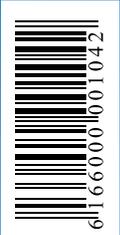


BINGWA

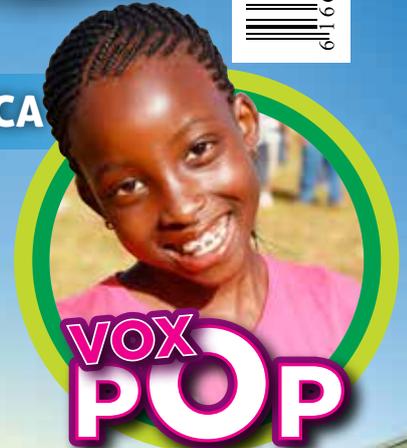
THE MAGAZINE FOR THE CHILDREN OF AFRICA



STAR RISING

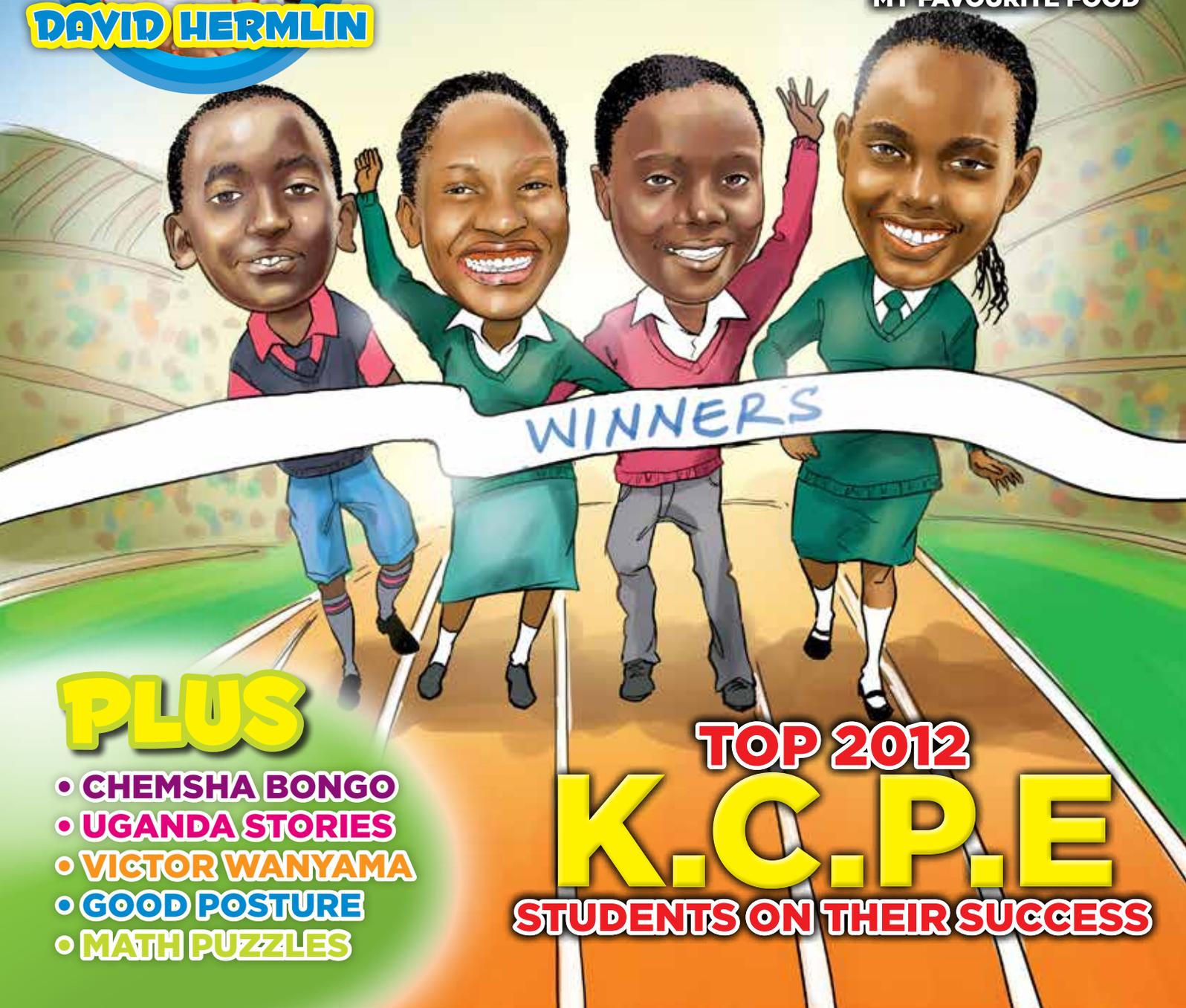
DAVID HERMLIN

COMPETITION
BE PART OF
AN EXCHANGE
PROGRAMME



VOX POP

MY FAVOURITE FOOD



PLUS

- CHEMSHA BONGO
- UGANDA STORIES
- VICTOR WANYAMA
- GOOD POSTURE
- MATH PUZZLES

TOP 2012

K.C.P.E

STUDENTS ON THEIR SUCCESS

Rino Solberg, the chairman of Child Africa Media-the publishers of BINGWA Magazine, talks about the future of the magazine.

GUIDING OUR CHILDREN INTO A BETTER FUTURE



bingwa.org



BINGWA'S BREAKFAST FOR CHAMPIONS

BINGWA Magazine hosted a breakfast at the Laico Regency Hotel-Nairobi, Kenya in February 2013. The aim of the event was to introduce the magazine to various organizations involved in championing the interests of the African child. Alongside communication experts and education stakeholders were young performers, emcees and aspiring creator all exchanging ideas.

BINGWA Magazine's Claudiah Gachimbi (Distribution & Promotions) and Winnie Anyona (Sales & Marketing) with Esther Lukatsiva of Muraka Primary School Kakamega-Kenya.



Timothy Musau of Kileleshwa Primary School, Nairobi explains his invention to Sue-Ellen Mwendwa, a University of Nairobi student and Equity Foundation beneficiary.



Kenya's Public Communications Secretary & Government Spokesman Muthui Kariuki answers a question from the audience. By his side is the MC Stephen Sambu of Hill School-Eldoret.



The splendid display of photos and artwork from BINGWA readers at the event.



The BINGWA champion emcee Stephen Sambu of Hill School-Eldoret (Kenya).



THE MAGAZINE FOR THE CHILDREN OF AFRICA

THE TEAM

Editorial Board Chairman
Rino Solberg

Managing Director
Jean-Paul Deprins
Email: jpd@bingwa.org

Project Director
Mundia Muchiri
Email: mundia@bingwa.org

Editorial Board
Mundia Muchiri
Eudiah Kamonjo
Jean-Paul Deprins
Julie Solberg

Managing Editor
Eudiah Kamonjo
Email: editor@bingwa.org

Distribution & Promotions
Claudia Gachimbi
Email: claudiah@bingwa.org

Design and Layout
Centrepres Media Ltd
Email: info@centrepresmedia.com

Contributors
Ian Arunga
Joseph Barasa
Cyrus Gathigo
Warucu Kijuu
Festus Mateso
Paul Mbugua (KWS)
Katami Michelle
Connie Mueni
Jeff Mundia
Christine Nderitu
Kepha Nyanumba (AAR)
Maurice Odede
Wangui Wachira
Timothy Wanyama
Nabea Wendo

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Editorial, Production and Advertising
Child Africa Media Ltd.
P.O. BOX 823 - 00606 Nairobi, Kenya
+254 20 434 268/020 232 4374
+254 719 619 006
email: info@bingwa.org

Uganda Office
Email: julie@childafrica.org
Tel: +256 752 896 205

Norway Office
Email: rino@childafrica.org
Tel: +47 46 44 76 06

DEAR READERS.

While compiling the 'Top 2012 K.C.P.E students on their success' story (Pg. 24), we established that ALL the interviewees attributed their success to one common thing. Read the fascinating story to find out what it is.

It is said that if you want to be great, you need to visit great places and meet great people. Nothing can compare to the great young (and future) leaders we meet in the schools we visit. *The World of Bingwa* (Pg. 3) lets you in on these experiences.

Here's something else that we've learnt in this issue; the young too can inspire! Take David Hermlin's (Pg.30) advice on not waiting until later in life to use your talent. The right time is now, do the best you can! Participate in the 'My dreams for Kenya Competition' (Pg. 38) to become a winner today.

Enjoy your termly dose of the amazing BINGWA and let us know what else you would like to read about. Remember to include your name, class and school at the back of each submission.

-THE BINGWA TEAM

**Are you an organization,
school or individual interested
in partnering with us?
Email info@bingwa.org
or call +254 719 619 006.**



**Cover Illustration by
Joseph Baraza**

FREE DISTRIBUTION OF BINGWA TO SCHOOLS IS AN INITIATIVE OF CHILD AFRICA

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STUFF
TO THINK
ABOUT**

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WILD LIFE**

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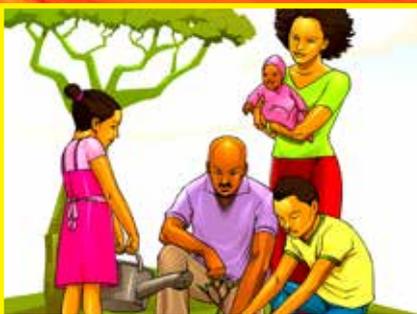
**KNOW YOUR CONTINENT
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Look out for this icon. It tells you that there is an activity you can do on that page.



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.

OUT AND ABOUT

BY CLAUDIAH GACHIMBI

THE WORLD OF BINGWA

First term 2013 was a truly great term as every-day was an adventure; we visited many new destinations, met hundreds of interesting people and learnt so much.

We salute Hill School (Eldoret), Mukumu Boys (Kakamega), Nyankongo D.O.K (Kisii), Migosi (Kisumu), Prisons Primary (Nakuru), D.E.B Maktano (Embu), Kigane (Meru). Moi Nyeri Complex (Nyeri), Ndumberi (Kiambu), Komaranch (Machakos), Mary Mother (Kilifi), Bashir N&P (Mombasa) Primary Schools just to name a few.

For all the articles and artwork you sent us, we appreciate you Homecare Preparatory, Blessed Academy, Child Africa School, Kabale Integrated, Nyabikoni, Kiwafu, Chadwick Namate, Kingsway, Kikunguri, Kabale Universal and Kabale Primary Schools all in Uganda. It is always such a delight to hear from all teachers and pupils.



The BINGWA team with Eldo-Baraka Primary School (Uasin Gishu) pupils

We look forward to visiting and interacting with even more enthusiastic BINGWA readers. It is our hope that BINGWA creates and leaves a positive impression lasting long after we are gone.

Remember, if you would like the BINGWA team to visit your school, please call, write or email us and we will take it from there.

Discoveries



Birds nests are so many in Kitui County. The scanty vegetation is a breeding ground for the grasshoppers they feed on.



On our way to Lamu County, we saw the harvesting of salt from sea-water.



A masterpiece landscape inspired by a trip to Jersey Island makes Tumaini Academy, Kilifi County what it is.



Learning also happens at the beach as we learnt from these teacher and pupils of Mary Mother Primary School, Kilifi County.



The star school this time is Hill School-Eldoret, Kenya. You take up the challenging BINGWA competitions with such gusto!



Letters

Channel to Kenyans

Thanks to BINGWA, I have been able to explain my thoughts to Kenyans. I love Kenya because its people are good at helping the needy. Julie Solberg is my role model and my aim is to get into politics. Please continue with the spirit of good deeds BINGWA!

-Namara Doreen, Kabale Integrated Primary School, Uganda.

THANK YOU

I love BINGWA stories, jokes, drawings, letters and so much more. Thank you for coming to our school, we stand to praise you BINGWA for improving our lives.

-Regina Gakii, Kavui Primary School, Embu.



Hill School-Eldoret Bingwa readers

HAPPY CHAMPIONS!

When the BINGWA team came to our school, we were very happy to receive BINGWA magazine. We learnt that BINGWA means champion in Swahili. BINGWA has such interesting stories and brain-teasers. The BINGWA team is very good and we thank you for remembering us.

-Arihomukama Mercy, Kabale Universal Primary School, Uganda.

AMONGST SCHOOLS

BINGWA is providing reading material for us to understand English even better. Schools are now able to share art and knowledge amongst themselves. Thank you for making this possible Child Africa. We love BINGWA!

-Munangi Savio, Kabale Integrated Primary School, Uganda.

Lessons Learnt

I love BINGWA because it teaches us a lot of good things. I love playing football and I have learnt that it can be my future. Everyone says that I am as talented as Santi Cazorla of Arsenal.

-Niwarinda Benjamin, Kabale Integrated Primary School, Uganda.

LOVE BETWEEN COUNTRIES

Receive our thoughts and blessings for the love you are showing between countries. You come from Kenya to Kabale, Uganda to bring us the great BINGWA. It is truly helping us improve our reading skills. Thank you!

-Uwamahoro Anne Monique, Kabale Integrated Primary School, Uganda.



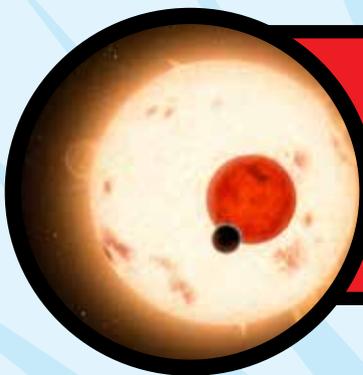
The work of Hill School-Eldoret Bingwa winners

A time for everything

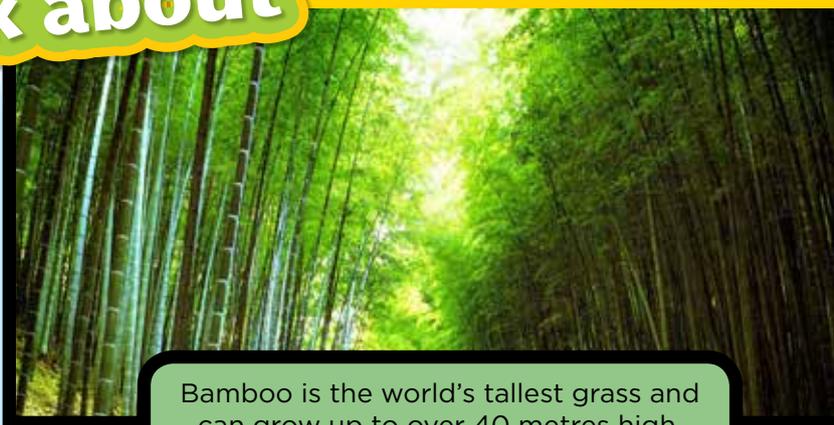
Dear BINGWA, I would like to remind all champions that there is a time for everything. Avoid watching too much TV and make time for your books and for helping your parents with housework. Draw up a timetable for all your activities so that you can manage your time well.

-Orishaba Sonia, Kabale Integrated Primary School, Uganda.

Amazing stuff to think about



Kepler-16b, discovered in 2011, is the first confirmed planet ever found to orbit two suns.



Bamboo is the world's tallest grass and can grow up to over 40 metres high.

It is said that comedian Bill Cosby gave his children names beginning with 'E' to remind them of their excellence

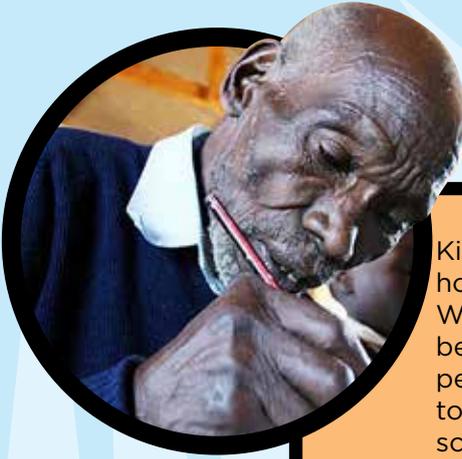


Zeus holds the Guinness Book of World Records 2013 for the World's Tallest Dog. Standing on his hind legs, Zeus stretches 7 foot 4 and towers over owner.



It takes a wombat three to eight hours of chewing each night to get enough to eat.

The Puma (Mountain Lion) is the highest jumper. It can jump up to 4.6 metres high.



Kimani Maruge holds the Guinness World Record for being the oldest person in the world to enrol in primary school. He was 84.

