

FREE Poster * Win A Bingwa T shirt



Mechi Kali

BINGWA

The Magazine for the Children of Africa

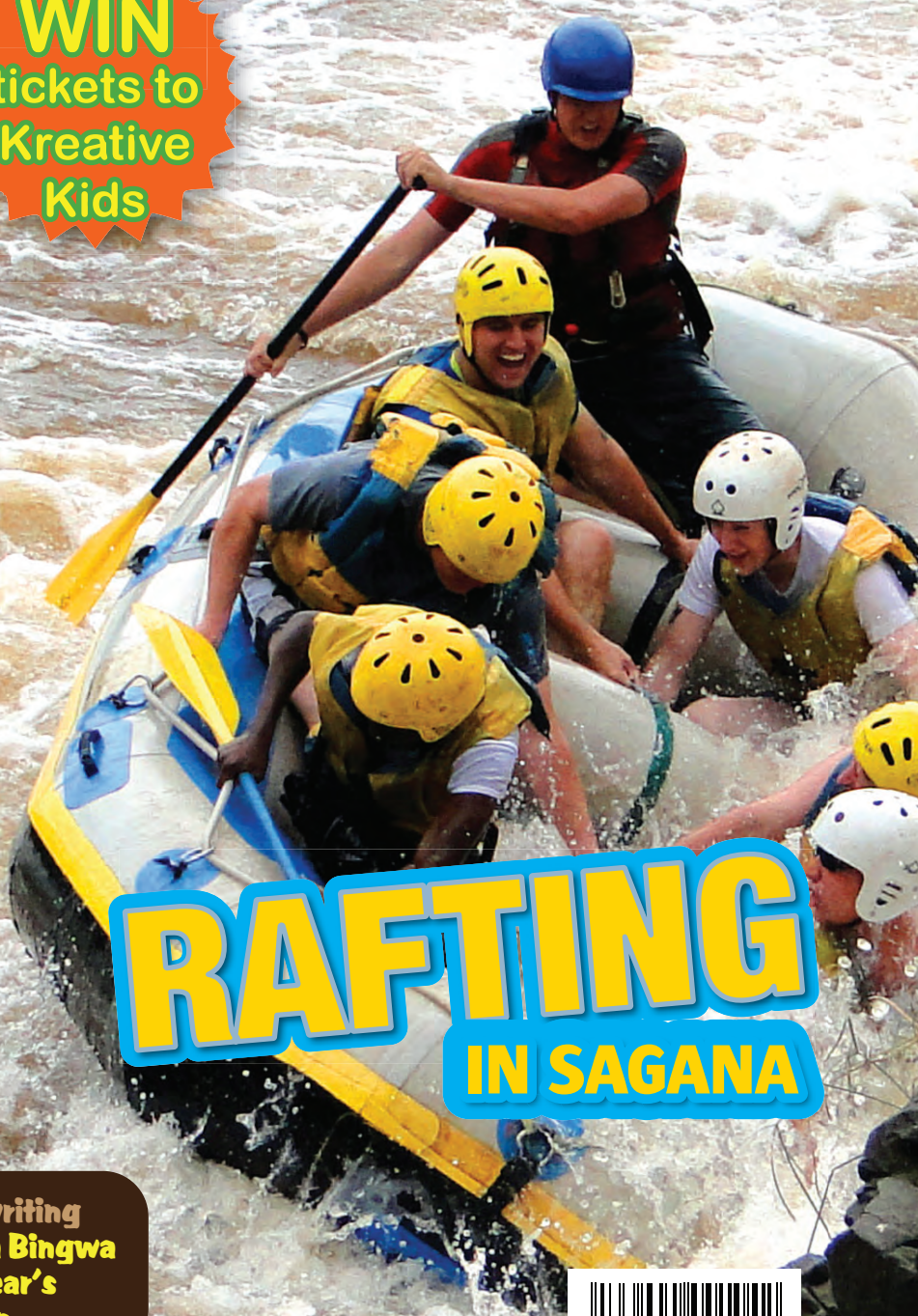
ISSUE 4
Ksh.100 where sold

The Chess Geniuses



WIN tickets to Kreative Kids

Grace Nakimera One on One...



RAFTING IN SAGANA



Enter the Handwriting Competition: WIN a Bingwa Hamper + a year's subscription.



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

A DAY WITH...

HANDWASHING POSTER COMPETITION WINNERS

In Issue 2, Bingwa ran a handwashing poster competition where we asked readers to design a poster in line with washing hands using soap. All three winners came from Naivasha Boys Boarding School. The prizes included a class trip to a soap-making factory, a desktop computer, book vouchers and Bingwa gift-packs for the individual winners.

The Bingwa team and some of the students from the school got together in Nairobi on the February 3, 2011 to visit Interconsumer Products Limited for a fun-filled tour. We share some of the moments.

1. Mr. Waithaka, the Head teacher of Naivasha Boys Boarding School (N.B.B.S) receives a computer from Winnie Anyona of Bingwa Magazine.
2. The top three winners from left, Ivan Ngechu Nyamari, Bravely Kiruri and Elvis Prestly Kasigane.
3. James Ngugi, the Product Development Officer at Interconsumer explains how labelling is done.
4. The boys enjoy their lunch at the Interconsumer factory grounds.
5. The overall winner Elvis Prestly Kasigane.
6. N.B.B.S students at the Interconsumer factory.
7. N.B.B.S students show-off their Nice & Lovely gift hampers.



Contributors

Alex Mutune
Carol Gachiengo
Christine Nderitu
Festus Mateso
Jeff Mundia
Joseph Barasa
Njue Kamunde
Noah Mukono
Wangui Thuo
Tony Siema
Wanjiru Macharia
Lenny Businge
Isaac Kimaze



A note from **BINGWA!**

Calling all champions!

At this time of the year, most of you have either forgotten or given up on all the goals you had set at the beginning of the year, right? Guess what? It's never too late to revisit them and make a focused fresh start all over again. Actually, no action is ever too late or too early as we established from our very own 'Chess Genius' Peniel Weru (Page 26).

We are kicking off the first issue this year with great stories, puzzles that will bamboozle your brain and submissions (from you) that will wake you up. On top of these, we are so excited to share the moments we had with the Handwashing Poster Competition Winners (facing page).

Want to know what it's like to be a Bingwa winner? Participate in our Handwriting Competition on Page 46.

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

On another note, we know it's easier when your parents, teachers and guardians do things for you. However, you really need to learn how to take care of yourself too. In this issue, we give you tips on how you can ensure your safety on the world wide web.

Cheers to a safer you and best wishes for the rest of the year.

Yours sincerely,
BINGWA Editorial Team

**GO TO PG 43
TO FIND OUT
IF YOU ARE
A BINGWA
T-SHIRT
WINNER**

The Team

Editorial Board Chairman

Rino Solberg

Editorial Board

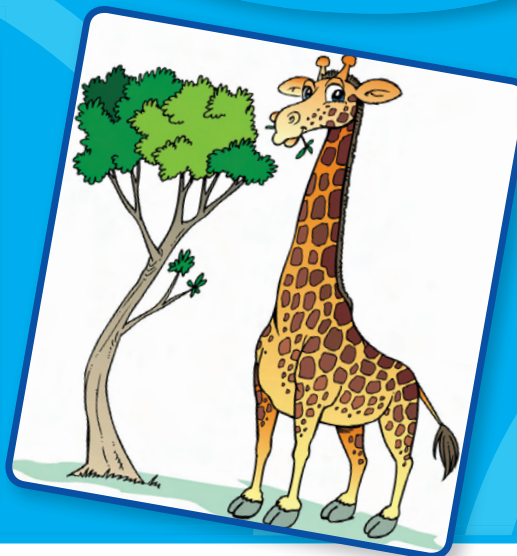
Mundia Muchiri
Eudiah Kamonjo
Jean-Paul Deprins
Julie Solberg

Marketing and Distribution

Winnie Anyona

Design and Layout

Centrepres Media Ltd



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Editorial, Production and Advertising
Child Africa Media Ltd.
P.O. BOX 823 - 00606 Nairobi, Kenya
+254 20 434-3268
+254 719 619 006
email: info@bingwa.org

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Mechi Kali

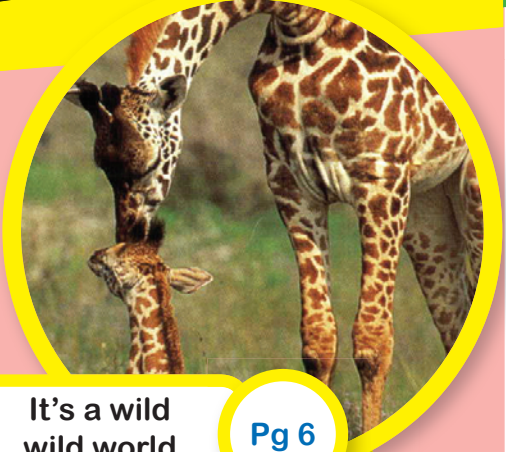


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First Aid Tips

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How to Deal with Hot Temper



It's a wild wild world

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Watchtowers of the Serengeti



Peniel Weru

Chess Genius

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One on One with Grace Nakimera

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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

Star school

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 on a variety of issues, quizzes, downloading past editions of the magazine, viewing photos, videos and events in the world of kids. Go on, get clicking today.

Click to join

This time, the Star School is **Yururu Girls Boarding School**. The school earned an extra point for the highest number of competition entries for Issue 4. 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!

OUT & ABOUT

As usual, Bingwa did the rounds in Kenya to deliver Issue 3 last term. Did you spot the team? Uganda, watch out for us. We were received warmly by both teachers and our young readers. Being Term 3, most of you were hard at work but we were lucky enough to catch some of you as you went about your business at school.

The team also made a few stops in several schools to drop-off gifts to deserving Bingwa winners. Your school could be next, just ensure you send in your letters, artistic works, fun facts, competition entries, articles and pictures.



Remember, you can get your own copy of Bingwa Magazine by subscribing (see Page 37).



Bingwa Magazine is available at retail outlets such as Text Book Center (Sarit Center, Westlands), and All Times Limited (Westgate Shopping Mall & The Village Market), Virdi Pharmacy (Kasuku Centre, Kileleshwa) and Salmanji Books & Stationery (Kilindini Rd, Mombasa).

For more information on how to get your hands on this amazing magazine, contact us on 0719619006 / 020-434 3268.



Lots of love

Dear Bingwa,

Your magazine is very educative and has lots of entertainment. I had so much fun reading it. The questions were challenging, even for my elder brothers. I loved reading the eagle story, 'Blackberry' and Jeff Koinange's stories really encouraged me to work harder in my studies and dreams for the future. Through Bingwa, I now understand how to care for the environment and respect my parents at all times. Please keep going Bingwa
-Billy Lesono, 6 Blue, St. Benedict Primary School.

Dear Bingwa,
Thank you for your magazine. I love it very much. It is my hero because it has taught me to be unselfish. I love Janet's story as well as Manka's karate story. I would like to train in karate in future so that I can fight and protect myself. Bingwa has also reminded me about the importance of obeying my parents and proper hygiene. I wish I had more of Bingwa Magazine.
-Vallary Akinyi, 6 Yellow, Migosi Primary School, Kisumu

I'd like to thank you for visiting our school and presenting me with my Bingwa t-shirt. I love your magazine because it is very educative. The career corner is my best because

there's plenty to read on what life is about. Dr. Amrit Pal Kalsi's story was very encouraging because I have always dreamt of becoming a successful woman. Now I strongly believe and know that women are not inferior. Thank you so much. Please continue with your great work.
-Brendah kanana Kimathi, Class 8, Yururu Girls Boarding, Kanyakine, Meru

Happy is the pupil who acquires the habit of reading when he is young, for he has secured a source of pleasure and inspiration. Since Bingwa Magazine was brought to our school, I have had such a pleasant time. I can testify that my boredom has diminished. When my brain is weary with serious study, I turn to Bingwa. Bingwa is the most faithful friend right now because he is always waiting to talk to us! Above all, this is why a reader becomes a 'book lover'
-David Mburu, Class 8, St. Benedict Primary School

Ever since you brought Bingwa Magazine to our school, we have been enjoying it and sharing amongst ourselves. Besides my class and schoolmates loving it, my parents have also encouraged me to keep reading it. I realize how educative it is and how we'd have narrowly missed the facts in it. Please feel welcome to come to our class and school.
-Christine Bundi, 7 Blue, St. Benedict Primary School

Thank you for bringing Bingwa to our

school, they look so stunning! Spick-and-span! Fantastic! Bingwa is also very educative and interesting and I loved it from the first time I saw it. I like the challenging questions, jokes and the stories because they've taught me to be courageous. Watoto wapende maagizo by Njue Kamunde taught me about discipline. One day, I dreamt that I had become part of the Bingwa team and I do believe I will.....someday.
-Stacey Akoth, 6 Blue, St. Benedict Primary School

Thank you very much for sending your magazine to our school. It is enjoyable and interesting to read. It also educates us on proper hygiene and conserving our environment and trees. I loved the Swahili story on Tonga. It was from this story that I learnt to always obey and respect my parents and elders. Peace and goodwill to you all.
-Diana Atieno, 6 Yellow, Migosi Primary School

WINNING LETTER
The secret to greatness is wide reading and deep thinking. Bingwa Magazine has made this very clear for me. Thank you Bingwa for coming to our school. I have dedicated the next few years of my life to extensive reading. On seeing Bingwa, my friends and I expressed our eagerness to have our own copies so we can read it whenever we feel like. Please involve us always!
-Hazel Nabututu, Class 8, St. Benedict Primary School

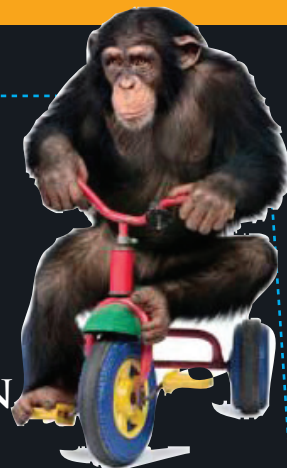
Have a comment, suggestion or anything you'd like to share? Write to Bingwa Magazine, P.O. Box 823-00606, Nairobi, Kenya. You can also email us at editor@bingwa.org.

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

BELIEVE IT
OR NOT



THE **DUGONG**, A MARINE HERBIVOROUS MAMMAL, ALSO KNOWN AS THE SEA COW, IS MORE CLOSELY RELATED TO THE ELEPHANT THAN TO MARINE MAMMALS LIKE WHALES AND DOLPHINS.



CHIMPANZEES TOP THE LIST OF THE SMARTEST ANIMALS IN THE WORLD

THE COMMON **BASILISK**, ALSO KNOWN AS THE JESUS CHRIST LIZARD CAN RUN ON WATER WITHOUT SINKING



A **SNAIL** CAN SLEEP FOR AS LONG AS THREE YEARS CONTINUOUSLY

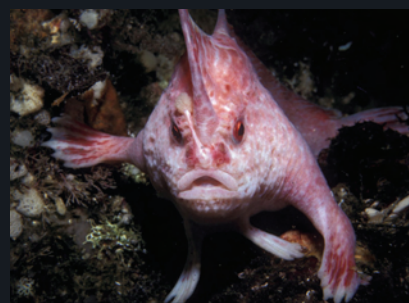
HUMMING BIRDS CAN FLY BACKWARDS



The Japanese Spider crab, the biggest crab of the world, can live for a century (100 years) or more.



