respects his machine very much. If anything is wrong with it, he will not ride it until he has fixed the problem. Seeing his face light up when he got to sit on a real bike was priceless.

He used to go out for a ride on the main roads and

even hang out with other boda-boda (motorcycle) riders at their stops. That's where Jackson Muuo, the man who took the famous picture, which he later shared online first spotted him.

Everyone knew him but for a while he disappeared. This troubled Jackson and he set out to track him down. He finally found him at home in Magongo area, Mombasa where he learnt of the tragedy that had befallen him. Someone had poisoned Saidi-A woman who has since has been put behind bars. Thankfully, he survived the ordeal but constantly needs medical attention. His mother (who makes food stuff like mandazis for sale) had been having a difficult time taking care of him, and his other siblings as well as his hospital expenses.

Thanks to well-wishers, his medical bill has since been settled and even a bicycle bought for him. Saidi is still not in school but a school fund has been set up to help him go back to school. This young man is indeed destined for great things.

www.sulwesulwe.wordpress.com

Adapting to change; because life is always at some turning point.

The academic year was coming to an end and Karen was preparing to move on to class six. She was quite anxious as she had been told that the lessons were going to be more difficult and that her new teacher Mr. Simiyu was a strict man.

In another town, Peter had just moved into a new neighbourhood and was now going to a new school. He was feeling depressed since he had left his old school and friends behind. His situation was made worse by the fact that he had been separated from his father. Peter knew that the relationship between his parents was not so good, but he did not expect the change to be so drastic. He was away from all that was familiar to him and he was finding it difficult to cope.

All of us go through changes; it is an unavoidable part of our daily life. Some changes are positive, like finishing school. Others are negative, like

having a disabling accident. Change causes some form of stress or anxiety, disrupts our routine and at times forces us to also change our way of thinking.

The following tips should help reduce your anxiety and easily adapt to change:-

- Be positive; concentrate on the good things, be open and flexible and keep your sense of humour.
- Always reflect on what could be the worst scenario, this helps one realize that things aren't so bad.
- Take control and choose how to react to a change.
- Take one step at a time.
- Take care of yourself.
- Talk about your feelings to a person you trust and who would be understanding.

CLASS
5

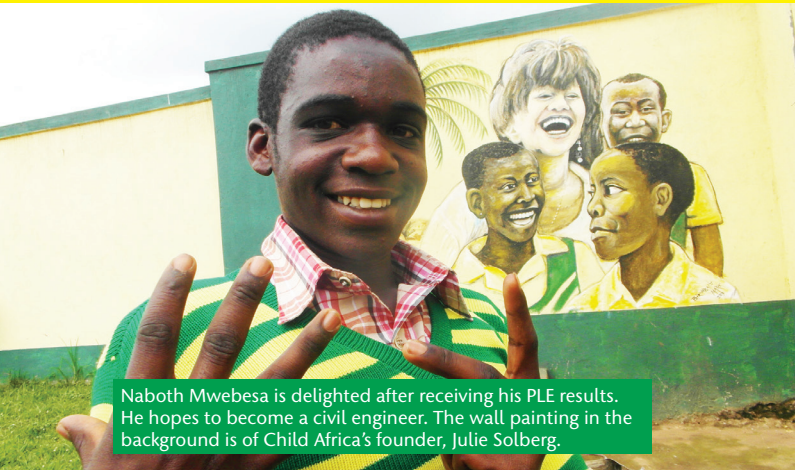


**Change is good,
it helps one grow
and increases one's
quality of life.**



Success Story

BY AUGUSTINE MUWANIKA, HEADMASTER AT CHILD AFRICA



Naboth Mwebesa is delighted after receiving his PLE results. He hopes to become a civil engineer. The wall painting in the background is of Child Africa's founder, Julie Solberg.



PLE 52015 P7 after receiving their results

CHILD AFRICA EXCELS IN THE 2015 PLE

Teachers, pupils and the Child Africa organization as a whole were thrilled to learn that Child Africa Junior School-Kabale in Uganda had excelled in the 2015 Primary Leaving Examinations (PLE).