African Elephant

THE GENTLE LAND GIANT

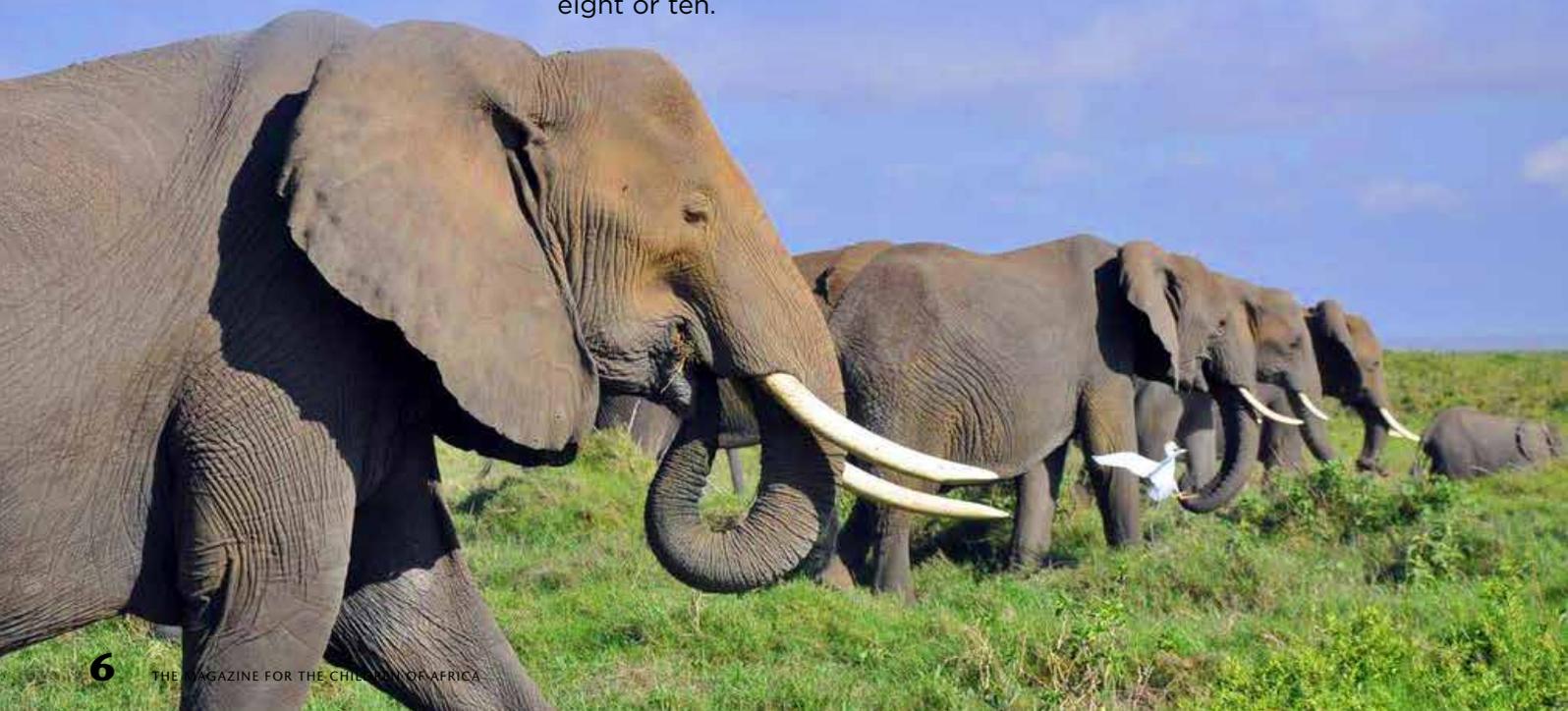
The African elephant's scientific name is *Loxodonta africana*. It is the largest land mammal in the world. Males (Bulls) are usually larger than females (cows) and weigh between 4,000 and 6,300 kilograms. Females weigh between 2,500 and 3,500 kilograms. They can reach a height of four meters and live an average 65 to 80 years.

Young ones

An African elephants' gestation period is approximately twenty-two months. A female elephant (cow) gives birth to one young one (calf). The calf is usually hairy when born and is about three feet tall. Twins are very rare. The calf feeds on its mother's milk for about three years and depends on her until ages eight or ten.

Diet

Mature elephants consume up to 300 kilograms of food in a day, approximately 5% of their body weight. They drink up to 250 litres of water a day. They are herbivores and love eating grass, twigs, tree bark, roots and wild fruits. They can bring down a tree to reach fruits or branches.



Social structure

Elephants are highly social and live in family units (herds) comprising up to twenty individuals. These herds are formed by related females and their calves of various ages. They are led by a matriarch-usually the oldest female among them. Young males remain in the herd until they are between ten and fourteen years old, after which they venture out on their own. They then join bachelor groups of other male elephants or find a female companion.

Physical features

Compared to Asian elephants, African Elephants have larger ears and trunks and longer tusks. They flap their large ears to cool off and their long tusks to fight, dig or scrape the bark off trees. These tusks continue growing their entire lives and can grow up to ten feet long. They use their large trunks to pick up food, bring down trees or branches, smell and even spray water on themselves with.

Behaviour, Habitat

Elephants like wallowing in water, mud or dust as well as rubbing themselves against trees, boulders or ant-hills to remove

parasites and cool their bodies. They are also considered very intelligent; they can easily be trained for various tasks and never forget.

Habitats and distribution,

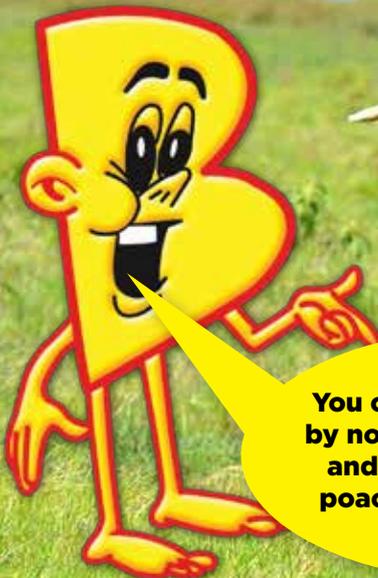
Elephants can live in all major vegetation types as long as there is water and shade. They stand under trees during the day (when the sun is very hot) and are more active at dusk or dawn when it's cooler. They can however cover up to eighty kilometers away from their water source in search of pasture. It is during these walks that they occasionally cause human wildlife conflicts.

Endangered

This particular species is found in thirty-seven African countries. In Kenya, there are about 39,000 elephants in different parts of the country. However, they are endangered because poachers and hunters kill them to sell their ivory tusks.

FACTS

- 80% of an elephant's day is spent eating.
- Elephants sleep while standing.
- Elephants have poor eyesight but excellent hearing and sense of smell.
- Years ago, many elephants were trained to perform tricks in circuses.
- Elephants communicate through stomach rumbles, growls, roars and trumpets
- Elephants are smart enough to recognize themselves in the mirror.
- It is believed that their closest living (land) relative is the rock hyrax, a small furry animal that lives in rocky landscapes.
- They die when their molars wear down; they can't eat so they starve to death.



You can help save elephants by not buying ivory products and informing KWS about poachers and ivory buyers.





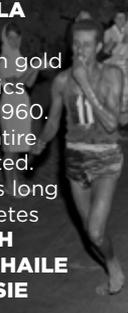
1 **ETHIOPIA** is the only nation in Africa that was **NEVER** colonized. It defeated the Italians twice



2 **COFFEE** was first discovered by a goat herder in the **KAFFA** region. **HE NOTICED HIS GOATS PACING RESTLESSLY AFTER EATING THE COFFEE PLANT**



3 **ABEBE BIKULA** was the first African to win gold in the Olympics marathon in 1960. He ran the entire race barefooted. Other famous long distance athletes are **TIRUNESH DIBABA** and **HAILE GEBRESELASSIE**



4 **WOT** (hot spicy stew) and **INJERA** (sour flatbread made from fermented teff flour) is the most common dish. Raw meat is also a delicacy



5 Ethiopia is the only country in the world with 13 months. **IT IS ALSO EIGHT YEARS BEHIND THE WESTERN CALENDAR**



6 **LUCY**, the oldest human fossil believed to have existed over **THREE MILLION YEARS AGO**, was found in Ethiopia



25

INTERESTING FACTS ON

7 Emperor Menelik II was the first African (Emperor) to drive a car. His car reached Ethiopia in 1907



8 **TIME IS COUNTED DIFFERENTLY**; 6 o'clock is said to be 12 o'clock and 16:00 is 10 o'clock



9 **THE WALIA IBEX IS ONE OF THE MOST FAMOUS ANIMALS ENDEMIC TO ETHIOPIA**



Many Ethiopians claim descent from **KING SOLOMON** and the **QUEEN OF SHEBA**



11 One of Ethiopia's most successful musicians is **Teddy Afro**. In 2012, he married Amleset Muchie, an actress and model who held the Miss University Ethiopia title 2004 and Miss World Ethiopia 2006



12 **THE KISWAHILI NAME FOR ETHIOPIA IS UHABESHI**

13 **ETHIOPIA** is mentioned **FORTY TIMES IN THE BIBLE**. It is also one of the few countries mentioned in both The Bible and the Koran and many more ancient books



14

TRADITIONALLY, PARENTS AND CHILDREN DO NOT SHARE A LAST NAME. MOST CHILDREN TAKE THEIR FATHER'S FIRST NAME AS THEIR LAST NAME

15



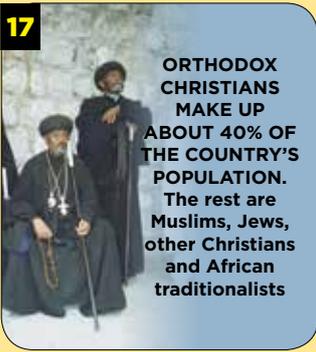
ETHIOPIA IS THE TENTH LARGEST COUNTRY IN AFRICA.
As of 2008, its estimated population was **82.5 MILLION PEOPLE**

16

Ethiopians are gaining international recognition in other fields besides athletics. Bethlehem Tilahun Alemu, the founder of soleRebels, a footwear brand that fuses the recycling tradition (car tyre soles) with Ethiopian crafts and modern designs is today a global leader



17



ORTHODOX CHRISTIANS MAKE UP ABOUT 40% OF THE COUNTRY'S POPULATION. The rest are Muslims, Jews, other Christians and African traditionalists

18



Ethiopia was the birthplace of Pan-Africanism (A united Africa). Hailed by **EMPEROR HAILE SELASSIE I**, it led to the birth of the African Union

19



This is the source of the **BLUE NILE**, which together with the White Nile make up the Nile River, which is believed to flow out of the biblical **GARDEN OF EDEN**

ETHIOPIA

20

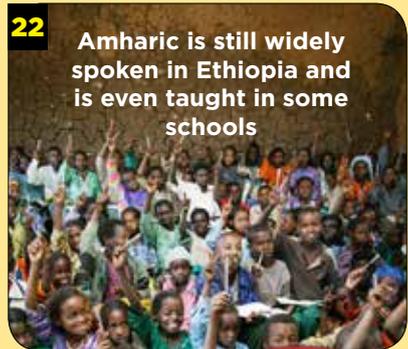
There are more than eighty ethnic groups, each with their own language and culture. As of 2008, Oromos were the largest in number

21



AMONG THE MURSI OF SOUTHERN ETHIOPIA, A YOUNG WOMAN WEARING A DISC THE SIZE OF A FOOD PLATE ON HER LOWER LIP IS CONSIDERED BEAUTIFUL

22



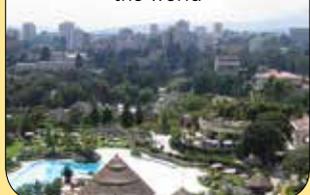
Amharic is still widely spoken in Ethiopia and is even taught in some schools

23



THE ETHIOPIA TRADITIONAL COSTUME is made of woven cloth. Women's dress is known as Kemis

24



ADDIS ABABA, which means 'new flower', is Ethiopia's capital city. Standing at 2,400 meters above sea level, it is the third highest capital city in the world

25



Eat when food is ready, speak when the time is right-Ethiopian saying



It is considered impolite to refuse a cup of coffee.

THE GOLDEN URN



Once upon a time in the vast desert kingdom of Iguna; there lived a wealthy and wise merchant whose name was Manu. Manu owned a one stop **duka* which was stocked with everything under the sun. *Busy as a bee*, Manu would travel far and wide to ensure his **duka* never lacked the supplies that were needed; food, house-hold items, farm implements and even beauty products.

One fine afternoon, as Manu was taking a break, he contemplated about his business, wondering who the best person to inherit it would be. He thought about each of his seven children and five grand children. He then decided to hold a competition. The winner of this competition

would be the rightful heir of the business.

The very next day, Manu invited all his relatives for a party-a party that was filled with so much laughter and dancing. It was evening when Manu stood to speak, "Thank you all for coming. I invited you here to inform you that I am now ready to have one of my children or grandchildren inherit this business that I have worked so hard on building."

Everyone was very excited because they knew how much Manu loved his **duka*. Anyone who inherited it would indeed be very wealthy. After all the mumbling stopped, Manu continued, "To establish who the best person is, I will run a competition where each of you will

be required to present a unique item to stock in my **duka* within a fortnight. The one that impresses me the most will inherit the **duka*."

The search for the 'perfect' item continued for days on end. Everyone was keen about the task at hand except Waud, Manu's last born son. Waud was known to be lazy and even a bit of a bully. Although Waud did not want to look for the item, he really wanted the inheritance.

So he lay on a rock under the shade of a palm tree and started scheming. 'I will wait until everyone else has collected items to present, then I will steal the best and most unique item and present it as my own,' he decided. It was not long before Waud

noticed Imani's beautiful golden urn. Imani, a snake charmer, was Manu's first grandchild. The urn was so beautiful that Waud decided it had to be the 'perfect' item.

Later that evening, before Imani turned in, she took one last peek inside the urn-now placed in a drawer by her bedside. The snake that resided inside was still alive and well. She then placed the flute that went hand in hand with the urn under her pillow. Confident that she would win, she got into bed and was soon deep asleep.

In the dead of night, Waud quietly snuck into her room, grabbed the urn and ran to his house *swiftly as lightning*. He then hid it under his bed without even inspecting it. For him, he had already won the prize and that was that!

Imani woke up to the rude shock of a missing urn. Frantically, she looked everywhere *in vain*. A very sad and disappointed Imani could only present her

flute. Manu's feast was as grand as could be. Some of the items presented by Manu's kin were animals, shiny jewelry, extraordinary tools and so much more. When it was Waud's turn, he insisted that Imani go first so he would show off his item last. Imani then stepped up and explained "Someone stole my urn last night... I however have the flute but it only works hand in hand with the urn." Next came Waud who, *proud as a peacock*, pulled the stolen urn from a sack and presented it as his own.

"That is the urn I was talking about!" Imani screamed on seeing it.

"I walked for many days and nights to find this urn, so stop lying!" Waud yelled.

"Well, it appears that we have a problem here. Imani, did you not say that the urn and the flute work together? If that is the case, please show us how to prove that the urn is yours," Manu calmly requested.

Boldly, Imani sat down cross-legged and played a melodi-

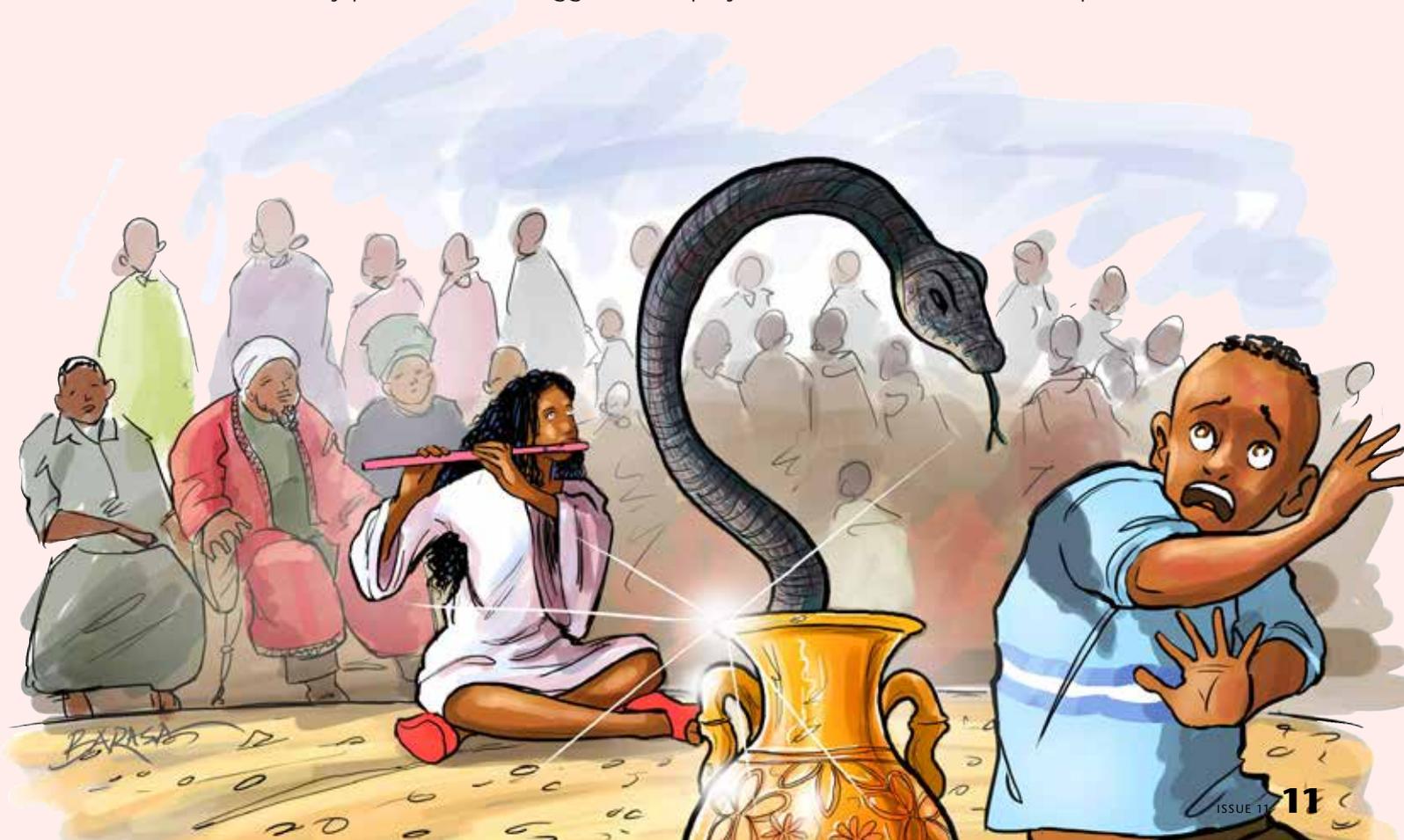
ous tune on her flute. To everybody's dismay, a snake emerged from the beautiful urn and started dancing to the music.

Manu immediately turned to look at Waud, whose jaw was still hanging on the realization that he had been carrying a snake the entire time. "Tell us the truth Waud, is this urn yours? And the snake?" Manu asked.

Too bewildered to speak, Waud just shook his head, leaving no doubt that Imani was indeed the rightful owner of the urn.

