

Free Tree Poster Win Bingwa T-shirt

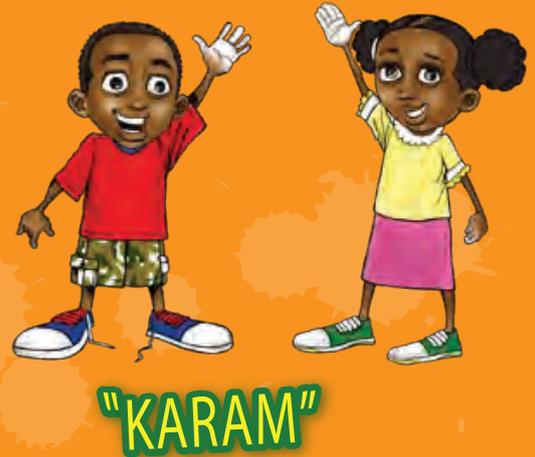


BINGWA

1st TERM 2010
Ksh.100 where sold

SHIKA HADITHI NA HADITHI YA KWELI

"Mtoto Mtundu"



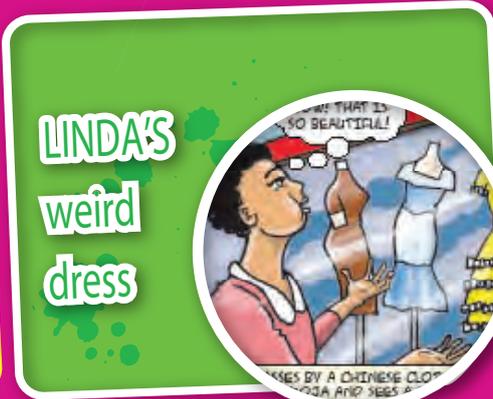
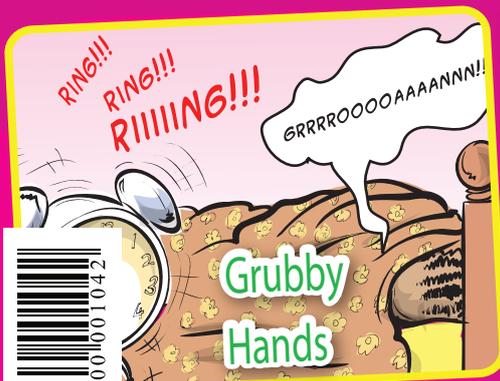
"KARAM"

IT'S A WILD WILD LIFE



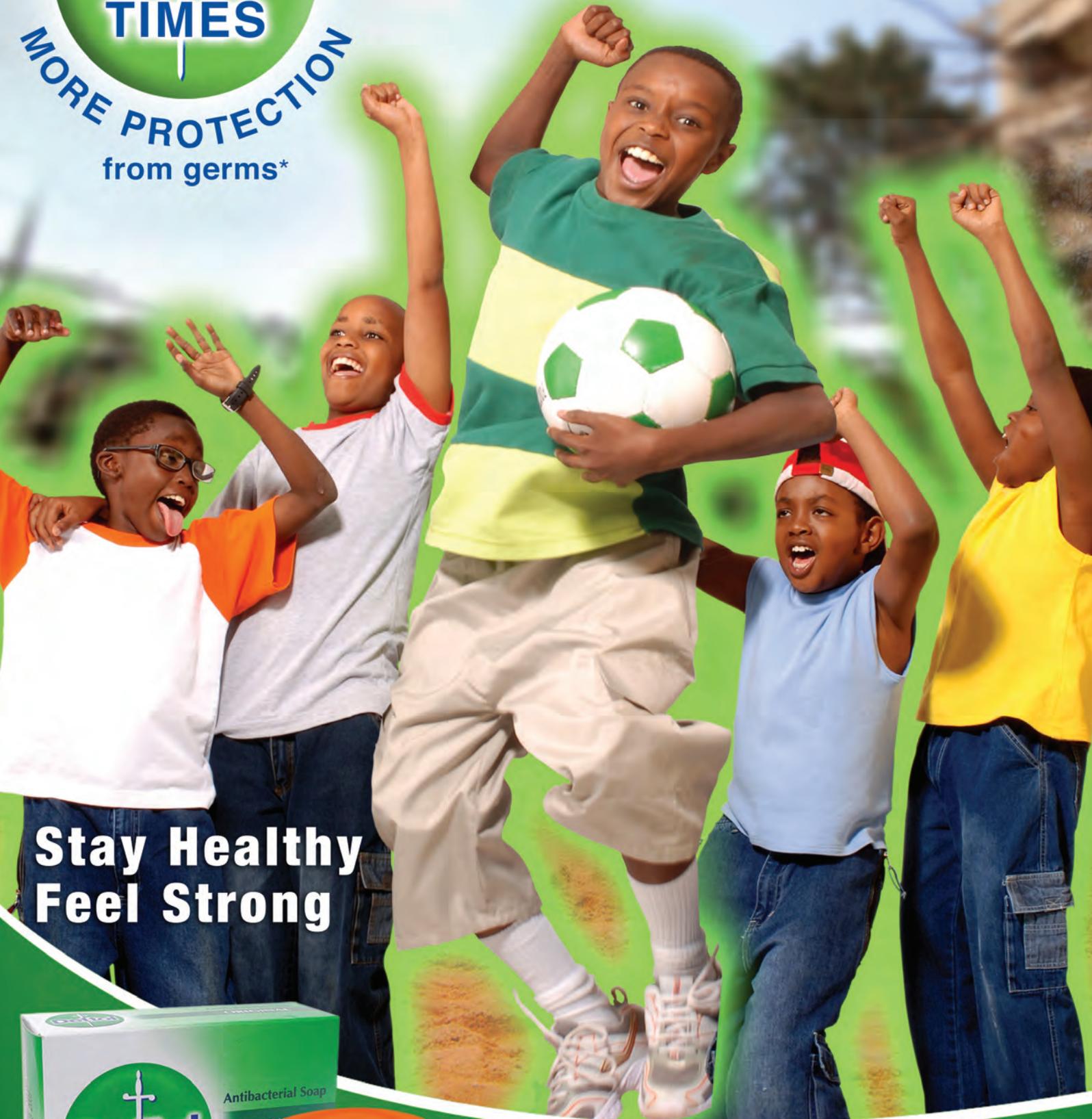
"The Inspiring Bully"

Design a hand-washing poster and win loads of prizes



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

10
TIMES
MORE PROTECTION
from germs*



Stay Healthy
Feel Strong



Be 100% Sure

*As compared to ordinary soaps

A note from **BINGWA!**

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Dear Kids,

Your second issue of BINGWA is here, and it's loaded with stories, puzzles, and all sorts of interesting information. Kick back, relax, and have a good read.

At the bottom of many of the pages, you will find different ways to say "hello" in Kenyan languages. Try some of them out and surprise your friends and family. If you know how to say "hello" in a Kenyan language that's not included, drop us a line and let us know so we can share.

Look out for our feedback from BINGWA readers on page 31. We'd love to hear from you too.

In this issue, you can also win loads of great prizes for yourself and your class by taking part in the WSP Handwashing Poster Competition on page 32.

Enjoy your new year, and make it one filled with fun and learning.

Sincerely,
BINGWA Editorial Team

The Team

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It's a wild wild world

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When I was young

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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.

**BELIEVE IT
OR NOT**



DID YOU KNOW THAT THERE ARE 206 BONES IN THE ADULT HUMAN BODY AND THERE ARE 300 IN CHILDREN (AS THEY GROW SOME OF THE BONES FUSE TOGETHER).



AN OSTRICH'S EYE IS BIGGER THAN ITS BRAIN.



OUR EYES ARE ALWAYS THE SAME SIZE FROM BIRTH, BUT OUR NOSE AND EARS NEVER STOP GROWING.

NO MATTER ITS SIZE OR THICKNESS, NO PIECE OF PAPER CAN BE FOLDED IN HALF MORE THAN 7 TIMES.

THE LONGEST RECORDED FLIGHT OF A CHICKEN IS THIRTEEN SECONDS



THE EARS OF A CRICKET ARE LOCATED ON THE FRONT LEGS, JUST BELOW THE KNEE.

ITS IMPOSSIBLE TO SNEEZE WITH YOUR EYES OPEN



IT'S A WILD WILD LIFE!



Yes, Vampire bats really do exist. But they are neither as evil as Dracula, nor as innocent as a field mouse. Should you be afraid? Read on to find out...

VAMPIRE BATS

Vampire Bats... they are the stuff of horror movies and stories. But do they really exist? And if so, should we be afraid?

The bad news is, these scary looking creatures really do exist. The good news is, they are not found in Africa, and even in

Central and South America where they are plentiful, they do not prey on human beings. The average vampire bat is merely the size of an adult's thumb, with a wingspan of about eight inches.

Vampire bats, or *desmodus rotundus* as they are scientifically known, do feed on

blood, but they won't attack a human and suck blood from the neck. Instead, they feed on the blood of large birds, cattle, horses, and pigs, and even then, only when the animals are sleeping.

Vampire bats, like all other bats, are completely blind. They find their victims by echolocation (the use of ultra-high frequency sounds for navigation), smell, and sound.

Vampire bats do not suck their victim's blood. Instead, they have razor-sharp teeth with which they make small cuts in the skin of animal. A chemical in the bat's saliva prevents the blood from clotting. The bat then laps up the blood as it trickles from the wound. Another chemical in its saliva numbs the animal's skin so it won't wake up and interrupt the feast.

So there you have it. The feeding habits of vampire bats are not as scary as the myths and stories would have us believe. In fact, vampire bats are very useful to human beings. Because their saliva is better at keeping blood from clotting than any known medicine, vampire bats can help prevent heart attacks and strokes.

Vampire bats, or *desmodus rotundus* as they are scientifically known, do feed on blood, but they won't attack a human and suck blood from the neck.



FACTS

- A blood thinning drug called draculin made from vampire bat saliva helps stop heart attacks and strokes in people
- Vampire bats do not attack dogs because they can hear the high pitch sound of the bat from a far.
- A female bat that weighs 48 grams can consume more than 20 grams in 20 minutes
- Vampire bats suckle their young
- They sleep during the day and only come out in full darkness

Know Your Country



JOURNEY TO ZANZIBAR



What is the most exciting part of a holiday? Is it the anticipation of the trip? Maybe the journey? Or the destination itself? As I recently found out, it's all of the above!

By Jeff Mundia

Zanzibar is a small Swahili island just off the coast of Tanzania. Its capital, Stone Town, is a World Heritage Site, meaning that it has outstanding cultural and natural importance to the common heritage of humanity.

When my parents told me that we would be going to Zanzibar, I almost fainted with excitement. I had seen and heard all these wonderful things about the island, and couldn't wait to witness them for myself. I counted the days to the trip with wild anticipation and when it arrived, I was more than ready. The trip itself was about an hour and a half long; 45 minutes to Mombasa then 40 minutes to Zanzibar Island. We arrived at Zanzibar International Airport





at around lunchtime, just when the sun was at its hottest. I thought Mombasa was hot; this was like being in a frying pan! We gathered our bags and flagged down a taxi, as we braced ourselves for the one hour drive to the hotel. During the long journey, I got the chance to savor the island's beautiful vegetation, which consisted of spice plantations, palm trees and a few pockets of indigenous forest. We passed Stone Town, but we would be going back there for a proper tour later.

We arrived at the hotel at around 1:30pm, just as our stomachs were starting to rumble violently. The hotel was called Royal Zanzibar Beach Hotel, and it was situated right on the beach. Its architecture was distinctly Swahili; it had undulating arches, a beautiful central courtyard and elegant Omani square buildings. Intricate Swahili craftsmanship was also abundant; from the large decorated doors to the artwork dotted all over the walls. On further enquiry, we learnt that the hotel's architecture was in harmony with practicality, as the layout also allowed for a cooling effect. We were ushered into the dining area and showed to our table, where we proceeded to enjoy a sumptuous meal. We soon realized that the Zanzibaris take courtesy very seriously when we tried ordering sodas that weren't forthcoming. The reason for this was that we were not saying "Tafadhali" (please) as we were ordering! So we became mindful of our language and sure enough, we got what we wanted.

After a good night's sleep, we woke up early and had a dip in the pool. We then proceeded to the dining room and had our breakfast. Our itinerary for the day included a trip to Stone Town, which I was very excited about. Stone Town is indigenously referred to as 'Mji Mkongwe', which

literally means Old Town. The town itself is built on a triangular peninsula of land on the western part of the island. It consists of narrow alleys to houses, shops and mosques. Cars are often too wide to pass here! Most of the buildings had large and ornately carved wooden doors, narrow arched windows and enclosed wooden verandas. But the most dominant building was the Beit-El-Ajaib (House of Wonders), which was built by Sultan Seyyid Barghash as a grand palace for ceremonial purposes. Most of the paint on the buildings had vanished, as some of the structures there were more than 300 years old!

We headed back to the hotel, and had enough time left to go to the beach. The beach was the most beautiful I had ever seen. The sand was as white as snow, and the waters were a beautiful shade of blue. We had an afternoon dip in the ocean as we enjoyed the returning of the tide. As we paddled playfully in the ocean, we couldn't help but notice the magnificent sunset before us. The sun seemed to be just a few meters away! Too bad it signaled the end of the day...and consequently, our trip!

As we left for the airport, I couldn't help but reminisce about my Zanzibar experience. Warm sandy beaches, beautiful architecture and warm friendly people. This had truly been a wholesome trip!



KNOW
YOUR
HEROES

God's Candidate:

Lady Justice
Joyce Aluoch



By Katila Whiteman

Lady Justice Joyce Aluoch was first inspired to go into law by her father, the late Ezekiel Othieno Josiah, who was a DC in pre-independence Kenya. DCs in those days were district magistrates.

Lady Justice Joyce Aluoch is a well-educated woman. She holds a Masters Degree in International Affairs from Fletcher School of Law and

Diplomacy at Tufts University in Boston, USA. She also graduated from the University of Nairobi with a Bachelor of Law degree (LLB) and holds a Diploma in Legal Studies from the Kenya School of Law. One of her daughters has been inspired by her mother and is also a lawyer so it seems that the interest in law runs in the family. Lady Justice Joyce Aluoch believes that law is a good career for girls as it brings out the very best in people and makes them more expressive, focused and purposeful.

Lady Justice Aluoch was recently appointed a judge of the International Criminal Court (ICC). She has made history as the first Kenyan judge at The Hague. After she

ABOUT THE ICC

The International Criminal Court (ICC) was founded by the United Nations and came into being on 1 July 2002. It is the court that deals with the worst crimes people commit against human rights. The ICC tries cases on war crimes, crimes against humanity, crimes of aggression and genocide. 110 states are members of the Court, including Kenya. The judges of the ICC are very clever, hardworking and trustworthy people. There are 18 of them and they represent different parts of the world. Lady Justice Aluoch is one of these 18 judges.

KALENJIN



was elected she said, "I was God's candidate and nobody can beat God's candidate."

Indeed she must have been, for many others all over the world were interested in the same position, including eleven candidates from Africa. Lady Justice Aluoch needed two-thirds of the votes, and she got them. She will work as a judge of the ICC for nine years, joined at the bench by Monageng Sanji Mmasenono from Botswana.

Before her appointment to the ICC, Lady Justice Aluoch spent 30 years working to get to the highest court in Kenya, the Court of Appeal. She began her career in the justice system in 1974 as a District Magistrate.



Since then, her career has constantly advanced. She was appointed to the High Court in 1983. Lady Justice Aluoch has a strong passion for children's rights and was appointed as a judge to the International

Tribunal for War-Affected Children in 2000. From 2001 to 2005 she was chairperson for the African Union Committee on the Rights of the Child in Addis Ababa. Every year, she speaks to the Heads of State and Government of the African Union about the conditions of the children of Africa at an event called the Annual Summit on the situation of children in Africa. Among the issues addressed are child soldiers, child labour and HIV/Aids.

