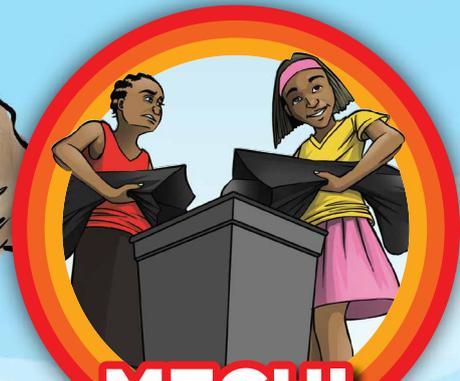


BINGWA

FIGHTING CORRUPTION BY BUILDING INTEGRITY IN THE CHILDREN OF AFRICA



**LITTLE
EINSTEIN'S
EAST AFRICA**



**MECHI
KALI**



CHAMPIONS TODAY
IF YOU THINK YOU CAN, YOU WILL

Inside



**REDEFINING SCIENCE
EXPLORATION**

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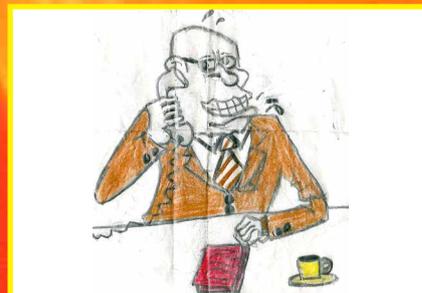
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AT 25
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FEARLESS HONEY
BADGER**

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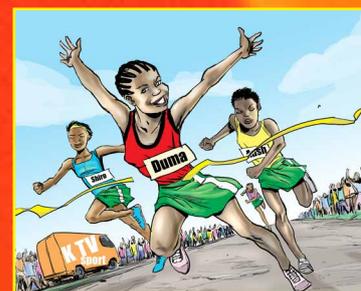
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**ADELLE
ONYANGO**

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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.

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Dear Champions,

NOW is always a good time to achieve incredible things. And guess what? You are not too young to do this. Young champions like you are coming up with innovative ideas that will transform how things work even online (Check out the Safer Internet Day article on Pg. 12) When it comes to developing young scientists, Little Einsteins East Africa are already doing this as evidenced during the science fair we attended (Pg. 36).

Your thoughts on corruption (Pg.10) give us confidence that a corrupt-free generation is indeed possible in the years to come. For some unconventional inspiration, check out Adelle's story on Pg. 18 and Wangari the storyteller's on Pg. 42. Finally, did you know that one of the most important lessons you will ever learn in life is that 'what your mind can conceive you can achieve?' The Life Skills article on Pg. 26 let's you in on one of life's most important superpowers-the power of your mind, of your will. Indeed the one who thinks that he can will win

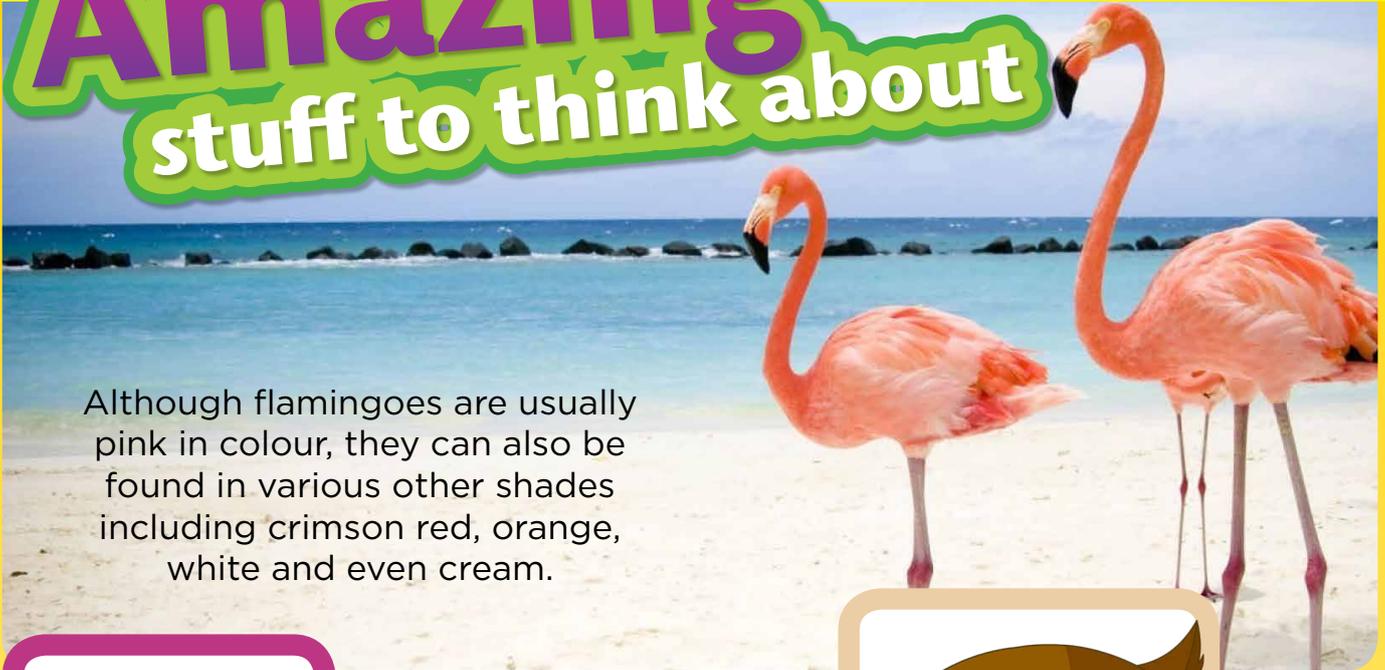
LESSON LEARNT:
Everyday is an opportunity to learn something new



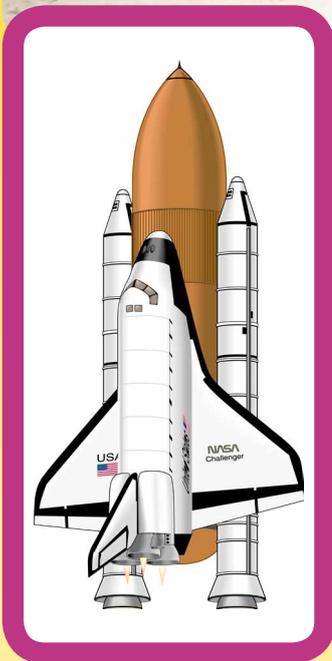
STAR SCHOOL

This time, the Star School is **Kampala Model Primary School, Uganda**. The school earned an extra point for the highest number of entries for Issue 19. Congratulations!

Amazing stuff to think about



Although flamingoes are usually pink in colour, they can also be found in various other shades including crimson red, orange, white and even cream.



The toilet on NASA's space shuttle has a seat belt, hand holds and foot restraints to keep astronauts from floating in zero gravity. There's even a window so they can gaze into space while doing their business. Jets of air flush waste into a separate container; solid waste is brought home but liquid waste is ejected into space.



Despite popular belief, not all owls make the infamous 'hoot' sounds. Owls can actually make many different sounds; they can screech, hiss and even growl.



In the tiny town of Jukkasjarvi, Sweden, the Ice Hotel comes alive beginning in November and melts away in May during summer. Made entirely of ice and snow, guests pay to stay here. Since the beds are blocks of ice, they are covered in Reindeer skin so the guests' body heat does not melt them away.



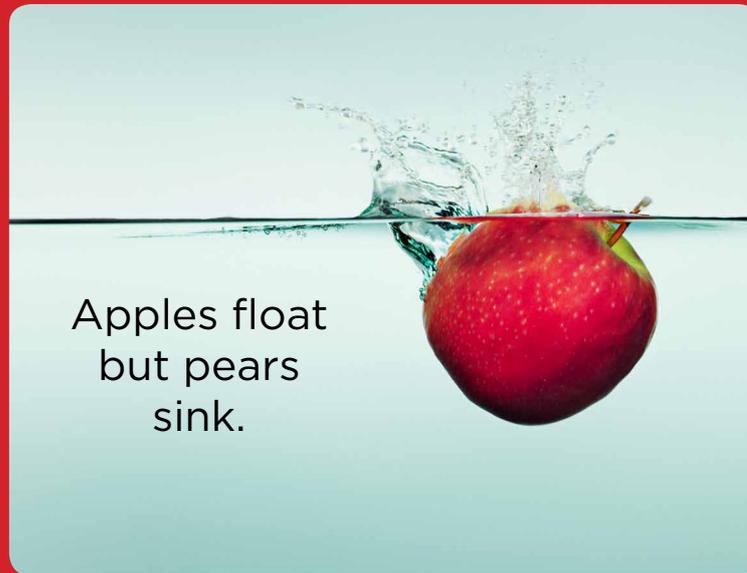
A spider hears using tiny hair on its legs.



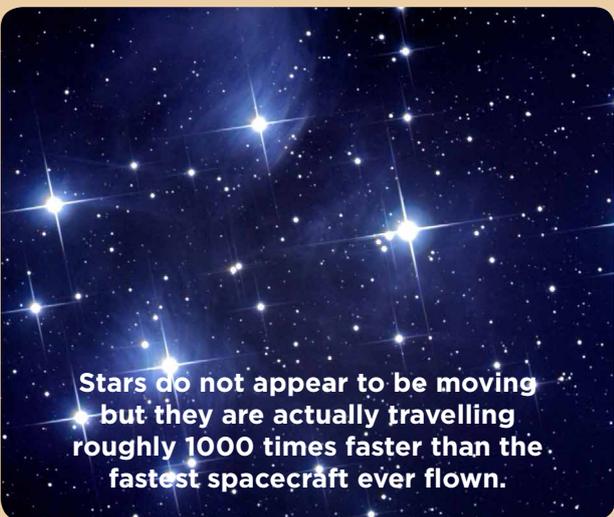
Nsenene (grasshoppers) are one of Uganda's favourite snacks. Consumption of edible insects is common in many other parts of the world as well. Large fried ants are sold like popcorn at Colombian movie theatres while Giant Moth Larvae are dried and added to stews in South Africa. Lollypops with bugs inside have been sold in Sweden and the United States. The pops come in fried Mexican cactus worm flavours and grasshopper. Scientists say that they are very nutritious.



Sycamore and dandelions are some of the seeds that do fly.



Apples float but pears sink.



Stars do not appear to be moving but they are actually travelling roughly 1000 times faster than the fastest spacecraft ever flown.



In Ancient Rome, Zebras were trained to pull chariots at circuses. They were called 'hippo tigris' which means 'horse tiger'.

Child Africa in Pictures

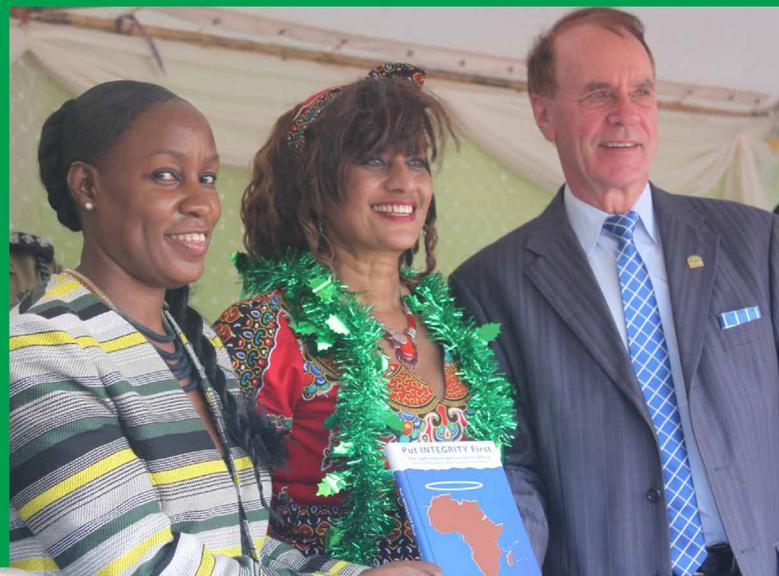
BY EUDIAH KAMONJO



CHILD AFRICA AT 25 THE CELEBRATIONS IN UGANDA



In December 2016, Child Africa celebrated the twenty-five year existence of the organization. Guests, parents, beneficiaries and friends of the organization joined in the colourful event all the way in Kabale, Uganda. The event was graced by the Minister of State for Youth and Children Hon. Florence Nakiwala Kiyingi, who was representing the Hon. Prime Minister of Uganda Dr. Ruhakana Rugunda. The Kabale Mayor and many local government officials were also in attendance. While the Founder and Managing Director Mrs. Julie Solberg and the Chairman Mr. Rino Solberg talked about the growth of the organization, the Child Africa pupils, the MC and beneficiaries entertained the guests. The BINGWA Magazine team from Kenya, sponsors and friends from Norway also travelled to Kabale specifically for this special event.



