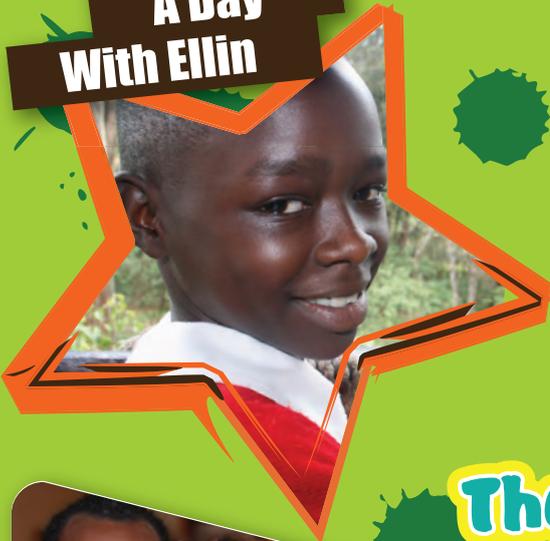


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BINGWA

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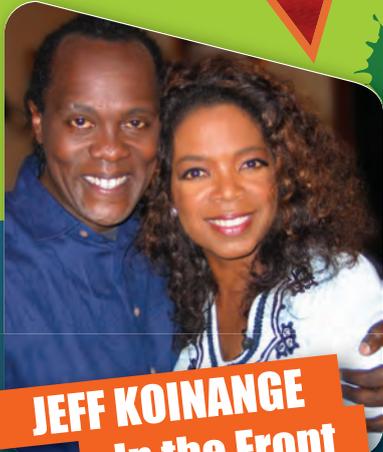
A Day
With Ellin



Watoto Wapende Maagizo

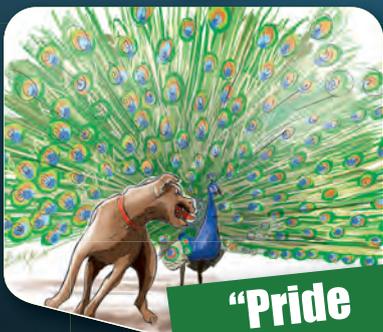
The silent language

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



JEFF KOINANGE
In the Front
Row

Grubby Hands comic



"Pride
Comes..."

A Most Promising Sportsman: "Blackberry" Odhiambo

To Wasini
with the sole intent
of seeing dolphins



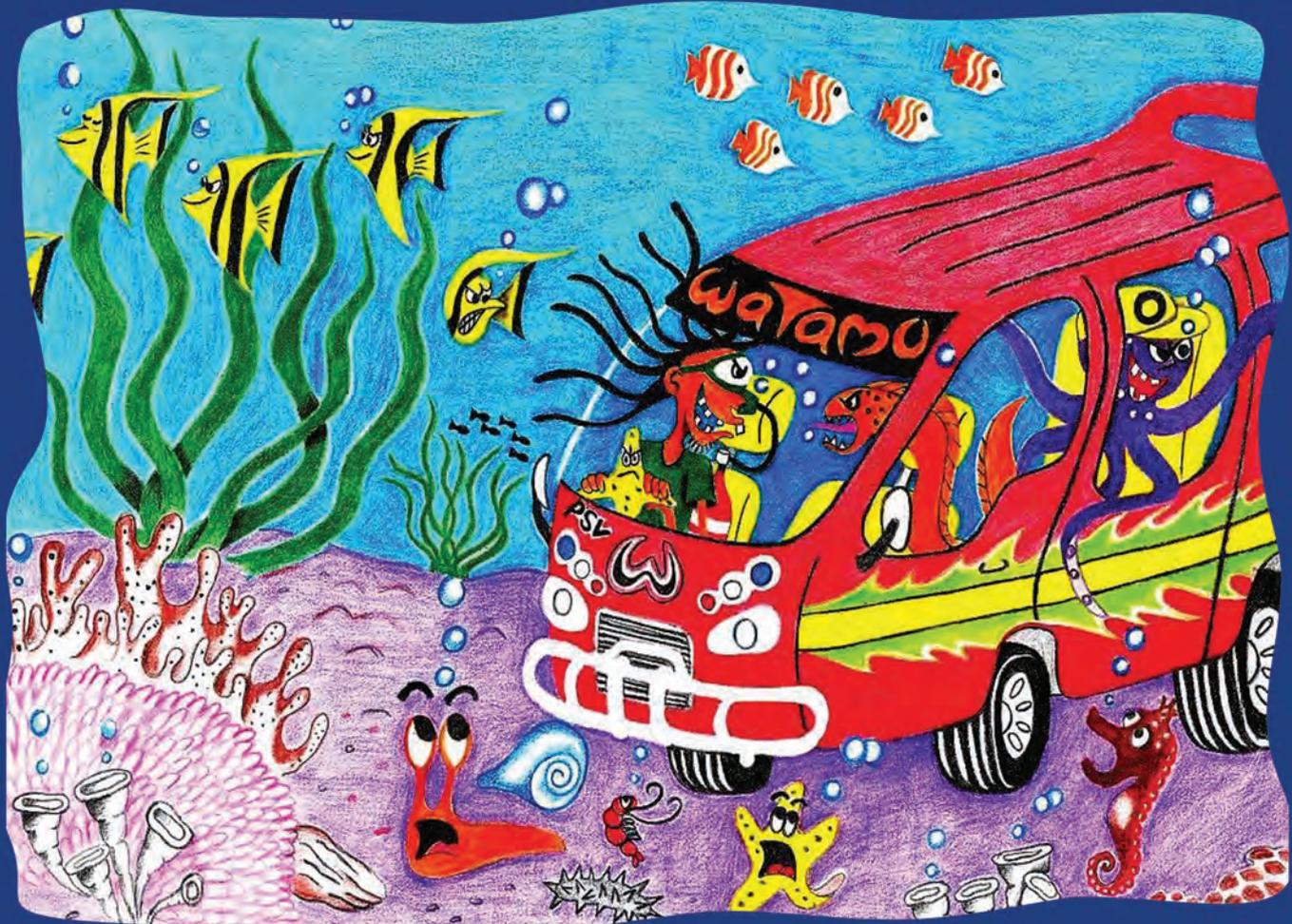
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Reading is cool!!

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A note from BINGWA!

Dear Champions,

We have been living right, playing right and loving all our learning experiences. We hope you have too.

However, nothing comes close to the joy you bring when you submit your stories, drawings, competition entries, jokes and riddles. All these have been generously distributed all over the magazine for your pleasure and edu-tainment.

Thank you! We look forward to receiving more from you.

You will also see how much excitement and activity comes when you're a Bingwa winner on page 32 (A day with Ellin).

Besides the super amazing comics, interesting stories and quizzes, look out for  to participate in the 'Proud to be Kenyan' competition on page 33.

>> Don't forget to include a phone number we can reach you on.

If we have taken a photo of you and you can't find it in the magazine, be sure to check out our website www.bingwa.org, it just might be there.

For now, enjoy this issue and the rest of the year.

Yours sincerely,

BINGWA Editorial Team

CHECK OUT
BINGWA
ISSUE 2 WINNERS
ON PG.43

The Team

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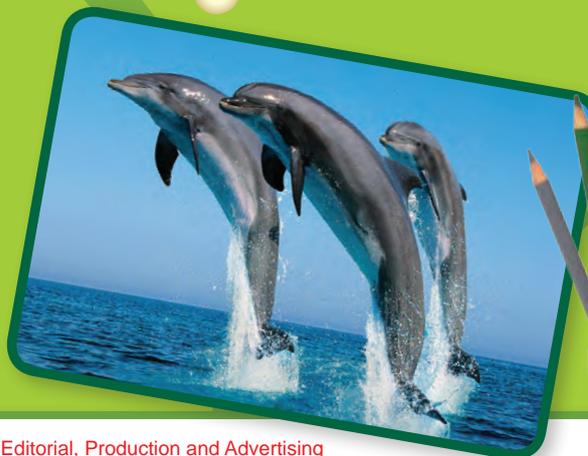
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BINGWA is published every school term by Child Africa Media. Opinions in the articles are those of the authors and not necessarily those of the publisher or any other participating partner.

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Inside



PG 10

'Blackberry' Odhiambo



PG 17

Make a ball



PG 20

Watoto Wapende Maang'ao



PG 34

Grubby Hands

Personal safety

PG 36

DOG SAFE



PG 44

Forensic Odontologist & Beauty Queen

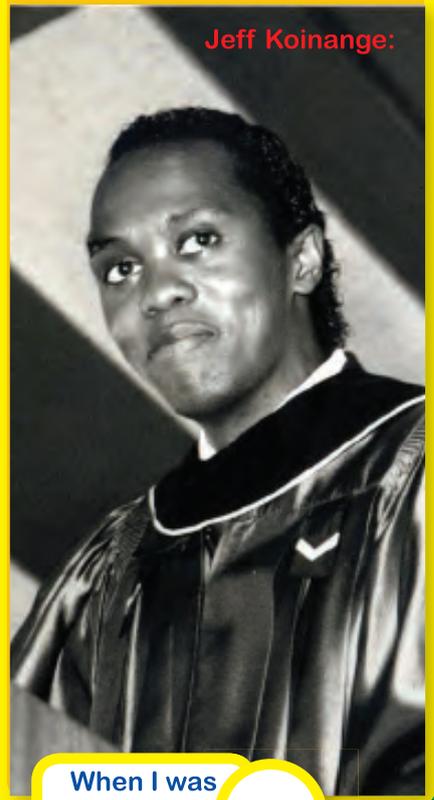


It's a wild wild world

Pg 6

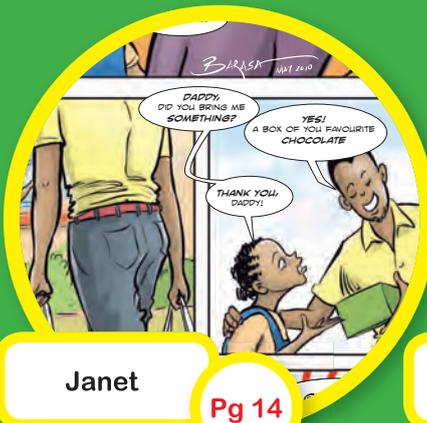
While the lion is king of the jungle, the eagle is definitely the king of the sky.

Jeff Koinange:



When I was young

Pg 46



Janet

Pg 14



Do it yourself: Make a ball

Pg 17



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



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



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



The World of Bingwa

BINGWA ON THE NET

If you are a big fan of the World Wide Web then www.bingwa.org is where you'll be spending a lot more of your time. You can now get the latest information about Bingwa here, engage in activities such as solving riddles, giving your opinions, quizzes, downloading past editions of the magazine, viewing photos and news and events in the world of kids. Go on, get clicking today.

Click to join

OUT AND ABOUT

Every term, the Bingwa team visits various schools across the country. In March this year, the Bingwa team visited schools in Nairobi, Mombasa, Kisumu, Eldoret and Nakuru. If you'd to be featured in the magazine, invite us to any of your school, club or community events or send us photos which can alternatively be used on the Bingwa website.



THANKING YOU

We'd like to take this opportunity to thank the schools that filled out our questionnaires. Thank you St. Teresa's Primary-Machakos, Mercy B.P-Sotik, Olenguruone Primary, Warazo Primary-Kiganjo, Kibiricha Primary, St. Andrews' Primary-Embu, Naivasha Boys Boarding, Mt. Kenya Baptist-Nanyuki, Chogoria Girls Boarding, Ganjoni Intergrated School Mombasa, Ntakira Boarding -Meru, Kericho Township, Lake Primary School, Maganjo Primary, Mukurwe-ini, St. Annes-Ahero, Lions Primary-Embu and Gateway Primary Chogoria. Some schools might be missing because they did not include all their information. Teachers, please remember to send us all your contact information including names and a mobile phone number.

We'd also like to thank those that submitted competition entries, stories and jokes. These include Karen `C' Primary, Olenguruone (D.E.B), Lake Primary School, Tenwek Boarding-Bomet, St. Mary's-Karen, Chogoria Girls' Boarding, Naivasha Boys Boarding, St. Joseph Academy-Kakamega, St Austins Academy-Nairobi and Ken's Primary-Ruiru. All the schools mentioned on this page have earned themselves a star. Many thanks to those who subscribed to the past edition. In addition to this, we'd like to thank Jacaranda Hotel and the Railways Museum for hosting one of our competition winners.



★ STAR SCHOOL ★

It is with excitement that we name Lake Primary School, Kisumu 'The Star School'. This is because the school earned an extra point for the highest number of competition entries in issue 2. Congratulations!

At the end of the year, we will give the school that has accumulated the most points a Bingwa hamper and the title 'Champion School'. To earn points, continue talking to Bingwa, asking questions, entering competitions, giving us feedback and submitting stories, drawings and poems. Bingwa loves this!



Thank you Bingwa!

Dear Bingwa,

I would like to thank your team very much. I have learnt many new things from the magazine; I learnt a lot about bats and frogs and that it is important to wash hands four crucial times. 'The Inspiring Bully' was a very interesting story while Uganda's Monique Kabuye's story advised me on my studies. Thank you and continue with the good work you are doing.

-Esther Aburili, Class 8, Lake Primary School, Kisumu

I love Bingwa because it is a nice magazine with lots of things to learn and keep us busy. I loved Linda but can you please make it longer? I also loved 'The Inspiring Bully' because it has a lot of teachings; It taught me that I should never give up no matter what happens. As for the riddles, it was hard for me to get the answers, but I finally got them. I love you Bingwa! See you next term!

-Rosemary Wangu, 6 Yellow, Wangunyu Primary School, Karura

Bingwa Magazine is the best for childrens' practise. It encourages us to say and do more good things to others. It is the best magazine for children and even some grown-ups.

-Corazon Aquino, 6 Yellow, Lake Primary School, Kisumu

I'd like to thank Bingwa for supplying the magazine to our school. It has many important things and the drawings are very beautiful. I like Bingwa because it has helped me in many ways. For example, it has taught me how to protect myself from diseases caused by bacteria in dirty places. I promise that I am going to urge people in our school and outside to wash their hands with soap.

-Veronica Achieng, 8 Blue, Lake Primary School

Bingwa is one of my favourite magazines in the whole wide world. It teaches us different kinds of things, like the importance of being obedient, kind, loving and most important, respectful. It also helps us learn fluent English and the jokes make me laugh even when I'm sad. The magazine also warns us about bad things and advises us on good things we can benefit from. I will never forget Bingwa magazine, even if I get to see George Bush and Osama Bin Laden sitting on the same table sharing a meal.

-Wendy Rose Atieno, 8 Green, Lake Pry School, Kisumu

Thank you Bingwa! Your magazine is actually the best gift to give to a kid. It contains very interesting stories, jokes, riddles and facts about so many things. I did not even know that a persons' tongue could reach the elbow. I wish to thank all those who are involved in Bingwa publication. Peace and goodwill to you all.

-Simon Peter Okoth, 8 Blue, Lake Pry School, Kisumu

I have learnt a lot from Bingwa Magazine and I hope you continue with the good work. I have learnt from Mopique Kabuye, who expresses her ability and talent well. I truly admire her work. Thanks to Bingwa, we can also have dreams.

-Memory Clare, Lake Pry School, Kisumu

Bingwa, your magazine has been very helpful in teaching us about diseases caused by bacteria. We appreciate your concern for eradicating these diseases. Thank you!

-Jill Anne Okola, Class 8, Lake Primary School, Kisumu

WINNING LETTER

Hi Bingwa,

Your magazine is very educative and interesting. I had so much fun reading it. I enjoyed the questions which are challenging to both students and even some grown-ups. I loved Lady Justice Joyce Aluoch's story because it encouraged me as a girl. Another inspiration was statistician Mr. Maloba. All these stories were amazing because I dream of becoming a neuro-surgeon. Through Bingwa, I also learnt about conserving the environment for future use, using soap, and how the Mau Complex is in great danger. I would urge you to continue with the same spirit, plus entertaining us with your fantastic funology and rib-cracking jokes. Thank you very much.

-Asha Mohamed, 8 Green, Lake Pry School, Kisumu

Have a comment, suggestion or anything you'd like to share? Write to Bingwa Magazine, P.O. Box 823-00606, Nairobi, Kenya. You can also email us at editor@bingwa.org.

Please include your full names, address and a telephone number. The winning letter will receive a free Bingwa t-shirt.

BELIEVE IT
OR NOT



JUST LIKE
FINGERPRINTS,
EVERY CAT'S NOSE
PAD IS DIFFERENT



SHARKS
ARE THE ONLY
ANIMALS THAT NEVER
GET SICK

A **COCKROACH** CAN CHANGE
DIRECTIONS UP TO 25 TIMES IN A SECOND

A person
blinks an average of
84,000,000
times a year

PARROTS
CANNOT EAT
CHOCOLATE
BECAUSE IT IS
POISONOUS TO
THEIR BODY



THE YOUNGEST
MALE AUTHOR EVER
PUBLISHED WAS DENNIS
VOLLMER WHO WROTE
THE STORY **JOSHUA**
DISOBEYS IN 1987 AT
THE TENDER AGE OF 6

IN 1934, TOM BRENO OF NEW
YORK USED BOTH HANDS AND
HIS FEET TO SIMULTANEOUSLY
WRITE IN FOUR LANGUAGES AS
WELL AS DRAW CARTOONS.



THE **LAUGHING HYENA** IS
NAMED SO BECAUSE OF THE SOUND
IT MAKES-A MIXTURE OF A **WEIRD**
HOWL AND A CHUCKLING
GURGLE WHICH TOGETHER, COME
OUT SOUNDING LIKE A HUMAN'S
LAUGH.



The **BASENJI**, also
known as the **African**
Barkless Dog, is a dog
that doesn't bark

IT'S A WILD WILD LIFE

THE EAGLE: KING OF THE SKY



While the lion is king of the jungle, the eagle is definitely the king of the sky.

By Carol Gachiengo

What would you say of a bird that has better eyesight than you and I? A bird that can live for as long as 70 years? A bird that 'marries', stays faithful to only one spouse and takes care of its young? Almost perfect, yes? Except for one nasty habit; eagles are kleptoparasites – they steal prey from other birds.

Eagles are the great hunters of the sky. While the lion is king of the jungle, the eagle is definitely the king of the sky. There are about sixty different species of eagles found all over the world. Eagles exist on every continent except the Antarctica. Scientists have classified eagles into four main groups, either according to what they eat or their appearance

Sea and Fish eagles, as their name implies, feed mostly on fish. Snake eagles primarily eat snakes, but can occasionally be seen snacking on frogs, lizards, and other reptiles and amphibians. Harpy eagles are so enormous they can feed on large mammals such as

monkeys. Booted eagles are of different sizes and have a varied menu, but they all have feathers that extend down to their feet-like boots.

The most common type of eagle in Africa is the African Fish Eagle. These are found near freshwater lakes and rivers or near the coast throughout Africa, south of the Sahara. If you have seen a large eagle with a brown body, large, powerful black wings, a snow-white head, breast, a tail; and a hook-shaped yellow beak with a black tip, you have probably seen an African Fish Eagle. This kind feeds mainly on fish, but it also supplements its diet with waterfowl, small turtles,

baby crocodiles, flamingos and carrion.