Manu then thanked everybody for their hard work and declared Imani the winner and rightful heir of his wealth. "In all my travels, I have never laid eyes on such a beautiful urn with a fascinating creature inside it," Manu concluded. Manu taught Imani all the secrets of his trade and she became a very wise and wealthy merchant.

*duka- Shop in Swahili.



BY MICHELLE KATAMI



VICTOR WANYAMA

REPRESENTING KENYAN FOOTBALL MAESTROS

Victor Mugubi Wanyama is not a new name in local and international football circles. He is currently a central/defensive midfielder for Scottish Premier League giants Celtic FC. Before joining the club in July 2011, he played for Beerschot FC, a Belgian Football Club. The six-foot two Kenyan midfield maestro has already attracted so much attention from top football clubs like Manchester United and is bound to move to an even bigger club if he continues performing so well.

BACKGROUND

Popularly known as Mugabe, sports comes naturally for him. His is a purely sports-loving family. His father Noah Wekesa played football for AFC Leopards and Kenya in 1980 while his mother Mildred Ayiembra was a netball player.

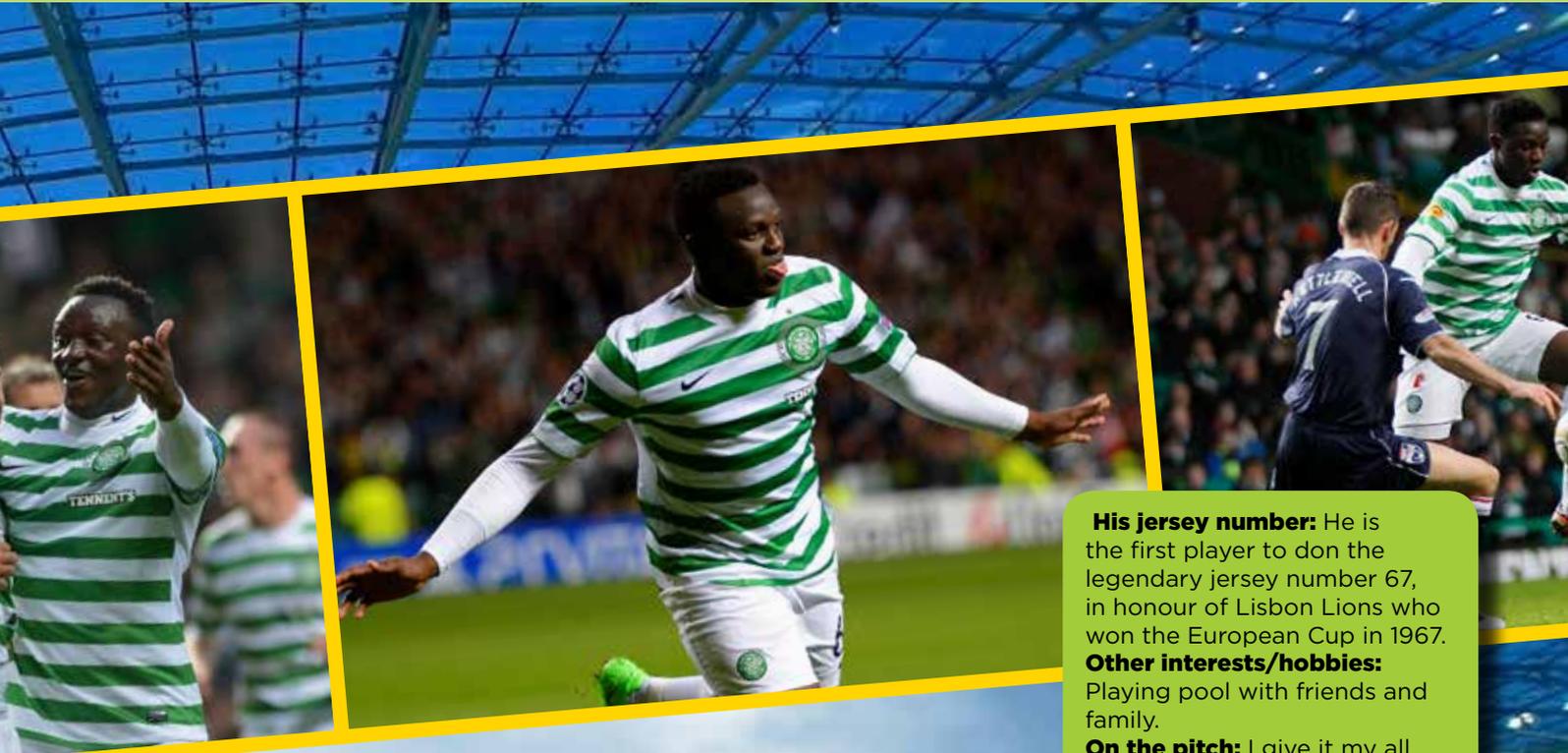
“I have always loved football since I was very young. Ofcourse it helps that my father played football too,” he explained.

His elder brother Macdonald Mariga (currently playing for Parma FC and formerly of Inter Milan), was the first Kenyan ever to play in the Champions League. His other brothers Thomas and Sylvester are also Kenya Premier League football players (Sofapaka FC and Sony Sugar respectively). His sister Mercy Wanyama is basketball player.

On growing up, he believes he was

raised well, “My background was humble and my parents were strict.” Football in Kenya is however not very rosy. Like the majority of talented youthful football players, Wanyama started off by playing at their estate’s Country Club before moving to JMJ Academy. He made his Kenya National Team (Harambee Stars) debut in May 2007 at the age of fifteen in a friendly against Nigeria. The then Harambee Stars team coach Ghost Mulee acknowledged that he was indeed a rare natural talent. He also played in all of the six 2010 FIFA World Cup qualifiers.

His journey into European football began in late 2007 when he joined Helsingborg, a Swedish Football Club. In 2008, he was signed up by Beerschot, a Belgian Football Club. Life in Belgium was not easy for him as he had to put up with a family that could not speak English,



forcing him to use gestures.

“It was difficult for me to articulate what I wanted clearly. It was especially challenging when it came to the right foods for me to eat. In the end, I managed to get through all,” Wanyama pointed out.

Since his move to Celtic, he has only been moving upwards, attracting world-wide attention. He is valued at over three billion Kenya shillings, a figure that can only go up since he is still young.

Following in the footsteps of his father and elder brother, Victor has become an even bigger player in the football circles. His success has been an inspiration to young football players. He is greatly respected for uplifting the standards of Kenyan football on the world map.

INTERNATIONAL STAR

Wanyama is only 21 years-old but with every game, he continues to truly stand out. He performed incredibly well during his first season at Celtic FC. In December 2011, he was named Scottish

Premier League (SPL) young player of the month. In 2012, he was the only football player shortlisted for the Overall Sports Personality of the Year Award, of which he came in third in the Male category. He also came third in the 2012 Confederation of African Football (CAF) upcoming player of the year.

“I am honored to be nominated for these awards; they inspire me to work harder everytime I am on the pitch,” Wanyama said.

PERSONALITY

Victor is charming, calm, humble and very disciplined. He is also a great listener and is focused on achieving his goals. Without a doubt, Wanyama is dedicated to his profession and is very keen to help young people in football.

It is clear that fame has not gotten into his head. “I do not let the media hype get to me. I am just me – the same Kenyan Victor Wanyama,” he offers.

His jersey number: He is the first player to don the legendary jersey number 67, in honour of Lisbon Lions who won the European Cup in 1967.

Other interests/hobbies: Playing pool with friends and family.

On the pitch: I give it my all everyday and always remain focused.

His strengths: Strong tackler, determined, fast and versatile (can play midfield and defense).

Most memorable goal: the goal he scored against football giants Barcelona during the 2012 Champions League.

A word to teachers/parents: If you notice talent in sports among young children, nurture it—His mother’s words.

Life as a sportsman involves: Training daily.

Birthdate: 25th June 1991

On sports for the young: Work hard and remain disciplined at all times.

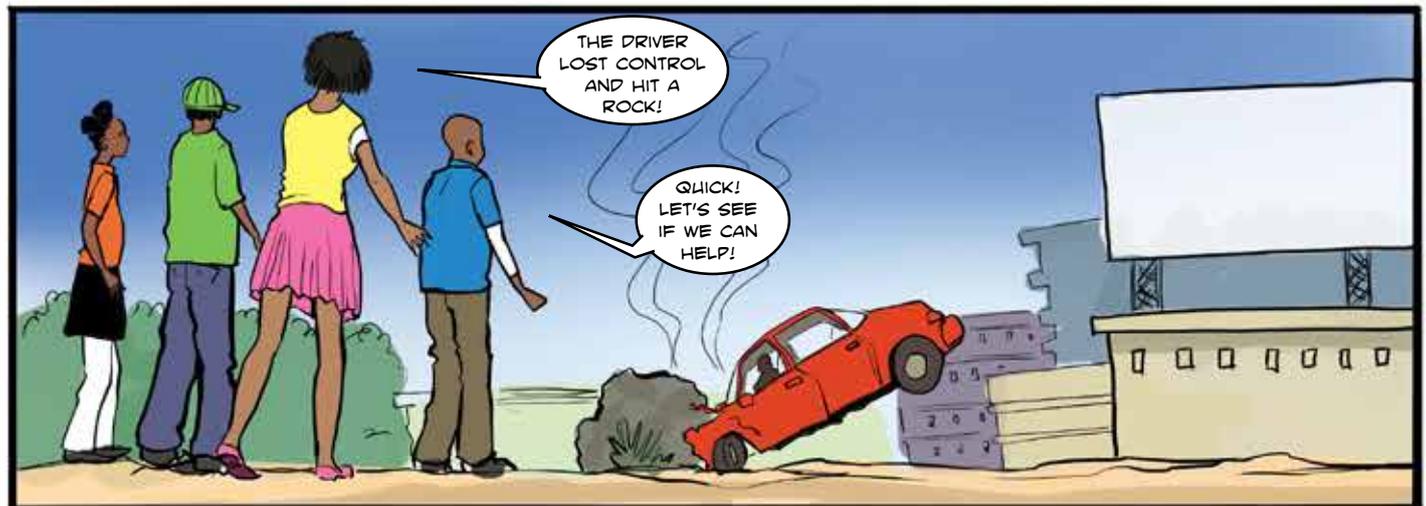
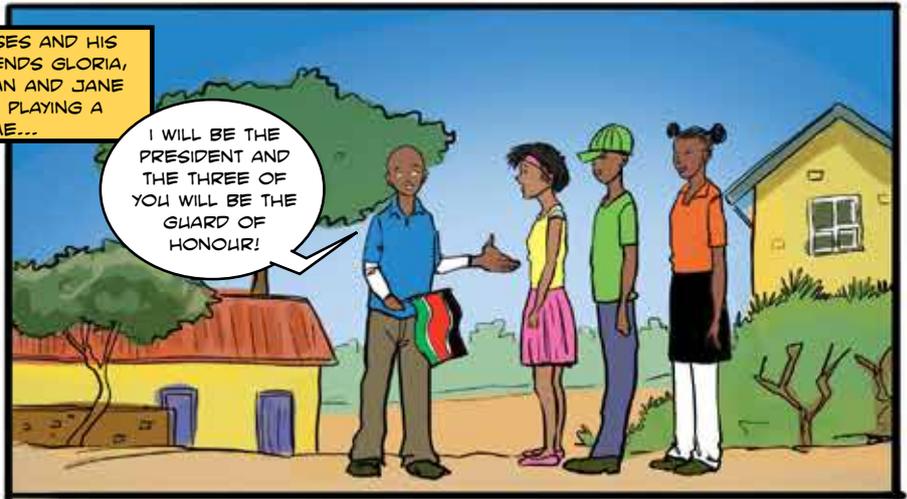
Advise to BINGWA readers: Always remember that education is very important.

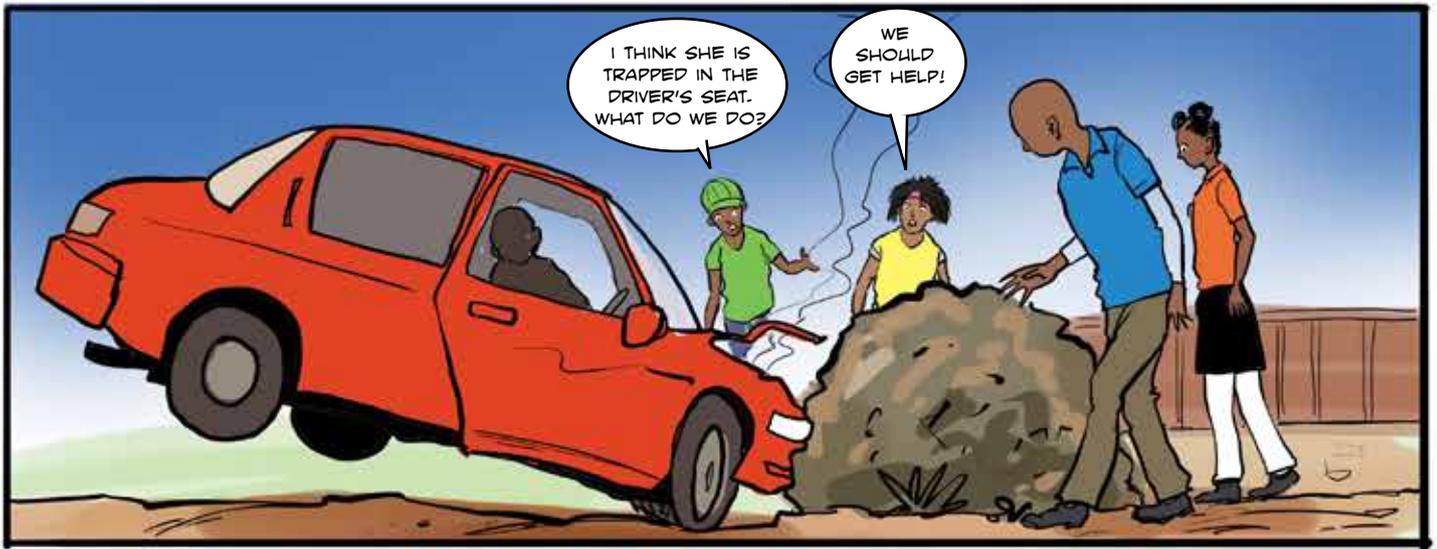


Wanyama is the first Kenyan to score a goal in the UEFA Champions League.

Mechi Kali

MOSES AND HIS FRIENDS GLORIA, BRIAN AND JANE ARE PLAYING A GAME...





I THINK SHE IS TRAPPED IN THE DRIVER'S SEAT. WHAT DO WE DO?

WE SHOULD GET HELP!



OKAY! BRIAN! RUN AND GET SOME MEN TO HELP GET HER OUT OF THE CAR!

GLORIA! GET A TELEPHONE AND CALL AN AMBULANCE!

JANE! GET HER SOMETHING TO DRINK! I WILL WATCH TO MAKE SURE SHE IS OKAY!



I'M SURE I WILL GET A TELEPHONE IN THAT SHOP!



PLEASE! HELP! THERE'S A WOMAN TRAPPED IN HER CAR!



HERE, HAVE SOME WATER. WE ARE GETTING YOU HELP

THANK YOU!



LATER...

THOSE CHILDREN ARE VERY BRAVE AND ORGANISED. I HOPE THAT WHEN THEY GROW UP THEY WILL BECOME LEADERS OF THIS COUNTRY!

WE WERE GLAD TO HELP!



BACK TO OUR GAME! I HOPE YOU ALL KNOW KENYA'S NATIONAL ANTHEM...

MAURICE HASA

Touching people's lives using music



Everywhere he goes, Ugandan musician Maurice Hasa is called 'Kaleke Kasome', the title of the very first song that got him recognition across the country. The Luganda song, condemning the defilement of young girls, touched old and young, rich and poor alike. Since then, Hasa has been producing songs that bring hope and peace.

Childhood

Hasa's father Dr. Yona Muhasa helped discover his talent for singing when he was only six years-old. He was raised as a Christian in a large family. His mother, Mrs. Sanyu Ellnor Muhasa, was a nurse. Hasa recalls his mother sitting by his bed to cool him down. Reason? He was concerned about the suffering other children in the neighbourhood were going through. "My mother often found me crying in bed because seeing a child without food, shelter or clothing and in poor health really bothered me," he explains. She tried to comfort him, telling him that there was nothing they could do for them. This statement only angered him even more, so much so that he retaliated and spoke out, "No! We can do something mum!"

For Hasa's sake, Mrs. Muhasa saved some money and began to prepare larger meals on Sundays. She would then invite these children to dinner with the rest of the family. Hasa soon realized how much it took to cater for these children. He would always thank his mother, surprising her with his maturity at such a young age. "Since then, caring for the needy and wanting to make a difference in the lives of many young people became part of my life," Hasa admits.

Making music, bringing hope

His very first hit song, 'Kaleke Kasome', generated so much attention that he is now referred to as Kaleke Kasome. The Luganda song strongly condemns defilement of young girls. Another of his songs 'Mukama



Asobola'-meaning God answers prayer if you believe, urges people to also keep working hard and maintaining peace in whatever they do for a better environment for everyone in Uganda and the rest of the world.

"I love singing! It is through music that I am able to reach out to many people, to change behaviours and attitudes in different communities and give comfort to the needy," he expounds.

People often ask Hasa for advice. He admits that he does not have the right answers all the time. "Some of the stories I hear are so painful and emotional that all I can do is cry out for them," he says.

Inspite of the many challenges he has faced, Hasa continues to sing songs that bring hope and peace to

all and sundry (including people in the streets and in hospitals). "Being in the Ugandan music industry has been a challenge; there are no serious copyright laws to protect musicians from pirating and many artists have given up because of this. We hope these kinds of laws will be enforced because they are breaking the wings of artists who are ready to fly across the continent," he contends.