We registered 26 pupils for the 2015 exams with 22 attaining first grade and the other four with second high grades (the last having attained 16 aggregates). These good results ensured the school was the third best school in the municipality.

Against all odds, Child Africa has been helping many needy children for many years attain quality education with the aim of fighting poverty and corruption. The 2015 exam results success would not have been achieved without the continuous sup-

port and the great passion that Madam Julie Solberg has for children. In addition to this, the pupils were self-driven, confident, were committed to tirelessly revising and finishing the syllabus early.

My prayer is that they will continue with the same spirit of courage and discipline and that they will be the ambassadors of Child Africa wherever they go. The teachers and Child Africa support staff were also committed to helping the pupils achieve the best results.

We believe the 2016 candidates will ensure this light does not dim.

Take your studies seriously, work as a team and nurture your talent.



Valise Seline in Kabale after being told of her 1st grade PLE results. She has been sponsored by a Norwegian since 2008 and aims at becoming a doctor.

MAGICAL WORLD OF NUMBERS

YOU ARE WRONG IF YOU THINK MATHEMATICS IS NOT FUN

BY CONNIE MUENI

MULTIPLICATION SQUARES

2		4
6		
		12

	3	9
		4
6		



Fill in the squares so that the first and second numbers in each row and column multiplied together equal the third number.

THE PAINTED CUBE

You have a 10-inch by 10-inch cube that is made up of little 1 inch by 1-inch cubes... You paint the outside of the big cube red... How many of the little cubes are painted?

THE CLIMBING CAT

A cat is at the bottom of a 20 meter well. Each day, he climbs up 5 meters... And each night, he slides down 4 meters. How many days will it take him to reach the top of the well?

FUTOSHIKI PUZZLES

Fill in the squares so that each digit from 1 to 4 occurs exactly once in each row and column. Greater-than and less-than signs indicate the relationship of the two adjacent squares.

		1	3
	>		
		v	v
		<	
4			1
		v	
		1	4

ANSWER ON PAGE 46

Career Choices

BY LEVIN SENTONGO AND JEREMIAH BYAKIKA



DOCTOR SABRINA KITAKA

Dr. Sabrina Kitaka is a Senior Lecturer, Pediatrician & Adolescent Health Specialist in the Department of Paediatrics at the Makerere University, College of Health Sciences and Mulago National Referral Hospital in Uganda. She is one of the most experienced medical personnel in Uganda when it comes to children's health and also the most sought after doctor when it comes to media appearances. Children identify with her when they see her because she always appearing in adverts that promote good child health. She has also written articles and material for parents and children on how best to live a healthy life.

Background

Dr. Sabrina's late father, Eng. Sam Ssemuli Bakeera was a Mining Engineer while her mother Mrs. Teddy Bakeera is a retired nurse. She went to a multinational school, where some of her teachers were British. The school had dance and reading

competitions and lots of books to read. "My early childhood learning environment helped me to become independent, confident, and an ardent reader," she explains.

Since she was young, she enjoyed 'treating her dolls and slicing open little animals to discover what was in their interior'. The fact that her mother was a nurse and her older sister a medical doctor may have influenced her to get into the medical field. However, it was Dr. Sabrina's father encouragement that finally saw her study sciences and medicine.

Qualifications:

She studied for a Bachelor of Medicine, Bachelor of Surgery at Makerere University, Uganda (1995). Completed her Masters of Paediatrics and Child Health at Makerere University, Uganda (July 2002). Was a Gilead Fellow at the Infectious Diseases Institute (2003-2011) where she undertook a

Fellowship in Paediatric Infectious Diseases and did research on HIV-infected adolescents.

She is a PhD Candidate at the School of Biomedical Sciences at the University Of Antwerp, Belgium (2014-2016).

Today, she enjoys providing health care to patients, doing research and teaching medical students. For her, working with children is also great because they keep her youthful and happy. Whenever she sees patients who were critically ill returning when they are much better, she feels a personal sense of achievement and motivation.

She admires doctors like Dr. Rose Mutumba who is the Executive Director of Mengo Hospital and is a great leader who has built the Eye Clinic from scratch. She also looks up to Professor Philippa Musoke who inspired her to sub-specialize in Pediatric Infectious Diseases, Professor Moses Kanya for his extensive research efforts in the field of HIV and Malaria and all health care workers who work beyond the call of duty. She also appreciates nursery school teachers who handle the most delicate of learners.

