

PRIZES! \* AMAZING FACTS! \* CAREER TIPS! \* ENVIRONMENT! \* MCHONGOANOS!

# BINGWA

THE MAGAZINE FOR THE CHILDREN OF AFRICA



## THE BLICK BROTHERS

UGANDA'S JUNIOR MOTOCROSS CHAMPS PG 6



LOOK OUT FOR  
AIMING HIGH  
ISSUE 2



TAKE PART IN THE BRAND KENYA  
COMPETITION TO WIN AMAZING PRIZES PG 45

MAN NJORO IN PAPA SHIRANDULA



ONE ON ONE  
WITH KENYA'S FUNNY MAN



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# A note from **BINGWA!**

**Happy New Year friends!**

It is my hope that you all have had a restful and most exciting break, more so during Christmas and New year celebrations, when I am sure some of you received lots of gifts and of course shared some with your friends and the less fortunate. We here at Bingwa have had an equally good time and are excited to bring you the newest issue of Bingwa 2012, hot off the press! This issue is slightly different however, because we have picked three special themes, which, I challenge you to pick out as you read the magazine and win a Bingwa hamper. Among the highlights herein is an extraordinary celeb who, earns a living by making funny faces on TV, a young motor cross duo from Uganda and race track champions from the slopes of Mount Kenya, all of whom will inspire you to get up and do something about that talent you have been sitting on. There you have it! So read it through and through, enjoy, learn and share because there is joy in sharing.

Have a new term full of discovery and excellence in everything you do.

Editor

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# Inside

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**Man's Eater Nile Crocodile**



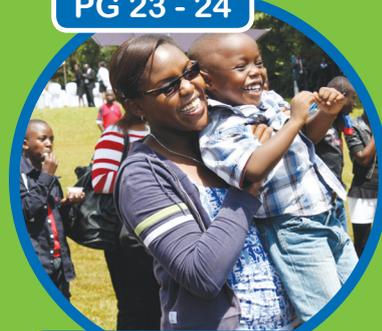
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**Young Athletes Excel against all odds**

**An Actuarial Scientist**



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



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



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

# The World of Bingwa



## WHAT'S ON BINGWA ONLINE



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

## OUT & ABOUT

# BINGWA TEAM VISITS SCHOOLS

The Bingwa team was at it again last term, like we've always done visiting you guys in school and bringing copies of your treasured Bingwa. Your welcome was overwhelming, Bingwa would like to thank you for your participation and support during this tour. Special thanks go to the host schools Mombasa: Tudor Primary, ST Augustine's, Sacred Heart Primary, Quabaa Muslim School, Khadija Primary. Mt Kenya region: D.E.B Makutano, Lions Primary, Rev iKingi B P Primary, Gakunduriri Primary, Kimangaru Primary, Bonanza Primary, Muruguru Primary. Western: Migosi Primary, Kisumu Pentacostal Academy, Kakamega Township, S.O.S HG Primary, Crater Academy, Moi Primary, Heshima Primary. Kajiado: St Johns. Machakos: Mumbuni. Nairobi: Olympic Education Centre, Imara Daima, Glamo Joy Preprimary, Nairobi Primary and all those who participated



Pupils at Hill School Eldoret, laugh at a joke (mchongoano) between the two boys (standing). Notice the boy sitting in the corner engrossed in his Bingwa?

for making all worth while.

Special thanks go to the pupils who took part in the quizzes and talent shows and all you for being attentive during our motivational talk. Last but not least we thank all the teachers for

ensuring that everything went smoothly for us, we wouldn't have done it without you.

Be on the lookout for Bingwa team for more interactive and fun activities.

To order extra copies of the magazine or to subscribe call 0719 619006 / or email [claudiah@bingwa.org](mailto:claudiah@bingwa.org): [info@bingwa.org](mailto:info@bingwa.org): [Editor@bingwa.org](mailto:Editor@bingwa.org): For Uganda, email: [jrlwande@gmail.com](mailto:jrlwande@gmail.com) or call +25677006484. Follow BINGWA magazine on facebook to know more about our upcoming events and activities. Do not forget to leave a comment. Send us your articles and drawings and let us know about your events.



**WE ARE PROUD TO BE BINGWA READERS**



**W**e love Bingwa magazine because of its funny, interesting and inspiring stories. It has many pictures, drawings and cartoons. The magazine is beautiful, coming in different bright colors and the pages don't tear easily.

We appreciate the fact that most of the stories relate to us children and they make us laugh even in our dreams. Thank you for remembering us. Our reading club teacher is planning for us to acquire past issues no 1-4.

We attach a photo of our reading club members, very excited to have Bingwa magazine. The club has more than 50 members called talenter and our motto is, "in books we fly"

We promise to buy more Bingwa's even as you supply more, to build our home and school libraries in Luma Academy near Kakuma refugee camp, Turkana.



Yours,  
**Imbabazi James,**  
 Luma Academy, Turkana

**BINGWA MAKES ME LAUGH**

I am a boy in class four. I like reading Bingwa because it has fun stories and jokes. Bingwa teaches me a lot about other people's lives and also makes me answer some difficult questions, which boost my mind. Your mchongoano makes me laugh but mostly I love reading fun stories. May you continue publishing bingwa and God bless you.

**Ayub Otuke, 10**  
 Moi Primary

**THE HAPPIEST DAY OF MY LIFE**

My teacher told me that Bingwa was coming to our school and I was very happy. I love your many stories, jokes, drawings and much more.

Thank you Bingwa

**Martha Kemunto, 10**  
 Moi Primary, Nakuru

**WE APPRECIATE YOU**

Dear Bingwa, It is with sincere hearts that we appreciate the warm welcome that your staff extended us when we visited Sumaria Industries. They took the time to arrange and make sure that everything went well during that visit and we do not take that for granted.

**Silvia gitonga, Head teacher,**  
 Yururu girls Boarding, Kanyakine

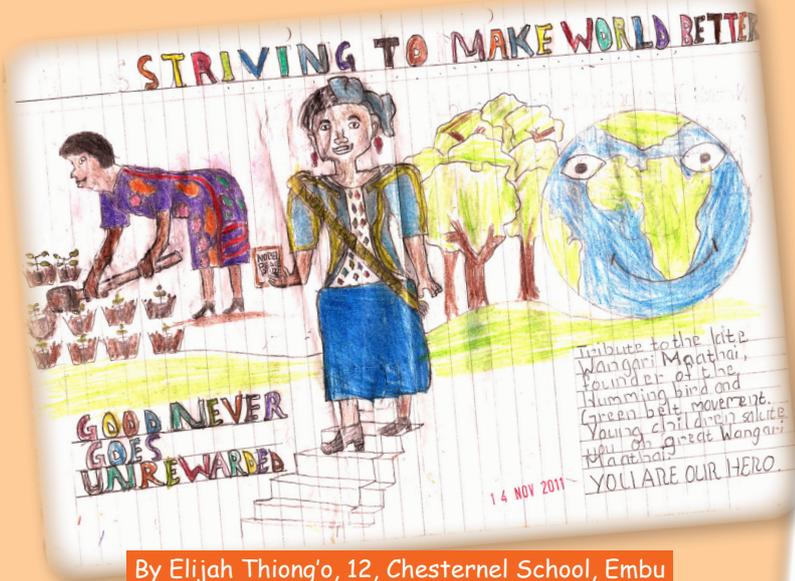
**I AM PRIVILEGED TO HAVE BINGWA**

I have the privilege of reading Bingwa magazine and I love it. I walked home with a very good feeling because of Bingwa. I felt like I was many more steps ahead of others. It has such interesting stories. I have learnt many facts about the world and had to think very deeply to answer those challenging questions.

**Rachel Mumbi,**  
 Chogoria Boarding Pry Sch

# Your Drawings...

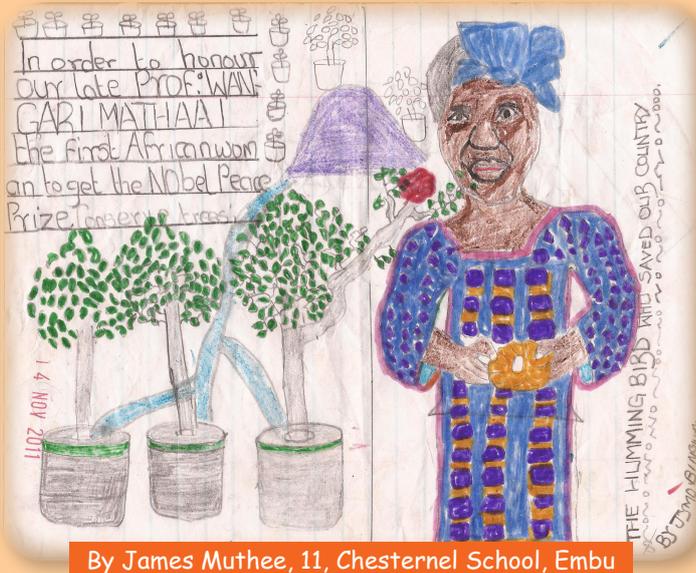
As the world continues to mourn, Professor Wangari Maathai, the children of Kenya share in the grief. We asked them what lessons they learnt from the Environmentalist and this is how they responded.



By Elijah Thiong'o, 12, Chesternel School, Embu



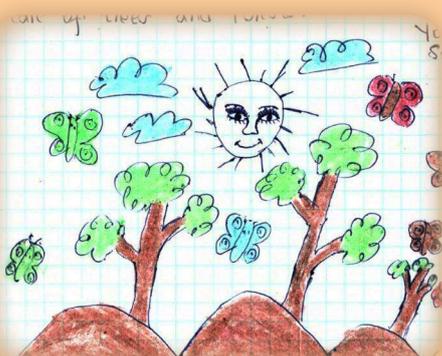
By Sinclair Wamithi, 12, Chesternel School, Embu



By James Muthee, 11, Chesternel School, Embu



By John Chomba 11, Chesternel School, Embu



By Sapphire Gombe, St. Francis Mini Academy, Kisumu



By Francis Onyino, Migosi Primary, Kisumu



Paddy & Alistair with their dad, Arthur Blick

# THE BLICK BROTHERS, BLAZING A TRAIL

## ON UGANDA'S MOTOCROSS ARENA

**Motocross** is a motorcycle sport or all terrain vehicle racing held on off road circuits. It evolved in the United Kingdom from trials in 1906 and 1909, and was called scrambles but was later renamed Motocross by combining the French motto with cross-country. **Bingwa's James Rawlings Lwande** came face to face with Uganda's young trail blazing Motocross duo of 6 year old Paddy and Alistair Blick, 7. These two talented brothers are pupils at Aga Khan Primary School in Kampala and have dominated Uganda's Motocross circuits for the last four years and, they don't seem to be slowing down. They are very determined to rule the world.