Her success will benefit many other Kenyans who are interested in a similar career. Many more Kenyans will be inspired to seek international positions thanks to Lady Justice Aluoch's hard work.

Test your General Knowledge

Answer true or false

1. Sound travels faster in air than in water
2. Most of the dust in your home is made of human skin
3. It is impossible to lick your elbow (no cheating, answer before you try)
4. If you go into space you get taller
5. The sun is 3 times hotter than lightning
6. A modern human's brain is smaller than a Neanderthal's brain
7. Male wasps have no sting
8. As well as having unique fingerprints, humans also have unique tongue prints
9. All animals have backbones
10. Snakes and lizards smell with their noses

Answers on page 43



KALENJIN

Mising



THE INSPIRING BULLY



By Christine Nderitu

Once upon a time in the far away land of Olympia, there lived a young energetic girl whose name was Chep. From afar, Chep looked like an ordinary girl who attended an ordinary school and was even the last-born child in an ordinary family where she played with her siblings and neighbouring kids every day after school. However, Chep was in fact very extraordinary. You see, being the last born, her three older siblings would always pick on her, send her around and even played nasty tricks on her so that she usually found herself in very sticky situations – especially when their parents were

away on business.

She especially hated it when her older brother snatched her favourite doll and run off with it, causing her to chase him for miles, which would sometimes prove to be quite futile. Sometimes he would even lock her up in the basement where she would scream for help to no avail. She would end up reading the books that were stored down there by her parents. After so many such incidents she ended up reading all the books on the shelves, so to keep herself occupied she would explore the basement. One day she found an exit from the basement to their back yard. She tactfully climbed out of the hidden window and excitedly danced her way into freedom. Her bully of brother simply could not understand how she had set herself free from his torture chamber, and so he kept unleashing new pranks. She always found a way to outwit him. What a brilliant girl she was turning out to be!

Having read all the books on the shelf during the time she spent locked up in the basement, she had tremendously improved her performance



in school; so much so that she was always top of her class, which later guaranteed her a position in the best high school in the land. Her parents were so pleased that they bought her a brand new mountain bike to show her just how proud they were of her great

performance. As time went by, Chep became an expert cyclist, and seeing that she had spent most of her childhood chasing her brother around, she was slowly but surely becoming an expert athlete.

When the year began, it was time for her to start at her new and prestigious national high school. Things were done differently there; unlike in her old school, things here ran like clockwork. They also had a swimming pool with a really committed swimming instructor who taught her how to swim as well as a fish. With her new-found hobby, Chep would complete all her assignments on time and rush to the swimming pool for practice, which kept her well occupied and away from trouble.

One day the king of Olympia announced that there would be a national sports day and the winner would be greatly rewarded. All national schools were invited to the great event whose main competition would be the triathlon! On hearing this announcement, Chep was very excited as she knew she could participate in all three races that made up a triathlon: swimming, cycling and running. With the coach's help, she spent more time preparing herself for the big race.

On the day of the event she walked over to the starting point where she met other great and more experienced athletes. For a moment she felt really afraid that her chances of winning were slim. The other competitors were very experienced and she was the youngest competitor. Luckily, her coach



who was right by her side reminded her how hard she had worked to get here and told her that she must never give up. She felt confident that she had been preparing for this race all her life.

As soon as the race began she found herself at third place in the first round, during the cycling competition

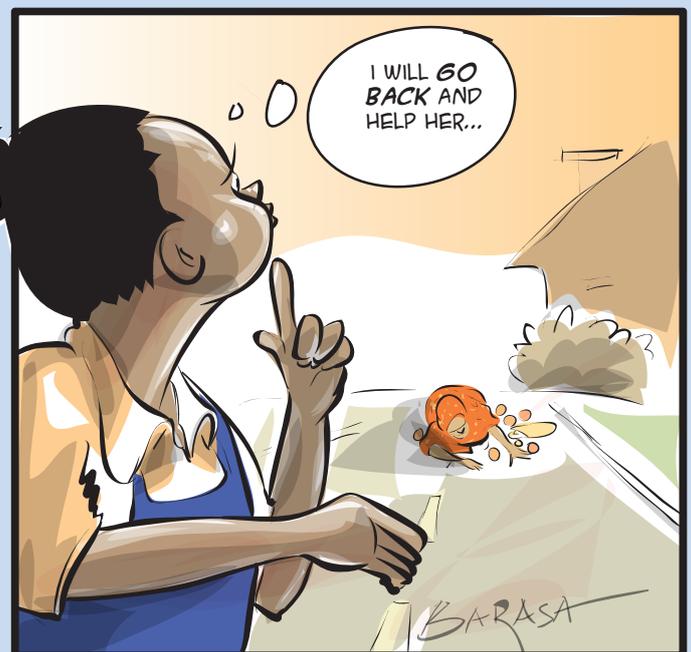
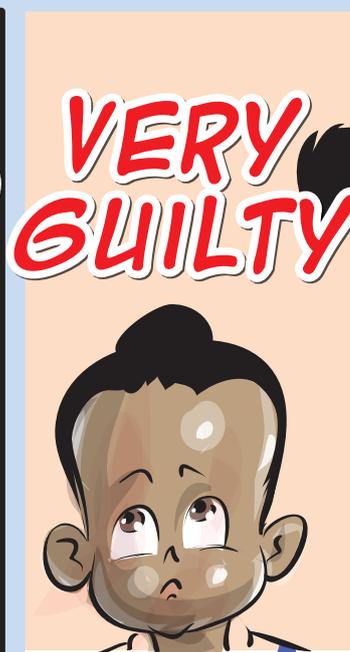
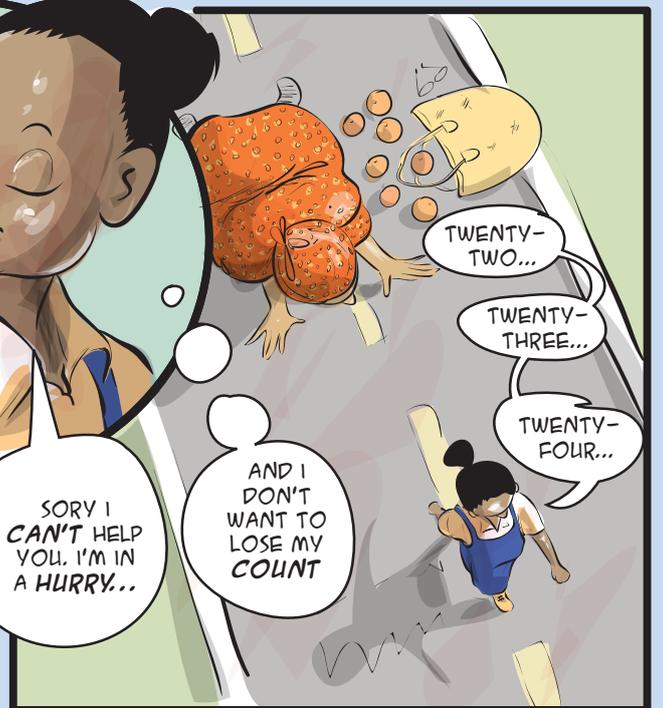
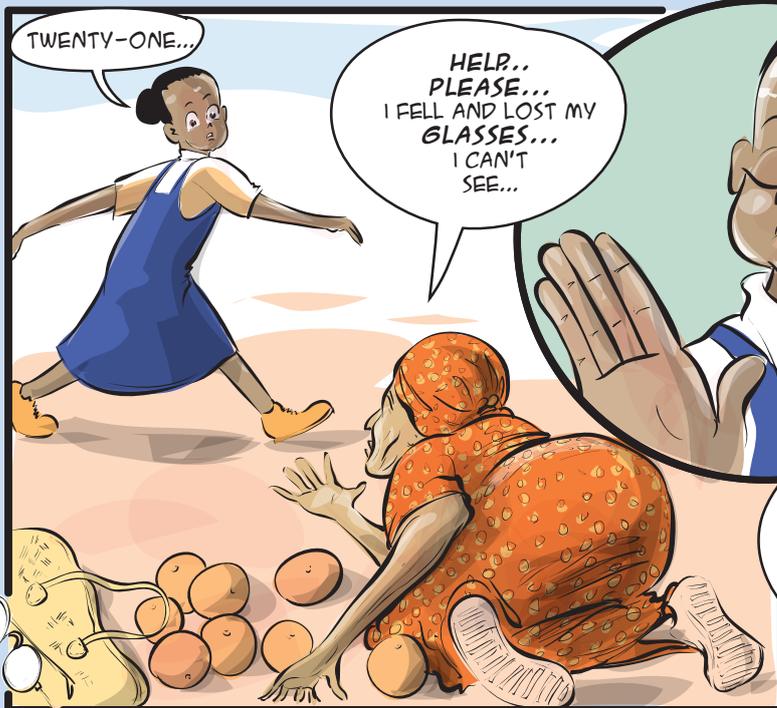
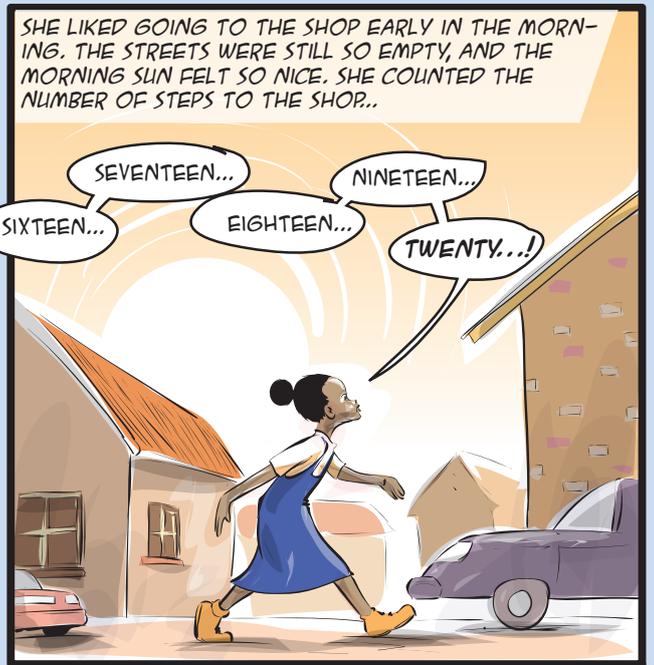
she put in a lot of energy and ended up number two. In the last leg of the race, she put in all her energy and ran like her life depended on winning this race. Sure enough she crossed the finish line first!!! She had won!!! Though she was exhausted she walked over to her family who had come to support her, and they were so proud to be related to her, even her brother who had now grown out of his bullying ways.

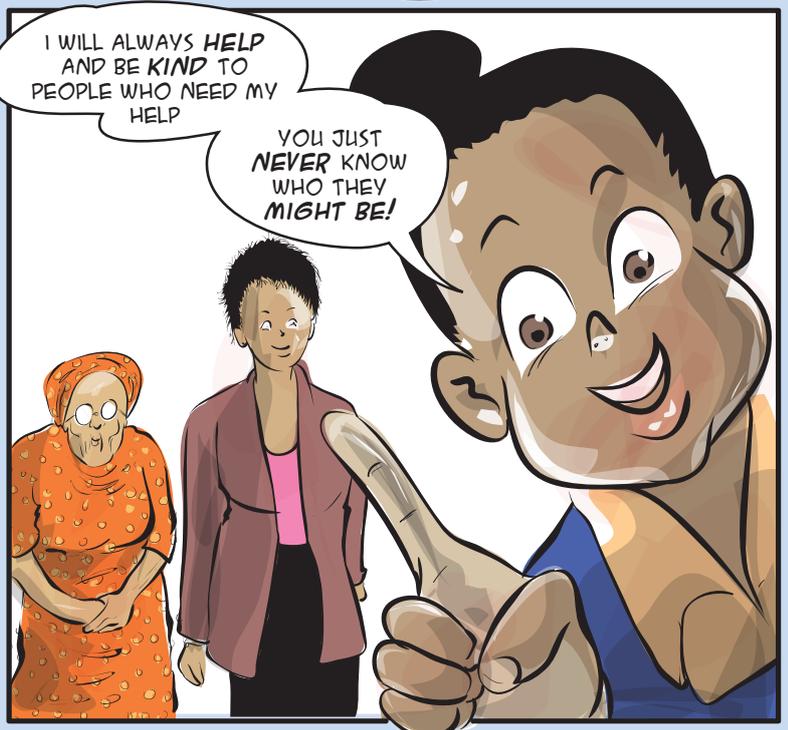
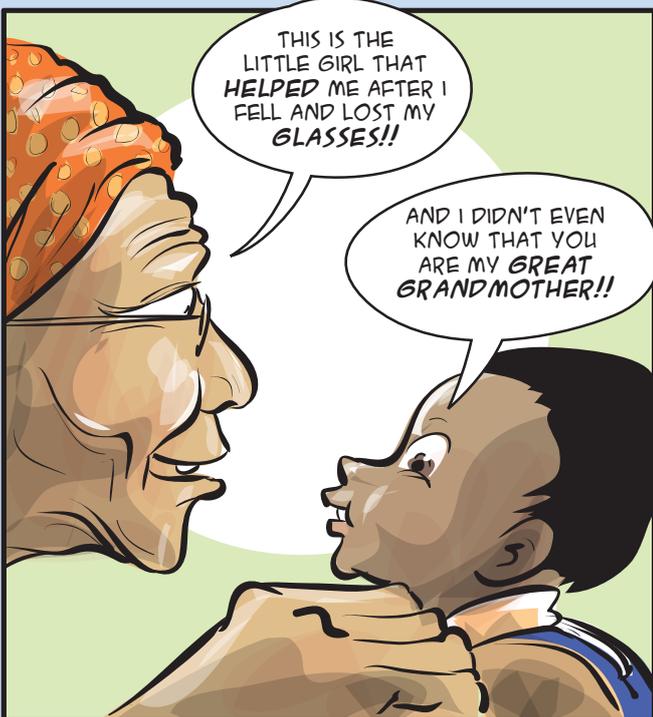
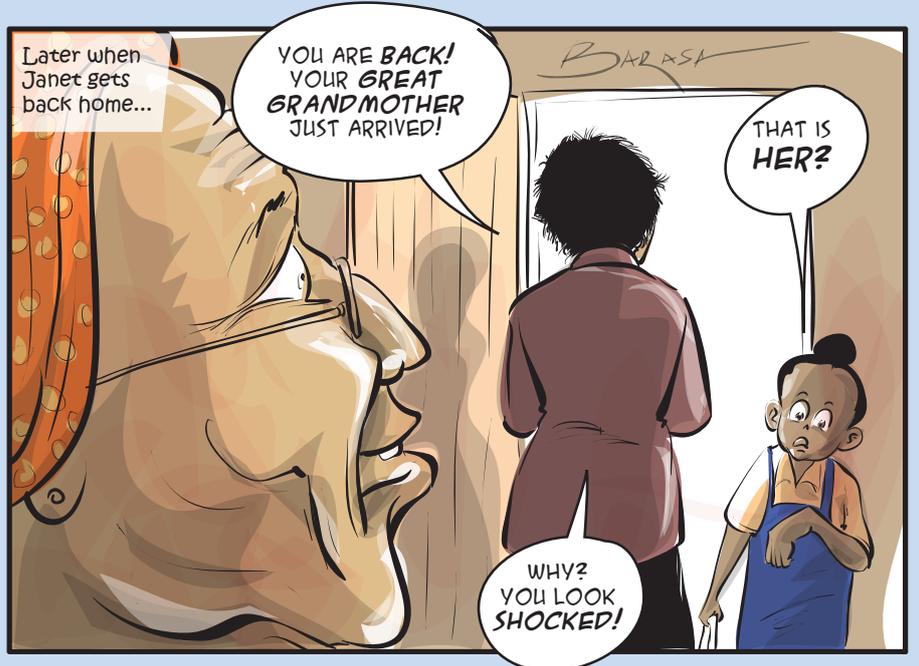
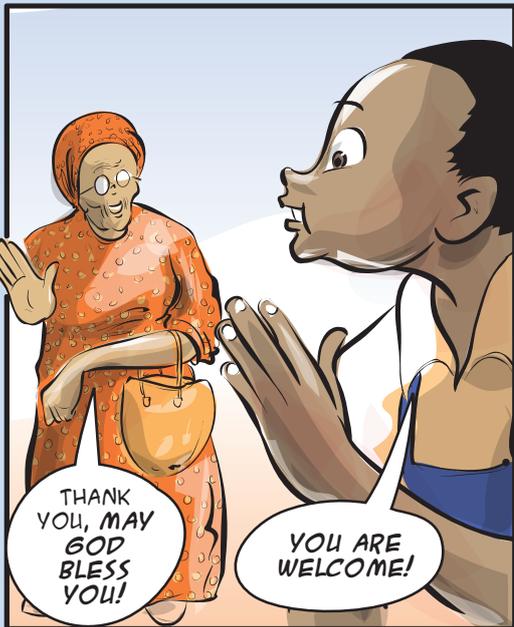
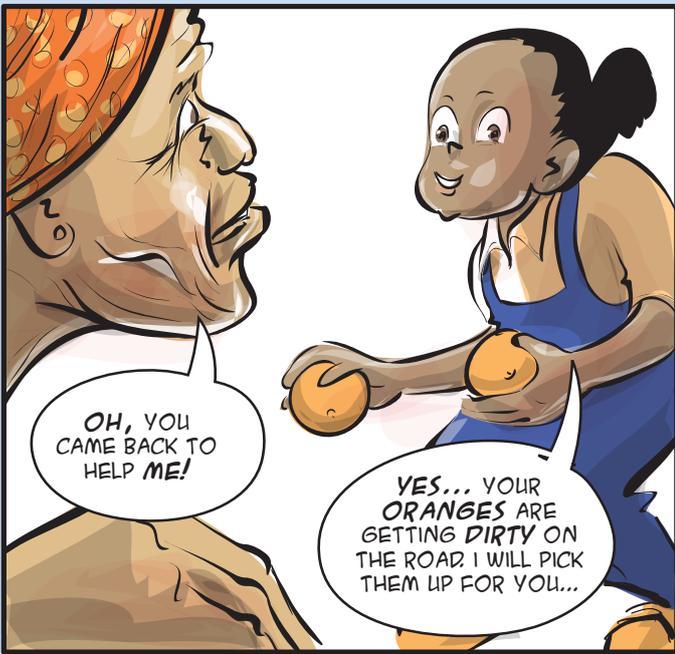
At the award ceremony every winner was asked to give a short speech about what had inspired them to participate in the race. Chep gave a short version of the story of her life and even thanked her brother for the blessing in disguise. She was awarded millions of shillings and a gold medal for becoming number one.