Hasa is currently working on a project that will prove to be a 'marvelous way of giving back to his Ugandan community.' He is also working with Child Africa, an organization whose main mission is to provide quality education to underprivileged children. The different projects will indeed inspire African children and adults around the world.

Maurice Hasa is part of the Child Africa Community



Other interests: I am a great Chef who has worked for a number of hotel chains. I plan to establish my own bakery one day.

Favourite book: *A servants guide in a servant's heart* by Kevin Bond, an American music producer and Grammy-Award winner. It is a must-read for all community leaders.

Favourite quote: If you can kneel before God your creator, then you can stand before anyman or face any situation.

Favourite subject (back in school): I loved history because there was so much to learn about different people, their backgrounds and how they managed to go through different situations.

Favourite music: I love reggae and rhythm n' blues.

Favourite films: Good educative films that I can learn from.

I look up to: Juliana Kanyamozi (a great female Ugandan singer), Maurice Kirya (for his persistence and good character) and Aziz Azion (a guitarist and vocalist who is a great friend and advisor).

I am.....: A champion, a BINGWA!

Advise to BINGWA readers: Put all your effort, spirit and attention to what you love most, but open your ears to good advice from those who wish you well. It is up to you to make the right decision at the end of the day though; you determine your own future and destination.

A BIG thank you to.....: Child Africa for the great work they are doing for the children of Africa. I am proud to be part of the Child Africa community which has great people, with great minds and giving hearts.

LAMU

KENYA'S TIMELESS JEWEL

It is said that time changes everything, except Lamu. With the distinction of being the oldest and best preserved Swahili settlement along the East African Coast, Lamu has been continually inhabited for over 700 years. Its narrow streets, cultural activities and unchanging Swahili architectural character give the impression of an island beautifully frozen in time. So impressive is Lamu-Old Town that the entire area has been granted UNESCO World Heritage Site status, meaning that its conservation is very important.

I was fortunate enough to visit Lamu on a recent school trip as part of the University of Nairobi fourth-year Architecture class. We were doing conservation work, which consisted of making measured drawings of various buildings on the island. These drawings were to be submitted to Museums of Kenya for their record keeping.

We travelled by bus from Nairobi to Lamu. This took us two full days. We spent the first night in Mombasa and then headed out towards Lamu very early the next morning. We arrived at Mpeketoni at dusk where we took a traditional Swahili 'dhow' (boat) from the mainland to Lamu Island. We

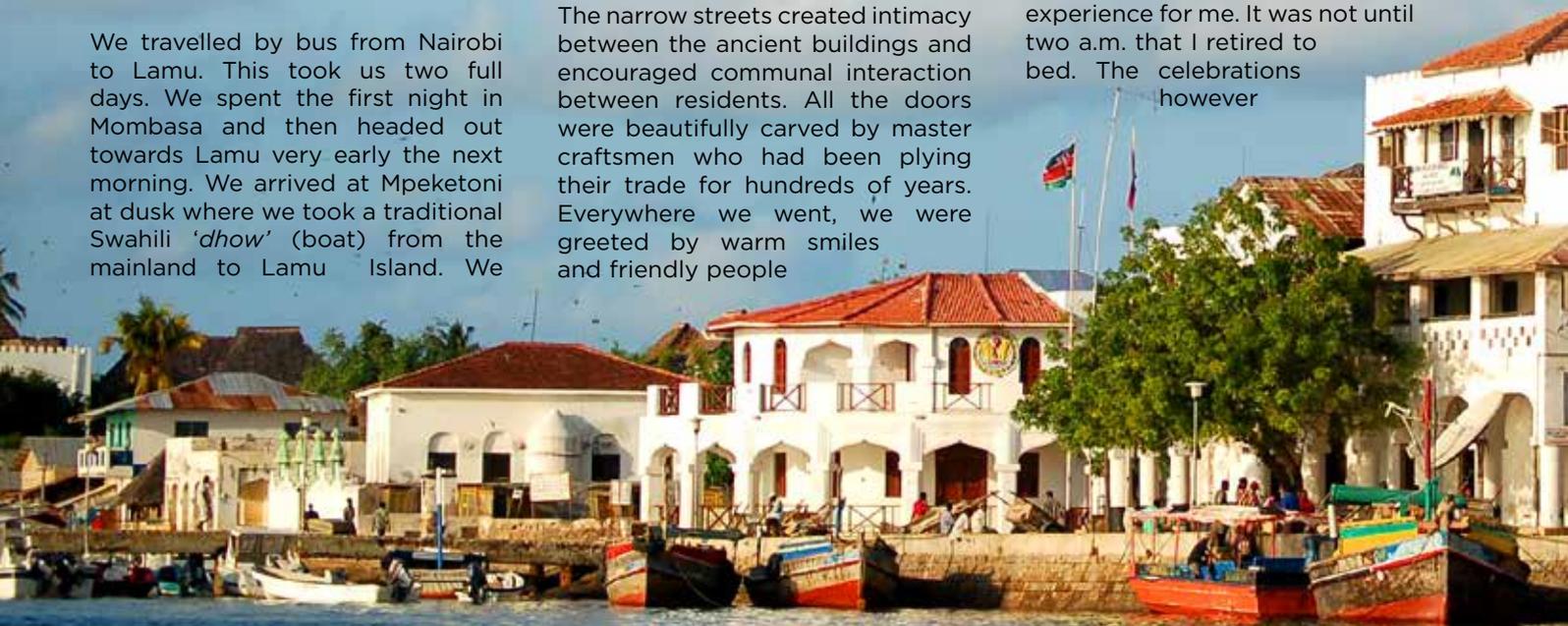
THE STREETS OF LAMU ARE FAR TOO NARROW TO ACCOMMODATE CARS. THE MAIN FORM OF TRANSPORT IS DONKEYS

were a bit overloaded so it was a very tense forty-five minute boat ride. I clutched onto my life jacket tightly as we swayed unsteadily in the waves. I tried to stay calm and celebrated as soon as we reached the island safely. We then made our way to the hotel where I quickly freshened up before venturing out to explore the famous town.

I was not disappointed by what I saw. The narrow streets created intimacy between the ancient buildings and encouraged communal interaction between residents. All the doors were beautifully carved by master craftsmen who had been plying their trade for hundreds of years. Everywhere we went, we were greeted by warm smiles and friendly people

exclaiming, "Karibu Lamu!" I was hundreds of kilometers away from home, yet I felt so welcome and appreciated.

We made our way to the town square, which is the social and cultural hub of the Islamic island. We happened to be there during *Maulid*, a four-day festival commemorating the birth of Prophet Mohammed. In Lamu, *Maulid* is an explosion of music and colourful celebration that is a spectacle for all visitors to behold. I watched as everyone joined in song and traditional dance. Young children chased each other playfully around the square while their parents socialized and enjoyed the music. Craftsmen sat outside their shops as they carved and weaved beautiful pieces of furniture for sale. The night air was filled with the sweet smell of 'mahamri' and fresh fruit juices from the food vendors along the street. It was truly an awe-inspiring experience for me. It was not until two a.m. that I retired to bed. The celebrations however



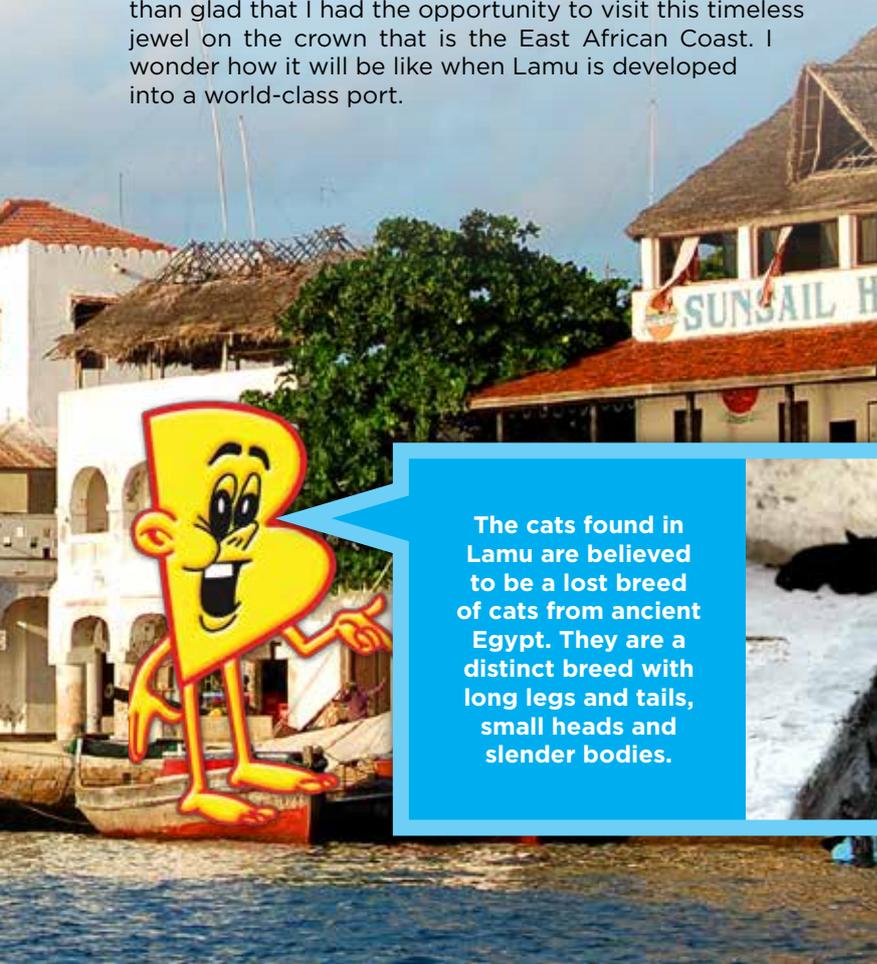
continued throughout the night.

We met up with our lecturers after breakfast the following morning where we were briefed on what work expected. Each student was assigned a building with results expected at the end of the trip. I was assigned the Post Office building, and was expected to take measurements of all the walls, windows and doors. In the heat and humidity of Lamu, this was quite a cumbersome task. I trudged on however, and was done with my work in two days. This was good timing as the Maulid celebrations were coming to an emphatic end. A donkey race had been organized and all the residents had gathered to watch. I looked on as the energetic young men swiftly rode their donkeys across the finish line and an eventual winner was crowned. Most of us were surprised that donkeys could run so fast.

Having completed our assignment, we made our way to Shella Beach, which was a ten-minute boat ride away from Lamu-Old Town. We enjoyed the white sandy beaches and swam in the warm waters of the Indian Ocean. There was so much of Lamu to be enjoyed, I felt as though I still had a lot to experience and see. We took another dhow back to the Island and settled down for the night.

The next morning, while taking a walk, I stumbled upon a silver smith's shop deep within Old Town. Here, beautiful pieces of silver jewelry are created from scratch. I watched as the silversmith smelted silver blocks into moulds and created unique rings, necklaces and earrings. He informed me that his family had been making jewelry in Lamu for over a hundred years!

Unfortunately our trip had come to an end. We packed our bags and headed out towards the mainland where our bus was waiting for us. As I looked back at the Island, I was more than glad that I had the opportunity to visit this timeless jewel on the crown that is the East African Coast. I wonder how it will be like when Lamu is developed into a world-class port.



The cats found in Lamu are believed to be a lost breed of cats from ancient Egypt. They are a distinct breed with long legs and tails, small heads and slender bodies.



BAADA YA DHIKI, FARAJA

Ilikuwa ni asubuhi siku ya Jumamosi. Guyo, babake Nuru, alikuwa tayari ameondoka na wavuvi wenzake kutafuta riziki ya kila siku katika Mto Tana. Gumato, mama yake pia alikuwa ameenda sokoni. Nuru alikuwa nyumbani na ndugu zake wadogo, Munga na Habuko. Sawa na Jumamosi nyingine, kazi yake Nuru ilikuwa kufua nguo za familia yake yote. Alikusanya nguo hizo na kuzikunjia kwenye shuka moja, akaziweka kwenye karai kisha akaelekea Mto Tana. Alitembea kilomita nane hivi.

Alipofika, aliyarusha mawe madogo majini kuhakikisha kwamba hakukuwa na mamba mle ndani. Mto huo ulijulikana kuwa na mamba walio washambulia wanyama na watu sawa na kuwazamisha majini kabla ya kuwala. Hakuona dalili ya mamba au nyama yeyote halifu majini. Hivyo basi alizibwaga nguo zile na karai pale na kuanza kufua nguo. Hatimaye, alitazama maji kwa uangalifu kwani alikuwa bado na wasiswasi.

Goliathi naye alikuwa akiota jua katika ukingoni upande huo mwingine wa Mto Tana. Goliathi hakuwa mtu, bali mamba mzee wa kiume aliyesemekana kuwa na nguvu kupindukia. Alipomwona Nuru, alimshukuru Mola wake kwani alikuwa na njaa

sana. Alianza kuogelea pole pole kama mzee kobe akielekea Nuru alipokuwa. Nuru hakuelewa kwa nini siku hiyo wasiwasi wake haukutoweka lakini hakuwa na budi ila kuendelea na kazi aliyopewa na wazazi wake.

Angali chini ya maji, Goliathi alisogelea windo wake kwa tamaa. Hangeonekana na yeyote yule kwani maji hayakuwa na uwazi wa kioo: yalikuwa mchanganyiko wa rangi nyeusi, hudhurungi na kijivu. Kwake Nuru, masaa yalikingimbia kweli kweli na aling'ang'ana kumaliza kazi ile iliakatafute kuni kabla ya kusoma. Nuru alipenda kusoma sana kwani alikuwa msichana mwenye matumaini kabambe maisihani.



Goliathi alisogea taratibu bila kusumbua maji hata kidogo. Huku Nuru amezama katika fikira za kazi alizopaswa kutimiza. Ghafila kama mshale, Goliathi aliruka kutoka majini na kumshambulia Nuru kwa jikia lake lenye magamba. Pigo hilo lilimuinua Nuru kijuujuu kama mpira uliopigwa shuti kali na akaanguka majini chubwi!, kichwa kikitangulia.

Goliathi alimfuata majini huku amepanua kinywa chake kipana tayari kumraru Nuru kwa mijino yake ya msumeno. Alilenga paja lake la kushoto na akakwamisha meno yake mwilini mwake Nuru. Alifahamu vizuri nia ya mshambulizi wake; alitaka kumzamisha majini ili afe. Huku damu ikimtirika tiriri, Nuru alipambana na Goliathi vilivyo. Alipiga nyende kadhaa akitumai kuokolewa lakini wapi!

Baada ya robo saa hivi, Nuru alishindwa kupambana naye tena, kwani nguvu ilianza kumwishia. Kwa sababu ya damu aliyopoteza, alijua kwamba muda si muda, angezirai na Goliathi angemmaliza. Nuru alikata tamaa papo hapo na Goliathi

akaanza kumvuta kuelekea katikati ya mto. Ni katika mapambano hayo ya wapinzani wachovu ambapo Nuru alikumbuka visa alivyosikia kuhusu tabia za mamba. Kati ya masimulizi mengi, alikumbuka tukio moja alipomsikia nyanya yake akisema kuwa mamba huogopa sana kuguswa jichoni. Hakujuu iwapo habari hizi zilikuwa za kubuni au zilikuwa na ukweli fulani. Aliyoosha mkono wake wa kushoto na kutia kidole chake jichoni la Goliathi, huku akitumia nguvu yote aliyobakisha. Ghafila Goliathi alimwachilia Nuru na kwa mara ya kwanza walionana ana kwa ana. Kwa uchungu mwingi, Nuru aliogelea akielekea ufuoni. Goliathi naye alimfuata unyonyo huku amemkondolea macho kwa hasira.

Nuru husema hakumbuki lingine lililotokea alipofika hapo ufuoni ila alimwona mvuvi mmoja akimwendea kwa mbio. Alipopata fahamu, alijipata katika hospitali aipouguza majeraha kwa muda wa miezi miwili. Baada ya siku kadha, alirudi shuleni

na kuanza kufanya mazoezi ilikufufua viungo vyake vya mwili vilivyokuwa vimeganda. Wiki chache baadaye, alianza kukimbia kama awali kwani alikuwa bingwa katika timu shuleni.

Miezi tisa baada ya tukio hili, Nuru aliibuka mshindi katika mbio za vijana wa kike duniani. Hakuwa tu ameshinda dhahabu katika mbio hizo za mita mia nane, bali pia alikuwa amevunja rekodi duniani. Bila shaka alikuwa ni kielelezo kizuri kwa vijana wengi ulimwenguni ambao wakati mwingine hukumbwa na dhiki na kuanza kukata tamaa.

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

TAFSIRI

- Je, ni methali gani zingine zinaweza kueleza mafunzo yaliyomo katika hadithi hii?
- 'Pole pole kama mzee kobe' ni mfano wa tashbihi iliyotumika kwenye hadithi hii. Je, umezitambua tashbihi zingine?
- 'Tiririka tiriri' ni mfano wa tanakali ya sauti iliyotumika kwenye hadithi hii. Je, umeitambua nyingine?

Majibu Uk. 44





CHEMSHA BONGO

Tafuta majina ya nchi zilizoko Afrika katika fumbo hili



O	R	A	Q	V	P	K	J	A	F	O	A
K	A	A	G	A	O	A	A	A	G	A	A
D	U	A	M	I	S	R	I	N	A	A	S
P	Q	S	A	H	A	A	O	K	H	A	U
W	Y	Q	H	S	A	K	A	M	A	A	D
S	E	Y	I	E	A	T	L	A	O	A	A
A	H	A	V	B	L	A	Y	W	U	K	N
A	F	A	D	A	A	I	J	R	A	K	K
V	Z	J	Z	H	A	A	S	A	A	Q	U
A	O	A	K	U	A	M	T	H	Z	F	S
A	A	P	A	A	J	R	Q	A	E	A	I
A	M	O	R	O	K	O	A	A	A	L	N
A	F	R	I	K	A	K	U	S	I	N	I

Majibu Uk. 44

NI KIPI KILITOKEA KWANZA?