Eaglets

Baby eagles are called eaglets, which may falsely bring to mind a tiny baby bird. Eaglets are by no means small! The parent eagles build a large nest called an eyrie, in tall trees or on high cliffs. The eyries are sometimes as big as one metre in diameter. The mother lays two eggs in a year, but when they hatch, the bigger eaglet often kills the smaller one. The parents don't do anything to prevent this. That aside, parent eagles are very attentive and take care of their young for a long time.



As a result, the eaglets are somewhat spoiled, taking as long as three months sitting in the nest before they try to fly.

Dangers Above, Dangers Below

As the king of the skies, eagles spend most of their time high up on trees or cliff tops where they can use their keen eyesight to hunt for their prey.

Unfortunately for eagles, all the chemicals and pollution in the environment can make them sick or unable to have healthy eaglets. Eagles that eat fish can also be affected or poisoned by the chemicals we spray on crops and which end up in lakes and rivers, becoming trapped in the bodies of fish. Although, most eagles are protected by special laws and regulations, poaching is also another great threat to eagles all over the world.

Eagles as Symbols

The eagle is a very powerful symbol, both in the Bible and in African folklore. In South Africa, among the Zulu, the *Bateleur* eagle is known by the Zulu's as 'Ingonghulu', which means the beginning and the end, alpha and omega. It is believed that when creation began, the first bird to fall off the tree of life was the Ingonghulu. To signal the birth of creation, the Ingonghulu

extended her wings and beat them, 'Ghu-ghughu', and creation was announced.

In the Bible, the eagle represents rejuvenation, youthfulness, and the ability to transform humanity. It is said that after the first thirty years of its life, the eagle goes into solitude on the highest nearby peak for 150 days without food or water. This is comparable to going into prayer, fasting and meditation in biblical terms. During this time, it sheds off all its feathers, its beak, and its talons and grows new ones. Thus rejuvenated, it is able to live for another forty years.

Because of the eagle's powerful qualities, many countries have chosen them as the symbol of their nationhood. The African Fish Eagle is the national bird of Zambia and Zimbabwe. Different species of eagles are national symbols of many countries, including Ghana, Nigeria, Egypt, United States, Albania, Austria, Germany, Mexico, Russia and Poland.

Eagles are also a popular symbol for sports. Nigeria's football team *The Super Eagles*, is one of the teams that will play in the World Cup this year. Portugal, Italy, Greece, Turkey, and Spain all have eagle mascots on their uniforms to symbolize strength and dominance.

FACTS

- Eagles have poor night vision, but their eyesight during the day is four or five times stronger than that of a human being with perfect eyesight. An eagle can easily see a rabbit on the ground from 300 meters up and one kilometer away.
- Eagles also have binocular vision to see forward, the way you do. At the same time an eagle can see outwards from the side or slightly backwards known as monocular vision.
- An eagle can stay aloft for hours, rarely moving its wings and riding wind currents.
- A mother eagle carries her eaglet on her back until it masters the art of flying.



Know Your Country

The KENYA-UGANDA *Railway*

The Kenya-Uganda railway, known then as the Uganda Railway, was built by the British Colonial Government. Construction of the railway line began in Mombasa in 1896. In 1900, the line reached what is now Nairobi, then the rail depot, before it became Kenya's capital city. The railway arrived at Port Florence, Kisumu in 1901. Official rail services started in 1903.

By 1931, the railway line had extended to Kampala, Uganda. In between this period (1901-1931), other branch lines were built including Nairobi to Thika (1913), Magadi (1915), Eldoret (1924), Kitale (1926), Narumoro (1927), Nanyuki (1930) and Mt. Kenya (1931) among others. Branch lines linking the railway to Tanzania were also added. Built on a narrow gauge unique to East Africa, the track laid during this period still carries both passenger and freight trains today.

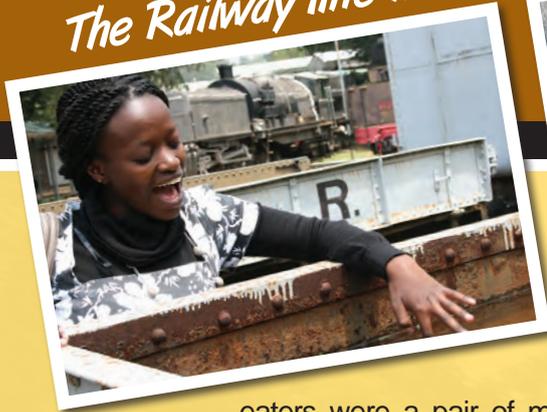
The original purpose of this project,

which cost about five million pounds, was to provide modern transport to carry raw materials from Uganda and manufactured British goods back in.

Before the railway, the main mode of transport used in interior Kenya was the ox-drawn wagon. Construction of the railway was mainly carried out by labourers from British India, with support from some Kenyans. Most of these Indians settled in Kenya and Uganda after the construction. 2,493 contract workers are said to have died in the process—an average of 38 workers per month. 'The Man-eaters of Tsavo' story is one of the most famous tales of this period. The man-



The Railway line in Nairobi...



eat-ers were a pair of maneless male lions that stalked and killed at least twenty-eight Indian and African workers. Other accounts reveal that they might have killed 135 people in total. The lions were eventually killed by Engineer Lieutenant John Patterson.

Patterson had the lions skins' made into rugs before selling them years later to the Field Museum of National History in Chicago. These were stuffed to look like the lions and are today still a major attraction at the museum.

Some of the nicknames that were given to the railway line include 'The Lunatic Express', the 'Lunatic Line' and the 'Iron Snake'. The label 'lunatic' came about because of the wild nature of the project; the rough terrain, the hostile tribes (Nandi & Maasai), the high cost of the project, death of workers from diseases like malaria, the scorching coastal heat and man-eating lions among other issues which made the project seem almost impossible and crazy. The man-eaters' have been portrayed in movies like Oscar-winning Hollywood movie 'The Ghost and the Darkness' (1996).

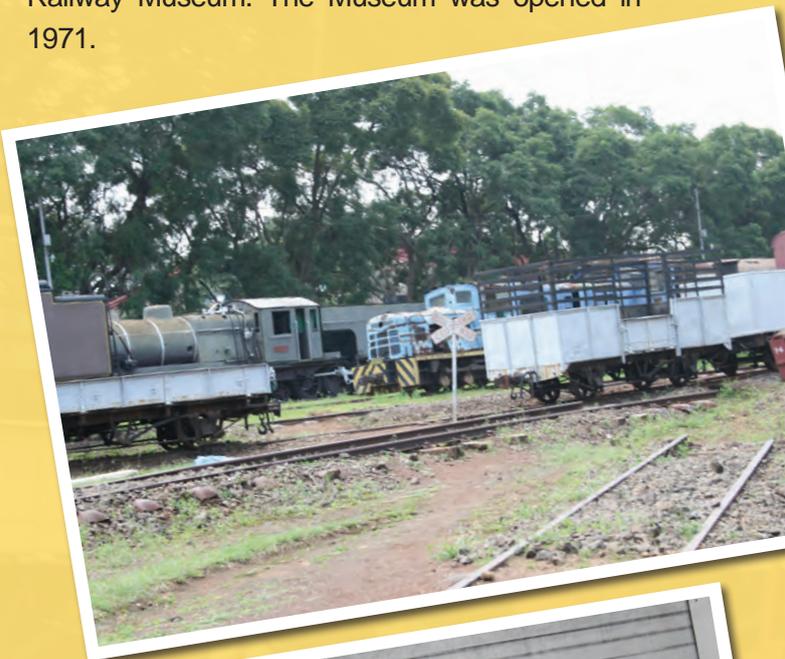
The railway became part of the East African Railway Corporation (EARC) after World War I. In 1977, the original East African Community collapsed and each country established its own national railway. The Kenyan part of the railway became the Kenya Railways

Corporation (KRC) while the Ugandan part was transformed into the Uganda Railways Corporation (URC). In Uganda however, civil war between 1979 and 1986 paralyzed railway transport.

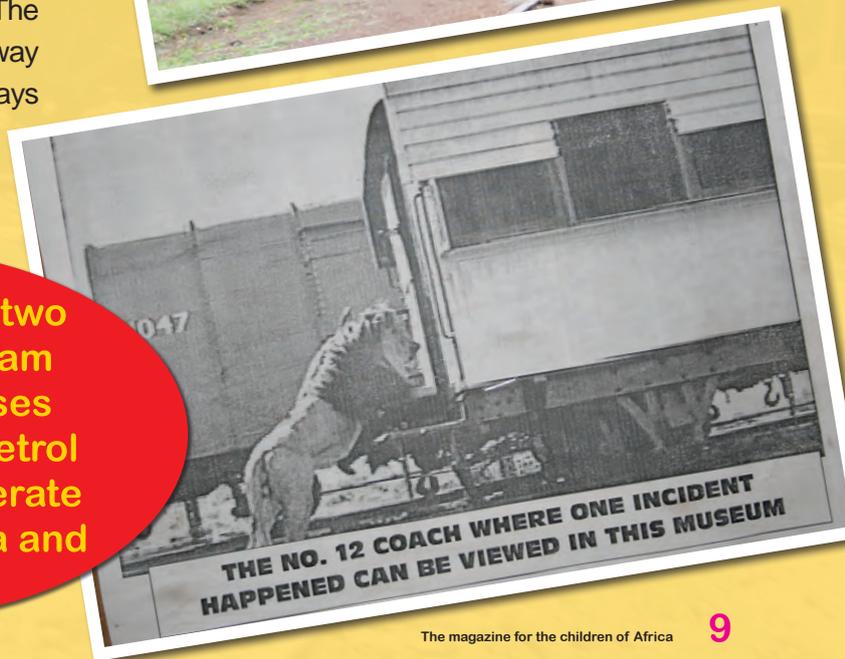
The 2007-2008 post-election violence in Kenya also led to the destruction of sections of the railway resulting in suspension of deliveries to Uganda.

Today, much of the railway line is in need of an upgrade. Still, the mainline between Mombasa and Kisumu is operational.

Evidence of this period can be found at the Nairobi Railway Museum. The Museum was opened in 1971.



There are still two operational steam locomotives (uses coal instead of petrol or diesel) that operate between Naivasha and Thika.



A MOST PROMISING SPORTSMAN: GEORGE 'BLACKBERRY' ODHIAMBO

By Katami Michelle

George 'Odhis Blackberry' Odhiambo is a striker with Kenyan Premier League's Gor Mahia, a team that is also referred to as Kogallo. He dons the number twenty-five jersey, a number also worn by Togo International's and former Arsenal striker and now Man City's Emmanuel Adebayor.

George was little known before joining Gor Mahia last year. Through determination and hard work, he made his way into the starting eleven of the premier league. Today, he is arguably the king of Kenyan football and has even been referred to as the next Dennis Oliech.

"He is one of the most talented upcoming young players. He has

great pace and skills and now only needs to work on his scoring. He is not the next Dennis Oliech though. Infact, he is his own player" says Harambee Stars' coach Ghost Mulee.

The young striker was born on 31st December 1992 and stands at 1.7 metres weighing 71 kilograms. He is the third born in a family of five. 'Blackberry' previously played for Kericho Stima and joined Gor Mahia Club only last year. He went to Ulanda Primary School in Awendo then to Thurgem High School in Nyando.

The orphan player talks briefly about his upbringing. "My dad passed on in 1996 and my mum in 2002. After which my big brother Bernard took care of us. Catholic priest Patrick Lumumba Kaila of

“

ALL THESE AWARDS
ENCOURAGE ME BUT ALSO
MOTIVATE ME TO WORK
HARDER BOTH AT THE PITCH
AND IN TRAINING,



'BLACKBERRY' AT SOYA AWARDS



'BLACKBERRY' AT THE PITCH



Nyarongi Parish, Homabay took over paying my school fees since I was twelve years old. I consider him a father and mother because he still takes care of me," says the player.

As a football lover, he decided to join the sport just for trials. However, he has gone on to make a huge impact in the local league. This is his second year in top flight football and this youthful, versatile and skillful striker is already said to be causing havoc in the field. Odis is so talented that in his first year, he picked two prestigious awards in the country; Kenyan Premier League (KPL) 2009 Award for New Player of the Year and SOYA Awards' Most Promising Sportsman. Just recently, he became the first Kenyan to bag a contract as the face of Ticket Masters. "All these awards encourage me but also motivate me to work harder both at the pitch and in training," says the soft spoken striker.

SuperSports' journalist George Bwana nicknamed him 'Blackberry' and hereby explains the names' origin: "When George Odhiambo joined my favourite club-Gor Mahia, I knew he was an excellent and efficient player from the start because he started doing wonders on the pitch, especially at dribbling. It was around this same time that I had acquired a Blackberry Bold and it was doing wonders in my life. I thought Odhiambo was as wonderful as my Blackberry hence the name 'Blackberry'," he explains. This name has since stuck.

His talent also earned him a place in the national team

Harambee Stars in his first year. He made his debut last year when he represented the national team against Tunisia at the Africa Cup of Nations-2010 World Cup qualifiers. He also played in the CECAFA Senior Challenge Cup last year where he scored a goal in a match against Djibouti.

"The Kenya-Tunisia game was my first international game. I felt really good. Although Kenya did not go through to the next level, it was clear that we have a good squad with potential to perform well," he says. His aim is to ensure that he always features in the national team squad and scores goals for his country.

Having the likes of Auxerre striker Dennis Oliech, Inter Milan's Macdonald Mariga, Patrick Oboya and Gor's Captain Julius Owino as his role models has helped Blackberry focus on his career. "I am looking forward to partnering with these players more often for the progress of our national team," says Blackberry who is working towards becoming a legend in Kenya.

"I am just a normal Kenyan. I am not on the same level as Mariga, Paul Tergat and the like who have made a name for Kenya around the world. However, I am working really hard to get there," he admits.

His typical day kicks off at six a.m. He goes for training at Moi Forces in Huruma between ten a.m. and midday everyday unless he has a game to play. For Bingwa readers who'd like to focus on football he says, "Put in more effort in both football and education because football also pays." Just like other ambitious

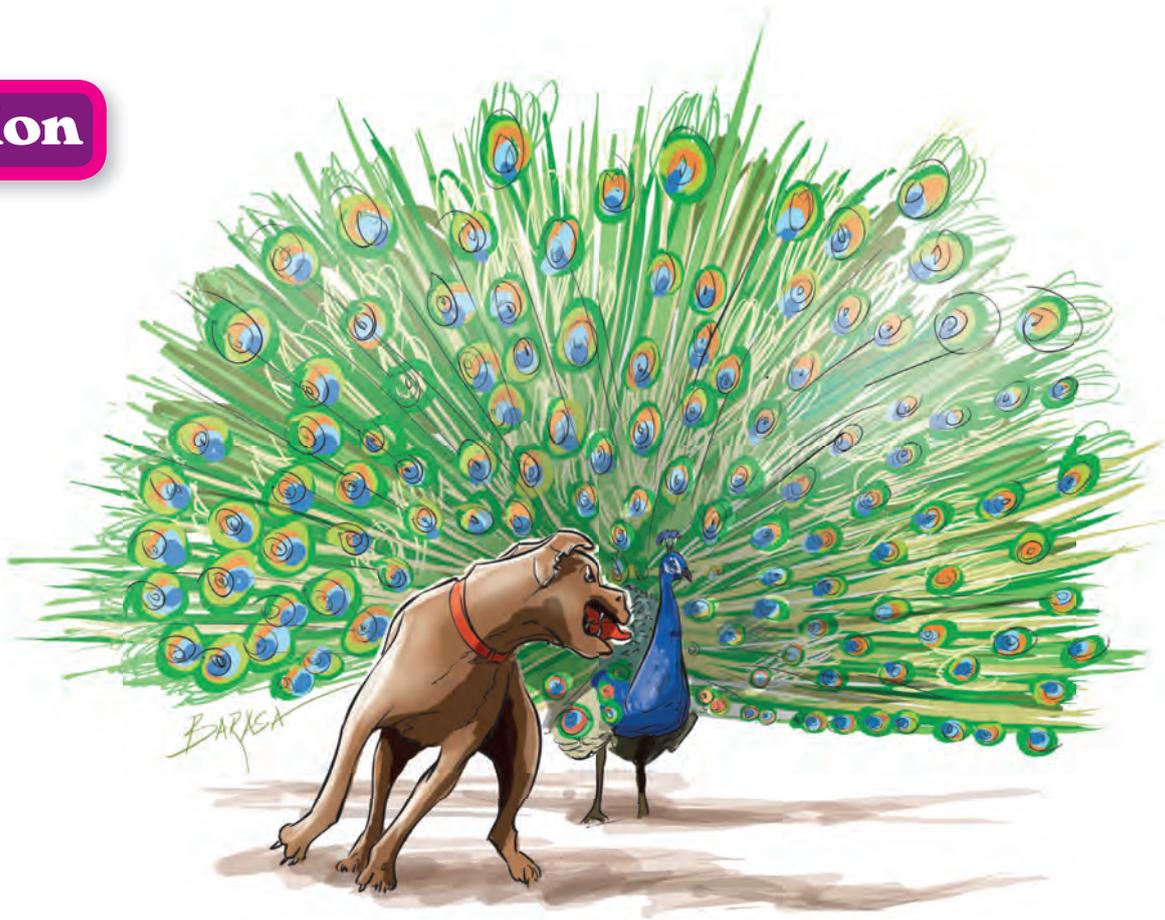
ABOUT GOR MAHIA

Originally known as Gor k'Ogalo, Gor Mahia Football Club is a Kenyan Premier League team founded in 1968 after a merger between Luo United and Luo Sports Football Clubs of Nairobi. Gor Mahia, famously known as Kogallo is arguably the most famous football club in the country. Its fans throng the stadium whenever the team is in action. Their greatest rival is AFC Leopards Football Club. Currently, the club is managed by Zedekiah "Zico" Otieno with City Stadium in Nairobi as its home base.

Some of the honors Gor Mahia has taken are winning Kenya League Championship on their year of debut, a trophy they have won fourteen times. In 1987, they won the Mandela Cup and remain the only club in the entire East and Central Africa region to have ever won that title. Gor has also won the East and Central Africa Club Championship three times.

players, he hopes to play in one of Europe's top club just like his role models Mariga and Oliech.

In the mean time, he is focused on helping his team Gor Mahia win the competitive premier leagues this season. All these through hard work and determination.



PRIDE COMES BEFORE A FALL

By Christine Nderitu

It was that time, right before the break of dawn, when everybody in the farm was dead asleep. Well, everybody apart from the nocturnal animals like the owl, the bats and the crickets. The sun was already poking its head from the east, meaning that it was time for us to get some 'shut-eye'. By the way, I am an owl who lives in a hollow tree right next to the barn. The view was great because I got to see all the action happening below.

“Good morning Ms. Owl!” yelled Mr. Cock below
 “Morning Mr. Cock,” I replied, “I see you’re reporting for duty.”

“Yes, I am” replied Mr. Cock, “If I don’t wake everyone up right now; untold havoc will befall this farm!”

