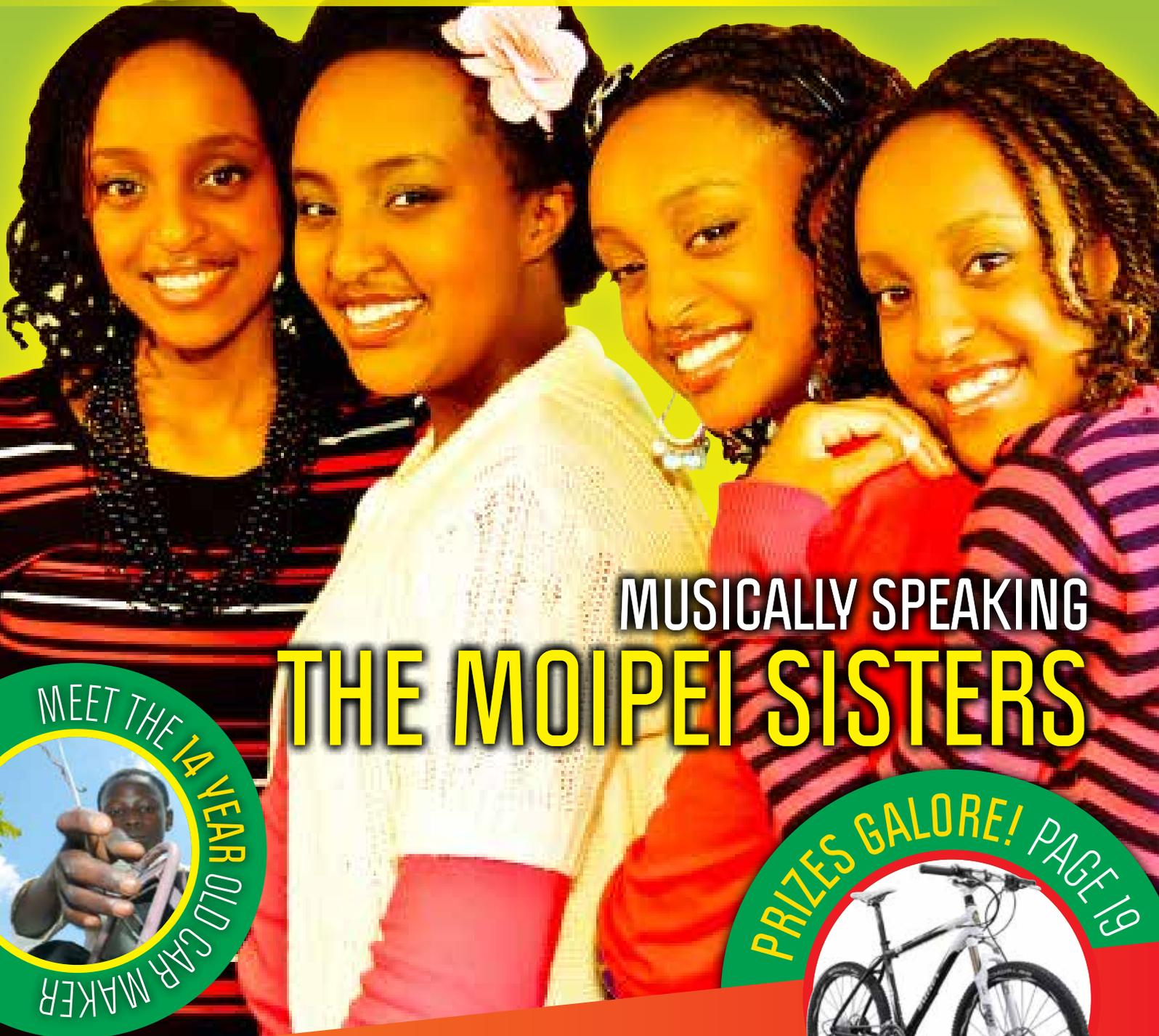


PRIZES! * AMAZING FACTS! * CAREER TIPS! * LIFE SKILLS! * MCHONGOANOS!

ISSUE 9
TERM 3, 2012

BINGWA

THE MAGAZINE FOR THE CHILDREN OF AFRICA



MUSICALLY SPEAKING THE MOIPEI SISTERS



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THE MAGAZINE FOR THE CHILDREN OF AFRICA

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Hello you avid reader!

Welcome to Issue 9, 2012 of your favorite Magazine! In a few months you will be turning a year older and moving to a higher class in school.

I hope Bingwa has helped you learn and grow and prepared you a little better, to face the challenges of life ahead. Speaking of preparedness, I came across some priceless steps that you can take to improve your life. There are seven of them. Here's the first one.

Habit 1 - Be proactive-know that you are in charge of your life. Think like; I am a responsible person. I take initiative. I choose my actions, attitudes and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

Expect to read about the other habits in subsequent issues. In the meantime, practice this and see the difference.

This term, the team broke new ground; visiting schools that we have never visited before in Kiambu and parts of Mwingi, where many children walked for many kilometers, to participate in our activities. In total, over 3000 pupils came!

We are humbled and encouraged by this show of determination and will continue to venture further and wider, to ensure your prized magazine gets to you.

Enjoy!

Editor



FREE DISTRIBUTION OF BINGWA TO SCHOOLS IS SPONSORED BY CHILD AFRICA.

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



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



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



The World of Bingwa

WHAT'S ON BINGWA ONLINE

You can now read all copies of bingwa magazine online. Visit www.bingwa.org and click on the [view bingwa magazine online](#). To donate bingwa to schools, click [donate](#) on the top right section of the website. See who's responsible for the stories and artwork you love so much in the [behind bingwa](#) section.



OUT AND ABOUT

BINGWA TEAM BREAKS NEW GROUND

By *Claudiah Gachimbi*

The Bingwa team made its maiden visit to Kiambu, Kiambere, Mwingi and Mboti. We were truly inspired by our new readers from Mwingi district who for the love of reading braved an eight kilometer walk under the scorching sun!

As usual we toured schools in Nakuru, Eldoret, Kakamega, Kisii, Kisumu, Makutano, Embu, Meru, Nanyuki, Nyeri, Kajiado, Machakos Murang'a, Thika, Nairobi and Mombasa. In Uganda we visited Kampala, Mukono Wakiso, Kabale, Masaka, Mbarara, Mpigi districts.

Special shout out to; Kiambere School Complex and Mboti primary in Mwingi district, Muraka primary-Kakamega, Getembe primary-



7 pupils from Moi primary Nakuru are awarded with Bingwa t-shirts for their articles having been published.

Kisii, Hill School- Eldoret, Moi primary- Nakuru, Lions primary- Embu, Chogoria Milimani- Meru. Moi Nyeri Complex- Nyeri, Ndumberi primary- Kiambu, Mung'ala primary - Machakos, St Johns- Kajiado, Sacred heart- Mombasa, Kiwafu primary- Entebbe, Kingsway primary- Kampala ...

We had lots of fun interacting with Bingwa readers (check out our

facebook page <http://www.facebook.com/pages/BINGWA-Magazine/188370614528667>).

We appreciate all the schools that took time to join us and especially those who played host. Together with our partners Sumaria Industries Ltd (manufacturers of Aim and Speedo pens), we encourage you to keep working at improving your reading and writing skills. This shall not go unrewarded!

If you would like us to visit your school for activations, please let us know through telephone no. 0719619006. Your school hall must be able to accommodate a minimum of 5 schools. Activities include; Motivational talks by selected, Star pupils; a trivia session and talent show. We come bearing gifts for all winners. Call us we will make it happen!

To order extra copies of the magazine or to subscribe call 0719 619006 or email claudiah@bingwa.org; info@bingwa.org; info@bingwa.org for Uganda, or call +25677006484. Follow BINGWA magazine on facebook to know more about our upcoming events. Do not forget to leave a comment. Send us your articles and drawings.

Letters



Dear Bingwa,

We love Bingwa because its fun; your many stories, drawings, jokes and much more. Please share your beautiful pictures.

Thank you

Caroline, 12 years
Mutithi Primary School
Wanguru

Dear Bingwa,

I am delighted to have read Bingwa magazine. Thank you so much for publishing this magazine for us children; it is my favorite. I like it because it has very interesting stories.

I walked home with a very good feeling because of Bingwa. I learnt so many facts about the world, I felt like I was many more steps ahead of others.

Kirako Angel, class 6
Entebe Primary School

Dear Bingwa,

Thank you for producing this very educative magazine. It also teaches us discipline. I would like to be an actor. The story about the Blick brothers inspired me. I want to be a star like them and being a star starts when you are still young so I would like to polish my talent now so that it could shine in future.

Kasozi Akim
Entebe Education Centre

Dear Bingwa,

Thank you very much for sending magazines to our school. It has taught me how to conserve the environment and to respect my parents. In fact, our school is now planning a new project known as health learning. Bingwa has helped me to improve my English; now I can write an interesting composition. I especially enjoyed the story, *Watoto wapende mazingira yao* by Njue Kamunde. When I grow up, I would like to become part of Bingwa team.

Ian Mutie, Class 7
Kyemutheke Primary School

Dear Bingwa,

I like the magazine because it makes me laugh; mostly the series of Janet. I would like to visit Kenya because there are good things found in Kenya.

Kambedha Alison Gladys
13 years, Entebe Education Centre

Dear Bingwa

Thank you very much! Your magazine enables us to be independent and say what we think or like. I have enjoyed reading it so much. The stories inspire and teach me to be respectful. I especially loved the story of Janet when she refuses to give James the bar of chocolate... What happened taught her to be kind to everyone be they your enemy or friend. I would like to thank all the people who are involved in the magazine.

Mercy Nyamisa Ondara, Class 7, Nyeri Primary School

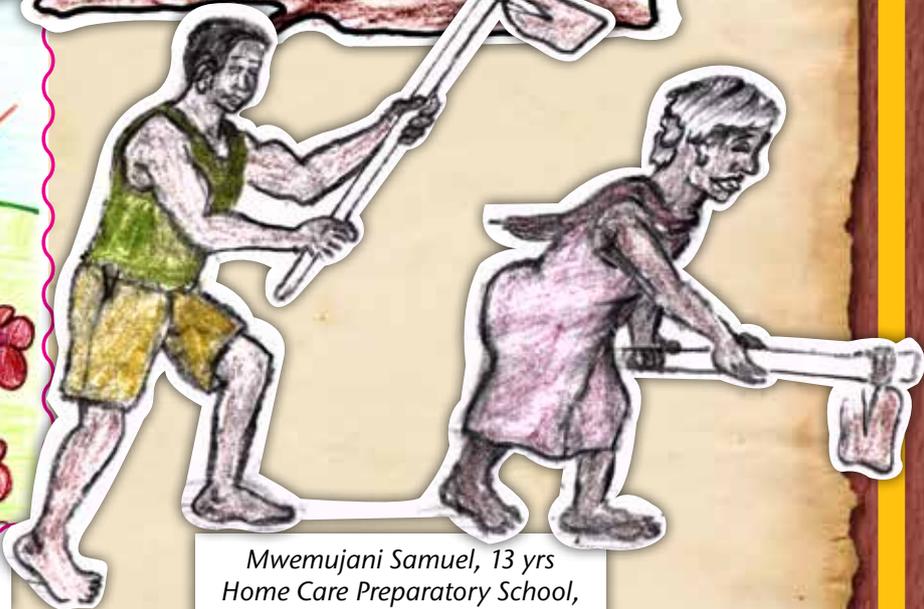
YOUR DRAWINGS



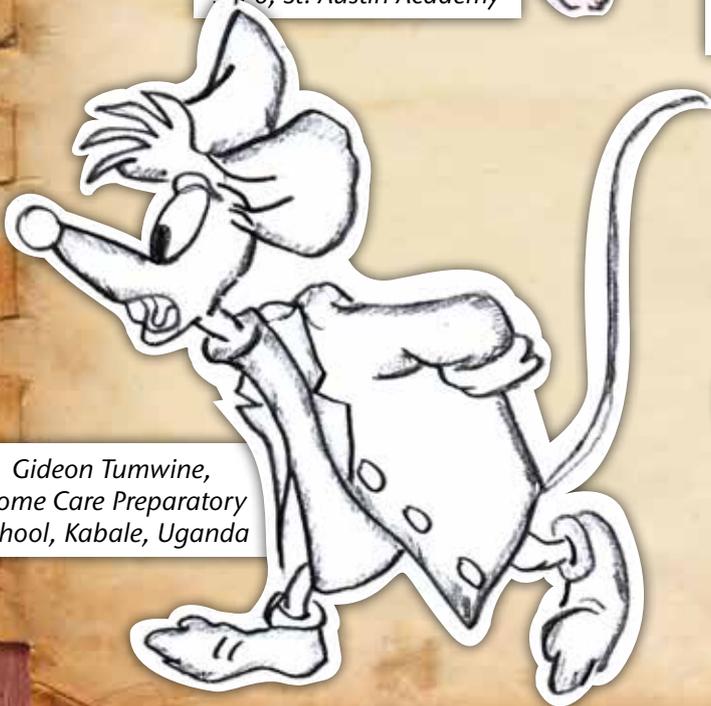
Jaiditha Ghorpade
Std 4, St. Austins Academy



Edith,
std 6, St. Austin Academy



Mwemujani Samuel, 13 yrs
Home Care Preparatory School,
Kabale, Uganda



Gideon Tumwine,
Home Care Preparatory
School, Kabale, Uganda



MARIO
BALOTELI

Irvin Nzioka aka 'kavinho',
SOS, Mombasa

SISTER ACT

THE MOIPEI SISTERS

MUSICALLY SPEAKING

Triplets Mary Nenkai, Marta Steiya, Magdalene Nemanyar and sister Seraphine Setoon are the youngest professional musicians to be awarded the 2011 4th SABC Crown Gospel Musical Award. The sensational Moipei Quartet has received special commendation by the President and earned a partial scholarship to the prestigious Brook House School

The sensational Moipei Quartet began their musical journey when parents, Nicholas and Christine Moipei recognized their talent. Mr. Moipei who has groomed artists in schools across Kenya,

knew the girls had a talent worth nurturing when they belted out a Hallelujah chorus in perfect pitch! The Moipei family was later blessed with another daughter, Seraphine and she too would join the

'sister act' to make the famed Moipei Quartet. Their very first performance was at a church service during their first holy communion. They sung the melodious tune 'Teach me your Way oh Lord'. Their performance was nerve racking but a most fitting gift to God nevertheless.

Their father then entered the eight year old triplets in the Kenya Music Festival (KMF) 2002. They topped and held on to the trophy for the next three years. Seraphine their youngest sister joined them then to make the awesome Moipei quartet.

A typical day for the Moipei Quartet is not complete without at least one hour of music practice, particularly now that the girls are preparing to do their ABRSM (Associated Board of Royal Schools of Music) examinations. Having just completed their A2- (GCE) examinations at Brookhouse School.

BINGWA spoke to the triplets Magdalene, Marta and Mary.

Q: Tell us about being sisters, especially triplets.

Magdalene: It is really fun, first because no one knows who's who. People always get shocked when they see us together.

Marta: Yeah, even your





L-R Maggie, Seraphine, Marta, Mary

response is fun! (She says of the writer's reaction when he first met them).

Mary: It's nice. Sometimes I can call my sisters silently, from a distance and get their attention, without saying their names out loud.