**Bingwa:** How long have you been in Motocross?

**Paddy:** Three years

**Alistair:** 4 years

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

**Paddy:** I have won many

races but most importantly I'm currently leading the MX50 Uganda National Motocross Championship and I am 2nd in the overall East African standings.

**Alistair:** I won the 2007, 2008, 2009 & 2010 Uganda National

Motocross Championships. I am also the youngest ever Motocross champion in Uganda. I bagged the record in 2007. I also recently won the 2nd round of the 2011 FIM Central African Motocross Championship, which was held in Garuga,

Kampala in October 2011.

**Bingwa:** What do you love about Motocross?

**Paddy:** I love winning most and whipping which is a stunt in Motocross.

**Alistair:** I love the stunts in Motocross. They just excite me.

**Bingwa:** How has Motocross helped you?

**Paddy:** Motocross has taught me discipline and has also made me tougher.

**Alistair:** I hate losing but Motocross has taught me



Alistair flies over the trees on his bike

how to take it easy when I loose. The sport has also taught to take responsibility for my actions; discipline and mechanics of how engines operate. I'm able to tell when my bike engine is faulty. We also get a lot of favors from our friends and schoolmates, which is really cool.

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

**Paddy:** When I won a race after getting four stitches below my chin on 24th July 2011 in Busika, Kampala. It was painful but I had to be tough and compete.

**Alistair:** Winning the 2nd round of the FIM Central African Championship on home soil was very memorable for me, Kenyans have been dominant but beating them was very full filling.

**Bingwa:** Who do you admire in Motocross?

**Paddy:** My Dad because he is a fast rider and he is the one who taught us how to ride.

**Alistair:** My Dad, Arthur Blick who is the 9 time Uganda National Motocross Champion. He introduced us to the sport and teaches us how to be tactical. He also coaches us well.

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

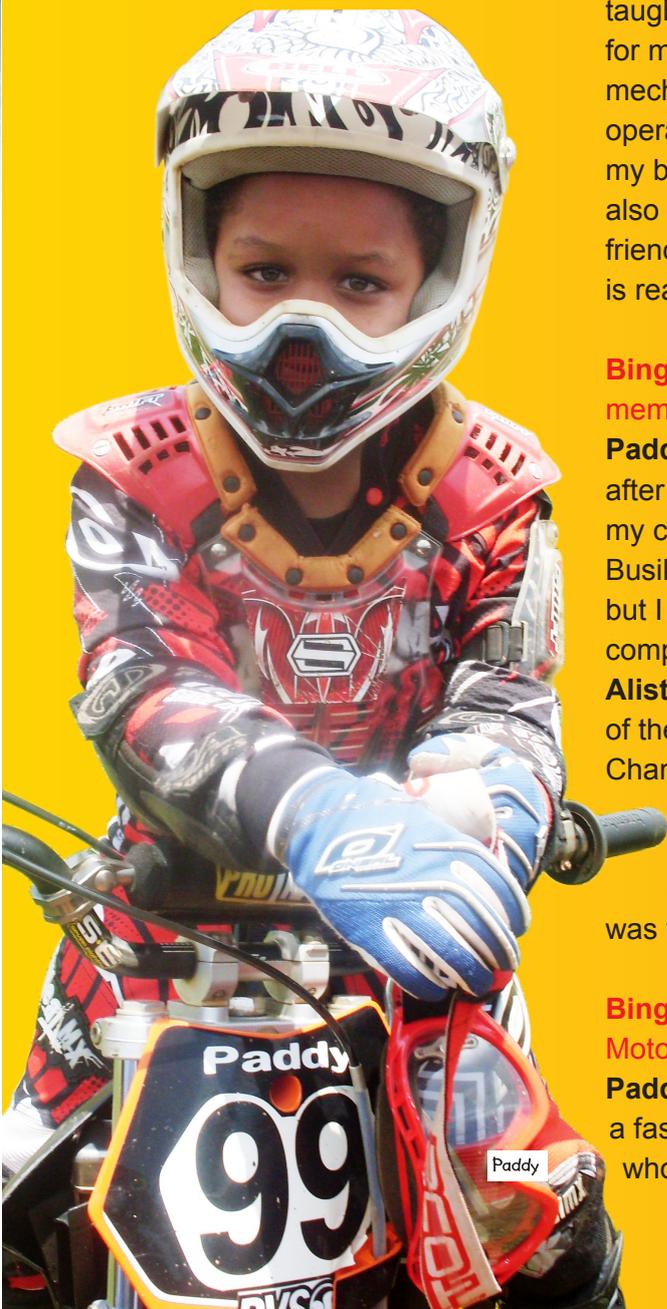
**Paddy:** School, Skating, Pets, Swimming & riding bicycles.

**Alistair:** Riding bicycles, Taekondo & Back flips.

**Bingwa:** What advice would you give our readers?

**Paddy:** I advise all Bingwa readers not to be naughty and listen to their parents and teachers.

**Alistair:** Winning is not everything though I like it a lot, you can also learn a lot from losing. I encourage all Bingwa readers to take up Motocross and also concentrate on their studies.



Paddy



Most **lipstick** contains fish scales!

CAMELS HAVE THREE EYELIDS TO PROTECT THEMSELVES FROM BLOWING SAND!



The **Great Pyramids** used to be as white as snow because they were encased in a bright limestone that has worn off over the years



A **COCKROACH** can live several weeks with its head cut off - it dies from starvation!



FOREST FIRES MOVE FASTER UPHILL THAN DOWNHILL!



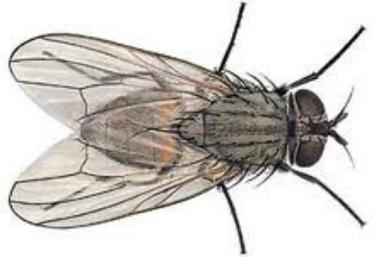
THE LONGEST RECORDED FLIGHT OF A CHICKEN IS **13 SECONDS!**



Some **Octopuses** have been known to eat their arms off when they are exposed to stressful situations

The sentence "**The quick brown fox jumps over a lazy dog.**" uses every letter of the alphabet!

One of the most dangerous insect in the world is the **Common Housefly**. They carry and transmit more diseases than any other animal in the world



**WINNING ENTRY**

# **AiM** COMPETITION



## **LOST IN THE FOREST**

Written By **GAYLE KRYSTAL**

**W**e all went to school very early that morning. When we reached the school compound, we were happy to see the bus we were to use for the tour. My fellow Scouts and Girl Guides and I were going for a trip to the Aberdare forest.

Before boarding the bus, we assembled at parade grounds for prayers. The head teacher prayed for us and bid us goodbye. It was a very long journey and as soon as it was evening, we travelled for about ten hours. We reached our destination late in the evening. Since we were too tired to start a fire at our campsite, we ate snacks and slept in the bus.

The next day was beautiful, the birds were singing melodiously in the trees. The trees were swaying from side to side. The air was very welcoming. We were as eager as a bridegroom to begin our activities. We pitched our tents and put our bags and baggage in them.

We had packed a lot of food but we didn't have firewood and water. We all had to scatter up to look for those things. We took snacks in the morning and set the ball rolling. My friend Stephanie and I were sent to the river to get water. Although we didn't know where the river was, we used the direction our Scout Matron had given us and for sure we found it.

Stephanie and I fetched as much water as we could and headed back. After a distance of ten miles, we realized that we could not retrace our steps. To add to the trouble, we did not have any form of communication. My heart palpitated anxiously, threatening to come out of my ribcage. It was our first time to get lost so my friend and I decided to scream; help! Help! Help! We shouted at the top of our voices.

After endless attempts to call for help, we decided to throw in the towel. We resolved to sit down on a log and rest. We were as hungry as hunters for the last meal we had was at breakfast. We were so scared we thought we were going to die at any moment.

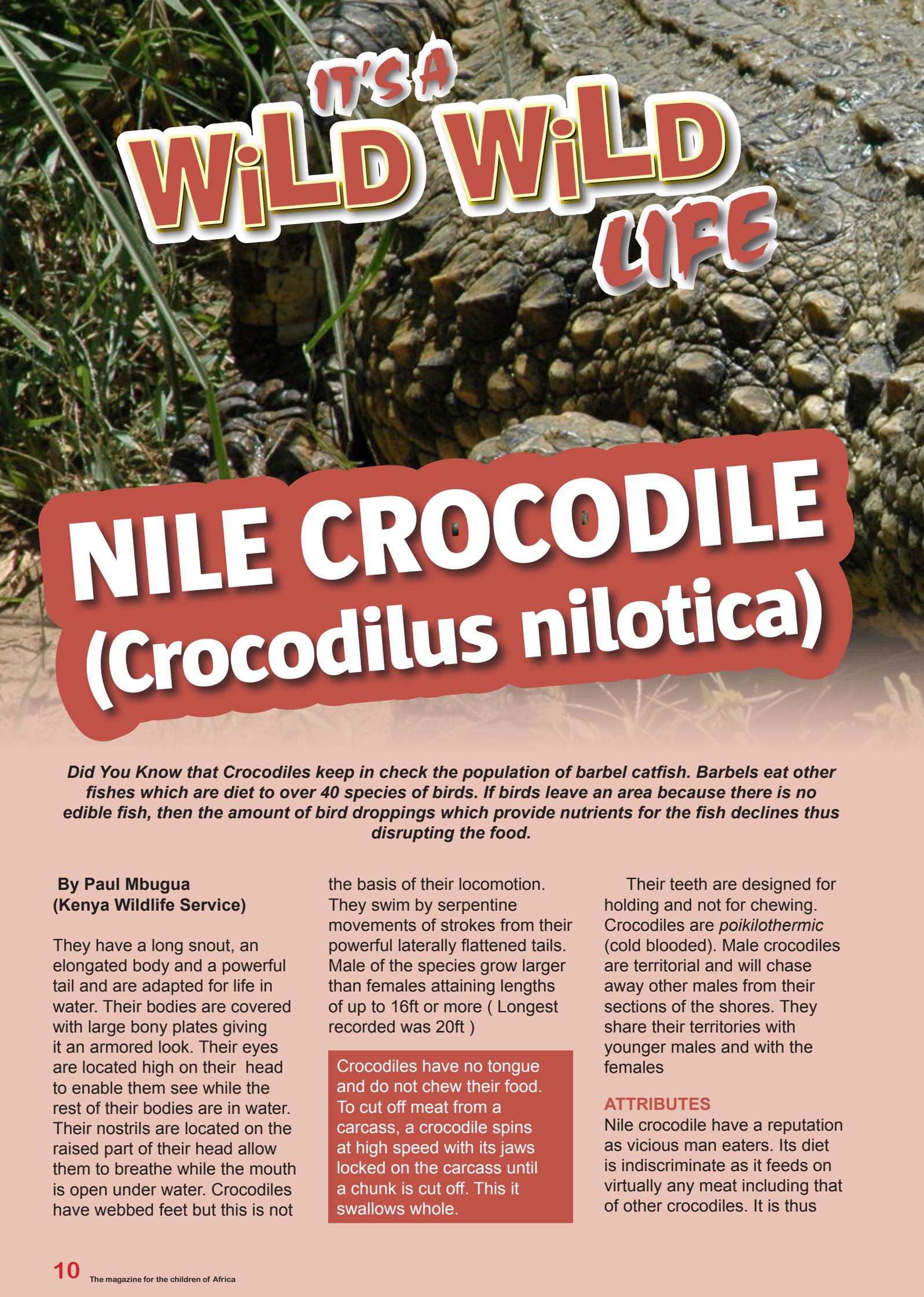
It was getting dark and creepy. We decided to pray for whoever ceases to pray ceases to prosper. Soon there was pitch darkness. After some time, we heard the patapata of feet and the roar of the engine of a vehicle. God answered by sending our fellow scouts.