Mr. Cock proceeded to mount the tallest post on the fence, took in a deep breath and “Cock-a-doodle-doo! Cock-a-doodle-doo! Cock-a-doodle-doo!” he crowed.

By the time he was done, the sun’s face was fully visible and doing a great job at illuminating the land with its golden rays. This must be the

most beautiful time of day, I thought to myself. The crimson colour of the sky slowly fading into azure, the chilling temperature keeping us alert, the milking lady skipping down the slope as she happily whistled, swinging the milking bucket.

From this same position, I got to see everybody wake up and shake their sleepiness away! A fascinating bonus!

By the time the milking lady made it to the cow shed, everybody was awake and making as much noise as possible to draw the farmer’s attention so he would rush over and feed them. The birds were chirping happily, the horses were neighing, the donkeys were braying, the hens

I was particularly interested in the peacocks, what with their outrageous beauty; their long graceful plumage, their crests, long smooth neck and the way they walked with full blown pride!

were clucking, the cows were mooing, the dogs were barking, the goats were bleating, the cats were meowing, the ducks were quaking, the pigs were grunting, the pigeons were cooing, the bees were buzzing and the peacock and peahens were screaming!

I was particularly interested in the peacocks, what with their outrageous beauty; their long graceful plumage, their crests, long smooth neck and the way they walked with full blown pride! Mr. Pavo in particular, he was a blue Indian peacock who walked with such tremendous pride. He was so full of himself that even the peahens avoided him! All he did was talk about himself and stare at his beautiful image in the pond. It was shocking, really, that a creature could be that self absorbed and selfish! Mr Pavo walked around with his head held high, looking down on the other animals, and even going on and on about how unattractive they were! I have simply never seen such a crude show of lack of empathy and sympathy!

After the farmer had fed the animals and the milking maid was done milking, the children came over to play with the rabbits. This time, they brought Roger, their new dog.

It was almost midday and I was getting really concerned about my recent bout of insomnia. Just as I had started dosing off, I heard a terrible racket! I moved closer to the edge so that I would have a clearer view. Oh my goodness! It seemed that Roger and Mr. Pavo were having a terrible argument! Mr. Pavo was going on and on about how ragged and smelly Roger was. Roger, on the other hand, was not taking it kindly. After a few minutes of Mr. Pavo's non-stop ranting, Roger threw Mr. Pavo a deranged look before pouncing on him and attacking him ferociously! At that point, everybody in the farm was running around in excitement; some were cheering Roger on,

saying that Mr. Pavo totally deserved what was coming to him. Others were just panic stricken by what had just happened.

A few minutes later, Mr. Pavo retreated. He took a few steps then collapsed in fatigue; it was such a horrific sight! He just lay there with a broken plumage. He had lost most of his feathers and had scratches and bruises all over his body.

All the commotion must have attracted the farmer, who had by this time made his way to the scene of the crime. He took Mr. Pavo in his arms and carried him away. As soon as the farmer was gone, silence befell the farm as everybody recovered from the fight.

Days later, Mr. Pavo came back looking all patched up. But what was more obvious was his new gait; he walked with his head hung low and his eyes were exceptionally dull. Days went by and Mr. Pavo seemed to be getting worse; all he did was wallow in his misery and let out dejected

sighs all day long. He had lost everything he ever took pride in. Was he ever going to come to terms with what had happened?

One fine morning, as the farm was coming to life, Mr. Pavo mounted the tallest post on the fence, cleared his throat and started his

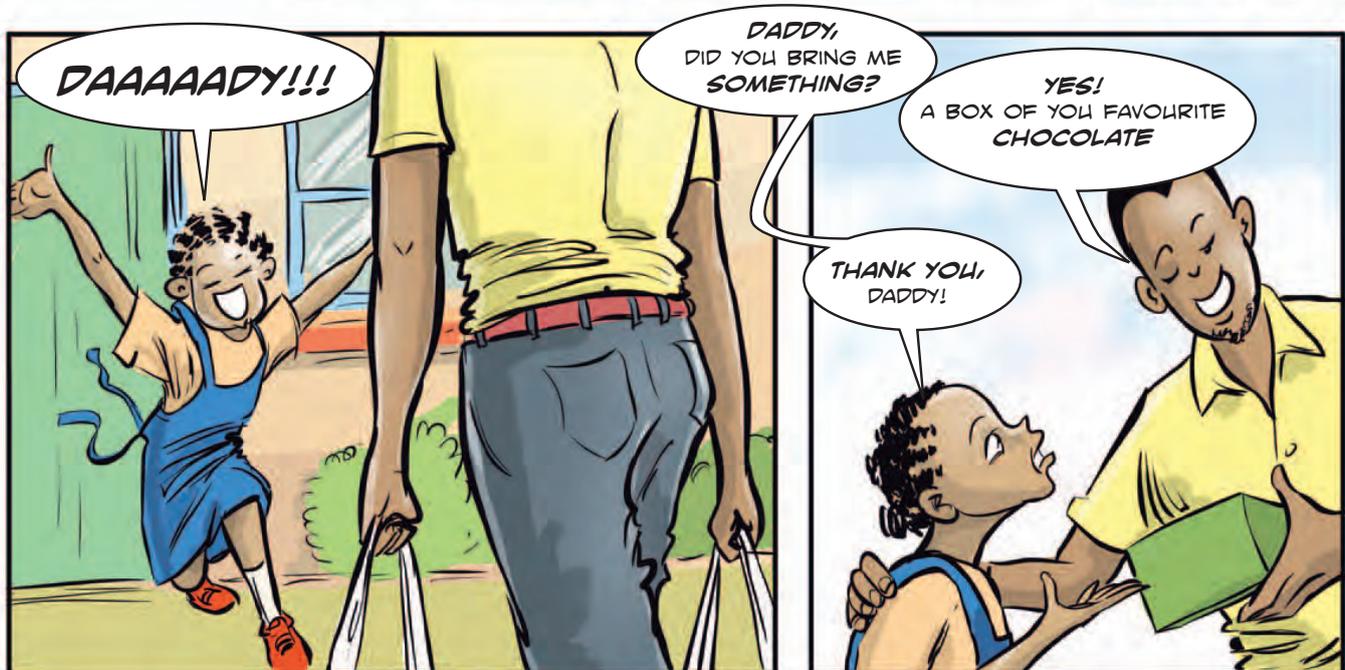
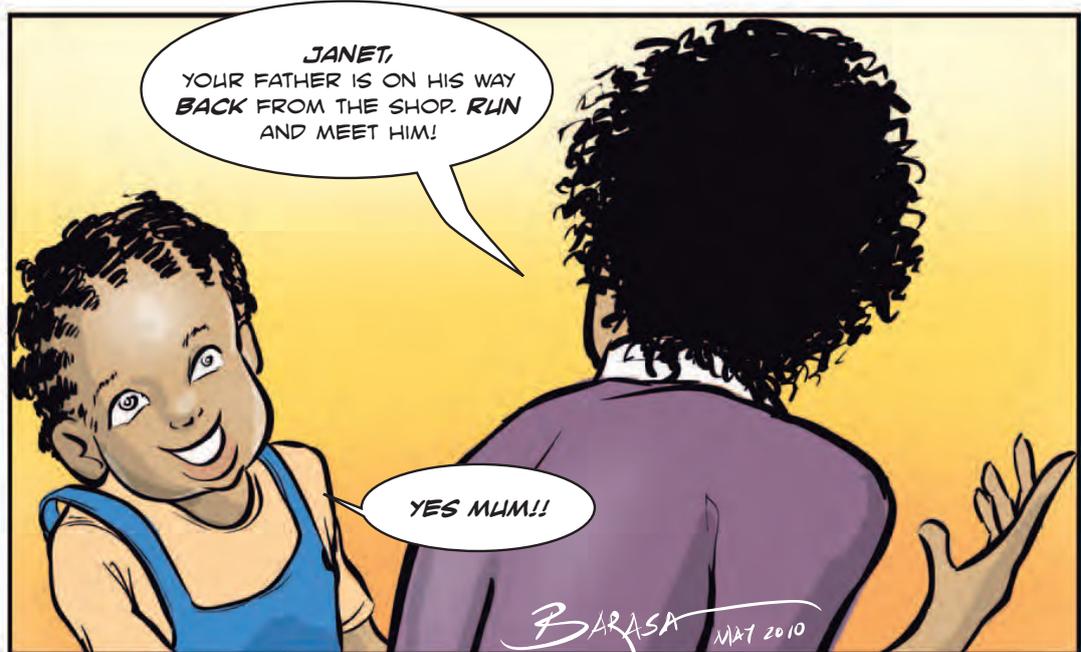
speech:

"I would like to apologize to everybody for my past condescending nature" he started, "I have learned a valuable lesson, and would like to turn a new leaf in my life. I'd love to put my new attitude into practice if you let me..."

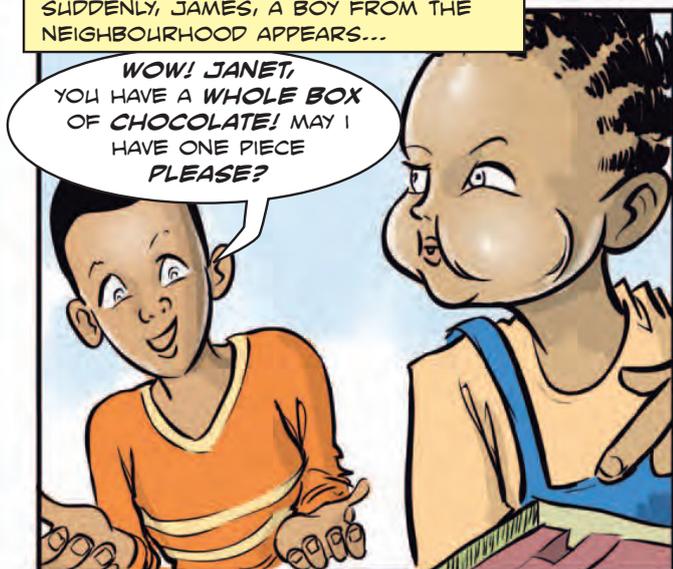
That was the first time I ever saw anybody concerned with Mr. Pavo! Everybody drew closer to him and it was like they were welcoming him back into their family-like a brother. From that day on, all the animals in the barn lived harmoniously as one big happy family with a newly feathered Mr. Pavo teaching them new grooming techniques.



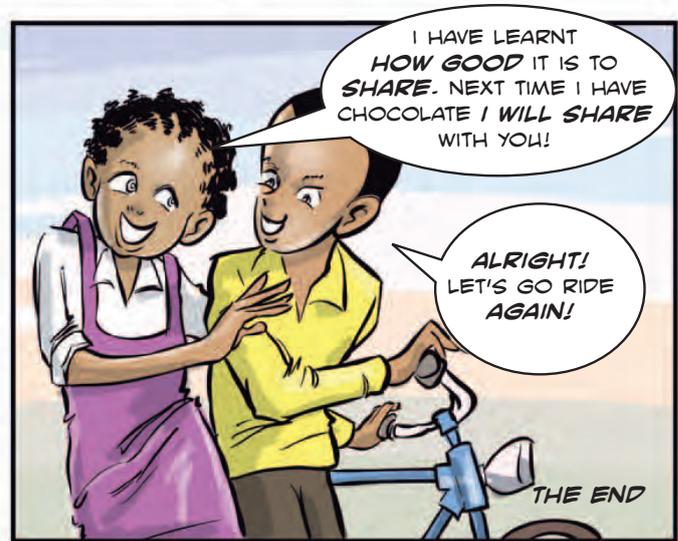
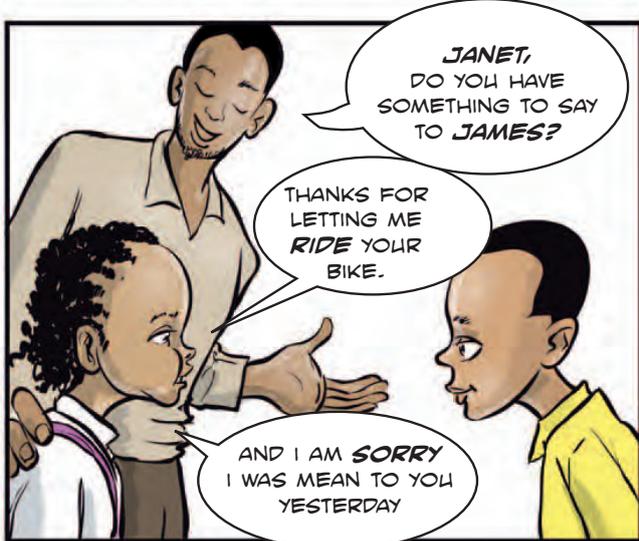
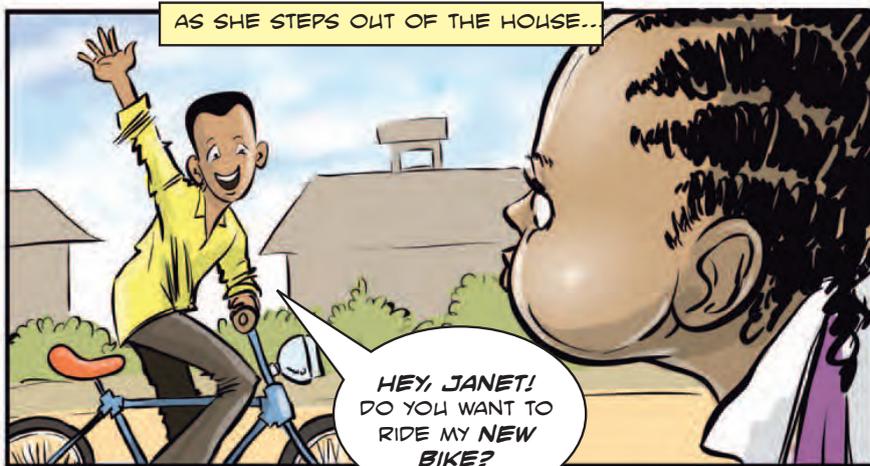
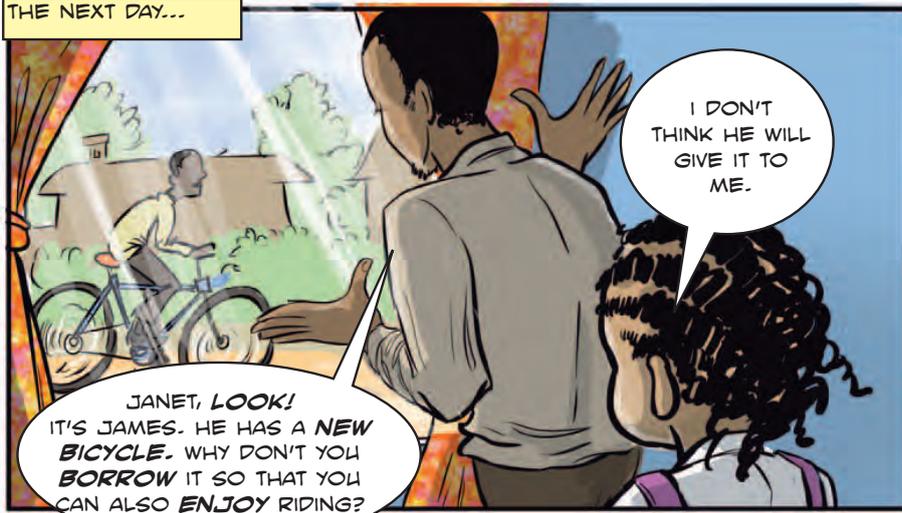
JANET



SUDDENLY, JAMES, A BOY FROM THE NEIGHBOURHOOD APPEARS...



THE NEXT DAY...



Understanding the only earth we have

Our environment is the surrounding in which we live. It provides us with things to use in our day to day lives. In the first instance, there is the air we inhale. Without air, there is no life. Air also helps in germination of plants, which we in turn feed on. Clean air means there are no air-borne diseases such as tuberculosis and flu. It is therefore important that we control air pollution to ensure we live longer and healthier lives.

Secondly, we have water in lakes, oceans, rivers, dams and ponds. We need to drink water for the proper functioning of our bodies. We also need water for domestic use such as cooking, washing and watering our gardens for food to grow. Some living things in water also provide proteins, an essential ingredient for a healthy balanced diet. These include fish, prawns, oysters, and turtles. Thus, if we pollute water, we endanger our own lives too.

Furthermore, there are forests in which trees grow. Forests act as water catchments areas, draining off water into reservoirs like rivers, lakes



and oceans. Trees in these forests provide us with charcoal, firewood, herbs, fruits, vegetables and timber. Trees also serve as windbreakers, protecting houses and farms from strong wind. It is our duty to plant more trees as well as avoid unnecessary cutting of trees for our survival.

We should also remember that we share our environment with other animals. These animals, which include domestic animals like cows, sheep and goats also need clean environments in order to survive. We also have wild animals which add beauty to life and attract tourists hence serving as a source of income. Some of these wild animals, for example the endangered white rhino, are about to disappear from the earth because of our careless use of the environment.

All we have to do as 'Bingwas' of today is to keep our environment clean by proper garbage collection, avoiding burning things which emit dangerous gases into the atmosphere, careless smoking of cigarettes and throwing carcasses in lakes or rivers. I ask all my fellow human beings to keep our environment and the entire earth clean. Afterall, it is the only earth we have.

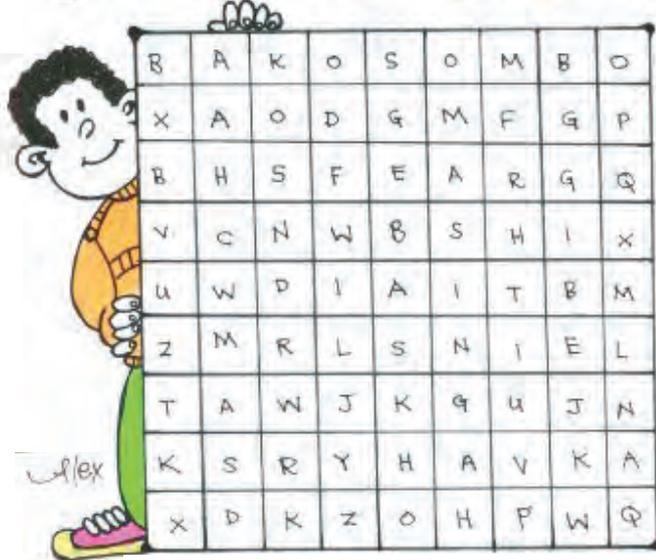
-Flavian Joel, 5 Green, Lake Primary School.



Did you know...

Deserts occupy between 15-20% of the earth's land. The largest desert in Africa is the Sahara Desert in North Africa.

DAMS - WORD SEARCH



There are five dams (found in Africa) hidden in this word search. Can you find them?

ANSWER ON PAGE 43

Your Drawing



Betty Cherop, 8 Blue, Lake Pry School

Do-It-Yourself Make a ball

Re-use plastic paper bags to make a ball

Plastic paper bags carelessly lying around our surroundings pose a great land pollution threat. Luckily, there is something you can do about it. Something fun, for that matter! You can collect and recycle these bags to make a ball which you and your friends can use to practice your dribbling skills with.