Magdalene: Yes, sometimes we can start singing the same song at the same pitch, just like that. Like there is an unspoken connection, we are all so close.

Q: Who's the most calm and most cheeky of you?

Magdalene: Its Marta! Once she put salt and periperi in Mary's tea! But also Mary sometimes can be cheeky.

Mary: True. I know Sera is the most calm, the most angelic of the 'angels'. She has been incredibly strong through all the pain (she had an operation to remove a tumour last year. a final check and treatment in India. The most recent test in November found that she had healed).

Marta: The experience brought us even closer. We would

spend nights in hospital with her. Mum stopped working to support us.

Q: Talk about your group dynamics, who leads and so on?

Mary: For the pop music, usually Maggie or Sera lead.

Magdalene: Yeah, often Marta likes being in the background but she leads the classical pieces very well. Actually we performed our first Opera just last year, it was really fun.

Marta: Our part in the opera was small, but big enough to give us a taste of opera. It was Hansel and Gretel by 19th Century Composer Engelbert Humperdinck, who described it as a Märchenoper (fairy tale opera).

Q: Wow, you guys are really seasoned musicians, in almost every genre?

Marta: Almost, we perform African, Classical, Gospel and Pop. Actually in Year 10 at Brook House we did some Hiphop. Mary was 'beat-boxing' then the rest of us mixed in parts of songs by Brandy, Enrique Iglesias and

Frenzy. It was fantastic, plus really fresh and different from the classical that our audience was used to.

Mary: Yes we strive to be spontaneous.

Q: Take us through your musical journey?

Magdalene: Music is a universal language, beyond actual languages we can speak or sing. So learning a song in any language is a challenge we readily take up.

Mary: Right now we are learning a beautiful Spanish song, we have sang in Maa, Italian, English even Russian and Scandinavian languages.

Those are harder to get right

Marta: In the musical process, at times Sera or Maggie will get a tune, then find a way to fit the right lyrics. So we record it quickly on the phone so not to forget.

Q: Your gifts have allowed you to step on nearly all continents, share some of the cultures you interacted with.

Magdalene: Yes, we have visited all (continents) but the Australia and Antarctic. But the biggest stage has to be in South Africa at the Crown awards. It was a huge arena with hundreds attendance. Never imagined we could be awarded but we were and then we performed the Acappella. This was humbling since major artists and guests applauded us.

Mary: It was great! I also enjoyed singing in Venezuela. We performed their national song in Kiswahili and they were so receptive. Venezuela is full of colour! Felt much like being in Kenya because they love song and dance. I think they are truly patriotic people. We were

Cont...

Moipei Sisters cont...



served a tasty dish only to be told later it had octopus! Mum cringed at the thought. We ate and found it was not at all bad.

Marta: We visited South Korea for the Young Peoples Music festival. It was quite a different culture. The food was especially hard to stomach, so we survived on bread!

Bingwa: Tell us what it means to be awarded in all the ways you have.

Marta: Thank you. It is really humbling. From competing at the KMF, we started out stiff and nervous. We needed to hear the judge's comments, and learn from more experienced performers in the competition. So every year we could learn and get better through the criticism.

Magdalene: It was also really special receiving a Head of State Commendation from the president himself in 2007.

Mary: We have also performed in support of various initiatives. Like the Christmas Craft fair which supports children in need of cancer treatment. This is so important to us because we strongly believe no person should suffer.

Q: What advice do you have for the young reader that is inspired to do what you have?

Marta: First be yourself, that way you will surpass all of us. Then step out because you will never know how well you can do until you try. Take time to develop your gift.

Mary: That's true. God created

you unique. Like Beyonce says, you live, you do, you're here. Also learn to stay humble, when people appreciate what you do.

Magdalene: Sure, Mum and dad say, start from the grassroots. 'You can only build a house from the foundation up. When you succeed, remember where you are from and where you are headed.'

Q: So what should we expect next?

Marta: We just finished our A-level exams, so we have more time to compose music and put out many albums.

We want to be better ambassadors for Kenya. We want to emulate Milkah Chemos or David Rudisha through music in the ways they have made Kenya shine through athletics.

Magdalene: Expect more concerts, new compositions. We would love also to collaborate with groups like The Kenya Boys Choir and Sauti Sol.

Mary: The biggest collabo would be the Moipei quartet, Canadian tenors, Kenya Boys choir and Il divo!

WHAT YOU SHOULD KNOW ABOUT THE MOIPEIS

Music Albums: Their Album titled *Land of the Lions*, (2009) won the SABC crown music awards (the sound track and video is available in retail outlet). A second album, *Touching in the Vale*- christmas carols- will be out soon.

Favorite artists: Canadian tenors, Kenyan boys Choir, Il Divo, Andrea Boceli, Eric Wainaina.

Hobbies: Singing and dancing, watching movies and serving the community.

Seraphine: Loves yellow; Best fruit banana! She plays the Flute, Violin and Piano. Best film, Avengers.

Magdalene: Really likes high heel shoes and pretty dresses. She plays the flute, piccolo and violin.

Mary: loves colour, green. Plays the Clarinet and the Saxophone. She loves marvel comics, with characters like Incredible Hulk, Captain America and Thor.

Marta: Colour, blue. She plays the Trumpet and the Euphonium. Choice treat, chocolate with nuts. Likes to wear army prints.

Parents: Father is a singer, music teacher & Chairman, Kenya Music and Cultural Festival. Mother a career banker (Left work for 10yrs to care for the girls).

Mtaa: Lavington, Msongari

Shagz: Mara, Narok County



National Values



WHAT ARE VALUES?

Values are important and enduring beliefs or ideals shared by the members of a culture about what is good or desirable and what is not. Values exert major influence on the behaviour of an individual and serve as broad guidelines.



OUR VALUES

It is the responsibility of every Kenyan to commit to a set of values that should become part of his/ her everyday life.



KENYAN NATIONAL VALUES

- **Honouring God:** Worship and full allegiance to God in all that we do.
- **Being Patriotic:** Love, loyalty and devotion to our country despite challenges.
- **Promoting National Unity:** Pulling together in unity, in everything that we do for the good of our Nation.
- **Respecting the rule of law:** Adhering to the laws of the land
- **Promoting Social Justice:** Speaking up when unfairness occurs around us.
- **Championing Peace:** Looking for peaceful solutions to problems and promoting fairness in our relationships with one another.
- **Non-discrimination and Protection of the less fortunate:** We are all equal! Let us stand up and be there for each other.
- **Promoting Transparency and Accountability:** in our work, and our homes/ communities
- **Practicing integrity:** Honesty should be our motivation in all things.

THESE VALUES WILL AFFECT KENYANS BY

- Creating a national identity for Kenyans
- Developing a set of shared attitudes and beliefs
- Promoting unity among Kenyans
- Enforcing respect for human dignity
- Encouraging solidarity and care for each other
- Cultivating personal & collective responsibility



Country Branding

WHAT IS COUNTRY BRANDING?

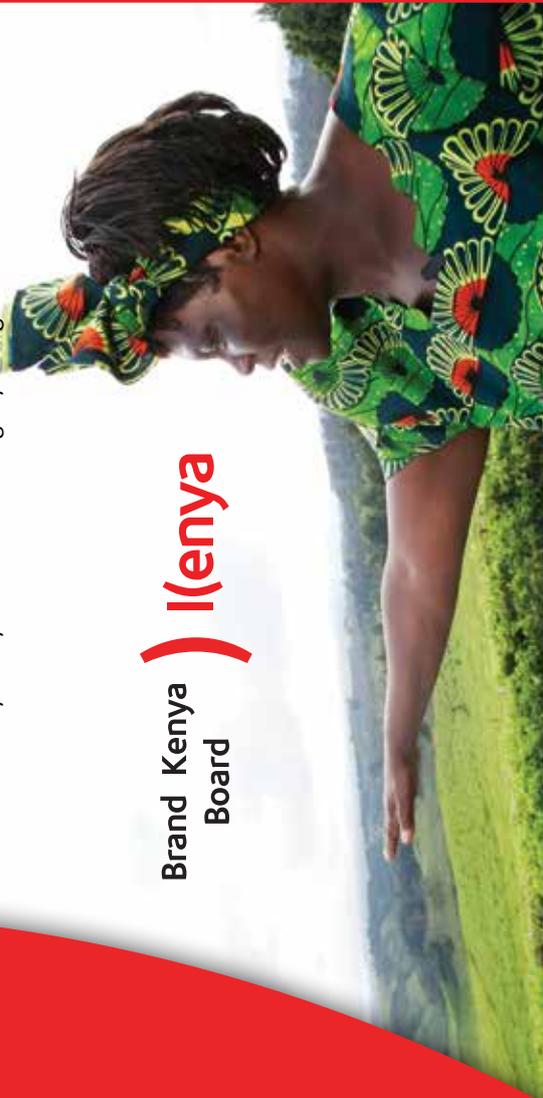
Country branding is about creating a positive image, reputation & identity for a country. It seeks to give countries a distinctive, believable and reputation based on their strengths.

Countries, like products can be packaged & marketed to different people among them investors, corporations, tourists & citizens.

Country branding can also correct a country's negative image, as it is formed from the collective behaviour and attitude of its citizens.

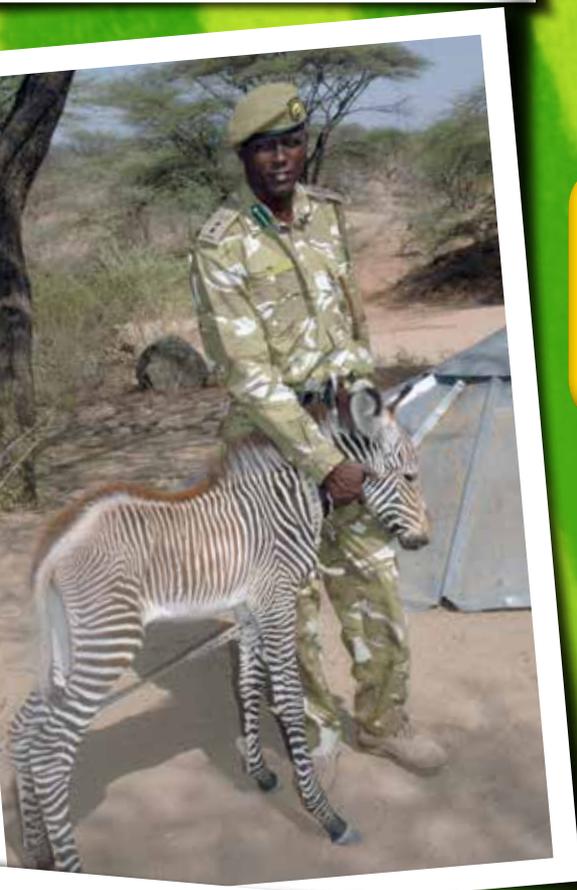
YOUR ROLE IN COUNTRY BRANDING...

- Be patriotic and proud of our motherland.
- Promote & speak positively about our country, especially to foreigners.
- Protect our human and natural resources.
- Conserve our environment and keep our cities and towns clean.
- Celebrate each other; Let us be less cynical of others.
- Let us live our National Values!
- Let us always carry ourselves with dignity and good manners



Its a Wild Wild Life

PHOTOS AND STORY BY PAUL MBUGUA,
KENYA WILDLIFE SERVICE



THE GREVY'S ZEBRA

FOUND IN MERU GAME PARK

If you have visited a game park, then you most certainly have seen a Zebra. It is a pretty common sight. But, did it ever occur to you that zebras come in two types or that the more unique of them are so rare, they are found only in Kenya and Ethiopia? Read on and learn about the Grevy Zebra!

Grevy's zebra is easily distinguished from the plains Zebra (common zebra you see in parks) by its rounded ears, closely set stripes and white belly. The stripes extend to the hooves. It is named after Jules Grevy the first republican president of France who was given one in 1880s by the government of Abyssinia. It has a long face and long legs compared to its plains cousin.

It inhabits dry savanna and bush country. Natural home range is north of the equator and to the south mainly by introduction. It shares habitat closely with giraffe, Oryx, eland and in their southernmost range with common zebra, impala and buffalo.

WHERE ARE THEY FOUND?

In Kenya and Ethiopia. They number only 2000. Their numbers have decreased due to changes in land use in their range areas and changes in lifestyles of communities in these areas from nomadic to sedentary.

By adopting a sedentary lifestyle, the zebras have been excluded from their traditional watering points and their home ranges have reduced. They are extinct in Somalia, Sudan, Djibouti and Eritrea. In Kenya one can see these graceful animals in Meru National Park and in Samburu and Shaba National reserves. They can also be seen in community wildlife conservancies in Isiolo, Samburu and the Laikipia Plateau.

WHAT DO THEY EAT?

Their food comprises of tough grass, not eaten by other grazers. They browse whenever grass is scarce. They are daily drinkers when there is water but can go for two to three days without water. They dig for water in dry riverbeds when surface water dries up and defend their water holes.

BEHAVIOR

Males (stallions) are territorial. They mark their territories by defecating and urinating at dung piles, they also mark by vocalizations (making sounds) and by physical presence. Territorial stallions will tolerate other stallions who, wander into their territory; however when an estrous female- (a female that is ready for mounting or commonly said to be on heat) is present the territorial stallion displays its mating priorities and keeps other males at bay. Non-territorial males may avoid territorial ones because of harassment. Dominance among the members of the species is exhibited by proud posture, arched neck and a display of a high steppey gait. Submission is indicated by a lowered head and raised tail. Non-territorial males live in bachelor herds and are free ranging. The most dominant of the males control territories with abundant water as these attract more females.

Females associate in smaller groups with their young. Unlike the plains zebra, they do not live in harems. In their associations, the groups of females do not display dominance hierarchies and graze in overlapping home ranges.

To get rid of flies or parasites such as ticks, they roll in dust, water or mud or, in the case of flies, twitch their skin. They also rub against trees, rocks and other objects to get rid of irritations like itchy skin, caused by parasites.



CONSERVATION EFFORTS

KWS has developed a conservation strategy for Grevy's Zebra, aimed at restoration of the species. About 90% of the remaining Grevy's Zebras are in Kenya so there is need to conserve them for Kenya and the world.

REPRODUCTION

The females mate with the dominant males even though bachelors occasionally sneak in and mate with same females. Females are known to mate with many partners and similarly the males display polygamous sexual behavior.

They have a long gestation period of about 400days(13 months) after which a single calf is born. The young is suckled for up to 12months. Foals stay with the mother for up to 3years. In the wild the Grevy's zebra can live for 24 years and longer in captivity.

Their enemies include lions, hyenas, wild dogs, leopards and cheetah. Each predator selects its prey according to its size. Poachers love their skins, which fetch good money.

CHILD STARS

THE TRICKY BUSINESS OF BALANCING FAME, MONEY AND HOMEWORK

It is a known fact that talent unexploited is a wasted resource. With this knowledge, young people are tapping into this resource and reaping handsome rewards. Many have made money and become famous acting on Television or making music but not without challenges.

Bingwa went out to see how this young talent manages to keep a balance between schoolwork and entertainment and still find time to play as all children do, how they manage money and

fame. By so doing, we hope that you can find something in their story to inspire and ignite your own talent.

We meet them on set filming segments of Knowzone Edutainment show. The series is

watched in Kenya, Uganda and Nigeria. Bus Stories, Junction-Teens and Junction Junior are segments in the show tailored to the school curriculum to help pupils learn English and Math.