We in turn shouted for them to hear us and in the blink of an eye they reached us. We were glad to be safe again. Having drunk all the water in our containers because we were hungry, we carried the empty bottles back to the campsite. We arrived safe and sound. We were given lots of food to eat before we went to bed.

We enjoyed the remaining period of the camp in the forest but out of those many days of our adventure, I will never forget that particular day when we got lost. The events of that day will remain glued to my misty mind as long as I live. Indeed, it was a day to recall.

Gayle 11 is class 5 pupil at  
**KISUMU PENTECOSTAL CHURCH ACADEMY**

**This competition appeared in issue 1 of Aiming High a mini magazine published by Sumaria industries manufacturers of Aim ball point in partnership with Bingwa. Issue 2 of the magazine will be coming to your school this term. Be on the look out.**



# IT'S A WILD WILD LIFE

## NILE CROCODILE (*Crocodilus nilotica*)

**Did You Know that Crocodiles keep in check the population of barbel catfish. Barbels eat other fishes which are diet to over 40 species of birds. If birds leave an area because there is no edible fish, then the amount of bird droppings which provide nutrients for the fish declines thus disrupting the food.**

**By Paul Mbugua  
(Kenya Wildlife Service)**

They have a long snout, an elongated body and a powerful tail and are adapted for life in water. Their bodies are covered with large bony plates giving it an armored look. Their eyes are located high on their head to enable them see while the rest of their bodies are in water. Their nostrils are located on the raised part of their head allow them to breathe while the mouth is open under water. Crocodiles have webbed feet but this is not

the basis of their locomotion. They swim by serpentine movements of strokes from their powerful laterally flattened tails. Male of the species grow larger than females attaining lengths of up to 16ft or more ( Longest recorded was 20ft )

Crocodiles have no tongue and do not chew their food. To cut off meat from a carcass, a crocodile spins at high speed with its jaws locked on the carcass until a chunk is cut off. This it swallows whole.

Their teeth are designed for holding and not for chewing. Crocodiles are *poikilothermic* (cold blooded). Male crocodiles are territorial and will chase away other males from their sections of the shores. They share their territories with younger males and with the females

### ATTRIBUTES

Nile crocodile have a reputation as vicious man eaters. Its diet is indiscriminate as it feeds on virtually any meat including that of other crocodiles. It is thus



one of the few predators known to hunt man for food however as a general rule crocodiles will avoid man.

### **HABITAT**

It is a fresh water animal and is found in rivers, marshes and mangrove swamps. Some species are found in brackish and sea water near estuaries. Those living in estuaries swim out to sea and this explains why some islands such as Madagascar have Nile crocodiles.

### **DIET**

Crocs will attack anything that crosses its path including antelopes, small hippos, porcupines, birds, pythons, domestic animals, fellow crocs and even humans!. They drown their prey. Diet varies with age. Juveniles eat spiders, worms, frogs, snakes, lizards and small

vertebrates. Adult crocodiles prefer larger prey to conserve energy spent on hunting for food. In rapidly flowing water, it opens its mouth to trap fish and quickly snaps the mouth shut whenever a fish enters. Fish is swallowed whole and the mouth is opened again to repeat the process.

### **BREEDING**

Crocodile start breeding when they are 5=10 years old. By this time they are 7-10 feet long. Females lay up to 90 eggs which hatch four months later. During incubation, the females stay closer to the nest to defend it from intruders. On hatching the baby crocodiles follow their mother like ducklings.

### **ECOLOGY & CONSERVATION**

Nile crocodiles suffer from pollution, hunting and entanglement in gill nets. The

crocodiles also eat up dead animals that would otherwise pollute water.

### **THREATS**

People kill Crocodiles for skins and meat (white meat) is eaten by some communities and is a delicacy of some urban restaurants.

## **Facts**

**Type:** Reptile

**Diet:** Carnivore

**Lifespan:** 70years in captivity, 45years in the wild

**Size:** 16ft (5m)

**Weight:** 225kg

**Farming:** Crocs are farmed and are a source of white meat.

# KENNETH GICHOYA

aka Njoro In Papa Shirandula



Kenneth on the red carpet at the Kalasha award where he won best male actor (comedy)



By Euginia Gathoni

Comedy lovers call him Njoro. He stars as the hilarious but not so smart guy in the award winning show, Papa Shirandula which airs on local TV but what most people don't know is that his real name is Kenneth Gichoya, a strikingly tall and handsome young man, who dreamt of becoming Kenya's Denzel Washington someday.

He's so passionate about acting for a Kenyan audience that when in 2008, he won a green card to go to the States, he turned it down!

At only 32, he has bagged many awards for his rib cracking comedy shows - He walked away with the Best Performance and Comedy award at the 2010 Kalasha awards among other awards and has become a most sought after comedian and a household name to many Kenyans.

He grew up in various places all over Nairobi because his dad was a banker and was always moving. He joined the drama group in his church when he was just in class four but it wasn't until he joined High school that he got his big break.

While in Form 2, he got an award for best actor at District level. He had raised his bar high and there was no turning back, he wanted to achieve greater things as an actor and in 1999 when he was in his final year in Baricho High School, he bagged another coveted award, only this time at Provisional level.

Upon finishing High School, he met Mr. Noreaga Bingi, then Director of Visions Theatre Academy, who directed him to Kenya National Theatre and from then on, his acting career took off to greater heights. He would act in public shows for 300Kshs per show and that was a lot of money back then.

He has attended drama school and is a Certified actor. (There are few career actors in Kenya and Njoro is one of them). He starred in Crazy Kenyans and Intrukalass; both of which were famous shows back in the 90's.

### HOW HE BECAME 'NJORO'

Kenneth met Charles (Papa Shirandula) and a friendship developed so that they would act together in many public shows and explore ways how to

develop their acting skills.

When Bukeko was picked to star in his show, he did not hesitate to recommend his longtime friend, Kenneth Gichoya, a natural at cracking people up! He got the part almost effortlessly and later coined the name 'Njoro' as his stage name. Since then, his fame shot up and everyone wanted to book him for shows and performances.

As a kid, he always looked up to Denzel Washington and vowed to be just as famous, to make his country proud.

He's so passionate about acting for a Kenyan audience that when in 2008, he won a green card to go to the States, he turned it down!

Apart from acting, he has featured in various adverts like the Safaricom, Sigenta and the most popular one, Golden Shine. He is also emcee at various weddings and other events.

### WORDS OF WISDOM

- ☺ If there is something you love doing and are good at, don't be afraid to tell your parents or guardian about it because they can help you to nurture that talent
- ☺ Remember, education is very important so take your studies seriously.



Njoro strikes a pose in his trademark costume. Notice his rotten teeth? In real life, his teeth are as white as snow.

### THINGS TO KNOW ABOUT NJORO

- ☺ He loves listening to local music
- ☺ Travelling especially to far away places,
- ☺ Watching action movies
- ☺ He loves nature and once in a while takes time out to marvel at its beauty
- ☺ His favorite dish is chicken; he cannot do without it.
- ☺ Kenneth is married with two children
- ☺ His wife and kids help him memorize his lines whenever he has a show
- ☺ His burning ambition is to set up a Production House and create employment
- ☺ He loves to mentor young actors/actresses so they can earn money in the business

# THE MAGICAL LAND OF YENKA



By Christine Nderitu

Once upon a time in the magical land of Yenka there lived a wise king named King Garuna. The land of Yenka was filled with awesome mountains; beautiful rivers, lakes and oceans; healthy plant and animals; Yenka was also blessed with the most beautiful people in the world. The Yenkas' (people from Yenka) were a very peaceful people; in fact they had not had any wars for generations because their past leaders were also very wise and diplomatic. However these leaders left nothing to chance: they periodically recruited strong and intelligent Yenkas to form a strong warrior force that was

well trained and disciplined.

Life went on smoothly in the land of Yenka: farms and animals were tended to; the women sung as they worked; the men sharpened their tools and worked hard the children learned and played their games; the moon and sun rose and set as expected and the seasons changed as expected. One day as the Yenkas were going about their daily chores peacefully, bandits from a hostile land neighbouring Yenka had crossed the Yenka boarder to raid and plunder this beautiful land! On hearing this, King Garuna summoned the head warrior who swiftly rounded up his troops to go and protect their boarder.

When the head warrior

returned, he came bearing some really bad news; the Bandit king had declared war on the Yenkas!

"Is that so!" said king Garuna, "Well then, summon the council of elders and high priest immediately to discuss this matter urgently."

The meeting lasted a few hours and as soon as it ended each of the leaders knew exactly what was expected of them. They went off to organise their people so as to protect their magical land of Yenka. The head warrior told the warriors what was expected of them; the council of elders informed the Yenkas' in their respective villages of the impending war and what was expected of them; the high priest arrived at



The princess begs the King not to go

the monastery and briefed the monks, priest, priestesses and clergy men of the war and what was expected of them. Drums were beaten; horns were blown; smoke signals were sent and

in no time all the Yenkas knew that the Bandit king declared war and more importantly, they knew how they would overcome the problem of bandits trying to disturb their peace.

## THE KING GOES TO WAR

King Garuna was preparing for the war since he was the supreme warrior: he summoned his head horseman who brought him his strongest horses; he summoned his arsenal keeper who brought him his finest weapons; he summoned his head tailor who brought who brought him his most fierce uniform. When he was fully prepared he summoned his family and together they went to the Holy Palace to make offering and pray for a favourable outcome. When they finished, King Garuna was ready to go defend his land. As he mounted his favourite house his youngest daughter; princess Malaika, came rushing to him with tears in her eyes!