This goes to show that even though bad situations may come our way, we must always try to look on the positive side of things. After all, bad things happen to teach us valuable lessons in life, and the good news is that they vanish just as fast as they appear.



JANET





“What’s all the hullabaloo about trees anyhow?”

What is a water catchment area?

Don't let the word puzzle you. A rainwater catchment area (also called a water tower) is simply an area that catches rainwater and drains it to a water body such as a river, lake, reservoir, estuary, wetland, sea or ocean. It is like a funnel, trapping the water and allowing it to trickle down into the area surrounding the forests. In Kenya, forest such as The Mau Complex, Mt. Elgon, Cherangani Hills, Aberdare and Mt Kenya are important catchment areas. They cover over one million hectares and catch water for all the main rivers of Kenya except Tsavo River. The rivers provide water for electricity, irrigation, domestic use and industries.

“The best time to plant a tree was twenty years ago. The second best time is now.”

- Anonymous -

Why Plant Trees

- They filter pollution from the air
- They help recycle water
- They prevent soil loss
- They create shade
- They give shelter from wind and rain
- They provide homes for animals
- They make food for humans and wildlife
- They reduce global climate change



How to plant tree seedlings

Dig a hole wide and deep enough to cover the roots. Hold the seedlings carefully at the base of the stem. Lay the roots straight down the hole. Take care not to bend the roots.

Keep stones and branches out of the hole. They create air pockets that dry out roots.

Cover the roots with soil, making sure none of them are left exposed. Do not bury live branches or leaves.

Pat the soil firmly with your toe to remove air pockets.

Surround the seedling with mulch to help retain moisture and reduce weeds. You can use dried grass or leaves, bark, old sawdust or manure. Be careful not to put too much. The small seedlings are delicate.



Did you know...

Trees get about 90% of their nutrition from the atmosphere (carbon dioxide, etc), and only about 10% from the soil.

A single tree produces up to 260 pounds of oxygen a year. That is more than enough to supply oxygen to a family of four people. Make that a few thousand trees, and you've got an oxygen supply for a whole town!

A tree can absorb as much carbon in a year as a car produces, driven over 8,500 miles. Line the highways with trees!

Trees help cool down the atmosphere.

Trees provide shelter and food for wildlife such as birds and insects. Forests provide food and cover for larger mammals such as monkeys.

Trees make people feel good. Trees in the landscape relax us, lower heart rates, and reduce stress.

The Mau Complex is the largest remaining forest bloc in Eastern Africa

BOOKS

BOOK REVIEW

THE HEROES, US

Laureen is a cheerful 11-year-old-girl who lives and goes to school in Busia. Although she is living with HIV, she enjoys doing all the things that young girls do – playing, helping her grandmother, drawing and doing very well in class. When her mother died five years ago, she was very sad, and now, when she thinks about it, she sometimes becomes overcome by sadness. To deal with the feelings, she “lies under a tree and waits for the wind to take away the feelings.” Laureen lives with her grandmother, Prisca.

Sebastian is a brilliant 12-year-old boy, also from Busia. Like Laureen, he too is orphaned and is HIV positive. He is also among the top children in his class. He lives with his grandmother, Pamela, who is very supportive, making sure he takes his drugs and stays healthy. When he is sad, Sebastian goes to



his creative spot where he hides and draws pictures that help him overcome his feelings.

Both “Little Flower” Laureen and “Future Icon” Sebastian are on ARV drugs and are living healthy and happy lives even though they are HIV positive. Their stories are told in the comic book *The Heroes, Us*, together with the stories of four other HIV positive Kenyans Hawa, Boniface, Evelyne and John.

The stories are encouraging and admirable. They teach us that all people, children or adult, female or male, can live positive and fulfilling lives even though they are HIV positive; that they can be the best at what they do; and that they can be happy and fulfill their dreams.

Published by Médecins Sans Frontières

Artists: Frank Odoi (FRAN), James Kamawira (KHAM), Paul Kelemba (MADDO), Godfrey Mwapembwa (GADO)

RIDDLE TIME

Mary’s father has 4 children; three are named Nana, Nene, and Nini. So what is the 4th child’s name?

A woman had two sons who were born on the same hour of the same day of the same year. But they were not twins. How could this be so?

Answers on page 44



JOKES

Teacher: What is your date of birth?

Student: October 28.

Teacher: What year?

Student: Every year.

MT. RWENZORI

AN EXPERIENCE OF A LIFE TIME

Mountain Rwenzori is located on the border between Uganda and the Democratic Republic of Congo. It is one of three mountains in Africa that have snow on their top. The other two are Mt. Kenya and Mt. Kilimanjaro. My name is Sandra and my experience of climbing Mountain Rwenzori is one I will never forget.

The first time I was told that I was going to climb the great mountain, I was both terrified and excited at the same time. My friend Olivia wanted to climb Mt. Rwenzori and she asked if I wanted to go along. Olivia and I have been best friends since we were little girls, and we had always done things together. It was going to be a seven days and six night's journey with two extra days to allow the drive to and from Kampala.

Day one started early because we needed to get to Kasese before nightfall. We stopped in Mbarara for lunch and I was amazed at the beauty of the green hills. Then we got to Queen Elizabeth National Park and checked into our hotel. I had to share a room with Olivia and we chatted late into the quiet night. The only sound that could be heard other than

our chatter was they cry of a hyena in the distance, a couple of frogs croaking and the chirping of crickets.

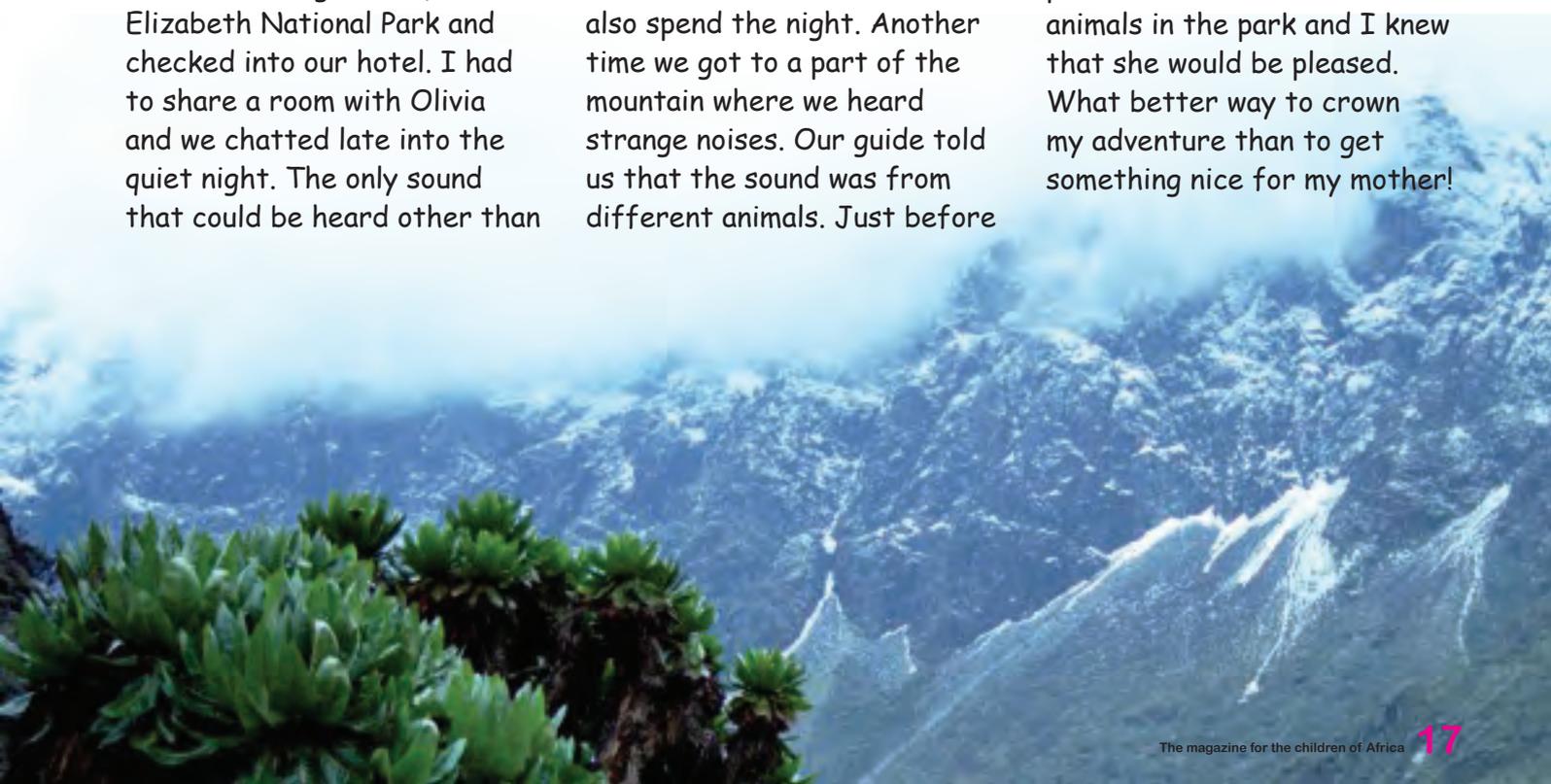
Climbing the mountain was not as hard as I had thought. The climb was designed so that there were different levels of difficulty for people with different ability. The climb that Olivia had chosen for us was the famous central circuit.

Olivia and I were so excited as each day we climbed a little further along the circuit and each day discovered a little more of the mountain. One day we got to a fresh water lake and the next we walked right beside a small stream. We always got to a small hut for dinner, where we could also spend the night. Another time we got to a part of the mountain where we heard strange noises. Our guide told us that the sound was from different animals. Just before

we could get really scared, he assured us that the animals were far away.

As we started descending down the circuit on the other side, we saw beautiful vegetation, which we were told grew only on high altitude tropical mountains. Getting back to our hotel marked the end of the climb.

The drive back to Kampala was as exciting as the drive to Kasese had been. Olivia and I chatted about our experience. Even though we had just climbed a small peak, we had essentially climbed Mt. Rwenzori. I bought a souvenir for my mother when we stopped for lunch along the way. I got a large batik cloth painted with the different animals in the park and I knew that she would be pleased. What better way to crown my adventure than to get something nice for my mother!



UMOJA NI NGUVU, UTENGANO NI UNYONGE

**HADITHI!
HADITHI!**

**Mtunzi: Njue Kamunde
Wa Kikundi Cha Shika
Hadithi.**

Ilikuwa wakati wa likizo, ambapo wanafunzi wote, kote nchini, walikuwa mapumzikoni. Kama ilivyokuwa desturi ya familia yetu wakati wa likizo ndugu zangu pamoja nami tulisafiri mashambani ili tufahamiane na jamaa zetu walimoishi humo. Baba yetu alikuwa na mazoea ya kutukumbusha hayo na msemu; "Mwacha mila ni mtumwa".

Jioni ya siku tuliosafiri watoto wote walikusanyika chumbani mwa Nyanya. Mchana kutwa watoto wote walikuwa na furaha tele. Zaidi, tulidumisha nidhamu na bidii ya nzige shambani katika kazi tulizopewa. Kazi kubwa ilikuwa upanzi wa mbegu za vyakula mbalimbali kwani msimu wa mvua ulikuwa umekaribia.

Nyanya—ambaye tulipendelea sana kumuita *cucu*, alikuwa ametuonya hapo mapema akisema, "wajuku wangu, leo

na siku nitakapokuwa nanyi hapa nawasihi muwe watoto waadilifu na wenye bidii ili jioni inapofika niwatambie hadithi na hekaya tamu tamu za kale..."

Jambo hili hakika tuliliweka maanani sana likizo nzima.

Kama, ilivyokuwa desturi, moto katikati ya mawe matatu, uliwashwa, huku maji ya kusafisha vyombo yakiendelea



kuchemka. Ghafila bin huu, cucu akatabasamu na furaha kumtanda usoni. Kisha akaanza...

Hadithi Hadithi ...
Nasi tukamjibu; "Hadithi njoo!"

Hapo zamani za kale palikuwa baba na watoto wake watano – wa kiume watatu na wa kike wawili. Baba huyu, aliyelewa kuwa mchagua nazi huangukia koroma, aliwapenda sana hawa watoto wake. Hapakuwa na aliyempenda zaidi ya mwingine.

Lakini kwa nyumba hiyo, kulikuwa na tashwishi moja - watoto wenyewe hawakupendana hata kidogo. Walizozanazozana mara kwa mara juu ya mambo ya kidogomadogo yasiyo na maana.

Siku moja, mwanawe wa pili, kwa jina Kabogogi linalomaanisha mtu mwenye mazoea ya kurandaranda aliruka juu, teke hewani huku akilielekeza nduguye mkubwa eti kudhihirisha kwamba alikuwa na ujuzi wa Tae-Kwondo. Lile teke lilimpata nduguye usoni. Nduguye naye hakisita kumdunga konde nzito kwelikweli.

Kabogogi, naye alimwelekea

nduguye mfano wa kondoo ndume, kichwa mbele tayari kumshambulia. Hii sasa ikawa sinema ya bure kwa wenzao walipiga foleni kushangilia.