Robert Mungai Mbaya

He comes from a background of performers-his mother is an actress and his brother Baha, stars in Machachari. But don't be fooled, Robert has had to work extra hard to cut a niche for himself. He makes a tidy sum of money acting as Brian in Junction Teens and uses some of it to help pay bills at home and pay school fees.

Balancing work and school comes so easy for him because he has cultivated good discipline. When he has a chance to mentor pupils he tells them to follow their hearts: "Don't let people influence you negatively"



Andrew Warui,

He acts as President of Junction Teens Junior community. His job is to help the teenagers solve problems in their community creatively. Being president has

taught him how to handle conflict, to be fair and humble. Andrew has starred in a commercial for a popular antiseptic. "Acting has changed me. Wherever I go, I am confident. I really feel that I have a better chance in life because of it"

Cindy Kahuha,

She is Nita in Junction Teens, former president in Teen junction, and has acted in Wingu la moto. TV show.

Biggest lesson learnt: Our differences make us interesting as a people. Respect yourself and others". Besides acting, Cindy's heart is in the media. She says acting is not about money. "When I wake up, I think, I want to go and learn. Not make money".





Maurine Namiro Ayebare

She's the youngest and most gifted gospel music sensation Uganda has seen in recent times. She started singing at only 4yrs and has just launched an album titled "Omusayi guyika"- Luganda for blood is pouring, which discourages child sacrifice. Maurine told Bingwa that the album launched on 14th April 2012 is her greatest achievement yet.

" Through my music I was able to get a guardian called Gordon Wavamuno who religiously pays my schools fees. Also my school (City Parents' School) and WBS TV support my music career. Music calms me down when I am stressed".

Her role model is Uganda's songstress, Juliana Kanyomozi.



Abigail Timpiyan

She acts as Raha-aka the 'Banishee' in Bus stories " I scream loudly to alert the others when something goes wrong" She has appeared in Makutano Junction and featured in an advert for a popular soft drink. She is passionate about music and drama and admits to have made a lot of money acting. "She gave part of the money she made in the advert to her school and the rest to her parents to save towards her future.

Nominated best actor, 2012 she likes to mentor others. "The trick is to listen to your teachers, do what you are told so that you can maintain fair balance in all areas.



Mitch Nyang'aya

Says playing Leleti has helped find the girl in her. " The script is 'kinda' funny because of 'boy-friend stuff.'" she says with a giggle. Mitch has acted in a movie screened in Switzerland called Resurrect. She is better able to cope with the demands of work and school when recording happens during school holidays. Alongside acting, Nyang'aya wants to be a vet to care for the animals she loves so much.

COMMON CHALLENGES

- How to manage money and fame
- How to maintain the delicate balance between schoolwork and a demanding career
- How to maintain good discipline in the midst of all the attention from fans

Lesson learnt and shared

- Self-discipline is the key to success in and out of school
- Respect yourself and others if you want to gain their respect.
- There is more to life than money

WORD FROM THE PRODUCER

"These kids earn a combined fee of close to 4.5 million shilling every two weeks. We teach them how to manage money; savings and investment and get them to open accounts where the money is sent. We also ensure they don't work long hours and give them time off to do their homework".

Keep your ear to the ground to know when and where auditions are happening and use the slots you get to perfect your skill.



THE MANITA JUNGLE!

What is the greatest gift on earth?" asked Tatyana; the oldest turtle in the jungle.

"Food of course!" said Fisi; the greedy hyena, without it I would die!

"Water!" said Kiboko; the hippo, I just love to swim in it and it cools me down, I love it!

"I think it's the Sun."

said Malaika, the gorgeous sunbird, all the plants especially the nectar filled flowers that I love, flourish because of the sun!

"Air!" said Paa; the lovely falcon, how could I breathe or even fly without it!

"Must be my awesome tusks!" said Ellan; the Elephant, I use them to dig up minerals from the earth and keep troublemakers at bay!

"It's obviously this awesome Manita jungle!" said Grace, the lovely giraffe; without it we would all be dead! No trees, no rivers, no grass, no shrubs, nothing! Dead I tell you!

"I believe it's the king!" said Malkia, the lioness and also the king's wife!

"I know for sure it's the

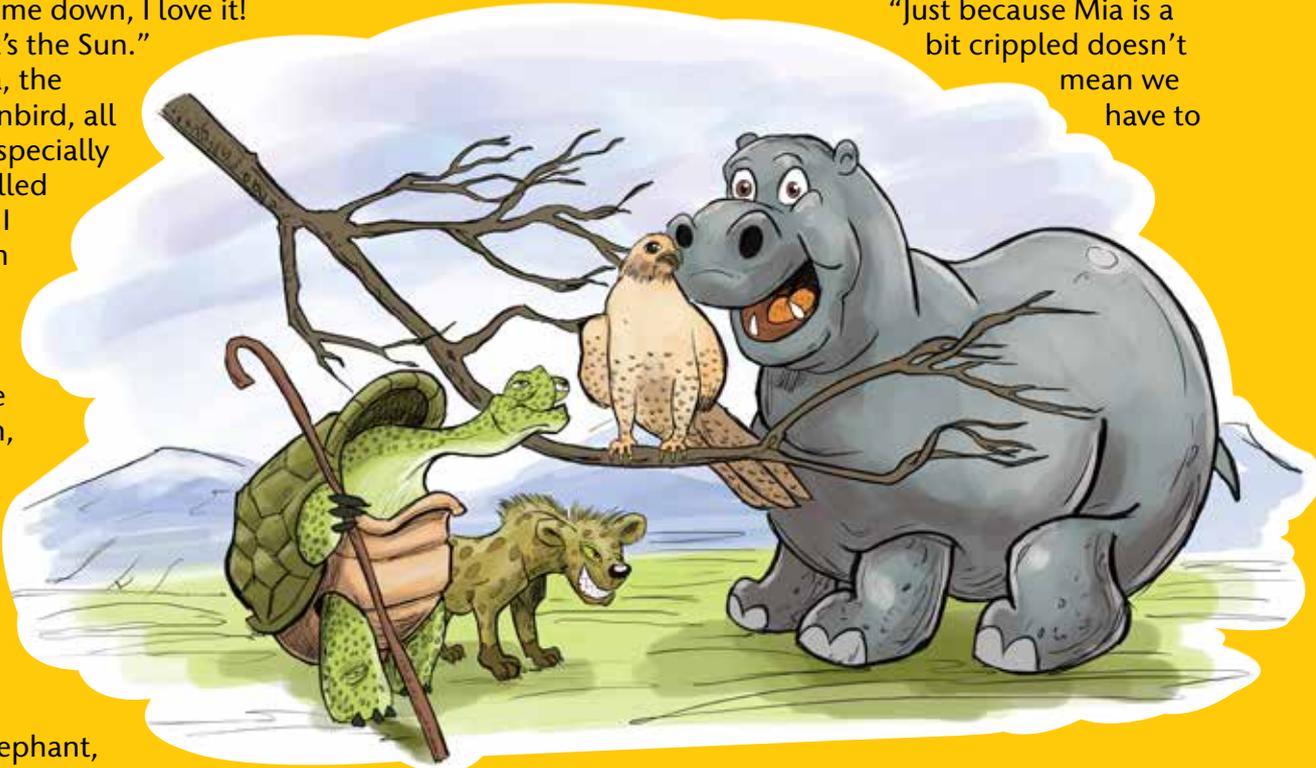
trees!" said Blue, the Vervet monkey leader! "Without them we wouldn't be able to jump and swing around all day!

"It must be the environmentalist," said the Estelle; the python, because of trees and grass I can slither away all day without fear of

wish I had the gift of health," said Mia, the meerkat.

"Well then, we are right, all the things you said are important but I have to say that Mia does have a weighty point; without health none of us can enjoy life and all its gifts!" said Tatyana.

"Just because Mia is a bit crippled doesn't mean we have to



perilous rubbish left by the humans!

"I honestly think that it's the moon! She is so gorgeous, the protagonist of the night sky! Every night I stare at her beauty!" said Verreaux, the wise owl.

Well, I think its health! The most precious wealth on earth! Without it, none of us would enjoy the beauty of life! How I

agree with her!" said Blue.

"One of these fine days Blue, I hope you come to realize that the best things in life are gifts that nature gives freely!" said Verreaux

"What-ever you say oldies. The gang and I are going to go swing on our favourite trees. Catch you later!" Says Blue

Indeed life in the jungle is very exciting! Especially when the animals gather at the

drinking hole to discuss matters in real time! Unfortunately in the jungle, one can only drink so much water to quench their thirst! The ivory moon is already peeping in the horizon and the animals must go to their homes. Mia always gets home later than everyone else because she has to hobble all the way home. She injured her leg on some rusty metal traps left behind by humans. Blue and his crew don't care much about her misfortune. How can they when they are too busy swinging on trees.

Once home, Manita

jungle inhabitants are getting some sleep apart from the crazy Vervet monkeys led by blue. They are too busy swinging from branch to branch causing a racket! Suddenly there is a crushing noise followed by a bloodcurdling cry for help that wakes everyone in the jungle!

Verreaux flies swiftly to the place where the cry came from. She is shocked to find Blue writhing on the ground in so much pain!

"Blue what happened?" Verreaux asks.

"I was just swinging when I landed on a weak branch! Next thing I knew- I was tumbling

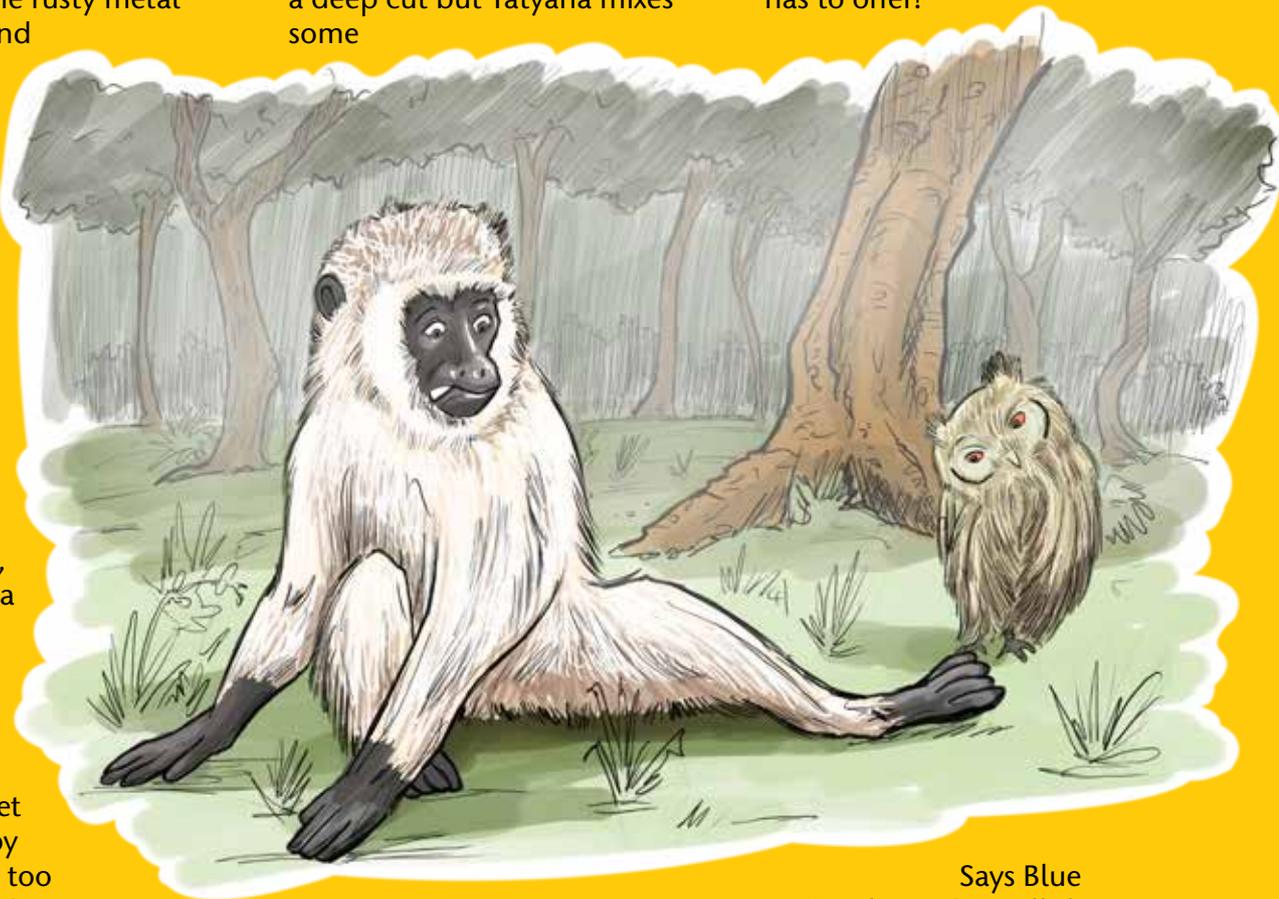
down to the ground and I think I cut myself on something really sharp!" said Blue amid sobs

Verreaux then swiftly flies across the jungle crying for help! Asking all animals to rush and help Blue! Shortly all animals arrive. Some start to administer first aid! Luckily it isn't as bad as it looks. Blue has broken an arm and sustained a deep cut but Tatyana mixes some

night.

The next day, soon as the enchanting African sun peeped out of the horizon, with his crimson entourage. Mia rushes over to check on Blue.

"Mia I'm so glad you came; my entire body hurts! Now I know what you went through and I do agree, health is by far the most precious gift the earth has to offer!"



Says Blue

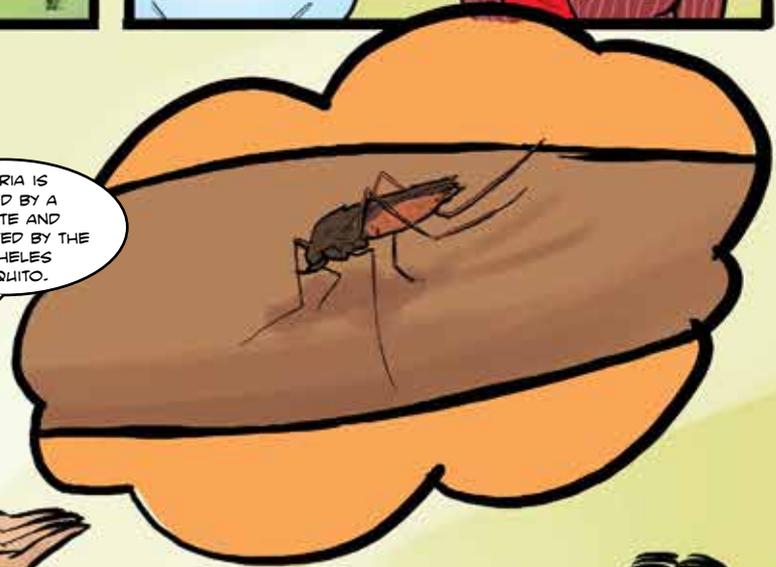
"Hush my dear, all that is in the past, now we need to focus on how to get you back swinging on those trees. I know you'll be alright. I can see the fight in you! Sometimes, life uses pain to polish a star! What do you say we hobble to the watering hole and grab an early morning drink?" says Mia

Definitely! Let's do that, after all disability is not inability! Says Blue

herbs to heal his wounds. Recovery will take time. After a while the animals settle down and lie down to rest for the

"Mia I'm so glad you came; my entire body hurts! Now I know what you went through and I do agree, health is by far the most precious gift the earth has to offer!"