“Father I beg you, please don’t go! Don’t leave us!” she cried, “I’m so afraid!”

“Malaika, there is no need to

be afraid of a bunch of bandits for they know no peace and just brew chaos for everybody!” Said King Garuna, “child of mine I’m off to arrest the Bandit King and then peace will return to our magical land of Yenka, and when I return I shall bring you a gift!”

The princess loved gifts and she felt a bit reassured by her father’s word but she was not fully convinced.

“Father, why do you have to go arrest the Bandit king?” Princess Malaika asked, “Why not just give him what he wants, then you don’t have to go!”

“Because my child, this is our mother land and it our duty to defend it; it’s especially my duty to defend it fiercely” said King Garuna, “you see Malaika, I am like a

farmer and the land of Yenka is like my farm: when weeds grow on the farm, I pluck them out; when pests and parasites come to attack my plants and animals, I destroy them; I fence around the farm to keep unwanted bandits off my farm; if my neighbour disregards the perimeter fence surrounding the farm; then he gets punished accordingly; if I do not tend to the farm then the plants and animals will perish and it will be disastrous! So you see Malaika, you must let this farmer go and punish the bandit disrespecting the fence around our farm, do you understand?”

“Yes, papa” said the princess, “may God be with you.”

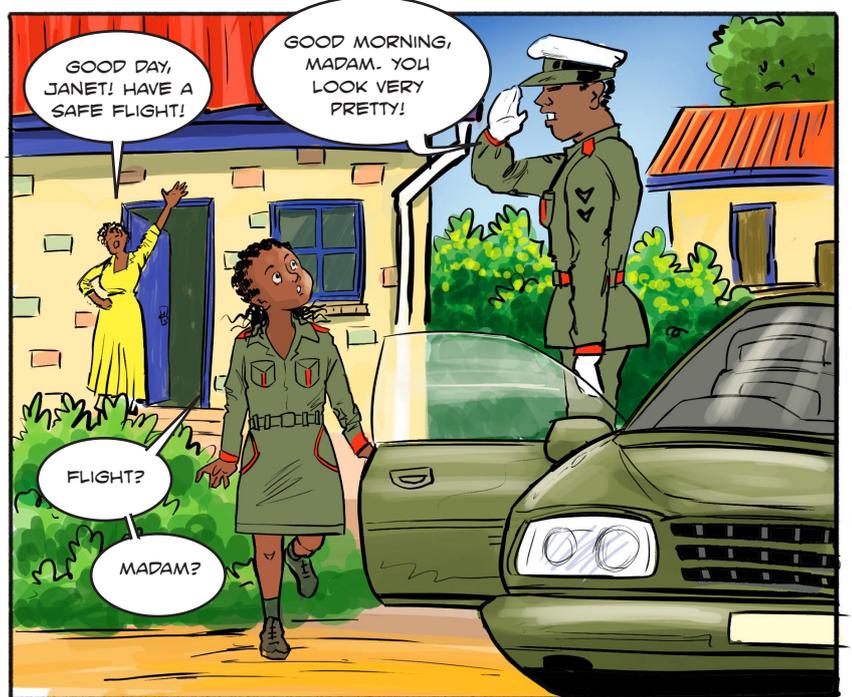
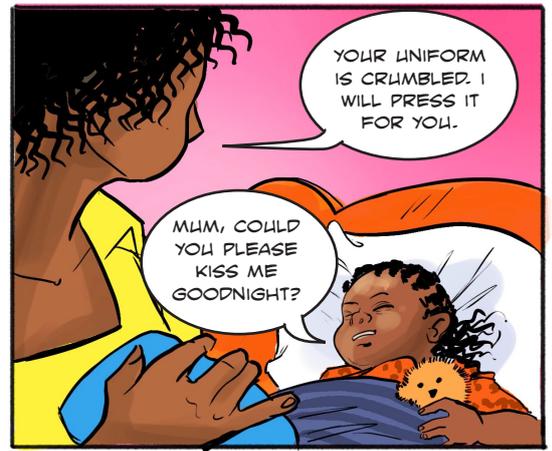
And as the king rode away a couple of white butterflies flew happily past her and she knew that this was a good omen.

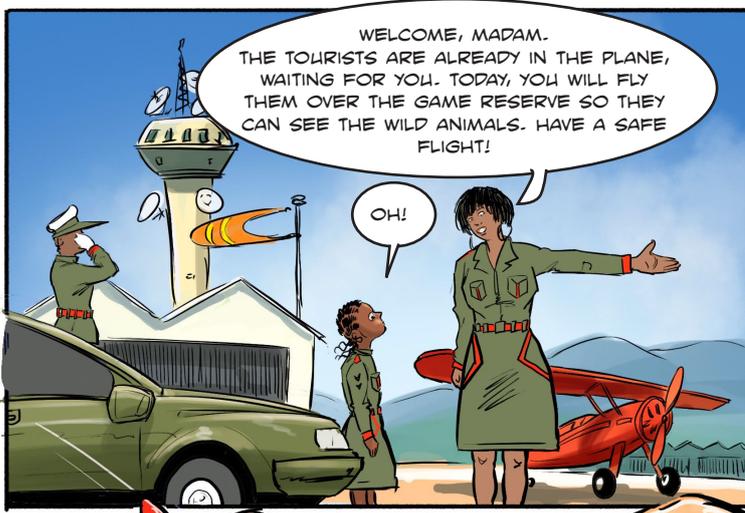
Days past and finally King Garuna returned with his warriors and they had captured the Bandit king who was then punished accordingly bringing peace to the people of Yenka. Many years passed and the magical land of Yenka remained a place of great serenity and beauty because it had very wise leaders and the Yenka people remained loyal to their motherland.

How far that little candle throws its beams so shines a good deed in a naughty world



# JANET



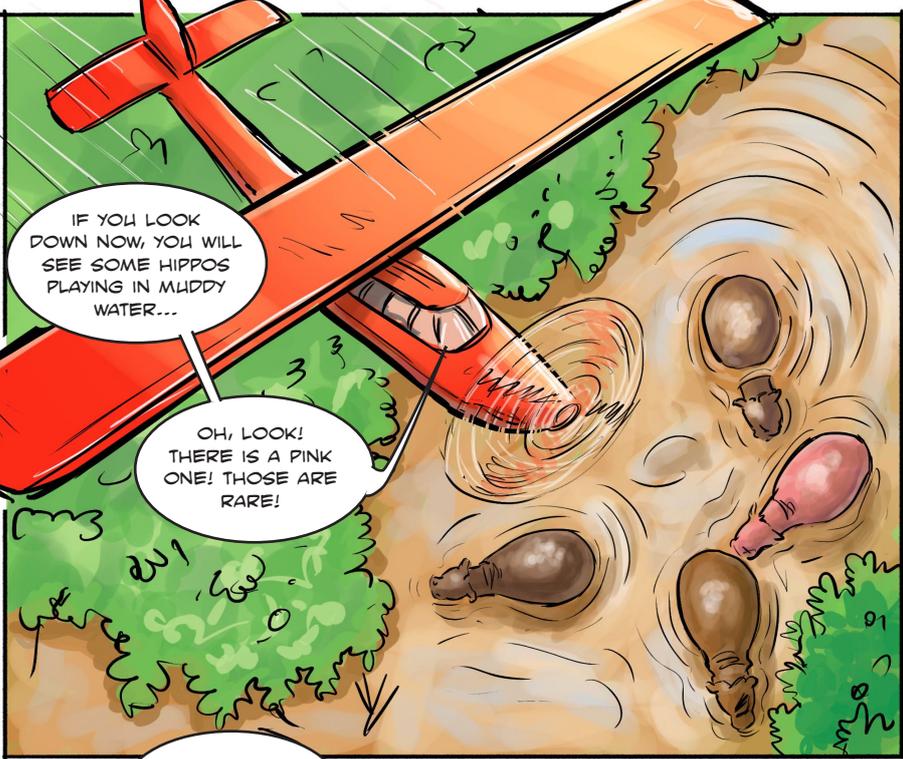


WELCOME, MADAM. THE TOURISTS ARE ALREADY IN THE PLANE, WAITING FOR YOU. TODAY, YOU WILL FLY THEM OVER THE GAME RESERVE SO THEY CAN SEE THE WILD ANIMALS. HAVE A SAFE FLIGHT!

OH!

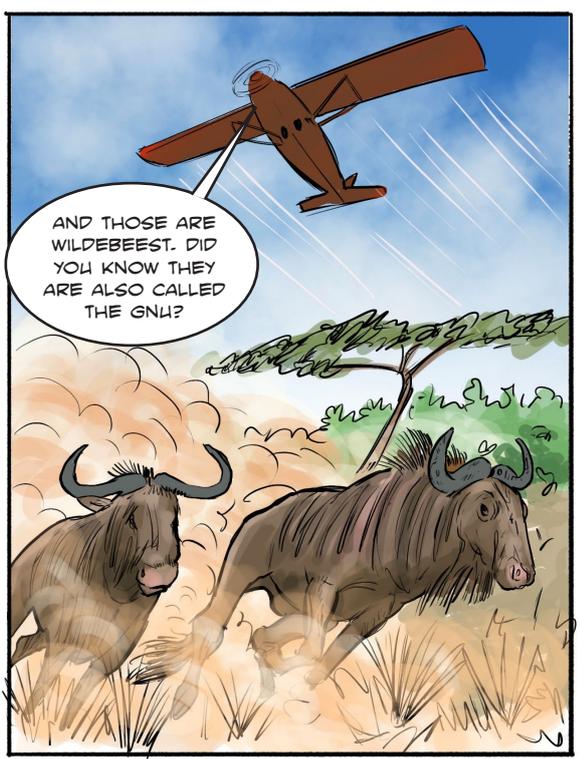


ALRIGHT! LET'S DO THIS! LADIES AND GENTLEMEN, FASTEN YOUR SEATBELTS. WE ARE ABOUT TO TAKE OFF!



IF YOU LOOK DOWN NOW, YOU WILL SEE SOME HIPPOS PLAYING IN MUDDY WATER...

OH, LOOK! THERE IS A PINK ONE! THOSE ARE RARE!



AND THOSE ARE WILDEBEEBEE. DID YOU KNOW THEY ARE ALSO CALLED THE GNU?



JANET!

JANET!

IS THERE A PROBLEM? WHO CALLED ME? YOU REALLY SOUND LIKE MY MUM...



JANET!

WAKE UP! YOUR ALARM WENT OFF TWENTY MINUTES AGO!

IT WAS JUST A DREAM...