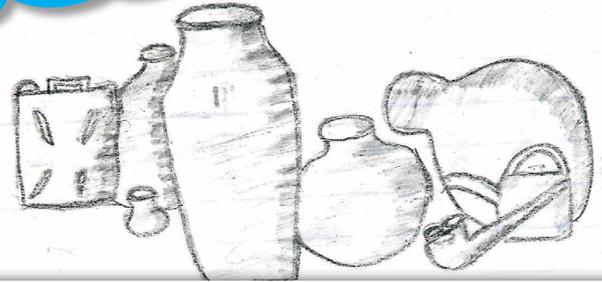
Child Africa in Pictures



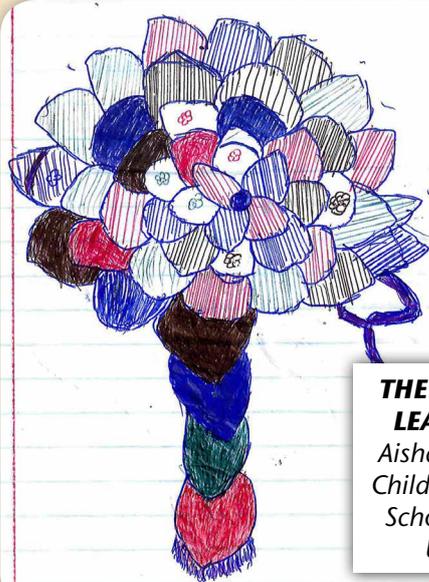
YOUR DRAWINGS



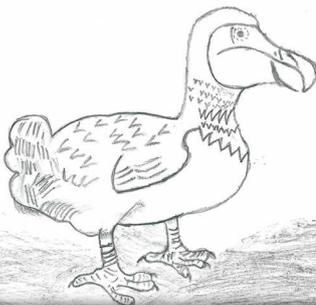
CHILD NEGLECT by Ampaire Keith,
Kampala Model School, Uganda.



ART IS A CAREER TOO by Nasoka Shudais, Kampala
Model School, Uganda.

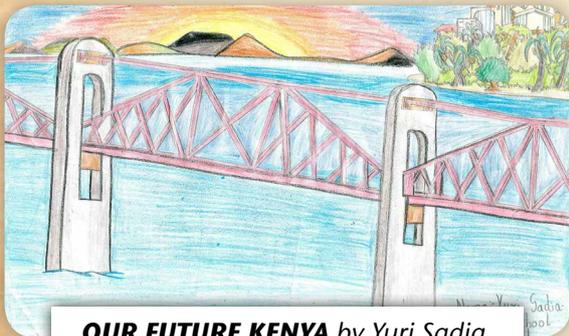


THE BEAUTY OF LEARNING by
Aisha Nantongo,
Child Africa Junior
School-Equator,
Uganda.



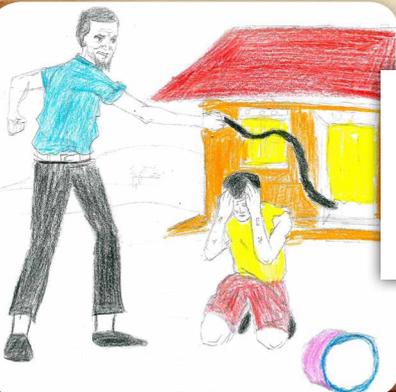
*I like flying
with ducklings.
They are very funny
and social.*

THE DODO BIRD by Owomugisha Bob,
Child Africa Junior School-Kabale, Uganda.



OUR FUTURE KENYA by Yuri Sadia,
Hill School-Eldoret, Kenya.

A BINGWA CHAMPION by
Namuwawu Resty, Child Africa Junior
School-Equator, Uganda.



CHILD ABUSE IS WRONG
by Nantume
Angel, Kltante
Primary
School.

The fearless **HONEY BADGER**



Scientific Name: *Mellivora capensis*
Kiswahili Name: Nyegere

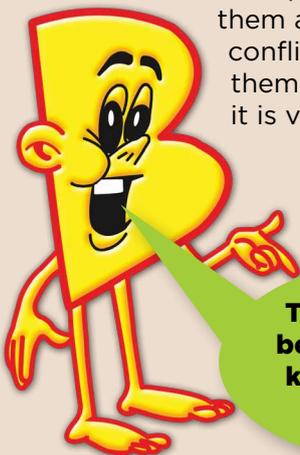
Also known as Ratels, Honey Badgers are found in Africa and Asia. They are small animals weighing up to twelve kilograms. They have white foreheads and in some individuals, the entire upper-side is white while the underside is black. Neck and shoulders are very muscular; fore-paws are broad and equipped with strong claws used for digging. Hind legs are lightly built and claws are small. Their skin is very thick and loose. They have the largest brain for an animal of their size. Due to its wide range and environmental adaptations, the species is classified by the International Union for Conservation of Nature (IUCN) Red List of Threatened Species as least threatened. However, this ranges depending on the continent or region. In the wild, they live for up to ten years while they live longer in captivity. The males defend territories that cover home ranges for several females.

Habits

They are largely solitary but occasionally hunt in pairs. They live alone in self-dug burrows comprising of a single passage and a nesting chamber. Occasionally, up to twelve adults have been spotted congregating together where a common spotted resource is available, for example at a cattle *boma* where dung beetles are in high concentration. Their habitats include open woodland, forests, deserts and mountains. They are rarely found in tropical rain-forests. Ratsels are very strong and aggressive and are known to attack bigger animals that intrude their burrows. They dig their own burrows but sometimes they are so opportunistic they occupy burrows and tunnels dug by other animals such as Aardvarks, Porcupines, Mongooses and Foxes. Once in, the former owner has to look for another house.

Diet

Ratsels are omnivorous animals that eat both plants and animals. They are very adaptable and capable of hunting during the day in areas without humans and by night where human population is high. They are opportunistic carnivores that specialize in excavating and raiding nests of social insects such as bees, termites, and army ants. When attacking these nests, they produce anal secretions that they (sometimes) use to fumigate the nest to facilitate the robbery. Their favourite food is bees and honey from which they got their name. They also eat insects, rodents, lizards, snakes, snake eggs and birds. They are also known to scavenge on carrion (decaying dead food) and also occasionally steal kills from other carnivores. Tortoises and turtles are also not spared as their protective shells are broken and their soft bodies eaten. Though they appear to be slow movers, they cover up to thirty-seven kilometres in one night during their nocturnal wanderings in search of food. They also eat fruits and other vegetable such as roots and bulbs. In settled areas, they are serious poultry predators making them a source of human wildlife conflicts forcing humans to kill them. Due to their tough skin, it is very difficult to kill a Ratel



They are also known to be pretty intelligent and know how to use crude tools

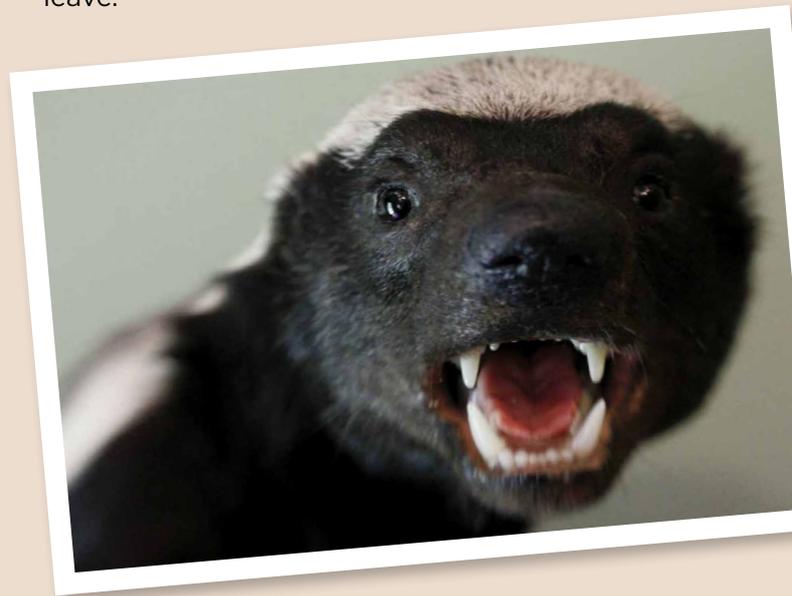
using dogs or crude weapons such as pangas, arrows and spears.

Fearless

The honey badgers found their way into the *Guinness Book of World Records* as the 'most fearless creature'. They pick fights with dreaded animals such as lions, hyenas, porcupines, pythons and leopards.

Reproduction

Gestation period takes about six months after which one to four young ones are born. After weaning the young, they continue staying with their mother for a few more months and then leave.



Did you know

- In Kenya, they can be seen at the Tsavo National Park.
- Stings from bees and porcupine spines do not appear to bother them as these rarely penetrate their thick skin. Adult Ratsels appear to be immune to snake venom as well. They are known to sleep over the poison and then wake up to eat the snake that had poisoned them.

YouTube

Check out You tube video '*Masters of Mayhem*' for more fascinating insights into this animal.

Your Say

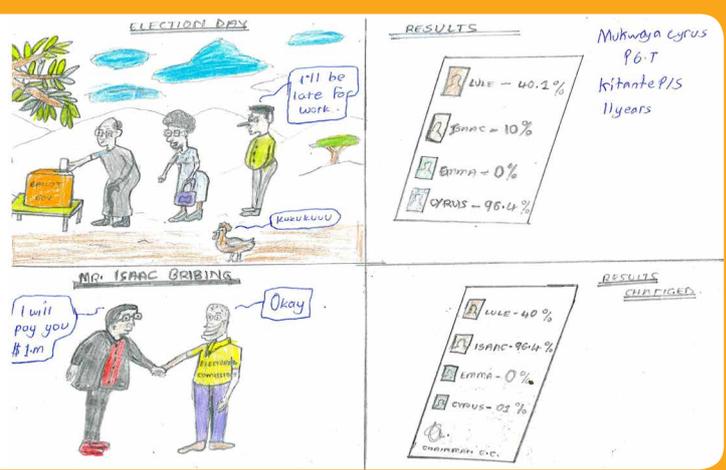
On Corruption

DON'T BE CORRUPT

The liberty at which corrupt leaders are freely going away with the various embezzlement cases is high in Africa, which is alarming.

Quick bails are granted and various other bribe cases disappear untouched at the expense of taxpayers' money. Where is the justice? For the bad is looked at as good and admired by society. It now seems morally right and natural for someone to ask or take a bribe to see or work on someone as fast as possible. However, surprisingly people know how wrong it is to give or ask for "kitu ki do go" (something small). I appeal to all BINGWA readers to fight this widespread fire (corruption) and say No to IT. For it is great to do the right thing even when others think it is impossible to start a new corrupt free generation.

WORDS BY YOUNG FORESTERS CONSERVATION ASSOCIATION (YOFCA)



ELECTION DAY

To fight corruption, we should put measures in place such as computerized control systems during elections and in all public offices. Lack of control makes it easier to be corrupt and manual systems are easy to corrupt. Computerized files are not easy to tamper with. Since no one can bribe a machine, it means that corruption in such places can be cut by 50%.

- WORDS BY HABASA FAROUK, P.7, CHILD AFRICA JUNIOR SCHOOL, KABALE, UGANDA.
- ART BY MUKWAYA CYRUS, P.6, KITANTE PRIMARY SCHOOL, UGANDA.

TOWARDS A CORRUPT-FREE GENERATION

To fight corruption, there is need for honesty and integrity. Honest people are not corrupt and they can help eradicate poverty and ensure development in the community. Educational plays, starting at the nursery school level are important to teach young people about integrity. Letting everyone know what corruption entails and how dangerous it is, is the first step. This will surely help us build a corrupt-free generation that our people will love and enjoy.

BY SHEILLAH MANGA, P.6, CHILD AFRICA JUNIOR SCHOOL, KABALE, UGANDA



CORRUPT OFFICIALS

Let us avoid corrupt officials or punish them. Civil servants, ministers, politicians or even judges or lawyers involved in corruption should be dealt with accordingly instead of being admired because of their luxurious lifestyles. If left unpunished, many people are going to take part in corruption.

- WORDS BY AINEBYOONA ELIZABETH, P.7, CHILD AFRICA JUNIOR SCHOOL, KABALE, UGANDA.
- ART BY AMPAIRE KEITH, P.7, KAMPALA MODEL SCHOOL, UGANDA.



WHAT A MONSTER YOU ARE

The father of poverty
 Came into this earth to provoke us
 Mothers are mourning, children crying
 Roads in a sorry state
 No teachers in school, no medicine in hospitals
 Bribes a huge problem
 People with elastic stomachs are never satisfied
 MPs who do not reach the desired expectations
 What a monster you are.

- WORDS BY NAKAMATTE STELLA, P.7, PREMIER NURSERY & PRIMARY SCHOOL, UGANDA.
- ART BY MUTUZO EVA, P.6, KAMPALA MODEL PRIMARY SCHOOL, UGANDA.

STAND TOGETHER TO END CORRUPTION



Corruption is indeed killing us Africans, but it seems very few people are bothered. Corruption especially affects children. Non-qualified students joining secondary schools are given an opportunity because of corruption. Let us take a strong stand to end corruption today and not tomorrow.

- WORDS BY ONEGA PHILIP, P.7, KAMPALA MODEL SCHOOL, UGANDA.
- ART BY KATUSIIME MAXELINA, P.6, KAMPALA MODEL SCHOOL, UGANDA.

AVOID GREED

Corruption in Africa will always occur as long as there are greedy and self-serving people in positions of power and influence. It is therefore very important to train people the art of not being greedy but instead develop a 'helping attitude' towards others.

- BY APOPHIA NYAKATO, P.6, CHILD AFRICA JUNIOR SCHOOL, KABALE, UGANDA.
- ART BY KEITH GITHU, MOI PRIMARY SCHOOL, NAKURU, KENYA.



A KILLER DISEASE

A bad disease all over Uganda
 Corruption in hospitals and schools
 Killing hundreds of pupils in Nairobi
 Teachers refuse to teach children
 Because of the little money given to them
 Doctors refuse to treat patients because patients do not give them cash for treatment

- Please help us fight this killer disease
- WORDS BY NOKKAZZI VICTORIA ESTHER, KAMPALA MODEL PRIMARY SCHOOL, UGANDA.