If she were not a doctor, Dr. Sabrina believes she would most likely be a lawyer, or a TV presenter.

How do you give back to the community?

I do provide financial support and engage in community service through some of the medical associations and women groups I am part of.

What tips would you give BINGWA readers planning to get into the medical field?

Interact with health-care providers and visit the hospital environment to see what happens there. At the Friday Adolescent Clinic based in Ward 15 at Mulago Hospital, Uganda, we receive clients from the age of 10-19 who can receive free career guidance as well as other services.

What advice would you give BINGWA readers about accomplishing their goals? Set achievable short term and long term goals, strive to be high achievers and do not settle for mediocrity.

What are some of your future plans? I see myself growing the field of Adolescent Health in the Eastern Africa region. I would also like to write more on health so that more people get educated on healthy living.

What are your views on children rights? Children need to learn their rights and be empowered to attain them. Their primary care

givers such as parents, guardians, relatives, police, teachers and the like, need to respect children's rights and should be penalized if they infringe on them.

What are your views on corruption?

Corruption pulls the country backward as all the would be resources for development are misused. Strict laws against corruption should be put in place and implemented. People should be more sensitized on corruption i.e. what it means, its dangers and how to overcome it.



FAVOURITES

Favourite saying:

- A: Ask for what you want
- B: Be who you say you are
- C: Care about others
- D: Dare to live your dream.

Favourite subjects (back in school): English literature and Biology.

Favourite colour: Pink.

Favourite music: RnB.

Role model: My mother and my husband.

Lessons have you learnt so far: Hard work pays. Never take any work for granted.

Most memorable moment: My wedding day, which was nearly twenty years ago. I also do have daily memorable moments which bring me joy and laughter.

Favourite programs or movies: Discovery Channel.

Favourite magazines, books or author: Fantastic Womanhood by Helen Adelin.