JANET





MALARIA SPREADS FAST IN AREAS WITH STAGNANT WATER. THE MOSQUITO'S LARVAE BREED IN THIS WATER.

TALL GRASS AND BUSHES ALSO CAUSE MALARIA TO SPREAD FAST.

NOT USING TREATED MOSQUITO NETS MAY LEAD TO GETTING MALARIA.

YOU ARE ALSO MORE PRONE TO GETTING MALARIA IF YOU TRAVEL TO THOSE AREAS THAT HAVE A HIGH RATE OF MALARIA INFECTION.

Malaria Regions

THE SYMPTOMS OF MALARIA INCLUDE FEVER, COLD SHIVERING, HEAD ACHES, AND PAIN IN JOINTS. ONE MAY ALSO LOSE APPETITE AND VOMIT. THERE CAN ALSO BE DIARRHOEA.

OH NO! SOUNDS TERRIBLE! NO WONDER SHE WAS SO SICK!

HOW IS MALARIA TREATED?

FIND OUT IN THE NEXT ISSUE!



Supported through an educational grant from

NOVARTIS

ALL ABOUT MALARIA

Malaria is the biggest killer of children in Africa. Every year, 655,000 deaths* occur due to malaria. Majority of them in children.

Bingwa will conduct a series of interviews with Dr N to learn more about this threat

Bingwa: What is malaria?

Doctor N: Malaria is a disease caused by a parasite called plasmodium. The parasites are found in an infected anopheles mosquito.

Bingwa: How does the mosquito pass the parasites to a human being?

Doctor N: It starts when the mosquito bites a person already infected with malaria.

- The mosquito takes in blood that contains the microscopic parasites
- It bites another person and passes on the parasites through its saliva
- The parasites multiply in the person's liver and later infects the red blood cells

Bingwa: How long does it take for the malaria symptoms to manifest?

Doctor N: Usually within 2 weeks to a month after infection, however there are cases where the symptoms are felt a year later depending on the plasmodium parasite.

Bingwa: What are the symptoms?

Doctor N: The general symptoms to look out for are:

- Fever
- Shaking, chills
- Vomiting
- Muscle aches
- Headaches
- Nausea
- Diarrhoea
- Weakness and general tiredness

Bingwa: Could you tell us more about the causes of malaria?

Doctor N: Well, I would like to hear this from our readers.... (See competition page)

Bingwa: Thank you Doctor, we will talk more about malaria treatment in the next issue.

FACTS ABOUT MALARIA

ANOPHELES MOSQUITO- This is the female mosquito. Only an infected anopheles mosquito can transmit malaria.

Half of the world's population is at risk of malaria.

DEADLY- Malaria kills more children in Africa than any other disease. Every minute a child dies from malaria.

It is believed to have killed the famous king of ancient Greece, Alexander the Great at the height of his power.

HISTORY- Early man attributed malaria's manifestations to evil spirits.

* Reference:

<http://www.rollbackmalaria.org/keyfacts.html>



Malaria parasite is found in the red blood cells. Therefore it can be transmitted through blood transfusion, organ transplant and sharing of needles and syringes.



BINGWA MALARIA CHALLENGE



BE A CHAMPION AGAINST MALARIA BY COMPLETING THE CHALLENGES AND WIN THESE EXCITING PRIZES:

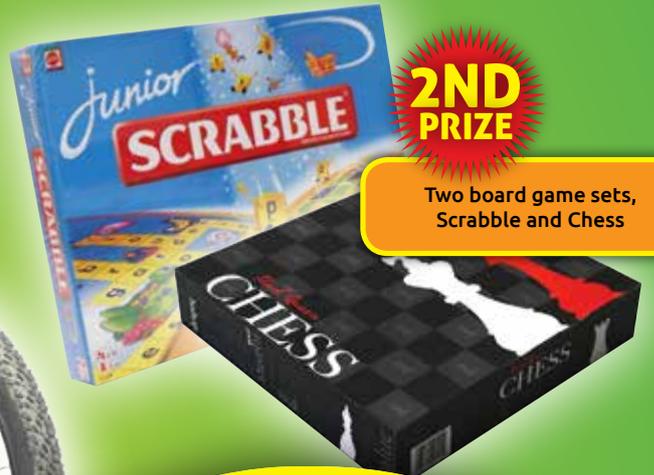
1ST PRIZE

A high speed mountain bike plus trophy



2ND PRIZE

Two board game sets, Scrabble and Chess



3RD PRIZE

Leather football



TOP 10 ENTRIES



The consolation prizes for the top 10 entries will be Bingwa t-shirts and gift packs



CHALLENGE 1
Describe using words and pictures how you can get malaria

CHALLENGE 2
Identify at least ten countries marked in red on the map above highlighting malaria endemic areas

Send your entries to The Editor, Bingwa Magazine,
P O Box 823-00606 Nairobi, Kenya, before 23rd November 2012



Supported through an educational grant from

NOVARTIS



CHOGORIA COMPLEX TOURS

MERU NATIONAL PARK

June 16th is the International day of the African Child. The day is celebrated to remember the thousands of black school children who, took to the streets of Soweto, South Africa, in June 1976, to protest the inferior quality of their education.

Sadly, hundreds of young boys and girls were shot dead by security forces. The day has been celebrated on 16 June every year since 1991 when it was first initiated by the Organization of African

Unity, (now the African Union) Bingwa marked the day with a well-deserved visit to the Meru National Park for class 7 pupils from Chogoria Complex in Tharakanithi County. The trip was a reward for Ann Kangai, winner of a competition, published in issue 5, 2011 and sponsored by Kenya Wildlife Service. She was in standard six at the time!

Asked what she felt about winning and then having to wait so long for the prize, she said,

“I am very happy this day has finally come. I thought for a moment that the competition was not real but I know now it is for real and I am thankful for the gifts. I encourage other pupils to participate”.

The Bingwa team, pupils and teachers ventured into the vast (870 square kilometer) park at 9am guided by Zacharia Mwangi who turned out to know the 46 year old park like the back of his hand.

Established in 1966 and located East of Meru town, 350km from Nairobi, the park was home to George and Joy Adamson, where they raised Elsa the Lioness, who, starred in the movie, *Born Free*. A book by the same name became a best seller. Elsa, her cub Sam and Pippah the cheetah are buried in the park and are a major attraction. Joy's ashes are also scattered in the park, through which an amazing thirteen rivers flow down from Mt Kenya and Nyambene hills.

NUGGETS OF WISDOM

Did You Know

- that the giraffe can postpone its gestation period for up to one month.
- Like humans some elephants are left handed? - A left-handed elephant usually has a chipped or broken left tusk because of using it to snap tree branches!
- Ostriches live in flocks of 4-40 birds, headed by an Alpha male and female, aka the king and queen of the pack.
- The alpha male fertilizes all females.
- The alpha female hides her eggs in the centre of the layer, surrounded by eggs from other females for protection against predators.
- All hens place their eggs in the alpha female's nest for the 40 days it takes to hatch.



Pupils hold hands to measure the circumference of the great baobab

- Meru National Park is part of Meru Conservation Area consisting of four protected areas;
1. Meru National Park - 870km²,
 2. Kora National Park – 1,787km²,
 3. Bisanadi National Reserve – 606km²
 4. Mwingi National Reserve – 745km²

AWESOME SIGHTS NOT TO MISS

We join Chogoria Complex pupils on their bus and enter the park through the Eastern gate early the morning of June 16 filled with excitement and hope of viewing the game for which the park is famed. We are not disappointed! We encounter large herds of elephants, giraffe, ostrich, waterbuck, kudus, dikdik and zebras within the first hour.

Our guide does not disappoint either. He keeps a running commentary of the park and its game.



Marvel!
A total of thirteen rivers flow through the park

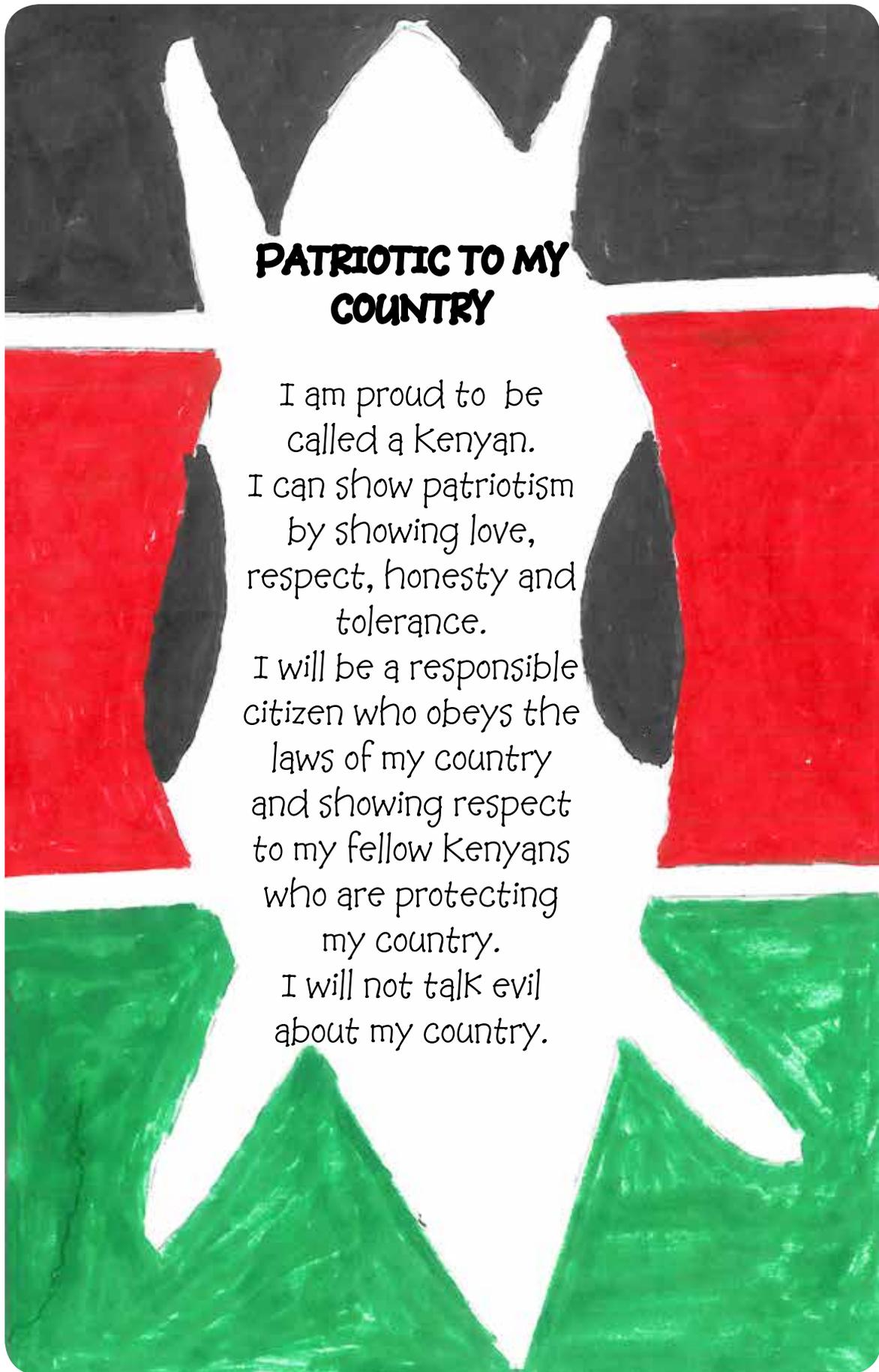
The place where George Adamson, the father of Meru Park first set camp some 50 or more years ago. Pieces of metal still remain. We visit the graves of Elsa the lioness and Sam as well as Pippa the cheetah.

The highlight of the tour was for us a stop at the great three hundred year old baobab! Which we were told was the lair for famed Mau Mau legend, General Mwariama! The revered general held clandestine meetings with his men here, planning how to drive the colonizers from Kenya!

The trunk of the tree is so big! It took fifteen pupils holding hands to go around it. More amazing is a hollow in the tree that fits an entire class of 33 pupils, their teacher and the guide.

General Mwariama held meetings here, accessing it through a small opening on the side. An adjacent room in the hollow of the twin baobab served as his bedroom!

There are peepholes up in the tree through which Mwariama and his men spied on the white man. Protruding pegs inside the trunk were used for hanging their game meat to dry. Today, visitors can enter this shrine through a door size opening, which has formed as a result of the tree growing and expanding its trunk. Interestingly, the entry to 'Mwariama's bedroom' has shrunk to a tiny opening through which a pupil crawled to confirm that there is indeed room big enough to accommodate a grown man and more!



PATRIOTIC TO MY COUNTRY

I am proud to be called a Kenyan. I can show patriotism by showing love, respect, honesty and tolerance.

I will be a responsible citizen who obeys the laws of my country and showing respect to my fellow Kenyans who are protecting my country.

I will not talk evil about my country.

B
Christine
14 years
Muraka
School, K

A PATRIOT

I appreciate patriots and everyone in Kenya who participates in patriotic activities like athletics, game rangers in wildlife conversation, farmers, teachers and everybody else.

When I grow up I will support our government by providing free education;

all children will have access to free education and this will ultimately produce self reliant Kenyans and a nation of literate people.

y:
e Adeya,
s. Class 8,
Primary
Kakamega

Brand Kenya
Board



ed readers to demonstrate in drawing and words their understanding of patriotism. It was sponsored by Brand Kenya with a back-to-school pack and other gift items. Well done Christine!

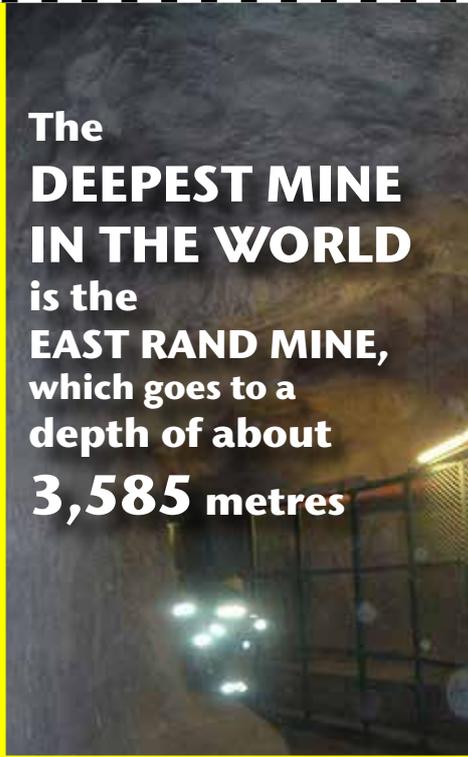
Amazing Facts

**THE
INDIAN
RAILWAY SYSTEM
IS THE
LARGEST
EMPLOYER
IN THE WORLD**

**EMPLOYING
OVER 1.6
MILLION
PEOPLE**



The **DEEPEST MINE IN THE WORLD** is the **EAST RAND MINE**, which goes to a depth of about **3,585 metres**



Did you know that the word **COLGATE** translates into the command **“GO HANG YOURSELF”** in Spanish?