WORDSEARCH

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

- Find the following words in the wordsearch above
- | | |
|------------|------------|
| Corruption | Parliament |
| Government | Peace |
| Lawyer | Ballot |
| Vote | Laws |
| Commit | Judge |

- BY MURUNGI JAMIRAH, P.6, KITANTE PRIMARY SCHOOL, UGANDA.

Highlights



Uniting for a Better Internet

Safer Internet Day is a day set aside to highlight the positive use of technology and to explore the role we all play in helping to create a better and safer online community. Safer Internet Day 2017 was celebrated globally in line with the theme *'Be the change: Unite for a better internet'*. In Kenya, **Watoto Watch Network** organized Safer Internet Day 2017, which was held at Statehouse Girls High School, Nairobi on Tuesday February 7 2017. This year, the celebration brought together children and young people, teachers and stakeholders such as The Communications Authority of Kenya, Facebook, Terres des Hommes Netherlands, Safaricom, Childline Kenya, Cellulant, U-Tena, Lawmark Partners and TESPOK. Schools present included State House Girls, Precious Blood Secondary-Riruta, Nova Academies, Moi Educational Center, Makini School, State House Primary and Ndurarwa Primary.

About 350 students came together (from both public and private schools). The schools present had participated in an open competition (which

ran from January 2017) where they came up with ideas on how to make the internet better for all children and young people in Kenya. School children, both from primary and secondary took part in the competition with the winners being awarded during the event. Teachers were not left behind as they also got a





chance to mark the day with the students and the stakeholders present.

The event also showcased talent among the students who had come up with various technological innovations. Nova Academies made a presentation on the *'Burst a nerve'* innovation project that would make studying among students easy and more interesting. Precious Blood-Riruta gave a presentation on the award-winning *M-safiri* application that would transform the transport industry. Moi Educational Centre emerged position one with the best idea on how to make the internet better.

The organizations present played a part in ensuring the success of the event. They highlighted their role in promoting online safety for the children. They also brought free merchandize for all the participants at the event. *Watoto Watch Network* is grateful to everyone who took part in the *Safer Internet Day 2017*. You made it a successful day.



www.watotowatchnetwork.org

SPEEDY DUMA

A big competition was scheduled to be held in the small town of Daigo. It was going to be the biggest cross-country race the town and its environs had ever experienced so far. So uncommon was such an event that all the people of Daigo town could not stop talking about it. Trading imaginations about how it would be was their favourite everyday activity. The competition was brought up in school parades and even made it as a key discussion in some classes. Even the governors and senators of neighbouring counties were speculating about how the race would stimulate Daigo's economy.

While all the excitement was furiously spreading through the town and its environs, there was one homestead whose owners seemed to be immune to all the excitement; the household of Duma Lokwo. Duma was a teenage girl who was the first born of ten children. Her parents could not fathom why people were getting excited over what they called a 'silly game' while they were living in abject poverty. For Mrs. and Mr. Lokwo, the list of pressing



matters was unimaginably long. They simply did not have time to think of cross-country races and such games. Needless to say, nearly all the Lokwo children had been assigned various odd jobs around the time to support the family. This meant that they could not dare dream of spending their time spectating.

Fever was mounting faster as the days drew closer to the competition. The local shopkeepers had stocked up on all available fast-moving goods, restaurant and hotel owners were ready with newly painted venues offering local dishes as well as foreign delicacies whose names were just too taxing for the locals to pronounce. Local farmers were ready to cope with the demands of the hoteliers, hawkers had outdone themselves and even stocked up on Daigo branded merchandise and other items that participants, organisers and spectators might be interested in. Even the town cobblers had spruced up their *bandas* in the event that a participant may need a quick fix of their shoes before, during and even after the race. Indeed, everyone was really excited and investing a lot in the upcoming race.

A fortnight before the race, the town's schools decided to hold a mock cross-country. The top five performers would have their entry to the actual competition paid for them. Interested pupils all met after school for the race, Duma, who had usually performed well at previous school sports events, was part of the group as well. When they were flagged off, they took off faster than the Daigo wind. A group of excited spectating pupils then started to cheer on the incoming top performers and sure enough Duma had made it to the top five.

What a cocktail of emotions for the poor girl. On one hand, she was excited about winning. On the other hand, she was terrified about her parents' reaction. It was clear that her parents were not keen on the race and perceived it and all other talent-related activities as a sheer waste of time



and energy. Well, she had no choice but to inform them as they would still find out through the grapevine anyway. As soon as she got home, Duma broke the news to her mother who as expected, grumbled endlessly. She already knew how Mr. Lokwo would react.

On the days before the race, Duma would wake up early and have a proper morning run before her chores and school. After school, she would have to do extra chores to make up for the time she spent running as her father had demanded. She did this dutifully until the day of the race.

The day of the competition was like no other seen by the residents of Daigo. It was unbelievably flamboyant! Excitement was all over the place. The town was buzzing with activities and visitors were streaming in from all corners. Daigo residents had to contend with different languages, fashion, equipment, news stations and even culture. The race finally started and with music in the background, spectators eagerly waited and cheered for the competitors. After a couple of hours, the winners lined-up in the podium. All different categories had a winner and to everyone's amazement, Duma had won the under-eighteen year-olds' girls category. The best thing is that, this category winners were getting sponsorships to sports institutes that would educate them whilst training them to be world-class sports people. Duma had changed her life path and possibly that of her siblings and family at large.

Janet



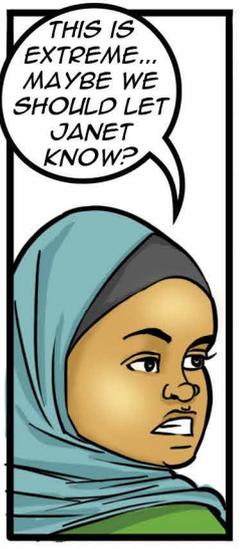
THE THREE OF YOU ARE LOOKING SUSPICIOUS... NO CLASSES FOR YOU TODAY...

BUT SIR... WE HAVE EXAMS COMING UP...

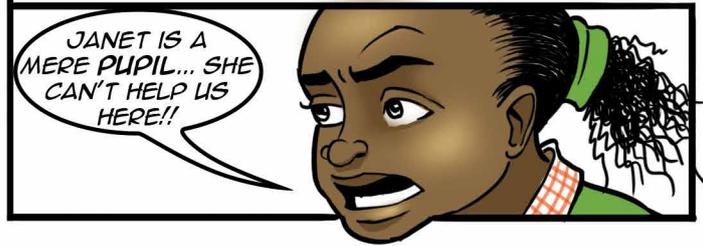
NO BUTS!! YOU KNEEL DOWN THERE UNTIL I REMEMBER!! AFTER WHICH YOU WILL WASH MY CAR...



ENJOY THE SUN!!!...UNTIL I REMEMBER...



THIS IS EXTREME... MAYBE WE SHOULD LET JANET KNOW?



JANET IS A MERE PUPIL... SHE CAN'T HELP US HERE!!



3 HOURS LATER

...THIS IS TOO MUCH. THIS TEACHER MUST GO... I WILL ORGANISE A DEMONSTRATION

REPORTING THIS IS THE RIGHT THING TO DO...



30 MINUTES LATER

JANET, SOME PUPILS ARE PLANNING A RIOT...

WHAT? LET'S REPORT THIS QUICKLY BEFORE ANY DAMAGE IS DONE!!



Head Teacher

Knock Knock!

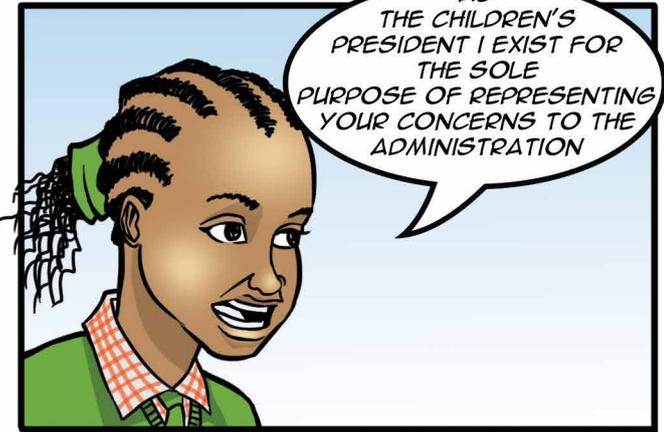


EVERYONE CALM DOWN... THE SITUATION IS BEING HANDLED!



IT WAS NICE OF YOU TO REPORT THIS TO ME, JANET

JUST DOING MY JOB SIR, AMINA REPORTED IT TO ME FIRST...



AS THE CHILDREN'S PRESIDENT I EXIST FOR THE SOLE PURPOSE OF REPRESENTING YOUR CONCERNS TO THE ADMINISTRATION



I AM ENSURING ACTION IS TAKEN AGAINST TEACHER JUDAS. IN THE MEANTIME, WE HAVE CLASSES TO ATTEND



AS YOU HAVE WITNESSED, IT'S MUCH BETTER TO RAISE YOUR COMPLAINTS OR SUGGESTIONS IN THE MOST APPROPRIATE WAY FIRST... THIS WAY, NOBODY WASTES EACH OTHER'S TIME.

Unconventionally Adelle

Adelle Onyango is a Kenyan Radio Presenter on Kiss FM. She is also the Intel She Will Connect Brand Ambassador-Kenya and an actress who most recently appeared on 'Stay' drama series. Adelle is also the Founder of 'NoMeansNo' and 'ProjectSHE'. She talked to BINGWA about her life and work.

ACHIEVEMENTS:

- Named 'Champion Journalist in Cancer Awareness' at the Cancer Gala 2015
- Media Personality of the year nominee (SOMA awards 2015)
- Radio Presenter of the year – Radio Africa Group (2015)

Nick-names or labels: Listeners call me 'Misfit' because of how unconventional I am.

She is currently working as a Brand Ambassador for **Intel She Will Connect** – a program aimed at reducing the digital gender gap. She goes to the various training camps that have been set up across the country to train Kenyan women and girls on how to empower themselves with digital knowledge. Adelle is also working together with *Lenovo* on a 2 in 1 device that will make it easier for Kenyan mothers to use technology to achieve balance between their work and family life responsibilities. "We have also partnered with Her Excellency the Deputy President's wife Rachael Ruto to launch the *Panguza Programme* which will see the delivery of tablets to women across Kenya to help them perform their table banking activities more easily as well as understand the internet better. This will be possible because each tablet is loaded with *Intel She Will Connect* courses.

How do you think your childhood affected the person you are today?



I had a great but unconventional childhood. I am the last born in a family of three girls. My elder sisters are Anne- Marie Onyango and Amanda Onyango Midikira. My mum and dad divorced when I was twelve years-old. Around this time, my mum had just been diagnosed with breast cancer (which she continued to battle on and off for about ten years). During the divorce, I moved to Botswana to live with my auntie while the divorce was being finalized. I started high school while being exposed to a new culture as the school had people from different countries and cultures. This helped me be more open-minded, well-read and very confident in myself starting from a very young age.

What did you get into after High School?

After my IGCSE exams, I came back to Kenya and enrolled in the I.B programme. After that, I joined United States International University – Africa and double majored in Journalism and Psychology.

What has been your most memorable moment?

Being the youngest mentor in the East African Young African Leaders Initiative Cohort in 2015. It was very humbling.

What are some of the life lessons you have learnt and would like to share?

I have learnt that the key to success in any field is knowing who you are and where you want to go. That's all.

What challenges do you face and how do you handle them?

Trying to remain relevant and fresh every day on my radio show. I have countered that by constantly reading on radio techniques.

What does it take to be in this industry?

Really knowing who you are. People are drawn to your personality and can tell when you're faking. It also takes constant reading. I am always reading up on media trends and radio technical trends.

Which other people in that field do you admire or think are doing great work?

Caroline Mutoko. She is no longer on air but she paved the way for very many women to be able to join the field and be themselves unapologetically.

How do you give back or participate in your community's development?

I formed my project 'ProjectSHE' so I can go to various high schools, churches and universities where I talk to the students and do confidence-building exercises with them, I am also a board member on an initiative called the 'Ficha Uchi Campaign' where we go to schools across Kenya and ensure the students have good uniforms for free. We spend the whole day in different schools with tailors, measuring the students and sewing their uniforms.

What tips would you give readers wanting to or planning to get into this field?

You have got to come in knowing who you are as the industry can overwhelm you. Also, keep reading and stay on top of your craft.

What can you tell BINGWA readers about accomplishing their goals?

Dream bigger. Amplify your dreams and goals, stay focused, have a game plan of achieving it and stay disciplined to this.

What are your future plans?

To open up more digital opportunities in-order

to empower African women by making sure I reduce the digital gender gap.

What are your views on corruption? What we don't realize is most of what frustrates us about our country (Kenya) is linked to corruption. Linked to an individual putting himself ahead of the betterment of his/her country. Once we get in touch with that reality, and the domino effect of the good that structures and enforced policies will bring, we will grow as a country

What are your views on honesty and integrity?

I don't believe human beings are naturally dishonest or bad. I think we are taught how to be that way but naturally we are beings of integrity. Once you are self aware - integrity will flow out of you.

What are your views on child rights? All I can say is you can judge a society by how they treat their children. It's simple and very true. In Kenya, children are the leaders of TODAY not tomorrow. So the policies we pass now, are not to benefit us, but to benefit them. We often forget that.