Kila safu ya picha ina hadithi fulani. Ni kipi kilitokea kwanza (1), halafu (2), (3) na hatimaye (4)? Weka nambari kwenye visanduku kwa utaratibu huo



Majibu Uk. 44

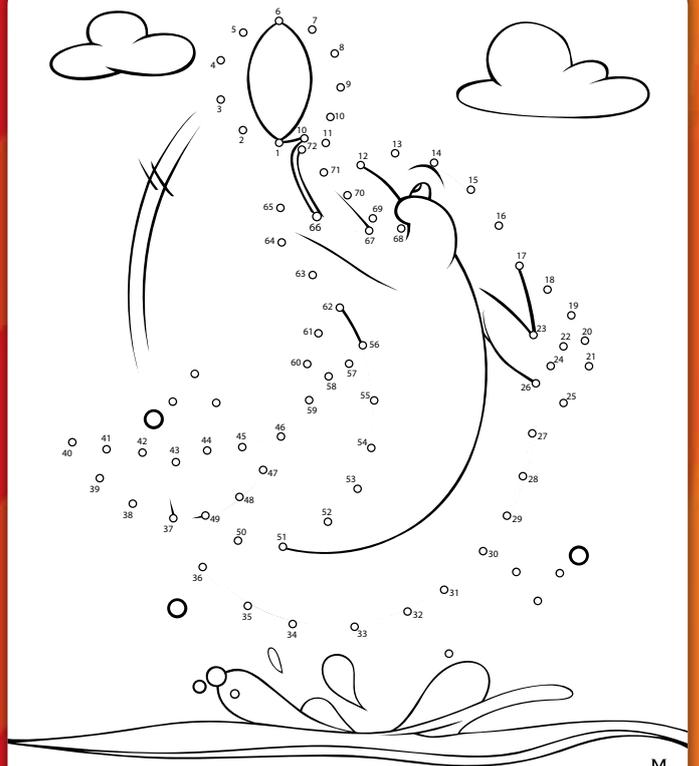
Futa herufi ambazo zinatokea mara nne katika fumbo lifuatalo. Herufi zitakazobaki zitaonyesha hijai za mnyama mmoja

O	H	E	Q	Y	P	P
H	M	I	P	Q	O	
Y	S	A	E	I	P	
O	Q	S	M	H	S	
I	Y	Q	H	B	O	
S	E	Y	I	E	A	



Majibu Uk. 44

UNGANISHA NUKTA NA UTIE RANGI



Majibu Uk. 44

UCHAMBUZI WA KITABU

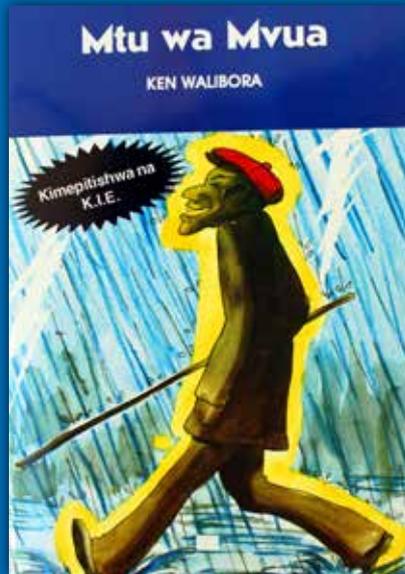
MTU WA MVUA
MWANDISHI: Ken Walibora
KIMETOLEWA NA: Phoenix Publishers

Mtu wa mvua ina hadithi tatu za kusisimua. *Sungura Hasara* inaangazia umuhimu wa kuepuka uongo na wizi. Fumbo amebandikwa jina 'Fumbo Hasara' na nduguye Masika, na 'Sungura' na wanafunzi wenzake. Tunaelewa chanzo cha majina haya wakati anamuimiza rafikiye Musa na kusababisha ugomvi kati ya familia. Fumbo pia anaibika kwa sababu ya uongo wake kuhusu mchoro alioiba kutoka kwa Masika.

Mtu wa Mvua inahusu Okungu, aliye na vipawa vya ajabu kama vile kutoguswa na hata tone la mvua, kusimamisha au kunyeshesha mvua na kuwafanya wezi wa mifugo kuwarudisha ng'ombe walioiba huku wakiomba msamaha. Jamii ya kina Dora inasaidika kwa kumfanyia hisani Okungu.

Charo na watoto watoro inaburudisha vilevile. Charo anatoroka nyumbani baada ya kuchelewa shuleni na kusema uongo. Anajiunga na genge la watoto wanaozurura mitaani. Anaanza kuvuta sigara, gundi na pia kuchakura mapipani. Bila kujua, anaila nyama iliyo na sumu na kuzimia. Mafunzo yaliyomo ni umuhimu wa kuwasaidia wengine, kutofanya urafiki na waovu kati ya mengine mengi. Kisome kitabu hiki uyafumbue mwenyewe.

-Rosemary Wangu.



SHAIRI

Shukrani kwa Mola

Imeandikwa na Faith Anyango,
Shule ya Msingi ya Migosi, Kisumu, Kenya

Mimi mwana nainuka, kwa furaha ya kujaa
Asubuhi naamka, nashukuru jalia
Ninaoga kwa haraka, sare zangu kuzivaa
Shukrani kwako Mola, umenipa afya nzuri

Ninapofika mezani, chai nzuri i tayari
Inapofika tumboni, shuleni mbio safari
Mwalimu yu darasani, masomo kweli
mazuri
Shukrani kwako Mola, umenipa afya nzuri

Nitasoma kwa bidii, niweze kuerevuka
Nisiwe mtoto bii, nisije kuharibika
Walimu nitawatii, wazazi kuheshimika
Shukrani kwako Mola, umenipa afya nzuri



Felix Paul Omondi, Kenya

TANGAZO! TANGAZO!

Tunawatangazia kwa simanzi kifo cha Bwana Ku. Bwana Ku alishikwa na kupelekwa mahakamani. Huku, alipewa mahindi ili ashibe kupindukia kabla kujibu mashtaka yake. Bwana Ku, aliyekuwa kuku mwenye nguvu, alipelekwa mahali pasipojulikana. Basi Bwana Ku aliuwawa kwa kuchinjwa na kumtumbukizwa ndani ya maji moto. Alipigwa viboko vya mafuta, nyanya na vitunguu. Kisha akapelekwa korokoroni, yaani tumboni. Haya yote yalifanyika katika hoteli ya Laico Regency.

-Imeandikwa na Walter Ligami, Darasa la Nane, Shule ya Msingi ya Muraka, Kakamega (Kenya)



TOP 2012 K.C.P.E STUDENTS ON THEIR SUCCESS



SHAMIM ABASS MOHAMED

Scored: 407 Marks

Former School: Garissa Academy, Garissa County

Current School: Alliance Girls High School.

What would you attribute your good performance in K.C.P.E to?

God's grace, support and love from my family. Hardwork and help from my teachers-especially our headmistress Mrs. Anne Omondi (also my mentor). Our studies were interrupted a couple of times because of clashes and bombings but I continued to work hard on my own.

Was this your dream school? Why? How is it so far?

Yes it was. It has a good history of academic excellence. So far so good; It has surpassed all my expectations.

What tips would you give BINGWA readers on great academic performance?

Never yield to pressure around you, focus on your goals. Make it through by shining bright despite the circumstances and always appreciate help offered.

What are your study habits?

I plan my day's activities weeks ahead and only stick with what works for my positive progress. For example, unlike most people, I'm a 'night owl' and prefer extra studying for one hour after preps before retiring to bed compared to waking up early.

What do you plan to do to perform even better in K.C.S.E?

I plan to be more vigilant in answering questions in class to ensure I understand what we are taught. I will also consider advice given so as to make the right choices.

What would you like to be in future?

I would like to be a computer engineer. This way, I will introduce people in my community to technology and its advantages.

What is your favourite quote or saying?

Winners never quit and quitters never win!

RONO BETHWEL KIBET

Scored: 422 Marks

Former School: AIC Tindiret Academy, Nandi County

Current School: Lenana School

What would you attribute your good performance in K.C.P.E to?

Respect to God and to man, cooperation with school staff, discipline and a positive attitude. I also worked hard and smart and participated in games. Getting enough rest at night was necessity.

Was this your dream school? Why? How is it so far?

Yes it was. I chose Lenana School because it is both a sports and academic giant. I knew it would nurture my talents and sharpen my brain. Pupils here are also disciplined so I know I will be a person of substance. So far, I am not disappointed. The teachers here are very skilled.

What tips would you give BINGWA readers on great academic performance?

During your exams, never rush to answer the questions; think critically and analyze each of them carefully first. Remember that bad company corrupts good morals so avoid bad company. Believe in yourself because if not you, then who else?

What are your study habits?

I ensure I give my body and mind enough rest. I tackle some mathematical problems and go through my notes during morning preps when my mind is fresh and relaxed. I have my own timetable for free time so I have no time to waste or misuse. I also play football and run to exercise my body and mind. I write summary notes for reference when I need to do quick revision.

What do you plan to do to perform even better in K.C.S.E?

I will trust in God and pray for his help. I will also take advantage of teachers' help cultivate my great virtues and work smart to ensure I get an A.

What would you like to be in future?

I would like to be a surgeon.

What is your favourite quote or saying?

- If your ambition is to be with eagles, why waste time with chicken.
- Romans 8: 31 If God is for us who can be against us.





BERYL GEKONGE NYARANGI

Scored: 413 Marks

Former School: Newlight Junior Academy (Kayole), Nairobi County

Current School: Precious Blood Secondary School-Riruta

What would you attribute your good performance in K.C.P.E to?

Putting God first in all my endeavours, setting goals and achieving them as well as working hard and asking where I did not understand. I also managed my time well and followed my personal timetable. My parents and teachers also supported me mightily.

Was this your dream school? Why? How is it so far?

I wanted to go to Alliance Girls High School but I have come to love Precious Blood. Pupils here have purpose; 'We hit the ground sprinting' as our principal Mrs. Akatsa says.

What tips would you give BINGWA readers on great academic performance?

Put God first in all your plans, make a personal timetable and follow it to the letter. Involve your teachers to assist you with difficult questions and concepts. Also practice some mathematical problems on your own as practice makes perfect.

What are your study habits?

I wake up the same time as everyone else. But I do have a timetable for my free time and break time.

What do you plan to do to perform even better in K.C.S.E?

I start work now, not in Form Three. I believe that what you can do today should not wait until tomorrow (procrastination is the thief of time). I will utilize my time well and carry myself as an A grade student by doing well in all my exams.

What would you like to be in future?

I would like to be a pediatrician and do music too.

What is your favourite quote or saying?

Play now, pay later. Pay now, play later!



ALBERT NOBERT NGANGA

Scored: 417 Marks

Former School: Wamugi Academy, Kirinyaga County

Current School: Starehe Boys Center & School.

What would you attribute your good performance in K.C.P.E to?

God, working smart and discipline.

Was this your dream school? Why? How is it so far?

Yes it was. It has a great reputation in discipline. It does not always top in K.C.S.E, but it continues to uphold its values and provides quality education. So far, it has been great. There is no harassment and school rules govern all operations.

What tips would you give BINGWA readers on great academic performance?

Always give God the first priority in your life. Then work hard, smart and be disciplined.

What are your study habits?

I study all subjects equally and manage my time well by sticking to my personal timetable. I also give God his time and space by dedicating sometime during the morning preps to studying the bible and praying.

What do you plan to do to perform even better in K.C.S.E?

I will keep a positive mindset on education and keep my focus on God.

What would you like to be in future?

I would like to be an aerospace engineer, to explore what is beyond space.

What is your favourite quote or saying?

- Perfection does not exist, there is always room for improvement.
- God does not do his greatest fetes in your yesterday, he has even greater plans.



When preparing a personal timetable for your free time, ensure you allocate equal study time for all subjects

TOP 2012 K.C.P.E

STUDENTS ON THEIR SUCCESS

**VICTORIA MUTHONI
WAWERU**



Scored: 378 Marks
Former School: Nyali Primary School, Mombasa County
Current School: Precious Blood Secondary School-Riruta

What is your favourite quote or saying?
Think like a champion and you will become legendary.

**BELLONCE
NYAMBURA MUTHONI**



Scored: 402 Marks
Former School: Kahawa Baptist Academy, Nairobi County
Current School: Precious Blood Secondary School-Riruta

What is your favourite quote or saying?
Our greatest fear is not that we are inadequate, our greatest fear is that we are great beyond measure.

**KIIIO HEMSTONE
MUSYOKI**



Scored: 416 Marks
Former School: Kathonzweni AIC, Makueni County
Current School: Lenana School

What are your study habits?
My day starts early as I study for a while before morning preps. I also do some research in the library most afternoons. Sometimes, I prolong my study, but not too late into the night.

**FLETCHER
CHEPKIRUI**



Scored: 380 Marks
Former School: Tengecha Girls Primary School, Bomet County
Current School: Precious Blood Secondary School-Riruta

What are your study habits?
I am an early riser and use this time to study the wide (theory) subjects like social studies. I also read ahead of the teacher, revise everyday and manage my free time using a magic timetable.

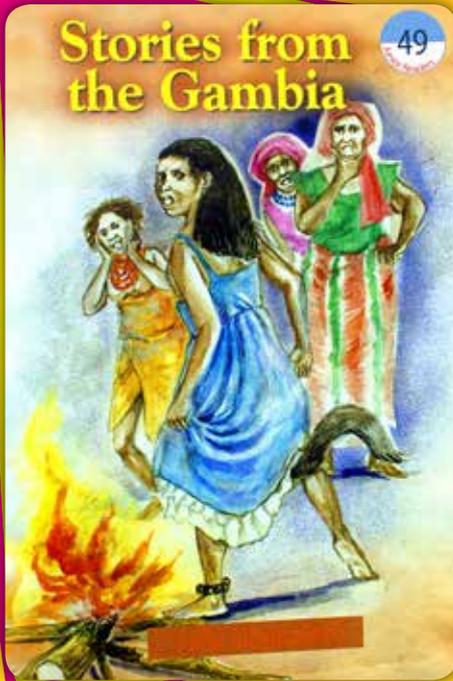
JOEL AMBWERE



Scored: 398 Marks
Former School: Marell Academy, Bungoma County
Current School: Starehe Boys Centre & School

What are your study habits?
I sleep late in the night revising therefore I do not wake up very early. I've had to do away with some bad habits like sleeping too much and joking around.

BOOK REVIEW



STORIES FROM THE GAMBIA

Author: Sally Singhateh

Publisher: East African Educational Publishers

Stories from the Gambia is a collection of three traditional African tales. There are a myriad of lessons on greed, evil, treachery, hospitality and truth. Something else that the tales have in common is the Chief at the center of each of them. The first story, *'Evil begets punishment'* is a story about Chief Abdou and his wife Maimuna. Chief Abdou barely knows Maimuna before he marries her and only discovers much later that she wants to kill him. *'Modou and the Chief'* is about a young man named Modou, who wants to find his 'real' mother. His mother left him in the care of an old woman after Modou's father, a chief, chased her away. So he goes around a number of villages singing a song asking whoever claimed to be his mother to say where he was born. Only his real mother would know that he was born in the kitchen. In *'It does not pay to be greedy'*, the Chief makes Nabou, a very pretty but greedy girl, his eighth wife. The illustration here (in full colour) will tell you everything you need to know. You will be astonished to discover what happens to Nabou after she uses something that does not belong to her.



MCHONGOANOS

- Babako ni mzee hadi anatafutwa na serikali ili auliwe.
 - Ukona vidole kama chips imekanyagwa
- Ukona mdomo kubwa ukicheka tunaona roho yako
-Nick Mathew, Moi Primary school, Nakuru
- TV yenu ni noma ikona stations mbili ON and OFF
 - Siku moja nilipita kwenyu nikapata mkisherekea nikawauliza, "Mnasherekea nini?". Mkasema kwamba baba yenu amepata kifuniko ya BIC
- Maria Gorety Okongo, Migosi Primary School, Kisumu
- Babako ni mblack hadi huwezi come

- up na story bright.
- Ukona ulimi refu ukisneez inalia kama nyahungo
- Ukona nywele nyingi, nzi zikiingia zinasema "Na wasee tumelost!"
- Wewe nimlafi hadi ukienda kwa hoteli mandazi inasema, "Kuweni chonjo mlafi amefika!"
-Brian Odhiambo, Migosi Primary School, Kisumu
- Eti bike yenu ni nzee hadi ikiitika kwa mlima inatoa walking stick.
- Wewe ni danda hadi Mwalimu alipokuuliza mototo wa Ngamia anaitwaje ulisema "Ngafifty!"
- Ati wewe ni mjinga hadi unatune radio ukitafula Police Station.
-Kenan Mutwiri, Chogoria Complex Primary School.

SEA TONGUE-TWISTERS

Shirleen's watch was washed away as she watched in shock
I saw a fish in the sea shore
but the fish was very selfish.
-David Kiarie, DEB Makutano Primary School, Embu, Kenya.

The sea-shells she sells at the sea-shop are the sea-shells she gets at the sea-shore
-Origye Sadness, Homecare Preparatory School, Kabale, Uganda.

Sally went to the sea-shore to see ships sailing.
-Ann Wayness, Chesternel Schools, Embu, Kenya.

The snarling snapping shark shouted shelter!
A rainy day made Rian not play in the rain.
-Linah Kinanu, Chogoria Complex Primary School, Meru.