What you need

1. Plastic paper bags
2. Old newspapers or socks
3. A sisal string
4. Scissors



1 Crumple a piece of old newspaper into a ball. Add more newspapers or socks until you get a size close to the one you desire.



2 Take a plastic paper bag and place your newspaper ball into it. Twist and then tie it in until it looks like a real ball.



3 Place the ball into another plastic paper bag. Do the same with more plastic bags until you get the desired size,



4 Place this ball onto one more plastic paper bag and neatly twist and tie it.



5 Take your piece of sisal string, place it round the ball once and then tie a knot right at the middle of the ball.



6 Depending on how firm you want the ball, as well as how small you want your squares to be, approximate how much of the string you will need to use. Snip off the rest with a pair of scissors.



7 Use the sisal string to form inter-woven squares if you want to make it look like a real football. Pull at the sisal string at every intersection to make it hold nice and tight so it doesn't fall apart during a game.



8 Cut-off the remaining piece of sisal string.



9 Now you have your own hand-made ball



10 Remember; Practise makes perfect.

This activity was demonstrated by Kyle Kiragu, a nine-year old Standard 4 student at Consolata Primary School, Nairobi. Kyle loves football, table-tennis and the playstation. His favourite subjects are Science, Social Studies and English.



To Wasini with the sole intent of seeing dolphins

By Jeff Mundia

Wasini Island lies off the southern coast of Kenya, right next to Shimoni Island. It is approximately five kilometers long and one kilometer wide. While the island is sparsely populated and underdeveloped, its waters are famous the world-over for the dolphins that live in it. What had started off as a near catastrophe ended up becoming one of the most amazing and picturesque adventures of my life.

My family and I made the long scenic drive to Wasini, with the sole intent of seeing the dolphins. We arrived at

the dock early in the morning, just as our guide had advised. He had told us that if we wanted to see the dolphins, we would have to be in the waters bright and early, as this was the time they came out to swim. As the boat was being prepared for us, I felt a sudden bout of stomach discomfort. I thought I could withstand the pain, but it only got worse and I had to seek a solution. Strangely enough, the rest of my family members were feeling the same. We frantically looked around us for a toilet, assuming that 'helping ourselves' would alleviate the problem. Thankfully, there was one in the vicinity and we proceeded to relieve ourselves.

The rest of the trip was very enjoyable. In retrospect, I think that the fish we had the night before the trip to Wasini may have had something to do with it.

With the stomach drama over, we boarded our boat and headed out towards deeper waters. The boat was made of beautifully crafted wood with additional ornate details on the side. Although small, it was quite fast. The ride was however very bumpy. We sat down and enjoyed the scenery as we coasted through the endless array of little islands. "On one of these islands, there is a unique type of flower that only grows there, and nowhere else," our guide explained.

Along the way, there were many groups of fishermen busy casting their nets. As we basked in the beauty of the waters, our guide suddenly jumped up and yelled, "There they are!" We all sat up and looked in the direction he was pointing at. All we saw was a splash of water. I couldn't believe it; I had just missed the dolphins! Before I could wallow in my disappointment, I got a glimpse of a large group of dolphins as they were coming up for air. I looked on in amazement, enjoying seeing them swim so gracefully and rhythmically. One could even go as far as likening them to a group of synchronized divers! I noticed I was not the

only one gasping in awe and amazement. In the heat of the moment, I had forgotten that I was carrying the camera. I quickly unleashed it and began taking pictures. I was busy clicking away, hoping that an opportunity would come for me to get at least one clear photo of the dolphins to show my friends and family. Luckily, I managed to take a quick snapshot as they were coming up for air! Upon asking whether we could swim with them, our guide cautioned us pointing out that it would be very dangerous, considering that these particular dolphins were wild and untrained. After barely five minutes, the dolphins disappeared. I was so happy to

have seen them albeit just for a few moments.

We carried on with the boat ride. Within no time, we had reached an area with clear and shallow waters where we could swim. Our guide said that it was so shallow and safe that even a child could stand in it. We duly changed into our swimming costumes and got into the cool waters for a leisurely wade. A while later, we were back on the boat, cruising back to shore. It had been an amazing day. See, I had gotten the opportunity to not only see dolphins in real life, but also take pictures for future reference. This had truly been a wonderful trip!

TEST YOUR WORLD CUP KNOWLEDGE

Answer true or false

1. South Africa became the first African country to ever host the World Cup.
2. In 2006, the World Cup was held in Italy
3. Paraguay was one of the competing nations this year
4. Didier Drogba is a Ghanaian football player
5. The World Cup was founded in 1930
6. Diego Maradona was the 2010 manager of the Italian National Team
7. The children of Ivory Coast (one of the nations that was competing this year) are fond of Youki Soda, a slightly sweeter version of tonic water
8. Ronaldo Luis has never won the FIFA Player of the Year Award
9. The FIFA World Cup ended on 11th July 2010
10. Waka Waka, a song by Shakira and Freshlyground was not one of the 2010 World cup theme songs.

Answers on Pg. 43





WATOTO WAPENDE MAAGIZO

Imeandikwa na Njue Kamunde na
Kikundi cha Shika Hadithi Cultural Group.

Siku chache zilikuwa zimesalia likizo ya muhula wa pili ikamilike. Msimu wa masika ulikuwa umeanza na mimi na ndugu zangu tulikuwa shambani tukilima. Usiku moja nakumbuka Nyanya akitusimulia hadithi hii...

'Shika hadithi!'

Nyanya alisema.

'Tumeshika!' Sote tulimjibu kwa furaha.

'Hapo zamani za kale, bara la Afrika lilipokuwa bado hali-jagawanywa, palikuwa na mzee mmoja aliyejulikana kama Baba Tonga. Mzee huyu alikuwa na mtoto mmoja aliyelitwa Tonga.

Baba Tonga alikuwa tajiri mkubwa. Katika enzi hizo, mifugo, watoto, heshima na mawazo ya mtu katika jamii ndiyo iliyokuwa kigezo cha utajiri. Baba Tonga alikuwa na haya yote isipokuwa watoto wengi. Tonga alikuwa mtoto wapekee.

Kijana huyu alikuwa barubaru mwenye afya na umbo nzuri. Hata hivyo, alikuwa na tabia ya kupuuza maagizo ya wazazi wake. Maneno aliyoambiwa yaliingilia sikio moja na kutokea lingine, jambo lili-lomhuzunisha babake.

Ilikuwa kawaida kwa vijana kushirikiana wakati wa kulisha mifugo ya wazazi wao ili adui akitokea, iwe rahisi kupambana nao. Kama wasemavyo wahenga 'umojani nguvu.

Mara nyingi, Tonga alipenda kwenda kivyake. Babake alimkemea kuhusu tabia hii lakini ilikuwa kama kumpigia mbuzi gitaa.

Jamii fulani zilikuwa na des-

turi ya kuvamia jamii zingine na kupora mali yao. Wizi wa aina hii bado upo lakini, kwa sababu pesa ndiyo utajiri wa leo, utasikia pesa zilizo kwa benki ndizo zaibiwa.

"Je, ni kweli wajukuu wangu?" Nyanya aliuliza.

"Ni kweli kabisa!" Nilimjibu, huku nikikumbuka kisa kilichokuwa gazetini nikipokuwa mchanga. "Wezi fulani huko Uingereza, waliba mamilioni ya pesa, wakawauwa na kuwajeruhi watu wengi, polisi wakiwa miongoni mwao. Hadi sasa, wezi hao hawajakamatwa."

"Kwa hivyo wizi haufanyiki hapa Afrika pekee," Nyanya alisema.

"Usiende kuchunga mifugo mbali na mipaka yetu, siku moja unawezakutana na wezi wa mifugo na usipate wakukusaidia, mwanangu," Baba Tonga alimkumbusha.

Siku iliyofuata, Baba Tonga alimhadharisha mwanawe, "Ukiwa mbali na morani wenzako, haitakuwa rahisi kukuonya au kuku-saidia maadui wakikuvamia."

Maagizo haya yalikuwa kama kelele za chura majini ambazo hazimzui ng'ombe kunywa maji. Tonga alimjibu babake kwa majivuno, "Baba, wajua pia mimi ni shujaa! Nina uwezo wa kukabili-ana na yeyote yule."

"Mwanangu, nafahamu kuwa

wewe ni shujaa, lakini kumbuka kwamba 'kidole kimoja hakivunji chawa'. Lazima pia ushirikiane na wenzako. Kuingia msituni peke yako ni hatari kwani msitu unawenyewe."

Lakini poo! Sikio hili, sikio lile! Tonga alitikisa kichwa kuonyesha ameelewa, lakini wapi? Huu ulikuwa ujanja wake ili babake amwondokee. Punde si punde, Tonga alishika njia na kuelekea msituni.

"Achana na huyu Mzee, anadhani mimi bado ni mtoto. Mimi nimemua hata simba, kwani wezi wana nguvu kumliko simba?" alisema kimoyomoyo.

Siku moja, Tonga aliamka asubuhi na mapema kama ilivyo kawaida yake. Akaoga, akavaa na kisha akanywa uji mchachu ulioandaliwa na mamake. Alipoji-andaa kuondoka, babake alimwita na kumweleza kwa haraka, "Leo nina habari; kama ujuavyo, mimi ni kiongozi wa ukoo wetu na nimejulishwa kwamba wezi wa mifugo wamo kule msituni. Tunapanga vile tutakavyo vijulisha vijiji jirani ilituvitume vikosi msituni. Kwa hivyo, hadi wakati jambo hili litakapotatuliwa, usiende msituni."

Tonga alimwahidi babake kwamba hatondoka humo na akaongeza, "Baba, usisahau kwamba ningependa kujiunga na

kikosi hicho kitakacho pambana na maadui."

Babake alicheka na kumwahidi kwamba angefanya awezavyo. Mara tu baba na mwanawe walipoagana, Tonga aliondoka nyumbani kwa haraka. Siku hiyo ilikuwa siku kubwa kwake Tonga. Leo anagefahamu ustadi wake wa kutega ulipofika. Hakuna mtu yeyote ambaye angemzuia kuona aliyonasa, sio babake wala wezi wa mifugo.

Tonga alielekeza mifugo yake kwa haraka na kuandamana na vijana wengine. Lakini walipofika malishoni, Tonga aliwaambia, "Wenzagu, ndani ya msitu, niliona mahali ambapo kuna nyasi nyingi na ningetaka kuwapeleka mifugo mle ili leo washibe kupindukia na mama apate maziwa yakutosha."

Wenzake walishangaa na kumuuliza, "Tonga, kwani wewe hujasikia kwamba wezi wa mifugo wamo ndani ya msitu?"

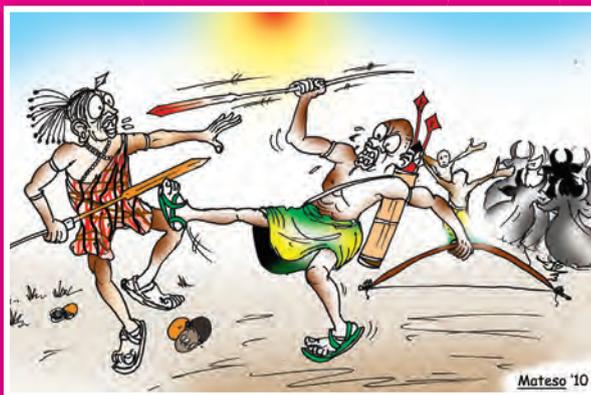
"Aaaiiii! Nyinyi na nyi! Sisi ni morani wa aina gani kama hatuwezi kabiliana na wezi? Wezi! Weeeezi! Maisha sisi tutayajua namwa gani? Nyinyi mnaweza baki, mimi naenda zangu," Tonga alisema akielekeza mifugo msituni.

Alipofika humo, aliwaacha mifugo wakila na kwenda kuangalia mitego yake. Alipata mtego wa kwanza umeteguka. "Ala! Huu mtego uliteguliwa na fisi au...?" Tonga alijiuliza kwa hasira.

Mtego wa pili bado ulikuwa sawa lakini ulikuwa mtupu.

"Mambo gani haya, kwani mitego yangu wakati huu ina nini?" Alijiuliza tena Tonga kabla ya kuendelea ndani zaidi msituni kuangalia mtego wa tatu.

Mtego huu ulikuwa umenasa ngiri nono kweli kweli, jambo lililomfurahisha sana Tonga. Ilibidi Tonga kudunga ngiri hiyo mkuki kwa sababu bado alikuwa yu hai.



Tonga aliuchukua mzoga ule wa ngiri na kuubeba hobela hobela mabegani akielekea alipowaacha mifugo.

Alipatwa na ghafla bin kuu alipowafumania wezi wa mifugo wakitorosha mifugo yake. Kwa hasira nyingi, aliutupa mzoga ule na kuchomoa mkuki wake huku akiwika kwa sauti kubwa 'Hiii! Hiiii! Hiiii!!!' -mlio wa vita uliotumika na morani.

Wale wezi waliposikia sauti ile, walipigwa na bumbuazi, kwani walifikiria morani wengi walikuwa wamewaona. Mmoja wao alipogeuka kuangalia huku na kule, alimwona Tonga. Mwizi huyo alichomoa mkuki wake na kumlenga Tonga.

Kwa bahati mbaya, mkuki ulimdunga Tonga kwenye paja na akaanguka papo hapo akigaagaa kwa uchungu. Mara, wezi hao wakagundua kwamba Tonga alikuwa peke yake. Walichomoa rungu na kumgonga Tonga kichwani mara kadhaa hadi alipokata roho. Kisha wakatoweka, huku wamebeba yule ngiri.

Kule nyumbani, Babake Tonga alimsubiri mwanawe hadi machweo. Wasi wasi ulipomzidi, alienda kuwajulisha wazee wenzake kijijini. Aliwapata wazee wakinywa pombe maalum ya asali,

pombe iliyokuwa ya wazee peke yao nyakati hizo.

"Wazee wenzangu?" Babake Tonga aliuliza, "Je, vijana wenu wamerudi nyumbani? Nauliza hivi kwa sababu mimi sijamwona mwanangu Tonga na nina wasi wasi mwingi sana."

Miongoni mwa wazee hawa, kulikuwa na mzee mmoja ambaye kijana wake alikuwa amemwambia Tonga alivyosema. "Alisema Tonga aliwaacha na kwenda kulisha mifugo wake mahali pengine," aliwaarifu kwa haraka.

Wazee hawa wakajumuisha kikosi cha morani na kuelekea msituni. Baba Tonga, ambaye pia alijulikana kwa ustadi wake wa kufuata nyayo, aliandamana nao hadi ndani ya msitu.

Ole wao! Walimpata Tonga ameshakata roho. Kwa uchungu na hasira, Baba Tonga alichukua rungu na kuuchapa maiti yake huku akisema kwa machozi mengi, "Kufa na ufe tena! Kwanini ulikataa kufuata maagizo yangu?"

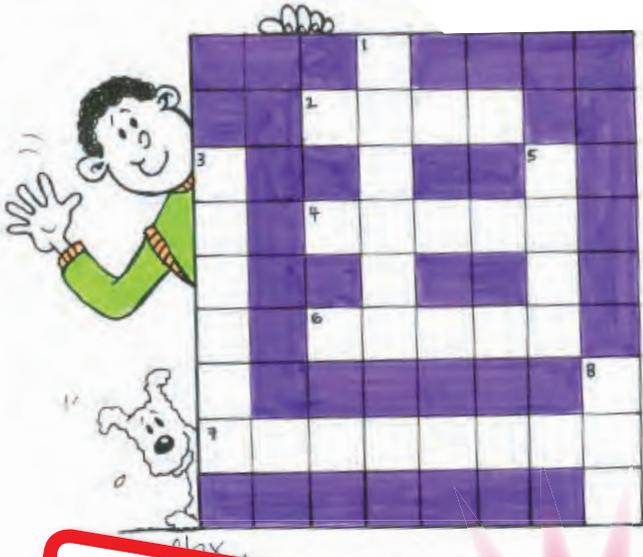
Wajukuu wangu, mie nawasihi, mkirejea shuleni mfuate maagizo ya wazazi na waalimu wenu. La siyoy, mtakumbwa na msiba kama wa Tonga.

Kisha Nyanya alituaga alamsiki na kusema kwamba tungejadiliana hukusu mafunzo ya hadithi hiyo kabla atusimulie hadithi nyingine siku iliyofuata.





Tatua fumbo hili kwa kujaza kinyume cha neno ulilopewa



Chini

- 1. Ketii
- 2. Uza
- 3. Anza
- 4. Zima
- 5. Amka
- 6. Mwaga
- 7. Jioni
- 8. Cheka

Upande

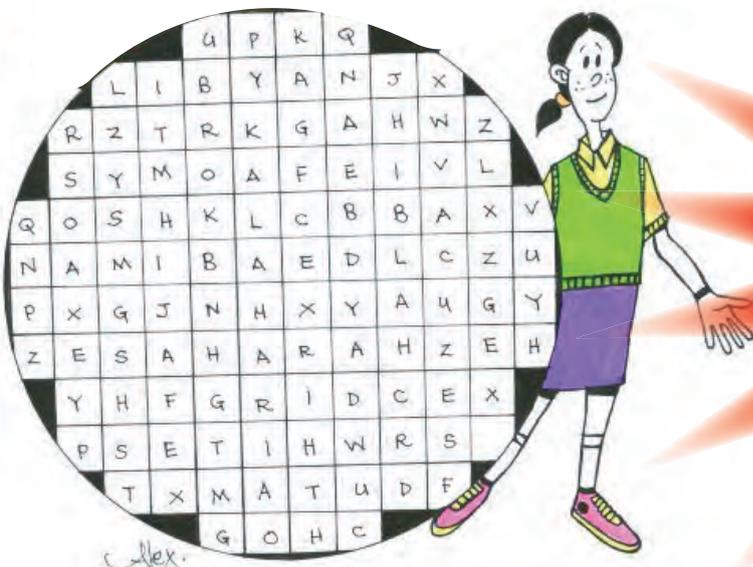
- 1. Ketii
- 2. Uza
- 3. Anza
- 4. Zima
- 5. Amka
- 6. Mwaga
- 7. Jioni
- 8. Cheka

Unganisha nukta hizi kisha utie rangi



Methali ni usemi wa busara uliotumika enzi za zama, Methali pia hutumika katika mazungumzo ya kila siku nyakati za leo. Matumizi ya methali katika insha pia inaweza kukuongezea alama. Methali zifuatazo zimetumika katika hadithi 'Watoto wapenda maagizo' (Uk. 20-21) Je, unaweza zitafsiri kwa kiingereza?

- 1. Kidole kimoja hakivunji chawa
- 2. Umoja ni nguvu



Tafuta majina ya majangwa ya Afrika yaliyo katika fumbo hili.