Kisha *cucu*

akachokorachokora jivu alipokuwa akioka viazi vitamu na kuendelea na masimulizi yake...

Huku wawili waliokuwa wakizozana watiririkwa na jasho jingi kama mafuriko mtoni Tana, watoto wenzao walishangilia kwa vifijo na nderemo ungethani Harambee Stars wameifunga bao Super Eagles ya Nigeria.

alimwamuru Muthoni kitinda mimba wake huku akimsihi, "hebu nenda mle uwanjani ukate vijiti kumi ambavyo haviwezi kuvunjika urahisi uniletee hapa chumbani. Nao watoto wakaingiwa na kiwewena na kutafakari ya mguu niponye.

Muthoni alipoenda, Kabogogi alibaki kumuukiza babaye, "baba sisi ni wakubwa, kasha wataka kutuchapa vijiti?!" Baba hakujibu bali alimlenga Kabogogi kwa jicho.

Baadaye, baba alimtaka Mweandi, aende sebuleni achukue kamba na afunge pamoja vijiti vingine tano vilivyobaki.

Baada ya Mweandi kufanya alivyoagizwa, baba alimpasha kwanza Muthoni vijiti vile vikiwa vimefungua kwa pamoja na akitabasamu, alimuuliza azivunje kama kile kijiti cha kwanza.

Muthoni, alijitahidi alivyoweza lakini hakufua dafu. Basi akamrudishia baba vile vijiti.

Baba alirudia zoezi hili kwa kila mmoja. Hakuna aliyefanikiwa kuvivunja vijiti vile vilivyokuwa pamoja na ndipo baba akatoa maamuzi yake kwa wanawe.

"Watoto wangu, hili na liwe funzo kwenyu na kwa wengine. Umoja ni nguvu, ilhali utengano ni udhaifu. Nawasihi mdumishe mapenzi kati yenu, mshirikiane kila mara na kila mtakalonuia kutekeleza litafaulu. Mkiwa na umoja kama vijiti vilivyokuwa vimefungwa pamoja, hakuna yeyote atakaye weza kuingia kati yenu na kuwatenganisha. Walakini, mkitawanyika na kuishi kwa mzozano, mtazama ya dunia na kuangukia patupu".

Kuanzia hapo, wale watoto wote watano walibadilisha mwendo, wakawa watiifu na waadilifu. Kwa sasa kila mmoja wao ni mtu mzima anayeheshimiwa katika jamii.



Muda si muda Muthoni naye akarudi.

"Umerudi?" Baba akauliza kasha kumwamuru mwanaye asimame pamoja na nduguze.

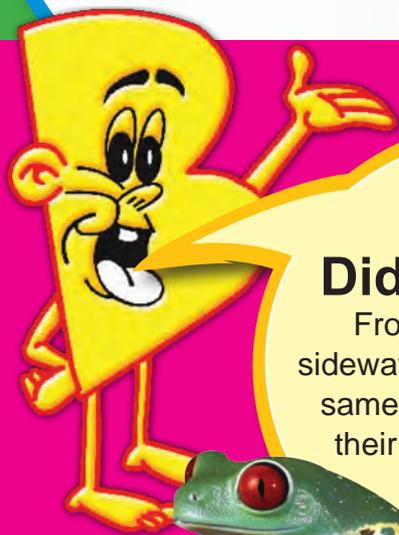
Ndipo baba alimuita Mweandi, kifunguwa mimba wake na kumwambia, "Mweandi chukuwa kijiti hiki kisha ujaribu kukivunja".

Mweandi alikivunja kile kijiti mara moja kasha akakirudishia baba huku akijawa na hofu nyingi. Kisha zamu ikawa ya Kabogogi. Baba aliwataka watoto wote kurudia zoezi lile hadi akamalizia na Muthoni.



Ushauri wa baba dhidi ya vita vya ndugu kwa ndugu kati ya watoto wake uliangulia patupu. Jambo hili lilimkera sana Baba, afya yake ikawa inadhoofika kila uchao. Mama ambaye angemusaidia mmewe kulitibu hili donda ndugu alizidiwa na mawazo hadi afya yake pia ikampelekea kuipungua dunia mkono wa buriani. Alipoona kuwa asipojihathari mapema atakata roho pia, baba alikata shauri kuitisha mukutano wa kifamilia kwa kidharura.

Katika ule mkutano, baba

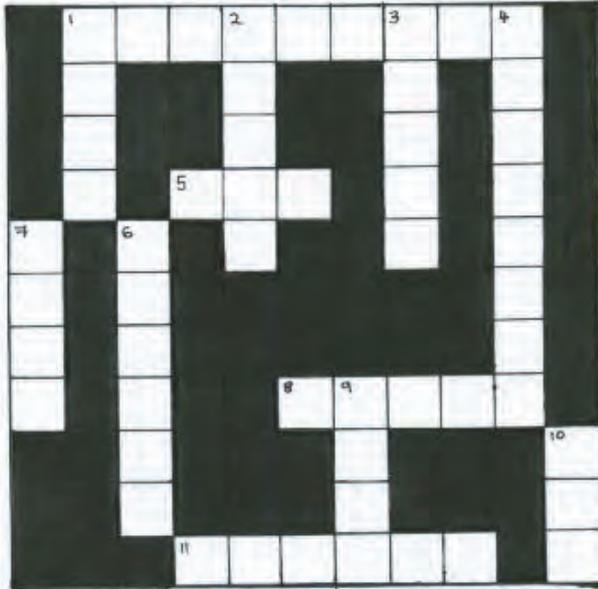


Did You Know...

Frogs can see forwards, sideways and upwards all at the same time. They never close their eyes, even when they sleep.



CHEMSHA BONGO



Shairi Ya Mtoto Kwa Mama Yake

Mkono wangu mdogo we,
hauwezi fanya kazi
lakini pumzika mama we
Nitakuwa mkubwa
na wewe upumzike!
niweze kufanya kazi
mama we

Nitakufulia nguo
mama we
nawe upumzike!
Nita kupikia githeri
mama we
Na wewe upumuzike!
Nita kuoshea soksi
za baba we
ziache kutoa harufu mbaya
mama we

Ili nawe upumuzike!

Methali

Upande

- 1.1. Asiye funzwa na mama, hufunzwa na _____
5. Mfuata nyuki _____ asali
8. Akufaaye kwa _____ ndiye rafiki
11. Haba na haba hujaza _____

Chini

1. Mgagaa na _____ hali wali mkavu
2. Fimbo ya _____ haiui nyoka
3. Simba mwenda pole ndiye mla _____
4. Mbio za sakafuni huishia _____
6. Haraka haraka haina _____
7. Akufukuzaye hakwambii _____
9. Mvumilivu _____ mbivu
10. Aliye _____ mngoje chini

MAJIBU..... PAGE 43

Cutting Trees

HURTS!

At first it seemed
like a good idea...

Then...

Less rain, more heat and no
shade to shelter in
Soil erosion
No trees, no oxygen.
No oxygen, no people!



And So...
They decided to re-plant the trees





Then...
Cleaner air
Shade and cool temperature
Fertile soil, more food, happier people



SHIKA HADITHI NA HADITHI YA KWELI

Mwandishi Njue Kamunde

MTOTO MTUNDU

Husemwa na Waswahili kuwa, “Asiye sikia la mkuu, huvunjika guu”.

Kwetu mtaani, paliishi kijana mmoja mtoro kupindukia kwa jina Gwangi

Mara kwa mara tulisikia mamaye akimuita kwa sauti ya juu; Gwangi!, Gwangi!

Mamaye, alilalamika siku nenda siku rudi kuwa mwanaye alikuwa mtoro na asiyezingatia ushauri wake.

“Gwangi! Njoo hapa nikutume!”, mama aliamuru kwa sauti kubwa siku moja.

“Aha mama, mimi nataka kwenda kucheza na wenzangu! Si wewe pia waweza kwenda dukani unakonituma?” Gwangi alijibu kwa ujeuri.

Kisha akakimbia na kwenda kuungana na wenzake uwanjani walimokuwa wameandaa michezo.

Mchuano huu kati ya Gwangi na mamaye ulikuwa wa kila siku.

Gwangi kusaidia mama yake ilikuwa nadra. Kijana hakuwa na wakati wala sikio kwa lolote aliloshauriwa na wazazi. Maisha ya Gwangi yalikuwa ni michezo isiyo na kikomo. Vilevile, Gwangi alikuwa mkorofi, kila mara akipigana na kutaniana na wenziwe. Alionekana nyumbani machweleo au giza ilipoingia au njaa ilipomzidi. Katika mtaa

wa Jericho, Gwangi alijulikana na kila mtu ila kwa maovu tu aliyotenda wala si kwa uzuri wake.

Siku moja, Gwangi alienda kucheza na wenzake barabarani. Yeye na wenzake walikuwa wameunda gari la mbao lenye magurudumu ya chuma. Gari lenyewe waliliita ‘B’ eta’. Ili kuliendesha, gari hili lilisukumwa na watoto wengine



dereva akiwa ameketi ndani hadi liliposhika mwendo na kuvingirika lenyewe.

Nafasi ya Gwangi ya kuliendesha gari lile ilipofika alitoa shati lake na kukalia gari huku awaamuru wenzake kwa madaha; “ala nyinyi mafala nini? Kweli mama zenu hawapikii sembe ya kutosha?! Sukumeni kwa ngvu wasee!”

Kusikia hivi wenziwe walimsukuma kwa mbio na nguvu zao zote na kumuwachilia gari liliwa katika mwendo wa kasi sana.

Ndiye huyo Gwangi... Alifyatuka mithili mshale na punde si punde Matatu ililobebea abiria pomoni ikatokea kwa ghafla. Masikini Gwangi alijipata mvunguni mwa lile gari kubwa...

Wooi! Wooi! Wooi! Akina mama wachuuzi wa mboga walio kuwa eneo lile walipiga nduru kwa hofu na mshangao mkubwa. Naye, dereva wa

basi alisimamisha basi lake kwa ghafla huku kiwewe kikimjaa usoni.

Alimuona Gwangi hali mahututi damu yamutoka kichwani heri mfereji wa maji uliofunguliwa kwa fujo.

Haraka, haraka Gwangi alikimbizwa hospitalini ya pale mtaani kwa matibabu ya dharura. Ilipodhihirika Gwangi alikuwa na majeraha mabaya sana, alikimbizwa Hospitali Kuu ya Kenyatta kwa matibabu ya kina.

Kupona kwa Gwangi baada ya miezi mingi

kulikuwa muujiza mkubwa. Mamake hakutoka alipolazwa mwanaye hospitalini siku zote alomokuwemo pale.

Tangu wakati huo, upande mmoja wa kichwa cha Gwangi haumei nywele kamwe. Aidha, atembeapo huwa mguu wake mmoja wajivuruta, kumbusho kwamba uoro wake ulimletea hasara iliyomfika.

Asiyethamini la mkuu kweli ni mjinga!

Tafuta Maneno

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Mboga na matunda

Tafuta maneno yaliyofichwa ndani ya hili fumbo



Kitunguu



Uyoga



Nyanya



Tofaa



Karoti



Chungwa



Hindi



Zabibu



Boga



Kabichi

Linda



WEIRD DRESS



WOW! THAT IS SO BEAUTIFUL!

LINDA PASSES BY A CHINESE CLOTHE STORE IN UMOJA AND SEES A DRESS SHE LIKES VERY MUCH, SO SHE GOES IN . . .



THAT DRESS IS SO BEAUTIFUL! HOW MUCH DOES IT COST?

OH! THAT BLUE DRESS? I WILL GIVE IT TO YOU FOR FREE IF YOU WANT IT



FOR FREE? WHY?

BECAUSE NOBODY WANTS IT. EVERYONE WHO BOUGHT IT RETURNED IT SAYING THEY FELT FUNNY IN IT



CAN I TRY IT ON?

YES PLEASE. THE CHANGING ROOM IS THAT WAY



MOMENTS LATER . . .

HOW DO I LOOK?

AMAZING . . . FABULOUS . . . FANTASTIC . . . SAY, DO YOU FEEL FUNNY?



NO, I FEEL PERFECT

I . . . I CAN . . . SEE THAT. YOU ARE LIFTING A VERY HEAVY ARM CHAIR WITH ONE HAND!



I AM?



WHAT!

CRASH!!

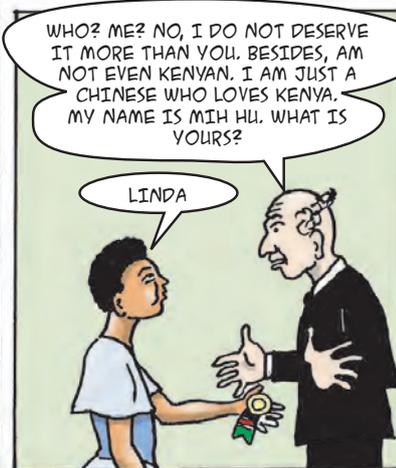
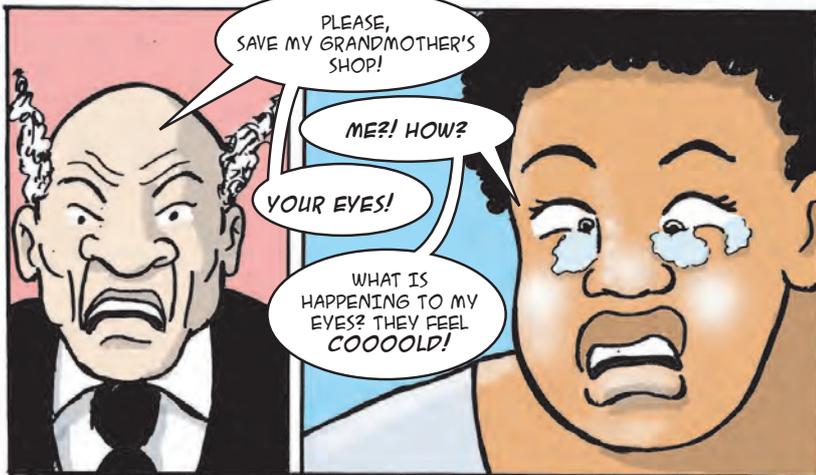
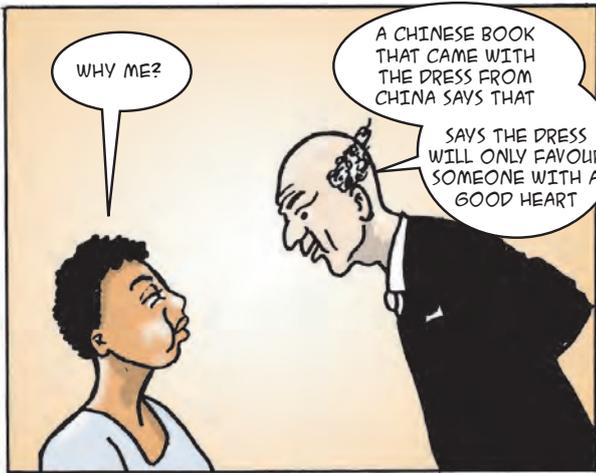
HEY! YOU BROKE MY GRANDMOTHER'S ANTIQUE CHAIR!



WHAT HAS THIS DRESS DONE TO ME?

IT HAS GIVEN YOU SUPER POWERS. SOME PEOPLE WHO WORE IT SAID IT MADE THEM FEEL LIKE A FISH IN SOUP

SOME SAID IT MADE THEM FEEL LIKE SOUP IN A FISH, BUT FOR YOU, IT GIVES YOU SUPER POWERS!



THE SAVING HABIT



Why Save?

You have probably heard your parents talk about the need to save more times than you can remember. "Money does not grow on trees," they may have said. Yet there are always more ways to spend money than there is money to spend. Well, since you do not have a job and you might not have a bank account, let alone a money tree, how can you get involved in the world of saving?

Saving is a habit, and like all habits, you get better at it the more you practice it. Fortunately, you can practice the habit with little or no money at all, so that when you do have money to save, you will be an expert in the art of saving.