MANY PEOPLE THOUGHT THAT THE FAMOUS **SNOWFLAKE** WAS A WHITE GORILLA. HE IS IN FACT THE ONLY KNOWN ALBINO GORILLA SO FAR



The **SPOTTED HANDFISH** has fins that look like hands which it prefers using to 'walk' on the sea-floor instead of swimming.

IT'S A WILD WILD LIFE

GIRAFFE WATCHTOWER OF THE SERENGETI

'My neck can stretch
terribly high,
Much higher than the
eagles can fly.
If I ventured to show
Just how high it would go
You'd lose sight of my
head in the sky!'
-Roald Dahl, *The giraffe and the
pelly and me*

By Carol Gachiengo

Everyone loves giraffes. Perhaps it's their long necks, or that almost magical gallop that makes them seem like they are running in slow motion.

Giraffes are the tallest animals in the world. Some are more than seventeen feet tall, twice the height of the tallest man in the world, who is 8.5 feet tall. That is why they have earned the nickname '*Watchtowers of the Serengeti*'. Their height and extremely good vision puts them in a position to see predators before any other animal.

Necks, legs, and tongues

What makes a giraffe tall? Most of its height actually comes from its extra-long neck which comprises almost half the animal's height.

Interestingly, the giraffe's long neck has only seven neck bones, the same as a human being's.

The giraffe's legs are also very long. Most people of average height are not as tall as the giraffe's legs. A giraffe's front legs are longer than its back legs, which helps when it needs to stretch for leaves. The giraffe's walk and run is rather unique. It walks by swinging the two legs on the same side of the body forward at the same time. When it gallops, it brings the hind legs forward and ahead of the front legs. A giraffe can gallop at up to 56 km/h.

A giraffe's tongue is amazingly long and flexible. Giraffes survive on twigs and leaves so this helps them reach the best twigs and leaves at the tops of trees. Their

tongues are also very tough. This is a good thing because a lot of the trees from which they get their twigs and leaves are quite thorny. In fact, their favourite tree is the thorny acacia tree. A giraffe can eat up to 30kg of twigs and leaves in just one day! Giraffes also use their long tongue to clean off annoying insects, but they do not eat the insects.

Brothers and sisters

If yours is like most families, you are different from your brothers or sisters in some way. Siblings have unique differences; one is taller than the others, while another might have longer hair or dimples. It's the same for giraffes. Although at first glance they all look alike, each one is really quite unique. No two giraffes have the exact same markings. A giraffe's markings are as unique as our fingerprints. Besides this individual uniqueness, there are nine different subspecies of giraffes, each with distinct features. These are the Masai or Kilimanjaro giraffe, Reticulated or Somali giraffe, Rothschild or Ugandan giraffe, West African or Niger giraffe, Thornicroft or Rhodesian giraffe,

Angolan or Smoky giraffe, Nubian giraffe, South African giraffe and Kordofan giraffe.



The Okapi

Strange relations

A rare animal called the Okapi may be related to the giraffe. Most people have never seen an Okapi, or even heard of it. That's because it is mostly found in the Ituri Rainforest in the Northeast of the Democratic Republic of Congo in Central Africa. Although the Okapi has stripes like a zebra on its legs, it is most closely related to the giraffe. The Okapi has quite a lot in common with the giraffe. For one thing, both animals have amazingly long tongues. The giraffe has a 45cm long tongue, while, the Okapi's, though not quite that long, is long enough for it to wash its eyelids and its ears, both inside and out. The Okapi's tongue is pointed and bluish grey like the giraffe's.

Their Home

Giraffes live in grasslands, savannas and the open woodlands of Africa. Female giraffes and young males live in herds of up to twenty but mature males usually live on their own. Kenya is home to the largest population of giraffes. In Kenya, you can see giraffes in the wild at Masai Mara National Reserve, Amboseli National Park, Samburu National Reserve and the Nairobi National Park. In Uganda, you will see them at Murchison Falls National Park and Kipedo Valley National Park.

Baby Giraffes

Baby giraffes are born after about 15 months of pregnancy. Giraffes usually give birth to just one calf at a time. The

mother gives birth standing up, which means the baby must drop about 1.8 metres to the ground. But guess what? The newborn calves are no worse for the experience because within half an hour, they are standing up.

A newborn giraffe calf is no lightweight. It weighs about 70 kilograms and is about 1.8 metres tall. Young Giraffes are weaned at 13 months.

FACTS

- A giraffe seldom lies down, it can sleep as well as give birth standing up.
- The tallest (recorded) male giraffe stood at almost 6 metres (20 ft.).
- No two giraffes have the exact same markings. A giraffe's markings are as unique as our fingerprints.
- A giraffe can run up to 56 km/h, and jump almost two metres high.
- Giraffes sleep for only two hours (on average) per night, the least of any mammal.
- A lion can die from a giraffe's kick.
- The tongue of an adult giraffe measures about 20 inches.
- An adult male giraffe is called a bull, female is called a cow and a young giraffe a calf.
- Every step a giraffe takes is 15 feet in length.

Know Your Country

A TRIP TO LABUJE IDP CAMP

By Lennie Businge

One Friday evening in July 2008, my Bible study group left Kampala cramped in a 14-seater minivan bound for Gulu town in Northern Uganda. It is approximately 300 kilometres (or four hours) by road away from Kampala, the capital city of Uganda.

Like most Ugandans from the south, we were anxious to travel to the northern part of the country for the first time since the end of the LRA/Kony war. We had heard that Gulu town is now peaceful, lively and open to all kinds of visitors.

We were

anxious to discover the ordinary miracles that occur in the internally displaced peoples' camps of Gulu, Kitgum and Pader districts. We were very well prepared with mosquito repellent aplenty, huge travelling bags, lots of water, snacks and yes, our Bibles as well!

The only highlight of our night-time journey was the euphoria of crossing the river Nile at Karuma Falls Bridge at about ten p.m. We got to Gulu town one hour later, immediately proceeding to check ourselves into a guesthouse. For dinner, we had kwon kal (millet bread) and drunk kwete (sorghum beverage). We all went to bed soon after

since we were pretty exhausted.

Breakfast was served, with even more kwon kal, at 8:00 a.m. the next morning. At about 9:00 a.m., we set off in the north eastern direction towards our main destination, the Labuje internally displaced people's camp in Kitgum District.

It was a great relief to discover that Gulu has some of the best roads in the country. However, we encountered our first pothole shortly before we approached Kitgum. The tarmac reduced and eventually we were left with just murrum. Most of us complained about the dust until the driver told us that this was just the beginning.

As we drove further, we were confronted firsthand with the impact of the LRA/Kony's



war on the people of northern Uganda. We saw the huts (now empty shells) that had once housed happy families and vibrant communities. We also passed by large pieces of fertile land which had been abandoned by farmers because they were afraid of being abducted by the LRA rebels. We travelled for a few more kilometres on the bumpy, dusty road before we got to our destination.

Nothing we had been told or read in the newspapers about what transpired in these camps had adequately prepared us for what we actually saw on that fateful day. Hundreds of people were crammed together in a handful of huts the size of an ordinary granary. Moreover, the huts were packed so close together that there was hardly any space between them.

We were told that ordinarily a household contained a few huts, including one for the father but due to the lack of space, each household was given one hut in this camp. But that's telling half the story. The other half of the story is undecipherable!

In each of these huts, the sitting room, kitchen and bedrooms are rolled into one. When it comes to meals, every family has to line up behind a food truck for their weekly ration which barely lasts three days. Unfortunately, that is all the people in Labuje have to eat since they rely totally on food and medical aid to survive.

The suffering in these camps was far too much for us to comprehend. For these camp folks, survival is everything.

Things like education and child upbringing take second place.

In the olden days, parents would gather their children around a huge fire and tell stories of their ancestors, but now such fires are a luxury since the firewood has to be used for cooking food for the next day, if there is any food at all.

Formal learning is shunned by residents apparently because it is actually out of touch with the reality on the ground. Shockingly the teachers themselves abscond on a regular basis claiming that they receive little pay.

In the few areas where a formal school exists, the children lack basic education materials like books and pens, and both the teachers and their students stay so far away from the school that no one arrives on time for classes.

We discovered that most of the children in the camps do not go to school and spend the whole day loitering around the camp. Perhaps not surprisingly, most of these children will turn to a life of crime and petty mischief to fill up the void created by lack of any meaningful employment. I am afraid most of these children's dreams are shattered before they even begin.

But there is one particular incident that profoundly struck me. One little girl, barely four years old, asked us to help her father – a school teacher – renovate and equip their school with books and other scholastic materials. Watching her sweep under the tree that's used as

the classroom, I resolved to do my best to help her and other girls in the camp acquire a meaningful education.

I was also gratified and humbled by the many stories in the camp about women who have abandoned the 'free meals' in the camp and instead chosen to go and build new homes for their families in the savannas.

These women have bravely embraced agriculture and are responsible for the new economy in Northern Uganda and Southern Sudan. In my opinion, these are the true heroes of this nation and they deserve much, much more than the universe could ever give them.





A BONUS COUNT TO WOMEN

BY Wanjiru Macharia

Grace Monica Aketch Onyango broke the control of male leadership by becoming the first woman speaker of general assembly, Mayor and Councilor in Africa. She rose into power at a time when there were very few females in politics around the world.

Born in 1927 at Gobei Sakwa location in the Nyanza Province, she was the second born in a family of nine children. Her journey to success began at a tender age. She was the class prefect while in standard five and

the overall best student after sitting for her final exams. Grace was among the pioneer students to be enrolled at Ngi'ya Chorus Girls' School. She joined the school choir and trained to sing in tenor and alto. Her zeal did not go unnoticed and soon after and she was named the choirmaster. She was also put in-charge whenever the teacher could not attend practice.

She later enrolled in a training college and graduated as a diploma holder in teaching; she was determined and very confident about achieving her goals. She loved to study about the world, history, famous people in the

Play is what we enjoy doing, work is what we have to do. The difference is a matter of motivation - Grace Onyango

world and politics. She became the Regional Manager of Child Welfare Society of Kisumu Branch and later founded the Gill Women Group; an association of defense for women. This kind of community service is one of the activities that led to her political involvement.

Between 1951 and 1964, Onyango was in charge of a womens' teachers' training college. She was later elected Assistant Commissioner for Kisumu District. In 1964, Grace Onyango became the first woman in East Africa to serve as a Councilor at the Kisumu Municipal Council. Onyango had contested for the council seat alongside three male candidates and emerged the victor of Kaloleni ward. This was the ward with highest number of schools.

She was a good teacher and loved working with children, one of the main reasons why council members thought she was the most ideal person to serve the area. She taught at the Kisumu Union Primary School during the day and attended council meetings in the evening. She was very hard working and spent most of her free time reading and

helping the less fortunate in society.

The Kisumu Municipal Council was charged with the management of the public town services which entailed the management and reserve of housing, municipal public roads and drainage systems, healthcare facilities, remand facilities, daycare facilities, educational institutions, the municipal dairy, entertainment facilities, and town cleanliness and hygiene among other functions. Under Grace leadership, the council made significant progress towards solving the housing shortage.

Onyango was extremely down-to-earth and welcoming. Her position as a woman active in politics and civil society provided a unique approach into the ongoing challenges women faced in Kisumu. While Onyango was a leader for the female gender, she says her main goal was to fairly represent all who elected her, both men and women. "I was not elected only by women," says Onyango, "so I had to support both women's and men's interests, and listen to both. In 1965, she became the first African woman to take on Mayorship in Kisumu. She was officially elected on 1st April 1965, when the serving

Mayor, Mathias P. Ondiek, died.

Onyango was confident and positive minded, she always strived to become the best. On 21st December 1969, she was put in-charge of the Luo Union of East Africa, the same year in which she won elections to become a Member of Parliament for Kisumu Town. During the second Parliament (1969 – 1974) she was privileged to become the first woman speaker of general assembly chambers, a responsibility she took on for two terms. The fourth Parliament (1979 – 1983) set a landmark in the political history of the country in amending the constitution to enact the one party system. This occurred within the period of the attempted coup (1982).

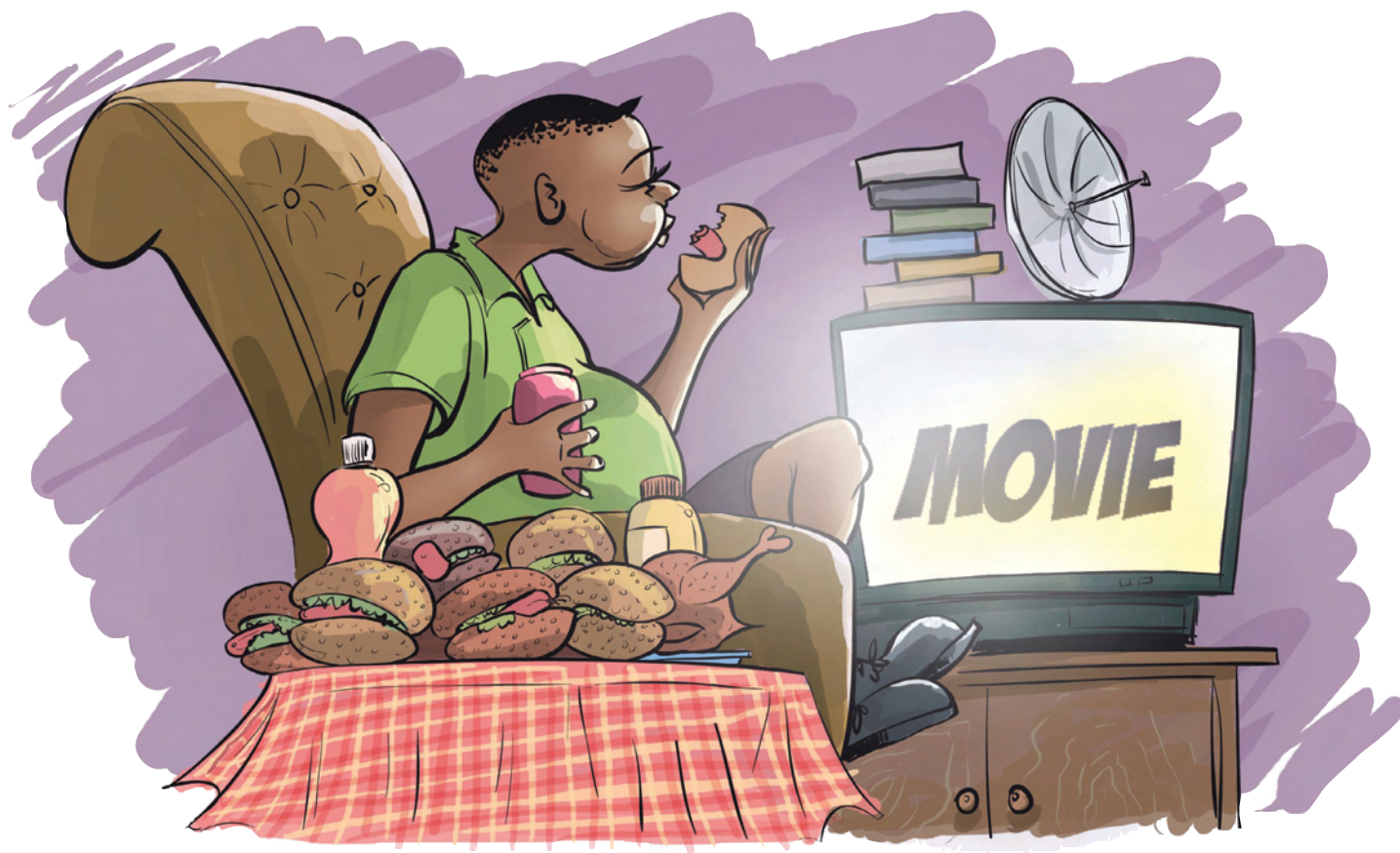
On completion of her second term in parliament, Onyango left politics and gradually withdrew from public life. Onyango's career as a teacher, social worker, and politician give insight into her leadership challenges, duties and roles, as well as how she shaped her attitudes towards gender and politics. She is the most prominent woman in modern Kenya political history.