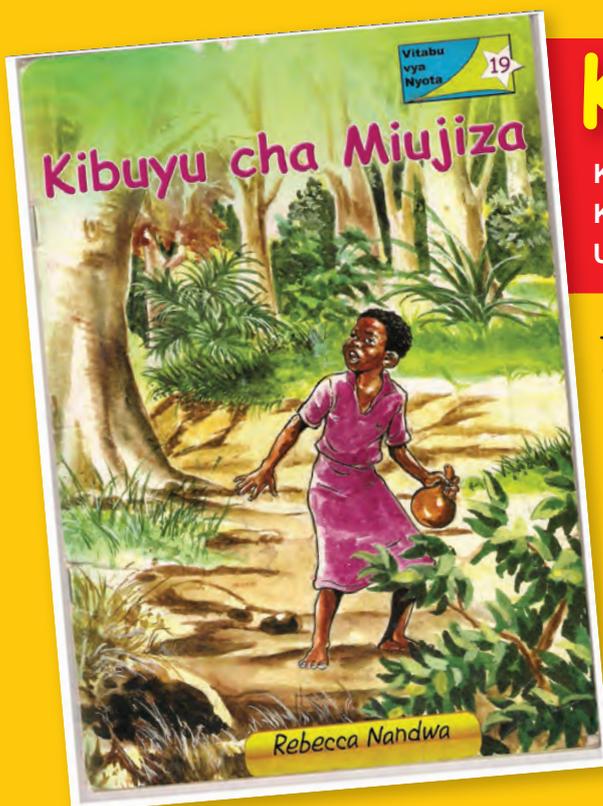
UCHAMBUZI WA KITABU

Kibuyu cha Miujiza

Kimeandikwa na Rebecca Nandwa

Kimetolewa na East African Educational Publishers Ltd

Uchambuzi umefanywa na Njue Kamunde



'Kibuyu cha miujiza' ni hadithi ambayo kwa kweli yaweza kuaibisha hadithi za kigeni kama vile 'Snow White' au hata 'Alice in Wonderland' na zinginezo.

Hadithi hii iliyoandikwa na Rebecca Nandwa inamhusu msichana mmoja kwa jina Nekesa. Nekesa abandikwa jina 'Eshikala Marwi', jina

tunalo fahamishwa lamaanisha 'aliyeziba masikio'. Hii ni kwa sababu msichana huyu hakutii mawaidha aliyopewa.

Tabia hii ilimfanya Eshikala Marwi ajipate msituni na majitu. Okunani, jitu moja lenye umbo la kutisha, lamnasa Eshikala Marwi na kumficha pangoni mwake.

Okunani anapanga kumlisha Eshikala Marwi hadi anenepe ndivyo amle.

Bi. Kizee, nyanya mmoja anayeishi karibu na pango la Okunani, anamsikia Eshikala Marwi akiimba wimbo wa kuhuzunisha sana kila siku. Nyanya huyu, ambaye aliwahi kunaswa na Okunani hapo zamani, aamua kumsaidia msichana huyu.

Eshikala Marwi anapopewa 'kibuyu cha miujiza' na Bi. Kizee, anaambiwa tu

akigongeshe chini mara tatu na muujiza utatokea. Hakika kibuyu hiki ni cha ajabu sana. Nilifurahishwa na matumizi ya majina ya kiasili kama vile Bi. Kizee, Okunani na Nekesa. Hadithi hii pia imepambwa na misamiati na methali ambazo zinaweza kuboresha uandishi wako wa insha.

Mwandishi pia haja sahu ya kwamba, bila wimbo au funzo hadithi zetu haziwezi kuwa kamili. Kitabu chenyewe kina michoro ya kulisimua kweli kweli, hasa michoro za Okunani. Michoro hii ilivutia sana mimi na mwanangu. Isome uelewe jinsi Nekesa alivyopambana na majitu msituni na mafunzo yenye faida kwetu sote.

TANGAZO! TANGAZO!

Tunawatangazia kwamba mwanafunzi aliyepotea wiki iliyopita, alikuwa amevalia viatu vya mbao, kofya ya mabati, kaptura ya karatasi na soksi za seng'enge. Ukimwona kijana huyo, piga simu nambari '1-2-3' na utapewa kiokozi cha shillingi elfu kumi.

Tunawatangazia kwa simanzi kifo cha Bwana Sembe na Bii Sukuma. Walifariki hapo jana saa mbili unusu usiku. Tunawapa pole zaidi ndugu zake Sembe; Sahani, Kikombe, Kijiko, Sufuria na Mwiko. Wavyele wake ni Unga na Maji. Mazishi itafanyika pale msalani. Hivi sasa yuko mochari upande wa tumbo akipelekwa matumboni.

Jina: Nelson Kigen, Darasa la Nane
Shule ya Msingi ya Olunguruone D.E.B.

Je, ni numba gani tatu ambazo Juma atagonga ili afikishe

80?

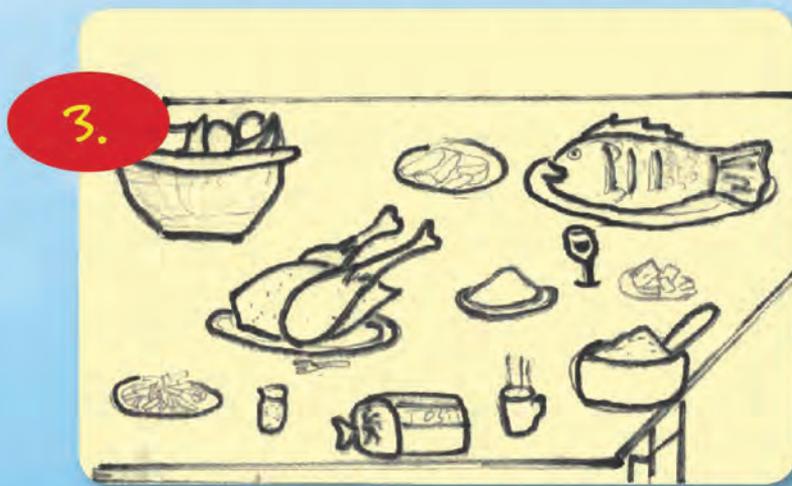
Jibu: Uk 43



KEEPING YOUR HA



Our hands contain unseen germs



wash your hands before eating or handling food



before cook



after visiting the toilet and



after cleaning
changing n

HANDS GERM FREE

It is therefore recommended that you wash your hands with soap and water

Elvis Prestly Kasigane
Naivasha Boarding School
Class 8
13 Years Old



always use soap when washing your hands



cooking



changing baby or
after nappy



Sports & Fitness

Karate for fitness, defense and fun

“**K**iai!” This is one of the expressions that go hand in hand with certain movements in karate. If you love Kung Fu movies or have watched ‘Karate Kid’- the movie, then you probably already know that karate is a type of martial art. Martial arts are practices and traditions that involve training for combat.

Besides karate, other forms of martial arts include Judo, Tae Kwon Do and Kung Fu. All these are aimed at defending yourself or others from physical threat. Martial arts are also beneficial in strengthening the body.

Continued training helps one stay in shape by increasing fitness, flexibility and stamina. Good mental health is also achieved. This is because concentration levels during karate lessons translate into improved concentration in school. This can lead to better grades.

Self-discipline, respect and confidence is also achieved because you know you can protect yourself if need be. Attending karate classes and tournaments also help you make new friends.

Progress in karate is marked by the *Dan* or belt system. This system takes a beginner from a white belt through a variety of coloured belts to the black belt. Different types of karate have varying systems but the most common colours before you get to the black belt are yellow, green and brown. Acquiring the black belt, requires hard work and can take years to achieve.

A person who practises karate is known as a ‘karateka’.



Karate Kid

Bingwa spoke to Manka Atemi, a ten-year-old ‘karateka’ who trains at Parklands Sports Club and goes to Lukenya Academy.

Bingwa: How long have you been attending karate classes?

Manka: Since 2007, when I was in class one. I am now in class four.

Bingwa: What level are you at right now?

Manka: I have the purple belt (senior category). My next stage is the brown belt. I am only one stage away from the black belt and if I work hard, I can get it next year.

Bingwa: What do you love about karate?

Manka: Karate is so much fun! You can kick, ‘kata’, punch, ‘kumite’. It’s a really nice sport!

Bingwa: What are the benefits of karate?

Manka: It is a form of self-defense; my brother Sianwa once used it when he was in Class Four on a Class Five boy who was bullying him, he never bullied him again. Karate also keeps me fit and strong.

Bingwa: What is your most memorable karate moment?

Manka: In 2007 and 2008, when my siblings (Sianwa and Neema) and I won gold, silver and bronze medals and trophies at the Junior Karate Championship sponsored by Kenya Commercial Bank at Parklands Sports Club. Sianwa and I have also been Sports Personalities of the Year.

Bingwa: Which other ‘karateka’ do you admire?

Manka: My Dad. He is the Chairman of the Kenya Karate Federation and has been a ‘karateka’ since 1979. He is experienced and very good at it.



Legend has it that a karate beginner would start out wearing a white belt but overtime, due to dust, blood and sweat, the belt become darker and darker until it appeared black hence the ‘black belt’



BOOK REVIEW

In the land of the kitchen
 Author: Oluoch Madiang
 Publishers: Storyhippo/StoryMoja Productions

The story begins, 'In the land of the kitchen, utensils lived in peace and harmony. They were a loving community who believed in unity and team work. Sufuria, the saucepan, was always the first to wake up and she never forgot to carry her sister, water...'. The use of local words like 'sufuria', 'jiko' and 'mwiko' makes it a story to behold as our very own. You will also love the colourful hilarious illustrations by Lucas Wambaa as well as the use of song during the eating process of spaghetti.

The way Oluoch paints the picture - 'Sufuria was pounded by Mwiko when making Ugali and she only sighed'... leaves us in awe of the life he has given each utensil. 'Later, Spoon and Knife would volunteer to scratch the backs of Sufuria and Mwiko...'

Conflict arises one day when Mwiko loses his temper and calls Sufuria's kids 'stupid'. Sufuria gets angry and calls Mwiko a 'skinny piece of wood'. Soon, everybody is

arguing with everybody. What began as an exchange between Sufuria and Mwiko develops into a war: 'Salt-shaker jumped in the air and landed a Kung-Fu kick on Sugardish...'. Even the utensils' kids, thinking they understood why their parents were in conflict, end up fighting. It is when Jerry Can falls and gets injured that the situation worsens; Kerosene leaks onto the floor and Matchbox collides with Knife, causing Baby stick to fall on Kerosene, sparking off a fire.

My favourite part of the story is when Chapati Pan tries to shield Rolling Pin from the flames even when Sufuria asks her to protect her own metal kind. Too bad they all burn in the fire. Except for Flower Vase (now telling the story), who manages to escape to a camp for the internally displaced.

Points to Ponder, Words of Wonder and Words to Review within this story give it an interactive edge necessary for your learning and development.

MCHONGOANO



-Ati kiatu chako ni kikubwa hadi ukiacha kwa beach watu wanadhani ni boat

-Ati wewe ni mchafu hadi ukienda kwa supermarket vitu zote zina expire

-Kwenu nyinyi ni warembo hadi mtoto akizaliwa baadala alie yeye husema, "Hi babes?"

-Mbwa yenu ana tabia mbaya hadi anakatia kuku wetu na kumwambia 'I love you!'

Vivian Awour, 6 Yellow, Lake Primary School.

-Ati wewe ni mrefu hadi unakiss bibi yako na pipe

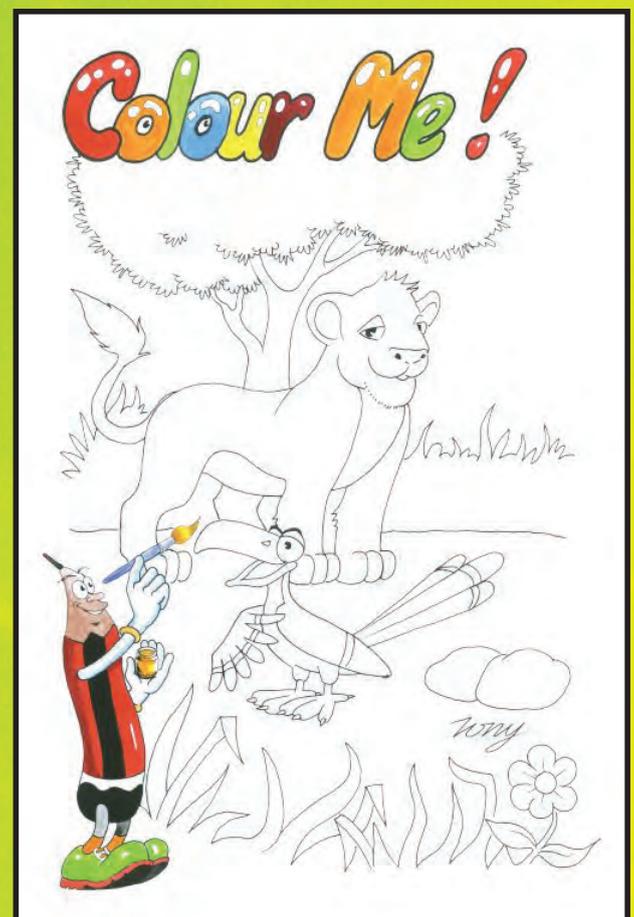
-Nyinyi ni wadosi hadi cockroach inatembea na slippers
Merciline Atieno, Lake Primary School

-Ati kichwa yako ni kubwa hadi inaziba watu huko Sudan kuota jua

-Wewe ni mkonde hadi ukikunywa soda na straw unajipata ndani ya straw

-Mbwa yenu imezeeka hadi mwizi akija kuiba inamwambia, 'We iba tu lakini Mungu anakuona.'

Corazon Aquino, Lake Primary School, 6 Yellow





LINDA



HALLO, MR. ME WHO? HOW ARE YOU TODAY?

HALLO, LINDA! I REMEMBER YOU! YOU ARE THE GIRL I GAVE THE DRESS THAT GIVES SUPERPOWERS

BARASA MAY 2010



YES! AND SINCE THEN I HAVE BEEN SO BUSY USING MY SUPERPOWERS TO HELP PEOPLE IN TROUBLE!

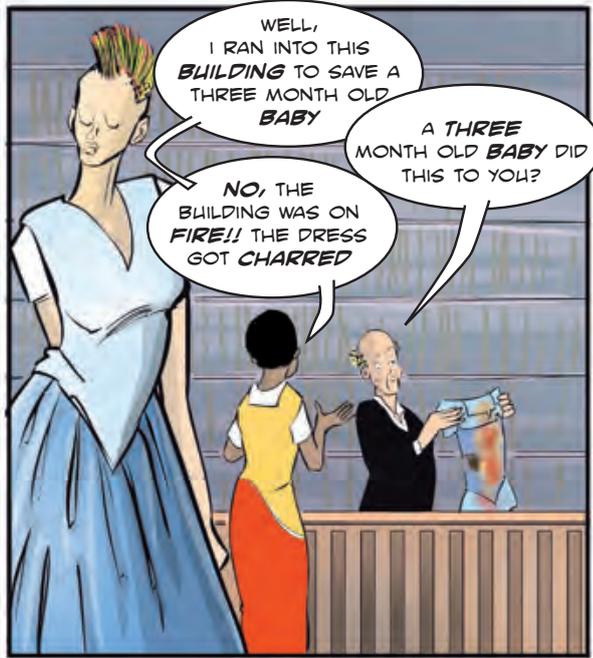


SEE?



AAAAAAAKKK!!!

WHAT HAPPENED TO THE DRESS?!



WELL, I RAN INTO THIS BUILDING TO SAVE A THREE MONTH OLD BABY

NO, THE BUILDING WAS ON FIRE!! THE DRESS GOT CHARRED

A THREE MONTH OLD BABY DID THIS TO YOU?



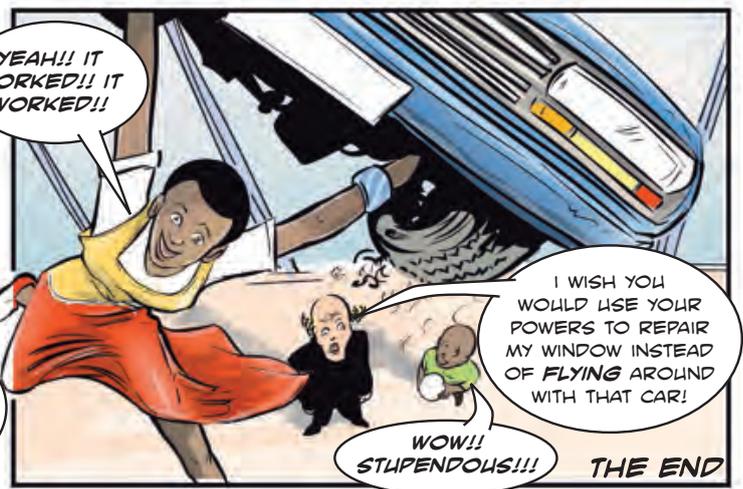
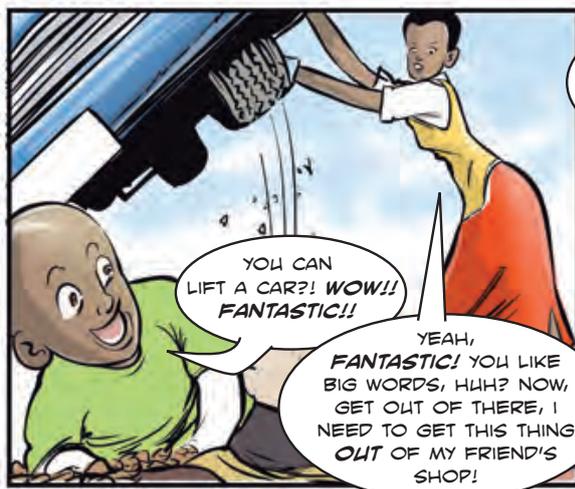
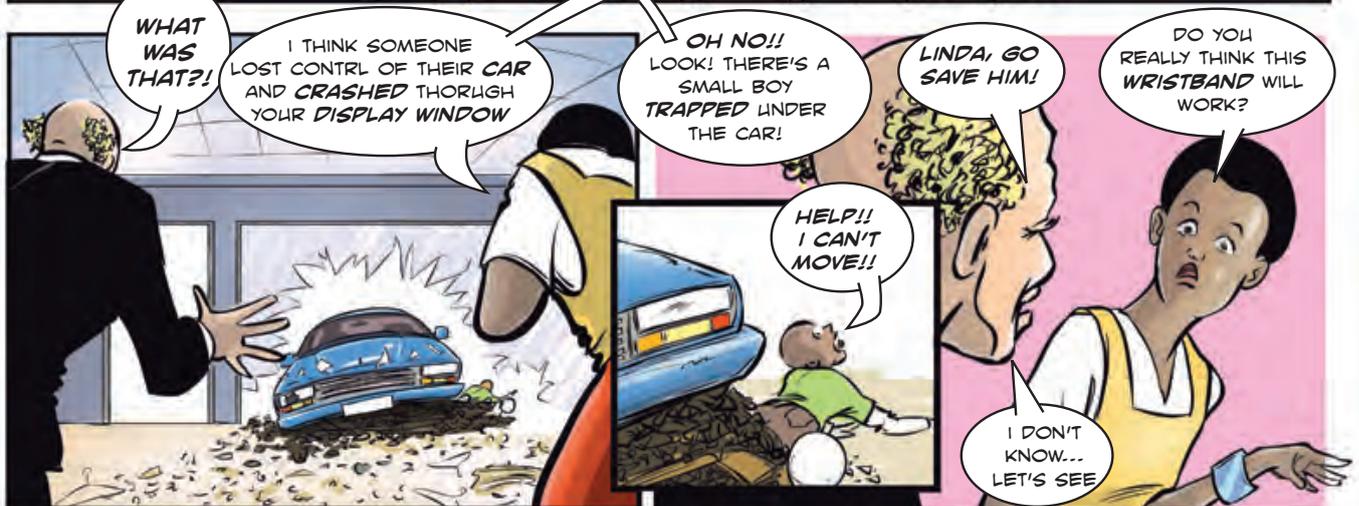
NOT TO WORRY!