What are your views on technology? I

think technology is the gateway to financial empowerment and self-confidence. To deny Kenyan women and girls access to it would be to deny our country growth. This is why I love the work I am doing with *Intel She Will Connect* - connecting all women and girls. Watch me reduce the digital gender gap in my country.

FAVOURITES

Favourite quote: "African women in general need to know that it's ok for them to be the way they are - to see the way they are as a strength and to be liberated from fear and silence" - Wangari Maathai

FAVOURITE SUBJECTS (BACK IN SCHOOL): History and English

FAVOURITE COLOUR: Tangerine

FAVOURITE MUSIC: Anything by Sauti Sol regardless of genre

ROLE MODEL: My late mum

FAVOURITE MOVIE: The Help

FAVOURITE BOOKS: The Help



It starts with you

Amazed by the beauty of life, inspired by nature and filled with joy, I stared in admiration at the trees that swayed in front of us. I felt the wind blow from East to West at the Freedom Square in Kampala, Uganda.

The comforting shade relaxed me and my friends Doreen and Sarah as we sat under the trees discussing life and listening to music. After a few refreshments, more exciting topics came up among them, the issue of trees. Concerned about how trees were rapidly being cut down, Sarah took us through the importance of trees. Having known her for so long, it came as no surprise that she associated trees with food first. Of course she later added that trees give us shade, are a source of revenue, oxygen and provide a good stable climate.

In agreement with her, Doreen and I decided to tell our families, friends and schoolmates about the value of trees to create a change in the environment. Our question to everyone however remains, "What have you done to protect the environment?"

Think about it, for it all starts with 'you' before it becomes about 'us'. Let us work together for a greener world, country, community and home.



A tree's cry

Don't cut my branches,
I want to grow.
Don't pluck my leaves,
I want to give you shade.

Please water me,
I want to be strong.
Manure me,
I want to be healthy.

Don't cut me down,
I have a life.
Don't hate me,
Am just like you.

Am alive
Important
I am God's creation.

SURFACE TENSION

Why do things float on water?

INTRODUCTION: Water has a bond that pulls water molecules together. We often see examples of this bond in nature. When rain pours on a car windscreen or leaf, it quickly gathers together and forms nice round droplets; this is surface tension at work. Insects can be seen walking on surfaces of water without sinking due to this. *The Little Einsteins East Africa-Sparkling Scientists team* comprising of Lily Nkatha, Soraya Wawira, Diana Atisa and Joy Mugambi set out to find out why paper clips float when placed gently and why adding soap into the same water makes them sink.

ITEMS NEEDED

- Small paper clips
- Liquid soap
- Spoon
- Two glass bowls

PROCEDURE

Fill up the glass bowl with plain tap water. Drop a few paper clips into the water.

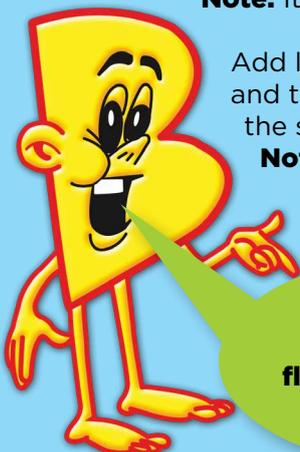
Note: They sink.

Gently place a small paper clip on the surface of the water.

Note: It floats.

Add liquid soap to the water and then place a paper clip on the surface.

Note: The paper clip sinks and cannot float again.



Assess the surface tension of any other fluids and see how they compare.



CONCLUSION: The water bond that exists pulls all the water molecules creating and maintaining a thin line above it called surface tension. We demonstrated surface tension by floating paper clips. We also noted that surface tension is disrupted by soap as noted when soap was added and the paper clips sank.

SICKLE CELL ANEMIA

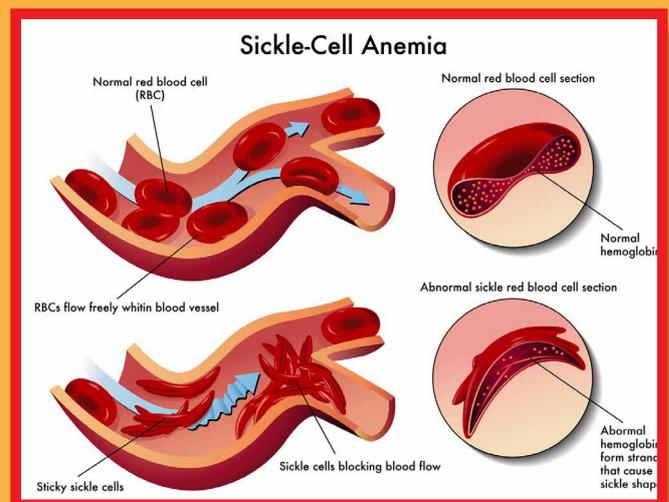
About Sickle Cell Anemia

Do you know what a sickle is? It is a farm tool with a curved, sharp edge for harvesting grain crops like maize. Sickle Cell Anemia is a disease of the blood. It gets its name because a person's red blood cells are shaped like sickles, or crescent moons, instead of their usual round, disc shape.

A round disc or doughnut shape (without a hole) is the healthiest shape for red blood cells (or RBCs) because they can move easily through the body. RBCs carry oxygen around your body, and every part of your body needs oxygen to work properly.

When a person's body does not have enough red blood cells, it's called Anemia. When the cause is the sickle shape of the RBCs, it's called Sickle Cell

Anemia (or Sickle Cell Disease). When RBCs are shaped like sickles or crescent moons, they can get stuck, especially inside smaller blood vessels as shown below.



This keeps blood from flowing as it should, which can cause a lot of pain in the body, especially in the bones.

Signs and Symptoms

Children who have Sickle Cell Anemia may feel pain in their chest, stomach, or bones when blood vessels get clogged with sickle cells. The pain can last a few minutes or several days, and it might hurt a lot or just a little. When this happens, it's called a sickle cell crisis ('crisis' means a time of trouble). Other signs and symptoms include fatigue, breathlessness, back pain, arm and leg pain, foot and hand swelling, jaundice and joint pain among others.

How do doctors know a child has it?

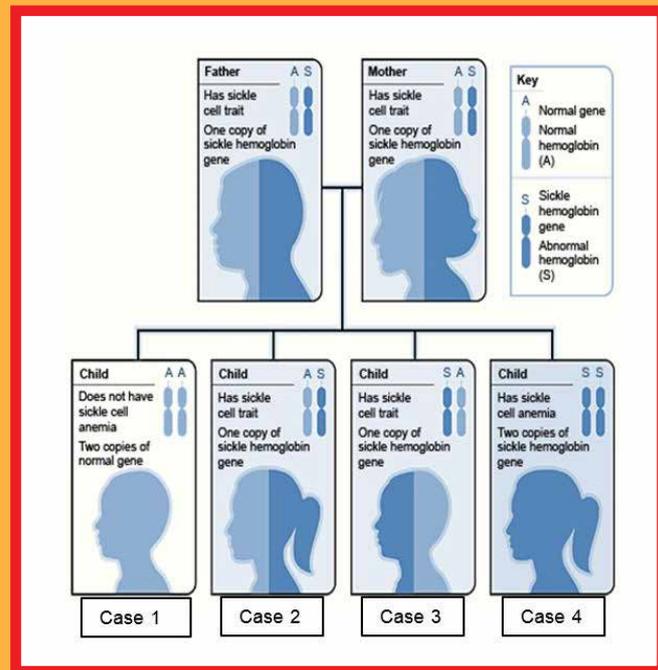
Special blood tests can tell a doctor if a child has Sickle Cell Disease. The tests will show the doctor the type of haemoglobin in the red blood cells.

Haemoglobin is the part of the blood that carries oxygen to different parts of the body in the RBCs. There are different types of haemoglobin, including haemoglobin A and haemoglobin S. Normal RBCs contain mostly hemoglobin A, but people with Sickle Cell Disease have mostly haemoglobin S (the "S" stands for sickle) in their red blood cells.

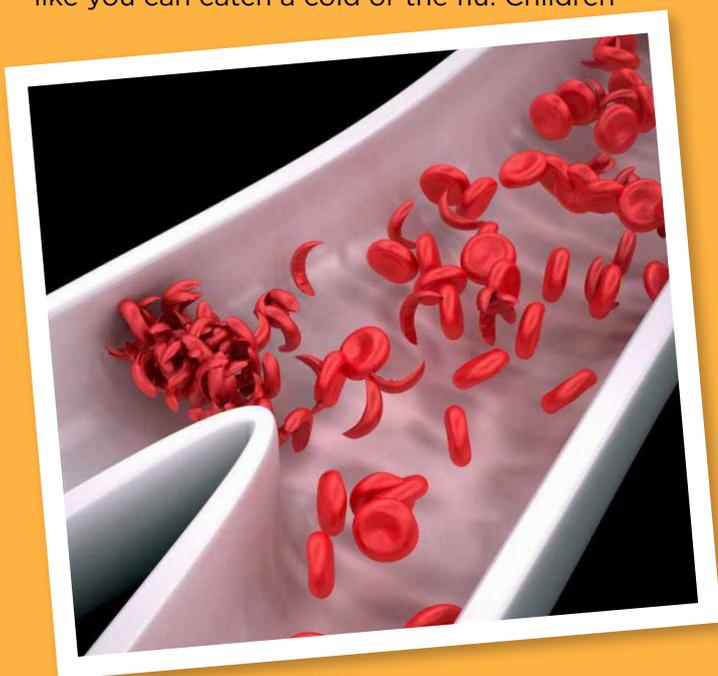
What Causes Sickle Cell Anemia?

Sickle Cell Anemia is an inherited disease. That means you cannot catch it from other people like you can catch a cold or the flu. Children

are born with the disease when both parents pass along the Sickle Cell Anemia gene to their children. Below is an illustration of how sickle cell is caused.



Next time, we shall learn; What a gene is, how sickle cell is treated, whether Sickle Cell can be cured, what a child can do to stay well or how can you help your friend stay well. We will also see what stigma is in the Sickle Cell world, how to avoid it among many other issues. Look out for a Sickle Cell quiz and word search very soon.



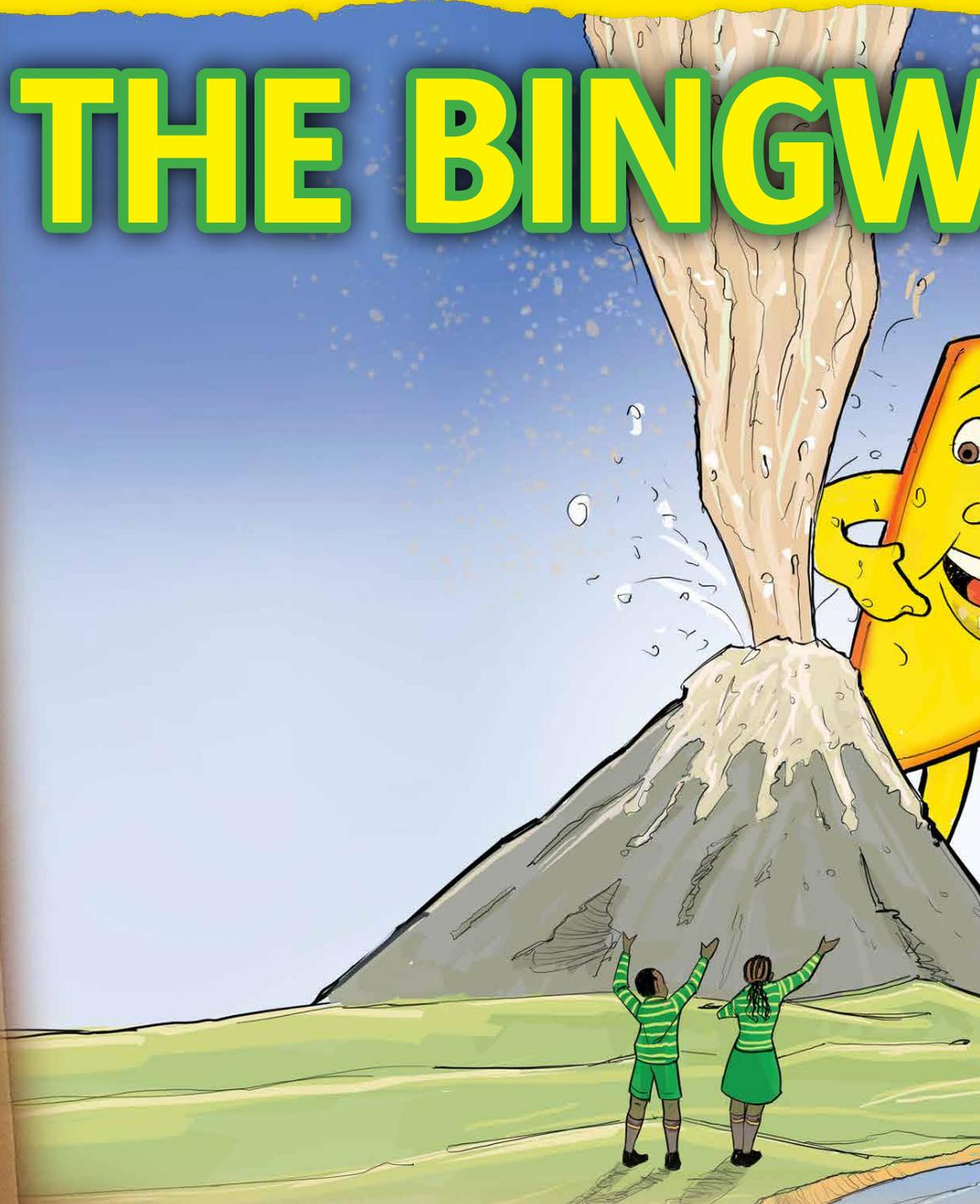
You cannot catch Sickle Cell Anemia from other people like you can catch a cold or the flu.