The difficulties women face are many. Despite Onyango's political victories, women comprise less than 10% of Kenya's national parliament and 20% of Kisumu's City Council. Moreover, Kisumu faces many issues including public health, local infrastructure and poverty, including the highest urban HIV-prevalence rates in Kenya, staggering unemployment and high incidences of food shortage. Women may be excessively affected by these challenges due to a lack of decision-making power. Onyango's story is an inspiration to women and men to dedicate their time to serving their communities in the hopes of creating a safer, more livable place.

OTHER FIRSTS'

Her work as a female leader parallels the likes of other firsts' like:

- **Professor Wangari Maathai** the first Kenyan Nobel prize winner
- **Professor Olive Mugenda** the first female Vice Chancellor of a public university
- **Hon. Margaret Kenyatta** who was the first woman mayor of Nairobi
- **Pamela Jelimo** first Kenyan athlete to win an Olympic gold medal
- **Rose Cheptayor Thompson**-the first woman to be a bank manager in Kenya
- **Professor Julia Ojiambo** the first woman Member of Parliament from Western Kenya, first woman to serve as an Assistant Minister and the first woman lecturer at Nairobi University
- **Ms. Elizabeth Nyaruai** the first African policewoman in Kenya
- **Lady Justice Aluoch** the first Kenyan to become a judge at the International Criminal Court, Hague.



BEAUTY FROM WITHIN

By Christine Nderitu

Once upon a time in the land of Gourmandia there lived a little boy called Tommy. Tommy loved to play around. As soon as he woke up, he'd run around all day until he finally got to bed. Sleep was the only thing that could put Tommy to rest. A 'busy-body', his teachers would call him. However, not everybody appreciated Tommy's nature; his friends were always teasing him about his small-size. Tommy totally detested this. Everyday before he went to sleep he'd always pray to grow a bit bigger or taller even if it meant just by a quarter of an inch.

It was the beginning of the school holidays and

Tommy knew that this was his chance to grow bigger. He hence resolved to eat as much food as was humanly possible. All day, he would sit in front of the T.V and eat all sorts of junk food. He was especially keen on tasty fatty foods, confectionary, king size burgers, foods oozing with cheese among others. All through the holiday, all Tommy did was eat, watch T.V and play video games; he had become a couch potato! By the end of the holiday, he had gained so much weight. It was outrageous! He got so obese that he couldn't even fit into his school uniform.

On the first day of school, Tommy got onto the school bus in his new extra large uniform feeling confident that he was no longer small. To his

That evening, Tommy and his parents had a long talk about his newly developed nasty behavior. They finally got to the root of his problem.

surprise, his friends were throwing him stares of utter shock complete with hanging jaws. After a long awkward silence, some of the kids started teasing him and calling him names. Tommy's feelings were really hurt and he simply couldn't understand it; they teased him when he was small and now that he was bigger, they were still teasing him. "What do these people want from me? He asked himself.

By lunch time, huge pangs of hunger had hit Tommy to the point where he felt as though he would actually eat a full horse. At the cafeteria the cateress served him the usual amount of food but since Tommy was so used to over eating he knew that there was no way he was going to get satisfied from that seemingly tiny share of food! In fact, he ate all of it in just under five minutes, and all he could do was watch the other kids munch on their delicious food. He sat there just watching everyone enjoy their meal and trying to fight the urge to grab somebody's food. A few minutes later, Tommy finally snapped and bullied a younger girl out of her food. Tommy had been reduced to a bully. What's worse is that this bullying went on for a few days until somebody told on him to the discipline master. Tommy was not only punished thoroughly but his parents were also called in for a meeting.

That evening, Tommy and his parents had

a long talk about his newly developed nasty behavior. They finally got to the root of his problem. A genuinely regretful Tommy opened up to his parents and told them exactly what was bothering him; from his friends teasing him, the over eating, to the bullying. By the time he was through, his mother was grief stricken and full of empathy of what her dear baby boy was going through.

"Oh Tommy" she said, "You've got to learn to be comfortable in your own skin. You simply cannot change your lifestyle or how you look every time somebody teases you. Besides, nobody is really perfect; they just make the best of what they've got"



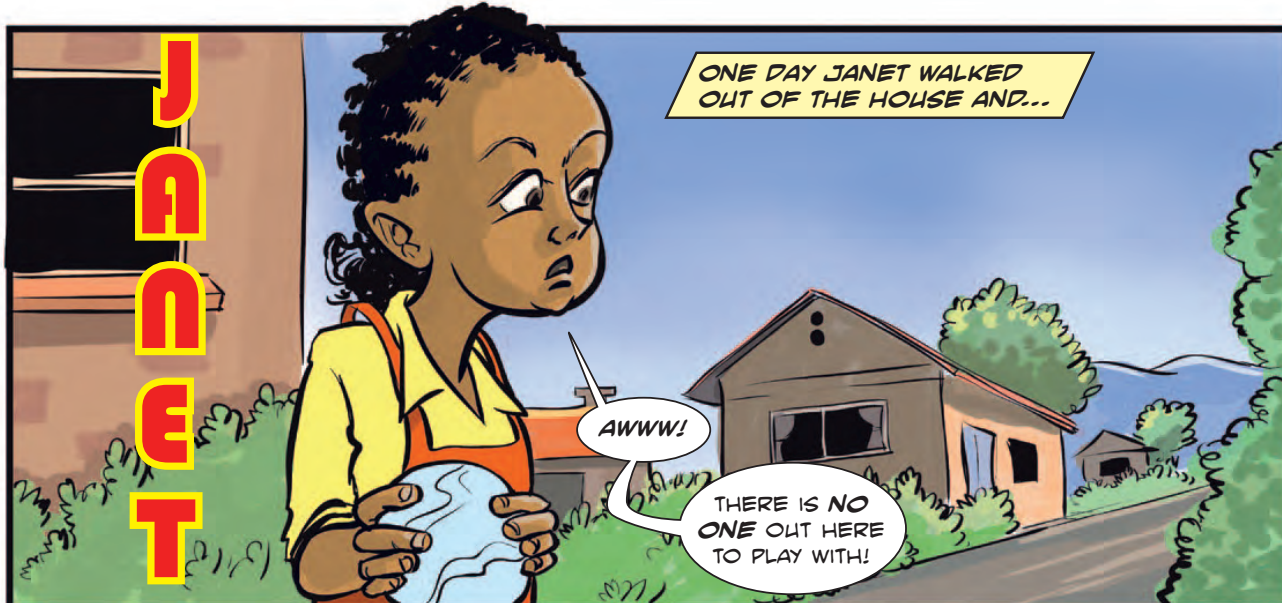
This talk went on for a while. By the time it was over, Tommy had already promised to work on his attitude.

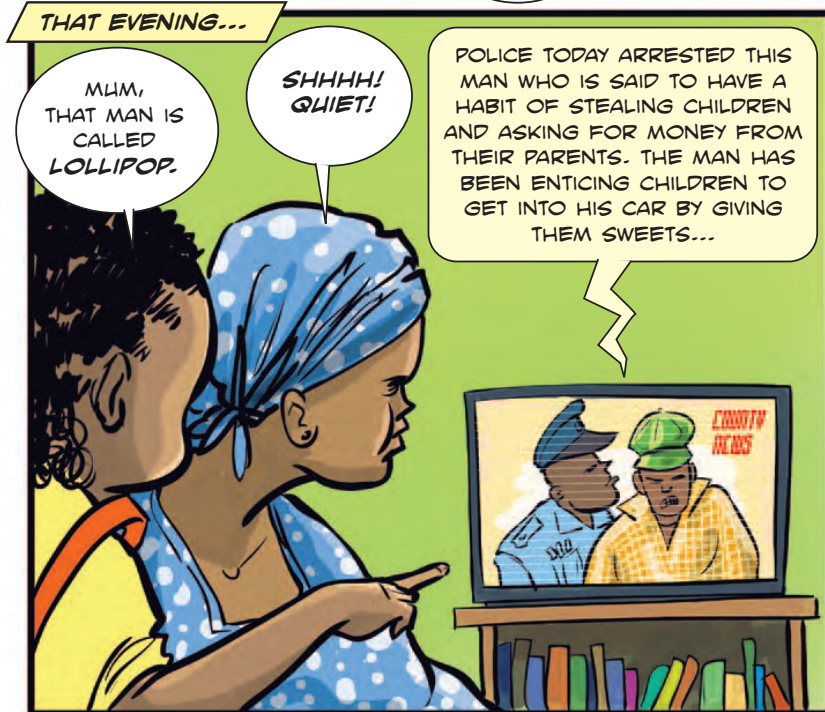
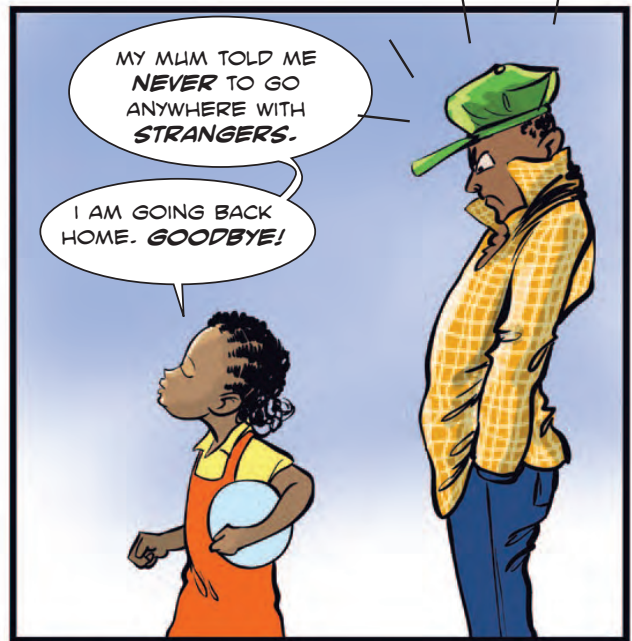
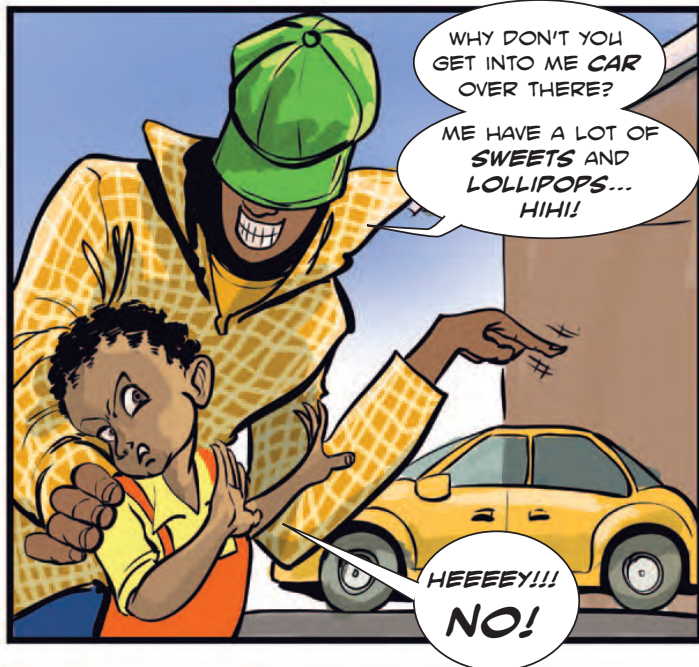
Luckily for Tommy, obesity is not a permanent disorder! After weeks of physical activity, he had lost all the extra weight and was back normal size. This

time round, his friends' teases didn't disturb him one bit! After all, it would be extremely boring if we were all the same size, shape and colour. Besides, it is what's inside of us that really matters.

ANSWERS TO 'TEST YOUR WATER SPORTS KNOWLEDGE' ON PAGE 43

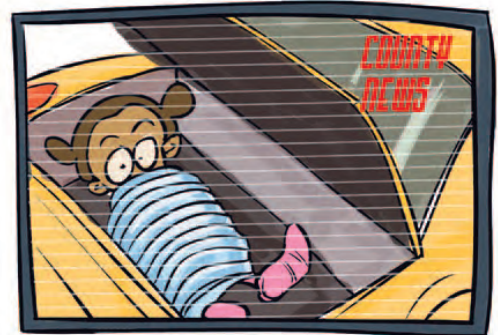
1. FALSE. This is known as bodyboarding.
2. TRUE
3. FALSE. This is known as windsurfing
4. FALSE. This is known as synchronized swimming
5. FALSE. This is known as skurfing
6. TRUE
7. TRUE
8. FALSE. This is known as rafting
9. FALSE. This is known as skimboarding
10. TRUE





POLICE RESCUED A LITTLE GIRL WHO WAS TIED UP AND PUT IN THE BOOT OF THE MAN'S CAR. THE GIRL SAID THE MAN CALLED HIMSELF "LOLLIPOP".

IN OTHER NEWS...



MY TRIP TO COPENHAGEN

Joseph Mituki Mutinda, an active member of the Environmental Club at Kithyoko Primary School in Yatta, had the opportunity to travel to Copenhagen, Denmark in December 2009 for a climate change conference. This was because he won an environmental essay competition. He shares his experiences with Bingwa...

The preparations started at school where we had a party. We then proceeded to one of our chaperone's house in Thika for more preparations and packing.

Soon after, we were on our way to the Jomo Kenyatta International Airport in Nairobi where we were expected to take off at 0020h. I was very excited, especially because it was my first time to travel in a plane. While air-borne, we were served with delicious food. I recall being fascinated by how big the air-plane was and its ability to carry so many passengers.

After six hours of travelling, we made a forty-minute stop at Zurich, Switzerland. We then travelled for two more hours to get to Copenhagen in Denmark. At last we were in Copenhagen! This was my first time in Europe and I was happy as a lark. It however took a while before we got used to the cold weather. We used Metro (a type of train) to get to Forum Train Station after which we waited for the other delegates at Cabin Hotel. When everyone had arrived, there was an introduction session where we all had to say our names and where we come from. We also had to register in order to be allowed into the Bella Centre where the conference was taking place.

At the Politicen Hall, there were very many people and

we were engaged in a debate. I recall seeing Jet Li there too. Jet Li was caught up in a tsunami in Indonesia. He got to experience how people suffer in such disasters and decided to establish a humanitarian organization called ONE. ONE operates in countries where disasters normally occur especially in developing and poor countries.

At Bella Centre, I got to interview Hon. Michuki, the Minister of Environment in Kenya. The Swedish media also interviewed me. Everyone also got to see a video on the reality of climate change. We also visited a park called Tivoli. Tivoli is a park which does not have animals. Instead, there are other things like video and card games, rides and rare types of plants. We got onto many rides,



one of which was like a swing. Here, we swung singing happily. We also got into 'The Demon'; a type of train that goes up and down and sometimes upside down. We also got into a train from where we could hear stories and see amazing pictures.

The conference was very important to me because in Kithyoko where I live, climate change has really affected us. It has affected education, food production and has caused lack of water. People have to walk long distances in search of water. Women and children have to wake up early to go in search of water, you can even spend a whole day looking for water. Even animals die because of lack of water.