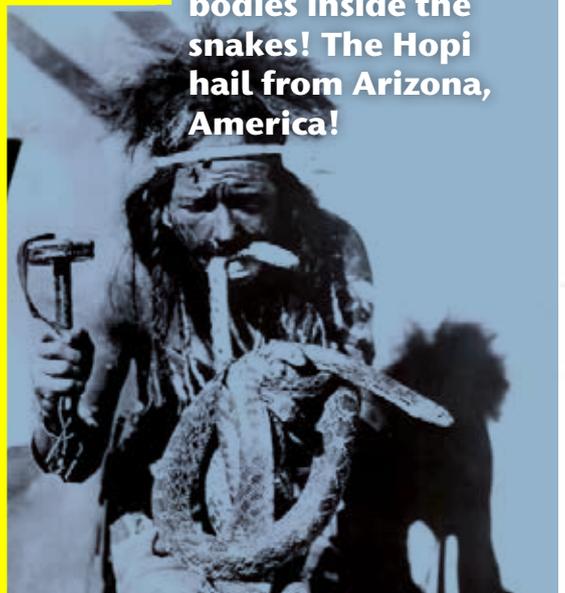
ISTANBUL, Turkey is the only **CITY** in the world located on **TWO CONTINENTS**. Asia and Europe come together in this monumental city of **16 MILLION** people. Istanbul's character & culture are defined by Eastern and Western influences.



Every **AUGUST**, **HOPI INDIANS** hold snake dances, dangling **POISONOUS SNAKES** from their mouths. The ritual is said to bring rain and a good harvest. Some put their heads and bodies inside the snakes! The Hopi hail from Arizona, America!



Did you know? **CHINESE PADDLE FISH** can weigh over 450kg! This fish is sometimes called the elephant fish because of its long snout. Sensors on the snout help locate small fish for food. Some can be up to 7m long. The fish is feared extinct



Chelsea Ojee, 11 years, Hermeine Gmeiner Primary School (HGPS) Mombasa

BINGWA! Pictorial



Churchil entertains fans at the festival.



Musician Jimmy Gaits (center) poses with his fans.



The Zangalewa troupe was also there.



MC Jesse (center) with the mascots



Jimmy Gaits performs at the festival.



Churchil and Eric Omondi (center) show kids how to dribble.



Kids crowd the Bingwa stand eager to read copy of the magazine.

Bingwa Magazine attended the kids' festival on 14th April 2012. The event is held every school holiday and attracts thousands of children and parents who take part in activities like face painting, essay writing, poetry, kids' concert and more. They also get to interact with celebrities like Churchill and Eric Omondi. The Bingwa tent was the one stop reading shop.

More photos inside back cover



MABELE AVUMBUA TAJI LAKE

Ilikuwa mwisho wa muhula wa pili, tulikuwa chumbani, mimi na rafiki yangu wa jadi Mabele. Ndipo nilikumbuka msemu nyanya alisema tukiwa wachanga zaidi, alipo tutembelea hapa jijini toka mashambani.

Nyanya alisema, "Wajukuu wangu, kila mtu huzaliwa na Taji lake, lile, muhimu, ni wewe uvumbue Taji lako".

Wakati huo sikuelewa alichu maanisha Nyanya, lakini ninapo mwangalia Mabele vile anavyo chonga vinyago na hata mimi Mabele

amenifunza kuwa mchongaji sanaa mkamilivu, naelewa usemi wa nyanya..

Mabele na mi tumezaliwa na kulelewa hapa, hapa, mtaani Jericho, umri wetu ni sawa na hapo ndipo mwisho wetu kufanana.

Mabele kwa umbo ni mnene, miguu mikubwa na

migumu kama miguu ya Tinga.

Shuleni kwa ucheshi, Mabele alijulikana kama 'first body', wazazi wake, walikuwa walevi chakari, mara kwa mara, usiku wa manane walisikika wakipigana au kutukanana ajabu, ndugu au dada, ungejaribu kuwatenganisha ungechapwa na wote. Jambo lililo wafanya waachwe kwa vitimbi vyao.

Hapo mwanzo, mimi na Mabele tulikuwa kama maji na mafuta. Nilipo muona 'first body' akija, vitu vyangu kama mpira, kamba ya kuruka au gari la wire, nilizificha haraka, haraka, kama vile kuku huwaficha vifaranga wake mwewe anapotokea.

Urafiki wetu ulianza hivi, nakumbuka kisa hicho kama kilicho fanyika jana! 'tulikuwa uwanjani tunacheza kandanda, Mabele na mimi timu tofauti. Mara nikapokea ngoma, kuangilia huku na kule,

nilimwona Mabele, akilamba mate mdomoni mwake, huku ananiangalia kwa ukali! chenga mbili, tatu, Mabele alikuwa mbele yangu! Huku apumua kana kwamba yeye nyati, aliruka tayari kunikanyaga! Kuruka juu, nili kanganya, Mabele alichimba kiwanja angalao jembe. Kila mtu alipasua kicheko; kumbe Mabele alikuwa ameumia vibaya sana.

Kukimbizwa hospitalini, Mabele alipatikana amevunjika vidole vitatu. hakika Hata wewe machozi yangekutoka, kuona vile Mabele alilia kwa uchungu mwingi. Kufikishwa nyumbani, wazazi wake Mabele walikuwa hawajafika. Jukumu lilibaki nami kuona kwamba Mabele amepata afueni. Toka hapo, ilikuwa lazma niende kumtuliza Mabele kwani mama na baba yake kupatikana ilikuwa nadra. Hakika aliyesema, 'mwanzo wa

shida ni faraja', alisema ukweli,

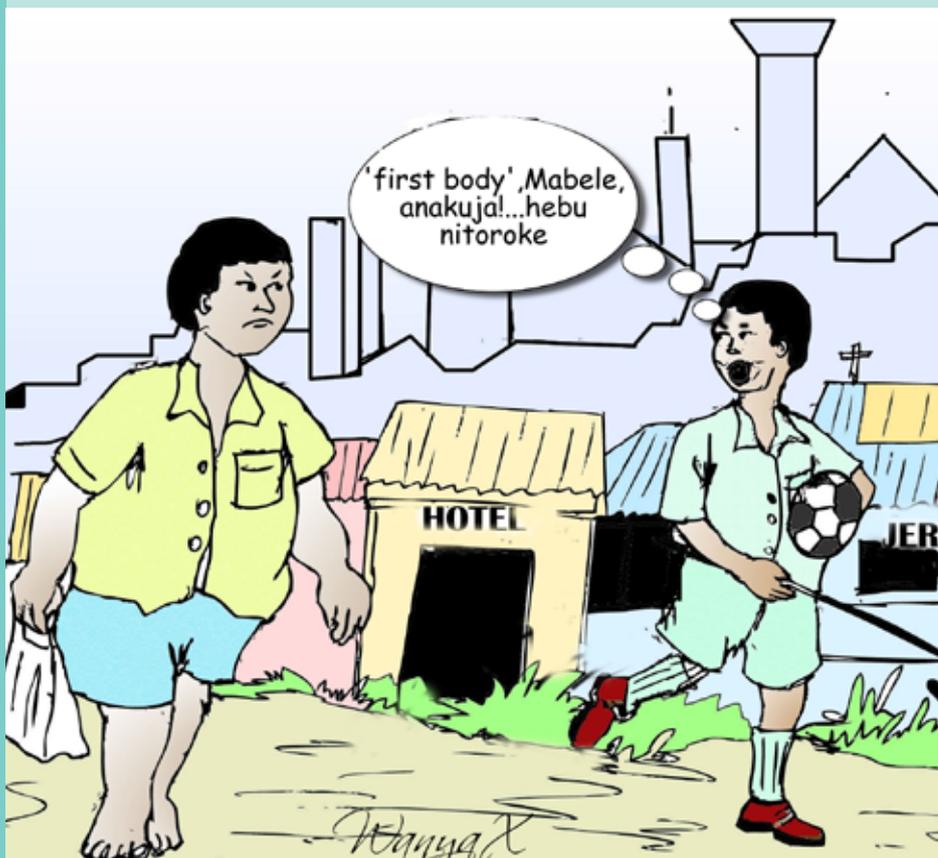
Mabele viatu alikuwa navyo tofauti, lakini kwa sababu ya nyayo Zake kubwa na vidole vilivyo kuwa vimetokea kando, kando, Mabele na viatu ilikuwa matanga

Wakati huu wa maumivu, tukiwa shuleni, Mabele masomo yake nyumbani, ilikuwa kijifunza kushona viatu. Hivi ndivyo Mabele alivumbua Taji lake. Shindano ya kushona viatu Mabele alitengeneza toka waya ya kuanikia nguo, kushikilia ile wire, Mabele alitumia kijiti.

Nilipomtembelea, Mabele alinifunza usanii mbali mbali na sasa mimi na yeye twaunda shanga, ndara, kofia na mali mbali mbali za sanaa. pesa tunazo pata, huenda pakubwa kusaidia wazazi wetu kulipa karo, kununua vitabu, mavazi yetu na kathalika.

Hapo mbeleni, masomo yalimlelea sana Mabele, lakini tangu avumbue Taji lake, kila muhula amenawiri zaidi kimasomo. Jambo lilomfanya Mabele kuwa na tumaini kuu.

Mwalimu wetu mkuu hachoki kusema mara kwa mara. "Mabele ukiendelea hivi, hata rekodi yakupita mthani hapa shuleni mwetu waweza kuivunja".



Mгаа gaa na upwa hali wali mkavu



UCHAMBUZI WA KITABU

Kwa Nini Fisi Hucheka

Pamela Kola



Anwani: Kwanini Fisi Hucheka

Mwandishi: Pamela Kola

Msimulizi: Thorn Muli

'Kwanini fisi hucheka' ni mkusanyiko wa hadithi tano za kusimua zilizoandikwa na Pamela Kola na kuchapishwa na East African Educational Publishers. Kwa kutumia ubunifu na ustadi mkuu, kitabu hiki kinajaribu kuchimbua asili ya maumbile na tabia za wanyama kadhaa kama tuwajuavyo leo.

Pamela amehakikisha kitabu hiki ni rahisi kueleweka na wanafunzi wa darasa za chini walio na ari ya kuimarisha Kiswahili chao kwa kutumia sentensi fupi na msamiati wa kiwango hiki. Hadithi ya Kwanza 'Asili ya popo kuruka usiku' inatueleza jinsi vitendo vya popo vilivyo sababisha uhasimu kati yake na rafiki wake wa wakati mmoja, paa. 'Asili ya kiboko kutokuwa na manyoya' inatusimulia masahibu ya kiboko aliyejaribu kukuza urafiki na moto huku masahibu ya aina nyingine yakimwandama mamba kwenye hadithi inayofuata 'Asili ya mamba kuishi majini' baada ya rafiki yake 'wa dharti' kumhadaa. Makali ya mwewe yanasababisha mama kuku kutembea na wanawe karibu kila aendapo katika 'Asili ya vifaranga kuandamana na kuku'. Hadithi ya mwisho ambayo pia inakipa kitabu jina 'Asili ya fisi kucheka wakati wote' inawamulika fisi na sunguta katika mwangaza ambao hatujauzoa. Pata nakala yako ujifahamisha asili ya fisi na wenzake kucheka wakati wote wanapapatana.



CHEMSHA BONGO

MCHONGOANO

- Wewe ni mshamba mpaka una game ya kulima kwa simu
Wayne Gideon-Moi Primary
- Wewe ni mkonde hadi ukibaki wka ukuta watu wanadhani ni crack
Irvin Nzioka-Moi Primary
- Budako ni mweusi sana hadi akipigwa picha inasema no signal
- Nyumba yenu ni ya nyasi, wezi wakija kwenu wanasema, fungueni mlango au tulete ngombe
Rodney Langat 10 years -SOS HGPS Mombasa
- Wewe ni mblack mapaka damu yako inatumia torch kucirculate
Lucy Okello, class 4, SOS HGPS Mombasa
- Wewe ni mkali hadi unaua simba na slippers
- Una macho bigi mpaka watu hukuita eye witness

Saphan Arum, SOS HGPS, Mombasa

MAFUMBO

1. Nina mshipi mrefu, mwisho wake na utafuta lakini wapi?!
2. Nyumba yetu ni ya ajaabu....mlango hamna?!
3. Wewe zunguka upande huu na yule upande ule tufunge kamba katikati!
4. Kuna toleo la watoto, toleo hili huja kila baada ya miezi mitatu, Ndani kuna hadithi tamu tamu na shika hadithi, toleo hili ni lipi?
5. Inchi yangu ni ya ajaabu, tangu olimpiki yake ya kwanza kushinda medali ya thahabu, zaidi ya miaka arubaini iliyopita, katika mbio za kuruka vizuizi kwa wanaume ,medali ya thahabu katika mbio hizi huwa ni ya inchi hii .Nchi hi ni ipi (iko katika Afrika mashariki).

METHALI

1. Asiyefunzwa na mamaye hufunzwa na?
2. Akili ni?kila mtu ana zake.
3. Ahadi ni?
4. Baada ya? ni faraja.
5. Aisifuye? Imemnyea.
6. Asiyesikia la mkuu huvunjika?
7. ya mbali haiwezi kuua nyoka.
8. Fimbo ya? ndio inayo ua nyoka.
9. Dawu ya? ni moto.
10. nyingi ilivunja vikombe vya muhindi.

BOOK REVIEW



Title: Striking it High-A story of Resilience, Football and Pursuing the Dream

Author: Gilbert Wandera

Publishers: Flame Keepers Publishing

This 80page book is an autobiography of the celebrated footballer and striker, Allan Wetende Wanga 26, who plays for AFC Leopards in the Kenya premiere League. He has also played for the National team, Harambee Stars and with international clubs

The story is told in very simple language and chronicles Wanga's life, struggles and triumphs from his early childhood through primary and high school. These milestones are punctuated with spectacular football games where Wanga's superior football playing skills are displayed.

The story is inspiring enough to challenge even the most laid back young man or woman to work steadfastly towards set goals.

He dedicates the book to his father Francis Wetende and also to young aspiring footballers who, may feel there is no hope in taking up a career in football.

The book was launched in March 2012 making the star striker the first among celebrated Kenyan footballers to launch a book and is therefore a must read.

POEM

Village Woman

Look at the woman,
Tired, hungry baby,
Clinging on to her back
And she herself so tired,
She drags her legs
The fire wood bundle on her head,
Weights heavily
But she still she drags on
Her skin once smooth and lovely
Is now muddied and dark,
Her clothes dusty and torn,
Her fit dirty and cracked
When she reaches home,
Fetches water from the well
Lights fire, prepares food
There is more work in the field,
Till the sunsets!
Dear God when will she rest.