Website: www.uscrfuganda.org

Facebook: Uganda Sickle Cell Rescue Foundation (USCRF)

Twitter: @uscrfuganda

THE BINGW



Just like any other morning, the sun rose majestically over the Mighty Hills, which were the source of Living River. This river was so sacred that only a high priest was allowed to drink from it. The people of Mighty Hills believed it was the meeting place of the gods. In fact, the five elements of the world - earth, heart, wind, water and fire - occasionally met there to discuss matters involving the universe.

That morning was one of those days. The five elements were troubled about the current degradation of the universe. They agreed that the only way they could save the universe

BINGWA LEGEND



was through the children, who were pure at heart and capable of the task. The elements had a problem though. They needed a leader to rally the children for this mission. "This leader must be balanced in all ways possible," they all agreed. They then created BINGWA!

BINGWA is a careful blend of the earth's nobility, the heart's purity, the wind's strength, the water's tranquility and finally, the fire's intensity. With this, BINGWA was sent forth to build integrity in the children of Africa and guide them in the fight against corruption.





**What your mind can conceive,
and believe, you can achieve**

These are powerful words because they tell us that if we think about something, and believe in it, we will be able to make it happen. In other words, we would not have the capability to think it if we did not already have what it took inside us.

Consider this carefully: **“What your mind can conceive, and believe, YOU can achieve.”**

**If you think you are beaten, then you are beaten;
If you think you do not dare, then you do not dare;
If you think you cannot win, you will almost certainly lose.
If you think you will lose, you have already lost.
Because, we find everywhere that victory in anything begins with
the will.**

**You must be sure of yourself before you can ever win in any
undertaking.**

**Life’s victories are not won by the strongest or the fastest;
Sooner or later the one who thinks that he can, will win.**

Too many people give up or lose their motivation because they have lost faith in success. With faith and hope, you will also build perseverance, which is very important to achieve greatness. Some people are not motivated enough to solve their problems, and they never stop complaining that their lives are difficult. Let me give you something to think about in this respect; Life is nothing but a long sequence of 'problems' (challenges), big and small, that have to be solved.

From the cradle to the grave, you will be confronted with one challenge after the other; this is what life consists of. If you tell yourself that you do not like challenges, you are also saying that you do not like life. This results in a negative attitude to yourself and to others. You will also start questioning, 'What really is the meaning of life?'

On the other hand, when you tell yourself that you like solving problems, your life will automatically become easier because you will achieve great results, one after the other. It is your approach that is essential here, not the problems. By having a positive mental attitude, you will solve these elegantly because you will be motivated at all times.

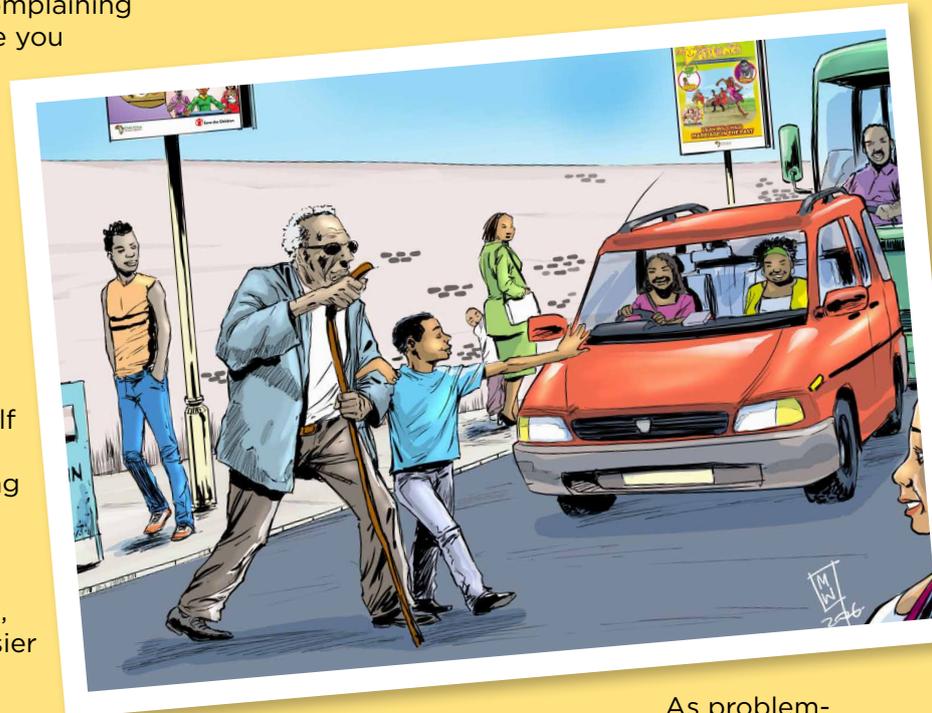
A lot has been said about the meaning of life, and perhaps there are several answers to this question. There are probably religious, practical and other 'meanings of life'. If we take a practical approach, however, it appears to me that the meaning of life is 'to render service'. I believe that the more you manage to render service to others, the more money you will make, and the happier and the more motivated you will be. To make you understand the deeper meaning here, we could obviously define the word service as 'doing something for others'. We will then doubtlessly touch upon the proverbs '*you reap what you sow*' and '*you must give to receive*'.

Many people have left their mark in history because they devoted their lives to helping others solve their problems, or to rendering service. Therefore, if you want to be happy, motivated and on your way towards a goal, then set your mind on becoming a good problem-solver, not just for yourself, but also for others.

Make problem-solving a habit

To make this happen, you have to decide to **like**

problems, to look for them, not just wait for them to show up. Set about finding **several** problems, and teach yourself to solve these in a better and faster way. This will give you an inner motivation that makes you unstoppable!



As problem-solving develops into a habit, it becomes fun. You get a wonderful feeling, you become stronger, motivated and more appreciated wherever you go. When trying to solve a problem, do not forget that your attitude towards it is more important than the nature of the problem itself. With a positive mental attitude, you will manage to solve the problem. If you have a negative attitude, the problem will get the better of you.

Finally, if you want to be motivated for the rest of your life, make sure you know what you want in life. Always have a positive mental attitude towards yourself, to life and especially to problems. You will gradually lose all your fears because your motivation gives you the inner drive necessary to reach your goals.

NOTE: Victory in anything begins with the will.



One way to be happy is to set your mind on rendering service.



PUZZLES



Hi there Champ. What sound do horses' hooves make?
Cross out the letters O, J, B, M, K, H and F to find out.

C	M	J	K	K	B	H	J
F	B	O	L	K	A	O	F
M	T	J	O	M	K	F	B
B	O	J	T	F	K	O	
K	J	E	M	B	O	K	J
B	O	M	K	F	M	H	R

Jan Azeunga

BEAR SILHOUETTE

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

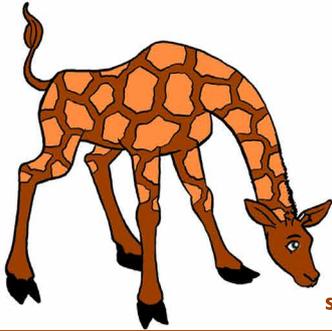


Jan Azeunga

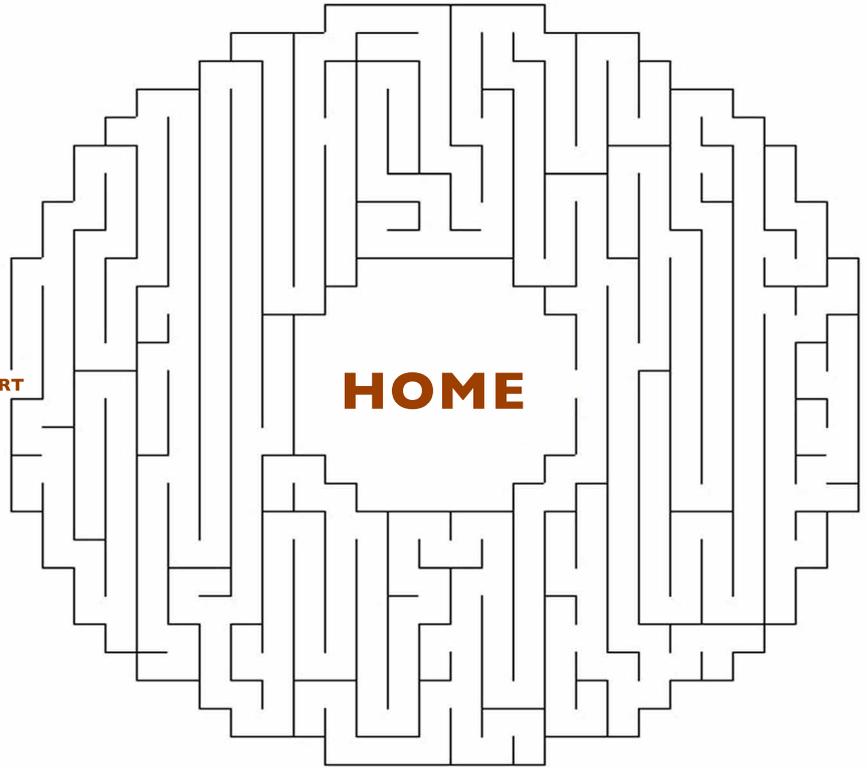


PUZZLES

Please help Fiona the Giraffe find her way home



START



Fun facts about giraffes:

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

by Ian Arunga

WORD FIND

Fill in the blank squares with the correct name of the picture.
One has been done for you.



Ian Arunga



It's the wee hours of the morning of August 17 2016 and Kenyans are watching the 1500m women's final at the 2016 Olympic Games in Rio de Janeiro, Brazil. The lady to cheer is twenty-two year-old Faith Chepng'etich Kipyegon. She is the only Kenyan flag-bearer in the finals. Faith graciously crosses the line in 4:08.92 defeating world record-holder Ethiopian Genzebe Dibaba. Too overjoyed, she falls on the track in tears.

"I knew it would be a fast race and I was well-prepared for the race. I really had to kick on the last lap. I'm so proud to have won for my country," she said.

Her Olympic glory was a culmination of a journey which began when she was in primary school. "I was a soccer player who was introduced to athletics at the age of fourteen. I recall our Physical Education (P.E) teacher asking us to run the one kilometer race," she explained. After winning the race, Faith developed an interest in athletics. At the time, Olympic champion Vivian Cheruiyot was her role model and she promised herself that she would be like her. In 2008, she began running competitively.

Education

Faith only completed her secondary school in the year 2015. She was a student at Winners Girls in Keringet, Kenya from 2012. The school's principal Maryline Lasoi pays a glowing tribute to her. "Faith has been with us since we started the school. She is disciplined and committed. We always understood that she was an athlete and gave her all the support we could," said the principal.

For the four years she was at the school, Faith juggled her athletics career and secondary school education. "It was difficult to do both as we had to train at five a.m. in the morning, be

**Faith
Kipyegon**
*From a junior champion
to a senior star*



back by seven a.m. then run to school. It was challenging but I thank God, my parents and sisters who always ensured I had tea before running to school. I also thank the school for supporting me.”

Education was so important to her that she carried her books to study while on international athletic assignments. In between books, the shy but ever smiling youngster managed to make a name for herself as one of the best athletes in the world.

Faith’s family is an athletic one. Her elder sister and training partner, Beatrice Mutai, specializes in the ten kilometre and the half-marathon and won bronze at the 2016 African Cross Country Championships in Cameroon.

2016 was a good year for her. “It started off very well and I was well-prepared. What was on my mind and dreams is winning the gold medal in Rio. Every morning when I trained, that’s all I thought about,” Faith said regarding 2016. Her gold medal dream was granted.

She is currently coached by Dutch athlete Bram Sam and managed by Global Sports Communication. “I thank my coach for giving me the right training programme,” she noted. She believes this is what has additionally led to her success.

Clearly, the Kenyan starlet has successfully graduated from a junior champion to a senior star. In spite of all these achievements, the young athlete says that this is only the start. Her sights are set on breaking more records and running more miles.



FAITH’S ACHIEVEMENTS

The 2015 middle distance sports woman of the year is regarded as one of the most talented youngsters of her generation. Faith Chepngetich has indeed already achieved quite a bit to justify her status as the next global track and field star.

- Faith made the Kenya athletics national team to Jordan in 2009 but did not travel.
- In 2010, she finished fourth during the World Cross Country Champion (junior race) in Poland.
- She is a World Cross Country Champion (junior race), having won the gold medal in the 2011 race in Spain.
- In 2011, she also finished first in the World Youth Championships in Lille, France (1500m).
- In 2012, Faith won gold in the World Junior Championships in Barcelona, Spain (1500m).
- She also won gold again in the In 2013 World Cross Country Championship (junior race) in Poland. She also competed in the World Championships in Moscow, Russia and finished fifth.
- In 2014, she was part of the 4x1500m relay team that won gold in the World Relays in the Bahamas. In the same year, she became the Commonwealth Games Champion (women’s 1500m) in Glasgow, Scotland. She also won the African Cross Country Championships senior women’s race title. This is also the year she graduated to competing as a senior.
- In 2015, she won silver in the World Championships (women’s 1500m) in Beijing, China finishing behind Genzebe Dibaba. She also broke the African record in the women’s mile with the fastest time in the world for 19 years clocking 4:16.7 at the IAAF Diamond League in Brussels, Belgium. That year, she enjoyed a stellar year in the Diamond League circuit, achieving national records in Shanghai and Eugene.
- In 2016, Faith was the Olympic champion in the women’s 1500m race in Rio de Janeiro, Brazil.
- In 2017, she competed as a senior in the World Cross Country Championships in Kampala, Uganda where she finished sixth.