Building self-esteem; how teachers can help

Natalie had been in her new school for a term but was still finding it difficult to make friends. Her teacher Ms. Kanana also realized that she seemed shy and did not raise her hand to answer questions in class. It was not long before Ms. Kanana realized that Natalie had low self-esteem. Low self-esteem is usually a result of constant negative criticism that results in one not believing in herself. Ms. Kanana adopted the following ways to help Natalie focus on her positive qualities:

- Get the pupils to all sit in a circle. Then ask them to say some words that describe what they like or admire about other pupils. From this, pupils learn about the good or positive things others see in them. This exercise can be concluded by each child talking about what they do not like being done or said to them. This will ensure they are all more sensitive to the needs of the others.
- Let Natalie outline what her negative beliefs are. Then remind her that these are just beliefs and not facts.
- Help Natalie make a list of things she likes



- about herself. Is she kind? Caring? Helpful? Trustworthy? The teacher can even help her discover positive aspects about herself that she did not know.
- Help Natalie learn about how important it is to stop comparing herself to others. Ms. Kanana can explain about how special and unique we all are.
- Let her know the importance of spending time with positive people or friends, not

- people who discourage her.
- Encourage Natalie to take up a hobby that she enjoys. This will improve her well-being as well as contribute to her self-belief especially if she excels at her chosen hobby.

With this kind of help and support from the teachers who interact with Natalie, she will begin to know and respect who she truly is, begin answering questions in class and be more active in school.

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

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

VOX POP

MY FAVOURITE FOOD

We sought to establish what BINGWA readers love to eat. What we learnt was this...



My favourite food is Pilau because I enjoy cooking it. The sweet aroma motivates me to continue cooking unlike other foods.

-Brenda Kalya, Hill School-Eldoret, Kenya.



My favorite food is prawns with rice. Prawns are very delicious and rich in protein, iron, zinc and vitamin E. They are also readily available here.

-Claire Njeri, Mother Mary School, Mombasa, Kenya.



My favourite food is chapati because my body loves it!

-David Muturi, Nyankongo Primary School, Kisii, Kenya.



My favourite food is Githeri. It is very nutritious and keeps my family healthy because of the good fats, protein and carbohydrates.

-Winnie Wangari, Komaranch Primary School, Machakos, Kenya.



My favourite food is chicken, chapati and fish. They are all very nice. Fish is especially common here in Kisumu.

-Jane Akoth, Lake Primary School, Kisumu, Kenya.



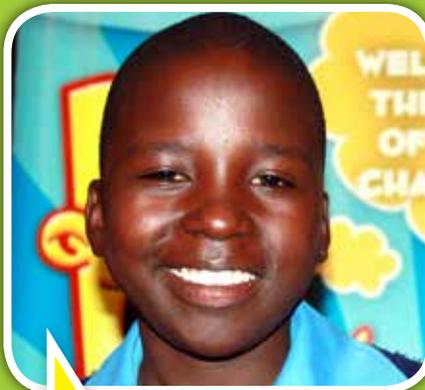
My favourite food is broccoli, tomatoes, hotdogs and hamburgers. I like to have a balanced yet fun diet.

-Maria Muthoki, Rusinga School, Nairobi, Kenya.



My favourite food is Chicken and chips. Chicken is especially tasty.

-Michira Edwin, Ongata Academy-Primary, Kajjado, Kenya.



My favourite food is chapati because it is the best carbohydrate.

-Walter Ligami, Muraka Primary School, Kakamega, Kenya



UGANDA

My favourite food is fish and beans. They strengthen my body, keep me healthy and fit enough to play football and volleyball.

-Baliruno Arafat, St. Kizito Nursery & Primary School, Uganda.

My favourite food is matooke. It is rich in carbohydrates and therefore enables me to perform different activities in class.

-Clara Shimelis, St. Kizito Nursery & Primary School, Uganda.





THE MAKING OF 'NAKUPENDA' VIDEO



David with his Kenyan mother and German father

David with his sister



David Hermlin is a 12 year-old musician who loves dancing and goes to school in Berlin, Germany. He plans to launch his album in 2014 and was recently in Nairobi, Kenya. Eudiah Kamonjo caught up with him during the 'Nakupenda' video shoot.

Favourite topic to sing about: Any topic with a positive message.

Aspirations: To be a successful international musician.

Best advice I've ever received: Let your dreams come true and do not give up.

My beginnings: Played with my father's band when I was about three-years old, started tap-dancing when I was about four and singing solo when I was ten.

Musical specialties: Pop music, R n B and hip-hop.

Favourite sports: Soccer and basketball.

Favourite musicians: Michael Jackson, Usher and Chris Brown.

Favourite subjects in school: Sports, Music and English.

Favourite food: Ugali, Nyama choma and Sushi.

I've worked with: Popular German singer Sarah Connor (tour 2012/13) and Kenyan Ephy Young.

I'd like to collaborate with: Frasha of P-Unit.

A word to aspiring artists: Use your talent now. Do not wait until later in life. Do the best you can and do not give up.



ELECTION, ELECTION, ELECTION



Words by Niwemujuni Samuel, Homecare Preparatory School-Uganda

Election, election, election
 Why are you so good for some people?
 And why are you so bad for other people?
 Why do you obstruct our studies?
 Everyone is complaining about you, why only you?

Election, election, election
 Who are you to make people struggle?
 Why do you affect our studies?

Election, election, election
 Why do you cause misunderstanding among people
 Who have peace?
 Why do you let people abuse others?
 Where do you come from Mr. Election?
 You have helped us learn about our Members of Parliament

Art by Birungi Moses, Homecare Preparatory School-Uganda

SECURITY IN UGANDA

After the 11th July bombings in Uganda that left over fifty people dead, security around Kampala City has been tightened. Every public place you go to; bus and taxi parks, schools, hospitals and churches have been given more attention by checking and searching people and luggage before they can access the facilities or services.

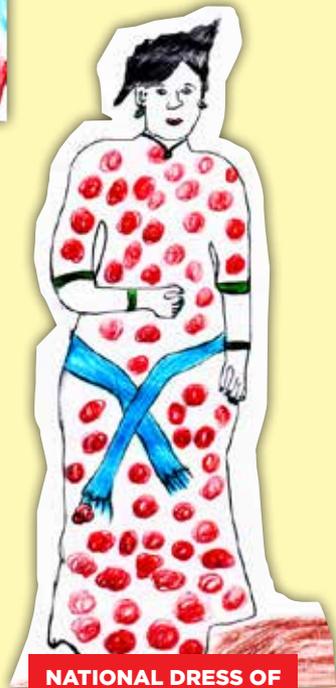
-Agaba Jina, Kabale Universal Primary School, Uganda



PRIMARY EDUCATION IS GOOD- Turyasingura Ozbari, Nyabikoni Primary School, Uganda.



NATIONAL COAT OF ARMS-UGANDA- Muhwezi Brian, Homecare Preparatory School-Uganda



NATIONAL DRESS OF UGANDA (WOMEN)- Akampurira Blessing, Homecare Preparatory School-Uganda



FLAG OF UGANDA- Cecelia Akongo, Kingsway Primary School, Uganda

PREPARING THOUGHTFULLY

We covered the first step to financial achievement (Planning purposefully) in the last issue of BINGWA (Issue 10). The second step is 'Preparing Thoughtfully'. Before you put your financial plan into action, you have to prepare your mind, body and spirit. This calls for some guidance and discipline.

Would you say you are well-informed and confident about everything you have listed in your plan?

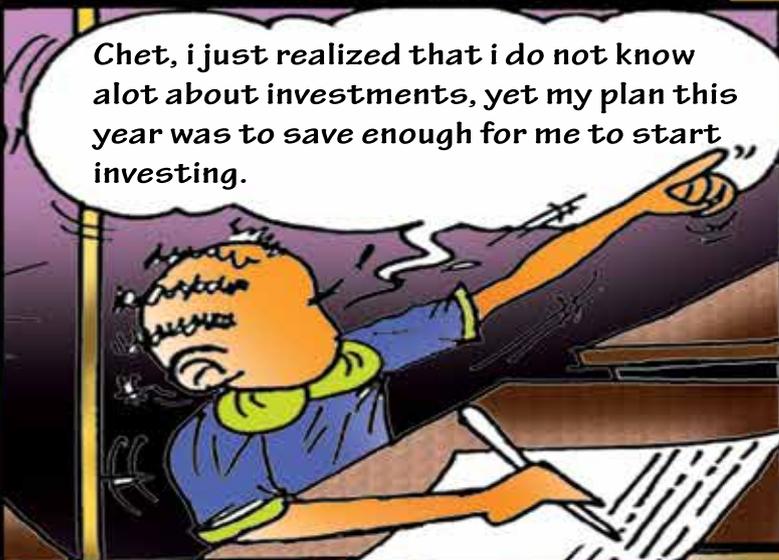
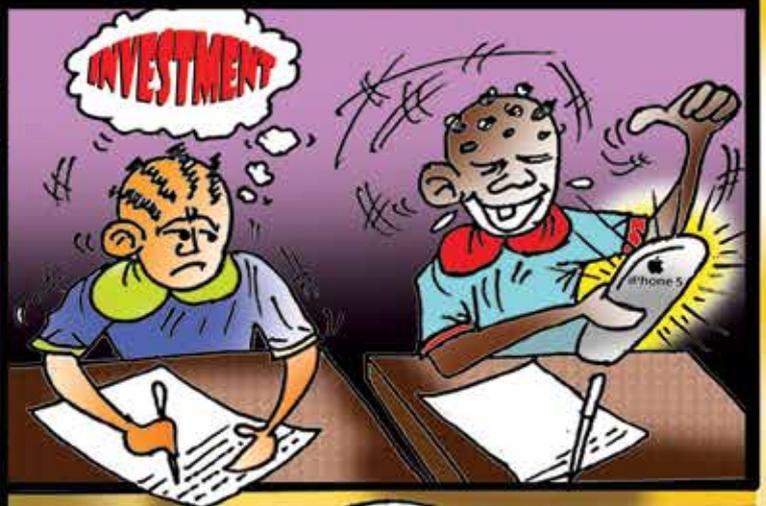
Here's a check-list of the crucial aspects to consider:-

- **Your budget:** Re-examine your budget and ensure it is reasonable and that you have ways to stick to it. Remember that your budget will influence every decision you make.
- **A savings account:** Opening a savings account will ensure your money earns interest (compared to keeping it in a piggy bank at home). You also become more disciplined in saving as the money is more difficult to access.
- **Investment basics:** Find out all you can about how investments work to increase your money. Ask a parent or trusted adult who works at a bank or investment company to explain. This way, you will know exactly where to start when you are ready.
- **Extra income:** In addition to your allowances or pocket money, is your plan on how you will earn the extra money in order? Making jewelry, baby-sitting, gardening, cooking, washing cars or photography are some of the common ways.

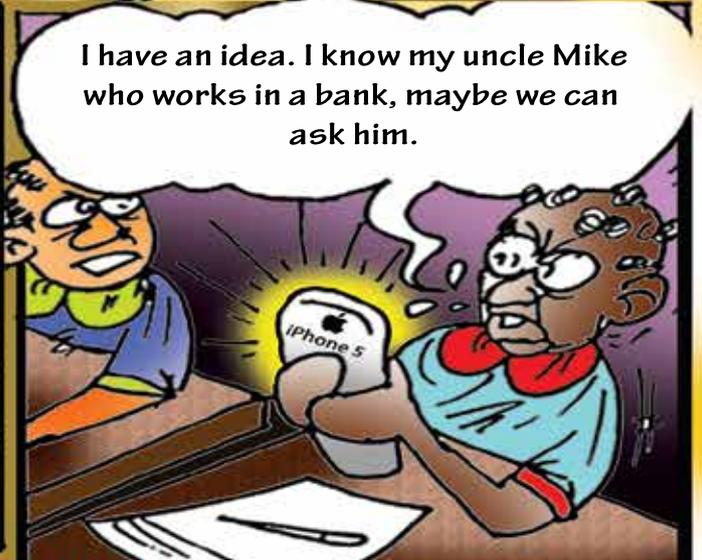


You cannot win if you have not prepared yourself to

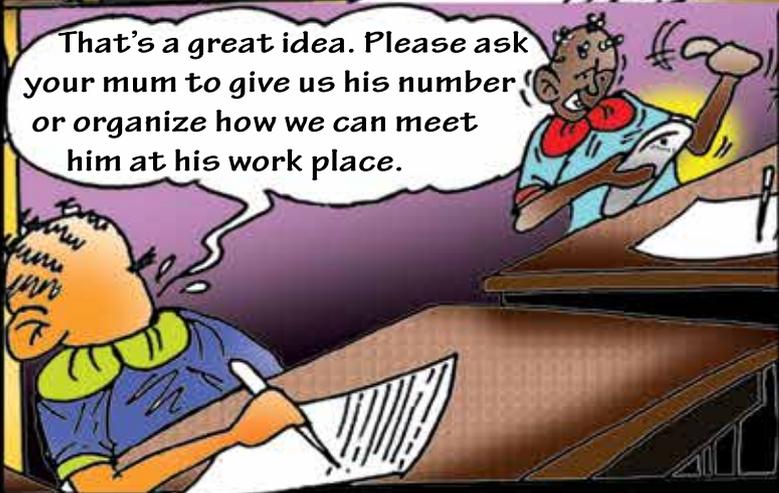
... by Mateso



Chet, i just realized that i do not know alot about investments, yet my plan this year was to save enough for me to start investing.



I have an idea. I know my uncle Mike who works in a bank, maybe we can ask him.

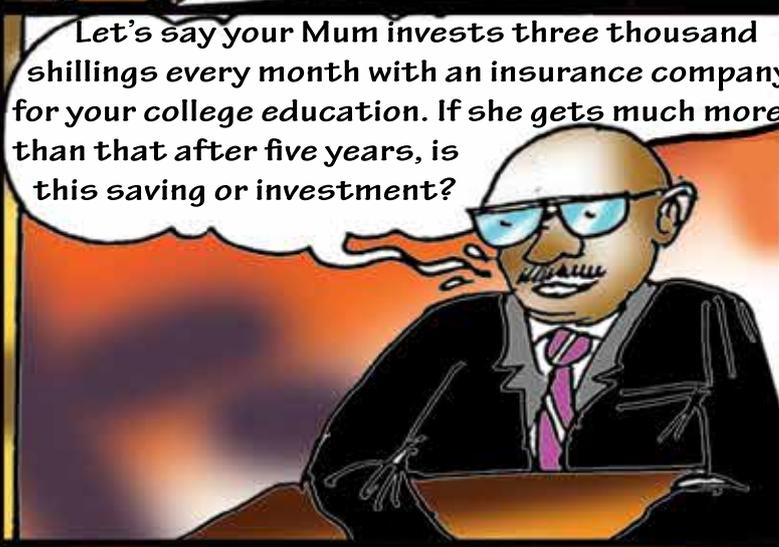


That's a great idea. Please ask your mum to give us his number, or organize how we can meet him at his work place.



Later at the bank...

Thank you for having us Mr.Mike. Please tell us how to make money from investments.



Let's say your Mum invests three thousand shillings every month with an insurance company for your college education. If she gets much more than that after five years, is this saving or investment?



D.I.Y

Egg in a bottle science experiment



ITEMS NEEDED

1. Hard-boiled eggs
2. Clear glass bottle with narrower opening that size of eggs
3. A lighter or matchbox with matchsticks
4. Pieces of newspapers or tissue paper

1



2



3



PROCEDURE

1. Allow the hard-boiled eggs to cool for ten minutes before peeling off the shells. Be sure not to damage the egg as this will lead to an unsuccessful experiment. If it does happen, use another egg.
2. Light a piece of the paper using a lighter or matchstick. Place the burning paper inside the bottle as it continues to burn.
3. Quickly (but gently) place the egg on the mouth of the bottle and watch what happens.

EXPECTED OUTCOME: The piece of paper burns for a very short time. As the flames die down, the egg very slowly begins to move downwards into the bottle, making cool sucking sounds.

EXPLANATION: This experiment illustrates the effects of air pressure (the force exerted by air on any surface in contact with it) without damaging the egg. The burning paper heats up the air in the bottle causing it to expand. When the flame dies down, the air inside cools down, reducing the pressure in the bottle. The egg prevents air from coming in to balance the pressure. The higher pressure outside pushes the egg into the bottle as it tries to force air in.

CREDITS: This experiment was facilitated by Tracey Shiundu, a BSc. Industrial Chemistry (University of Nairobi) graduate at the Storymoja Hay Festival.



ALSO TRY: To get the egg out of the bottle without damaging it. Turn the bottle upside down (with the egg still at the neck of the bottle) and blow air inside. The high pressure you introduce into the bottle pushes the egg out.

Since the experiment uses fire, be safer than sorry and ask an adult for assistance



BY RINO SOLBERG, CHAIRMAN, BETTER GLOBE GROUP

Keep the memories alive, plant a tree to mark family events

We all know how important trees are. They clean the environment, retain water, revitalize the earth and help fight global warming by capturing carbon dioxide. Trees have been used since the beginning of time are also used to build houses, make furniture, paper and weapons. As the world develops, so have the uses of trees. But trees are being cut down in alarming rates and we therefore need to plant even more trees.

Plant together to celebrate a newborn

As a family, you can contribute by planting trees to celebrate every time a child is born. Not everyone can afford to buy something special to celebrate a birth date. However, even the poorest can afford a tree seedling to plant. The new baby can then become the owner of the new tree as they both have the same birth dates. The child should learn to take care of the tree in all the years to come.

The child is bound to love the tree upon understanding the similar dates and the love it took

for the family to plant the tree as a reminder of that wonderful day.

Tree planting in memory of a loved one

When people die, they are buried in the ground (mostly). Would it not be a good idea to plant a tree on that same ground your loved one is buried? Even though the tree can never replace the person who dies, it can help keep the memory alive. Every time you water, nourish or even see the tree, you will be reminded of your loved one.