Anita Birungi
Class 5 clever

Kings way primary School, Kampala



BRAIN TEASER

Find 20 virtues from the word puzzle below then use your dictionary to find out what each virtue means.

by Ian Arunga

i	t	a	e	a	e	i	d	g	g	s	g	d	i	y		
y	t	i	l	a	g	u	r	f	i	e	p	k	n	n	h	
t	t	p	n	e	i	r	e	a	s	d	c	e	o	t	l	
i	f	i	s	e	c	e	s	c	g	u	e	n	i	y	y	
l	f	o	l	s	t	n	p	t	i	t	i	t	t	y		
a	h	r	r	i	n	t	e	g	r	i	t	y	i	s	l	
g	n	c	i	g	i	b	s	c	d	s	t	o	s	t	e	t
r	l	o	v	e	i	a	t	o	u	a	o	c	i	n	r	
f	s	n	l	d	n	v	i	e	f	r	c	k	b	o	e	
f	e	f	t	e	y	d	e	l	e	g	p	i	m	h	e	
f	a	i	t	h	f	u	l	n	e	s	s	n	a	l	m	
e	b	d	i	t	a	y	e	i	e	r	i	d	e	e	p	
e	n	e	u	n	d	g	k	t	n	s	d	n	y	n	a	
b	e	n	e	v	o	l	e	n	c	e	s	e	e	i	t	
y	e	c	n	e	g	i	l	i	d	s	s	e	s	h		
p	v	e	c	n	e	i	t	a	p	m	y	s	i	y		



TONGUE TWISTER

How fast can you say these words?

- Sweepers who sweep and mop dust floors should never leave them unswept or unmapped. Not even for a day! It is sweeping and mopping that makes the air free of germs.
- When Ali sent Alice to Ssali's shop to buy some rice, Alice asked for nice rice, which is not sold in Ssali's shop.
- The opposers opposed the proposers proposal when they said that opposers from the opposition should propose the motion instead of opposing it.

Kalungi Julius, St Savio Junior School, Kisubi, Uganda.



Musau works on his "jeep"

MUSAU

THE CAR MAKER



Twelve year old Timothy Musau Mutua, is the proud owner of an open topped jeep he rides around his estate, making him the envy of many. Musau is immensely proud because unlike many boys his age, he has built this car with his own hands!

The car that sits one comes with most accessories you find in a conventional car- complete with a body, wind shield, steering wheel a comfortable bucket seat, break system, foot pedals, clutch and gear stick and indicator lights that work!

Musau who hails from Machakos, told BINGWA that he has been building big cars since he was 9. He has given away many of those cars to his friends but this 'jeep' is his best

yet.

His father says Musau's interest in cars begun as soon as he could walk, just like other boys growing up in his home village of Kaewa, near Kathiani.

"I dreamt of building a bigger car! Big enough to sit in and ride" he says his ambition is to build cars for a career after school.

But it wasn't until Musau came to Nairobi to join his father in 2009 that his desire to accomplish this car-making dream intensified.

"What fascinated me most about Nairobi was the many cars! I saw some that didn't

have a body but they moved! That gave me the idea to make the car I am driving now"

His first close encounter with a car came through a book he found.

"I once had a book about cars. It had pictures of a car engine. This is where I learnt how the engine works and what part does what in a car. I lost the book later but I still remember everything" he says.

This car, made from discarded parts Musau has collected over a long period is a show of tenacity, patience, good planning and skill rare among Musau's peers.

HOW DOES HE DO IT?

To make a new car, he first creates the model in his mind and then goes about assembling the parts he needs bit by bit until he has many parts to work with and then the assembly begins. Collecting the right parts could take months but putting it together takes weeks of relentless work.

"I found this plastic chair in the dumpsite and I thought it would fit perfectly into my car, so I took it home and kept it" He says of the bucket seat in the 'jeep'. The dashboard is plastic; steering wheel was once the wheel of a child's bicycle.

Interestingly, most metal parts were once discarded water pipes and flattened iron sheets. The steering rod is a hollow pipe and can be manipulated to rise and fall in height.

For lighting and indicators, Musau used discarded fine wires and a phone circuit board

"When I saw this part, I knew it would be useful for lighting in my car so I took it home and modified it.

The pedals and chain are from an old bike! This is the system that propels the car back and forth.

Pieces of old floor mats are cut out to make spectacular mud guards for the wheels that enables Musau to ride on a muddy road without getting splashed with dirt! Amazingly! The entire car is held together with old nuts and bolts, which Musau



Musau's sister Kaloki rides in the "jeep"

screws in using a huge nail like a screwdriver.

Musau's ingenuity goes beyond cars! He has created a motor to light a bulb in his house when electricity goes out! Mr. Mutua confirms that car making is a family trait and young Musau inherited it from him.

Actually, everyone in the family chips in. His younger sister Kaluki helps find bits and pieces for the car from the scrap yard. Her reward is a thrilling ride around the estate in the 'jeep'.

Question, is building and driving a car really this easy?

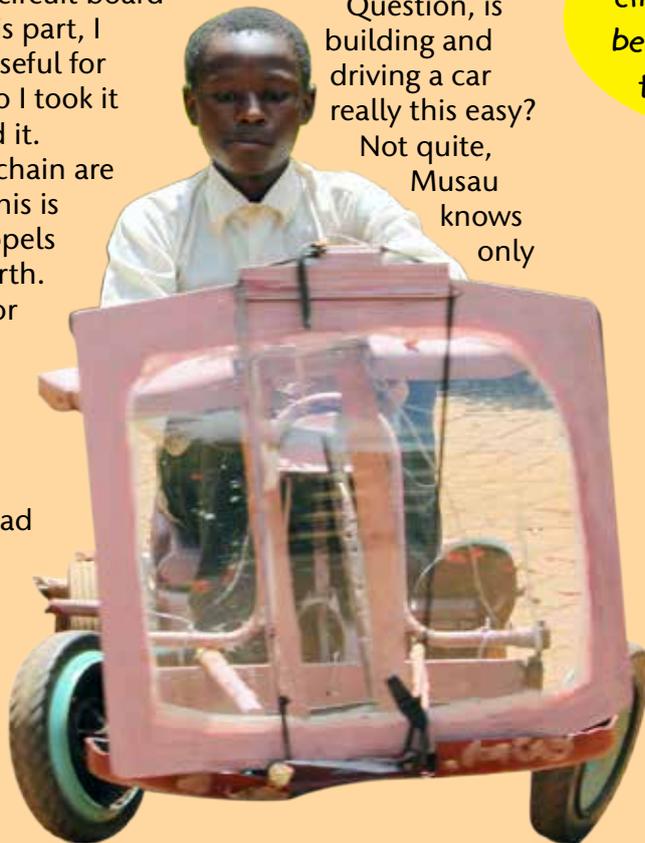
Not quite, Musau knows only

too well the dangers that come with experimenting with electricity and driving a toy car on the same street where bigger, fast and furious machines also run.

"Once I was almost electrocuted trying to connect electricity! It taught me to be extra careful!" He says with a cheeky smile.

To ride his car out on the streets safely, he has learnt about road safety.

Whatever you do, ensure to excel in school because education is key to success anywhere.



A BALANCING ACT

Musau joins class eight next year but his passion for cars has not diminished his focus on studies. He spends the week studying hard. "I want to be a mechanical engineer and to achieve this I need 450marks to get into university" Weekends are for making cars!



The champion with coach Max

UGANDA'S SWIMMING DUO

Meet Lise Barendse and Zoianne Hoareau, the 12 year olds from Rainbow International School Kampala(R.I.S.K) who are dominating Junior swimming in Uganda. Lise specializes in butterfly and free style while Zoianne owns the backstroke and front crawl strokes. These two youngsters hold junior national records in their respective disciplines and hope to participate in the Olympics some day. BINGWA visited the rising stars in school for a chat.

Bingwa: *How long have you been Swimming?*

Lise Barendse: I've been swimming since I was 3 years but took it up competitively four years ago in 2008.

Zoianne Hoareau: Well, I've been swimming since I was 3 years but competitively for three years now.

Bingwa: *What have you achieved in swimming so far?*

Lise Barendse: I'm the current champion of the Aga Khan Swimming Championships which is part of the Uganda Swimming Federation calendar and won bronze in the Sub Saharan Junior Championships held in Nairobi, Kenya 2010 while representing Team Uganda. I also have many Junior Swimming national records to my name.

Zoianne Hoareau: I have won various medals in the Uganda Swimming Championship calendar and have also been part of the Team Uganda that conquered the region in 2011.

Bingwa: *What do you love about swimming?*

Lise Barendse: The fact that there are different strokes and you can specialize in one of them.

Zoianne Hoareau: Beating the rest of the field and finishing first, besides it definitely keeps me fit.

Bingwa: *What are the benefits of Swimming at a competitive level?*

Lise Barendse: The fame it has brought me

is immense and because of this, many favors come my way.

Zoianne Hoareau: It has made me popular.

Bingwa: *What is your most memorable Swimming moment?*

Lise Barendse: Winning the bronze medal for Team Uganda at the Sub Saharan Championships in Nairobi stands out.

Zoianne Hoareau: Hmmm! hat would be winning my first medal and also appearing in the national newspaper (New Vision) during the regional Championship in September 2011.

Bingwa: *Who do you admire most in this sport?*

Lise Barendse: My brother, Tom Barendse.

Zoianne Hoareau: Our school coach, Max Kanyerezi who has helped us improve our swimming skills.

Bingwa: *What are your other interests/hobbies?*

Lise Barendse: I love acting.

Zoianne Hoareau: I enjoy playing soccer and a musical instrument called a Saxophone.

Bingwa: *What advise would you give Bingwa readers?*

Lise Barendse: Sometimes you just don't want to go on but always stay strong.

Zoianne Hoareau: Try your best and one day you'll achieve it, also believe in yourself.



A PROBLEM SHARED IS HALF SOLVED

*Hallo boys and girls,
Last term we invited you to send questions to the counselor about challenges in school. A few of you wrote. I respond to some of your asked questions relating to friendship and bullying in school.*

Dear Ms Kijuu

My classmates always bully and taunt me. I feel like the class reject. My grades are amazing but my social life is a big fat mess. What should I do to stop the bullying?

***Simon**

Dear Simon

I am really sorry this is happening to you. This is a problem that you cannot solve on your own. Talk to a trusted adult or a teacher. The adults should tell those bullies to stop or face serious consequences. Meanwhile try to surround yourself with friends. Avoid the areas where you might meet with the bullies. Act brave and walk away when you meet the bullies. Try and look disinterested. The bully will finally get bored when he or she sees that there is no reaction from you.

Dear Ms Kijuu,

My friend is nice to me but on Monday 1st June he convinced me to smoke but I don't want because I will get into big trouble. He said if I don't smoke he will never be my friend again. He started smoking at the age of 9 but now he wants me also to smoke. I feel that I am getting peer pressured. What should I do?

***Triz**

Dear Triz

You are right about one thing that you are being pressurised to do something you are not comfortable with. You know what you are being asked to do is wrong and at the same time you do not want to lose your friend. My advice to you is to stay away from this friend and surround yourself with safe friends who will help you grow into a better person by supporting you positively.

Dear Ms. Kijuu,

I have a friend that has another friend. She always comes to play with us but whenever she comes she always gossips about me to my friend. I think she pretends to be my friend to get my food but I am scared to ask if really our friendship is real

What should I do?

***Anita**

Dear Anita

You seem to be in a relationship that is making you unhappy. When you find yourself in such a situation you need to step back and look into the relationship and see if it is building you positively or negatively. When the other girl is around does your friend stand beside you or does she enjoy the gossip? If she does not stand with you then you may need to seek for other friends. Friendship is freely given it is not for sale.

Dear Ms Kijuu,

Some of my friends at school are always lying to me about who they are friends with and they always tell me they don't like that person but I see them play with them. I really don't know who to trust anymore except one of my best friends who has gone on holiday.

Do you have any advice?

***Friendless girl**

Dear Friendless girl

In a good relationship there must be trust, honesty and loyalty. You seem to be in relationships that lack these three qualities. If this is so you need to move on and concentrate on that friend who makes you feel worthwhile. Be in charge of yourself and what you want in a relationship. Don't make what others are doing your business. It is out of your control and you cannot do anything about it. Know what you want and stand by it. Do not compromise your values so as to keep friends who are impacting on you negatively.

** Names have been changed*

A GOOD TURN DESERVES ANOTHER

Last term, we talked about inflation and how it reduces the money in our pockets. We hope you have been keeping a budget and spending carefully so as to save. How often do you remember to give??

Lets talk about sharing even when times are hard and money is tight

because when you give, you also receive.

Life is such that when you show kindness to others by sharing whatever little you can spare, they respond by being generous to you. The good thing about sharing is that it does not always cost money. It is the thoughtful actions you do that matter, for example

visiting a sick friend or letting an older person have your seat in a bus.

Remember to show kindness throughout the year and not only during the holidays. Giving is only rewarding when you do it because you want to so do it from the bottom of your heart throughout the year.

7 UNIQUE WAYS TO SHARE

Some creative ways to give to your community without spending any money:

1. Offer to help your sick relative, friend or neighbor with work in the house or even just visiting them and keeping them company
2. Make bracelets from simple and easy to find material, sell them and give this money to a charity of your choice. You can also give these to children in a home as presents
3. Volunteer to teach others a subject you are good at in school.
4. Collect old books and donate them to the children's wards in hospitals. You can also use the money you save to buy books that

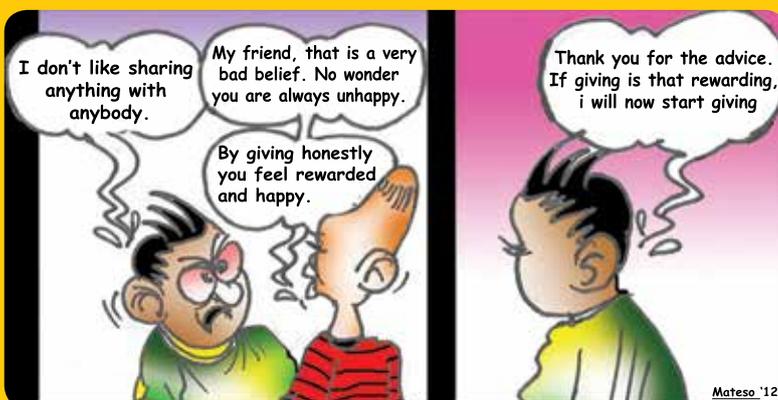
you can personalize and give to someone to use as a diary or journals

5. Put together a list of important numbers such as hospitals, police, fire station and ambulances then distribute these in your local church, at school or in your
6. Organize weekly clean-ups, take part in tree planting or make leaflets you can distribute to raise awareness about the environment
7. Always share a smile and show respect to all

SAVING IS GOOD

I always admire my friend Nakya Viola, who saves her money in a piggy bank. I want to start saving money soon. I will use the money to pay part of my school fees and I will ask for money from my elder cousins and family members and reduce on expenditure while at school in order to save more. This will enable me to buy my parents a Christmas gift and buy myself more reading books at the end of the year. After buying this, I will continue saving until I grow old and buy a big car to take my children to school and back home. All children who save should continue saving and those who do not save should start saving for saving is good.

*Nalutaya Catherine, 10 years
Nakasero Primary School
Kampala.*

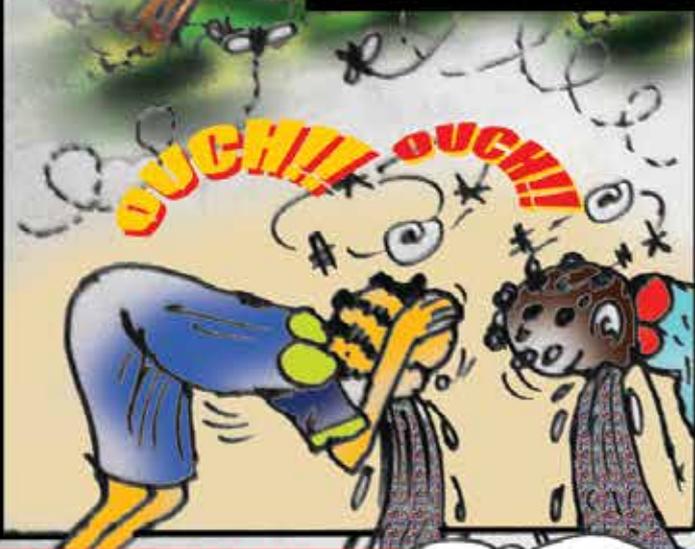


Editor: It is exciting to see some of you writing letters about something they read on this page. Catherine Nalutaya's letters below is very encouraging.