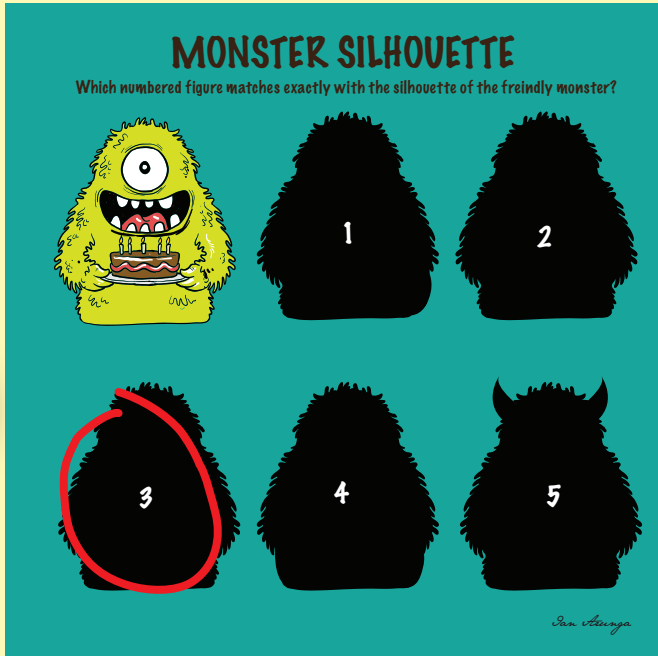
TSHIRT WINNERS

- Ahumuza Tracy, P.6, Kitante Primary School, Uganda. (Pg.6)
- Tr. Gerald Alioni, Premier Nursery & Primary School Maganjo, Uganda. (Pg.6)
- Sheetal Vithlani, Class 8, Kisumu Junior Academy, Kenya. (Pg.6) and (Pg. 20-21).
- Grace Wangare, Class 5, Chogoria Girls Boarding Primary School, Meru County, Kenya. (Pg.6)
- Nayanka Tumaini Wairimu, Class 7, Chogoria Girls Boarding Primary School, Meru County, Kenya. (Pg.6)
- Celyn Sambai, Class 7, Chogoria Girls Boarding Primary School, Meru County, Kenya. (Pg.6)
- Kakuba Alicia, P.7, Kampala Model School, Uganda. (Pg.6)
- Kevin Ogega, Class 5, Moi Primary School, Nakuru County, Kenya. (Pg.6)
- Victor Ntabo, Class 7, Embakasi Garrison Primary School, Nairobi County, Kenya. (Pg. 7)
- Michell Nduta, Moi Primary School, Nakuru County, Kenya. (Pg. 7)
- Raymond Chesang, Moi Primary School, Nakuru County, Kenya. (Pg. 7)
- Samuel Epodoi, P.8, Osukuru Primary School, Uganda. (Pg. 7)
- Ian Mugendi, Class 5, Chogoria Complex Primary School, Meru County, Kenya. (Pg. 7)
- Fortune, Moi Primary School, Nakuru County, Kenya. (Pg. 7)
- Aswata Irene Lydia, P.8, St. Thomas Aquinas Mayembe, Tororo, Uganda. (Pg. 10-11)
- Nantume Angel, P.6, Kitante Primary School, Uganda. (Pg. 10-11)
- Namis Moses, P.8, Koitangiro Primary School, Uganda. (Pg. 10-11)
- Twesigomwe Norman, P.5, Child Africa Junior School-Kabale, Uganda. (Pg. 10-11)
- Samuel Njuguna, Class 7, Moi Nyeri Complex Primary School, Nyeri County, Kenya. (Pg. 10-11)
- Geoffrey Gitau, Class 6, St. Johns Mahiakalo Primary School, Kakamega County, Kenya. (Pg. 10-11)
- Kakuba Alicia, P.7, Kampala Model School, Uganda. (Pg. 10-11)
- Sharon Kaimenyi, Class 8, Chogoria Girls Boarding Primary School, Meru County, Kenya. (Pg. 10-11)
- Ainebyoona Elizabeth, P.7, Child Africa Junior School-Kabale, Uganda. (Pg. 10-11)
- Alyek Priscilla, P.6, Kitante Primary School Uganda. (Pg. 10-11)
- Lucy Nairesiae, Class 6, Naikarra Boarding Primary School, Narok County, Kenya. (Pg. 20-21)
- Kasiya Peter, P.6, Child Africa Junoir School, Uganda. (Pg. 20-21)
- -Sneha Maria, Kampala Parents School, Uganda. (Pg. 20-21)
- Atwani Josephine, P.8, Koitangiro Primary School, Uganda. (Pg. 20-21)
- G.Naduduwal,P.8, Ogutu Primarym School, Tororo, Uganda. (Pg. 20-21)
- Wokorach Joel,P.7, St. Kizito Primary School, Uganda. (Pg. 20-21)
- Peter Paul Bbaale, P.7, Greenhill Academy, Uganda. (Pg. 20-21)
- Jeffson Angila. (Pg. 20-21)
- Cisse Karani, Chogoria Complex Boarding School, Meru County, Kenya. (Pg. 20-21)

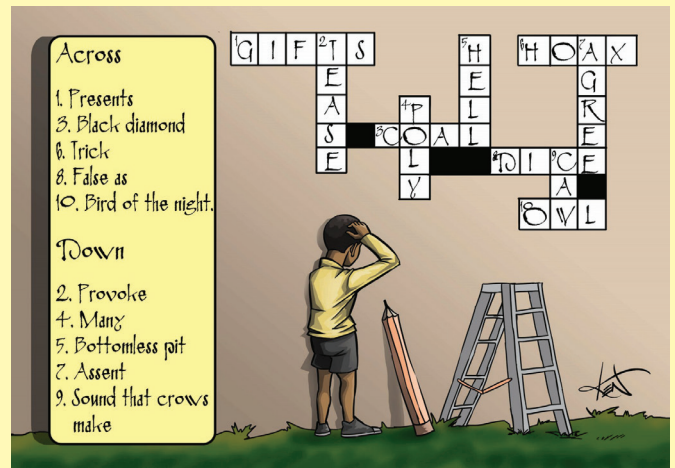
ANSWERS

PUZZLES (PG. 28-29)