How to Save?

You save by not wasting the money or things that you have, so that you have some for tomorrow. Spend some of your money and put some away for another day. You can save by making use of what you have before you buy more. If you have an almost empty tube of toothpaste, see if you can squeeze out all that's left before you throw it away and start another tube.



The Saving Habit

Saving is a habit that you cultivate. Like a garden, if you feed your saving habit, it will grow with you. You don't have to be rich to cultivate the saving habit. Try putting away a little of whatever you have each week and see the difference. Before you buy something, ask yourself: do I need it or do I just want it?

Your Turn

Which is the worst deal?

30% off

Three for the price of two **Answer page 42**

50% extra free

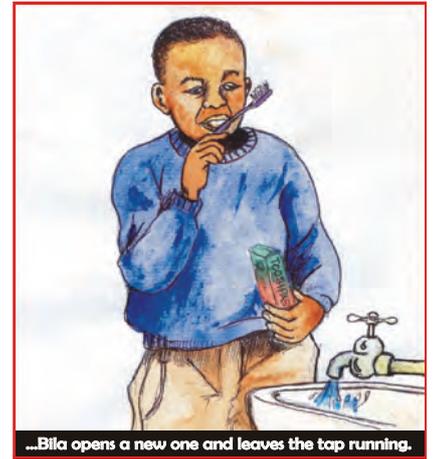
BINGWA says: Do your Homework.

Plan your shopping by making a list. Buy only the items on your list. Before you go shopping, be sure you are not hungry, otherwise you will find your feet straying to the snacks aisle, where you will spend money you could have used on the things on your list.



Benta & Bila

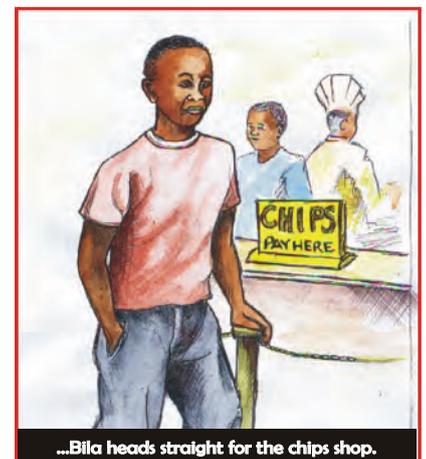
Childhood



Early Teens



Young Adults



Adults



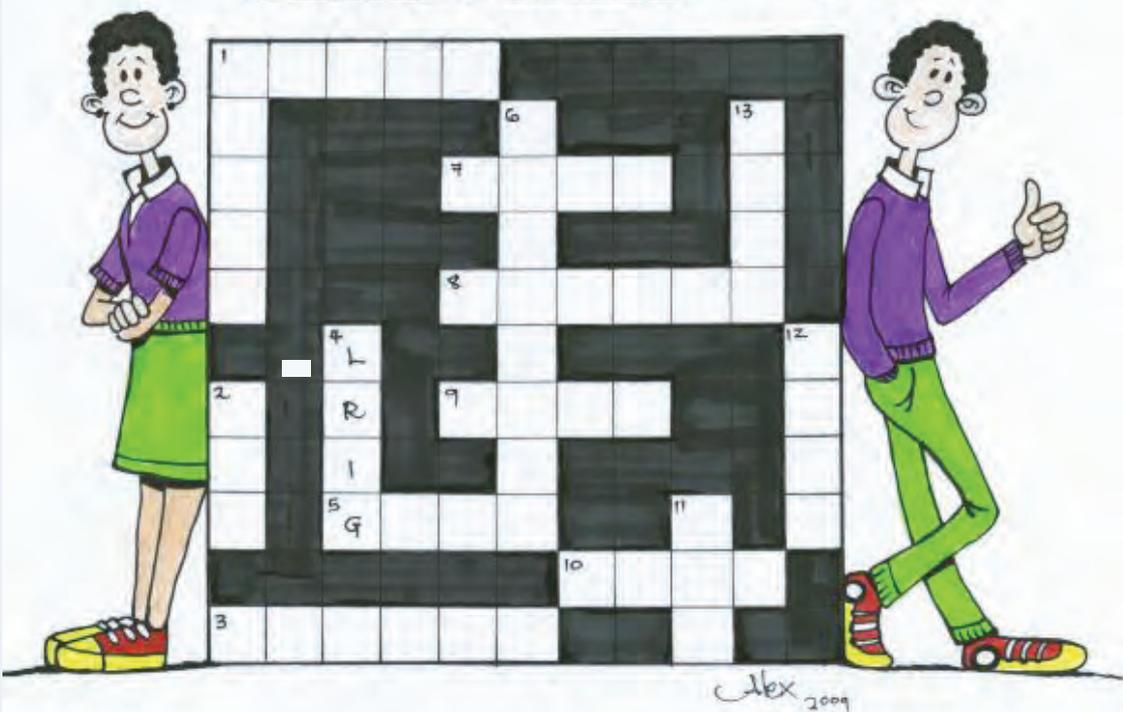
JOIN THE DOTS



CROSSWORD PUZZLE



CROSS WORD



Antonyms

Synonyms are words with similar meanings, while antonyms are words with opposite meanings. To solve the crossword, fill in the ANTONYMS for the words given.

Across

1. Big
3. Male
5. Take
7. Up
8. Solid
9. Narrow
10. Fast

Down

1. Unintelligent
2. High
6. Negative
11. Cold
12. Empty
13. Bad



The Capital City of which Nation?

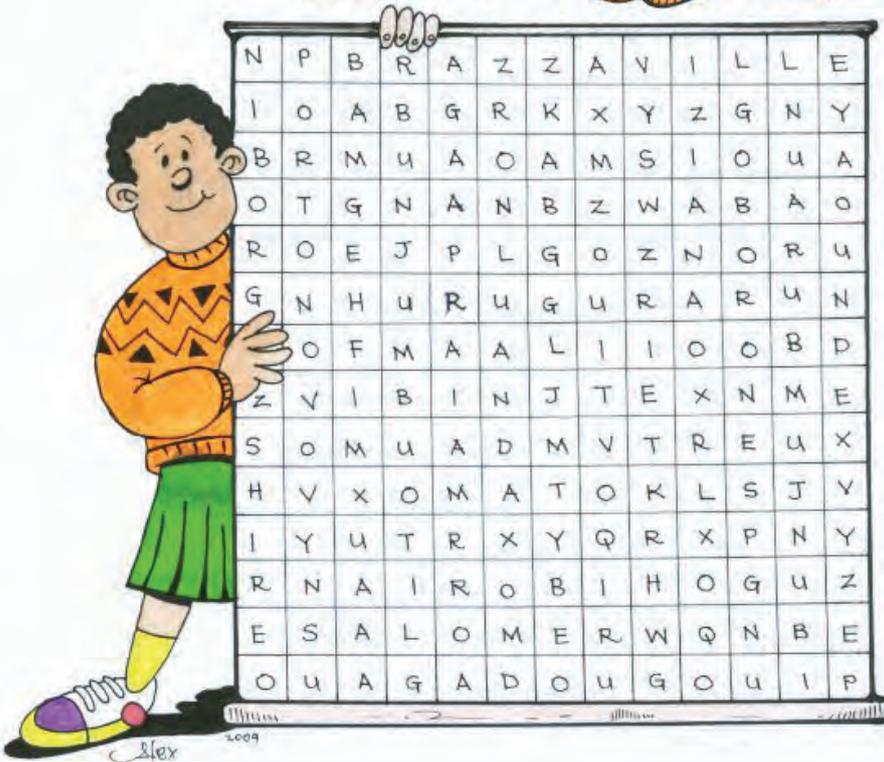
How well do you know the capital cities of Africa's countries? Match the capital cities to the right with their countries by drawing a line to join them, then find the capital cities in the puzzle below



- | | |
|-------------|----------------|
| Algiers | Comoros |
| Luanda | Botswana |
| Porto-Novo | Central Africa |
| Gaborone | Algeria |
| Ouagadougou | Cameroon |
| Bujumbura | Kenya |
| Yaounde | Benin |
| Praia | Cape Verde |
| Bangui | Congo |
| Moroni | Burkina Faso |
| Brazzaville | Angola |
| Nairobi | Burundi |

Answers on page 42

WORD SEARCH



BINGWA Readers Said...

"The best things to give:
A friend – love; Guardians – great hope; An enemy – patience; The young – a good example; Animals – kindness; Yourself – satisfaction and confidence."

Faith Emily Ang'iel
Maseno Girls Boarding School

"To make BINGWA Magazine more interesting I do suggest you involve pupils from different schools to talk about some emerging issues in their country and about their future career."

Floman Ondiek
Maseno Girls Boarding Primary School

Kwanini unajivunia kuwa mkenya winners

Ellin Kisongochi
Moi Primary School, Bungoma

Gift hamper winner

Dorcas Wangu
Mirera Primary, Nanyuki

BINGWA t-shirt winners

Silvia Kanana
Our Lady of Visitation School, Meru
Class six

Ellin Kisongochi
Moi Primary, Bungoma
Class seven

Liam Maina
P.C.E.A Academy, Kerugoya
Class four

Vincent Muhoro
Nanyuki

Ruth Nyokabi Muchuki
Consolata, Nairobi
Class 5 West

Josephine Opundo Atieno
Maseno Girls
Class six

Floman Anyango Ondiek
Maseno Girls
Class Seven

Caren Amondi Otieno
Maseno Girls

Faith Emily Ang'iel
Maseno Girls

Cassandra Okumu
Maseno Girls
Class 4

Naomi Kawira Kirimi
Meru Primary
Class 5

Bridget Bancy Wawira
Archbishop Gitari Boarding
School, Embu

Penpals

Bridget Bancy Wawira
Archbishop Gitari Boarding
School
P. O. Box 905 Embu
Class 7

Hobbies: Reading story books,
dancing and swimming
Future career: A pilot or doctor

WSP Handwashing Poster Competition

The competition is open to primary school students in Standard 5 to 8. Your entry must be mailed by March 31, 2010. Don't forget to put your name, school, class and age on the back of your poster

Design a poster and win loads of prizes

WSP Handwashing Poster Competition

Handwashing WITH SOAP is not just important, it's necessary. The CRITICAL MOMENTS for handwashing with soap are after using the toilet or cleaning a child's bottom and before handling food.

Design a poster on A4 size paper to remind people to wash their hands. The best poster will be published in the next issue of BINGWA and on BINGWA online.

Just think, BINGWA readers could be putting up your poster by their sinks in homes and schools all over the country!

Give your poster an appropriate title and feel free to draw pictures, use words, or combine the two. Make it colourfull and attractive. There's no right or wrong way to do it, as long as you get your message across in a creative way.

HAVE FUN...



The winning poster will be published in the next issue of BINGWA and on the BINGWA website in addition to other exciting prizes for you and your class from WSP and BINGWA.

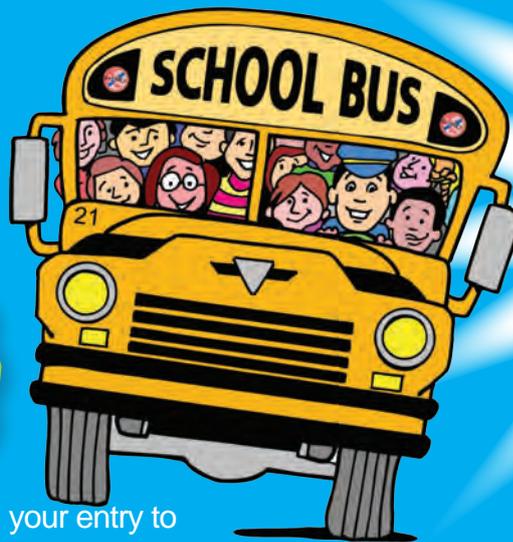


2nd Prize

Book Vouchers worth Sh.20,000 for your class
An exciting BINGWA gift-pack for you

3rd Prize

Book Vouchers worth Sh.10,000 for your class
An exciting BINGWA gift-pack for you



1st Prize

Class trip to a soap-making factory
Computer for your class
An exciting BINGWA gift-pack for you

Mail your entry to
The Editor
BINGWA Magazine, WSP Handwashing Competition
P. O. Box 823-00606 Nairobi, Kenya

Sponsored by:



Recycle your Soap Scraps

Don't waste those little bits of soap that get left over from bathing and washing! If you have some small pieces of used bar soap that are too small to use, there is a whole new way of recycling them into a usable bar of soap. Just follow these simple instructions and have fun!

1 Collect all of your little pieces of soap. These are usually the ones that have become small, balled up, dirty, or disfigured from too much use. (Don't get me wrong, handwashing can never be too much of a good thing.)

Gather all of the scraps of soap and put them on a paper plate or an ordinary plastic plate. With a blunt kitchen knife, cut all of the soap into

tiny pieces - the smaller the better.

2 After chopping up all those little soap pieces, mix them up and place in a strong plastic container such as a cup. Push the soap pieces to the bottom of the cup, then add water so it comes to the same level as the top of the soap.

3 Subject the cup o' soap to some heat by placing it in a pot of boiling water for some time, covering the top with something to hold back any soap boiling off the cup (like a napkin).

Heat for about 10 minutes.

Do not let it boil to the point of overflowing – carefully remove the cup from the heat if you notice this.

After you've heated the soap until the water rises in the cup, remove it and set it aside. You can use this time to find something that has the same diameter as the middle of the cup, such as a bottle, and a polythene bag. Allow the mixture to cool sufficiently. Put the object in the bag, and push it into the soap to make it more dense.

4 Do not drain the water from the cup. Place the cup somewhere where no one will interfere with it for about a week. The water in the cup should evaporate, leaving you with a new bar of soap that comes out of the cup easily.

Sopo Says

It's not enough to wash your hands with water alone!