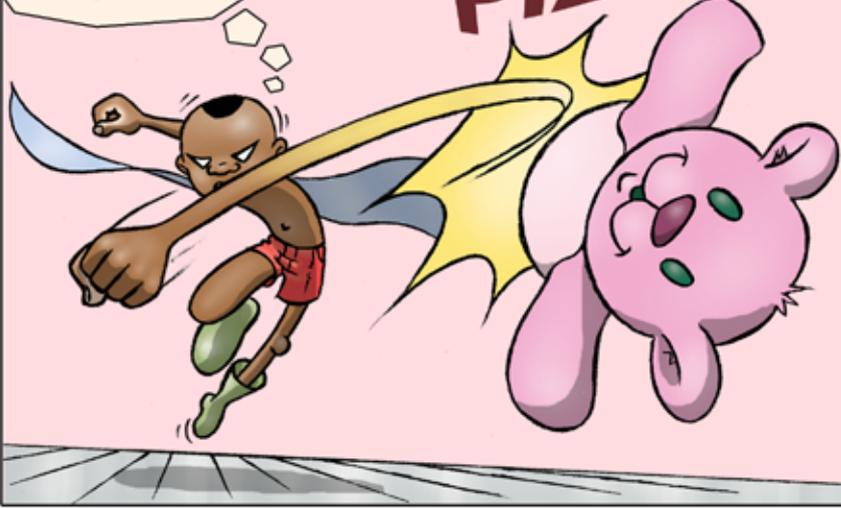
It's upon each of us to come up with interesting ideas for planting trees. Today, plant a tree with a loved one

THE MAYOLOS COURTESY CALLS

The Mayolos are expecting their cousin Emilio who is coming over to visit and stay for the weekend. Hanni is all dressed-up, but Juma is busy playing superhero.

The Villain is playing dead but SUPER J can read his mind and... "I will Deestrooy!"

PIAF!

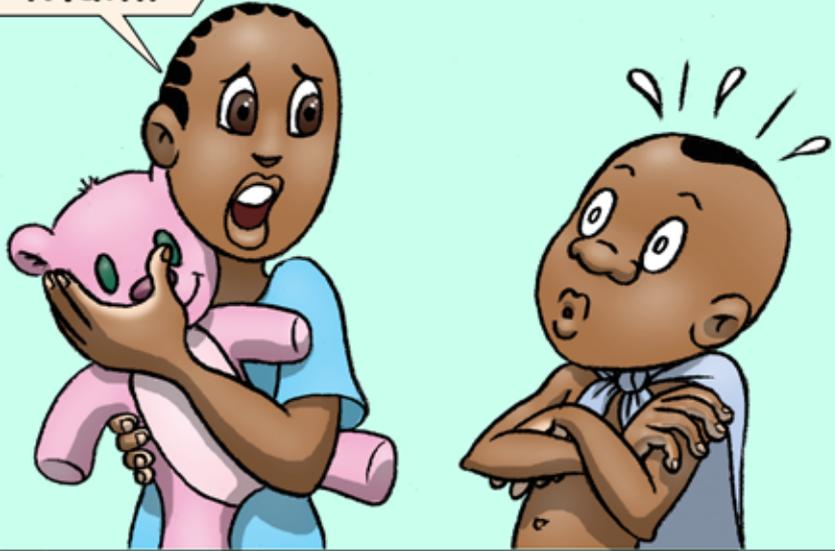


Leave my Teddy Bears alone and dress up!!!

Super J doesn't wear dresses!!!



Mum!

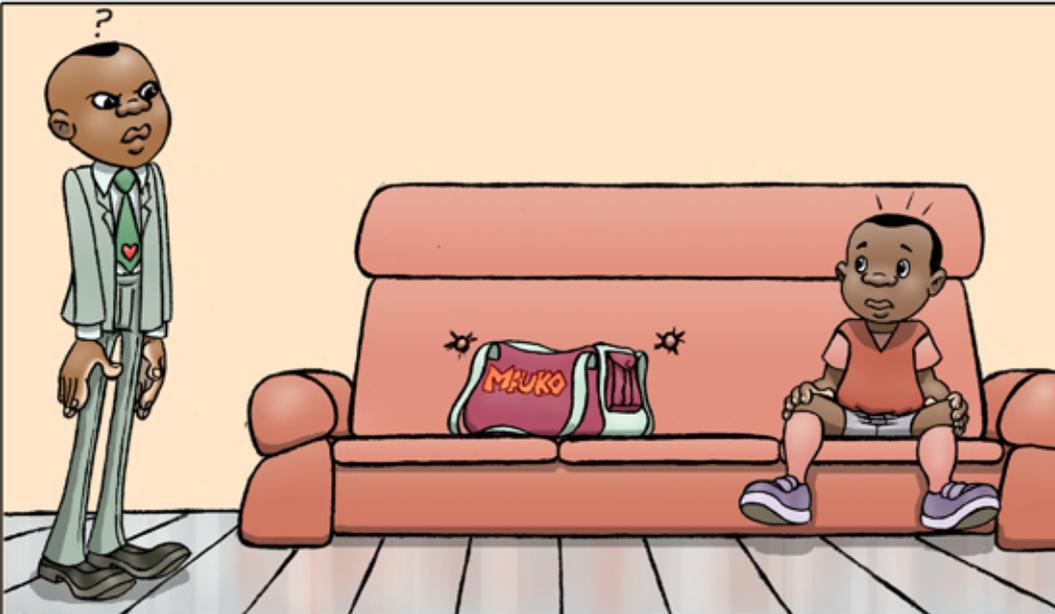


Soon afterwards...

I can't believe Mum talked me into wearing this suit.



?



You! Boy! Stand up and show me your invitation!



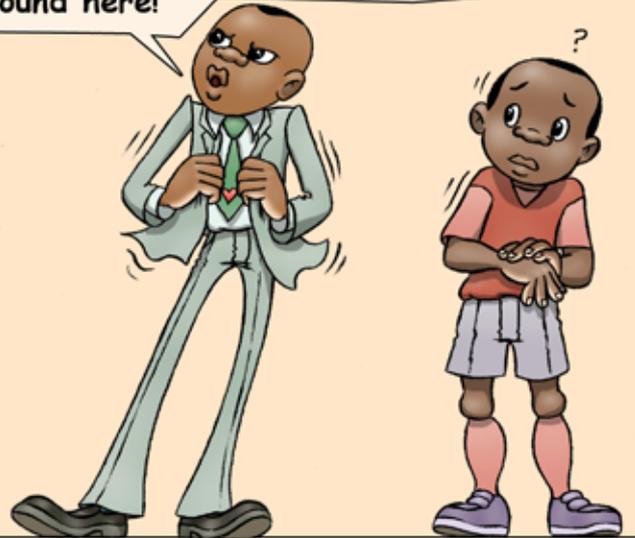
What?
Invitation?



**ADDRESS
ME AS
SIR BOY!**



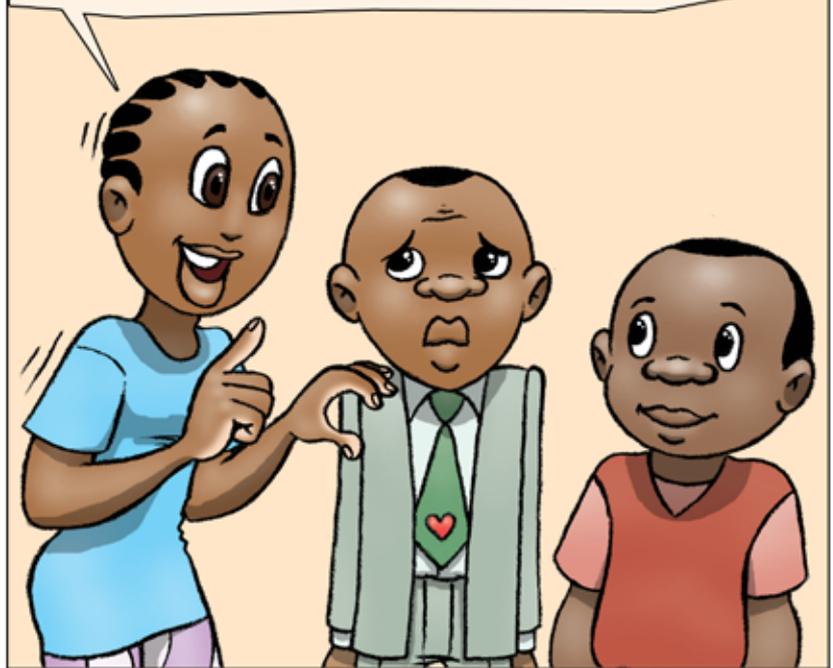
I am the Manager and the Super Hero
around here!



You are also my younger brother
who is scared of his mother, SIR!



This is not how you welcome visitors Juma!
Let me show you how to do it. Okay?



Welcome home Emilio! I hope you had a great journey! Would you like
a drink? Water? Tea? Juice? Please have a seat and feel at home!

Thank you Hanni!





MY DREAMS

FOR KENYA COMPETITION

KENYA- CELEBRATING 50 YEARS OF UHURU

First announced in Issue 10 Term 1 2013, this competition continues. To enter, you can choose to submit a Challenge 1 or a Challenge 2 entry (or both). We look forward to receiving more of your incredibly well-thought out entries to ensure we pick **ONLY** the very best.

CHALLENGE 1

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

CHALLENGE 2

Write and illustrate (draw) what you think the future holds for this country and its people. Categorize your thought in the following years:

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

WIN!

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

This competition is only open to students in Kenya

SEND YOUR ENTRY TO:

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

PLEASE NOTE:

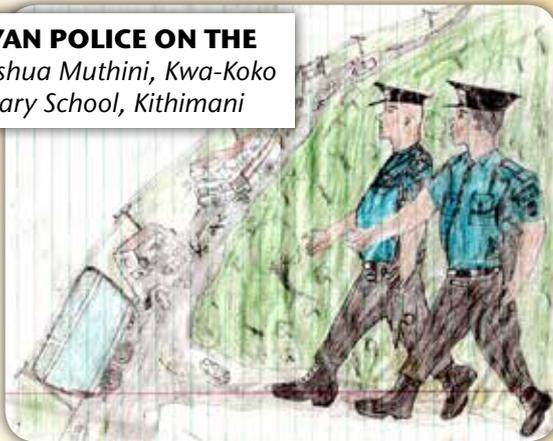
- Your entry must reach us by 2nd August 2013
- At the back of your entry, do not forget to include

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

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

YOUR DRAWINGS

KENYAN POLICE ON THE JOB-Joshua Muthini, Kwa-Koko Primary School, Kithimani



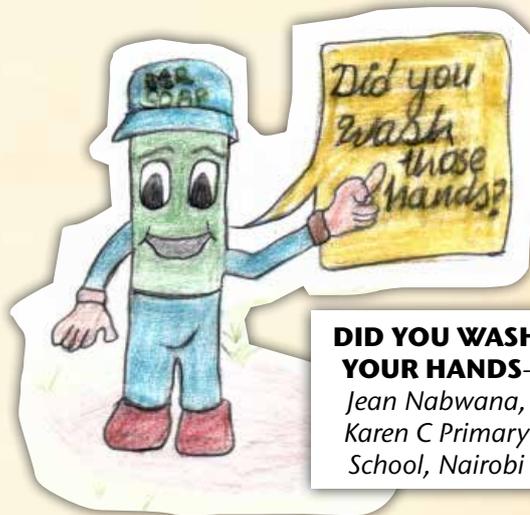
CULTURAL PATRIOT-Ivan Ochieng Gumba, Hill School-Eldoret



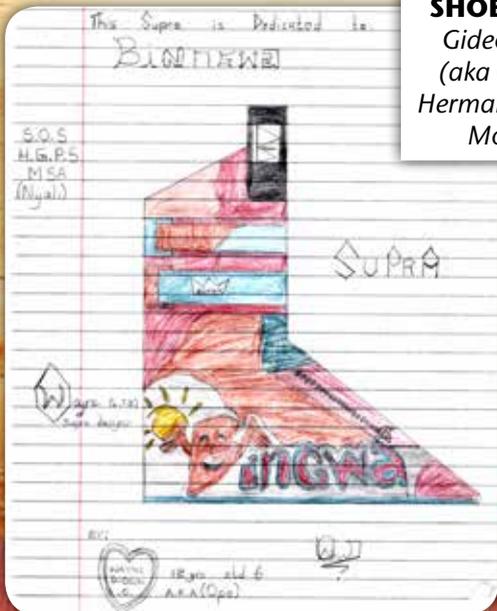
A MERMAID'S LIFE-Victor Ochieng, Migosi Primary School, Kisumu



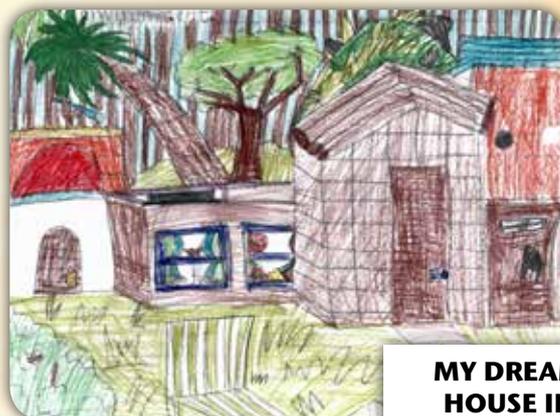
DID YOU WASH YOUR HANDS-Jean Nabwana, Karen C Primary School, Nairobi



BINGWA SHOE DESIGN-Gideon Wayne (aka Ope), SOS Hermann Gmeiner, Mombasa



MY DREAM HOUSE IN THE FOREST-Francesca Manyonyi, Kenya.



LOVE YOUR ENVIRONMENT-Eva Wairimu, Moi Primary School, Nakuru



CAREER CHOICES

By Eudiah Kamonjo

Pediatric Occupational Therapist

helping children reach their full potential

Duncan Chengo is a Pediatric Occupational Therapist who works at the Nairobi Hospital in Kenya. He has a Bachelor of Science Degree (Medicine) in Occupational Therapy, a Masters Degree in Pediatric Neuro-Sensory Integration and has been practicing for seven years.

Pediatric Occupational Therapy is a bunch of rehabilitative medicine that deals with children with neuro-developmental challenges like deformities and malformations. This kind of therapy helps control disability by enabling children to partake in basic daily activities like playing, learning and growth. Dr. Chengo, specifically deals with children with sensory integration difficulties. Other branches of rehabilitative medicine include Physiotherapy and Speech Therapy.

REQUIREMENTS

You need to get great grades in science subjects like biology and chemistry, mathematics and the languages. Social Science is an added advantage.

A degree in Medicine (Rehabilitative) is a necessity.

Creativity is essential to be able to you build a rapport with children as well as create plans or gadgets that suit their needs. You also need to be open, patient and have some interest and understanding of chil-

dren. "Children like interesting things; funny, good and bright and also want attention. You might not enjoy pediatrics if you cannot offer this," Dr. Chengo explains.

HIS STORY

Duncan Chengo was born in Malindi, Coastal Kenya in 1982. His mother was a housewife and his father a businessman. He was born into a large family of 12 and is the last born. They moved to Nairobi when he was four years old. He went to school at Moi Forces Academy (Nairobi), then later joined Machakos Primary School when they moved to Machakos. He proceeded to Machakos Boys High School where he did his O-levels. In school, his favourite subjects were biology and chemistry. He had to study Law for two months because his mother did not understand his desire to get into therapy, believing he could do much better as a lawyer. Chengo however stood his ground and gained support from his brother. He joined Presibeterian



OTHER INSPIRING PEDIATRIC OCCUPATIONAL THERAPISTS

Linda Brant: the missionary Pediatric Occupational Therapist who treated Chengo when he was barely three years old.
Dr. A. Jean Ayres (Canadian) and G. Kielhofner (Germany): Both pioneers of Sensory Integration.

University where he did his BSc. in Rehabilitative Medicine (for four years). He then worked for two years at Mpeketoni District Hospital in Lamu, Kenya, before travelling to the United Kingdom (Derby University) for his Masters Degree in Pediatric Neuro-Sensory Integration.

INFLUENCES

Chengo was born with a mild cerebral palsy condition. He was treated by Linda Brant, a Pediatric Occupational Therapist and missionary in Malindi. Linda influenced Chengo's decision to get into occupational therapy as well as his family's conversion from Islam to Christianity. "I always knew that I wanted to help other children the way Linda helped me. In school, I was really affected when I saw how other children were stigmatized owing to their disability. There were very few (if any) special schools," Chengo explains.

HIS WORK TODAY

Chengo gets to work at 6.30 a.m. He handles bookings and even customizes splints and other gadgets. He does not leave the office until after 5 p.m. sometimes much later. He handles children between ages 0 to 14 years.

He loves dealing with children and giving them a taste of what

life can be without disability. "It gives me joy when I meet a child who would otherwise be in a wheelchair walking or running," he says with a broad smile.

He works with a number of organizations that look out for children around the world (on a voluntary basis). Owing to this, he has been to Germany, Canada, Nigerian, United Kingdom, United States of America, Democratic Republic Of Congo, Rwanda and Burundi.

Career lessons: Love what you do and do it with passion. Desire to achieve more every other time.

Role Model: Nelson Mandela

Other interests: Soccer, tennis, musical instruments and singing.

Look forward to: A world without disability, improving children's quality of life.

Favourite cartoons: McQueen, CBeebies Channel- especially Mr. Maker.

Mentors: My former lecturer at Derby University (a fellow Kenyan).

Awards/Recognitions: Most Creative Student (Derby University 2009). Best Student-Anatomy (Derby University 2010).

Tips for future Pediatric Occupational Therapists:

Let your greatest desire be to ensure a life reaches its maximum potential despite any kind of disability. You can also be a doctor in a wheel-chair, do not let disability stop you.

Advise to BINGWA readers:

It is good to discover what you want early in life and go for it.



The past thirty years have seen an alarming rise in the rates of children with disabilities.