I WILL FIND A SOLUTION TO THIS



ACCORDING TO THE BOOK THAT CAME WITH THE DRESS, YOU DON'T HAVE TO WEAR THE WHOLE DRESS TO GET THE SUPER POWERS...

IT SAYS 'THEY THAT ARE FAVOURED BY THE DRESS SHALL BE BESTOWED POWERS WHEN IN CONTACT WITH THIS GARMENT...'



YOUR MONEY

Banking for You

By Winnie Anyona



Banks have been in existence for thousands of years. The first banks were in religious temples in the third millennium B.C. In eightieth century Babylon, priests gave loans to businessmen, then known as merchants. Here in Africa, communities traded amongst themselves using grains and livestock among other commodities which served as currency.

For many years, modern banks had focused on providing services to adults. However, childrens' accounts (for those below the age of eighteen) are now available.

One does not need to have a lot of money to open a bank account for saving. An initial minimum deposit is required when opening the account, thereafter, the amount you choose to deposit is entirely up to you. To open an account, you need a parent or guardian to act on your behalf. This is because, according to the law, anyone below eighteen years of age is considered a minor and therefore cannot get into a business agreement on his own. The bank chosen depends on the parent; who considers the requirements, location of branches or benefits offered. They may also settle for a bank they are already using.

The basic requirements for opening a childrens' account are the parent's or guardian's identification card and passport size photograph, child's birth certificate and an initial minimum deposit. Once these requirements are met, a card is issued which the account holder will be required to produce during transactions such as

deposits and withdrawals.

Why open a bank account?

Banks are considered safe places where money can be stored. Having a savings account is safer than stashing money away somewhere in the house where it can get lost, stolen or even forgotten. There are a number of benefits that most banks will offer children account holders;

- Free standing orders, deposit, withdrawal and bankers cheques
- Discounts at selected outlets or shops like bookshops
- Events like fun days held for account holders
- Earning of interest on savings
- Club membership
- Free piggy banks

You don't need to go to the bank every time you want to put some money away. Instead, you can put the money in a piggy bank. A piggy bank comes in many shapes, colours and sizes. Once the piggy bank is full or you have reached your target, you can then deposit the money at the bank.

It is also important to have a savings plan because it enhances your money management skills and promotes financial responsibility. You can always get help from an adult or someone at your bank.

Monitoring the growth of your savings is key. Bank statements, passbooks and online banking facilities (where available) are used for this purpose.

It is never too late or too early to start saving but the sooner you start the better. Most banks will transform your account into an adults' account once you are eighteen years old.



Words to Learn

Bank Statements: Monthly reports showing your account balance, deposits and withdrawal.

Interest: Money you earn from the bank for letting them look after your money.

Transaction: Any activity you carry out with the bank that changes your account balance.

Deposit: An action of putting money into your account

Piggy bank: A container used for putting in money. They are normally provided by banks but can also be made at home.

Withdrawal: An action of removing money from your account.

Benta & Bila



Next time I come shopping, this will be the first stall I check out. I think they have really nice dresses.

Benta & Bila are out shopping ...



Wow! There goes Benta and Bila. They are always out shopping. I wonder how they manage. Maybe I should ask Benta...



Hi Binti! Good to see you! You look great, what's up?

Thanks girl! I haven't seen you in a while. How are you two doing?



Hey Binti. It's been a while, right? How are you?

Hi Bila! Yeah, it's been too long. I'm alright. It's great to see you too.



I will let you catch up ladies. I've got Rugby to watch in a while! Chao!

BYE!



You should be glad that you are always given money to go shopping.



You are so wrong! We use money from our savings accounts when we need to go shopping. Do you have a bank account?



Ha haa! Benta, I'm still young and in college. Later, maybe...



It's not early! We have had accounts since primary school. How about we get ourselves some juice at the café as we talk some more...

SURE!



Listen Binti, saving from an early age helps you become financially responsible and prepares you for the future. You don't have to depend on your parents all the time, especially for your personal shopping. It works Binti!



This is so true. I wish I knew it earlier. I will go for it!!



Benta! Thanks! You are a true friend. I will ask my parents to help me open an account so I can start saving too. Let me leave now, thank you for everything.



Bye! All the best! It was great bumping into you today. Please pass my regards.

I will, bye!



I can't wait to get home. I am calling my mum now!!

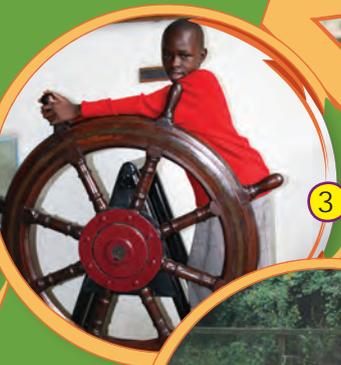
Bryan N. Daniels

A DAY WITH ELLIN.....

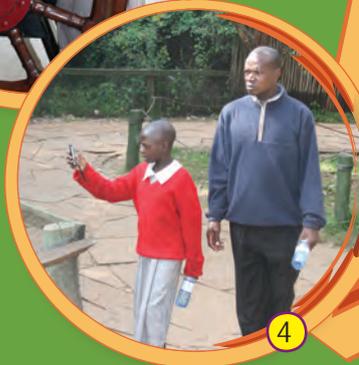
The Bingwa team spent one lovely Friday with Ellin Kisongochi, a Standard 8 student at Moi Primary School, Bungoma. Ellin was the proud winner of a trip to the National Park for her winning entry on 'Najivunia kuwa Mkenya'. The competition was ran in the first issue of Bingwa Magazine. Ellin, her father and the Bingwa team visited the Nairobi Railways Museum, had lunch at Jacaranda Hotel, went to the Nairobi Safari Walk and finally drove through the Nairobi National Park. We loved every moment and hereby share some of them with you.



1

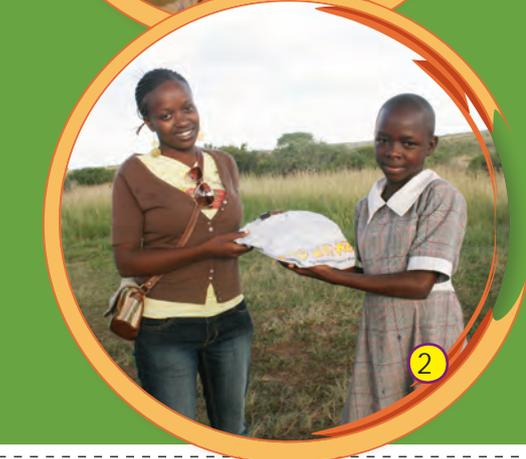


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4

5



2

1. Ellin enjoys her starter during her lunch break at Jacaranda Hotel, Nairobi
2. Ellin receives her Bingwa T-shirt from Winnie Anyona of Bingwa
3. Ellin at Nairobi Railways Museum
4. Ellin with her father at the Nairobi Safari Walk
5. Ellin at the Nairobi Safari Walk

HOW TO GET YOUR OWN COPY OF BINGWA

Bingwa, the magazine for the children of Africa is available for subscription.

What you need to know:

- Bingwa Magazine is currently published three times a year.
- **Cost:** Ksh. 100 per issue therefore Ksh. 300 for one year.
- **Call:** 0719 619 006/ 020-434 3268 for guidance on how to subscribe.
- You will need to provide the following information:- Your name, mobile phone number, the number of copies required, the name of your school, postal code, address and town. You will also be given with a mobile phone number through which you can MPESA your payment before the magazines are delivered or posted to you.
- **Note:** Bingwa encourages subscription through schools. You can talk to your teacher about putting together a list of class or schoolmates who wish to subscribe.

If you subscribe before the 20th of September 2010, you just might be one of the lucky few who will get free copies of previous Bingwa issues which we will be giving to the first ten new school subscriptions.

**SUBSCRIPTION
OFFER**

SUBSCRIPTION HOTLINE: 0719 619 006



COMPETITION

Are you PROUD TO BE KENYAN?

Win fabulous prizes including a chance to have a cup of tea with a senior Government official.

Here's what you need to do:

If you really are proud to be Kenyan, then write us a short essay explaining what you love about being Kenyan. Your essay can be about whatever you fancy; from our wildlife, culture, art, national parks or even the good people or heroes who live among us. It must be original, meaning that it's not something you have read somewhere else. Remember to use good grammar and be creative. Your essay should not be more than 650 words.



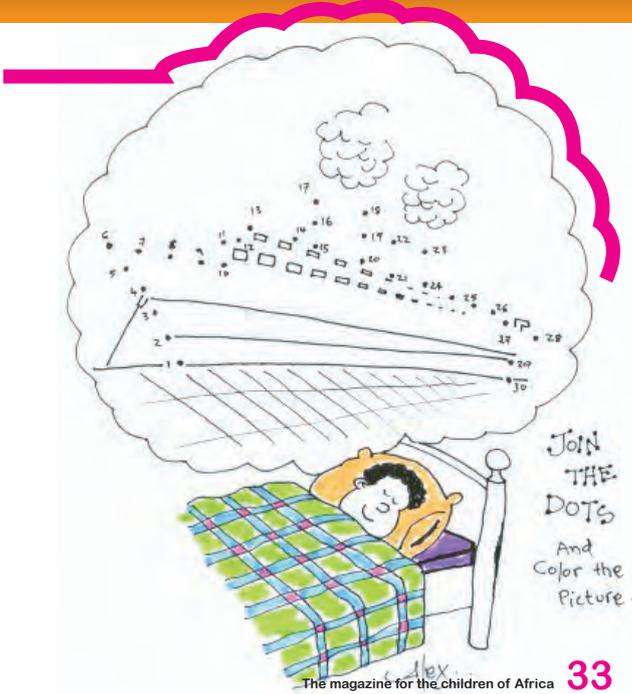
Send your entry to:
The Editor,
Bingwa Magazine,
'Proud to be Kenyan',
P.O. BOX 823-00606,
Nairobi, Kenya.
You can also email us at editor@bingwa.org

Your entry must be mailed by
15th October 2010

Do not forget to include your full names, class, a mobile phone number we can reach you on, school, and age at the back of your essay. The winning entry will be published in the magazines' next issue or on the Bingwa website (or both).

This competition is open to Primary School students in Standard 5-8.

NOAH



Grubby Hands

Lillian, Ben, Sammy and Fluffy the dog were playing basketball, when they were called in to have lunch. Thing is, they forgot to wash their hands. In the last issue, we asked you to write to us telling us what you think happens later. Here's what we got....

LILIAN?
ARE ...ARE YOU
ALRIGHT?

OH...MUM...
MY STOMACH!

OH.. MY DEAR GIRL, STOP
CRYING. WHAT TIME DID YOUR
STOMACH START ACHING?

YESTERDAY...
OH.. AFTER
LUNCH!

DID YOU
WASH YOUR HANDS
BEFORE LUNCH?

MMMMHH.....
YES...OH NO!

WHERE
ARE YOU
GOING?

TOILET!!

YOU NEED
TO SEE A
DOCTOR!

BARASA
JUNE 2010

PLEASE
TELL ME YOUNG
GIRL, HOW ARE
YOU FEELING?

MY STOMACH IS
ACHING.. SOOO
MUCH!

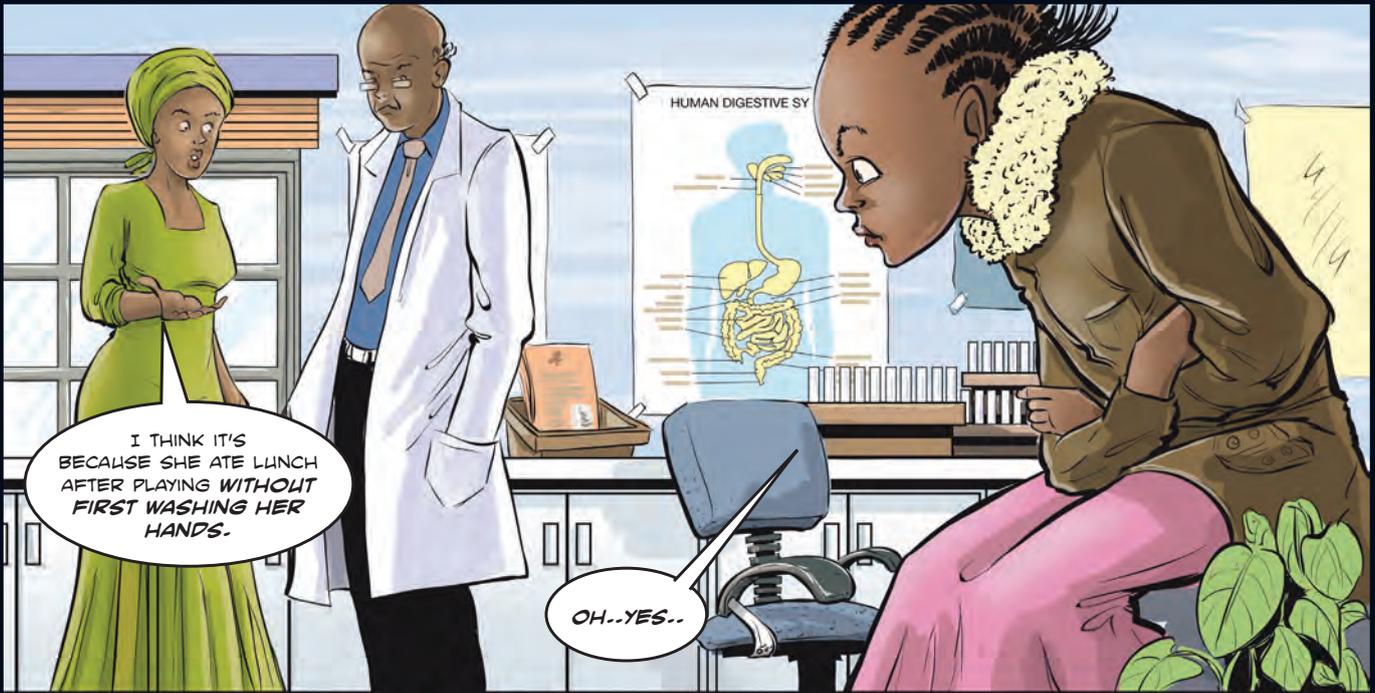
SINCE
WHEN?

WELCOME

THANK YOU
DOCTOR, MY

DAUGHTER HAS
A VERY SERIOUS STOMACHACHE
AND SHE HAS DIARRHOEA.

YE...STERDAY
AFTER LUNCH



I THINK IT'S BECAUSE SHE ATE LUNCH AFTER PLAYING WITHOUT FIRST WASHING HER HANDS.

OH..YES..



I WANT YOU TO TAKE SOME TESTS



YOUR DAUGHTER HAS TYPHOID. IT IS A RESULT OF EATING CONTAMINATED FOOD OR WATER.



SO... I ATE FOOD WITH DIRTY HANDS AND THAT'S WHY I AM SICK?



YES. YES. HERE IS YOUR MEDICINE. PLEASE REMEMBER TO WASH YOUR HANDS AFTER USING THE TOILET AND BEFORE EATING



THANK YOU DOCTOR

WELCOME

This storyline was submitted by Brenda Kanana Kimathi, Class 8, Yururu Girls Boarding Primary School, Kanyakine, Meru.

Be safer around dogs

Millions of people keep dogs as pets, while some of the dogs in our neighbourhoods are stray dogs. We see them, live with them and we love them; still, they bite. All dog bites carry a risk of infection and should therefore be avoided by all means. Dogs may bite for a variety of reasons including fear, to protect their territory or to establish their dominance over the person being bitten. With the largest percentage of dog bite victims being children, what measures should you take to decrease the possibility of being bitten?

According to www.kidshealth.org, one dog expert came up with an easy way for you to remember how to avoid dog bites. It spells '**DOG SAFE**'.



D> Do not tease, please

Teasing a dog can make it angry or frustrated enough to bite. If a dog has food or a toy for example, NEVER try to take it away.

O> Only pet with permission.

Never pet a dog without asking the owner if it's okay. Some dogs don't like to be touched by strangers.

G> Give space.

You might be tempted to run right up to a cute dog and try to pet or hug it. Remember, dogs need space. Crowding the dog can frighten or anger it.

S> Some dogs like to chase and bite.

Avoid this by going slowly around dogs. NEVER run towards or away

from them. If a dog you do not know runs towards you, freeze. If you need to get away, back up slowly.

A > Always get help.

It can be tempting to bring home a lost or injured dog, but this situation can make dogs frightened or they maybe in pain. Find a grown-up who can help in deciding how to care for the dog.

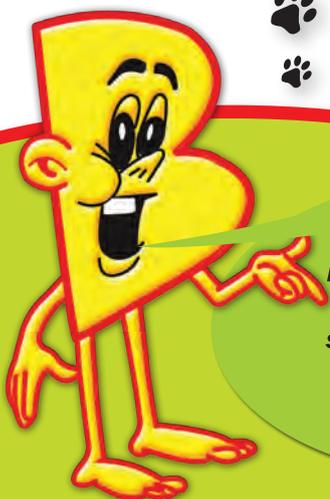
F> Fingers together

When giving a dog a treat, place it in the palm of your hand and keep your fingers and thumb close together. This way, the dog is less likely to get confused about which is the treat, the doggie snack or your finger.

E> Even good dogs can bite

Avoid doing things that make dogs scared or angry, Such as, backing them into a corner or bothering them when they are sleeping. Also, learn the warning signs that a dog might bite. Growling, backing up or curling its lip are some of the most obvious ones.

When playing with a dog, it is also very important to have a grown-up watch over you and the dog because they can control the dog if the need arises.

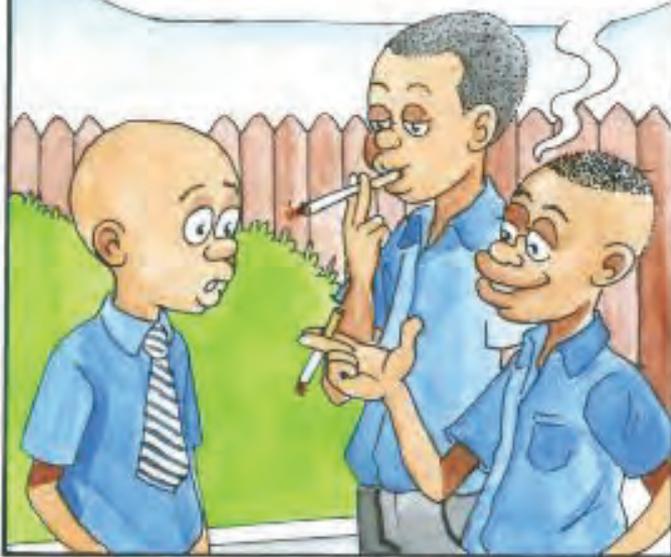


If a dog runs after you, pick up or pretend you are picking something up-a stone or a stick. Once they think you have a weapon, most dogs back-off.