...continued from previous issue.

Sarah and Chet suddenly develop stomach complications



Chet, We did not keep Moms word. That is why we have gotten sick. I think we should go see a doctor as soon as possible.

Yes we should. This pain is too unbearable,...

...shortly, they visited the nearest clinic.



Girls, you look so sickly. Dont worry. You are in the right place

later they celebrate their recovery and went back home.



Mom, were it not for you, we would have been in very critical condition. We have come to thank you for the good and timely advice you gave us.



You are most welcome young girls. remember to be obedient always. Bye and take great care of yourselves. See you later.



FLAVIA

Introducing 26 year old Flavia Namakula, East Africa's No1 ranked female Golf player and also a serving officer in the Uganda People's Defense Forces (UPDF). Flavia gave BINGWA an insight into her life's journey!

Flavia was born on 10th December 1985 and has one sibling, a brother. The two were raised by a single mother. Flavia went to Kayunga Girls Primary School in Uganda where she completed her primary education then joined St Balikudembe Secondary School in Masaka, Uganda for her high school. After completion of high school, she was admitted to Makerere University Kampala and eventually graduated in 2010 with a degree in Information Technology.

As a child, Flavia admired her mum who is a nurse so she basically hoped to take that route but the love for sports took over. She loved sports a lot and believes that's what shaped her into who she is today.

On top of winning various local tournaments, Flavia has so far won four Majors: 2008 Kenya Ladies' Open, the 2010 Machakos Ladies' Open in Kenya and both the 2010 & 2011 Uganda Ladies Open.

Personal Attributes

What's outstanding about me is that I have been playing for

only six years yet I've been able to win so much in a short time that demonstrates hard work, resilience and discipline.

How her Golf Career Started

During my S6 vacation, my former high school netball coach (Ms Kabuye) advised me to join the Army sports club in order to develop my netball and handball skills which I was playing then. To be eligible, one ought to undergo Military training which I duly did. So I joined Uganda People's Defense Forces (UPDF) Sports Club on a netball and handball ticket. In May 2006, Gen Koreta wanted to recruit officers who could play Golf to represent the Army in the military games in Ireland so I enrolled. I had actually never heard of Golf before but I was determined to excel. We were introduced to Deo Akope (a professional Ugandan golfer) who gave us the starting tips and I have never looked back since then, like they saying goes "the rest is history."



Inspiration

My two and half year old daughter inspires me a lot, and definitely my mother who took care of us as a single mother. That's why I definitely wake up every morning.

Role Model

I look up to a South African amateur golfer called Kim Williams, she is sheer talent.

Lessons Learnt Along the Way

Every day is a new day so I learn something new every day. I have also learnt that Golf is a very interesting game that requires a lot of sacrifice, hard work and discipline as opposed to the mentality people have.

Future Plans

I intend to become a professional golfer in two years time.

Hobbies

I'm a proud mother of a two year old girl so she consumes a lot of my time when I'm not playing golf. Additionally, I also love shopping and enjoy watching movies.

Message for Bingwa readers

I urge them to be hard working, never to give up in whatever they choose to do. They should also develop their talents because it will be of help in case education fails in future. They shouldn't be materialistic and shouldn't take things for granted as their parents sacrifice a lot to educate them.

Flavia Owes her Success To

- Gen Ivan Koreta for giving me the opportunity to play Golf.
- The Malwa Group of the Uganda Golf Club, Kampala including; Dr Sam Byagagaire, Capt. Aloysious Kimera, Dr Sam Nahamya, Hon Byabagambe, Ferdinand Mugisha, Tetsuo Seki (current sponsor) and many other people who have been there for me.

Mechi Kali





THE MURSI AND HAMAR TRIBES OF ETHIOPIA

BIZARRE CUSTOMS AND TRADITIONS OF OUR PEOPLE

What do you understand by the word initiation or right of passage? How many forms of rights of passage do you know and which one would you say is the most unusual if not the most painful? Have you ever heard of a people called the Mursi or perhaps the Hamar, who reside in the Omo Valley of Ethiopia?

If not, read on. Among the Mursi, it is normal for a young woman to wear a disc the size of a food plate on her lower lip because she is considered beautiful. In fact wearing a lip plate is the only way for her to find a suitor. A woman without a lip plate is considered lazy, unattractive and unworthy of marriage. And, if someone were to marry her, she would never fetch quite as many cows as a plate-wearing woman would. Imagine that!

To wear a plate, a young woman of between 15-16 years has to endure a painful process involving cutting and elongating her lower lip gradually, using small and then larger and larger pieces of wood until the lip is wide enough to hold a clay plate the size of a large saucer. This

process takes between 6-12 months.

The ritual, done by the girl's mother also calls for the knocking out of four of her lower teeth so that the usually round plate can fit and remain in place when she moves or talks.

If you think that is weird, listen to this; among the Hamar tribe of Ethiopia young unmarried women are mercilessly whipped to demonstrate loyalty and love for their kinsmen.





The whipping happens during a bull jumping ritual to mark the initiation of young men into adulthood. The men jump over rows of cattle smeared with dung to make them slippery - to become men. All the while, young women dance themselves into a frenzy taunting other men known as Mazha to get a hiding – the Mazha's only work is to thrash women at ceremonies like this. They spend their lives moving from ceremony to ceremony and never get marry.

They use specially selected, thin reed like sticks to inflict intense pain, bleeding and leave unsightly scars on the women's backs. The women carry these scars like a badge of honor-a show of strength and loyalty to their kinsmen. They do all this in the hope that the men would come to the women's rescue should misfortune befall them in future!

Hamar men beat their wives for no apparent reason any time they feel like it but the beatings stop soon after the couple has had two or three children!

While no one knows when these rituals began, information and photos available on line show these customs are widely

practiced even today.

Among the Mursi, women earn a living by showing off their elongated lips to tourists who pay to take pictures of them. Some women specialize in making lip plates for sale in their markets.

Traditionally, an elongated lip was seen as sign that a woman was ready to get married. Once married, she was expected to wear the plate when serving her husband and guests food and during special ceremonies. Failure to wear the plate would earn her a thorough beating.

A young girl who refused to elongate her lip was seen as a disgrace – a weak, lazy and clumsy woman lacking

the gracefulness and beauty associated with a woman who wears a plate. Mursi men are strongly discouraged from marrying such women.

While the pride price of a fully initiated woman (with plate) is calculated at 30 cows, a woman without a plate cannot even fetch 25 cows in bride price. This motivates parents and brothers to Mursi girls to force them to undergo the ritual to earn wealth in pride price. Researchers say this fuels stigma and pressure for modern girls to stick with the tradition.

Mursi women who wear lip plates are said to move carefully with their heads held high perhaps in an attempt to keep the heavy lower lip steady.

The Mursi, Chai and Tirma are probably the last groups in Africa amongst whom it is still the norm for women to wear large clay (dhebinya) or wooden (kiiyo) discs in their lower lips. The lip-plate (dhebi a tugoin) can be 12 centimeters or more in diameter. Wooden plates are made by men and are considered old fashioned. Clay plates made by women are preferred.

Language and Religion

- The Mursi or Murzu speak the Mursi tongue classified under the Surmic group of languages and spoken in the Nilo-Sahara region. Amharic and Kafa are the official languages spoken in Ethiopia.
- The Mursi who number under 10,000 people are mainly Animist- (they believe that nature has a soul and believe in the existence of different spirits)
- Their home along the Omo river is described as the most isolated region of the country. They neighbour the Aari, Banna, the Bodi and the Kara, the Kwegu, Nyagatom and the Suri among other small tribes, grouped together under the name Surma. The Hamar also live in this region.

LISA LAWRENCE



(L-R) Jan the forester with the Belgian Ambassador to Kenya holding a Mukau seedling in Kiabere

A FORESTER'S JOY

Meet Mr. Jan Vandenabeele a career Forester and Conservationist; a man who works tirelessly to conserve nature-give back to nature what man has taken away - planting trees in place of those felled to pave way for roads, farms and the skyscrapers sprouting everywhere you look! Jan is part of a growing movement of people, opposed to the destruction of the environment.

As a young boy growing up on the edge of town in Oudenaarde, Belgium, Jan enjoyed playing, cycling and exploring open spaces. This is where his deep love for nature first blossomed but it was not until he joined the Nature and Conservation club in school at age 12 that he began to take a keen interest in plants and animals.

He told BINGWA that over the years, he has grown to understand, love and appreciate nature even more.

"Nature is a diminishing resource and its value is immense. In the past, people looked at destruction of the wild as development but developers may

soon be seen as people who destroy"

Says Jan in reaction to development going on close to the Nairobi National Park, where a proposed Southern bypass is expected to cut through the park and an estate has been built on a road reserve right next to the park.

Jan studied Agriculture and Forestry at the University of Ghent (Belgium) in 1973, where he gained priceless knowledge about indigenous forests, commercial tree plantations and the ecosystem.

He says Kenya's forests are worth



Bingwa and Better Globe forestry staff when they visited Kiambere Tree Plantation
L-R(Winnie, Njeru, Claudia, Liz, Wanjiru, Jean Paul, Jan and Paul

billions of shillings in value.

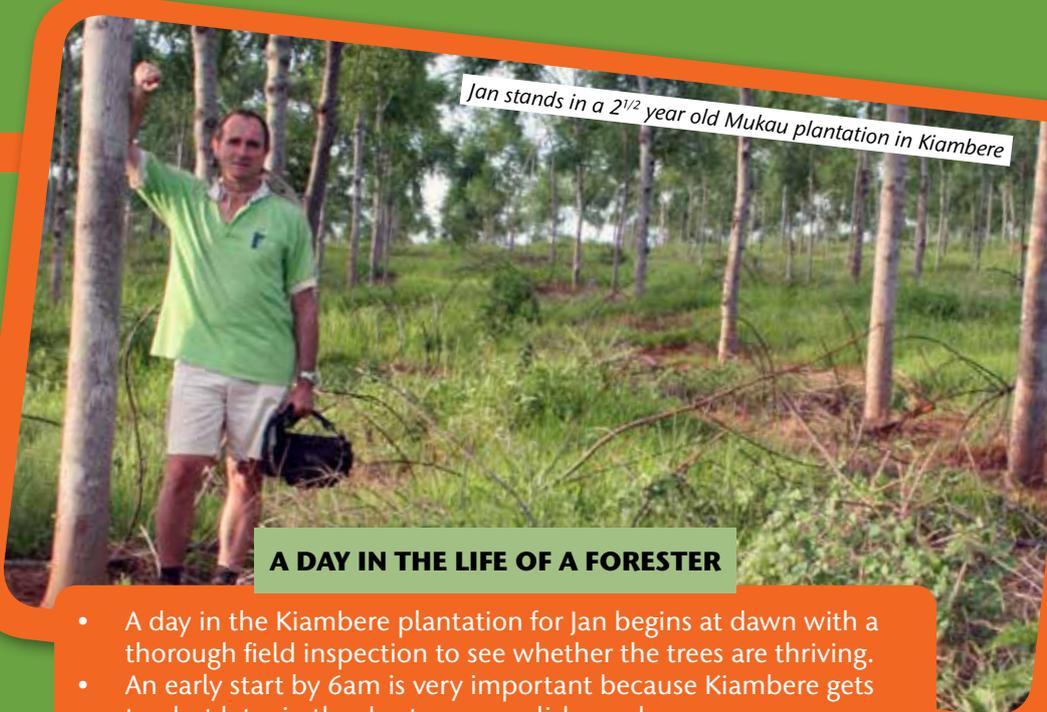
As a forester, Jan spends his time planting trees or showing others how to select the right seeds, plant and nurture the plants to maturity and has travelled the world sharing his knowledge and passion for the natural environment with many. In Mozambique, he learnt to speak Portuguese and helped reclaim the wetlands and in Rwanda, helped conserve the famous Nyungwe forest, the source of river Nile and home to at least ten primate species.

In Peru he helped to stem soil erosion and in Beijing, China, helped plant a broad line of trees called the great green wall, to stop the spread of the Gobi desert from Afghanistan where sand storms blowing from the desert made Chinese people sick.

Jan came to Kenya in 1997 to work with Kenya Forest Service in a program funded by Belgian Technical Aid, targeting dry areas of Mwingi, Makueni, Machakos and Kitui. He never left. Since Jan got here about 6 years ago, this place has undergone a tremendous transformation.

He has helped reduce soil erosion and planted hundreds of hectares of trees among them a hardwood tree species that thrives in dry areas known as Mukau usually used for furniture.

He does this through an organization known as Better Globe Forestry where he is the Executive Director.



Jan stands in a 2^{1/2} year old Mukau plantation in Kiambere

A DAY IN THE LIFE OF A FORESTER

- A day in the Kiambere plantation for Jan begins at dawn with a thorough field inspection to see whether the trees are thriving.
- An early start by 6am is very important because Kiambere gets too hot later in the day to accomplish much.
- He then goes over the books with the plantation supervisor to see if the figures are a true reflection of what he has seen in the fields.
- At sun down, he sits down for a cold drink, and next day he takes the long 250km journey back to the city.

The Forester's most gratifying moment is to see the plantation he started from scratch grow into a dense forest, transforming the landscape and enriching the lives of the local people.

WHAT YOU MAY NOT KNOW ABOUT JAN

- He is a very proud father of four.
- Like father, like daughter-His eldest daughter is studying Agricultural Engineering and Horticulture. She just loves to work with nature.
- Jan is also a green-fingered mango farmer who owns a sizeable orchard of mango trees in Kibwezi.
- He chose mango because it thrives in dry climate and its many varieties are improved with good fertilizer to produce delicious fruit.

"I can tell you, his mangoes are truly delicious! I know because I have tasted them"

5 NUGGETS OF WISDOM FOR YOUNG FORESTERS

1. Start by improving your home or school environment by planting a tree.
2. If you live in the city, go see the green spaces like the Kenya Wild life Service Park (KWS) to appreciate nature.
3. Nothing good comes easy. Therefore, work hard and exercise good discipline in everything you do
4. Nature is very powerful; left alone it will rejuvenate itself. And, if I may add, nature can and does reclaim its territory when threatened. Respect it.
5. Education is important. To work with nature, you must excel in science, chemistry, geography, mathematics and, physics. These subjects will help you understand how nature works.

YOUR GUIDE TO EATING RIGHT

Staying healthy demands that you eat a balanced diet, stay clean and get plenty of exercise to keep your heart strong. Also staying free of drugs. People who practice good nutrition, hygiene and exercise patterns develop a lifetime of habits that will keep them healthy for many years.

Lots of children too, want to know which foods to eat to be healthy. Here's something kids can do to eat healthier: Learn the difference between Go, Slow, and Whoa foods.