Champions at the International Children Climate Change Conference

On the *International Earth Day* held on April 22 2017, *My Kid is a Superstar* and Uganda's *Little Hands Go Green* organized the 4th annual *International Children Climate Change Conference* at Kampala International School in Uganda.

Children from all over Africa had the opportunity of voicing their thoughts on the Climate Change situation and the way forward for Africa and the world at large. Participating schools included both local and international schools based in Uganda and Africa at large. Rwanda was represented by Mother Mary School and Little Bears Montessori.

The BINGWA team together with its sister magazine *Miti Magazine* were also invited to



showcase during the exhibition. As always, the BINGWA team interacted with the children who attended the conference. Some of the pressing issues affecting Africa and their solutions were discussed during these interactions. These included corruption, child rights, environmental conservation among others.

The team made sure that all the children who visited the BINGWA stall went home knowing that they were the future of tomorrow. New and old issues of BINGWA Magazine were also given to the participating schools. Some head-teachers of the attending schools extended an invitation to the BINGWA Team to visit their schools for more BINGWA talk. Additionally, the BINGWA and Miti team were awarded for being outstanding exhibitors at the event.

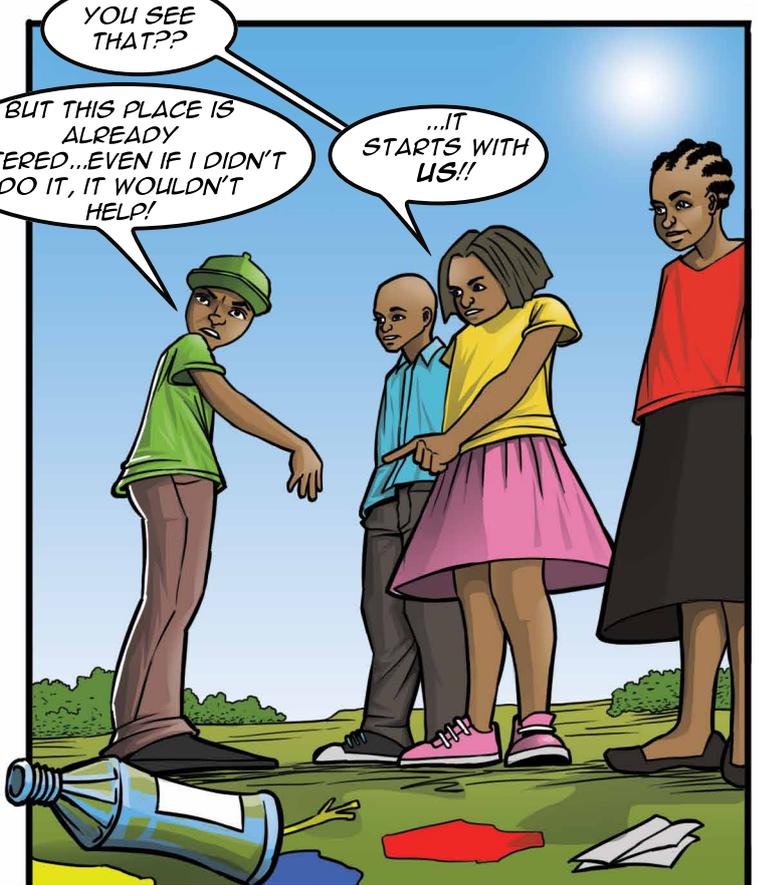
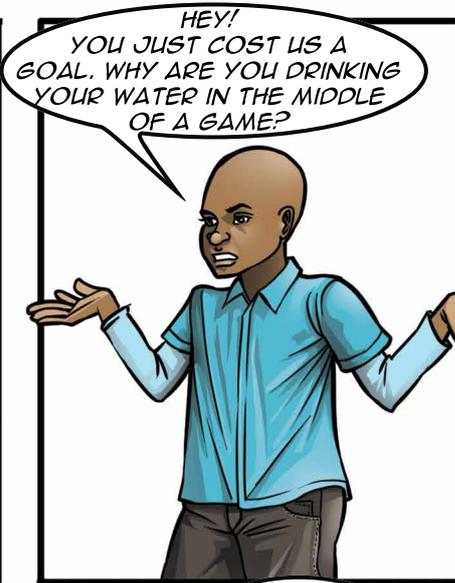


mechi kali

EVEN ON A HOT DAY...



...SOCCER MUST BE PLAYED!





Highlights

BY EUDIAH KAMONJO



Redefining the fun in Science Exploration

As early as nine a.m. on Saturday May 13 2017, **Little Einstein's East Africa** were already setting up their stands at the Aga Khan High School-Waiyaki Way in Nairobi, Kenya. Children as young as three years old were preparing to make homemade thermometers, rockets and parachutes. Others were ready to showcase their science experiments to answer questions like why things float on water, how to prevent rust, how a diaper works and even simple ways of making a special day pop-up message.

We were intrigued to see these young scientists inventing their own ways of, for example, learning the times-tables using home-made thimbles, how to crack a coconut safely, ways of reusing water among others. Keeping track of term weeks using a simple solar calendar which the young inventor plans to digitize was also a breathe of fresh air. There were also plenty of games for the children to play like golf and lego building, mascots running around and lots of musical and comical entertainment.

BINGWA Magazine thrives on interactions with champions like these, so we talked to the children, facilitators and parents present to establish their thoughts on the event. One group

calling themselves the *Elementrix* who had come all the way from Shah Lalji Nangpar Academy in Nakuru talked to us about their experiment and experience at the science fair. "We were thinking about how we could make the world a better place by conserving energy. Initially, the idea was to make a light or a clock using energy from a lemon or potato. This would have taken a lot of time and resources which we did not have enough of, so we settled on the energy battle to establish which one (between the lemon and potato) had a higher voltage," Newton Munene, one of the members explained.

As for Maureen Achieng, a class six pupil at Kibera School for Girls, she enjoyed seeing all the science experiments conducted by Little Einsteins. "One of the most important lessons I learnt (thanks to the acidic versus basic fruits experiment) was that when taking fruit juices, it is always best to use a straw in order to avoid direct contact with the teeth and prevent decay," she said.

"It was interesting to see how much creativity and innovation children have. I loved all the presentations. However, some of the ones that surprised me were the simple rocket and diaper



ones,” said Mr. Kris Senanu, one of the judges at the fair. Mr. Senanu is a renowned thought-leader in ICT & Telecommunication. Joining him in judging the Science Fair was Dr. Amakove Wala-a Doctor and change-maker and sixteen year-old Rusinga School student Samuel, who in 2016, undertook a project to build a rocket (which he continues to improve). He also created a school management system, which won him and his team first place in the Little Einstein’s Science Fair ICT/Computer Science Section.

According to one of Little Einstein’s East Africa Directors, Sandra Nduati, they decided to do the science fair so that the general public (including parents) could see what the children have been doing during the in-school activities, on-site workshops and their other events.

The fact that Little Einstein’s build their interest in science is one of the reasons parents sign up their children for their on-site workshops or holiday camps. Others are also fascinated by the fact that the facilitators are professional. “My son is interested in explosions so I’d want to see something like that in the next fair. It was great to meet the edutainers because they all have a science background,” said Joyce, a mother of an eight year-old girl and six year old boy.

Besides all the science and fun at the event, there was also a lesson on safety. Facilitated by Maryana Munyendo of *Simba Safe Kenya*, a lesson on safe strangers was given. “Who is a stranger?” was the first question. Children in attendance were able to learn that safe strangers can be people in uniform who are helpful in times of distress.

Teamwork, clarity of expression, knowledge, originality and creativity, mathematics, engineering, technology, animal and environmental science and the best overall winner were some of the categories. From the shining stars, the space kids, the super scientists, the sparkling scientists, the quad team to the Elementrix, all these brilliant teams took home a prize and a certificate. The best overall prize was taken by Kayla Mutinda of Hillcrest School for her ‘times-tables thimble’ invention (Mathematics Category).

“Science is about curiosity, asking questions about everything around you and then trying. When it comes to science, there is never a right or wrong answer, so keep trying, stay curious and discover.”- Avic Ndugu, Little Einsteins Edutainer.

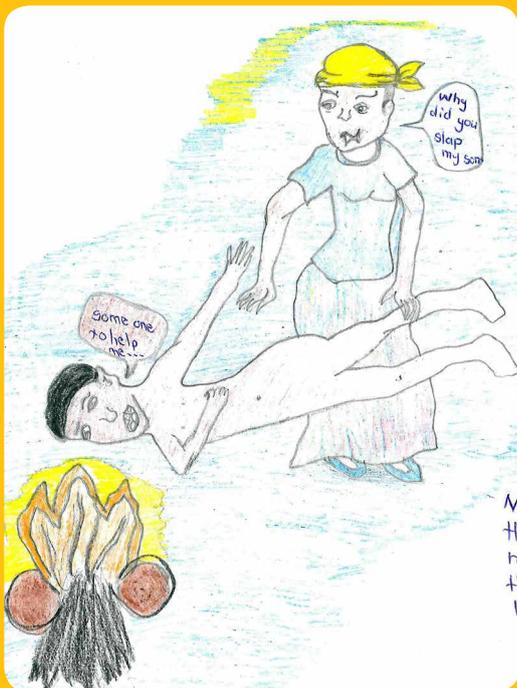
Your Say

A PROMISE TO OUR ENVIRONMENT

We are because you are
Very friendly yet abused in different ways
We need to protect you jealously
The fauna and flora are because you are
You provide them with a habitat
We promise you this
No more abuse, to protect you we must
Planting trees and cleaning our homes
We shall incinerate waste and use energy-saving stoves for cooking.
- WORDS BY NAMAKALA EDITH, P.7, KITANTE PRIMARY SCHOOL, UGANDA.
- ART BY SOLACE WANDERA, EMBAKASI GARRISON PRIMARY SCHOOL, KENYA.



A TORTURED ORPHAN



Mercy is a twelve year-old orphan who lives with her step-mother Nakiwa. One day, Nakiwa tortured her because of failing to work on the streets. Mercy reported the matter to the police who came and arrested her step-mother. Nakiwa was eventually arraigned in court and sentenced to ten years in prison for assault and attempted murder. Please do not be silent.

WORDS BY BABIRYE CHRISTINE, P.7, PREMIER NURSERY & PRIMARY SCHOOL, UGANDA.

CHILD LABOUR



People are practicing child labour without knowing what they are doing. Imagine a young girl of twelve years doing heavy manual work in a farm. Teachers in schools are teaching about this vice because many children are facing this problem in their communities back home. Child labour ban has to be effected in Uganda today. If one is caught, they should be arrested and taken to court for trial with no exceptions.

- WORDS BY NAMAGANDA RASHIDAH, PREMIER NURSERY AND PRIMARY SCHOOL, UGANDA.

- ART BY BAJUN MBONDI, ST. MOSES PRIMARY SCHOOL, NANYUKI, KENYA.

GIRLS, AVOID THIS BY WALKING IN GROUPS



WORDS AND ART BY NYIRABAKUNZI JULIET, P.6, KAMPALA MODEL PRIMARY SCHOOL, UGANDA.

PLEASE STOP THIS!



Some teachers beat children for their own enjoyment. THIS really lowers their confidence and self-esteem. Please stop mistreating children for no good reason

WORDS AND ART BY PIUS THEURI, KIANJERU BOARDING SCHOOL, CHUKA COUNTY, KENYA.



A VISIT TO KABALE



I went to Kabale with my fellow pupils and my teachers. Here, we saw endless hills, good houses schools and colleges and even rivers and streams. IT is surely not easy to construct roads in Kabale because there are many hills in Kabale. The main reason I went to Kabale was to celebrate the Day of the African child on June 16. It was such a wonderful experience.

WORDS AND ART BY NAMPAMBA REBECCA, P.5, UGANDA.

ROAD RAGE

Road accidents, robbers of human life
Blood splashing the roads
All day and night
What a danger you are!

Snatching human souls
Pieces of flesh everywhere
What a disaster!
Agents of human depopulation
Killers of the innocent
What a calamity!
Drivers, pedestrians and cyclist
Extra care is needed, for signs and speed

To save the lives of the innocent.
WORDS AND ART BY KAKUBA ALICIA, P.7, KAMPALA MODEL PRIMARY SCHOOL, UGANDA.

Success Story

BY KULTHUM LUBOWA

I am twenty-years old and a proud product of Child Africa. Child Africa has been a part of my life since I was young. It is through Child Africa that I have been able to acquire educational support. Thanks to the organization, a sponsor parent helped with paying school fees for my studies.

I joined Child Africa Junior School in Kabale for my Primary Seven and was among the pioneer Child Africa students. Being among the pioneers, I am happy to see the development in the organization. The structural development at the new Child Africa School in Kabale, Uganda is visible for everyone to see and is bound to bring joy to all. It means that more children will be enrolling into the new school to acquire quality education. All this has happened due to the mercy of the Almighty Lord and the enormous efforts of our dear Founder and MD Julie Solberg and Chairman Rino Solberg. We cannot thank them enough for all the great things they have managed to do particularly for the children of Africa.

Child Africa has helped me expound my intellect and has broadened my experience. I am currently working with as the Receptionist at the Child



Africa head office in Kampala, Uganda. I also keep up with my Journalism & Mass Media studies because I go for my lectures later on in the day.