We cannot even plant crops because there is no rain, leading to lack of food. The wild fruits have dried-up, the few wild fruit trees left are also drying up. Learning has become difficult. Sometimes, dust fills up our classrooms thus interfering with learning. We are now depending on humanitarian organizations for help.

I thank everyone who made this trip possible.

**Joseph Mituki Mutinda,
Kithyoko Primary School,
Yatta.**

DO-IT-YOURSELF

Make a Wind-Mill model

WHAT YOU NEED:

1. A wooden stick
2. Cellotape
3. A pair of scissors
4. Coloured pencils or crayons
5. Thumb-tack pins



A wind-mill is a machine that generates/converts wind into energy. This energy can be used in place of electricity, solar and other forms of energy. Making your own wind-mill model will help you understand how wind-mills work. Wind-mills are environmental friendly, in that, they don't emit pollutants or affect the environment in anyway.

This activity was demonstrated by Makena Gitobu, a standard 5K (2010) student at Aga Khan Junior Academy. Makena likes cooking, school activities (as a subject), art classes and computer games. Many thanks to Tracey Shiundu, a Bsc. Industrial Chemistry student at University of Nairobi.



1 Colour your piece of paper (Optional)



2 Fold the paper to form a right-angled triangle



3 Using a pair of scissors, snip-off the remaining strip (the one that looks like a rectangle) from the triangle.



4 Fold it into another triangle. The triangle will now show four fold lines



5 Using your pair of scissors, cut across each of these lines but not right onto the center of the main triangle.



6 Alternating the pieces, fold each of them such that the edges lie at the center of the triangle. NB: Do not make the folds fully flat because they won't let air in.



7 Stick them together (at the centre) using cellotape



8 Place a pin in the middle of the paper

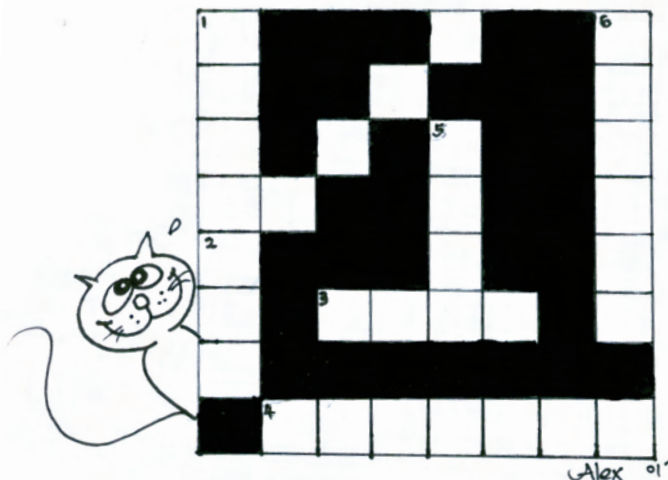


9 Carefully fix the pin into the stick until they both hold firmly



10 To test the windmill, run across a field. If the windmill spins, then you did a great job!

Big Cats Crossword



DOWN

1. A cat with a small head, long legs and is the fastest land animal
5. Large African cat with a shaggy mane
6. A big cat related to the leopard and found in America

ACROSS

3. Short tailed cat with long pointed ears
4. A large African cat with a coat spotted with black spots

DIAGONAL

2. Very large cat that has black stripes

RAFTING IN SAGANA



As we drove back home, I had only one thought in mind...I would definitely be back.

By Jeff Mundia

Picture yourself boating down a waterfall with nothing but a rubber raft and a plastic paddle to protect you from the sharp rocks below... sounds dangerous, right? Well it's much more fun than it sounds.

White water rafting is a recreational activity involving the use of an inflatable boat to navigate a river that has varying degrees of water roughness. The roughness of the water is caused by rocks, and in some areas of the river, the rocks form waterfalls.

We set off from Nairobi at around 6:30 a.m, our destination being Sagana. In my company was the Bingwa magazine editor, a guide from Savage Wilderness Safaris, my friend and the driver. We were all a little nervous yet very excited about the new experience ahead!

We managed to get there by 8:40 am. The camp was like a little oasis in the middle of semi arid land; it had well manicured lawns, beautiful tented rooms and very welcoming staff. We took a little tour around the place as we waited for James Savage, our host, to arrive. When he arrived, he told us that we could all go rafting if we wished. I thought we were all brave enough to go, but to my surprise, I was the only volunteer! Everyone else was too scared; I make fun of them to date!

I was then led to the briefing area for a crash course on white water rafting. My companions on the raft were going to be British Army soldiers. Although it was very intimidating to be rafting with them, I also felt safe because I knew that if anything went wrong, the well-trained soldiers would make excellent rescuers. We were all given a helmet, life jacket, paddle and basic skills required to navigate a river. Some had done it before, but for most of us, this was the first time.

We took a short drive upstream where we were to begin the



rafting trip. We were divided into three groups of six, with each group being assigned a rafting instructor. After inspecting all the equipment to ensure

they were in good working order, the instructors asked us to board the rafts. After a little pep talk, we set off rafting. Although I was a little scared, I was also very excited!

As we progressed down the river, we started encountering the rapids. The first one was a two meter drop. As we approached it, the instructor told us to hang on tight. I hang on as tight as I could, but when we dropped, I was thrown out of the boat by the force of the impact! I was swept swiftly downstream, but I managed to swim against the current to the shore. My heart had never beat so fast my whole life! I was soon back on the boat, ready for the next challenge.

A short while later, we encountered the second rapid, which was a whopping six meter drop. I prepared myself for it, with the memory of the last one fresh in my mind. I was determined not to let go, as the sheer force of the water on the rocks would have badly bruised anyone who fell out. Before I knew it, we were going down the waterfall. I was hanging on desperately, and as we landed, we were all thrown forward with great force. I somehow managed to hang on; I would live to tell the story!

I was greatly relieved when the instructor told us that the worst was over. The rest of the rafting was relatively calm. We got to a section of the river where the rocks were so smooth we could slide down them. We all jumped out of the boat and slid down the rocks into the swirling water below. It was so much fun!

We then got back into the boat and paddled back to camp. On arrival, I took a quick shower and changed into dry clothes.

It had been an amazing yet scary experience. As we drove back home, I had only one thought in mind...I would definitely be back. **For more details on rafting, visit www.whitewaterkenya.com**



Imeandikwa na Njue Kamunde na Kikundi cha Shika Hadithi Cultural Group

KISA CHA NDEGE MWOVU, MALENGE NA KIZITO

Ulikuwa wakati wa likizo. Kama kawaida, mimi na ndugu zangu tulisafiri kuelekea mashambani kukaa na nyanya. Baada ya pilkapilka za safari, jioni hiyo Nyanya alituburudisha na hadithi tamu tamu ya enzi za kale.

“Wajuku wangu, shikeni hadithi!”

“Tumeshika nyanya!” tulimjibu pamoja kwa furaha.

Nyanya akaanza hadithi yake...

Hapo zamani za kale palikuwa na baba, mama na watoto wao watatu wa kiume.

Baba huyo alikuwa mku-lima na mchongaji hodari wa sanamu. Kazi hii ilimlazimisha kukaa mwituni kwa muda mrefu akitafuta mbao za kutengeneza bidhaa zake.

Wakati mmoja, Baba aliondo-ka nyumbani akielekea mwituni kutafuta miti ya kutumia.

Ulikuwa ni msimu wa kian-gazi. Ardhi ilikuwa kavu kutoka-na na ukosefu wa mvua. Mimea na vyakula vilinyaukia shambani isipokuwa malenge ambayo mchongaji aliwakataza kuvuna bila idhini yake.

Mama alitumia chakula alichohifadhi ghalani kuwalisha watoto wake. Lakini chakula hiki kilimalizika kabla Baba hajarudi. Baa hili lilipochacha,



Mateso '10

Mama alimtuma kifungua mimba wake Kapa mwituni kumtafuta Babake ili amwombe ruhusa ya kuvuna malenge.

Kapa alivuka mito, akapanda milima na mabonde na hata kupishana na wanyama hatari. Hakukata tamaa bali alijikaza kisabuni alipokumbuka dhiki iliyoikumba familia yake.

Mungu si Athumani!

Mwishowe, alimfikia Babake aliyepigwa na butwaa alipomu-ona mwanawe. “Mwanangu,

nini kimekuleta huku kulikojaa hatari? Mama na wenzako ha-wajambo?”

“Njaa imetulemea sisi sote, Baba. Mama amenituma kuku-omba idhini ya kuvuna malenge iliyo shambani.”

“Hilo tu? Haya basi, mwam-bie Mamako awapikie ma-lenge. Mimi bado ninakusanya miti. Nitakawia kwa siku kad-haa.”

Mvulana alijawa na furaha kama kibogoyo aliyeahidiwa

jino. Alishika njia akirudi zake nyumbani huku akiimba ;

'Papa aboye
Papa aboye,
Khuchie okhulie lihondo
Khuchie okhurie lihondo
(Baba amesema
Baba amesema
Twende tule malenge
Twende tule malenge...'

Njiani, Kapa alikutana na ndege mmoja mwenye nguvu za uganga. "Mbona waimba wimbo huo mbaya?" Ndege alimuuliza. Ndege huyu alikuwa na nia ya kunyemelea zao hilo la malenge. Kapa alistaajabu asijue la kusema, "Afadhali uimbe hivi:

Papa abolanga, ututu, ututu!
Papa abolanga, ututu, ututu!
(Baba anasema, ututu, ututu!
Baba, anasema, ututu, ututu!)"

Kapa aliimba wimbo ule mpya. Hakunyamaza hadi alipofika nyumbani kwao. Mama alipomuuliza jibu kutoka kwa Baba, Kapa alimjibu kwa kumba:

"Papa abolanga, ututu, ututu..."

Mama alipatwa na mshangao huku akidhani mtoto wake ameshikwa na wazimu. "Mbona anazungumza maneno yasiyoeleweka na huku njaa yatuumiza?" alijiuliza.

Mama hakuwa na hiari ila kumtuma kijana wake wa pili, Musa. Musa alimpata Babake baada ya kukumbana na masaiibu mengi. Baba alishangaa sana na kusema, "Ndugu yako alikuwa hapa na nikampa idhini ya Mama kuwapikia malenge!"

Musa alielekea nyumbani aliposikia maneno hayo. Kama ndungu yake Kapa, Musa aliimba wimbo wa furaha. Musa



Mateso '10

pia alipatana na yule ndege mwovu. Kufika nyumbani, alikuwa akiimba, 'Papa abolanga, ututu, ututu,....'

Jambo hili lilimchanganya Mama yao. "Watoto wangu wanapoenda kwa baba yao wanarudi wakiwa kama wenda wazimu. Nini kinafanyika?"

Mama hakuwa na budi ila kumtuma mwanawe wa tatu, Kizito. Kizito alifululiza kiguu na njia hadi mwituni alikotumwa. Alipomfikia Babake alisema, "Baba, ndugu zangu waliokuwa hapa walirudi nyumbani kama wenye akili punguani. Hatujatia kitu mdomoni kwa siku kadha. Mama anaomba idhini ya kupika malenge iliyo shambani."

"Ndugu zako wamekuwa hapa na nikawapa ruhusa. Lazima kuna jambo lisilo eleweka," alisema akiwaza na kuwazua.

"Nenda umwambie awapikia malenge angaa mtulize tumbo. Nitarudi baada ya siku mbili tatu," alimwambia Kizito. Kizito alirudi nyumbani akiimba wimbo:

'Papa aboye,
Papa aboye,
Khuchie, okhulie lihondo

Khuchie, okhulie lihondo' Kizito alipofika barabarani kuu, ndege mpotovu alijitokeza na kumuuliza;

"Mbona waimba wimbo mbaya hivyo? Imba hivi; Papa abolanga ututu, ututu Papa abolanga ututu, ututu"

Kizito alimpuuza ndege yule na kuendelea na safari. Ndege yule alimfuata akijaribu kumshawishi aimbe wimbo tofauti lakini wapi! Jitihada zake zote ziligonga ukuta.

Kizito alimpata Mama akimngoja kwa hamu na ghamu.

"Baba amesemaje?"

"Baba amekubali tule malenge," Kizito alimjibu.

Furaha ya mama ilikosa kifani. Alienda kule shambani na kuvuna malenge kisha akatayarisha mlo uliozika baa hilo la njaa katika kaburi la sahu. Baada ya mlo, ndugu zake wakarejewa na akili timamu. Kizito akawaeleza yaliyojiri njiani akirudi nyumbani.

Nyanya alitamatisha hadithi yake hapo.

shikahadithi@yahoo.com



CHEMSHA BONGO

MISEMO YA KISWAHILI

Tatua fumbo hili kwa kumalizia misemo uliyopewa



CHINI

2. Mwenye nguvu
3. Simba mwenda pole ndiye mla
4. Haba na haba hujaza.....
8. Haraka haraka haina.....

UPANDE

1. Ukiona vyaalea, jua
5. Mfuata nyuki ule.....
6. Aliye juu, mngojee
7. Mbio za sakafuni, huishia

Tafuta majina ya milima iliyoko Uganda katika fumbo hili



Tom anaota kuhusu samaki. Lakini, samaki mbili tu ndio wanaofanana. Je, ni samaki wagani?



Matoso '10

Uganisha nukta hizi kisha utie rangi

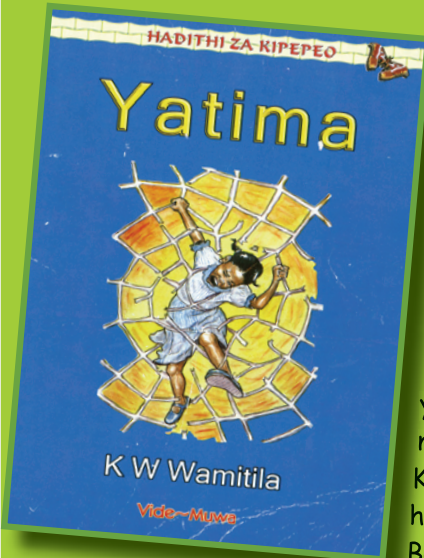


UCHAMBUZI WA KITABU

Yatima

Kimeandikwa na K.W. Wamitila

Kimetolewa na Vide-Muwa Publishers



Katiwa ni msichana yatima anayeishi na shangazi yake Juliana jijini Bambo. Siku moja, Juliana anamweleza kwamba anahamia jijini Kima na ilibidi Katiwa akaishi na babu yake huko Masira kwa muda. Matatizo yanayomkumba Katiwa ni ya kupindukia.

Kwanza, babu yake hakumtaka kwake. Baadaye, anapelekwa kwa Mam Peta ambaye

jijini Bambo anamtesa sana. Kwa bahati nzuri, Bettina anamsaidia Katiwa kurudi Masira. Muda si muda, ukweli kuhusu Juliana unabainika na Katiwa anaishi na babu na nyanya yake hadi wanapoaga dunia.

Hadithi hii inatufunza mengi kuhusu maisha kwa jumla. Inachunguza pia shida zinazowakumba mayatima. Isitoshe, hadithi hii ina vibonzo na misamiati chungu nzima.

Shairi

Vivian Awour, 6 Yelow (2010) Lake Primary School, Kisumu

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

Ndege nina mtafuta, wa kutulia tunduni
Moyo inanipatapata, kwa kutembea porini
Ndege asiye matata, sijamwona asilani

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

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

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

TANGAZO! TANGAZO!