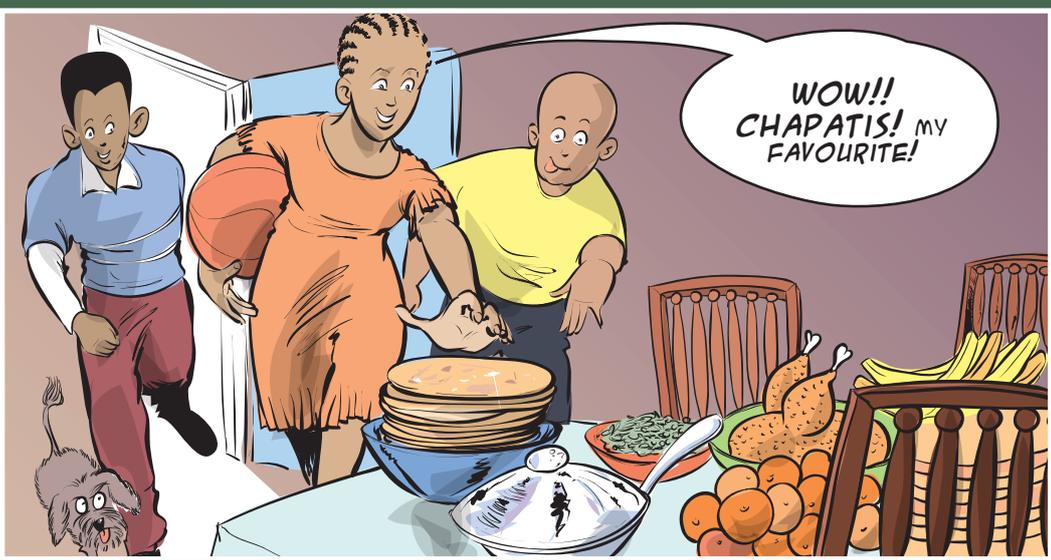
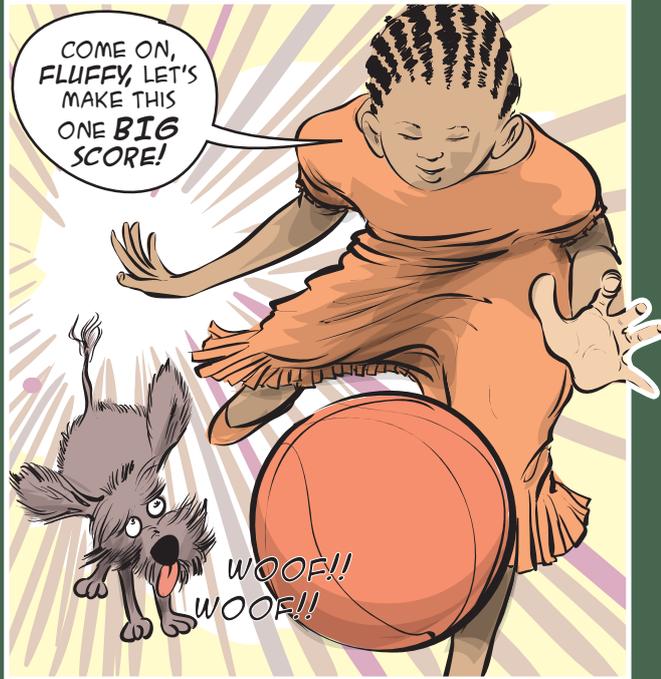
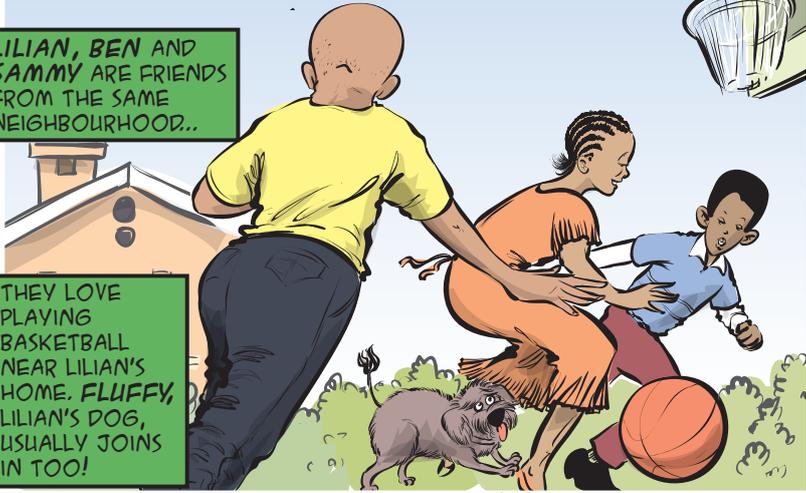
See what happens to Lillian on the following page when she ignores both soap and water...

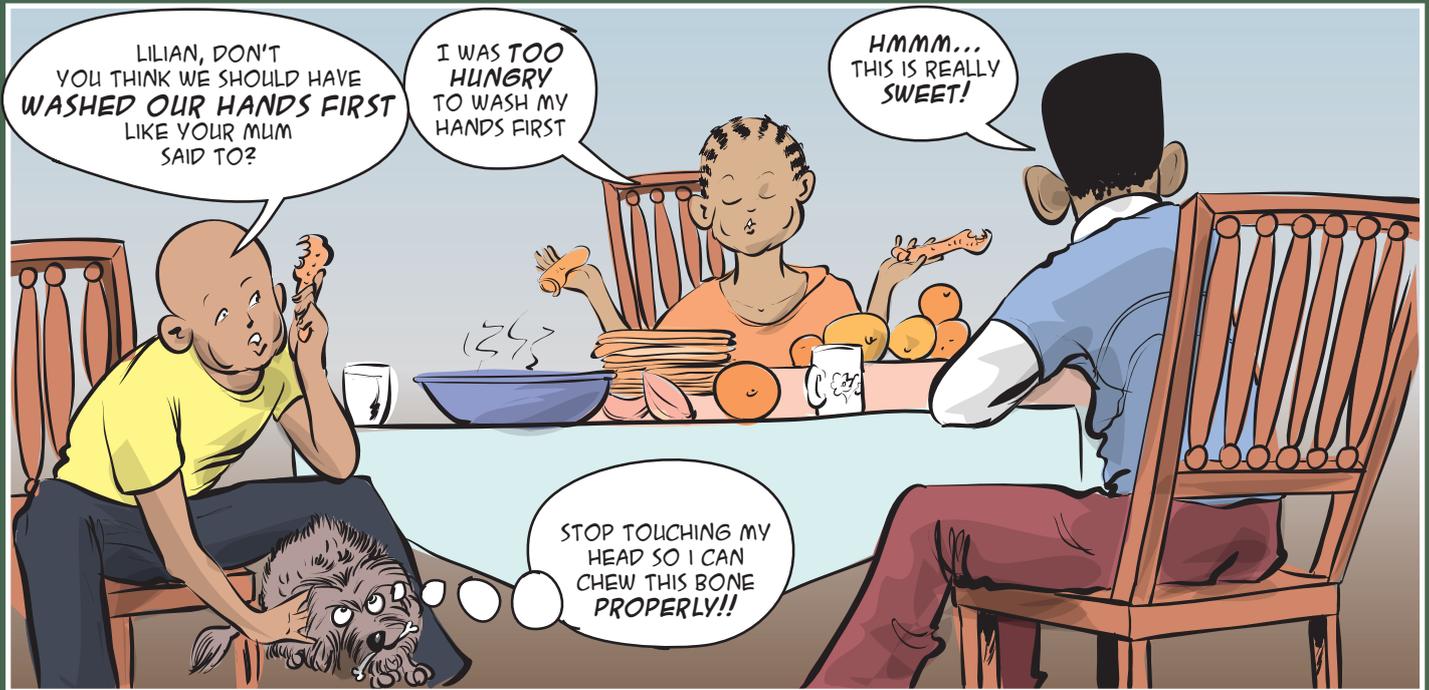


Grubby Hands

LILIAN, BEN AND SAMMY ARE FRIENDS FROM THE SAME NEIGHBOURHOOD...

THEY LOVE PLAYING BASKETBALL NEAR LILIAN'S HOME. FLUFFY, LILIAN'S DOG, USUALLY JOINS IN TOO!





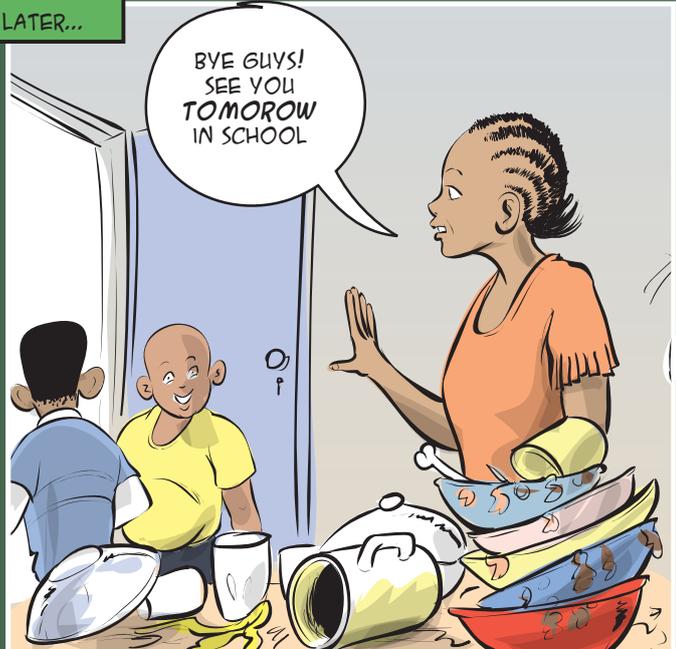
LILIAN, DON'T YOU THINK WE SHOULD HAVE WASHED OUR HANDS FIRST LIKE YOUR MUM SAID TO?

I WAS TOO HUNGRY TO WASH MY HANDS FIRST

HMMM... THIS IS REALLY SWEET!

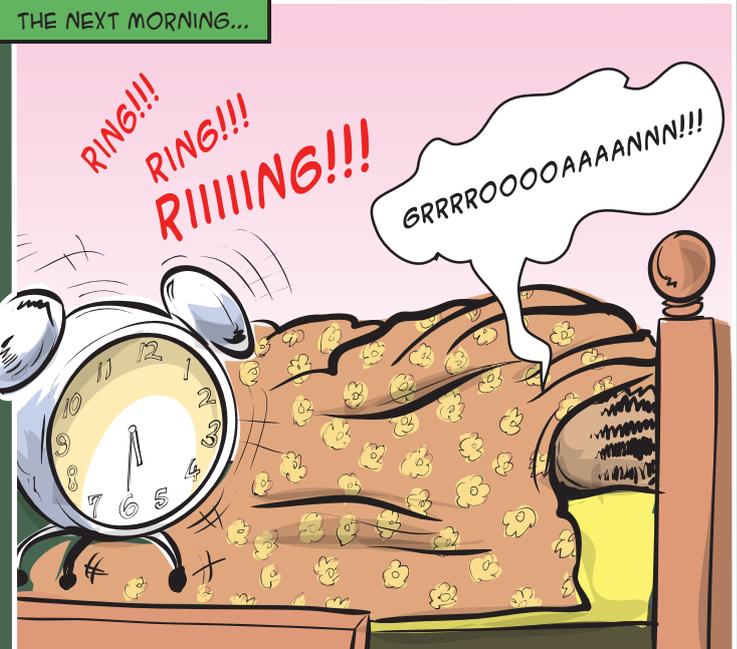
STOP TOUCHING MY HEAD SO I CAN CHEW THIS BONE PROPERLY!!

LATER...



BYE GUYS! SEE YOU TOMORROW IN SCHOOL

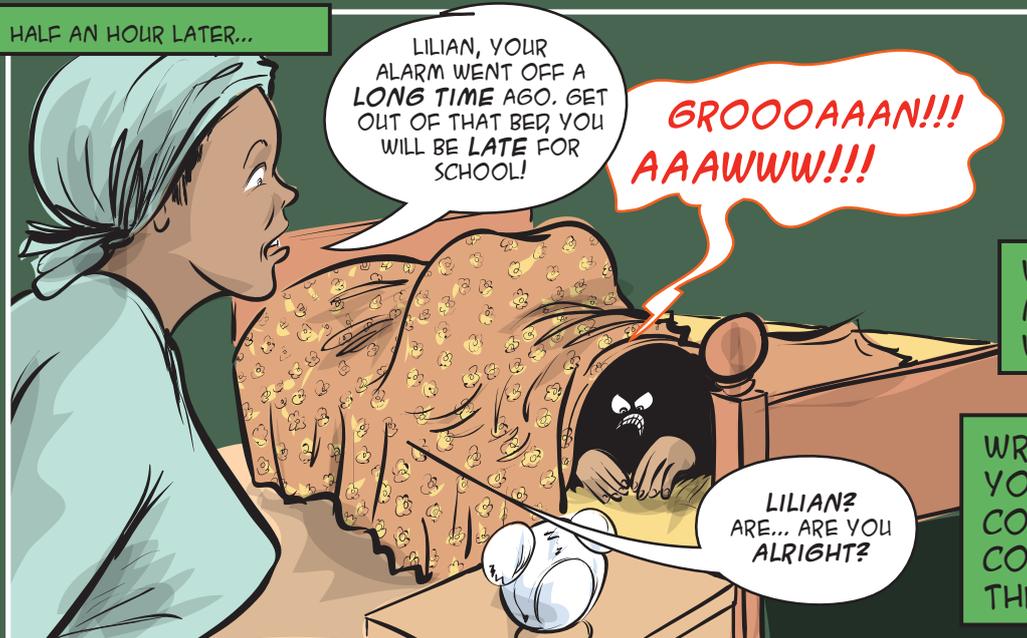
THE NEXT MORNING...



RING!!! RING!!! RIIING!!!

GRRRROOOOAAAANN!!!

HALF AN HOUR LATER...



LILIAN, YOUR ALARM WENT OFF A LONG TIME AGO. GET OUT OF THAT BED, YOU WILL BE LATE FOR SCHOOL!

GROOOAAAN!!! AAWWW!!!

LILIAN? ARE... ARE YOU ALRIGHT?

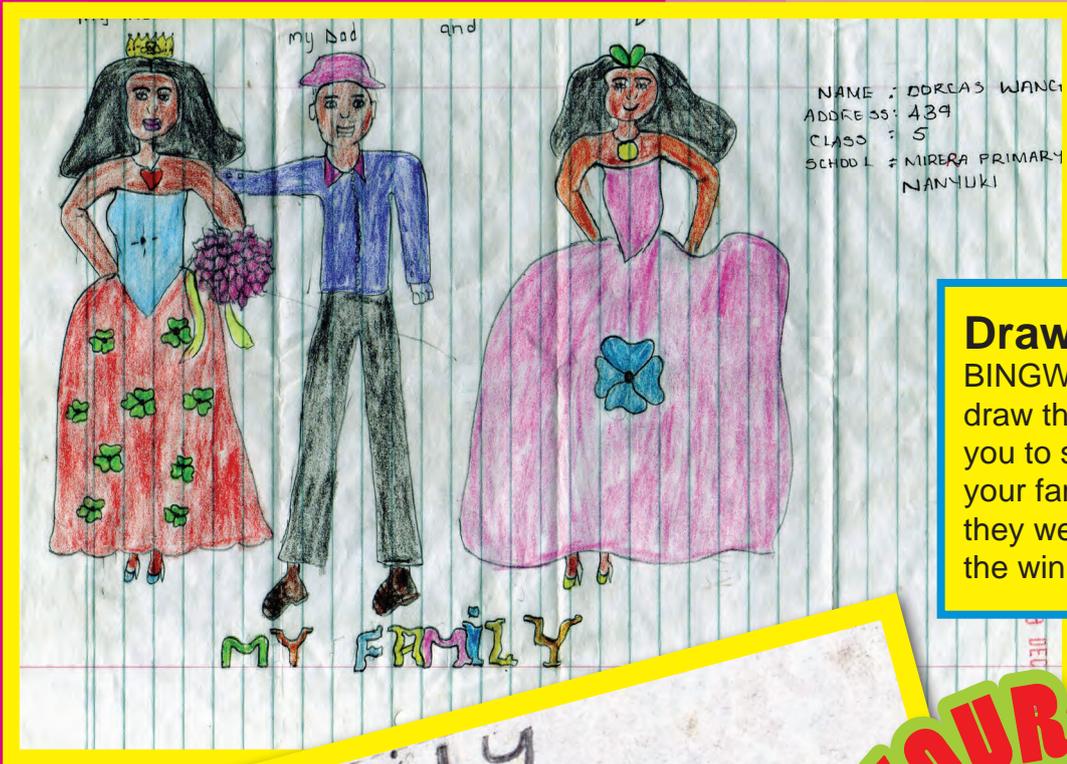
IS LILIAN ALRIGHT?

WHAT DO YOU THINK MIGHT BE WRONG WITH HER?

WRITE TO BINGWA AND YOUR CONTRIBUTION COULD BE PART OF THE CONTINUING STORY IN THE NEXT ISSUE!!!

Draw Your Family

BINGWA asked readers to draw their families. We asked you to show what you think your family would look like if they were cartoons. Here are the winning entries.



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YOUR TURN





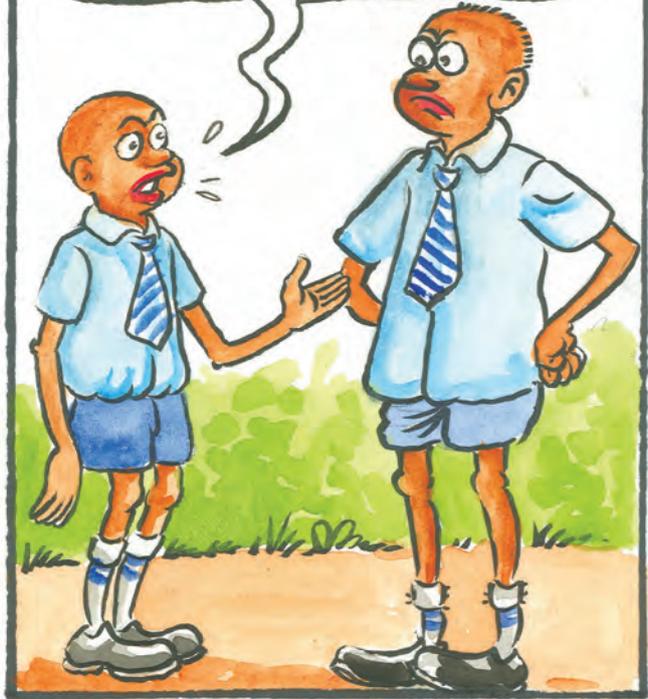
RUKI AND KAMBO

By *Zany*

See Kambo. I'm much stronger than you. I can beat you up. Try and see!