As an organization, we appreciate our partners and sponsor parents from all around the world, well-wishers and everyone who adds value to the growth and strength of Child Africa. May God bless you all. I congratulate Child Africa for making a difference in the lives of the children of Africa. Viva Child Africa!



MAGICAL WORLD OF NUMBERS

YOU ARE WRONG IF YOU THINK MATHEMATICS IS NOT FUN

BY CONNIE MUENI

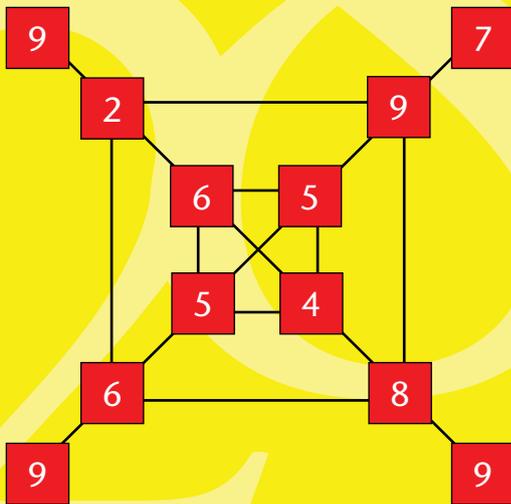


IT ALL ADDS UP NOTHING

This is a magic square where all the numbers add up to nothing. Fill in the following numbers in the square so that each row across, down and diagonally adds up to zero. -4, -3, -2, -1, 0, 1, 2, 3, 4

HIGHEST TOTAL

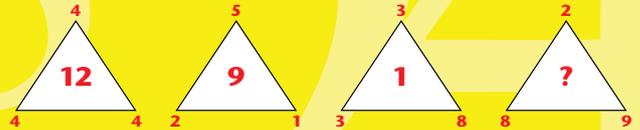
Starting anywhere and collecting five numbers in any direction, what is the highest number you can make? No jumping boxes or going back over the same path.



ANSWER ON PAGE 46

TRIANGULAR TERROR

What number goes in the fourth triangle?



KENKEN PUZZLES

Fill in the blank squares so that each row and each column contain all of the digits 1 thru 3. The heavy lines surround areas (called cages) that contain groups of numbers that can be combined (in any order) to produce the result shown in the clue, either using addition (+) or subtraction (-) as shown in the clue. For example, 12+ means you can add the values together to produce 12. Numbers in cages may repeat, as long as they are not in the same row or column.

7+		4+
4+		
	1-	

6+	8+	
	4+	

SQUARE MANIA

Fill in the blank so that all the equations are correct.

				58
12	22			58
			12	63
34	17		14	97
13			21	62
80	68	76	56	76



Wangari

A performance storyteller and children's book author

Wangari Grace is a Kenyan performance artist. She has been an artist for the last twelve years having acted on stage and appeared on TV programs such as Makutano Junction, Mnazi Lane and Saints. She has also worked as a performance storyteller for the last ten years and is also an author of children's storybooks such as 'The Forever Tree' (2014) and its Swahili version 'Mti wa Milele', both of which are approved by the Kenya Institute of Curriculum Development (KICD).

In 2016, she was one of the eleven professional storytellers selected worldwide to take part in the International Storytelling Festival by Kanoon in Tehran, Iran. She was the only performer from Africa. "It was an amazing experience to see all the different ways of performing storytelling

from around the world. In terms of numbers, this is the biggest event I have been to (so far) because apart from the eleven of us, there were forty-eight other storytellers from Iran," she shares.

Over the years, she has performed at hundreds of schools and other events such as *the Storymoja Festival*, Sigana International Storytelling Festival *among others*. Because of her work, Wangari has travelled to a number of countries including Stockholm, Sweden in 2010 for *the Fabula Storytelling Festival*. "Together with two other Kenyan tellers, we conducted workshops with young artists in different genres of the creative arts," she offers. She has also been to Tanzania and Uganda and is looking to travel to Somaliland this year for the *Hargeysa International Book Fair*.

Because of her work, people refer to her as The Storyteller. "Others pick a character from a story they heard me perform and call me that," she adds.

Besides having a degree in Development Studies-Community Development and Social Work, she has also studied Group Acting, Devising Drama and Reading for Performance. However, when it comes to the arts, learning on the field is most paramount.

Wangari is the eighth child in a family of nine (four boys and five girls). She was born and brought up in Nakuru and only came to Nairobi for her high school education. Her mother really treasured education and would even exempt one from doing housework simply because you were reading. She encouraged them to read widely, and not just for exams. The ultimate presents she loved to give were storybooks. Because of this, Wangari still loves reading and uses this as one of the ways she relaxes after a long day. "My primary school teachers believed I would grow up to be a doctor or broadcaster while my History teacher insisted that I pursue a career as a lawyer," she recalls.

One of the lessons she has learnt is that if you are passionate about something, you should go ahead and do it. You should always be ready and open to learning since nobody ever knows everything. Every day is an opportunity to learn something new.

How did you get into what you do now? I was looking for something to keep me busy after I finished my high school education. A friend of

the family introduced me to a theatre group that was mainly staging plays. One of the directors was a storyteller and I found myself quite interested in what she was doing. At that time, I did not imagine that I could pursue a career in the creative arts.

What do you love about what you do now? I love working with children and young people, reading and travelling. Storytelling allows me to combine all these together

What is your most memorable moment? My first international trip to Sweden in 2005 and having my book as a class reader in a number of primary schools in Kenya. Of course being selected for the festival in Iran was a big deal for me.

What challenges have you faced and how did you handle them? When I started out, I was very shy. This made me extremely nervous wherever I was on stage. Over time, I grew more confident. It also helps to be well prepared. Another challenge is consistency in getting performances. This means, you always need to network and market your work to get shows.

What does it take to be in your field? A mind open to new ideas and not give up easily. You also need to have good people skills as you will be interacting with new people a lot. One has to be creative and able to think on their feet.

Which other storytellers do you think are doing great work? Locally, a number of tellers including Odero Aghan, the current Director of the Kenya Cultural Centre, for being one of the pioneers of contemporary Kenyan storytelling. Internationally, Gcina Mhlope from South Africa for being not only a world known storyteller, but also an author of many books, some of which are available in bookshops locally.

How do you give back to your community? I am a reading advocate and I donate some of my books to children and schools that need reading materials. I also engage in mentorship programs for young people and sometimes freely give my storytelling skills for various causes.

What tips would you give readers planning to get into storytelling? Be open minded and very willing to learn. At times, some things you had planned for a performance might not work and therefore you have to quickly think on your feet.

It is a great career and you always enjoy your work.

What can you tell BINGWA readers about accomplishing their goals? If you want something hard enough, you will get it. Remember that passion opens up opportunities where you never thought they existed.

What are your future plans? To write more children books, to do more training on how the creative arts can be used in a variety of settings and to keep on telling stories into my old age.

What are your views on :-
Reading and writing: Read something every day, and you will definitely learn something new every day. It is the only way you can travel without leaving your sofa., if you want to write, you have to read widely.

Children's rights: Children rights are important rights. If we don't treat them right when they are young, we should not complain when they act wrong when they grow up.

Corruption and Integrity: Corruption and lack of integrity go hand in hand. Corruption is not about poverty or inadequate salaries, it is about personal morals.

Anything you might be preparing for right now? I am currently producing the 2017 Storymoja Festival (Kids Program) which will take place in September 2017.

FAVOURITES

Favourite saying: Hope for the best, prepare for the worst.

Favourite subjects (back in school): Languages and Humanities especially English and History.

Favourite colour: Red, yellow, orange, pink... I love all bright colours.

Favourite music: Country music and Zilizopendwa.

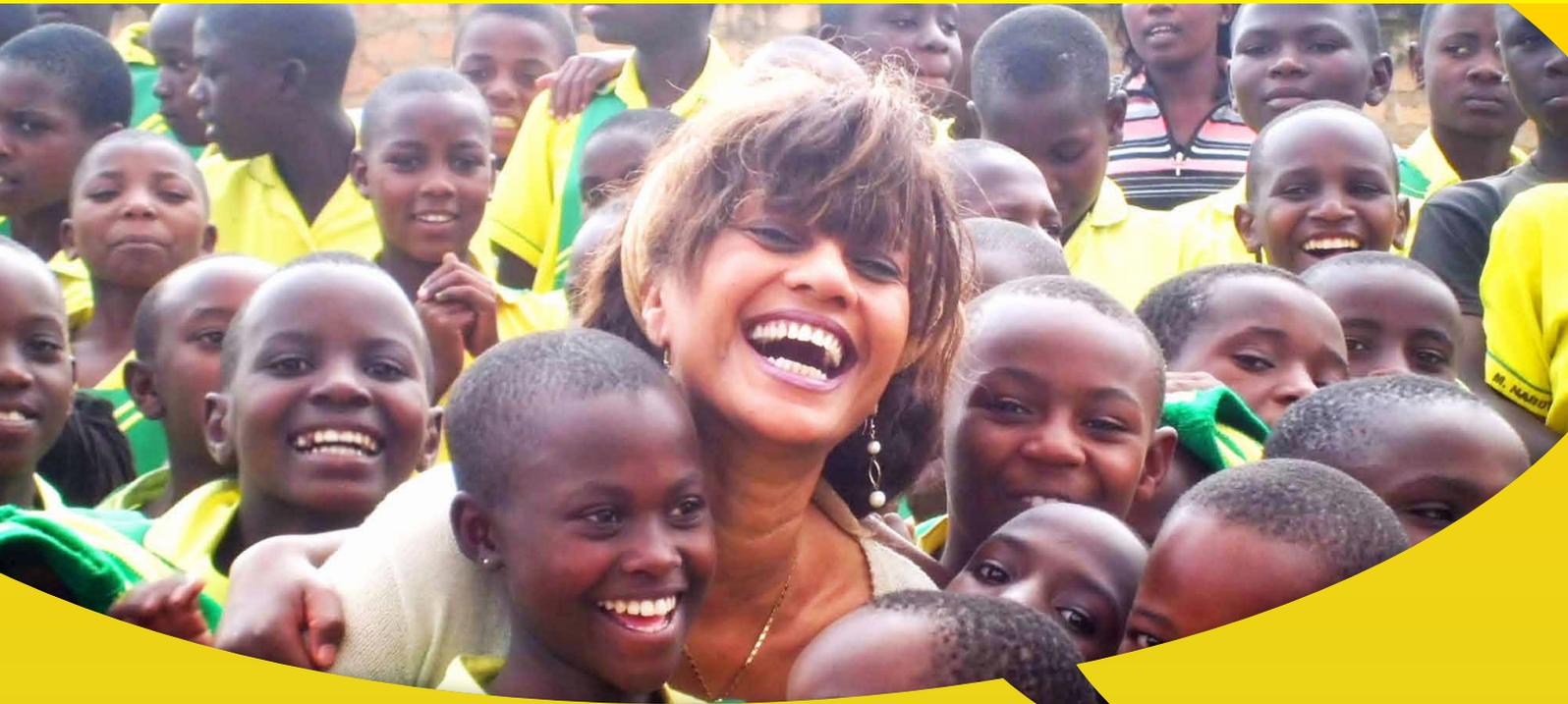
My role model: My mother. She continues inspiring me.

My Mentor: Locally, my good friend and fellow storyteller Helen Namai.

Favourite book: The Girl with a Dragon Tattoo by Stieg Larson.

Last words: Love what you do, and you will never have to work a day in your life.

The World Storytelling Day is celebrated every year on 20th March



THE VISION OF A WOMAN

In the middle of the night, vision falls
Who could have guessed
When you began a service beyond life
As mother of children.
After 25 years in Uganda
in many different ways, you have touched the hearts of many
December Silver reminds you,
A special happiness, life given and shared.

Happy Silver Anniversary
Day by day 25 years of memories here today,
Shared by everyone today.
Some tearful times
Through the hills and valleys of Kigezi
Kemishozi is named you
Some joys now that can't be measured
Day by day 25 years now gone,
Leaving great memories
A woman in a journey of passion
A quarter of a century completed!

Happy Silver anniversary
Educating children is a reason she lives
A woman planted a tree sanctified with sweet fruits
And good shade
For her shade is just below for children to rest without any wrestle
But her fruits are far away in her branches
Those who come for her fruits will surely use a pen and a book well
So they take home a sample
Such are the people with Honesty and Integrity
Happy Silver Anniversary!



WORDPLAY



FUNNY CONVERSATIONS

Bakunda: Eve, draw me a cheque of one million for my school fees.

Eve: Do you mean I draw?

Bakunda: Yes.

Eve: May I have a piece of chalk to draw you the cheque?

-Engena Raymond, P.7, Kampala Model School, Uganda.

THE STRANGE TALE OF NOBODY AND MAD

Once there lived Nobody and Mad. They were such good friends that they lived in the same house. Each of them had their own cars. One day, Nobody's car tyre got a puncture. Since Nobody couldn't repair his car very well, he decided to steal Mad's car and disappear for good.

The following day, Mad woke up and prepared himself for work. On going to the garage to get into his car, he discovered that it was nowhere to be seen. He tried to call his friend Nobody but his phone was off. Since then, Nobody and Mad were no longer friends. Mad decided to report Nobody to the police saying that he had stolen his car. The policemen were surprised and asked him, "Are you mad?" Mad replied, "Yes!" The policemen laughed and laughed then chased Mad away. Mad had nothing to do so he went and bought a new car.

-Kansiime Shanitah Jachan, P.6, Kampala Model School, Uganda.