Tunawatangazia kwa majonzi mauti yaliyompata Bi. Chapati. Bi.Chapati alienda jongomeo jana hapo saa moja unusu usiku. Wavyele wake ni mafuta na unga. Tunawapa mkono wa tanzia ndugu zake chapati, sinia na kikaangao. Matanga yatafanyika kaski ya Jumanne hapo msalani. Hivi sasa yuko makafani upande wa tumbo akingoja kwa hamu na ghamu kuhamishwa matumboni.

-Christine Mweendwa Nteere, Yururu Girls Boarding, Kanyakine, Meru

Michoro



Francis Onyino
6 Green (2010)
Migosi Primary School, Kisumu



Need someone
and
Toll
0800
Call us

Mum na dad hawako home...
mazee naweza onja keroro
kiasi

Consumption
of alcohol and
drugs may
expose me to
unwanted
pregnancy,
accidents and
STI/HIV
infections.



Unsupervised school and home environments
expose youth to alcohol and drug use. Protect
your children from drugs.

**I'LL STAY
SAFE!
I'LL ONLY
ENGAGE
IN DRUG-
FREE
PARTIES.**



National Campaign Against Drug Abuse Authority,
NSSF Building, Block A, Eastern Wing 18th Floor
P.O. Box 10774 - 00100 Nairobi
TEL: +254 20 2721997,
Email: info@nacada.go.ke,
website: www.nacada.go.ke

24 hrs helpline number : 0800 72 00 33


one to talk to on alcohol and drug abuse ?

Free Helpline
00 72 00 33
Call us now, for free



I know alcohol and other drugs will impair my ability to learn and to recall what I have learnt.

I WANT TO EXCEL, I'LL KEEP DRUGS AWAY FROM MY BOOKS!



I'm under 18 years. Drinking alcohol now will make me dependent on it, unable to do anything without alcohol.



I'M SMART, I WON'T DARE START!



SPORTS & FITNESS

CHESS *A timeless game for mental strength*

Chess is said to be the oldest skills game in the world. Its origins have been traced back to India, China and Persia where it was played many centuries ago. Chess is a two-player board-game played on a chess-board. Both players start with an identical set of 16 pieces; one king, one queen, two rooks, two knights, two bishops and eight pawns. Some pieces are more important than others. The

ultimate goal is to win by trapping your opponent's king this is called **checkmate**.

Numerous studies have even proven that chess-playing kids have a greater learning ability leading to better grades and eventual success in life.

Achieving the title of 'Grandmaster' (a chess player regarded as having the highest level of ability) is every players goal.

THE CHESS GENIUS



Bingwa spoke to 13 year-old Peniel Weru who at the time had 33 chess trophies and 21 medals. Until 2010, he was a student at Brookfield Academy in Karatina (where he scored 410 marks in his KCPE exams). He recently joined Starehe Boys Centre and is working to become a Grandmaster.

Bingwa: How long have you been playing chess?

Peniel: Since 2003 when I was a five-year old boy in Class one. It was my dad, also a chess player, who first taught me.

What do you love about chess?

I like the fact that it's a serious game. It teaches discipline as well as how to concentrate in life. It is also lots of fun when you are playing with friends.

What are the benefits of chess?

Besides sharpening concentration, you also get to meet new people when you go for tournaments.

What's your most memorable chess moment?

Being defeated by a girl. It's easier to take it when a boy beats you than when a girl does.

Chess has taken you to many countries, which one did you love the most?

Turkey 2007. I loved the hotels, the friends I made, the jacuzzi, the swimming and ooohh! The beach!

You have over ten titles to your name, please mention a few of them.

I was Kenya National Youth Chess Champion (under 14) four times in a row (2005-2008),

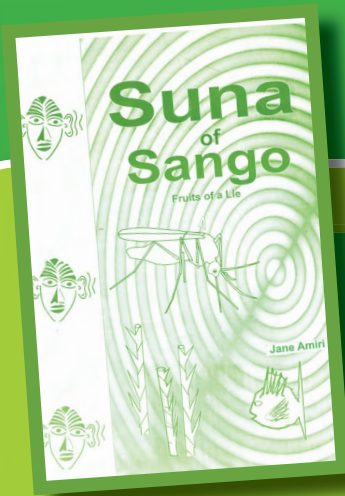
Mt. Kenya Junour Chess Champion (under 18) seven out of 13 times, Nairobi Chess Academy Junour Open Chess Champion (Under 12) from 2006-2008 and International Children's Games Chess Champion (Under 18) in 2005.

Which other chess player do you admire?

Former world chess champion Grandmaster Garry Kasparov is the one! I love how he plays and I always catch his games on the internet.

What advise would you give to other Bingwas?

Focus on what you want to be and work on it thoroughly.



Suna of Sango, fruits of a lie

Author: Jane Amiri • Publisher: The Social Academy

Illustrator: Andre Amiri

S*una of Sango, fruits of a lie* This is a story about Suna, the tallest mosquito living in Sango Village. Suna, lies to his friend Jalupo, the fisherman. This one lie leads to many unfortunate events taking place in the village, including the injury of Mother Owl's nestling. It is for this reason that Mother owl refuses to hoot after which a Tijarasi is created. A Tijarasi is a meeting called whenever a crime was committed in Sango. Here, the truth is established and the animals

demand for Suna's punishment. But before he can defend himself, Wind (who Suna had begged for help) blows Suna away and into the bush. Since then, mosquitoes live in hiding only entering people's and animal's houses at night and asking, "How has my case been decided? Am I condemned?...zzzzz...." It is when he doesn't get a response that he bites and spreads Malaria. **Suna of Sango** is an entertaining, easy to read and act story. The book is one in a series of 52 stories

in *Stories from Obamaland* by Jane Amiri (2009). The story has many lessons, the central one being how one lie can destroy an entire village. We also learn lessons on friendship, corruption and peaceful living. It is also interesting how the author explains why mosquitoes bite and spread Malaria. The illustrations by thirteen-year-old Andre Amiri will encourage you to start using your talents now.



MCHONGOANO

- Wewe ni mdogo hadi unafanya somersault kwa mkate
 - First time yako kuona Coke ulidhani ni maji imeungua
 - Nyinyi ni wadosi hadi mchele moja ikianguka chini mnahama
 - Nyinyi ni tajiri hadi mnapeleka kuku blow-dry
 - Lips zako ni bigi ukiingia class teacher anakwambia "Tuck-in-your-lips!"
 - Wewe nimzee hadi unasag ngozi
- M. Roselyne Inyangala, 5 P.2 (2010), Nairobi Primary School**
- Kuku zenu ni noma hadi zina cheza rugby na mayai
 - Shosho yako ni mzee mpaka anapigwa shock na moshi ya ugali
 - Nyanya yako ni mzee alikuwa maid wa Adam na Eve
- Caroline Muhia, 12 yrs, Moi Primary School, Nakuru**
- Wewe ni fala ulienda kwa ATM uka press *144# kuangalia balance
 - Una kichwa bigi hadi ukienda kwa kinyozi unalipa per meter square
- Simu yako ni noma badala ya kuitisha pin inaitisha msumari
- Stephen Oliech, 8 Yellow (2010), Migosi Primary School, Kisumu**
- Wewe ni fala eti uliambiwa uandike twenty-two ukauliza, "nianza na two gani?"
- Albright Nekoye, Class 5 (2010), Joseph Kangethe Primary School**
- Baba yako ni mchoyo mpaka akimaliza kuvuta sigara analamba mkono
 - Tumbo yako ni chafu mpaka minyoo zinatembea na viatu
- Jacob Omondi, Mcedo Beijing School, Mathare**

One on One



...WITH THE GRACEFUL GRACE NAKIMERA

Grace is a leading award-winning Ugandan artist with hit singles like *Kawonawo*, *Nvawo Nawe*, *Osobola*, among others. She spoke to **Isaac S. Kimaze** about life as an artist, her childhood and her future plans.

Isaac: It seems like everyone loves Grace Nakimera, but who is she?

Grace: I am an honest, hardworking musician, businesswoman and mother. My music is based on the struggles of ordinary people as they pursue their hopes and dreams. I am a professional beautician and I manage an upmarket salon and beauty shop in Kampala City. I also have a real estate business.

Where did you go to school?

I am a graduate of the Revlon Beauty School in Nairobi where I did a professional hair course. Before that, I had attended Bat Valley Primary School and Old Kampala Secondary School.

What's your musical style?

My style of music is Afro-pop. It is a distinct mix of African drumbeats with a touch of soukous (lingala) and powerful lyrics which are intended to convey real life experiences.

How long have you been doing music?

Music has always been a major part of my life. I did my first stage performance when I was 7 years old. I also participated in many music shows as a member of the school choir. I later joined a band where I polished my musical skills. Professionally, my first hit as a recording artist was *Ani Akumanyi?* (2004). I have been very fortunate in that every song I release is a hit.

What are some of the lessons you've learnt?

Never let anyone tell you what you can and can't do as far as your dreams are concerned. If you want to succeed in life, you must be ready to stand up and fight for your dreams.

How have you managed to keep such a low profile and positive image while your star continues to rise?

My goals and habits are simple and clear. I also treasure my privacy and personal happiness. I do not like showing off or pleasing others for the sake of publicity.

Do you have a manager?

I have a management team with whom I share a winning mentality and discuss all issues concerning my music.

Do you have a sponsor?

No. Not at the moment. I use my own money to sponsor my music career. My fans are my principal sponsors.

What do you attribute your success at very young age to?

Passion, hard work, focus and discipline. It is important to know exactly what you want and to go for it without hesitation.

How come you prefer to use your birth name instead of a stage name?

I believe it helps my music to stay in touch with reality. I think stage names can make you lose touch with reality. Personally, I like being real at all times. I am who I am and when I give, I give myself.

Of the songs you've done, which is your favourite?

My favourite song so far is *Osobola* (2010). It is a vivid, original song that sums up my Lugogo 2010 concert experience. I purposely wrote it as a direct response to all the people who tried to suppress my talent and sabotage my dreams. In this song I say, *"Yes, you can achieve anything you set your mind on; have faith in yourself and just let go. Release your brakes and fly like a bird. Make everything happen. Write your own history. Don't give up easily."*

What inspires you as an artist?

I'm inspired by experiences, challenges and lessons of my own life. I also listen and learn from other people's experiences and challenges.

Tell us what it was like growing up in your home.

I am the last-born child in a family of five children raised by a single mother. I have two brothers and two sisters. We were so cool and crazy together. There was too much shouting and definitely some kibokos!

Did you always want to be an artist?

I did not know that I would be a recording artist when I grow up. Although I was a shy girl, I was always eager to participate in the school choir, music bands, music shows and other events that showcased my various talents. I am happy that these small efforts have finally paid off.

Who did you admire most while growing up?

I admired old school music stars such as Madonna, Michael Jackson, Vanilla Ice and Kool and the Gang. We did not have music videos of local stars in those days.

What message do you have for children today?

As a mother, I'd like my infant daughter to know that she will be growing up in a more complex world compared to the one I grew up in. Stay in school as long as you can and be honest with your parents, teachers and guardians. Talk to them about your life especially during the hard times. Young people have their best days ahead of them. If you work hard on your dreams while you are still young, you will inevitably enjoy health, wealth and happiness for many years in future.

What exactly are you hoping to achieve in the next three years?

I would like to take advantage of each and every opportunity that comes my way. I will definitely grow and evolve professionally as a musician; I want to produce music for an African audience and probably for the rest of the world. I would also like to remain a simple and down to earth person, loyal and faithful to my friends and relatives. My real estate business will gain some momentum too. I would also like to visit Child Africa International School in Kabale and interact with the children and their teachers. I want to use my music to encourage and motivate every child in Uganda.



...by Mateso



USING A BUDGET

by Wangui Thuo

How often have you been given an allowance to last you the week or month but it got finished within a few days? One of the best things you can ever learn from a young age is how to manage your finances through budgeting. *A budget gives you discipline, self control and teaches you the value of money.* It is a list that shows you how much money you have, how you spend it and helps you control your spending.

First off, you need to decide the time period your budget caters for; is it weekly or monthly?

Write a list of all your *expenses*- from crisps at break to a book you bought- and divide them into fixed or flexible expenses. *Fixed expenses* are those costs that do not change. They can be items such as savings (for example for that iPod you want), church offerings, charity donations, phone creditor among others. *Flexible expenses* on the other hand keep changing depending on the need. They can be birthday gifts, entertainment and so on. As you draw up this list, think about what takes priority and list it first.

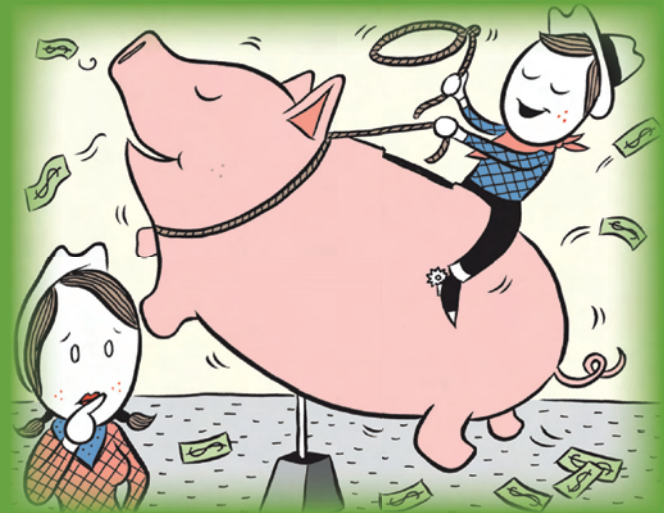
Against each item, write down the amount you will be setting aside for it depending on the timeline of your budget. For the items on the flexible expenses, as these are not always easy to predict, indicate an estimate of how much you intend to spend.

After this exercise, if you notice your expenses are

WEEKLY BUDGET SAMPLE FOR KSH. 500 ALLOWANCE

Savings:	Ksh 100
Airtime:	Ksh 50
Birthday gift:	Ksh 80
Charity:	Ksh 50
Rental play station:	Ksh 60
Outing with friends on weekend:	Ksh 100
Break time snacks:	Ksh 60

more than your allowance, then you need to cut down on some of your expenses. This is because expenses should never exceed the money you are receiving; it means you are *living beyond your means*. Alternatively, you can decide to increase your allowance by doing more chores around the house, washing



your neighbours' cars, baby-sitting and other *income-generating* activities.

If the money you have set aside for an item runs out, then you must wait until your next allowance. Another option is borrowing against another expense. This means for example, if your phone credit has run out, you can get some more from your entertainment expense but then that will mean that you will have to cut back on entertainment for that period. For your savings, take that money to your savings account or your piggy bank immediately so that you do not spend it.

Spending within your budget will be your biggest challenge but with practice comes perfection. You will stumble a bit before you finally get it right but by starting early, you will gain confidence and wisdom to manage large amounts of money as you grow older.

WORDS TO LEARN

- **Budget:** A list that shows you how much money you have, how you spend it and helps you control your spending.
- **Expense:** Any amount of money spent
- **Fixed expenses:** A cost that is permanent from period to period, that is week-week or month-month and if it changes, very slightly
- **Flexible expenses:** A cost that can be adjusted or eliminated
- **Living beyond your means:** Having a lifestyle that you cannot afford as a result of the expenses being higher than the income
- **Income-generating:** Brings in money.

Child Africa

*has made a big
difference in my life*

GROWING UP

My name is Alex Orishaba Semasaka. I am 23 years old. I grew up with my grandmother Joy Tindibuhwa in Itambira Island on Lake Bunyonyi in Kabale, South Western Uganda. She is a poor, old woman with feet that are big and heavy. When I was young, I thought she was lame, but my teachers said that she had elephantiasis.