LOOK, I ALREADY PRESSED YOUR SCHOOL UNIFORM!

THAT'S MY SCHOOL UNIFORM. I'M NOT DREAMING AGAIN!

THE END

# WHO IS A GOOD LEADER?

Wise men and women said long ago that, "a tree is shaped when young". They understood that once grown, a crooked tree could never be straightened. Likewise, a young child is easier to mold than a grown person. We at Bingwa understand this very well and this is why we strive to teach good values that we hope will help raise up a generation of well-rounded individuals. We have picked three values to run with through the year. One of which is leadership. Others are patriotism and Cohesion. We asked children from Mbagathi Road Primary to tell us what makes a good leader.

**This is what they had to say.**



"A good leader is someone who is Kind and honest like Jesus Christ. People used to call him a good leader because he loved people and taught good things and he served people"

**Annet Simiyu, Class 5**



"A good leader is someone who loves others, is Kind and well behaved"

**Dennis Chogo, Class 3**



"A good leader should show Kindness and be loyal to people. Serve others and be obedient like Jesus showed by example to his disciples"

**Benta Awino, Class 6**



"A good leader is one who is Kind, humble and ready to suffer for other people's wrongs and also one who shows good behavior so that those he leads can follow his example and be better people"

**Nyakiir Tbrahiny, Class 5**



"A good leader should always be honest, Kind and humble. A good leader should set an example for others to follow and should always be ready to serve others"

**Awak Ibrahim, Class 4**



"A good leader is judged by how he/she behaves and how he feels about those he leads. He shows honesty and kindness to all"

**Magdaline Mochama, class 6**



"A good leader shows the right way and is Kind to his or her people"

**Maureen Adhiambo, Class 7**



"A good leader should be honest, humble, Kind and should also help other people in need. A good leader should also be respectful"

**Sara Mochama, Class 4.**

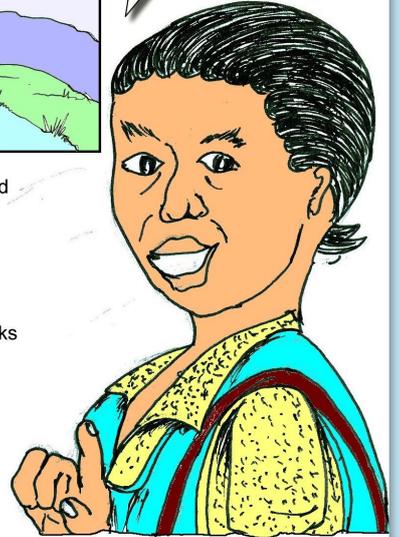
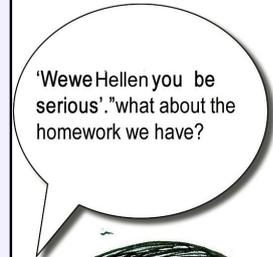
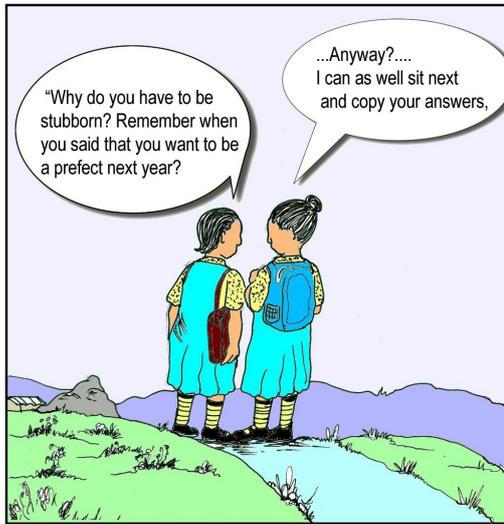


# A GOOD LEADER IS KIND

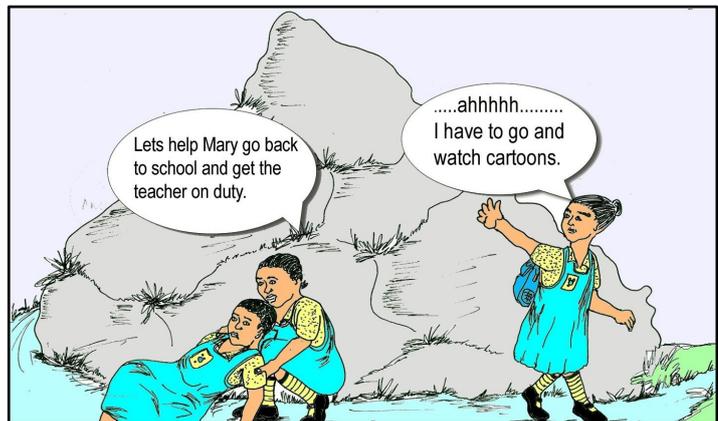
Story & Illustration By: 

WanyaX Graphics Art

The bell had just rang and all students were walking from school towards to their various homes. Hellen and Stella were busy murmuring to each other of the days happenings.



They passed the gate and walked hurriedly towards the rocks that divided the school and the shopping centre. The road was clear and very silent. Just as the girls were passing one of the rocks they saw something lying on the ground and Hellen was the first to peep.



Hellen was already on her way hurrying home to go and watch cartoons instead of staying behind to help Mary.

to be continued....



# GO-KARTING

## IN THE CITY

*Do you enjoy watching fast paced sport like motor racing even on TV? You could be part of the action right here in the City of Nairobi read on to find out where.*

**By Jeff Mundia**

**E**ver wondered how it feels like to be a racecar driver? Wearing a cool helmet and racing suit, driving a lean mean speed machine? Well you need not wonder any more...you can be a racer for a day!

I first heard about go-karting on the sports news. I watched as people my age, and even younger, raced around a custom made track in little vehicles called go-karts. A go-kart is basically an open top vehicle with four wheels that can reach speeds of up to 40km/hr. It has no suspension, thus is very close to the ground. Anyone between the ages of 7- 50 can drive a go-kart.

When my cousins came from abroad, I knew there was only one place to go to get unforgettable memories. I pitched the idea of go-karting and everyone loved it. We set a date and waited excitedly for the weekend to arrive.

That Saturday, I woke up

excitedly and couldn't wait for the events of the day. The night before, I had dreamt that I was a famous racecar driver lifting up a trophy in front of thousands of adoring fans. If all went well, I would be doing the same in real life! I met up with my cousins around midday and we made our way to a place called GP-Karting along Langata Road in Nairobi. When we got there, we were greeted by the sounds of go-karts racing around the track at high speeds. We could barely catch a good glimpse of them...they were moving so fast! After paying the driving fees, we received our very own racing helmets and suits. As we changed into the new attire, we joked about who was going to be the fastest driver. It seemed we were all very confident in our abilities, no one would admit defeat!

We assembled beside the track where we were given basic go-kart driving pointers. There are only two pedals: the accelerator and the

*Jeff walks away thrilled*

brakes. We also learnt about the different flags and their meanings. After the instructors were confident we knew the basics, they ushered each of us into our karts. I got into my kart, and immediately made myself comfortable. I grabbed the steering and revved the engine; I was one with the kart! After we were all in our seats, the track was cleared. We waited patiently as the lights changed from red, to orange and finally to green. Off we went!

I found myself falling to last place. My cousins had zoomed off in front of me as I desperately tried to catch up. As the first corner drew nearer, I had made up some ground. My younger cousin turned too wide, giving me space to maneuver in front of her. One down! The road straightened

up, allowing me to floor the accelerator pedal. With exhilarating speed, I charged down the rest. As we neared the end of the first lap, I had managed to get just behind my other cousin. Feeling my presence right behind him, he panicked and yanked on the steering wheel. As a result, he crashed into the protective tires! I zoomed past him and hoped he was fine. Feeling confident I could win the race, I set out to overtake my third and final cousin. With the checkered flag beckoning, I was running out of time. I had to catch up and make my move, or risk being branded a loser. As we drew towards the

With exhilarating speed, I charged down the rest. As we neared the end of the first lap, I had managed to get just behind my other cousin. Feeling my presence right behind him, he panicked and yanked on the steering wheel. As a result, he crashed into the protective tires!

last corner, I had her firmly in my sights. I tried to overtake her, but she closed me in! I couldn't believe it, the only

chance I had was taken away from me. I finished in second place. Afterwards, we gathered beside the track and talked about the exhilarating experience. My cousin who had crashed was fine, though he ended up finishing in last place. As we left the place, we were still talking about our awesome experience. Adrenaline was rushing through our blood as we imagined ourselves back inside the go-karts. We could not wait to be back!



Joyce and Sharon pose after a spin round the race track

# BINGWA!

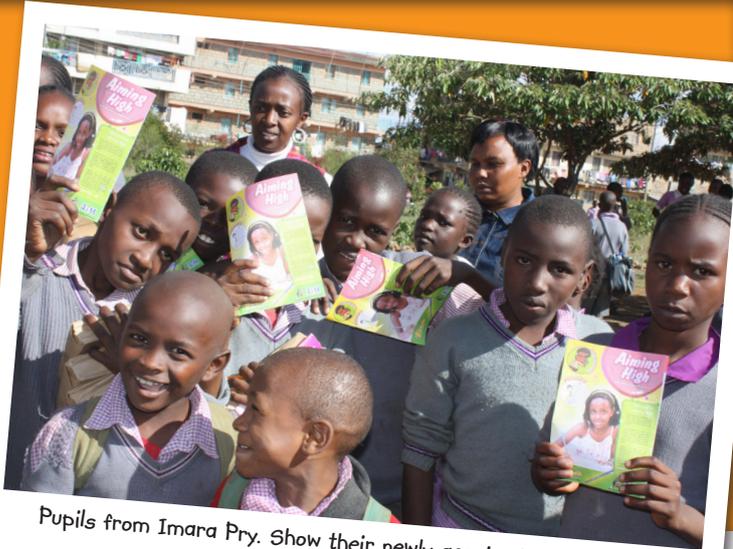
# Pictorial



Hill school primary pupils crowd around Bingwa's Claudiah Gachimbi (holding Bingwa magazine) they were excited to receive the copies for their library.



Comedian, Erick Omondi and his troupe were a major attraction at the Kids fest.



Pupils from Imara Pry. Show their newly acquired Aim booklets.



These young girls from Eton Pry Mombasa showcased their singing talent during the joint Bingwa and Aim activations at their school.



The director, Crater View Academy and students look on as Bingwa representative displays the magazine in the school hall.



CAM founder Julie Solberg & Rino Solberg (Chairman), centre-with driver, Albert (left) and Navigator Joe right at the FMU stadium, Kampala where the Xplode rally was held. Child Africa and Xplode rallying came together to raise awareness on the plight of the African child in November.