TONGUE TWISTERS

• The son of a sower threw a stone at Sylvia who was seated on a sea-saw.

-NASOKA SHUDAIS, P.7, KAMPALA MODEL SCHOOL, UGANDA.

• Sheikh's sixth sheep is sick.

• The confused confusers came to confuse the confused confusers who were confused by the confusion of the confused confusers.

-ANIRWOTH DANIELLA ANNA, P.6., KAMPALA MODEL PRIMARY SCHOOL, UGANDA.

RIDDLES



I have black and white stripes and save you from trouble on the road all the time, day in, day out. What am I?

-NANKINGA VANESSA, P.7, KAMPALA MODEL SCHOOL, UGANDA.

It is full of men wearing black caps and white suits. What is it?

My friend has a house with many holes, who is my friend?

-RONALD TURAMYE, P.7, KAMPALA MODEL SCHOOL, UGANDA.

My house was built by many people but I ended up living in it alone. What is this house of mine?

-ENGENA RAYMOND, P.7, KAMPALA MODEL SCHOOL, UGANDA.

I have a wife, when she goes, she doesn't come back. Who is she?

-NASOKA SHUDAIS, P.7, KAMPALA MODEL SCHOOL, UGANDA.

Who has teeth but does not bite??

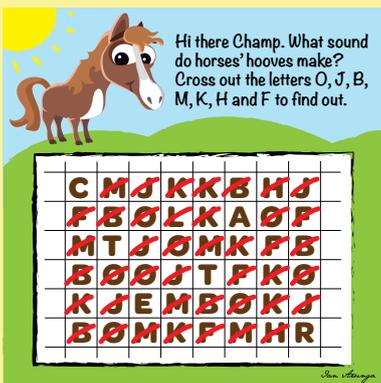
-APERO VERONICA, P.7, KITANTE PRIMARY SCHOOL, UGANDA.

TSHIRT WINNERS

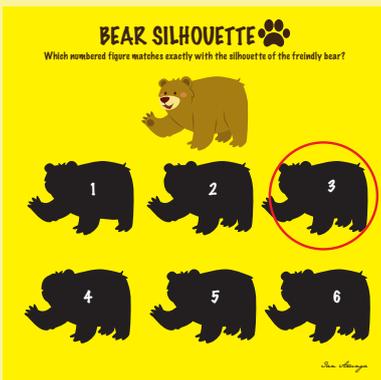
- Ampaire Keith, Kampala Model Primary School, Uganda (Pg.7).
- Nasaka Shudais, Kampala Model Primary School, Uganda (Pg.7 & 45).
- Owomugisha Bob, Child Africa Junior School-Kabale, Uganda (Pg.7)
- Aisha Nantongo, Child Africa Junior School-Equator, Uganda (Pg.7)
- Yuri Sadia, Hill School-Eldoret, Kenya (Pg.7)
- Nantume Angel, Kitante Primary School, Uganda (Pg.7)
- Namuwawe Resty, Child Africa Junior School-Equator, Uganda (Pg.7)
- Habasa Farouk, P.7, Child Africa Junior School-Kabale,Uganda (Pg.10)
- Mukwaya Cyrus, Kitante Primary School, Uganda (Pg.10)
- Sheillah Manga, P.6, Child Africa Junior School-Kabala,Uganda (Pg.10)
- Aineyoona Elizabeth,P.7, Child Africa Junior School-Kabale,Uganda (Pg.10)
- Ampaire Keith, P.7, Kampala Model Primary School, Uganda (Pg.10)).
- Nakamatte Stela,P.7, Premier Nursery & Primary School, Uganda (Pg. 11)
- Mutunzo Eva, P.6. Kampala Model Primary School, Uganda (Pg. 11)
- Nokkazzi Victor Esther, Kampala Model Primary School, Uganda (Pg. 11)
- Onega Philip, P.7, Kampala Model Primary School, Uganda (Pg. 11)
- Katusiime Maxelina, P.6, Kampala Model Primary School, Uganda (Pg. 11)
- Murungi Jamirah, P.6, Kitante Primary School, Uganda (Pg. 11)
- Keith Githu, Moi Primary School, Nakuru, Kenya (Pg. 11)
- Apophia Nyakato, P.6, AJ5-Kabale, Uganda (Pg. 11)
- Namakala Edith, P.7, Kitante Primary School, Uganda (Pg. 38)
- Solace Wandera, Embakasi Garrison Primary School, Kenya (Pg. 38)
- Babirye Christine, P.7, Premier Nursery & Primary School, Uganda (Pg. 38)
- Namaganda Rashidah, Premier Nursery & Primary School, Uganda (Pg. 38)
- Bajun Mbondia, St. Moses Primary School, Nanyuki, Kenya (Pg.38)
- Nyirabakunzi Juliet, P.6, Kampala Model Primary School, Uganda (Pg. 39)
- Pius Theuri, Kianjeru Boarding School, Chuka County, Kenya (Pg. 39)
- Nampamba Rebecca, P.6, Uganda (Pg. 39)
- Kakuba Alicia, P.7, Kampala Model Primary School, Uganda (Pg. 39)
- Engena Raymond, P.7, Kampala Model Primary School, Uganda (Pg. 45)
- Kansiime Shanitah Jachan, P.6, Kampala Model Primary School, Uganda (Pg. 45)
- Nasoka Shudais, P.7, Kampala Model Primary School, Uganda (Pg. 45)
- Anirwoth Daniella Anna, P.6, Kampala Model Primary School, Uganda (Pg. 45)
- Nankinga Vanessa, P.7, Kampala Model Primary School, Uganda (Pg. 45)
- Ronald Turamy, P.7, Kampala Model Primary School, Uganda (Pg. 45)
- Apero Veronica, P.7, Kitante Primary School, Uganda (Pg.45)
- Mukwaya Cyrus, P.6, Kitante Primary School, Uganda (Pg.47)
- Dushime Judith, P.6, Kampala Model Primary School, Uganda (Pg. 47)
- Tayebwa Seezi, P.6, Kitante Primary School, Uganda (Pg.47)
- Ssengenda David, P.6, Kampala Model Primary School, Uganda (Pg. 47)
- Namirembe Stacy, P.6, Kampala Model Primary School, Uganda (Pg. 47)
- Mukisa Jeremiah, P.6, Kitante Primary School, Uganda (Pg.47)

ANSWERS

PUZZLES PG28



CATTER

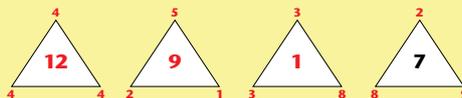


MATHEMATICS PG41

IT ALL ADDS UP NOTHING

-3	2	1
4	0	-4
-1	-2	3

IT ALL ADDS UP NOTHING

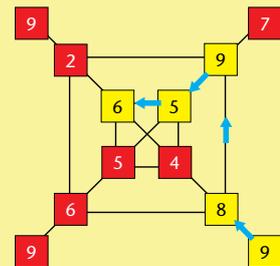


KENKEN PUZZLES

2	3	1
1	2	3
3	1	2

1	3	2
2	1	3
3	2	1

HIGHEST TOTAL



SQUARE MANIA

12	22	15	9	58
21	11	19	12	63
34	17	32	14	97
13	18	10	21	62
80	68	76	56	76

Your Say

ON HOW CONFLICT AND CRISIS AFFECTS THE CHILDREN OF AFRICA.



Conflicts affect children emotionally. Seeing their parents or loved ones die in front of them is traumatizing and can lead to mental illness. Conflicts also disorganize children's learning when they have to move to a safer place. Some of them are affected physically as they get injured during wars or when trying to escape. Conflicts can be stopped by loving each other, cooperating and forming agreements and common markets.

-MUKWAYA CYRUS, P.6, KITANTE PRIMARY SCHOOL, UGANDA.

When there is war, children stop going to school, lack food, water and medicine. The leaders creating this war need to sit down, solve their problems and cooperate.

-DUSHIME JUDITH, P.6, KAMPALA MODEL SCHOOL, UGANDA.

Conflicts cause children to become school drop-outs, orphans and child soldiers. During conflicts, children's rights are violated too leading to diseases, unwanted pregnancies, food insecurity and unemployment. These conflicts result from political instability which is caused by corrupt leaders. To control or end conflict, leaders with integrity must be elected. In order to prevent corruption, employment must be created, food security and economic stability must be established.

-TAYEBWA SEEZI, P.6, KITANTE PRIMARY SCHOOL, UGANDA.

My neighbours in South Sudan are suffering because of war. Many children are not going to school, others are going without food to eat and their parents are being killed. Children are forced to fight as soldiers in these kinds of conflicts. I think the United Nations and the African Union should exile Salva Kiir and Riek Machar from that country so that there may be peace.

-SSENGENDA DAVID, P.7, KAMPALA MODEL SCHOOL, UGANDA.

Because of civil wars, there is no peace. Children's rights are violated and they become orphans. These children lack basic needs and healthcare and they eventually die. Leaders of countries like South Sudan should cooperate to end these conflicts.

-NAMIREMBE STACY, P.6, KAMPALA MODEL SCHOOL, UGANDA.



Conflicts are caused by issues such as disagreements between leaders or communities, hatred, lack of resources (or the unequal distribution of it), threats and ideological differences. These affect children the most as they are denied their right to education, are sexually or physically abused and even die from disease or starvation. They can be stopped by equal distribution of resources, and promoting friendships and partnerships.

-MUKISA JEREMIAH, P.6, KITANTE PRIMARY SCHOOL, UGANDA.

Schools' Green Initiative Challenge

Wonders of Dryland Forestry



Schools' green initiative challenge

The Schools' Green Initiative Challenge is a unique project implemented by KenGen Foundation in partnership with Better Globe Forestry and Bamburi Cement Ltd.

The main objective is the greening of over 460 acres in the semi-arid counties of Embu, Kitui and Machakos with Mukau (*M. Volkensii*) and Muveshi (*S. Siamea*) tree species as a way of mitigating climate change and providing wood fuel and alternative income opportunities for the local communities.

Through the setting up of woodlots in participating schools, the project acts as a change agent to establish a tree-planting culture for multiple benefits in dry-land areas.

The ten-year project is designed as a competition amongst the participating institutions for the highest seedling survival rates through the application of various innovations at the schools' woodlots.

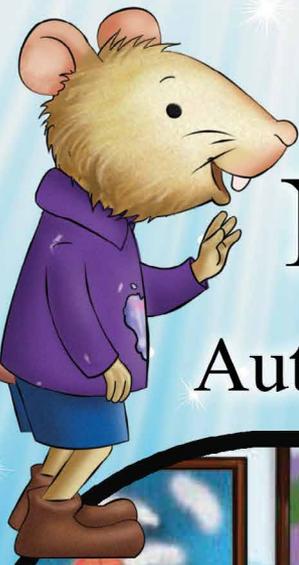
Currently, there are 219 schools from the three counties taking part in the afforestation contest for the ultimate prize of educational trips, scholarship opportunities, and other prizes. Plans are underway to add more schools in the coming years.

The afforestation competition is in line with the Government of Kenya's Vision 2030 to achieve 10% forest cover across the country.

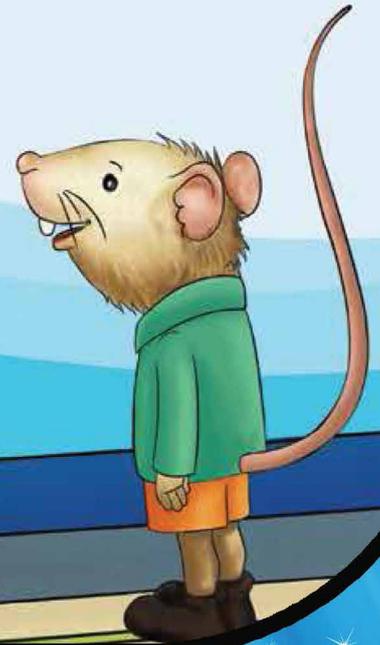
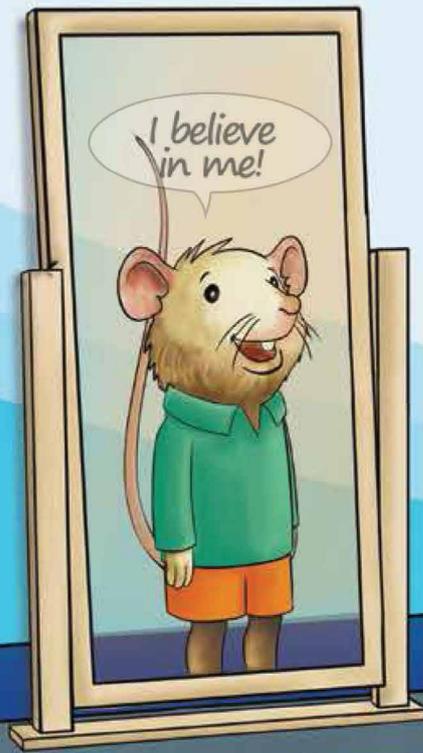
Panda Miti, Hifadhi Mazingira

Inspirational Nursery Rhymes

Authors: Todd & Jackie Courtney



I am the one
who is responsible for me.
When I look in the mirror,
it's easy to see.



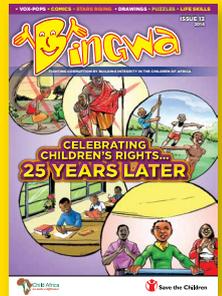
It's my responsibility
to do what I think is right.
No one should have to tell me,
it's not nice to get into a fight.



BINGWA

Fighting corruption by building integrity in the children of Africa

CALL FOR



PARTNERSHIP

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

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

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