She is the only family I know since I have never met any of my parents or siblings. She told me that when I was three years old, my parents left me on the island and went to live and work around Lake Albert. She also said that I have three brothers and two sisters.

I tear-up when I remember that first day at Child Africa in 1993. I was six years old. My grandmother had heard some interesting news from travellers on the island; an organization called Child Africa International was eager to support children from an extremely poor background to go to school and become prominent citizens when they grow up.

Child Africa's Project Coordination Centre is based in Kabale Town Council, very many hills and valleys away from our island. However, this did not deter my grandmother. I remember her saying, "Old man, you must dress up now. Here are some of your father's best clothes. I am taking you to school to become a professor!"

My friends laugh at me when I tell them that I was well-dressed on that day. My grandmother had given me an oversize T-shirt with gaping holes in it. Despite my strong protests, she carried me on her shoulders across very many steep hills, braving the chilly wind and scary sounds.

On arrival at the Kabale centre the following day, I was shocked by the number of people who had also travelled at night to get there. My grandmother moved rapidly across the crowd and somehow managed to convince Child Africa's founder, Ms. Julie Solberg that I should be registered as one of the beneficiaries of the project. I can't imagine what would have happened to my grandmother had I been rejected.

After joining Child Africa in 1993, I started attending a primary school on a nearby island called Bwama. I would leave our island home in Itambara very early in the morning and wait for the big public canoe which moved all the island people and their goods across Lake Bunyonyi, the deepest lake in Uganda. Unfortunately, I would always arrive late for school because the canoe people did not care about my school programme. Crossing the lake to go back home in the evening was also a challenge.

Through Child Africa, I got a sponsor called Susan who bought me a small dug canoe so that I could attend school more regularly. Life became much easier after I acquired this canoe. Susan sponsored me until my O-Levels. She will always be a part of me.

HAPPIEST MOMENTS

After my O-Levels, Rino and Julie Solberg (the directors of Child Africa), kept their promise to make me the first island boy to graduate from university. Last year, I was awarded an undergraduate diploma in social work and social administration at a very colourful graduation ceremony held at Kabale University. This was the happiest moment of my life.

Many island boys and girls don't even get a chance to study. I am very lucky that my grandmother understood the benefits of staying in school and working hard.

It was Child Africa that introduced me to new ideas such as the importance of setting goals, positive thinking, self-reliance, honesty and integrity, among other values. I was also encouraged to take up leadership responsibilities which built my self confidence at an early age. In primary school, I was elected by my peers as the health prefect. I became the troop leader of the local boy scouts while in secondary school and the minister of off-campus affairs while at university. I also participated in music, dance, drama, sports and debating competitions organized by Child Africa and other educational institutions.

These activities have prepared me for a future career in community mobilization and elective politics. In the near future, I intend to run as a candidate for local government council elections and parliamentary elections as a representative of the rural people in my home district later. These opportunities are now open to me because I am a proud holder of advanced level (A'level) education qualifications which are the basic requirements for election to a leadership position in local and central government in Uganda.

I also travel regularly to Kampala, the capital city of Uganda where Ms. Julie Solberg takes me to ultramodern fun parks and shopping malls like Didi's World and Garden City as well as grand hotels and resorts like Sheraton Hotel, Speke Resort Munyonyo and Serena. She has introduced me to very important people in society who I occasionally address about Child Africa's challenges and achievements.

Before I joined university in 2008, Ms. Julie Solberg gave me a laptop computer as a gift for being a shining example at Child Africa International. My village friends think it is just another radio. When I attend village meetings in the islands these days, the elders victoriously announce, "The poor island boy has managed to graduate as a social development officer. The future of our village is bright indeed!" This brings me great joy and pride.

Child Africa has supported me through this long journey of

empowerment and prosperity through education. I now plan on spending the rest of my life working hard to promote Child Africa's mission.

MY LIFE TODAY, TOMORROW

Early last year, Child Africa honoured me with an appointment letter as a Field Assistant in-charge of Community Relations at the Child Africa Coordination Centre in Kabale. My goal is to ensure that Child Africa remains open to assist other vulnerable children who have been abandoned by their parents and relatives. I also travel to various hills and islands to talk about the importance of sanitation, family planning and education.

I am very grateful to Rino and Julie Solberg, who have always motivated and encouraged me to be cheerful and successful. I always pray that the Almighty God will protect and bless them so that they can continue with the good work they are doing. Julie is a mother to all the children in the organization; she truly cares for us and gives us valuable advice, lots of love and care. At the same time, she is very tough. Julie has indeed taught me a lot and I truly love her.

Just like them, I also believe that the key to Africa's development lies in educating children who are the leaders of tomorrow. We must teach them about honesty and integrity and encourage them to pursue their dreams with conviction.

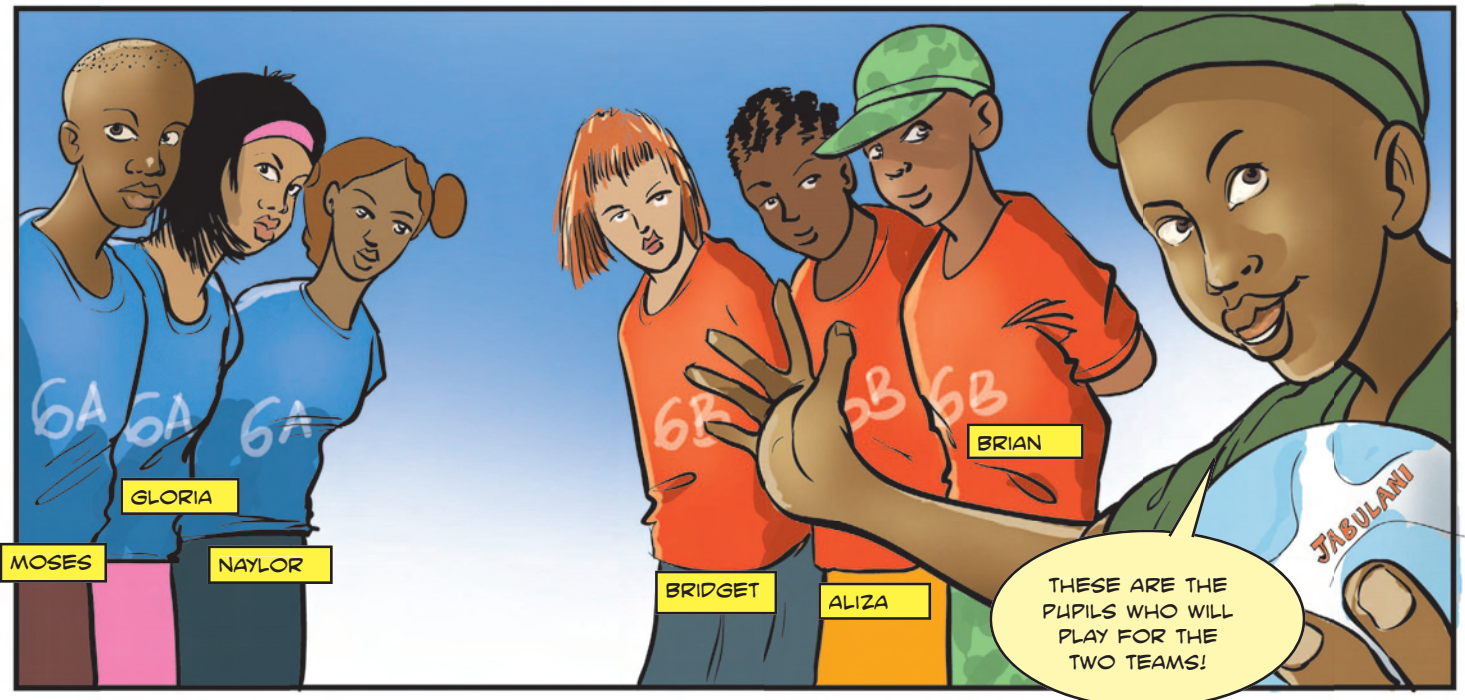
Unfortunately, many children in Africa live in extremely poor conditions. We therefore need a lot of resources to reach out to them with the message of love, friendship, goodwill and security, in addition to our mission of empowerment through education.

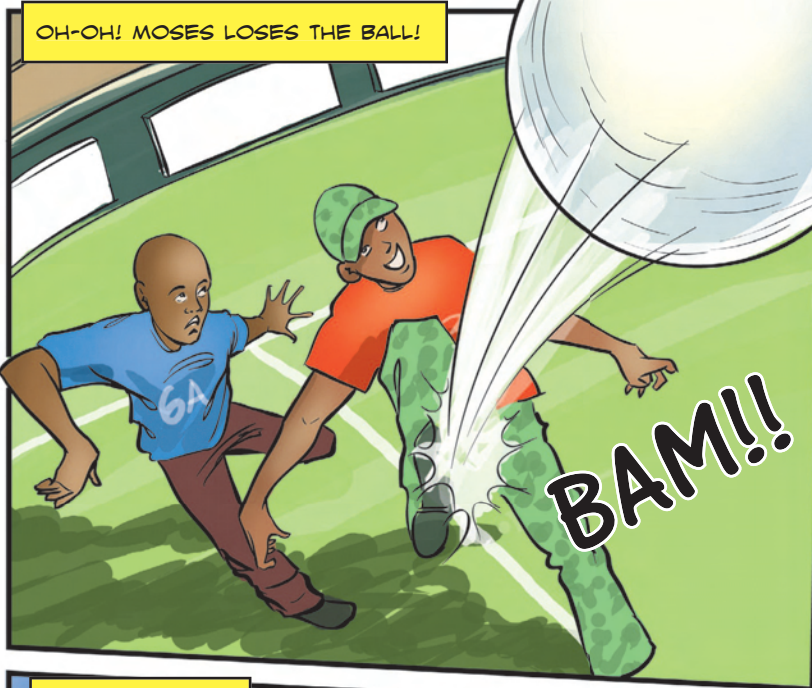
I take this opportunity to appreciate everyone who has and is supporting Child Africa. On behalf of all the children in Africa who have benefited from Child Africa's commitment, I would like to assure you that your assistance has indeed made a difference.

My life story is ample testimony of the positive difference you hoped for. Without your support, I would probably not be alive to share my experience here. Please continue assisting Child Africa as we make a difference.



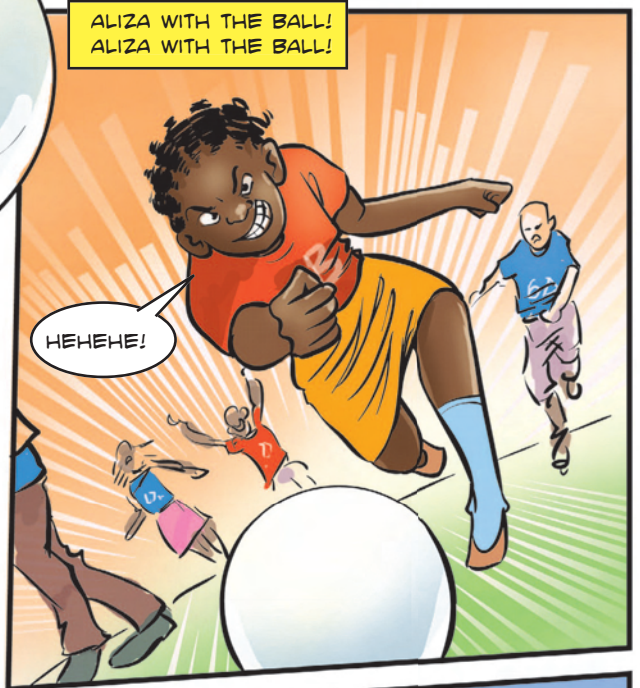
Alex Semasaka with Child Africa Founder, Julie Solberg





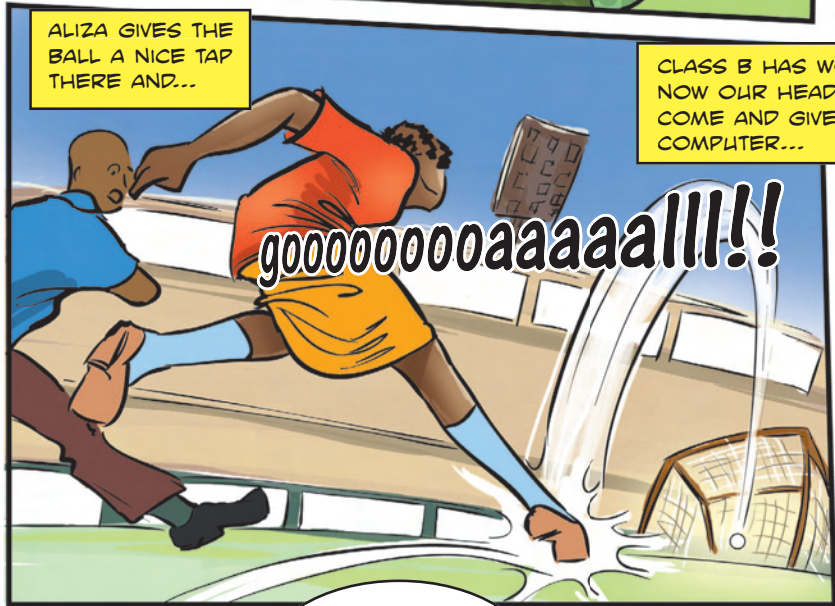
OH-OH! MOSES LOSES THE BALL!

BAM!!



ALIZA WITH THE BALL!
ALIZA WITH THE BALL!

HEHEHE!



ALIZA GIVES THE BALL A NICE TAP THERE AND...

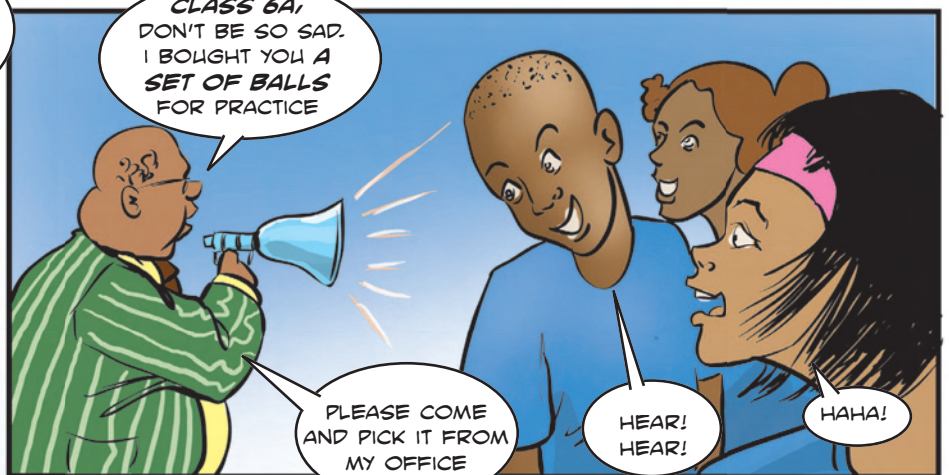
goooooooooaaaaaall!!

CLASS B HAS WON THE MATCH. NOW OUR HEADMASTER WILL COME AND GIVE THEM THE COMPUTER...

CLASS 6B HAVE A COMPUTER AND CLASS 6A DON'T!



THANK YOU



CLASS 6A, DON'T BE SO SAD. I BOUGHT YOU A SET OF BALLS FOR PRACTICE

PLEASE COME AND PICK IT FROM MY OFFICE

HEAR! HEAR!