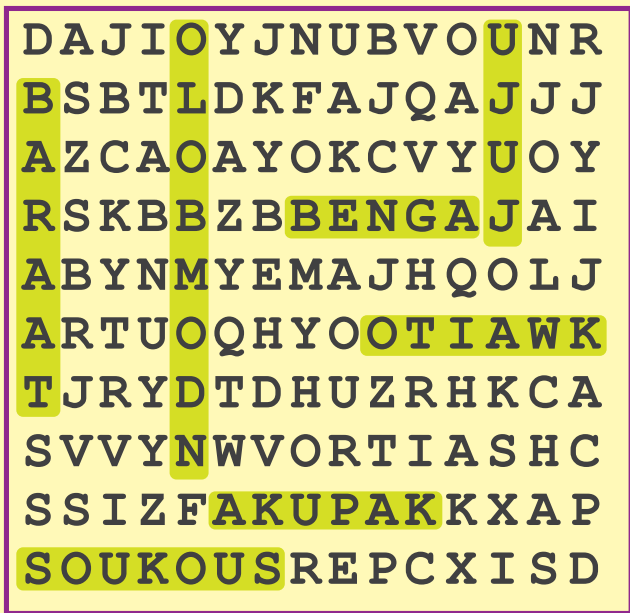
Monster Puzzle



Crossword



African music wordsearch



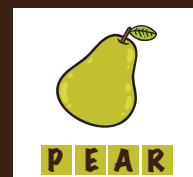
RIDDLES (Pg. 6)

- Eve.
- A man (the life cycle of a man)



WORD FIND

Use the letters from the word in the centre square to name the other pictures.



San Aranga

ANSWERS

MAGIC WORLD OF NUMBERS (PG. 43)

Multiplication Squares

2	2	4
6		3
12	1	12

3	3	9
2		4
6	6	36

Futoshiki Puzzles

2	4	1	3
3	>	1	4
4	2	<	3
1	3	2	4
4	2	3	1
1	4	2	3
3	1	4	2
2	3	1	4

The Painted Cube

First, paint the top and bottom of the outside...

The top is a 10x10 square, so 100 little cubes are painted. The bottom is a 10x10 square, so 100 little cubes are painted. That is 200 so far...

Now, paint the front and back of the outside...

The front is a 10x10 square... that is 100 little cubes... However, we have already counted the top stripe of cubes and the bottom strips since these were hit when we did the top and bottom. Therefore, for the new little cubes we are hitting, we have an 8x10 grid... that's 80 more little cubes being painted. Same for the back... another 80.

So far: 100 + 100 + 80 + 80

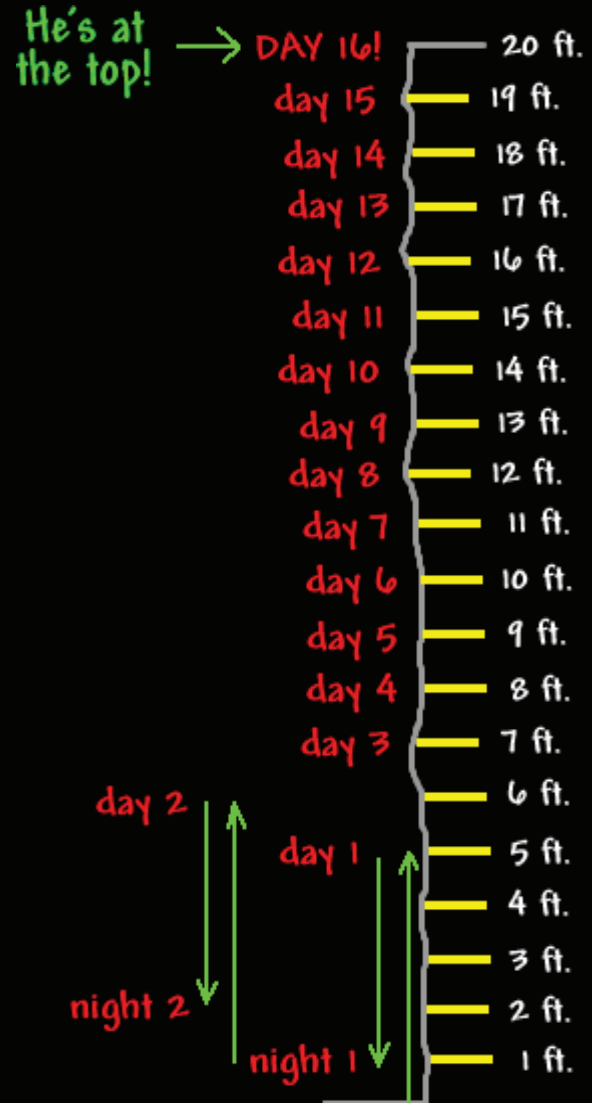
Now, we do the left and right side of the big cube... Thinking about it the same way we did above, we'll be hitting an 8x8 set of new cubes with paint... That's 64 for the right side and 64 for the left side.