Foods fit in different categories. My Plate puts them into these categories:

- Fruit
- Vegetables
- Grains
- Protein (meat, beans, fish, and nuts)
- Milk and dairy products

But foods also can be classified in three groups: Go, Slow, and Whoa. Before eating any food, think about whether they are Go foods, slow foods, or Whoa foods.

GO FOODS

These are foods that are good to eat almost anytime. They are the healthiest ones for example, fruits, skim and low-fat milk.

SLOW FOODS

These are sometimes foods. They shouldn't be eaten every day. At most, eat them 3 times

a week. Example: waffles, doughnuts and pancakes.

WHOA FOODS

These foods should make you say exactly that — whoa! Should I eat that? Whoa foods are the least healthy. Whoa foods are once-in-a-while foods. Example: French fries

FOOD AND FITNESS

Eating healthy foods and being physically active can make all children feel better about their bodies. Why? Because eating a healthy diet will help you feel energized and keep your body working just the way it should.

Watching TV and playing computer games can be fun, but it doesn't do much for your body because your body stays still. Those are called sedentary activities because you sit while you do them.

But when you move your body — by playing, dancing, participating in

sports, or even cleaning your room — you exercise your muscles. When you exercise a muscle, it gets stronger. And when you have strong muscles, you can do whatever you want to do, from carrying luggage to kicking a ball into the soccer net. Goal!

You feel better about your body when you feel strong and know that your body can do whatever you want it to do. So climb a hill, jump some rope, ride a bike, swim a lap, run up the stairs, or even do the hula!

Snacks to Avoid

- Doughnuts
- Cookies
- Chips
- Sweets etc

Healthy Snacks to Munch!

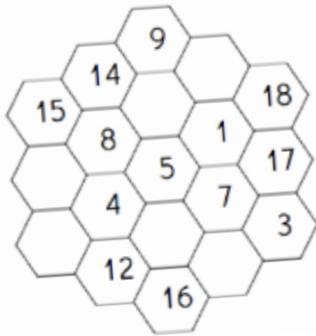
- Apples
- Bananas
- Carrot sticks
- Grapes
- Peanuts
- Oranges
- Strawberries
- Watermelon
- Yoghurt

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to Support Good Health and Nutrition in Children

WORLD OF NUMBERS

MAGIC HEXAGON

Write the numbers 1-19, so that each row and diagonal has the same sum.



ANSWERS ON PAGE 46

MATH HUMOUR

Teacher: If $1+1=2$ and $2+2=4$, what is $4+4$?
Pupil: That's not fair you answer the easy ones and leave us with the hard one !

Teacher: Now class, whatever I ask, I want you to all answer at once. How much is six plus 4 ?
Class: At once !

Teacher: How much is half of 8
Pupil: Up and down or across ?

Teacher: What do you mean ?

Pupil: Well, up and down makes a 3 or across the middle leaves a 0



Buffalo once rounded the plains in large numbers.



Helpful
Tips

TO REMEMBER WHAT YOU LEARN THE MAGIC NUMBER IS 7

By Anna Hasper & Richard Byard

We all seem to have different ways of remembering things; some children love to listen to stories and can remember them very well. Maybe you prefer to draw pictures of the story or even act the story out by yourself or with others to remember it best. Or perhaps you want to see the pictures and text. Teachers call this learning styles.

Visual Learner

Learns best by reading or seeing pictures and diagrams.

- Looking at your teachers when they speak can help you remember quicker.
- Write information down and make lots of notes in class
- Look at your notes and copy them again in a more organised way.
- Use coloured pens/pencils or

underline the really important points to make them stand out

- Ask your teachers to repeat what you do not understand.
- Sit near the front of the class, to avoid distractions

Auditory Learner

Learns best by hearing. Speaking about ideas helps you remember them. Listening to others and/or recordings of class lessons is very helpful too.

- Before you read a text, look at the pictures and title, talk to yourself or a friend about what it will be about
- Do homework and revise with a friend and talk about your work
- To remember something say it to yourself several times (**the magic number is often seen as 7**), this is particularly effective just before you go to sleep.

Kineasthetic- touching & feeling

Learns by moving around and doing things. Touching and feeling things, songs, games and dance can really help you study.

- When studying, work for about 25 minutes then do another activity for 5 minutes. Then go back to study.
- Walk around while reading, saying the things you want to remember.
- Listen to music while studying.

To understand what kind of learner you are, take the test on pg. 46.

Circle an answer for each question then follow instructions given to work out your learning preferences.

Remember: There is no better or worse learning style so answer honestly.

Majibu- Chemsha Bongo

METHALI

- | | |
|--------------|-----------|
| 1) Ulimwengu | 6) Guu |
| 2) Nywele | 7) Fimbo |
| 3) Deni | 8) Karibu |
| 4) Dhiki | 9) Mtu |
| 5) Mvua | 10) Pole |

MAFUMBO

- 1) Barabara
- 2) Yai
- 3) Mshipi
- 4) Bingwa
- 5) Kenya

winners



Brand Kenya competition winners

1. Christine Adeya, 14 years, Class 8, Muraka Primary School, Kakamega
2. Regina Wanjiku, 13 years, Class 8, Hill School Eldoret
3. Ivan Ochieng Gumba, 14 Years, Class 8, Hill School, Eldoret
4. Oliver Kiprop Kutto, 13Years, Hill School, Eldoret

T-shirt Winners

- Jaidytha Ghorpade, Class 4, St. Austins Academy
 Kalungi Julius, St. Savio Junior School, Kisubi Uganda
 Caroline, 12 years, Mutihi Primary Wanguru
 Kerako Angel, Class 6, Entebe Primary Uganda
 Kasozi Akim, Entebe Education Centre
 Ian Mutie, Class 7, Kyemutheke Primary School, Machakos
 Kambedha Alison Gladys, 13 years, Entebe Education Centre
 Mercy Nyamisa Ondara, Class 7, Nyeri Primary
 Edith class 6, St. Austins Academy
 Mwemujane Samuel, 13 years, Homecare Preparatory, Kabale Uganda
 Gideon Tumwine, Home care Preparatory School

Aiming High Competition Winner

- Patel Prithvi, 14 years, Lions Primary School, Meru

QUIZ

1) You want to plan a surprise party for a friend. You would:

- A- talk about it to others
- B- invite friends and just let it happen
- C - imagine the party happening

2) After reading a story you need to do a project on it. You would:

- A - tell others about it
- B - act it out
- C - draw or sketch something that happened in the play

3) You are about to use the new computer at school. You would:

- A - ask a friend how to do it
- B - start playing with and see what happens
- C - follow the diagrams that show how it is done

4) Do you prefer a teacher who likes to use:

- A - class discussions
- B - field trips, case studies or experiments
- C - a textbook, diagrams and/

or charts

5) You have to present your ideas to your class. You would:

- A - write a few key words and practice what to say again and again
- B - gather examples and stories to make it real and practical
- C - make diagrams or get graphs to help explain your ideas

6) You need to give directions to go to a house nearby. You would:

- A - Tell them the directions
- B - Walk with them
- C - Write down the directions as a list or draw a map on a piece of paper

7) You are going to make something special for your family. You would:

- A - Talk it over with your friends
- B - Make something you have made before and see how you go
- C - Look for ideas, plans and instructions in books and magazines

8) Remember when you learned how to play a new game. You learned best by:

- A - listening to somebody explaining it and asking questions
- B - Watching others do it first
- C - Reading the instructions and diagrams in the instructions

9) You want some feedback about an event, competition or test. You would like to have feedback from somebody who?

- A - discussed it with you
- B - that used examples of what you have done
- C - that used graphs showing what you achieved

10) You are not sure how a word should be spelt. You would?

- A - hear them in your mind or out loud
- B - write both words on paper and choose one
- C - see the words in your mind and choose by how they look

MAGIC HEXAGON



How to get your answer to the quiz

Count the number of responses where you circled (A), then count those where you circled (B) and those where you circled (C) The letter with the highest count suggests your primary learning style.

If you don't think the answer you get reflects how you learn best, do not worry, you can still remember lots using other styles. You could try using all these styles for different subjects!

Score:

A = Auditory

B = Kinaesthetic

C = Visual

Test adapted from Neil Fleming at vark-learn.com.

TOP STUDENT

Where there is a will, there is a way!

This is the inspiring story of young Erick Omondi Oude an orphan from a poor background, who relentlessly went from school to school in pursuit of an education with no money or support. He triumphed, emerging the best student in Homabay District in 2009.

Born October 21, 1991 in Rachuonyo North district, I am the last born in a family of six. I lost my dad in 1992. My mum passed on in 1996 when I was just starting my nursery school.

Life after losing my mum became a little hard; my elder siblings dropped out of primary school to take care of us.

My elder sister took over the role of a mother my brothers (both in class 6 then), dropped out of school to do fishing.

Many are the days we went without food.

When life became unbearable, we lived with different relatives. I moved on to live with an aunt in Bondo, District in December 1997 and started schooling in 1998, going straight to class one. The head-teacher took keen interest in me due to my good performance and when he was transferred to another school in 2004, he

agreed to take custody of me and pay my secondary school fees but, he could only support me in a day school. I approached an NGO (Plan Kenya) which had a program for supporting orphans and go through high school. They gave me a note, which we used to try to gain admission at Maranda High School. We were however turned down. We were told I could only be admitted on payment of full fees.

We went back home and had to seek admission in a different school (Chianda High School). With the surety that Plan would pay my fees during the term, I was admitted. Plan however didn't pay the school fees and by the end of the term, I sought help from a community-based organization,



semester, our dormitory burnt down. I had to start all over again at a day school called Wiobiiero Secondary School in Homabay district. I kept working hard despite the challenges and sat my KCSE in the year 2009 and emerged the best student. This earned me a scholarship with Equity Bank through its Mentorship and Leadership training Program. I am currently a second year Computer Science student at Jomo Kenyatta University of Agriculture and Technology.

“Luckily my exemplary performance impressed the deputy principal so much that he allowed me to stay in school despite of fee arrears”.

asked me to transfer to that school.

I passed KCPE and got admission into to Maranda High School. A fundraiser organized by my aunt to raise money to send me to high school raised little money. Desperate I went back to the teacher I had stayed with through class eight, who

which paid my first year fee in full. Unfortunately, they could only support me for one year.

Luckily my exemplary performance impressed the deputy principal so much that he allowed me to stay in school despite of fee arrears.

Misfortune dogged me still. Towards the end of the

A TRAUMATISING EXPERIENCE

I went to bed as usual after supper. Father had left for his usual drinking sprees. He habitually came home in the wee hours of the morning. We had just retired to bed when we were awoken by a deafening sound at the door. It was his unmistakable voice calling my mother unprintable names. We had our hearts in our mouths. We knew that there would be a quarrel between mother and father.

Mother opened the door but did not utter a word. She knew that it takes two to have a quarrel. We knew father too well to mistake what he was aiming at. He liked making mountains out of molehills and more so now that he was drunk! We could hear him complain about this or the other; he kept pestering mother with questions, he even insulted then a short quarrel ensued.

We heard father slap mother, then mother started crying! My siblings and I were compelled by compassion to open the connecting door and find out what was happening. Our hearts went out to mother. Blood is indeed thicker than water. She lay there groaning painfully. Blood oozed from a fresh wound on her forehead. There was a pool of blood where she lay! I could not hold it any longer!

"Why have you done this to mother, father?" I found myself asking rage making my voice quiver. He foolishly bent down over her and tried to shake her and get her on her feet. My brothers and sisters were all tears; they huddled near each other in a corner like a bunch of

frightened rabbits.

Apparently, our neighbours had heard the fight. "Let him come out if he is a man! We are tired of his disturbance" somebody called from outside. Father, who had by now sobered up, had fear written all over his face. The only choice he had was to use the back door to take his better half to the hospital.

She was taken directly to the ICU; our hearts sank to our stomach with fright. The doctor hit the nail on the head; that she was in critical condition. I felt like jumping out of my skin but all was in vain.

Tears rolled down my chubby cheeks forming numeric eleven. By that time, thoughts were criss-crossing my father's head, like fire eating up dry glass. The doctor immediately had a call. He hurriedly walked into the ICU. Obvious, the doctor came back smiling that showed a good sign. He said that mother was out of danger for she struggled for her beautiful life.

We returned home to have some rest and take care of my siblings. Indeed, someone had seen all that happened. The police siren was heard from a distance. Father opened the door handcuffed and literally thrown into the car.

But before that scene, he uttered to me some words that would make me forgive him for there was no other chance for him in that house. He said that he loved us very much. He even cried and said to himself that he



would never forgive himself for what he had done that day.

Definitely, we were left without a caretaker for my mother was in the hospital and my father in a cell. I vowed never to touch any kind of alcohol as long as I lived. It was such a traumatizing experience.

Teacher's comment: Writing is like painting a picture. You have successfully brought the experience alive by using effective words. Your opening was strong and it made one want to read more. The writing is well punctuated. You have used direct speech appropriately. Your ideas flow in a logical manner and hold the reader's attention. Be careful that your end does not look rushed. Give it the same weight and attention as you have with the beginning and the middle. Keep up the effort.

Score: 8/10

Editor: Many of you wrote asking for help to improve their insha and composition writing skills. In answer, we publish a composition by a pupil, alongside comments made by the English teacher who marked it. Read and learn from it.



Pupils from Sacred Heart school Mombasa share their wish list with the Bingwa team.



Soan Community School pupils are overjoyed to see the Bingwa team.



A pupil at Eldoret School for the Hearing Impaired is awarded for outstanding performance.



My oh my! How do you call that dancing style? A pupil from Ziwani Boys Mombasa.



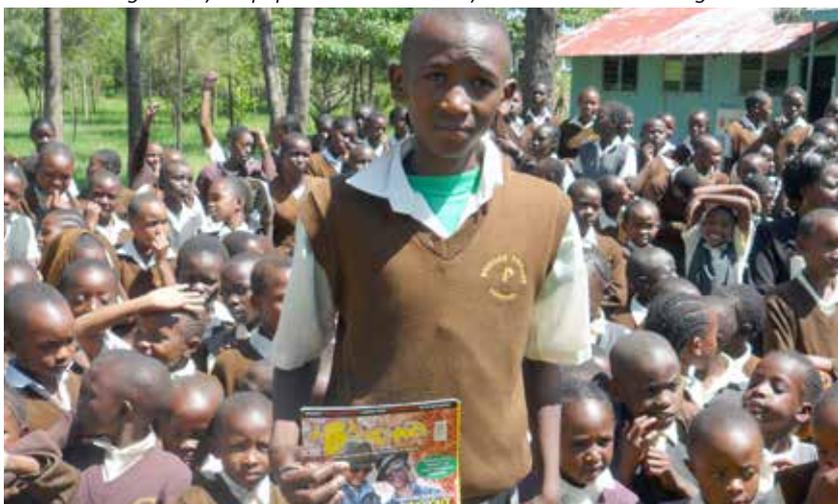
Here's my rightfully earned Bingwa. A pupil from S.A Jogoo Primary shows off his Bingwa.



It was a great day for pupils in Kisauni Primary to interact with the Bingwa team.



Pupils from Muraka Primary School head back to their classes after an enjoyable session with the Bingwa team.



A pupil in Prisons Primary Nakuru with a copy of Bingwa magazine he won in the trivia session.



AIM

*The Unbreakable
Smooth Writing
Ball-Point Pen'*