I am strong too Ruki, but I won't fight you. I have better things to do.

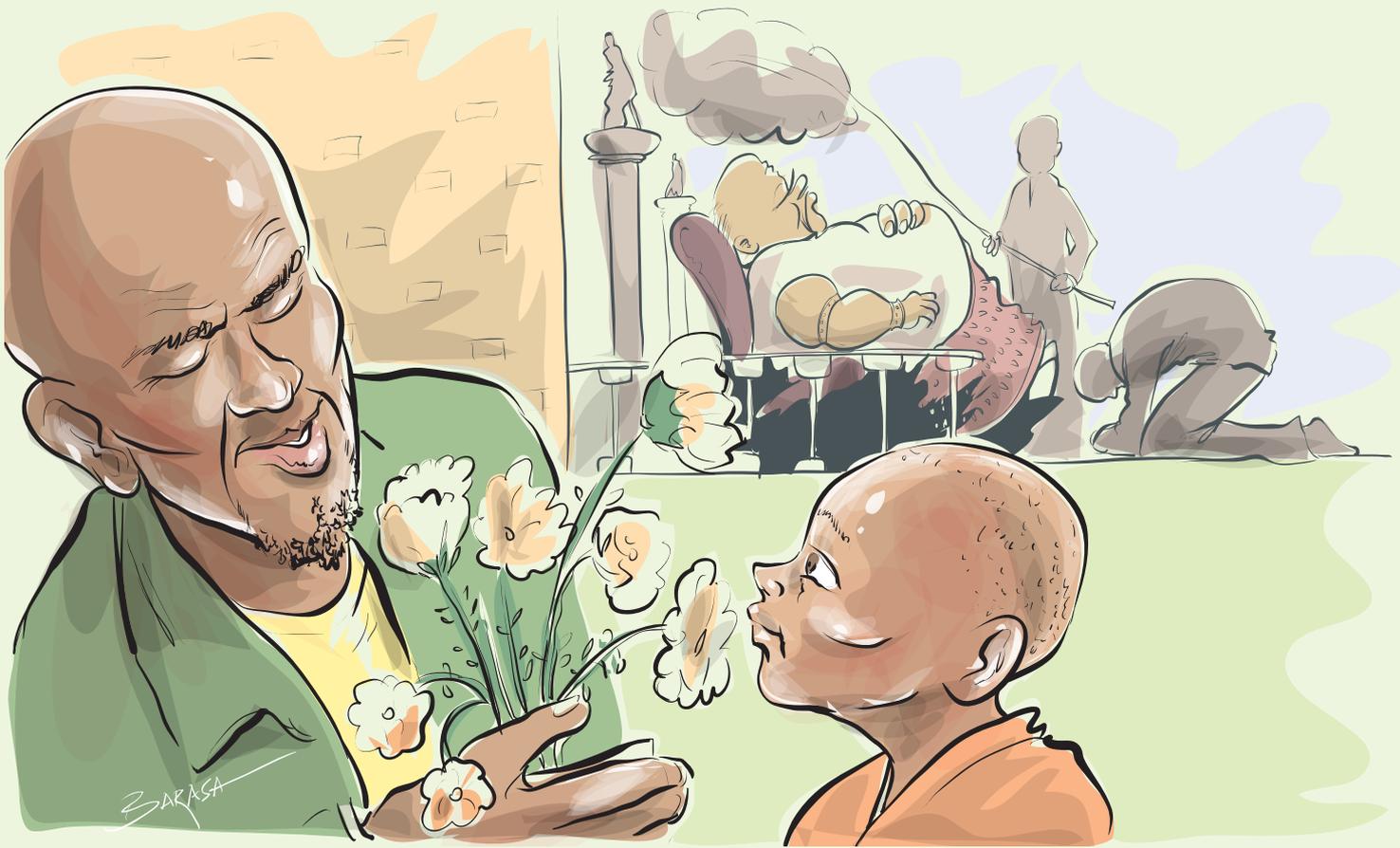


You coward!
Why are you walking away?



Ruki, Kambo has decided to use his strength to walk away from you. Sometimes the wiser guy is the one who uses his strength on much more important things.





The kingdom of Eden

Once upon a time in the kingdom of Acacia, there lived a pretty ignorant king; which goes against popular belief that kings are in fact very wise. This particular king had been labeled ignorant by the wise kings and scholars because he had misled his people into cutting down almost all the trees of the kingdom so that they could sell the timber for profit.

This consequently led to erratic weather conditions and even loss of the kingdom's springs and rivers. As expected, the little water left was not enough for the kingdom's needs; hence they did not have enough water to grow any plants causing the farmers to neglect their farms. In these conditions, the only plants that would thrive were drought resistant ones like the Acacia tree, which by the way spread very

quickly, hence the kingdom was named after their most prevalent crop - Acacia.

Now that the people of Acacia had saved a lot of money from their timber selling days, they mostly survived from buying food and water from neighbouring kingdoms that had taken the time to preserve their environment. For example, the Kingdom of Milk and Honey was famous for its lovely green pastures and beautiful trees, hence their numerous cattle and swarms of bees. There was also the Land of Confectionery, which was famous all over the world for its very delicious baked goods, chocolate and all the candy a young mind could possibly imagine! I must say that the king of Confectionery Land had quite the sweet tooth.

As time went by, the situation in the Kingdom of Acacia was getting worse day by day, mostly because the king was so selfish. After all, he



had trunks full of money in his castle, so he never went hungry or thirsty. Therefore he did not care much about his people.

One day, the king's gardener decided to take his son Billy to work with him so that he may learn at the tender age of eight how to fend for himself. Billy spent the whole day watching his father working, which mostly involved mowing the king's lawn, uprooting the weeds, watering the flowers, topping the bushes and a little landscaping. After weeks of working with daddy, Billy had developed an interest in planting flowers. Every day Billy would go to work with his father and help him plant a flower or two.

As time went by and Billy grew older, his father would give him a coin as a token of appreciation for helping at work. His coin collection was getting larger every week, and he also noticed that his number of friends was growing at an alarming rate! This was mostly because Billy had so much money he could buy a whole year's supply of candy if he pleased. As days went by, Billy noticed that his hard earned cash was disappearing really fast! He had to come up with a solution before all of the cash disappeared.

After days of thinking and scheming, Billy finally came up with a brilliant idea! He was going to use his favourite hobby to help save his money; that way he could afford to buy a wonderful gift during the festive holidays. He decided that with the permission of the kind queen, he would carry some seedling home with him and for every coin he would dig a hole in the ground, drop the coin in it and plant a seedling. That way he would not forget where he buried the coins.

Months went by and Billy was true to his cause. Each day he took home seedlings and water for his plants. Over the years, Billy grew older and the number and size of his plants grew too. In fact, the seedlings had grown into beautiful trees, and since Billy had earned so many coins, he had also planted so many seedlings that he single handedly created a very beautiful forest!

As the years went by, Billy's trees grew taller and the forest grew larger. Then, as if by magic, people in the Kingdom of Acacia began to notice changes in the weather. After

so many years of drought, it begun to rain again. The area around Billy's forest was so attractive, there were even springs running through the forest. Billy's father was growing food on his own farm that was of course right next to the forest. The whole area looked like a scene from a fairy tale. People of the land of Acacia begun to realize that the thoughtless felling of trees without replacement had been the cause of their problems.

Soon the whole community started working really hard to plant as many trees as they could, because their lives depended on those trees. They even pressured their ignorant king to provide them with water so they could plant as many trees as possible.

People were honored when Billy came to plant trees with them, because in their eyes, he had grown to be a hero; one who was kind, humble, wise, industrious and generous. He was the kind of king they had always wanted. As the tree planting sessions became more popular, so did Billy! It got to the point where the king realized he could not compete with this handsome and popular young man, so he gracefully stepped down and named Billy his successor!

In time, Billy as the new king reclaimed glory for the land of Acacia, which was later renamed the Kingdom of Eden because it was the most heavenly place in the world; it had beautiful forests, clean springs, amazing waterfalls, all types of flowers and animals, birds chirping on the treetops and fruits and vegetables of all types. The kings and scholars of the neighboring Land of Confectionery and the Land of Milk and Honey could no longer mock the king of Acacia, which was now the Kingdom of Eden, for not only was it ruled by a young, strong and industrious king, he was also a very wise king.





BODY LANGUAGE

By Rino Solberg



What is Body language?

In this world thousands of different languages are spoken. Some of them are international like English, French or Spanish and are used all over the world. Some are regional or national, like Kiswahili, which is spoken throughout Kenya and in other East and Central African countries. Some local languages are known only to the people in a particular area and therefore unknown to everybody else.

Body language however, is a universal language based on signals you send with your body, usually without even knowing that you are sending them. The reason you do not know is because they are what we call “unconscious” signals, based on and sent by your inner feelings. For example, when you are happy you will automatically smile and everybody can see that you feel good. The same happens when you are sad and cry; everybody immediately understands that you feel bad. Most of these signals, together called “body language,” can also be read by people in other countries around the world because they are human signals based on feelings that everybody has.

Below are some of the ways in which you send these “unconscious” signals.

Facial expressions

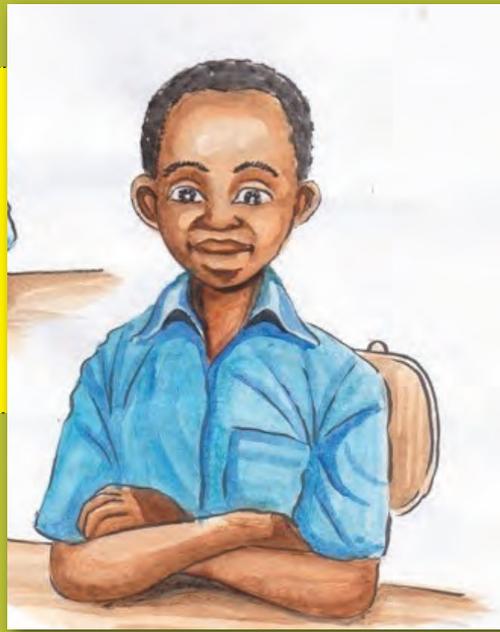
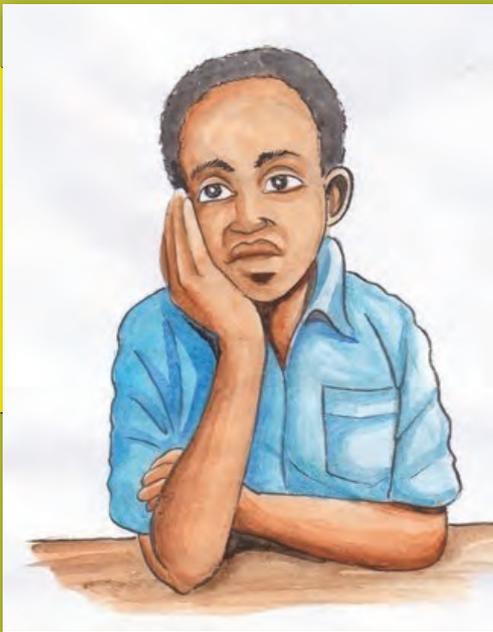
This is the way you use your eyes, your mouth and your facial muscles together, and by combining these you are able to send hundreds of small signals, which all have a



special meaning. It is mostly with your facial expressions that you get people to like or dislike you, depending on how you use them. Your facial expressions are said to be the “mirror of your soul” and that is why people will judge you by them.

Body posture

The way you carry your body makes a huge difference to how other people judge you



as a person. The way you stand up, the way you walk and the way you sit says a lot about you. The “straighter” you hold yourself, the better you are perceived to be. For example, if you sit up straight in school the teacher will feel you are alert and interested. If you are supporting your head with your hand and “hang” over the desk it might send a signal to the teacher that you are not interested.

Gestures

The way you use your hands also makes a huge difference to how you are perceived. In class, if you raise your hand, everybody knows that you want to say something. If you wave to somebody it can be a greeting or it might indicate that you want them to come to you, depending on how it is done. In most countries, when you say “hi” you will automatically raise your hand and show people the inside of your open hand. This is an old tradition for showing that you have no weapon and that you come in peace, which means that you are friendly towards them. If you cross your arms in front of you, it can mean that you are uncomfortable, disinterested, or that you simply feel cold. Most people also use their hand to make

different gestures when they talk, to support or underline what they are saying.

Speed

If you walk slowly it can be interpreted to mean that you are slow, that you have problems, that you don't feel good, that you are thinking negative that you are lazy or simply that you have too much time and nothing else to do. If you are walking fast, however, it is perceived to show that you are positive, active, goal oriented and enthusiastic about yourself and what you are doing. If you move fast you will also feel much better than if you walk slowly.

TRY IT YOURSELF. Put yourself in different positions and find out how you feel when you do it. Use your face, use your hands when you talk, sit or stand straight and try to walk fast then slow and feel the difference. You will hopefully now be more aware and alert in the years to come. You will also be better at understanding other people after reading this page. You have now learned a new language and the language is: BODY LANGUAGE.

MAGICAL WORLD OF NUMBERS

NUMBERS can be more than just part of a maths class that you have to pass in school. They can be intriguing and fun. Numbers are used for counting, measuring, ranking, comparing quantities, and solving equations. The first known use of numbers dates back to around 30,000 BC when stone-age people used certain marks to compute. Each number is unique. Did you know that ...

0 is considered to be a purely imaginary number: 0 is the only complex number which is both real and purely imaginary. You cannot divide any number by zero. Love is a score of 0 in tennis.

1 is NOT a prime number! A prime number is a positive integer which can be divided by exactly TWO positive divisors: 1 and itself"

Strange but true...

- 1 x 1 = 1
- 11 x 11 = 121
- 111 x 111 = 12321
- 1111 x 1111 = 1234321
- 11111 x 11111 = 123454321
- etc...



2 is the only even prime number.

$$2 + 2 = 2 \times 2 = 22$$

When is $1 + 1 \neq 2$?

1 liter of water + 1 liter of alcohol = 1.926 liters of liquid

A number is divisible by 3 when the sum of its digits can be divided by 3. Thus the following numbers are divisible by 3

- 12 (1+2=3)
- 15 (1+5=6)
- 18(1+8=9)
- 21(2+1=3)
- 24(1+2=3)
- etc

In SMS language <3 means 'I love you', and <333, 'I love you so much'.

An octopus has 3 hearts.

Source: Archimedes-lab.org



ANSWER to
"The Saving Habits" pg 28

30% off

Answers to riddles page 16

If you said Nono you are wrong.
 If Mary's father has 4 children,
 with three named Nana, Nene,
 and Nini, the 4th would have to
 be Mary!
 They were two of a set of triplets

Answers to Crossword page 32
 Across: Small Female Girl Give
 Positive Down Liquid Wide Slow
 Down: Low Hot Full Good

Answers to Which Country? Page 31

- Algiers - Algeria
- Luanda - Angola
- Porto-Novo - Benin
- Gaborone - Botswana
- Ouagadougou - Burkina Faso
- Bujumbura - Burundi
- Yaounde - Cameroon
- Praia - Cape Verde
- Bangui - Central Africa
- Moroni - Comoros
- Brazzaville - Congo
- Nairobi - Kenya



Optical Illusion

What you (think) you see...