Young motocross riders give Bingwa the thumbs up after receiving copies of the magazine at the Xplode car rally in Uganda.



The boys were happy to flaunt their branded tshirt and painted faces at the Kids fest.



There was fun and games at the Kids Fest as demonstrated by these boys and girls.



Rino Solberg (Chairman-Child Africa) greets the Buganda Kingdom minister who was the Chief guest.



These beautiful girls were captured outside the Bingwa tent during the Kids festival on Dec 3rd, Safari park hotel ground.



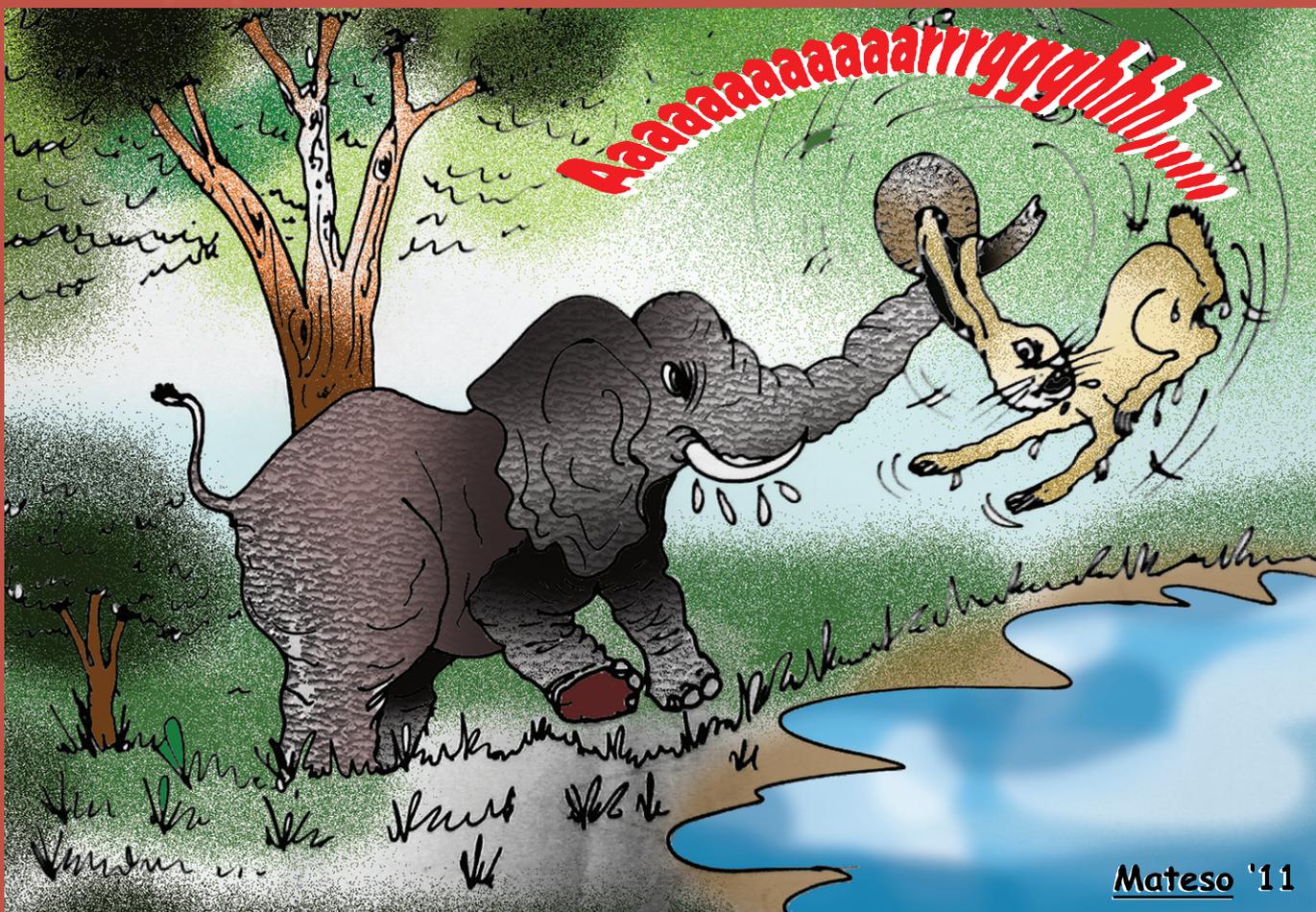
A mother and son enjoy the show at the laugh industry, Kids fest at the Safari Park Hotel.



A boy engrossed in his Bingwa.



# SUNGURA NA WANYAMA WENGINE



**Mateso '11**

## Wendo Nabea

**H**apo zamani za kale paliondokea Sungura na wanyama wengine. Kukatokea jua kali, maji yakakauka, mimea ikakauka, nyasi pia zikakauka, na wanyama wakafa. Hali hii ya jua kali bila mvua wala maji huitwa kiangazi au ukame. Wanyama walisumbuka sana kutokana na ukosefu wa maji na chakula. Mwishowe, Simba aliyekuwa

kiongozi wa wanyama wa pori, aliita mkutano wa wanyama wote. Wanyama mbalimbali wafika mkutanoni huu. Kulikuwa na mbu aliyeketi kwenye kilele cha mti, nyoka aliyejikunjakunja kwenye tawi la mti na hata popo aliyening'inia kwenye mti. Pia kulikwa na ndovu, nyati, kifaru, chui, mbweha, fisi, twiga, kiboko, paka, panya, kuku, njiwa, kondoo, mbuzi, nguruwe, mwewe, mbuni, samaki na wanyama wengine wengi.

Uwanja mzima wa mkutano ulijaa wanyama kabisa.

"Hamjambo ndugu zangu wanyama," Simba alisalimia wanyama wenzake. "Hatujambo Rais Simba," wanyama wote wakamjibu kwa sauti ya juu. "Asanteni kwa kuja mkutanoni huu," Simba aliwaambia wanyama. "Nimewaita ili tupange vile tutachimba chemchemi ili tusife kwa kiu. Kazi hii ni lazima tuanze kesho, kwa sababu hakuna maji

popote. Mito yote imekauka, na tusipofanya haraka, tutakufa. Tumekubaliana tuanze kuchimba chemchemi kesho?" Simba akauliza wanyama. "Ndiyoooo Rais Simba," wanyama wakajibu. Baada ya kuzungumziwa na Simba, wanyama waliondoka kujipanga kuanza kuchimba maji kesho yake.

Kesho ilipofika, walikutana wote wakaanza kuchimba maji. Walichimba kwa bidii, wakachoka na kutokwa na jasho sana, lakini wakaendelea. Siku hiyo Sungura hakuonekana. Siku ya pili wakachimba pia, ya tatu, ya nne, ya tano na kuendelea, na siku ya kumi walifikia maji. Ajabu ni kwamba siku hizi zote za kazi hii ngumu, Sungura kamwe hakuonekana. Wanyama walifurahi sana, wakanywa maji kwa tamaa na furaha, na mwisho, Rais wao Simba akawazungumzia.

"Asanteni sana wanyama wenzangu kwa bidii yenu. Tumechimba maji kwa muda wa siku kumi, na leo tumeyafikia, na sasa hatuwezi kufa kwa kiu," Simba akanguruma huku wanyama wengine wakishangilia. "Kazi hii imeonyesha umoja wetu, lakini mnyama mmoja amekataa kufanya kazi na sisi. Mnamjua mnyama huyo?" Simba akauliza. "Ndiyo, ni Sungura mjanja!" wanyama wakajibu kwa sauti ya juu. "Basi, Sungura hatakunywa maji yetu. Tutakuwa tukiyalinda usiku na mchana ili asiwahi kuyaonja. Mnakubaliana nami?" Simba akauliza. "Ndiyoooo!" wanyama wakamjibu. "Tutakuwa tukilinda maji kwa zamu ili Sungura asiyanywe. Leo mlinzi wa kwanza ni Fisi. Tunaweza kwenda nyumbani kwetu," Simba akafunga mkutano.

Wanyama walichota maji kwa madebe na vibuyu na kuelekea makwao wakiwa na furaha sana. Muda mchache baadaye, huku Fisi akiwa analinda maji, palitokea mnyama aliyekuwa amejaa majani ya kichaka. Huyo mnyama akaja akaimba:

Umewahi, umewahi kumuona wa majani akinywa maji

Umewahi, umewahi kumuona wa majani akinywa maji

Haa eee ... haa eee

Huyo mnyama alikunywa maji na akaenda zake.

Wanyama walipokuja kesho yake, walishangaa kusikia Fisi akiwaambia ni wa

majani

Mjinga akierevuka,  
mwerevu yu mashakani



peke

yake alikunywa maji. Wanyama walimfokea kwa ujinga wake, wakisema huyo ni lazima awe ni Sungura. Siku iliyofuata, mlinda zamu alikuwa ni Nyani.

Huku nyani akiwa analinda maji wakati wa usiku alitokea mnyama aliyekuwa amejaa majivu. Huyo mnyama akaimba: Umewahi, umewahi kumuona wa majivu akinywa maji Umewahi, umewahi kumuona wa majivu akinywa maji Haa eee ... haa eee

Huyo mnyama alikunywa maji na akaenda zake.

Wanyama walipokuja kesho yake, walishangaa kusikia Nyani akiwaambia ni wa majivu peke yake alikunywa maji. Wanyama walimfokea kwa ubaradhuli wake, wakisema huyo ni lazima awe ni Sungura. Siku iliyofuata, mlinda zamu alikuwa ni Ugiri au Nguruwe Mwitu.

Huku Ugiri akiendelea

kulinda maji, alitokea mnyama aliyekuwa amejaa mikebe. Huyo mnyama akaimba:

Umewahi, umewahi kumuona wa mikebe akinywa maji

Umewahi, umewahi kumuona wa mikebe akinywa maji

Haa eee ... haa eee

Huyo mnyama alikunywa maji na akaenda zake.

Wanyama walipokuja kesho yake, walishangaa kusikia Ugiri akiwaambia ni wa mikebe peke yake alikunywa maji. Wanyama walimfokea kwa upumbavu wake, wakisema huyo ni lazima awe ni Sungura. Siku iliyofuata, Ndovu akaamua kulinda maji, ili wizi wa maji ukome.

Wakati Ndovu alikuwa analinda maji, alitokea mnyama aliyekuwa amajaa udongo mwili mzima. Huyo myama akaenda kwenye chemchemi na kuimba:

Umewahi, umewahi kumuona wa udongo akinywa maji

Umewahi, umewahi kumuona wa udongo akinywa maji

Haa eee ... haa eee

Huku mnyama huyu ameinama kunywa maji, Ndovu alimshika na kuangalia sura, akaona ni Sungura.