HAHA!



HEY YOU! GIVE ME THAT THING!

OH-OH...



SO EVERYONE IS HAPPY HERE, EACH CLASS HAS RECEIVED A GIFT!



SURF THE WEB SAFELY

The internet, also known as the world-wide web, is becoming accessible to more and more people around the world. Soon, you might even start getting school assignments to undertake online. It is hence imperative for you to know how to protect yourself from potential dangers. For example, did you know that you can be cyberbullied? Cyberbullying means someone psychologically abusing you online. There is also the possibility of being lured by a paedophile (a person who is sexually attracted to children), having your privacy abused and even accidentally viewing material that might traumatize you for life, among other dangers. Wondering what you can do to secure your safety online? Well, here are some basic tips:-

- a) Have a conversation with your parents, guardian or teacher on why you need to go online, what areas (or websites) you can visit how long you are allowed to be online as well as the rules that you should follow. And if they are wondering about whether they can trust you to do what you say, you can be a great Bingwa by telling them about internet-filtering and parental-control software they can install.
- b) Do not give out personal information like your telephone number, physical home or school address, or even the name of your school without your parents' permission.
- c) Do not give out your password, NOT to strangers, friends or even your best-friend. You can however share it with your parent, guardian or teacher.
- d) Never agree to 'get together' with someone you met online without first checking with your parents. If your parents do agree, please insist that it be in a public place and have an adult accompanying you.
- e) When it comes to using live chat (even on children's websites) ask your parent or teacher to practise (its use) with you and ask her how to handle people you do not know or have just met online.
- f) Do not post personal photos or detailed blog posts or email responses to public websites without first checking with your parents.
- g) If you are using messenger or email, share your contact list with your parents so that they can approve it and be in the know when there's need to block-off communication with potential danger.
- h) In case you come across information or material that makes you feel uncomfortable, notify your parents right away so that they can take the necessary action.
- i) Do not lie about your age to gain access to social networks like myspace and facebook as well as dating sites until you are 18 years old. This is because a predator might be hovering over there, ready to 'sniff' you out and take advantage of you.
- j) Only use-child appropriate search engines like YahooKids!, Ask4Kids among others so that you do not stumble on irrelevant content or adult-themed material. You can also ask for assistance or learn how to bookmark your favourite websites for easy access.
- k) Just like in real life, there are people who derive pleasure from bullying others online. If you do get a message that demeans you in anyway, do not take it personally; just say goodbye, log-off and ensure you inform you parents.
- l) Do not post nasty things (words or pictures) about your peers online.
- m) Always respect others and be polite while online.
- n) Have fun! There are so many things to learn and lots of activities you can do as a family, class or by yourself-just remember to keep it safe...

HOW TO GET YOUR OWN COPY OF BINGWA

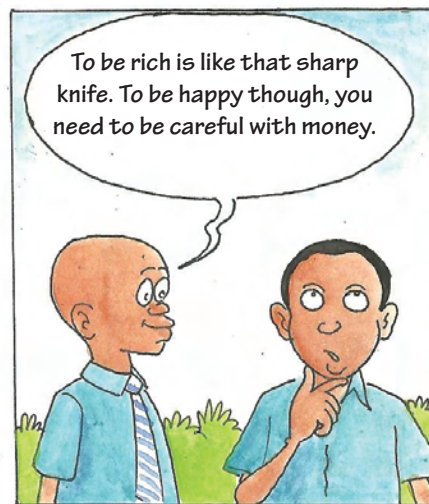
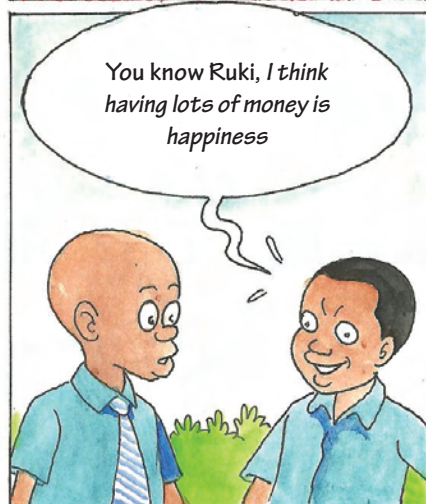
Bingwa, the magazine for the children of Africa, is available for subscription.

What you need to know:

- Bingwa Magazine is currently published three times a year
- **Cost:** Ksh. 100 per issue therefore Ksh. 300 per year.
- **Call:** 0719 619 0006/020-434 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, name of your school, postal code, address and the town. You will also be given 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.

SUBSCRIPTION HOTLINE: 0719 619 006

RUKI AND KAMBO





WINNING ENTRY

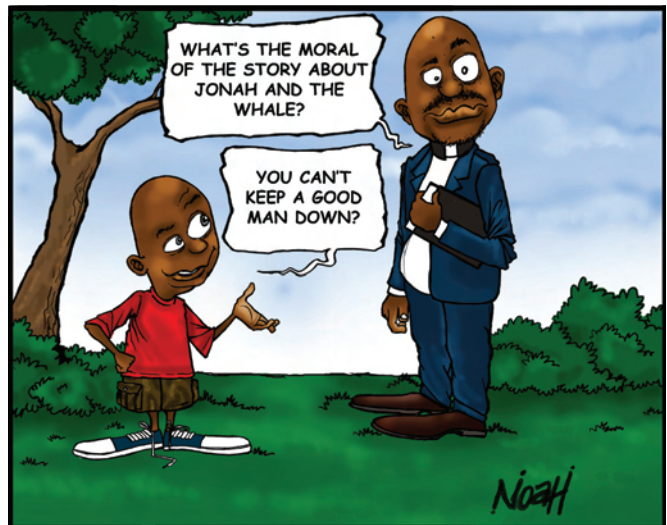
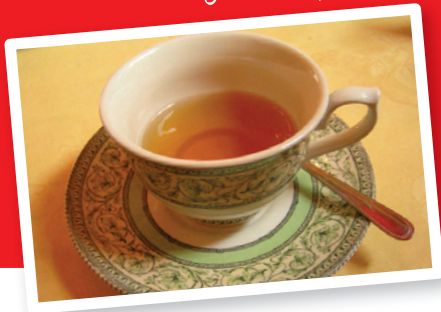
PROUD TO BE KENYAN

I am very proud to be Kenyan because of all the great things in my country. What I find interesting is that Kenya promotes the girl-child education and also fights against abuse of children's rights. All these make me feel fully appreciated here. The Kenyan government also encourages old people's education. I am grateful for this because my grandmother can now read a magazine, send a birthday card and sing me 'Happy birthday'. I'm also happy because I can express my talent freely as children have a right to express themselves.

The government has done a good job because of passing strict rules to poachers. My hobby is touring and this means that I will be able to see many animals even in future. I'm sure I'll thoroughly enjoy this, the Maasai Mara especially.

Living conditions of sportsmen and sportswomen have also improved drastically, thanks to the government. The good medical services offered by the Government are also saving people's lives. Do you love your country as much as I do? God bless Kenya!

Nancy Kathuru Mateo,
Class 8 (2010) Yururu Girls
Boarding School, Meru



YOUR DRAWING





BASIC FIRST AID TIPS

First aid is any form of emergency treatment given to an injured or sick person before professional medical care is available. Young people around the world are being encouraged to learn basic life-saving first aid skills. These enable all of us to deal with our own emergencies as well as help our friends or schoolmates when the need arises now and in future. Bingwa picked five of the most common situations where these skills come in handy.



1

Nose-bleeding.

Sit with your head forward, looking down at the ground. Pinch the soft part of the nose together for about ten minutes. Place a wet piece of cloth on your forehead or at the back of the neck. If bleeding doesn't stop, continue holding for another ten minutes. Do not blow your nose for at least thirty-minutes after bleeding stops. Get help if the nose is still bleeding after twenty minutes.

Cuts & Scrapes

The first step is to control the bleeding. This you can do by putting direct pressure on the cut. A piece of cloth, clean towel or gauze will work well. If blood soaks through the cloth, add another layer-never take off the first piece because it encourages bleeding to resume. When bleeding has reduced, clean the cut with water to remove any dirt. You can use antiseptic liquid or salt to prevent infection. Place adhesive bandage on the area to protect it. If the cut is deep however, it may require stitches, hence the need to seek medical attention as soon as possible.



2

3

Fainting

Fainting is a sudden loss of consciousness from lack of blood flow to the brain. Get the victim away from danger and then have them comfortably lying flat. Slightly lift (elevate) the legs to help blood flow return to the brain. If the victim doesn't wake up after three minutes of lying flat, seek medical attention.

4

Burns

Treating a burn begins with stopping the burning process. Cool the burned area with cold running water for a few minutes. Do not apply butter or oil to any burn. You can also use pain-killers to reduce pain. While the burn is healing, wear loose natural clothing like silks or light cottons. Harsher fabrics will irritate the skin even more.

Sprains

Sprains should be treated like broken bones. The most common symptoms are pain, swelling, bruising, inability to move. Use the RICE method to treat the sprain; Rest the sprained joint, Ice the sprain with ice or a piece of cloth, Compress the sprain with an elastic bandage to prevent further swelling and Elevate the sprain above the heart as soon as possible.

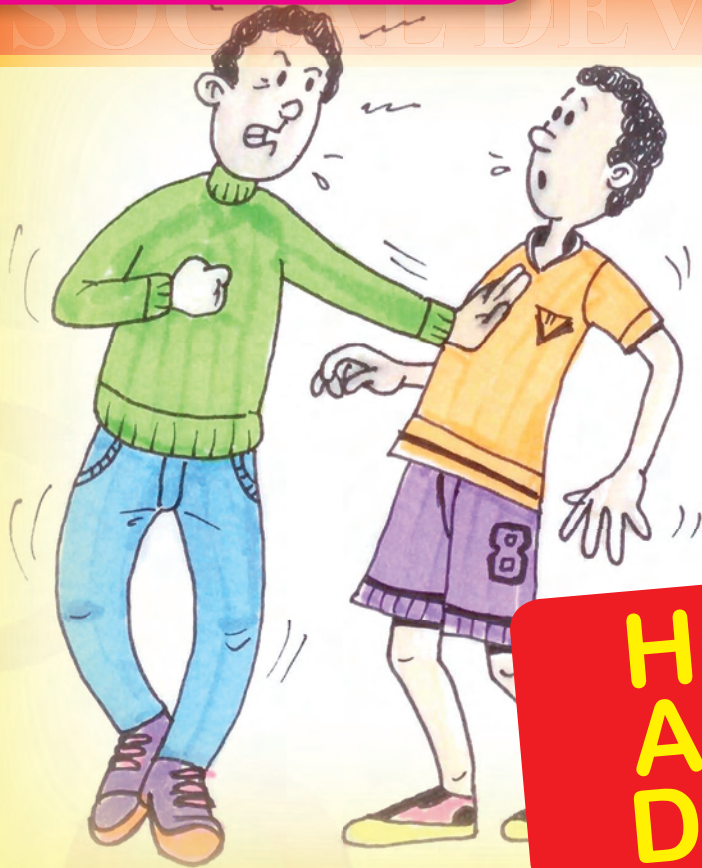


5



It is always necessary to call for help before doing anything else. You also need to remain calm at all times.

You can learn more on how to handle these and other emergencies by attending a first aid class or reading more on the subject. You also need to practice what you've learnt with your friends.



HOT TEMPER AND HOW TO DEAL WITH IT

By Rino Solberg

Almost every living person has been in a situation where they have become angry. This means that their temper has gotten a bit too hot resulting in their saying or doing something wrong to someone else. This is what is referred to as having a 'short-fuse'. Sometimes, you may end up verbally abusing someone or even pushing or hitting them. This kind of behaviour leads to the destruction of your relationships with other people.

Most of the time, when your temper is back to its normal level, you may regret your past words or actions. It is at this point that you realize how wrong you were to have lost your temper in the first place.

It is not very easy to control your temper all the time. However, you can learn how to control it if you really want to. First, you need to understand the reasons why you have hot temper. Here are some of the reasons that cause tempers to rise in the first place:

- **Low self-confidence.** There are too many reasons (that can't be covered here) as to why

you could have low self-confidence. However, you can always work on building yours by constantly reminding yourself about your achievements. If for example you have helped the needy in your society, you are guaranteed to feel good about yourself. This is because whoever you help will probably thank you for it and this will in-turn build your self confidence. Feel like you haven't achieved anything yet? One thing you could do is work harder at a subject that you are not so good at in school so you can become a 'master' at it. This will increase your self-confidence.

- **Feeling unloved.** This negative feeling can be very emotional and deep rooted, all depending on how it developed in the first place. However, it can be countered in a very simple way; instead of thinking about it, start giving your love to other people by treating them well and showing your love for them. Nobody will ever 'get' love before they start giving it so the sooner you start giving love to others, the sooner you start getting some love back.

- **Your ego is hurt.** If someone says something that makes you feel hurt inside (your ego) its very natural to get angered. This will result in your

trying to 'defend' your feelings. If for example someone calls you 'stupid', yet you know you aren't, you automatically get angry and will want to answer them back so as to hurt them in return. This reaction is however not advisable because it only causes more harm than good. Even a long term relationship with someone like your best friend can be damaged by one such reaction.



relationships.

If you are hot tempered or have a friend or friends who are hot tempered, here are a few ways you can help them:

•When you come across them doing something good, praise them.

Doing this will make the person happy which will in turn help in building the person's self-confidence. Eventually, feelings of anger will go away.

•Show affection.

Sometimes, all it takes is to show affection or understanding in order to eliminate feelings of anger. Even a hug will do in some cases. But you have to be careful because a number of hot-tempered people are not receptive to close contact. What you could do is just let them know that you understand the situation and are on their side.

•Help them with physical outlets. There are many ways of getting rid of frustration, anger and aggression. One of the best is exercising. Involvement in sports like martial arts goes a long way in controlling feelings like aggression.

•Use humor. If done in the right way, humour can sometimes be helpful. Go ahead and use it if you'd like to help the angry person 'save face'. It is however very important to distinguish between 'face-saving humour' and sarcasm, teasing and ridicule.

There are many other reasons why some people's tempers flare. Bottomline is, you can still develop a personal way of controlling it. You can do this by deciding (and constantly reminding yourself) that you will not let any other person be responsible for your feelings or reactions. Nobody can get you upset if you don't let them. *Here's an example; If someone calls you 'stupid', instead of getting angry, the best way for you to handle this would be to say, "You are entitled to think what you want, but I don't think I am stupid".* Saying this means that you haven't let the other person make you angry. Trust me, you will feel great because you controlled the situation.

Having no control over your temper could develop into a harmful habit. If it continues unchecked, it paves way for the development of an aggressive behaviour too. An aggressive behaviour is even more dangerous because it often leads to attempts to hurt a person or destroy property; actions that could land you in jail. It is therefore very crucial for you to be able to control your temper. This will ensure you don't destroy your life, your future or your



The most important rule to remember is that temper can be controlled as long as it's done the right way.

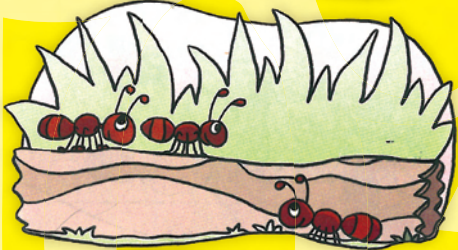
Always remember, it is very possible to learn how to control your temper as well as help others control theirs.