GOOD POSTURE FOR WELL-BEING

Practicing good posture when sitting, standing, or moving is just as important for your overall well-being. It helps prevent fatigue, abnormal bone growth, chronic back pain, damage to the spine as well as overall instability of the body's core. Good posture ensures you are physically fit and allows you to more confident, comfortable and alert.

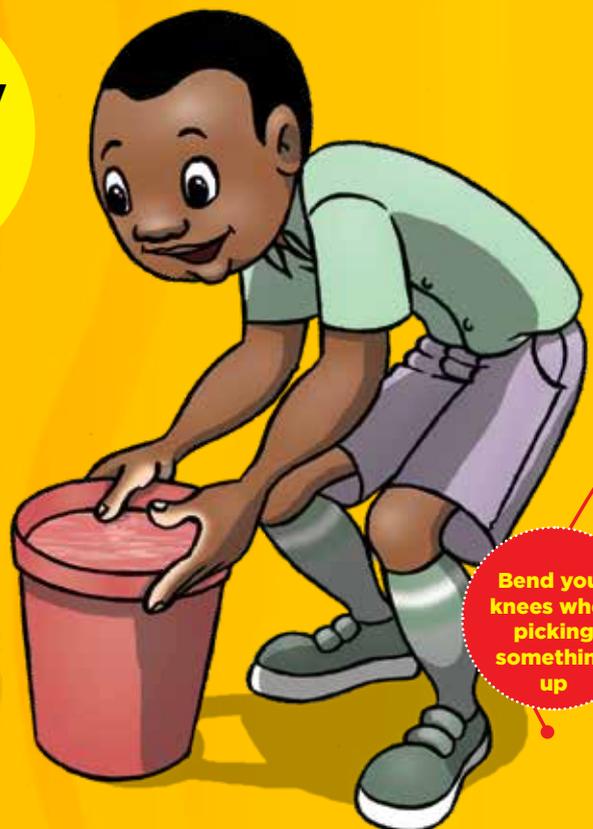
Here are some habits you can observe to ensure good posture:-

- Avoid staying in one position for long periods of time; inactivity causes muscle tension and weakness. Take stretch breaks during the day ; reach your hands above your head and lean back for short stretches.
- Exercise regularly; this promotes strong and flexible muscles to keep you upright.
- Protect your back by using good body mechanics; bend your knees when picking something up or putting it down; when carrying a heavy object, use your two hands and keep the load close to your waist.
- Keep your weight down; excess weight strains abdominal and back muscles.
- Wear comfortable shoes; avoid continuous use of high-heeled or platform shoes as they distort the normal shape of the back and foot.
- While walking, keep your head erect with chin parallel to the ground, arms swinging naturally, and feet pointed in the direction you are going.
- Sit with back firmly against your chair, chair close-in to the desk and feet on the ground to help maintain an upright position. If you feel your lower back arching forward while sitting, cross your legs or put your feet up on a raised surface.



Take stretch
breaks
during the
day

Standing
upright really
does make
you look
confident



Bend your
knees when
picking
something
up

WORLD OF NUMBERS

You are wrong if you think mathematics is not fun

BY CONNIE MUENI

CELEB CALCULATIONS

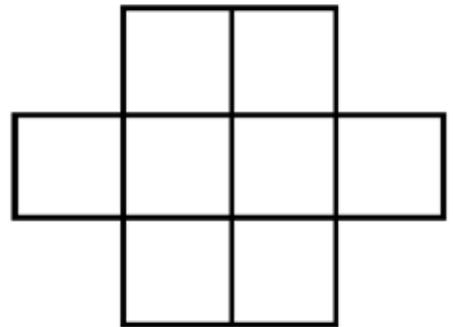
A Ugandan musician **Angela Kataumba** has a five litre bowl, a three litre bowl and an unlimited access to water. How do you think she would measure out exactly four litres?



B Kenyan hip-hop artiste **Octopizzo** asked children at a local school for a mathematical symbol that can be placed between 5 and 9 to get a number greater than 5 but smaller than 9. What symbol was this?

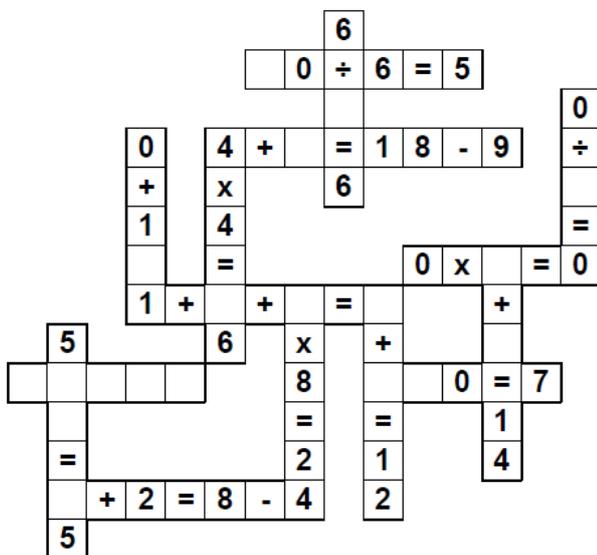


1-8 PUZZLE



Write the numbers 1-8 in the boxes so that no consecutive numbers are in adjacent boxes.(neither corners or edges)

RUNAWAY MATH PUZZLE



Fill in the missing numbers and operations

NUMBER BLOCK

Fill in the missing numbers. The missing numbers are between 0 and 12. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up to the totals To the right.

						30
1			10	6	2	36
	8	6	5			32
1		12	7		1	41
11	3	5	5		1	27
8		6		11	1	39
7	2	0	6	7	11	33
39	40	37	38	37	17	48

ANSWERS ON PAGE 44

ANSWERS

MAGICAL WORLD OF NUMBERS (Pg 43)

CELEB CALCULATIONS

- A** Angela Kataumba Filled the five litre bowl with water and poured water into the three litre bowl. Then she poured the water out of the three litre bowl and into the remaining two litres of water from the five litre bowl. Angela then refilled the five litre bowl and filled in the remaining litres in the three litre bowl. The five litre bowl now remains with the required four litres of water.
- B** The mathematical symbol Octopizzo needed was a decimal point. It becomes 5.9

1-8 PUZZLE

	5	3		
2	8	1	7	
	6	4		

NUMBER BLOCK

							30
1	9	8	10	6	2		36
11	8	6	5	1	1		32
1	10	12	7	10	1		41
11	3	5	5	2	1		27
8	8	6	5	11	1		39
7	2	0	6	7	11		33
39	40	37	38	37	17		48

RUNAWAY MATH PUZZLE

			6							
		3	0	+	6	=	5			
					1					
0		4	+	5	=	1	8	-	9	
+	x				6					
1	4									
=										
		1	+	1	+	3	=	5		
						0	x	5	=	0
5		6								
2	x	2	=	4						
5										
=										
2	+	2	=	8	-	4				
5										

TAFUTA MAJINA YA NCHI ZILIZOKO AFRIKA KATIKA FUMBO HILI (UK 22)



O	R	A	Q	V	P	K	J	A	F	O	A
K	A	A	G	A	Q	A	A	A	A	G	A
D	U	A	M	I	S	R	I	N	A	A	S
P	O	S	A	H	A	A	A	K	H	A	U
W	Y	O	H	S	A	K	A	M	A	A	D
S	E	Y	I	E	A	T	L	A	O	A	A
A	H	A	V	B	L	A	Y	W	U	K	N
A	F	A	D	A	A	J	R	A	K	K	
V	Z	J	Z	H	A	A	S	A	A	O	U
A	O	A	K	U	A	M	T	H	Z	F	S
A	A	P	A	A	J	R	Q	A	E	A	I
A	M	O	R	O	K	O	A	A	A	L	N
A	F	R	I	H	K	A	K	U	I	S	I

NIKIPI KILITOKEA KWANZA (UK 22)



UNGANISHA NUKTA (UK 22)



T-SHIRT WINNERS

- Namara Doreen, Kabale Integrated Primary School, Uganda (Pg 4)
- Munangi Savio, Kabale Integrated Primary School, Uganda (Pg 4)
- Orishaba Sonia, Kabale Integrated Primary School, Uganda (Pg 4)
- Uwamahoro Anne Monique, Kabale Integrated Primary School, Uganda (Pg 4)
- Niwarindi Benjamin, Kabale Integrated Primary School, Uganda (Pg 4)
- Arihomukama Mercy, Kabale Universal Primary School, Uganda (Pg 4)
- Regina Gakii, Kavui Primary School, Embu, Kenya (Pg 4)
- Faith Anyango, Migosi Primary School, Kisumu, Kenya (Pg 23)
- Felix Poul Omondi, Kenya (Pg 23)
- Walter Ligami, Muraka Primary School, Kakamega, Kenya (Pg 23)
- Nick Matthew, Moi Primary School, Nakuru, Kenya (Pg 27)
- Brian Odhiambo, Migosi Primary School, Kisumu, Kenya (Pg 27)
- Maria Gorety Okongo, Migosi Primary School, Kisumu, Kenya (Pg 27)
- Kenan Mutwiri, Chogoria Complex Primary School, Meru, Kenya (Pg 27)
- David Kiarie, DEB Makutano Primary School, Embu, Kenya (Pg 27)
- Origye Sadness, Homecare Preparatory School, Kabale, Uganda (Pg 27)
- Ann Wayness, Chesternel Schools, Embu, Kenya (Pg 27)
- Linah Kinanu, Chogoria Complex Primary School, Meru, Kenya (Pg 27)
- Claire Njeri, Mother Mary School, Mombasa, Kenya (Pg 29)
- David Muturi, Nyankongo Primary School, Kisii, Kenya (Pg 29)
- Winnie Wangari, Komaranch Primary School, Machakos, Kenya (Pg 29)
- Jane Akoth, Lake Primary School, Kisumu, Kenya (Pg 29)
- Maria Muthoki, Rusinga School, Nairobi, Kenya (Pg 29)
- Michira Edwin, Ongata Academy, kaiado, Kenya (Pg 29)
- Baliruno Ararat, St. Kizito Nursery & Primary school, Uganda (Pg 29)
- Clara Shimelis, St. Kizito Nursery & Primary school, Uganda (Pg 29)
- Niwemujuni Samuel, Homecare Preparatory School, Kabale, Uganda (Pg 31)
- Birungi Moses, Homecare Preparatory School, Kabale, Uganda (Pg 31)
- Turyasingura Ozbari, Nyabikoni Primary School, Uganda (Pg 31)
- Muhwezi Brian, Homecare Preparatory School, Kabale, Uganda (Pg 31)
- Akampurira Blessing, Homecare Preparatory School, Kabale, Uganda (Pg 31)
- Cecelia Akongo, Kingsway Primary School, Uganda (Pg 31)
- Agaba Jina, Kabale Universal Primary School, Uganda (Pg 31)
- Joshua Muthini, Kwa-Koko Primary School, Kithimani, Kenya (Pg 31)
- Ivan Ochieng Gumba, Hill School-Eldoret (Pg 39)
- Jean Nabwana, Karen C Primary school, Kenya (Pg 39)
- Gideon Wayne, SOS Hermann Gmein, Mombasa, Kenya (Pg 39)
- Francesca Manyonyi, Kenya (Pg 39)
- Eva Wairimu, Moi Primary School, Nakuru, Kenya (Pg 39)
- Victor Ochieng, Migosi Primary School, Kisumu, Kenya (Pg 39)

FUTA HERUFI ZINAZOTOKEA MARA NNE (UK 22)

Q	H	E	Q	Y	R	R	
H	M	I	P	O	O		
Y	S	A	E	I	R		
Q	S	M	H	S			
I	Y	Q	H	B	O		
S	E	X	I	E	A		

TAFSIRI (UK 21)

METHALI

- Mvumilivu hula mbivu
- Ukiona vyaelea vimeundwa
- Subira huvuta heri
- Hakuna njia ndefu isiyokuwa na ncha

TASHBIHI

- Ghafa kama mshale
- Kama mpira uliopigwa shuti kali

TANAKALI YA SAUTI

- Akaanguka majini chubwi!



I AM DEAF BUT HAPPY, thanks to Child Africa

My name is Dorcus Ayebazibwe and I am fourteen years old. I was brought up by my grandmother Mukaga Violet. After separating from my father, my mother got married to another man and left me. I was only three years old then and my grandmother has been my very important guardian for as long as I can remember. When I was five years old, she took me to Kabale Inclusive School for the Deaf. It was very difficult for her to meet all my shopping needs as well as paying my school fees.

I never received school reports at the end of the term because of school fee defaulting. At one point, I spent an entire year at home because of lack of school fees. One day, my grandmother heard about Child Africa and what they do. She went all the way to their offices to talk to them. She managed to

convince them to register me as a beneficiary of Child Africa.

Since then, my life has changed so much; I started learning sign language and other subjects. I am now also confident when interacting with people. Before Child Africa, I was very lonely as I could not express myself very well.

Happiest Moments

When my grandmother told me I had been registered under Child Africa and that I was really going to start studying, a new world opened up for me.

Being elected staffroom prefect (in 2012). I learnt to never give up, that everyone is special and can work to become the greatest. There have been challenges as well; a few pupils refused to respect and listen to me in the beginning. Since I am very focused on my goal, I

had to be tough on them so they could respect me. Child Africa has indeed made me who I am today and I am now sure I will make a great tailor when I am older. For now, I am working and revising hard so I can create a bright future for myself. I thank Madam Julie and Child Africa for making such a big difference in my life. Without you, I would not be the person I am today. I would like children to know that even if they are deaf, God has already prepared people to help.



Deafness is not ability

THE BEST ADVICE I HAVE EVER RECEIVED...



AMPEIRE BRENDA

I was told that reading books ensures one performs well in school, making oneself, sponsors and parents proud. Working hard also ensures you get loads of gifts and you get to go to the next class and become a very important person in future.



NIWAMANYA BRIAN

I was advised to never go back to the streets because I would be beaten up and killed or become sick and die because of eating unhealthy food from the garbage pits. I learnt that one day I can provide for myself and not beg people on the streets.



TUKAHIRWA IMMACULATE

I was advised to respect my parents because they have provided for me since I was born, they pay my school fees, give me whatever I ask for and are much older than we are.



ARIIHO COLLINS

My mother advised me to learn all I can about my country, other countries, cultures and life in general. This way, I can be an important person in future and get anything I want. She tells me that knowing different languages can help me in future. Learning about money will also help me learn to care for myself.



VALENCY SELINAH

That having a great handwriting meant that I would have an easier time revising, as my work would be neat and easy to refer to. People would also be interested in reading my work and I would pass my exams because my work would be easier to mark. Good handwriting can also earn you prizes and appreciation from teachers and other pupils.



TUKAMUSHABA FRED

My science teacher advised us to eat foods rich in proteins like beans, peas, eggs and chicken. He said they help repair worn out tissues and form strong muscles. They are also easily found, tasty and prevent conditions like kwashi-orkor.

PICTORIAL

BINGWA MALARIA CHALLENGE WINNERS AWARDED



Overall BINGWA Malaria Challenge Winner Eileen Adhiambo of Kisumu Pentecostal Church Academy- Kenya is joined by her fellow schoolmates to celebrate her win



Overall BINGWA Malaria Challenge Winner Eileen Adhiambo of Kisumu Pentecostal Church Academy- Kenya on her new bike.



Bravin Mukhwana of Mukumu Boys Primary School, Kakamega-Kenya (Third Place) receives his prize from the BINGWA team.



Yuri Sadia of Hill School-Eldoret, Kenya (Second Place) and Dorine Okanga (Hill School-Eldoret, Kenya consolation prize winner) receive their prizes from the BINGWA team.

TERM 1 2013 DISTRIBUTION



BINGWA Magazine's Claudia Gachimbi (Distributions & Promotions) with pupils of Khadija Primary School, Mombasa, Kenya



Pupils of Mother Mary School, Kilifi-Kenya take BINGWA Magazine to the beach.



Komaranch Primary School, Machakos-Kenya receive their free copies of BINGWA Magazine Issue 10 Term 1 2013.

PICTORIAL



1



2



3

1. Pupils of Eldo-Baraka Primary School in Uasin Gishu, Kenya perform a poem for the BINGWA team.
2. Dorine Okanga of Hill school, Eldoret, Kenya receives a consolation prize for her BINGWA Malaria Challenge competition entry.
3. Liv Andrea Meltvelt from Norway during her visit to Child Africa Junior School in Kabale, Uganda.
4. The kite-flying competition during the February 2013 Kenya Kite Festival at the Jockey Club-Ngong Racecourse, Nairobi.
5. Kyabirwa Primary School pupils near Jinja, Uganda during break time. Photo by Roald Van Der Tempel (Netherlands).
6. Once a champion always a champion! The BINGWA team with one of the 2012 patriotism competition winners Regina Wanjiku, formerly of Hill School-Eldoret (Kenya). Regina (second from the right) scored 403 marks in her KCPE and joined Maryhill Girls' High School, Thika.
7. Pupils in Nakuru, Kenya wave at the BINGWA team.



4



5

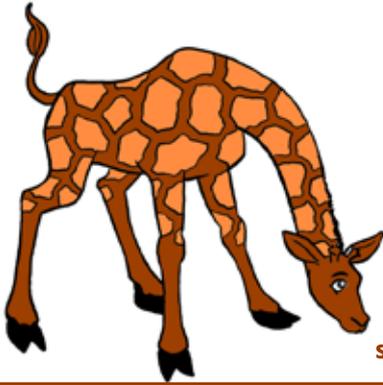


6



7

Please help Fiona the Girraffe find her way home



START

HOME

Fun facts about giraffes:

- A giraffe is the tallest animal in the world?
- The giraffe's tongue is almost 2 feet long.
- A giraffe lives up to 28 years.
- When a giraffe calf is born, it will drop 5-6 feet to the ground.

by Ian Arunga

SPOT TEN DIFFERENCES



by Ian Arunga



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