"Umedanganya wengi, lakini mimi huwezi kunidanganya," Ndovu akamwambia Sungura. Alimshika Sungura masikio na kuanza kumzungusha. 'Moja... mbili ...tatu ... nne ...tano ... sita ... saba ... nane ... tisa ... kumiiiiii' Ndovu alimrusha Sungura mbali, mpaka akavunjika miguu. Pia masikio yake yalirefuka yakakaa kama kiatu kizee. Tangu hiyo siku, Sungura hakuiba maji tena, lakini mwishowe mvua ilinyesha.

Mwisho wa hadithi yangu, kama ni nzuri, ni yetu sote. Kama ni mbaya, niachie mwenyewe.



# CHEMSHA BONGO

## FUMBUA FUMBO

1. Jamaa wa kwetu watatu, kati yao, wawili ni watoto na wawili ni kina Baba.

**Je ni akina nani hao?**

2. Mtaani, kwetu, mtoto wa jirani alipata ajali ya kutisha; ndio makali ya ajali ile ya tibiwe, mtoto yule lazima angepasuliwa, ili amuliwa hospitalini, alimo kimbizwa na Babake ambaye ni daktari.

Kukimbizwa, chumba cha upasuaji, daktari ali tamka kwa sauti; "La siwezi ni mwanangu!"

**Huyu ni nani?**

3. Mimi ni BINGWA nchini mwangu.

Nikipiga ngoma, wote hutikisika, nikilala wote hulala, nikikwama wote hukwama na nikiharakisha wote huharakisha.

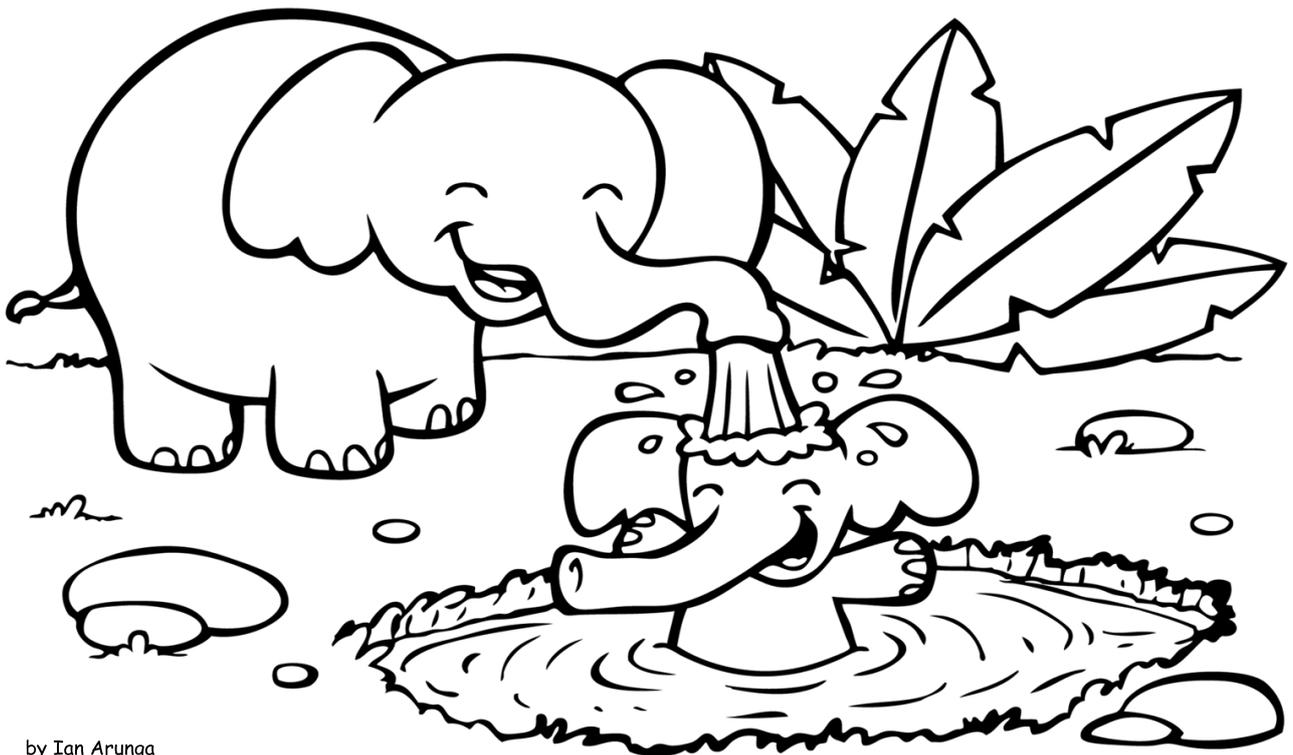
**Mimi ni nani?**

Jibu Uk 46

## UNGANISHA



## PAKA RANGI



by Ian Arunga



SHAIRI  
**TUUZIKE UKABILA**

Zishikeni zenu ndewe, kwa yakini niwaambie  
Rabuka muumba wewe, kaniumba pia mie  
Mbona ndugu tujigawe; kabila tujigawe?  
Twajipalia makaa, polepole twajioka.  
Kibarua ukitaka, huna budi tambuliko  
Kwa kabila hujulika, ujulike utokako  
Majina yasoeleka, ni patupu tambuliko  
Twa jipalia makaa, polepole twajioka  
Uadui umezuka, kwa machungu unadona  
Ujirani ulionyoka, zigizagi twauna  
Sikubali kupotoka, fahariyo kupeana  
Twajipalia makaa, polepole twajioka  
Mahaba hayana mboni, yakuliona kabila  
Mak'opiyo na muthoni, Munaisha na Murila  
Katokeza hadharani, chakuwaza ni kabila  
Twajipalia makaa, polepole twajioka  
Tukabeni midomoni, ndimi zile zenye sumu  
Kuropokwa hadharani, ni wewe tutalaumu  
Tula yaona vinwani, kuyakwepa ni vigumu  
Twajipalia makaa, polepole twajioka  
Twajipalia makaa, polepole twajioka,  
Tushikane kusikia, utengano kuuzika

Shairi lime tungwa na Judy Njeri Munyui  
Class 7, Moi primary school, Nakuru

**Brain Teasers**

**Where do fish keep their money?**  
In a riverbank of course

**What bone has a sense of humour?**  
The humorous bone

**What did the ribcage say to the heart?**  
Got you covered

**I fasten it and it walks. I unfasten it and it stops. What is it?**  
A sandal

**It stands on one leg with its heart in its head. What is it?**  
A cabbage

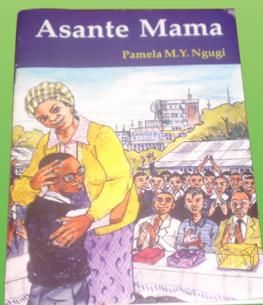
**What fastens two people yet touches only one?**  
A wedding ring

**I am around long before dawn, but by lunch I am usually gone. You can see me summer, fall and spring. I like to get on everything. But when winter winds start to blow. Burr, then its time for me to go! What am I?**  
The dew

**What flies without wings?**  
Time

**UCHAMBUZI  
WA KITABU**

**Anwani:** *Asante Mama*  
**Mwandishi:** *Pamela M. Ngugi*  
**Matibaa:** *Phoenix Publishers, Nairobi*  
**Chapo ya kwanza:** 2006



**H**adithi ya Asante Mama inahusu mwanafunzi wa darasa la tano anayeitwa Shoko. Shoko ana shida kubwa maadamu ndiye hushika mkia katika takriban kila mtihani darasani. Anachekwa na wanafunzi wenzake na hata wanambandika jina, Shokolokobangoshe, linalomaanisha

mshika mkia. Kutokana na kulemewa kwake na masomo, inabidi arudie darasa la tano. Juhudi za rafiki yake Suleimani kumsaidia hazifui dafu. Kama amerudia darasa, mwalimu mpya Bi. Heri anagutuka kuwa Shoko ana shida ya macho. Anamwandikia mama Shoko barua akimshauri ampeleke kwa daktari wa macho. Daktari anampatia Shoko miwani, na mama yake anaanza kumpeleka maktabani ya umma. Shoko anabadilika na kuwa mpenzi wa vitabu. Muda si muda, anageuka mweledi katika masomo kiasi cha kuanza kuongoza darasani. Siku ya kuzawadiwa kwa ufanisi wake anawashukuru watu waliomfaidi mpaka akawa mahiri, mmoja wao akiwa ni mama yake. Asante Mama ni hadithi murua inayoburudisha tangu mwanzo hadi mwisho.

# ONE MAN'S TRASH IS ANOTHER'S TREASURE

*On the slopes of Ngong hills is a small settlement known as Mathare where all the waste from Ngong town and beyond is dumped. But rather than let themselves and their homes be buried in garbage, the people here are turning the trash into treasure.*

By Kabeeria M'mbogori

**D**o you ever wonder where the garbage in your home goes once the garbage truck picks it? Do you know who takes it or where it ends up? When something stops being useful to you, is it useless to everyone else?

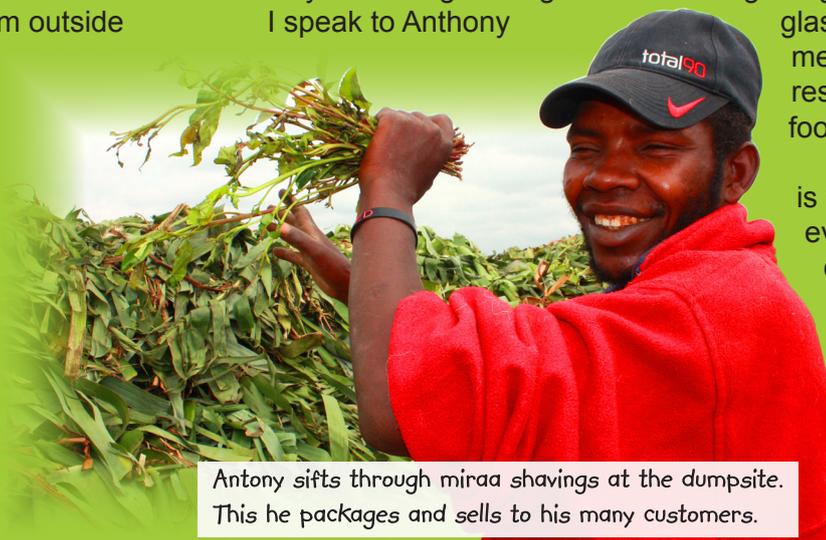
An extraordinary community living in Ngong town's Mathare settlement, 25Km outside Nairobi know exactly where waste from your home and the entire town goes and they are turning the trash that is literally dumped outside their door step into treasure.