*Illusions trick us into perceiving something differently from what it is. The word illusion comes from the Latin verb *illudere*, meaning, "to mock." Some illusions, like the one above, trick us into seeing one thing in a picture, while someone else sees something entirely different in the same picture.*

We all see a woman in this picture, but is she young or old? Take a second look. You might be surprised!

Test your General Knowledge Answers pg 9

1. False. Sound travels 4 times faster in water than it does through air.
2. True
3. True
4. True. The cartilage disks in your spine expand under zero gravity.
5. False. Lightning is 3 times hotter than the sun
6. True
7. True
8. True
9. False. Animals without backbones are called invertebrates. They include spiders, snails, worms and jellyfish.
10. False. They smell with their tongues.

METHALI-MAJIBU

Upande

1. Ulimwengu
5. hula
8. dhiki
11. kibaba

Chini

1. upwa
2. mbali
3. nyama
4. ukingoni
6. baraka
7. nenda
9. hula
10. juu

Detective Puzzles

Your Turn

A man asked his neighbor, "What are the ages of your three daughters?" The neighbor said, "The product of their ages is 72."

That didn't help the man know their ages, so he asked for another clue. "The sum of their ages equals my house number." Looking at the house number did not help the man determine their ages. Finally, the neighbor said, "My oldest daughter does not like *chapati*."

With that information, the man knew the ages. What were they?

See answer below

Answer
There are 12 possible combinations of ages which result in a product of 72. There are only 2 of them which have the same sum: 8, 3, 3 and 6, 6, 2. Since the man has an oldest daughter, she is not a twin. Therefore the answer is 8, 3, 3.

DETECTIVE PUZZLES ANSWER



CAREER CHOICES

By Eudiah Kamonjo

Are you good in mathematics?

Do find it interesting to work with numbers?

Then its time you understood maths and statistics related careers in preparation for your future. In this issue, we feature an accounting lecturer who studied statistics.

What is Statistics?

When you read a report in the newspaper trying to explain the population of a certain area or the highlighting the number of men versus women who are employed from data collected during a national census, then you know a statistician was involved.

Statisticians use mathematical tools to make sense of or tell a story from a bunch of numbers or data collected. They use this skills to design, collect and interpret data experiments in different fields including economics, public health, marketing, psychology, biology, sports and even the military.



Want a career in statistics?

If you are thinking about a career in statistics, answer the following questions;-

- Do you have a flair for numbers and solving mathematical problems?
- Do you enjoy your science subjects?
- Are you naturally gifted in analyzing things to discover what they are really about?
- Do you have great communication skills that can break down mathematical problems in an understandable manner?
- Are you a logical thinker with a curious mind and practical skills?
- Are you a member of the maths or science club in your school?

If your answer is yes to some of these questions, then you just might have what it takes to be a statistician. You need to know that only top students are admitted for maths and statistics courses in public universities.

History of Statisticians

The job of a statistician has been around for thousands of years, with ancient empires using them to track things like populations, taxes and important commodities like cattle. Over the years, they have become even more necessary in the society.

One of our very own professors Prof. George Saitoti, the Minister of State for Provincial Administration and Internal Security is also considered a Mathematical Statistician. He obtained a PhD in Mathematics in the area of algebraic topology, came home to become a Mathematics Professor at the University of Nairobi before getting into politics.

The father of statistics: Sir Ronald Aylmer Fisher (1890-1962) was a statistician, evolutionary biologist and geneticist. It is said that he was a genius who almost single-handedly created the foundations for modern statistical science. His



contributions in the area led some to call him the 'father of statistics' and the most influential statistician in the 20th century.

At the age of 16, he won a competitive essay in Mathematics. He was legendary in being able to produce mathematical results without setting down the intermediate steps. He also developed a strong interest in biology especially evolution.

Requirements: The minimum education required is a degree in Mathematics or Statistics. Those who wish to rise in the profession should consider obtaining a Masters or Doctorate Degree in the same or a more specialized field. Those who combine statistical skills with another major that reflects their professional direction like economics and econometrics, computer and material science or biology have a distinct competitive advantage when seeking employment.

ACCOUNTING LECTURER

29 year old Paul Maloba did his Bachelor of Science Degree at Moi University Eldoret for four years. The course teaches you to use mathematics to analyse and interpret data. It is very much like a degree in Mathematics.

Today he teaches computational units-subjects related to Mathematics at Strathmore University in Nairobi, Kenya.

Maloba schooled at Maua Primary School in Naivasha and St. Josephs' Juniouir Seminary High School in Molo where he got an A in his Maths K.C.S.E exams.

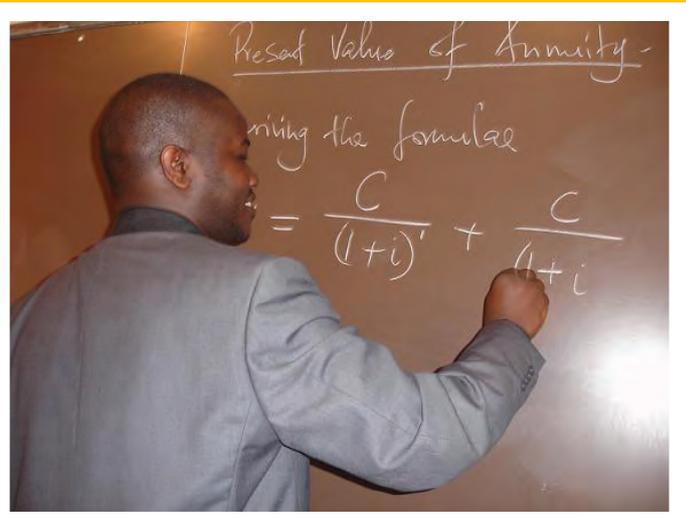
"I only realized how well I was doing in Mathematics when I was in Standard six. We did a C.A.T and I was ranked the highest. It was then I found out that you can do what you can manage and succeed," he explains.

In High School, Maloba says that he still did very well in Mathematics and was also good in other sciences like Chemistry, Biology and Physics.

He cautions that there is no way one can succeed by just being good in one subject.

In campus, Maloba was in the chess school team and even won a trip to represent Kenyan colleges in Malaysia. He also did karate and was in the cheering squad.

He did his internship at the Kenya Bureau of Statistics (the governments' statistical department).



Six months after graduating from Moi Univeristy, Maloba applied for an Assistant Administrators' job at Strathmore University and was hired.

"My work as an assistant administrator involved setting up timetables, running through the coursework, interviewing students and even lecturers. I liked doing it. I did it for two years before I started teaching," he recalls.

He admits that he was very tense the first time he lectured but has since fit in. "What I love about teaching is the fact that you can transform a student from not knowing to knowing. It's like helping someone to walk alone. It's very fulfilling," he adds.

Maloba would also like to do a PhD in Mathematics and continue teaching. He is also considering getting into Research and eventually becoming a consultant.

His favourite part-time activity is playing chess which he says is a game that involves problem-solving which is quite related to mathematics and is very enjoyable.

Maloba says that his father (a mechanical engineer) also influenced his love for mathematics. "When I was younger, he kept track of my academic progress and even taught me how to play chess," he remembers.

What has brought him this far?

"God and my Christian virtues have been my greatest driving force," he concludes.

His advice to Bingwa readers is, "Choose a subject that you can do with comfort. Whatever you do, do it very well."



When I was young
Monique Kabuye
 takes us a few years back

By Eudiah Kamonjo

Monique Kabuye is a Kenyan-born Ugandan artist. Besides hosting AfroDizzia Uganda and AfroDizzia Kenya on Citizen TV, she is also a soul singer with a heart for social work. She talks to *Bingwa* about her love for art, school, her fears and how life was like when she was younger.

How as it like when you were younger?

I grew up as a middle child in a very large family, I wasn't into sports and was typically shy. I was an active member of the art club in school and got lots of trophies for painting and collage work. I could say I was more of a hands-on kid. I

was also the kid who enjoyed poetry, writing competitions and debate, I wasn't even so much into singing.

Did you like school?

I loved school, never liked Maths though. I loved languages, art and G.H.C. I loved going to school

because it meant getting out of the house, wearing uniform, taking the bus and being with other kids.

What subjects did you like?

I have always loved languages and art. I loved the fact that in art, creativity is involved and there's nothing wrong or right





when it comes to creativity, just freedom; beautiful things come out when there are no rules.

Which schools did you attend?

I schooled at Aga Khan Primary and then Nile Road High School in Eastlands.

How was your relationship with other kids?

I had lots of friends, but I wasn't the popular girl. I was that kid at the corner but not really a loner.

How did you relate with boys in your school?

Just as I am today, I used to have more guy friends, even to date. I liked the artsy type over the sporty guys. I never had a boyfriend but I had a crush on my class prefect, my name was never on the 'list'.

Have you always entertained people?

I remember singing in church but I was never alone, I was always with my sisters. I'd also lead the school in song and did many presentations.

What was your big break?

Being a finalist in Coca-Cola Popstars earned me a recoding deal which in turn got me exposure and experience.

Describe your most memorable moment?

I got a trophy when I was in Class Four for being the best in art club; it was an honour in those days to be called to the front of the assembly. I was so excited, I couldn't wait to get home and show it to my mum. She was very happy for me.

Who was your role model then?

My mum has always been my role model. I used to say I'd love to be a fashion designer like my mum. My love for singing came when I was in my teens.

What food did you like?

I have always loved rice dishes and custard and jelly. My mum would make this every weekend.

How did your upbringing contribute to the person you are today?

Some of the decisions I have made are based on how I was brought up. My need for independence, my strong family values and working hard are all inherited, my mum used to work so hard for us. I believe in God, myself, then my family; friends never come before family.

If you were to go back into time, what one thing would you do?

I recall going to View Point during school trips and I'd never get out of the bus with

the rest of the kids. I was so scared of heights. I recently did this and I wish I'd have done it when I was younger because it was just so beautiful.

What advise would you give Bingwa readers?

I'd urge you to follow your dreams, work hard and put God first.

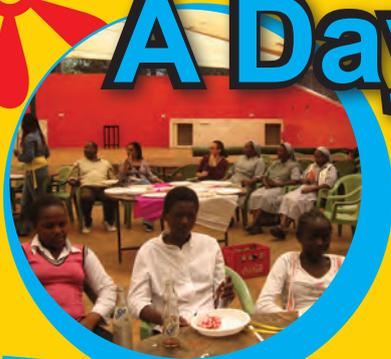


Monique as a child on the right



A Day at Mamba Village

BINGWA, girls from St Anthony in Limuru and friends had a day out at Mamba Village in Nairobi recently. We had so much fun it wouldn't be fair to keep it to ourselves. Here's how it went...



A good meal is a must when you're preparing to have fun. We needed our energy for all the fun that was in store.



Camels... they're enormous but oh so gentle. Watch out for the bumpy start, but after that it's smooth sailing.



Never too old for a fun ride! Just sit tight, belt up and enjoy



Breeze on your shoulders, cool water below, you could peddle this boat all day.



Taking a break has a different definition here, and it involves motion and fun.



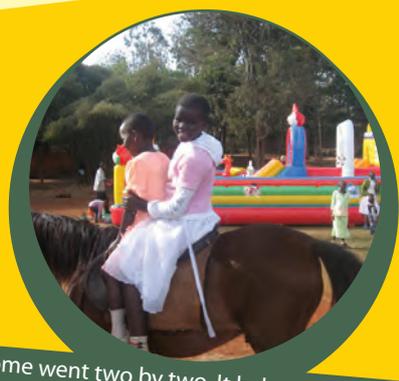
We all piled into the boat and got ready for the ride of our lives. Hope their no crocodiles here.



Some chose something smaller than a camel but just as gentle.



The winner of the hoola competition! Three cheers...

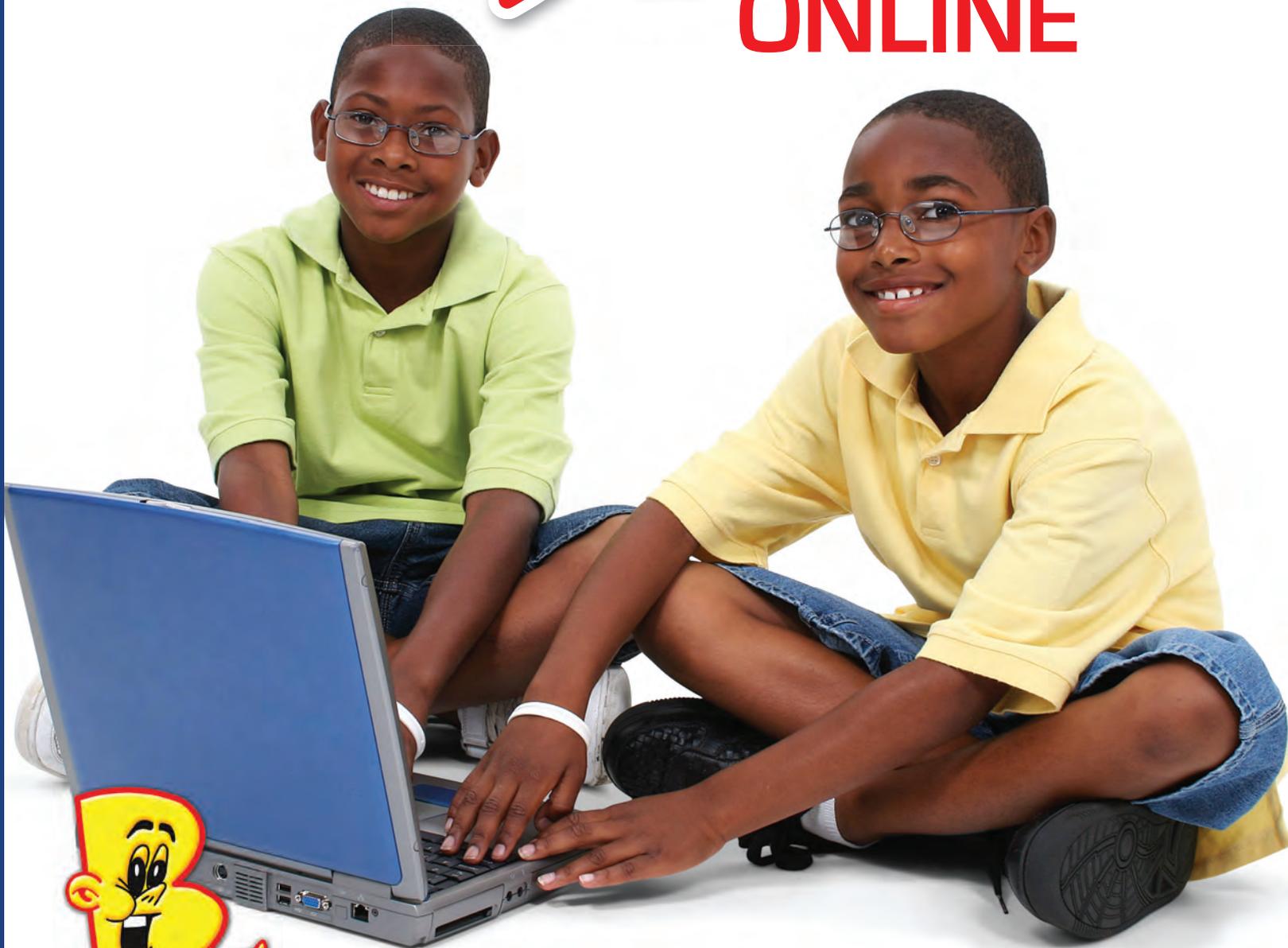


Some went two by two. It helps to have a partner when it's your first ride ever.



We weren't the only ones sunning ourselves. These crocodiles were basking in the glorious heat.

Bingwa ONLINE



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

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

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



Did You Wash Your Hands?



Sopo,
Children's
best friend

Washing
hands is
fun

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

Are you
a Sopo
Champion?

Wash hands with soap at **4** critical times