Total:

$$100 + 100 + 80 + 80 + 64 + 64 = 488$$

The climbing cat

He gets to the top on the 16th day... Therefore, there is not a 16th night where he slides back down. That is why the answer is not 20 days. (You might need to draw it out boys and girls.)



Pictorial



1



5



2



6



7



3



8



4

1. Child Africa's friends from Better Globe in Sweden donated forty mobile phones for our pupils to use.
2. Child Africa International's two-day annual planning workshop.
3. Chogoria Girls Boarding School pupils are always a happy lot. Nothing beats that!
4. Claudiah Gachimbi of BINGWA Magazine hands over the latest issue of the magazine to Chogoria Boys Boarding Primary School representatives.
5. Happy children welcome the Bingwa team to their school.
6. Kisumu Junior Academy t-shirt winners looking proud and sharp.
7. Child Africa's Jeremiah Byakika with the Headmistress of Kitante Primary School in Uganda.
8. Pupils of Mwaligulu Primary School in Kwale County share a copy of BINGWA and a light moment with the BINGWA team.

Pictorial

THE NATIONAL DRAMA FESTIVALS 2016

THEME: Enhancing artistic talent for national development.

VENUE: Kaaga Girls High School, Meru County, Kenya.



The World Of Bingwa

BY CLAUDIAH GACHIMBI, BINGWA PARTNERSHIPS COORDINATOR



It's always a great delight visiting schools. Last term was no different as we had the wonderful opportunity of meeting eager pupils and teachers within the schools. Seeing the teamwork as pupils in the different schools fetched water from boreholes, undertook their chores and did their classwork was inspiring.

The funny faces and dazzling smiles while we took photos made our visits all the more enjoyable. It was also very exciting to hear how you spent your 2015 December holidays, your plans for the year, your views on corruption

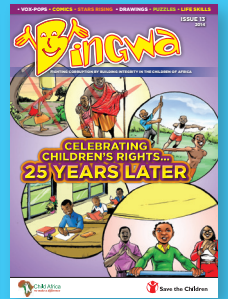
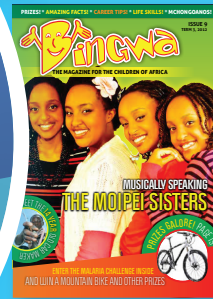
and leadership as well as what you would like to be when you grow up and why. The talent sessions keep proving just how talented the children of Africa are. Thanks to all those who shared amazing dance moves with us. We can hardly wait for next term!

The motivational and inspirational quotes on the walls are always a must read for us when we visit your schools as we believe that together with our dreams for the future, they inspire us to keep pursuing our better selves everyday.

BINGWA

Fighting corruption by building integrity in the children of Africa

CALL FOR







PARTNERSHIP

BINGWA Magazine is a FREE children's publication aimed at fighting corruption by building integrity in the children of Africa. This message is passed across in an easy, conversational and appealing format. The first of its kind, the magazine is distributed FREE to primary schools in East Africa with one copy of the magazine being read by over 100 children. Our future goal is to publish over one million copies to reach school children all over Africa.

The magazine's wide reach and guaranteed long shelf-life provide an excellent platform for individuals, companies and organisations that would like to communicate with children. To establish the various options available for partnership with us, contact us today!

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