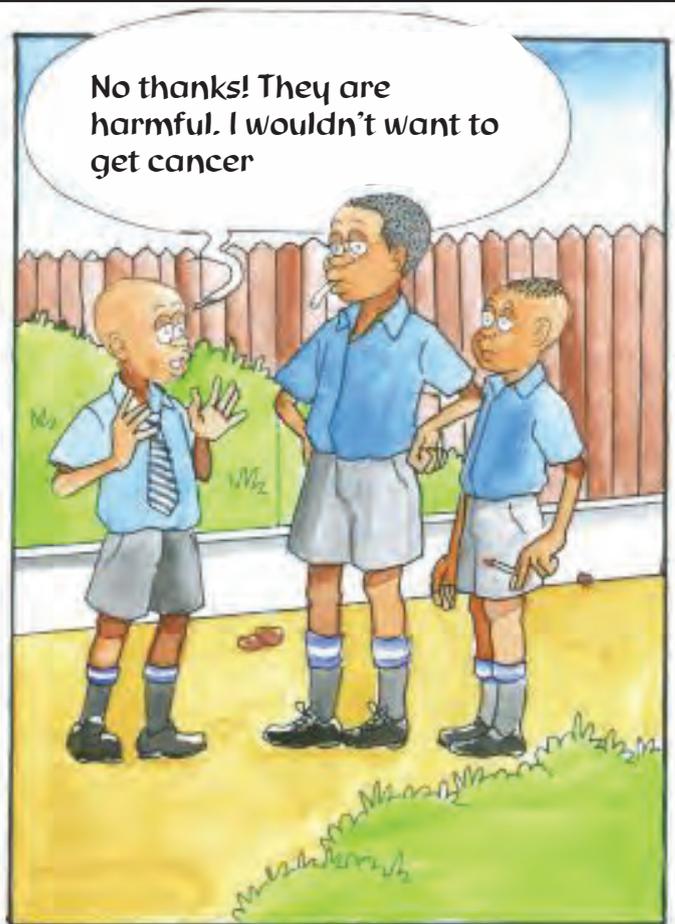
RUKI AND KAMBO

By Tony

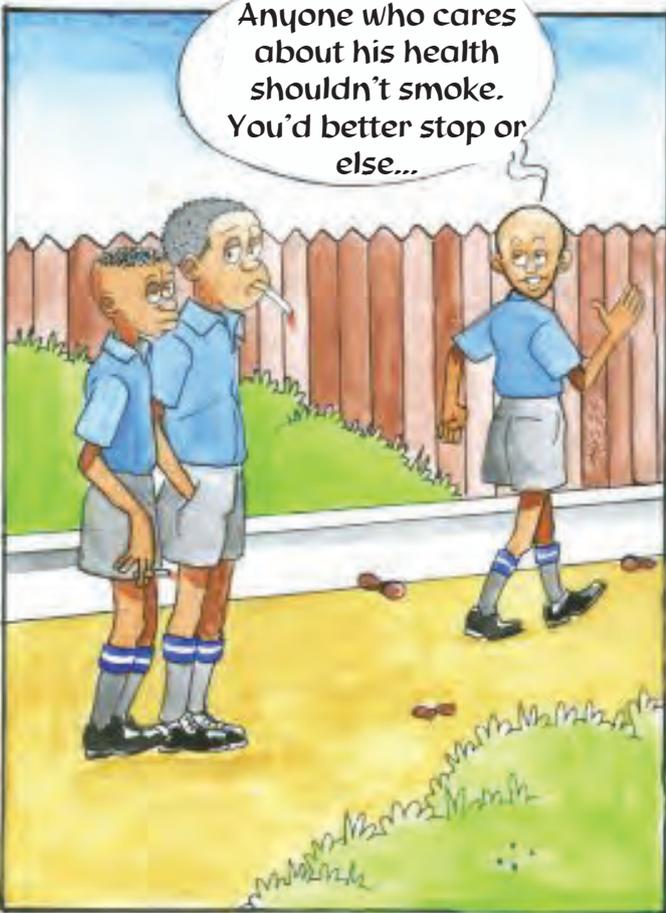
Hey Ruki, Come here and try these sticks, they'll make you feel super cool!



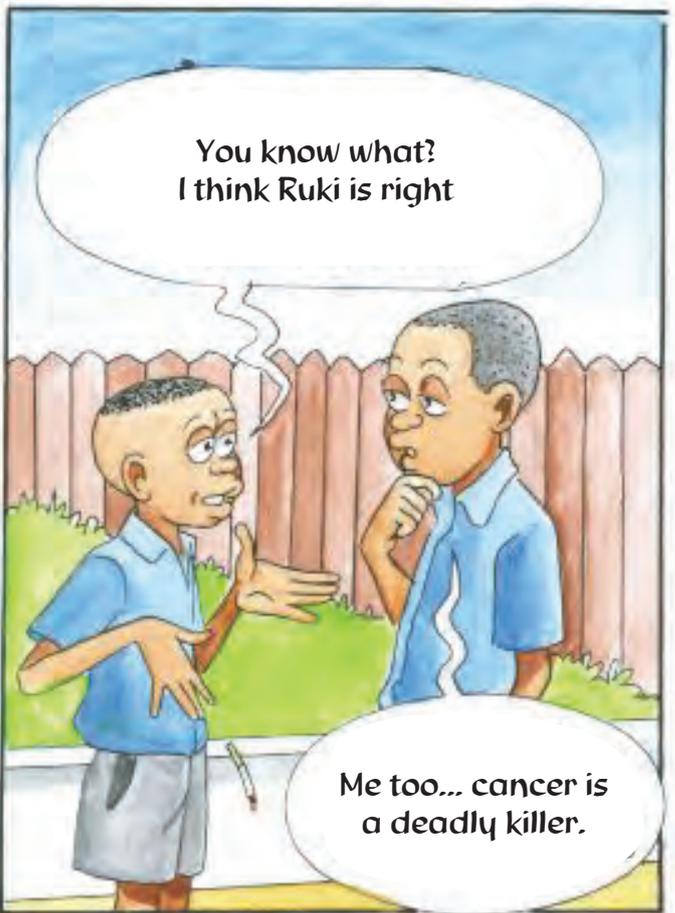
No thanks! They are harmful. I wouldn't want to get cancer



Anyone who cares about his health shouldn't smoke. You'd better stop or else...



You know what? I think Ruki is right



Me too... cancer is a deadly killer.

CREATIVE WRITING



Example:

The story of the pencil

A boy was watching his grandmother write a letter. At one point, he asked:

'Are you writing a story about what we've done? Is it a story about me?'

His grandmother stopped writing her letter and said to her grandson:

'I am writing about you, actually, but more important than words is the pencil I'm using. I hope you will be like this pencil when you grow up'

Intrigued, the boy looked at the pencil. It didn't seem very special.

'But it's just like any other pencil I've seen!'

'That depends on how you look at things. It has five qualities which,

if you manage to hang on to them, will make you a person who is always at peace with the world.

'First quality; You are capable of great things, but you must never forget that there is a hand guiding your steps. We call that hand God, and He always guides us according to His will.

'Second quality, now and then, I have to stop writing and use a sharpener. That makes the pencil suffer a little but afterwards, he's much sharper. So you, too, must learn to bear certain pains and sorrows, because they will make you a better person.

'Third quality; the pencil always allows us to use an eraser to rub

out any mistakes. This means that correcting something we did is not necessarily a bad thing; it helps to keep us on the road to justice.

'Fourth quality; what really matters in a pencil is not its wooden exterior, but the graphite inside. So always pay attention to what is happening inside you.

'Finally, the pencil's fifth quality; it always leaves a mark. In just the same way, you should know that everything you do in life will leave a mark, so try to be conscious of that in your every action.'

-An excerpt from the book 'Like the flowing river' (Thoughts and Reflections)' by Paulo Coelho.

The Twin Sisters

Once upon a time, there were two twin sisters who lived with their mother.

Their names were Joy and Joyce. Joyce was said to be the one who was born first.

Joyce and Joy were always fighting about this and that. Their mother never liked this. She always told them that they should love each other because they were blood sisters. They never listened to her. When Christmas came, they were told to wish for anything they wanted. Joy wished for a beautiful black doll while Joyce wished that she never had a sister. That same evening while Joy was playing, some people came and kidnapped her. She screamed for help to no avail. Evening came and their mother began to worry. She could not find her anywhere. Joyce

was very happy because she was now alone, enjoying all the attention. Eventually, her mother called the police.

The police asked a lot of questions which their mother had to answer. She cried for days and days. Joyce realized that the situation was getting very serious and began wondering how she could help. It was then that she remembered what she had wished for. Joyce regretted wishing for her sister to disappear. She had even started missing her. Joyce took it upon herself to pray about it everyday. Three days later, the police came back, bringing Joy with them. Joyce and her mother came out of the house running to hug Joy. Everyone was very happy. That day, they promised they would never fight again.



Rosemary Wangu, 6 Yellow, Wangunyuu Primary School, Karura.

Living with albinism

Do you know what albinism is? Have you seen someone in your school or town who has albinism? Do you have albinism yourself or do you have a friend or sibling who has albinism? Here's some information you could use to ensure any person with albinism around you stays healthy.

Albinism is a genetic condition that results in little or no pigment in the eyes, skin and hair. This is as a result of melanin; a chemical that produces colour in our bodies. Some plants and animals can also have this condition. There



are different kinds of albinism; one of them only affects the eyes and another type which affects both the eyes and skin.

Some of the challenges children with albinism face is damage to the skin. The lack of pigment means that they are not well protected from the sun's harsh rays and easily gets sunburnt. This means that its very easy for him to get skin cancer in future. To counter this, the use of sunscreen is often recommended to protect the skin. When out in the sun, one should also wear long-sleeved shirts or blouses and pants or long-skirts and a hat . One should also try and reduce on the amount of time spent in direct sunlight, the shade is a much better option.

Children with albinism are also visually challenged. The lack of pigment during growth results in abnormal development of the eye retina resulting in decreased visual accuracy and low vision. Corrective or contact lenses and low vision aids such as magnifiers and telescopes can provide a bit more clarity. Others may be required to have eye surgery. Their eyes can also be very sensitive to light. This is because, the iris doesn't have enough colour and can't properly shield the retina from light. That is why some children with albinism squint in bright light. Wearing sunglasses or tinted contacts help make one feel more comfortable when out in the sun.

As for the hair, very little can be done. An albinism child's hair might be a lot lighter in colour compared to other peoples'. Just keep it clean and neat, you can think about experimenting with dyes for colour when you are older.

Socially, a child with albinism need not feel any different from his mates. Remember, albinism doesn't affect mental development and one can become whoever they'd like to be. If you know anyone with albinism, avoid calling them 'albino'-it feels like an insult. Also, talk to them, support them and play with them because you cannot 'catch' albinism.

AIDS THE DESTROYER

A poem by Mercline Atieno, 6
Yellow, Lake Primary School

AIDS is here
In the east, west, north and south
Killing farmers, teachers, pupils,
nurses and even doctors
Killing parents, leaving orphans
behind
Everywhere you hear sad songs

The strong and healthy are drying
Dying, they lie in graves
Covered with thick earth
Never to work again

AIDS is a killer
AIDS is a destroyer
School boys and girls
Like a strong army
Stand tall and short
Fight it by all means



Many people with albinism have been killed in East Africa over the last few years because their body parts are believed to bring wealth and good luck. This is a myth.

The silent language

Some children are born without the ability to hear any sound. Many more people who can hear at birth develop hearing loss later in life. Others develop hearing loss because an accident caused a serious head injury or damaged the ear drum. All these can cause significant hurdles in a child's day to day life. If you cannot hear, you will also not be in a position to speak, sing or form any sounds with your mouth. This is because you do not even know how it sounds like since you have never even heard it.

By Rino Solberg

Hearing loss, or the reduced ability to hear, can range from mild, moderate to severe. Profound or severe hearing loss is what leads to deafness meaning that you cannot even hear amplified sounds. Parents with children who have this kind of hearing loss have a hard time communicating with them compared to those with perfect 'hearing'.

Due to this 'reduced ability', children who cannot

hear often feel left out and different resulting in a feeling of inferiority and sadness which can affect their future social lives. This is where children who can hear come in. You can try to help your non-hearing friends by 'talking' to them so they can express themselves in return. This will reduce their feelings of frustration. I bet you are wondering how to do that right now, yes? Sign language is the answer.

With sign language, deaf people or people with hearing

loss are able to 'hear' and 'speak' so they understand each other. Sign language is a universal language which, instead of using sounds, combines the use of sign patterns (using hands, arms and the body), body language and facial expressions to express thoughts or meaning. This language has been in existence since the fifth century B.C.

However, it is not just the deaf and those with hearing loss who use sign language. Even hearing non-verbal children (who cannot speak) due to conditions such as down-syndrome, autism, cerebral palsy, trauma or brain and speech disorder need to learn and use sign language.

This need to bring children together for better communication has led Child Africa, a non-governmental organization in Uganda, to start integrating up to 20% of deaf children into their schools and to teach the other 80% of children sign language in order to get 100% communication





will normally develop stronger abilities in other areas. For example, if you do not hear, you will probably be able to observe better because you will be focusing on what you are seeing since you cannot hear.

Every child needs to be respected regardless of handicap because we are all human beings. Treat these kind of people the same way you treat everybody else. If you do this, you will also be in a better position to respect yourself (as you respect others), have great self-esteem and get along with everybody else.

Besides expanding your communication lines, did you know you can develop sign language into a career? You can work as an interpreter or teacher in the government, the medical profession, the education sector or in recreation.

between them.

Anyone can learn sign language, but, just like any other language, you need regular practise and directions during the first stages of learning.

Hundreds of sign languages are used around the world, but the differences are very minor. It is actually fun and smart for all children to learn sign language. You and your friends can even 'talk silent' to each other or have a form of 'secret language' among you when other people (who don't know the language) are present.

What is important to note is that people with hearing loss are not less intelligent compared to other children, they just have a reduced

ability to hear. They can be just as good as anyone else academically especially when the condition is recognized early. Thanks to modern technology, we have hearing aids, operations and special education programs. Most times, these children need to work just a little bit harder and get a little more care and understanding from society to be productive citizens.

It is also interesting to note that, when someone has lost one ability, they



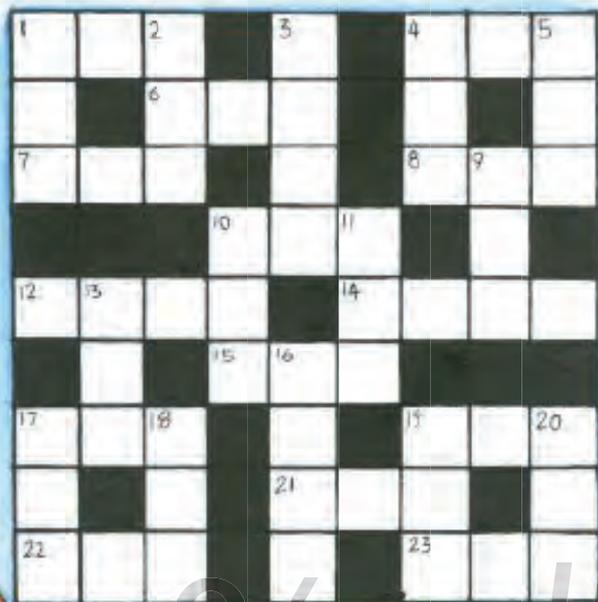
Deaf children cannot learn how to hear. However, you can still communicate with them by learning sign language

The magic world of numbers

You are wrong if you think mathematics is not fun



Math Cross Puzzle



ACROSS

1. $623-427=$
4. $211 \times 2=$
6. $121 \times 3=$
7. $311 \times 2=$
8. $55 \times 2=$
10. $381+316=$
12. $2010-850=$
14. $9800-550=$
15. $6 \times 6=$
17. $7 \times 7 \times 12=$
19. $186 \times 3=$
21. $772+146=$
22. $1790-1446=$
23. 22 Across- 5 Down=

DOWN

1. $948-802=$
2. $431+201=$
3. $5673+1726=$
4. $211+200=$
5. 7 Across-4 Across=
9. $37 \times 5=$
10. $926-326=$
11. $494+302=$
13. $384/3=$
16. $1323+1454+1221=$
17. $1368-835=$
18. $363+451=$
19. $1299-718=$
20. $281+322+221=$



CELEB CALCULATIONS



Sudanese supermodel Alek Wek came to shop in Kenya. She bought five CD's at Ksh. 1,000 each, an animal print top for Ksh. 1,500, and Maasai sandals for Ksh. 2,000. How much change would she have if she left her hotel with Ksh. 10,000 in her purse?



Footballer Dennis Oliech got back from a holiday in Seychelles a few days ago. He just got his bills and is now trying to do his calculations. The hotel he stayed at charged him Ksh. 100,000 per night and he stayed for 5 nights. They then added his room service bill, which was an additional Ksh. 20,000. How much does he owe them?



Artist Wahu Mathenge has just won an award. She's preparing a budget for a surprise celebration with her husband Nameless and their daughter, Tumiso. This is what it reads:

Toys and cartoons for Tumiso Ksh. 4,200,
Ties for Nameless all at Ksh. 4,000,
Three movie tickets at Nakumatt Junction each at Ksh. 600,
Dinner with Nameless Ksh. 6,000.
What is the total sum of the amount she will spend?

How old is this tree?

WHEN A TREE FALLS AND IT IS NECESSARY TO REMOVE IT FROM THE FOREST, A CROSS-SECTIONAL CUT OF THE TRUNK CAN BE MADE AND THE TREES' GROWTH RINGS USED TO CALCULATE THE TREES' AGE. HOW OLD IS THIS TREE?



ANSWERS - MAJIBU

TEST YOUR (Pg.19) WORLD CUP KNOWLEDGE

1. TRUE
2. FALSE. IT WAS HELD IN GERMANY
3. TRUE
4. FALSE. HE IS FROM IVORY COAST
5. TRUE
6. FALSE. HE WAS THE MANAGER FOR THE ARGENTINIAN NATIONAL TEAM
7. TRUE
8. FALSE. HE IS INFACOT ONE OF THE TWO MEN TO EVER WIN THE AWARD THREE TIMES
9. TRUE
10. FALSE. IT IS ONE OF THE THEME SONGS.

(Pg.42)

MATH PUZZLE

ACROSS

1. 196
4. 422
6. 363
7. 622
8. 110
10. 697
12. 1160
14. 9250
15. 036
17. 588
19. 558
21. 918
22. 344
23. 144

DOWN

1. 146
2. 632
3. 7399
4. 411
5. 200
9. 185
10. 600
11. 796
13. 128
16. 3998
17. 533
18. 814
19. 581
20. 824

WORDSEARCH-DAMS

1. AKOSOMBO
2. MASINGA
3. GIBE
4. KARIBA
5. ASWAN

(Pg.17)

(Uk.22)

SWAHILI FUMBO

CHINI-MAJIBU

1. SIMAMA
3. MALIZA
5. LALA
8. LIA

UPANDE - MAJIBU

2. LIPA
4. WASHA
6. PAKUA
7. ALFAJIRI

HOW OLD IS
THIS TREE?
THIS TREE IS
11 YEARS OLD.