The magic world of numbers

You are wrong if you think mathematics is not fun

BUGGY PROBLEMS

NB: Read the problem and finish the picture before solving the problem.



1. One bug has three spots. Another bug has four spots. How many in all?

$$_ + _ = _$$

2. There are four ants on the log. There are two ants on the ground. How many ants in all?

$$_ + _ = _$$

3. There are six flies. The frog caught two flies. How many flies are left?

$$_ - _ = _$$

Answers on page 43

CELEB CALCULATIONS



For Easter, **Iman** is allowing a 5% discount on all her cosmetic products. How much will Rosa, a customer, pay for powder whose marked price is Ksh.1,000?

South African musician **Hugh Masekela** pays his manager a salary of Ksh. 100,000 per month. In addition, she is paid 5% of the money he earns from the performance deals she gets him. In one month, she got him deals worth Ksh.500,000. What were her total earnings for the month?

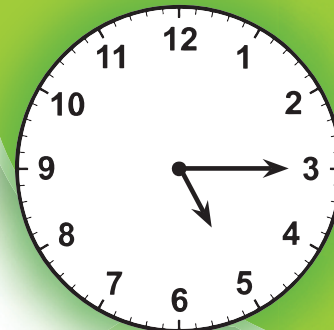


The marked price of a camera was Ksh. 60,000. **Kambua** paid Ksh. 48,000 after being allowed a discount. What was the percentage discount?

Answers on page 43

BEN 10

Bingwa was asked what time **Ben 10** should show on TV. Instead of speaking out his answer, he drew the clock below. What is Bingwa's preferred time?



ANSWERS OF PG 43

BINGWA T-SHIRT WINNERS

1. Hazel Nabututu, Class 8 (2010) St. Benedict Primary School (Pg 4)
2. Joseph Mituki Mutinda, Kithyoko Primary School (Pg 16)
3. Makena Gitobu, 5K (2010) Aga Khan Juniour Academy (Pg 17)
4. Francis Onyino, 6 Green (2010) Migosi Primary School, Kisumu (Pg 23)
5. Christine Mweendwa Nteere, Yururu Girls Boarding, Meru (Pg 23)
6. Vivian Awour, 6 Yellow (2010) Lake Primary School, Kisumu (Pg 23)
 7. Caroline Muhia, Moi Primary School, Nakuru (Pg 27)
8. Roselyne Inyangala, 5 P.2 (2010) Nairobi Primary School (Pg 27)
9. Collins Ochieng, Lake Primary School, Kisumu (Pg 38)
10. Umuro Woto Godana, Naivasha Boarding School (Proud to be Kenyan)
11. Nancy Kathuru Mateo, Yururu Girls Borading School (Pg 38-Proud to be Kenyan)
12. Brendah Kanana Kimathi, Yururu Girls Boarding School (Proud to be Kenyan)
13. Albright Nekoye, Class 5 (2010), Joseph Kangethe Primary School (Pg 27)
14. Stephen Oliech, 8 Yellow (2010) Migosi Primary School, Kisumu (Pg 27)
15. Jacob Omondi, Mcedo Beinjing School, Mathare (Pg 27)

MISEMO YA KISWAHILI (UK. 22)

- CHINI**
2. MPISHE
 3. NYAMA
 4. KIBABA
 8. BARAKA

- UPANDE**
1. VIMEUNDWA
 5. ASALI
 6. CHINI
 7. UKINGONI

BIG CATS CROSSWORD

(PG. 17)

- DOWN**
1. CHEETAH
 5. LION
 6. JAGUAR

- ACROSS**
3. LYNX
 4. LEOPARD

- DIAGONAL**
2. TIGER

MILIMA ILIYOKO UGANDA (UK. 22)

1. GAHINGA
2. KADAM
3. MOROTO
4. MORUNGOLE
5. MUHABURA
6. ZULIA
7. VIRUNGA
8. BAKER

BUGGY PROBLEMS (PG 42)

1. $3+4=7$



2. $4+2=6$



3. $6-2=4$



BEN 10 TIME (PG 42)
5.15

CELEB CALCULATIONS (PG 42)

1. KSH. 950
2. KSH. 125,000
3. 20%

SAMAKI WALIOFANANA (UK. 22)

1 NA 5

Test your WATER SPORTS Knowledge

Answer True or False

1. **Windsurfing** involves lying down on a board and is very similar to surfing
2. **Scubadiving** is underwater diving using a scuba-set
3. **Bodyboarding** combines elements of surfing and sailing
4. **Water gymnastics** is the combination of swimming, gymnastics and ballet
5. **Boating** is an activity that involves the participant 'skurfing' behind a boat on a surfboard
6. **Snorkelling** is swimming at the surface of the sea using a snorkel
7. **Kitesurfing** involves the use of a board and a kite to propel a rider across the water
8. The use of a raft to navigate rough water is known as **kayaking**
9. **Skurfing** is the use of a board to ride on an incoming wave
10. The use of a Jet Ski in open waters is known as **jet-skiing**.

ANSWERS on PG. 13





Career Choices

By Eudiah Kamonjo

Do you love collecting information and telling stories? Are you always among the first to know what's going on around you? Is your command of oral and written communication very good? How about considering journalism as a career?

In this edition, we feature a journalist who specializes in entertainment, sports and environmental journalism.

What is journalism?

When you read a story in the newspaper or listen to a live or pre-recorded news clip on T.V or radio, you are being exposed to the work of a journalist.

A journalist is a person who collects information, writes, edits and presents material in newspapers, magazines, the internet, radio or T.V.

Other titles used to refer to journalists are reporters, commentators, columnists, members of the fourth estate, announcers, editors or writers.

WANT A CAREER IN JOURNALISM?

If you enjoy your language subjects, are a good oral and written communicator, are resourceful-in that you know how and where to get information within a short time, are a member of journalism or debate club, have a curious mind, are a keen observer and critical thinker, then yes, you have the qualities needed to make a good journalist. However, you need to remember that to make it to the top of your career, you need more than just these talents. To start off, you need to do very well in school.

JOURNALISTS IN HISTORY

Herodotus (5th Century B.C) is said to be the father of journalism; he was the world's first journalist and travel writer. He is also referred to as the Father of History in Western Culture. It is said that before Herodotus, travel writing did not exist, nor did journalism. Today, he is most famous for *The Histories*, a record that focuses on the Persian invasion of Ancient Greece.

Another journalist of note is Joseph Pulitzer, a 19th Century journalist and newspaper publisher. I'm sure you've heard of The Pulitzer Prize (named after him), it is an award given to the best journalism contributors.

REQUIREMENTS

The minimum education requirements for journalism is a diploma in journalism or Mass Communication. However, most employers prefer individuals with a Bachelors Degree. Practical experience gained at school newspapers or broadcasting stations are also critical. Some jobs even require fluency in a foreign language.

Additional courses that may

provide a good foundation for careers in journalism include computer science or Information Technology, business, sociology, political science, economics or psychology. Masters and PhD's are also available.

A WORKING JOURNALIST

31 year-old Tim Kamuzu Banda obtained a Bachelors degree in Media and Communication from Leeds Univeristy in 2005. Today, Tim Kamuzu Banda a.k.a. TKB, is an active journalist specializing in sports, environment and entertainment issues. He is currently employed by the Nation Media Group.

TKB went to Cardinal Otunga High School where he says his love for writing developed. At school, he was always the first to know what was happening. He joined the schools' journalism club when he was in Form One. At the time, the club ran a quarterly school magazine called Weaver Bird. "I didn't like the fact that we had to wait for so long to read it, so I approached the principal who allowed me to use the notice board to give updates every two days. This initiative became very popular and within no time, I was allowed to publish



the magazine every two months. With the help of my father, I managed to print and sell copies to other schools.” he explains.

In Form Two, TKB became the very first Form Two to become chairman of the Journalism Club.

In Form Three, TKB approached Nation Media Group during the holidays with a desire to work for them. “They kept asking me to come back later, but I never gave up!” TKB points out. Eventually, he managed to speak to one of the editors. “They said they’d definitely find something for me to do and they did, my job was to open all the letters to the editor and type them,” he recalls.



His first real story was ‘*The origin of sports*’. Come Form Three Term Three, TKB was earning money from articles he was writing for The Nation as well as from Weaver Bird sales. After completing his K.C.S. E, TKB came to Nairobi to join The Nation.

TKB was ‘called’ to Jomo Kenyatta University of Agriculture and Technology to study Information Technology. Instead, he applied for a course in Media and Communication at Leeds University in 2000 and got an admission letter the same year.

While working for the British Broadcasting Corporation (BBC), TKB got to interview Nelson Mandela for a Nation Newspaper story. This interview is one of his most memorable events yet. “One thing I will never forget is what he said; ‘I don’t understand why I am a celebrity. I am old, have never had a permanent job and have a criminal record.’” TKB came back to Kenya in February 2006, going straight back to work for The Nation.

“What I love about journalism is that I am always the first one to know and I can travel the world,” he admits. And travel widely he has; TKB has visited parts of Europe, America and Southern Africa.

Some of his role models are Larry King of CNN and Rupert Murdoch of Fox News.

TKB loves rugby, travelling, reading and watching National Geographic. On entertainment business coverage, which he is most famous for, he says, “Covering such events

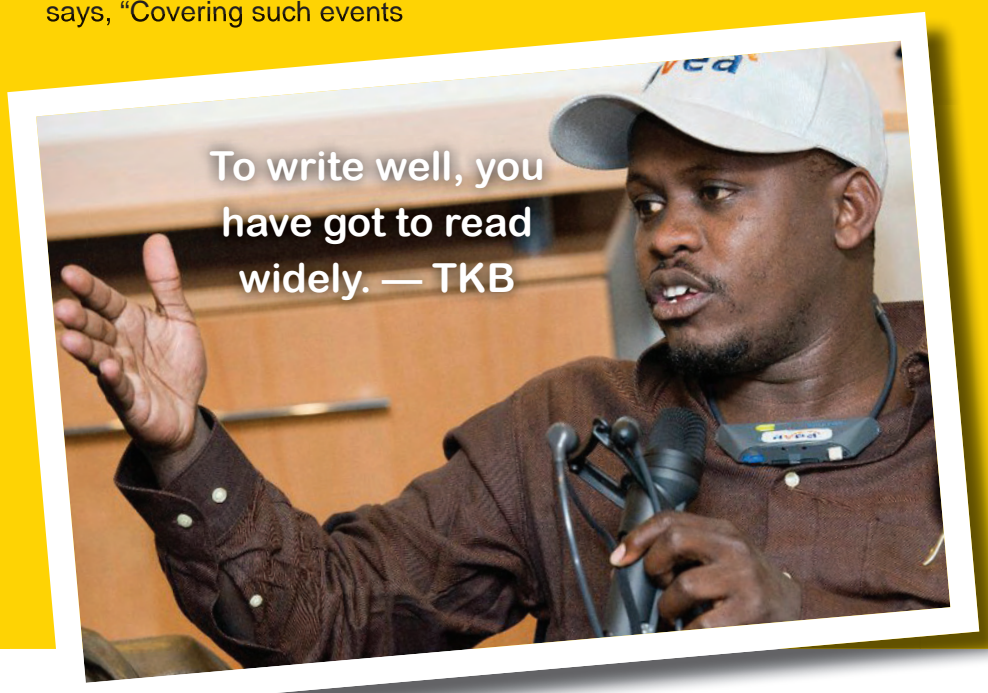
means that you get to meet the ‘celebs’. I take that back...The celebs get to meet you!”

His advice to aspiring young journalists is, “Read alot. Start writing now. Journalism is a fulfilling career.” His advice to Bingwa readers in general is, “Life is whatever you make it. Nothing is impossible. Dream the impossible but always humble yourself.”

AWARDS WON

- TKB was **Student Journalist of the Year** at Leeds University in 2005. He earned this title because of an article he wrote in The Leeds Student-a student newspaper in 2005.

- TKB was named ‘**Best Journalist covering arts**’ at the Kisima Awards 2007. “What’s interesting about covering the arts is that its not just who said what (like politics), there is an aspect of culture involved,” he shares.



SOME HANDWRITING FACTS

- Although handwriting has only been around for about 5,000 years, people have spoken for about 100,000 years.
- No two people ever have the same handwriting
- Hand writings have deteriorated since the computer came along
- In the United States, National Handwriting Day is celebrated on January 23rd. This is the birthday of John Hancock whose clear, bold signature famously led the list of those signing the Declaration of Independence. It is said that, like many people of his day, he would practice his handwriting everyday just as you would a musical instrument.
- It is possible to determine a person's IQ from their handwriting.
- The way a person writes numbers can show how they feel about money. For example, carefully written numbers tend to show the person is careful about money.



COMPETITION

Win a fabulous Bingwa hamper + a year's subscription to Bingwa Magazine.

Here's what you need to do:

Write an essay of not more than 500 words telling us why you love your school. Winners will be chosen based not only on their handwriting's legibility, creativity and attractiveness but also on the use of good grammar and originality in the essay.

PLEASE NOTE:

- Your entry must be mailed by 9th May 2011.
- Do not forget to include your full names, class, school, age and a mobile phone number we can reach you on at the back of your essay.
- This competition is open to primary school students in Class 4-8. Entries will be categorized according to classes and a winner picked from each category. There will be an overall winner from all categories.
- The winning entry will be published in the magazines' next issue or on the Bingwa website (or both).

SEND YOUR ENTRY TO:

The Editor,
Bingwa Magazine, 'Handwriting Competition'
P.O. Box 823-00606, Nairobi, Kenya
You can also email us at editor@bingwa.org

5 LUCKY ENTRIES
will get tickets to Kreative Kids!

About Kreative Kids!

This is the day Laugh Industry and partners bring kids and their parents together in one venue for a whole day of fun, learning and discovery. The event's aim is to celebrate the imagination and Creative spirit of all children. The presence of role models, artists and book authors as well as a comprehensive event program are all geared to identifying and nurturing children's gifts and talents. This year's event will be held on 9th April 2011 in Nairobi.

For enquiries please Call: 020 267 0249

BINGWA! Pictorial



Founder and Managing Director of Child Africa explains the meaning of the symbol on the uniform of Child Africa girls' pinafores.



Bingwas check-out Bingwa Magazine Issue Two at the Storymoja Hay Festival 2010 (Kenya).



Churchill entertains everyone at the Kids Festival in August 2010 (Nairobi).



Child Africa (Uganda) children fetching water at the spring well during a water shortage.



The late Jamaican singer and producer Jermaine Nesta Silveria during his first arrival at the Child Africa School (Uganda) miming his song with Mzee Gabriel Monk, a Child Africa pupil



The 'Matatu from Watamu' performance caught everybody's attention at the Storymoja Hay Festival 2010 (Kenya).

BINGWA! Pictorial



Boys will be boys! These Excellence School (Nairobi) boys at play during lunch break



The SAMOSA Kids dance lesson at Brookhouse School during the SAMOSA Festival 2010 (Kenya).



The Sunflower Kids Club (Nairobi) acrobatics class. These kids know how to balance it out.



Child Africa International School (Uganda) deaf pupils during a mobile phone SMS project. This project examined how text messaging could facilitate the intergration of deaf and non-deaf students enrolled at the school.



Commissioner Alice Nderitu congratulates an Amani Club Member at Excellence School (Nairobi).



Overall winner Elvis Kasigane with Naivasha Boys Boarding School students after the soap-factory trip.

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VENUE:

splash water World

Time:

From 10 – 5pm

ENTRANCE

Adults 200/=
Kids 300/=