(Pg.42)

CELEB CALCS

(Pg.42)

1. ALEK WEK'S CHANGE IS KSHS. 1,500
2. DENIS OLIECH OWES THE HOTEL KSHS. 520,000
3. WAHU MATHENGE WILL SPEND KSHS. 16,000

UTUMIZI WA METHALI (Pg.22)

1. ONE FINGER CANNOT KILL A LOUSE
2. UNITY IS STRENGTH

FUMBO: MAJANGWA YA AFRIKA (Uk.22)

1. LIBYAN
2. KALAHARI
3. SAHARA
4. NAMIB
5. CHALBI

(Uk.23)

JE NI NAMBA GANI?
JIBU: 17, 39, AND 24.

HANDWASHING POSTER PRIZE WINNERS

- 1ST PRIZE-ELVIS PRESTLEY KASIGANE, NAIVASHA BOYS BOARDING PRIMARY SCHOOL
- 2ND PRIZE-BRAVELY KIRURI, NAIVASHA BOYS BOARDING PRIMARY SCHOOL
- 3RD PRIZE- IVAN NGECHU NYAMARI, NAIVASHA BOYS BOARDING PRIMARY SCHOOL

BINGWA T-SHIRT WINNERS

1. ASHA MOHAMMED, 8 GREEN, LAKE PRIMARY SCHOOL-(WINNING LETTER PG 4)
2. BRENDA KANANA KIMATHI, CLASS 8, YURURU GIRLS BOARDING PRIMARY SCHOOL, MERU (GRUBBY HANDS PG 34-35)
3. FLAVIAN JOEL, 5 GREEN, LAKE PRIMARY SCHOOL (ENVIRONMENT PG 16)
4. NELSON KIGEN, CLASS 8, OLENGURUONE D.E.B. (TANGAZO! TANGAZO! PG 24)
5. VIVIAN AWOUR, 6 YELLOW, LAKE PRIMARY SCHOOL-(MCHOGONANO PG 27)
6. MERCELINE ATIENO, LAKE PRIMARY SCHOOL- (MCHONGOANO PG 27)
7. CORAZON AQUINO, 6 YELLOW, LAKE PRIMARY SCHOOL-(MCHONGOANO PG 27)
8. ROSEMARY WANGU, 6 YELLOW, WANGUNYU PRIMARY SCHOOL, KARURA-(THE TWIN SISTERS PG 38)
9. BETTY CHEROP, 8 BLUE LAKE PRIMARY SCHOOL PG 17 (YOUR DRAWING)
10. MERCLINE ATIENO, 6 YELLOW LAKE PRIMARY SCHOOL (POETRY PG 39)



Career Choices

By Eudiah Kamonjo

Do teeth fascinate you? Do you enjoy 'following' court proceedings? Then Forensic Odontology might be the career for you. In this issue, we feature a forensic odontologist who is also a beauty queen.

What is Forensic Odontology?

Two young men were speeding on the Nairobi-Nakuru highway when their car crashed and they died. Through dental identification, they were both positively identified. This is one instance in which a forensic odontologist was 'called-in' to analyse dental material for the purposed of identifying someone.

When human remains are discovered and there is no obvious way to identify them, a forensic odontologist is called. This is because teeth are highly resistant to destruction and decomposition therefore dental identification can be made even under extreme circumstances like fires, car or plane accidents.

Forensic Odontology, also known as Forensic Dentistry, is a subspecialty within the dental field which focuses on the application of dental knowledge and practise for legal matters. A Forensic Odontologist is often required to present his or her findings in court to facilitate proper verdicts.

Professionals in this field can work in research, as teachers in the university level, in pathology labs, the

military, medical examiners' office, the state or as private consultants for law-enforcement agencies, legal firms and even insurance companies.

Want a career in forensic odontology?

If you are considering a career in forensic odontology, answer the following questions;

- Do you enjoy watching programs like CSI, Law & Order, Nairobi Law or even our own politicians in session?
- Do you enjoy your science subjects in school-especially time at the science laboratory?
- Are you good at putting pieces of a puzzle together?
- Are you a member of

science and journalism or debate clubs in your school?

If you answered yes to all these questions, then you just might have what it takes.

History of forensic odontology

The use of teeth for identification dates back to 66 A.D. when Roman Emperor Claudius' mistress, Lollia Paulina was beheaded upon his wives' orders. The Emperors' wife, Agrippina, had instructed the executors to bring her head as proof of her death. On examining Lollia's front teeth, Agrippina positively identified her because her front teeth were discoloured.

Another more recent case (1979) was that of Ted Bundy, one of the most notorious serial killers in the history of the U.S.A. Bundy left a bitemark on one of his victims, Lisa Levy. Being the only piece of physical evidence linking him to the crime, the bitemark was analysed by a forensic expert and the evidence (which finally led to his conviction) presented in court.

Owing to the problems and complexities of



Dr Amrit at work



identification, the demand for forensic dentists has increased.

The father of forensic odontology

The first book on forensic odontology as a subject, was written in 1898 by Dr. Oscar Amoeda. The book 'The Dental Arts and Legal Medicine' became the first manual in Forensic Odontology. It is for this that he is considered the father of modern Forensic Odontology.

Requirements: The minimum requirement is a Degree in Dentistry or Pathology. Those who wish to specialize in Forensic Dentistry need to undertake a specialized course in forensic dentistry and be attached to a medical examiners office for hands-on experience.

To remain relevant in the field, you need to keep yourself in the know about new trends. For those who wish to rise in the profession, a PhD in the same specialty is a necessity. An additional degree in law is an added advantage,

Forensic Odontologist

Thirty year old Dr. Amrit Pal Kalsi is the only Forensic Odontologist in Kenya. In addition to this, she has served as Miss India Kenya 2006.

Dr. Amrit pursued her Bachelors degree in Dentistry between 2001 and 2005 at University of Nairobi. In early

2007, she went to study Forensic Dentistry at The Armed Forces Institute of Pathology in Washington D.C. (USA)

Currently, Dr. Amrit is working at the Department of Diagnostic and Forensic Section under the National Health Laboratory Services.

She schooled at Kilimani Junior Academy and then went on to Our Lady of Mercy Secondary School before attaining her A-Levels at St. Austin's Academy. By the time she started university, she had an A in mathematics, a B+ in biology and in chemistry. Just like any other course, to get into this field requires one to be all-rounded. "One cannot succeed by just excelling in one subject," she advises.

Dr. Amrit was an intern at the Kenyatta National Hospital in 2006, an experience she says taught her the importance of having a compassionate heart. "The challenge was being on call for seven days and nights in a row. That's a killer!" she offers.

She says she loves her job because it gives her knowledge about a timeless specialty that will always be needed in the world.

Plans for a PhD are underway for

Dr. Amrit, "I am about to start a research paper with a professor from the University of Western Cape that should culminate into a PhD," she explains. To keep up with new trends in this field, Dr. Amrit goes for a yearly refresher course in the U.S.A. Few people manage to make it to the top of their professional careers alongside being beauty queens. For Dr. Amrit, it is simply a part of her, "When you love what you do, you just have to deal with the hectic schedules. However, it is very important to have a support system that helps you achieve your dreams."

Her advise to Bingwa readers is, "You are young, wonderful and have a great life ahead of you. It is up to you to take responsibility for who you become; refuse to be influenced in the wrong ways, strive for what is right and just, love God and treat others like you'd love to be treated. You are responsible for the goodness in your life and the life of others."



Amrit Pal Kalsi on the runway

To be a true leader, you must be ready to assist -Dr. Amrit Pal Kalsi.



When I was young

Jeff Koinange In the front row even back then

Jeff Koinange is a Kenyan award-winning journalist currently working at K24 T.V. He has previously worked at CNN, NBC News, ABC News, Reuters T.V. and KTN. He talks to Bingwa about his time in school, his love for sports and his exciting life as a journalist.



Jeff Koinange (J.K) with Nelson Mandela. (1997)

How was your childhood like?

I am the fourth born in a family of four; two sisters and one brother. I was born on January 7th, 1966 and exactly two months later, my dad died of a brain hemorrhage. He was one of the sons of the Gikuyu tribe's most famous chiefs, Senior Chief Koinange wa Mbiyu (from the third of his six wives). We were therefore brought up by my mother, a former headmistress and strict disciplinarian. Growing up in the Kiambaa countryside, we'd commute to school every day. We never lacked anything and were very close as a family.

What were your favourite subjects?

My favourite subject was history (European, American and African). I had this gift (and still do) of remembering dates and events.

Did you like games? Which ones?

I was a pretty good sportsman

and played just about every game; rugby, soccer, hockey, basketball and swimming. I was even captain of my school's first rugby team (1984) and was selected to represent the country in the Combined Schools Rugby Team.

Which schools did you attend?

I first went to Hospital Hill School (1972-1974). In 1975, I changed schools and went to St. Mary's where I did my A-Levels (1984). I was then recruited as a flight attendant for Pan AM World Airways (1986). It was while I was here, flying the 'friendly skies' for a year and a half, that I discovered my communication 'talent'. When I did announcements on the plane, passengers applauded every time saying they loved my voice as well as how I did the announcements. After I quit, I joined Kingsborough Community College in Brooklyn, New York where I studied Broadcast Technology and Management. I

graduated top of my class (with honours) and got a scholarship to study at the prestigious New York University. I graduated with a Bachelor of Arts Degree in Broadcast Journalism (Class of '91).

How did you relate with other kids?

I was always a people person, never shy and always looking out for those who were less fortunate.

Who was your role model then?

My greatest role model was my mother. I never had a father growing up and she doubled-up as both mother and father. I think she did a pretty good job.

How do you think your upbringing contributed to the person you are today?

I have learnt that there's nothing as important as a good, solid upbringing. No matter how strict your parent/s are, you have to always respect authority, be obedient and polite.



Interviewing survivors of Hurricane Katrina (2005)



J.K with Niger Delta rebels, Nigeria (2007)



J.K's son Mbiyu, wife Shaila and Nelson Mandela (2008)

Have you always been a public speaker?

I did a lot of public speaking while at St. Mary's. I also participated in various annual school 'operas' like 'The Mikado', 'Pirates of Penzance' and many more. In 1984, I wrote and acted in a play called 'It's Only A Matter Of Time' which the school entered in the Kenya National Drama Festivals and which was declared the best in Kenya (1984)

When was your big (career) break?

My big career break came when CNN was 'shopping' for a bureau chief for their office in Lagos, Nigeria. I refused at first, until I was invited to the CNN Center in Atlanta to check out the facilities. I took up the assignment almost immediately. I worked for CNN (Lagos) for six years before moving to Johannesburg, South Africa where I served as Senior African Correspondent until I left.

Describe your most memorable moment.

I had always wanted to meet Oprah Winfrey. When I did get a chance to do a story on a school she'd built with her own funds (\$50 Million) in Johannesburg, I was nervous. I arrived in Soweto

with my crew and as we waited for her to arrive, I kept wondering how I would address her. When her convoy drove up and she got out, the first thing she said was, "Hi Jeff? How are you doing? I watch you all the time." Wow! I'll never forget that moment.

What's your favourite food?

I love pasta.and traditional foods like *njahe* and *mukimo*. I can cook pretty decent *Ugali*. I also love to barbeque, so *nyama choma* is up there among my favourites.

If you were to go back in time, what one thing would you do (or change)?

Not a thing! I'd live my life the very same way. maybe with less fame. Fame is fleeting. Going out, eating out and doing 'normal' things becomes difficult. If I was less famous, I would be

free to go out more.

What advise would you give to Bingwa readers?

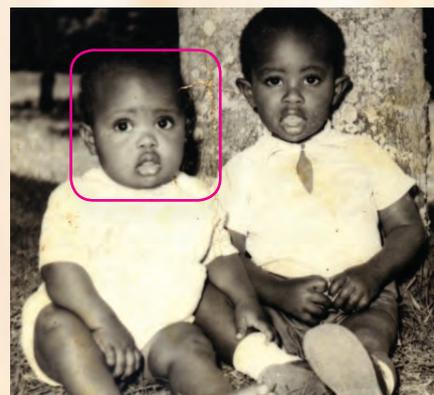
Enjoy your childhood as much as you can because these are the best years of your life. Also, if you know what you want to be when you grow up, go for it! Don't let anyone discourage you and never ever let anyone tell you that you cannot do something or you cannot be somebody. Everyone is born great, it's now up to you to live up to it.



J.K with former US President Bill Clinton



J.K with his brother & sisters (1969)



J.K (on the left) with his brother Freddie, (1966)



Bingwa Pictorial

'Najivunia kuwa mkenya' Issue 1 competition winner, Ellin Kisongochi is welcomed for lunch at the Jacaranda Hotel, Nairobi.



One love for soccer! These four boys were award winners at the soccer tournament held at St. Austins Academy.



Gabriella & Tracy Brown are loving Bingwa magazine at the Westgate Kids Club Summer Party in May 2010.



This young boy from Kithyoko Primary School talks about his trip to Copenhagen at the International Climate Challenge 2010 held in Embu.



These young Bingwas at the soccer tournament held at St. Austins Academy got totally engrossed in the world of Bingwa



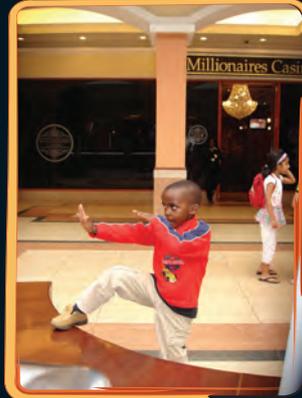
The Westgate Kids Club Summer Party was the place to be if you like to boogie with wild animals.



The soccer tournament hosts, St. Austins Academy under 13s show us how it's done.



The Bingwa team joins this proud Bingwa (mum) winner. Her kids share in the victory.



Caught unaware. This little one was caught on camera practicing his martial arts skills.



Mumo, a student at Providence Academy browses through Bingwa Magazine at the Westgate Kids Club Summer Party.



Bingwa Magazine was one of the prizes given at the Giraffe Center Annual Prize Giving day 2010.

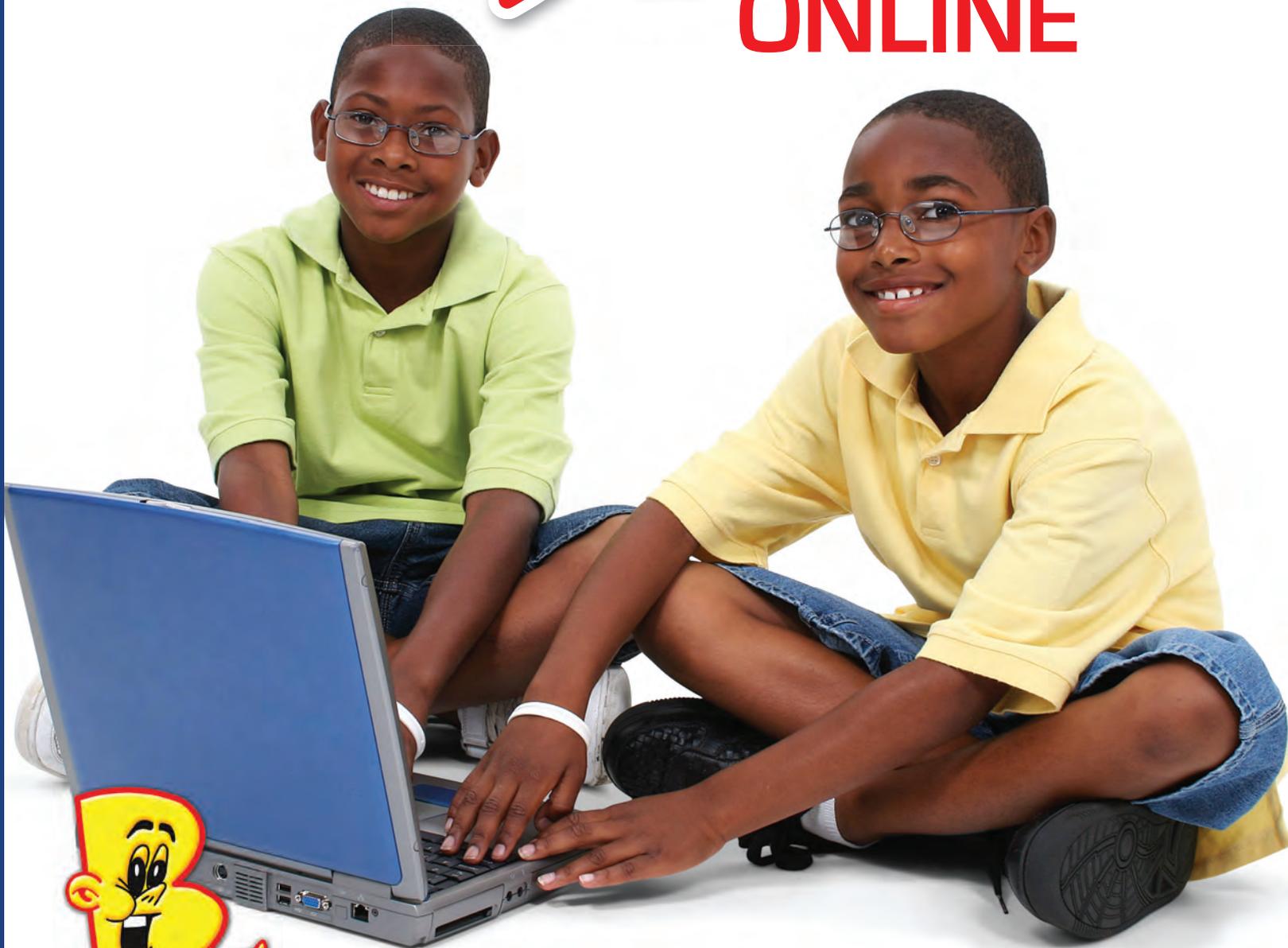


This young Bingwa was thoroughly enjoying his light snack during the lunch break at the St. Austins Academy under 13s' soccer tournament.



Ruth Nyokabi of Consolata Primary School, Nairobi receives her free Bingwa t-shirt for her winning entry in Issue 1

Bingwa ONLINE



- **More time for fun and learning**
Did you know that Bingwa is now on the World Wide Web.

You can now:

- Play games
- Have your say or give your opinion on a variety of topics
- Read exciting comics and cartoons
- Have your stories published
- Know what's happening in the world of kids
- Read sections of Bingwa Magazine's past editions
- Have your questions answered
- + Plus lots of other exciting activities

Go on, get online today on www.bingwa.org



Be a Sopo Champion!

Sopo,
Children's
best friend

**Being a SOPO Champion means that you wash
your hands with soap at 4 critical times:**

- 1 After the toilet
- 2 Before cooking
- 3 Before eating
- 4 After cleaning baby or changing nappy

Have fun and stay healthy with SOPO!

This message is brought to you by the Ministry of Public Health and Sanitation,
Department of Environmental Health.