They have organized themselves into self-help groups to manage the mountains of garbage surrounding their dwellings. It is here that I learn that everyone has a story; a unique story of survival. Many here have struggled with crime, physical and drug abuse and rejection but now they have found care and an ingenious way of making a living. I speak to Anthony

a young man who collects discarded miraa (khat) leaves dumped here, cleans and packages them for resale. He completely changes the way I look at waste. In truth what is one's trash is another's treasure.

Anthony is one among a determined group of people who work really hard to sort out garbage, separating plastic from glass bottles, cans and scrap metal pieces for resale. The rest they use as compost or food for pigs.

Don't forget, their work is very dangerous because even sharp needles, contaminated blood and other hazardous medical waste is brought here and so a mistake could mean the difference between a fatal injury or death and recovering a resource.



Anthony sifts through miraa shavings at the dumpsite. This he packages and sells to his many customers.

It is because of this that no children are allowed to off load or sort the garbage.

Every day, close to ten trucks come to dump their waste here (usually 2-3 tonnes) per trip! Imagine the amount of waste they dump in just one week! Mountains of garbage! But this community has been able to make a livelihood out of waste without any outside help.

### How they do it?

1. The handlers charge a small fee for every truck to

off load. They then cover waste with soil to prevent accidental injury when stepping over it.

2. They then sort it slowly to ensure any sharp instrument like bulbs, glass or needles are removed. (They have no protective clothing) and put useful material in neat piles.
3. Useful plastics, pig food, glass, manure, and scrap metal are all removed from garbage to be sold and reused. Whatever is not useful is burnt.

Do not hope for a better tomorrow. Make the world a better place today.



Residents sort garbage even as a truck dumps more waste. Salvaged valuables are stored in make shift sheds and sold.

### Things to ponder

- i. Nairobi as a whole is estimated to produce over 1530 tonnes of waste every day! Excluding the burnt fuel and aerial pollutants.
- ii. Composting is a method of aiding the natural decay process to cycle nutrients in natural products. Putting peels, cuttings, left over food, in warm moist heaps, allows them to breakdown into the basic elements the soil needs to help plants grow.
- iii. This is good habitat for those fat earthworms that chickens love to munch.

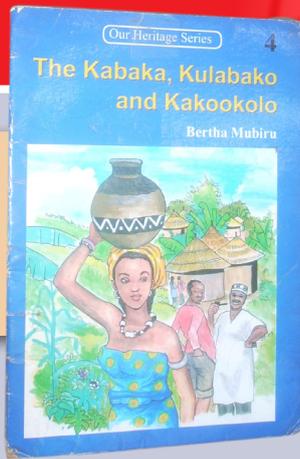
## 3 THINGS YOU AND I CAN DO TO REDUCE WASTE

- A. Choosing to buy products that are environment friendly and easy to reuse is a good place to start.
- B. Once you have used a product beyond its renewal dispose carefully. Sorting plastics, glass and metals has a big advantage in reducing the clutter and mess of garbage.
- C. Dig or ask an adult to dig shallow pit at home in which to put leftover peels and other organic waste. By turning this over frequently, you make very rich manure for use in your family's vegetable garden or flowerbeds!

### There's more...

Write to us and tell us what you are doing to reduce waste so that we can all share and learn new ways to reduce the trash and increase treasure.

Above all, choose wisely when shopping and dispose of what you don't need properly. Whatever you do, use, reuse and recycle!



**Title:** The Kabaka, Kulabako and Kakookolo  
**Author:** Bertha Mubiru  
**Publisher:** Fountain publishers, Kampala - Uganda  
**Reviewed by:** Francis A Sajjabi

The story is set in a far away land where a very beautiful girl, Kulabako refused all suitors yet because of her beauty, every man wanted to marry her. Soon, the Kabaka learns of this beauty and immediately falls in love with the girl he had never seen. The Kabaka sends his faithful servants one after the other to go and tell Kulabako's family

about his wish to marry her but each one brings back bad news and is fired until all ten leave the king's service. The king is left in a dilemma. He has no one to send – he cannot not sleep, rest or think of any thing but Kulabako and thus withdraws from the public. When Kakookolo the country bum hears of the king's fate, he rushes to the king to seek his permission to go on

this important mission but the king's guard chase him away. However, with persistence he gets the Kabaka's consent and sets off for Kulabako's home where after eating a hearty meal, Kakookolo, a very cunning man, tricks Kulabako into running after him all the way to the kings palace trying to hand him his entongoli, a musical instrument he intentionally left behind. That's how the king gets his bride.



## MCHONGOANO

- Unakichwa ndogo, hata huwezi think twice

**Boniface Mureithi std six**

- Simu ya nyanyako ni mzee hadi ikiwekwa creodo inamwagika

**Sinclair Wamithi**

- Simu ya budako ni kubwa, hadi ikiwekwa charge, stima area yenu zinapotea

**Benson Ngunjiri**

- Wewe ni mfupi hadi unaendanga 100meters kwa store
- Paka yenu ni mzee hadi imebakisha wiki mbili iwe simba
- Uko na sura mbaya hadi picha yako inatumika kufukuza panya.

**Ayub Otuke**

- Uko na kisogo bigi, uki turn haraka unaweza icheki
- Ati kwenu kuna insecurity hadi police station hufungwa saa kumi

**Sally Mutisya**

- Wewe ni fala, hadi ulienda blood test na mwakenya
- Kwenyu knuna insecurity hadi ukipigwa ngeta, unapewa receipt-
- Wewe nu munono, uliingia face book kama group

**Sasha Wangari**

- Wewe ni fala hadi ukinunua smokie unaenda kukulia kwa smoking zone –
- Una kichwa ndogo had iukisoma gazeti, watu wanadhania wewe ni fullstop

**Beatrice Wakio**

- Ati tivi yenu ni noma sana, iko na channel mbili pekee... ON and OFF.
- Tivi yenu ni small hadi iko na scroll bars –
- Uko na macho ndogo, ukiblink, unapotea

**Elvis Leteipa, 10**

# The magic world of numbers

You are wrong if you think mathematics is not fun



## Sudoku

LEVEL ONE:

		2	
	4		
		3	
	1		

Place the numbers 1-4 in each of the blank cells. Ensure that each straight line has numbers 1-4 both across and down. And that every box has numbers 1-4.

LEVEL TWO

2	1		4	3
		6	2	
		3	4	
3	4			5 6

Place the numbers 1-6 in each of the blank cells. Ensure that each straight line has numbers 1-6 both across and down. And that every box has numbers 1-6.

Answers on Page 46

## Celeb Calculations



Kenyan international footballer **MacDonald Mariga** gets paid in pounds. If he earns 1.3 million pounds in a year and the current exchange rate for the pound is 150 shillings, how much does he earn in a year in shillings?

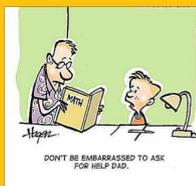


How long would Ugandan rally champion **Charlie Lubega** take to finish a 360 km stretch if he is driving at 25m/s?

Answers on Page 46

## Humour

Dad, can you help me find the lowest common denominator in this problem please ?



*Don't tell me that they haven't found it yet, I remember looking for it when I was a boy*

**Teacher:** Did your parents help you with homework?

**Pupil:** No I got them all wrong by myself !

**Pupil:** I can't solve this problem.



**Teacher:** Any five year old should be able to solve this one.

**Pupil:** No wonder I can't do it then, I'm nearly ten !



# YOUNG ATHLETES

## EXCEL AGAINST ALL ODDS

*The Standard Chartered Marathon went down last October at the Nyayo National Stadium. Thousands of amateur and professional runners, mothers and children turned out to raise money towards the 'seeing is believing' campaign, inspite of chilly weather. BINGWA was there to record the event and this is where we met 14 year old Daniel Ekaderi and age mate Simon Ndungi, Francis Kimando.*

By Bingwa writer

What makes these boys unique is the fact that they live in a children's home in Nyeri but have competed in and won races consistently in the Standard Chartered marathon, the Ndakaini half marathon and other races since 2008.

They are also part of an awesome pack of seven - 3 girls and 4 boys who have taken tro-

phies from Nairobi to Ndakaini, Meru and Thika X country and even in interschool marathons. This they do against all the odds that orphaned and disadvantaged children growing up in a home face daily.

To find how they do it, we spoke to Coach Titus Ndegwa, himself an athlete, who spoke with pride about discovering and nurturing young talent amid great challenges.

**Bingwa:** How did you discover that these children the immense talent they displayed at the marathon?

**Coach:** I knew they were talented when we introduced them to recreational sport to keep their minds busy and active but as a coach and a former athlete, I could tell by watching the children running here and there, that some could become very good in athletics.



A GOOD RACE:  
(Right-Left)  
Simon Ndungi,  
Daniel Gicheru  
and Francis  
Kimando at the  
finish line.



**Bingwa:** How do you decide which events to participate in and how do you prepare the children?

**Coach:** As a former athlete I am able to know which events the young athletes can excel in and once the decision to compete is made, begin training their minds to focus on the specific distance.

**Bingwa:** Do you keep a stringent training routine?

**Coach:** We train in the evening after class (4.00 pm – 6.00 pm) Monday, Tuesday and Thursday and mornings on Saturdays in order not to disrupt their morning class. Our goal is make training as enjoyable as possible.

**Bingwa:** What races have the seven competed in so far?

**Coach:** The troop has competed in the Nairobi Marathon, and maintained the top 3 positions for both boys and girls. Francis Kimando and Mercy Akiru have for the last 2 years, maintained position 2. They have also participated in KEMU in Meru, Miiri at Karatina, Ndakaini, Thika, and the District X-country as well as the Inter-schools championships.

**Bingwa:** How has this benefited them?

**Coach:** They were sponsored by Michelle Hamilton (U.S.A) to Eldoret, to witness the home coming of world champion Abel Kirui and Emanuel Mutai in 2009 and also to meet other elite runners. Moses Tanui was our host.

**Bingwa:** Any plans to introduce the young runners to the national/ international arena?

**Coach:** Yes am trying to have one or two boys and girls competing in the youth or junior team to represent Kenyan at these championships. On the international level, I encourage them to consider athletics as a career. I always remind them that to excel, they must maintain high discipline, train hard be patient because all good things take time

**Bingwa:** What challenges do you face as you hone the skills of these young and gifted athletes?

**Coach:** We face intimidation, lack of training gear and a shallow understanding of the sport. When a race comes up but we have no money to register them or for transport; all these lower their morale.

**Bingwa:** What is your motivation?

**Coach:** As a trainer there are many ups and downs, but in one way or another they are also a motivation because they help me better understand how I can help these kids accomplish their goals.



FACE OF A CHAMPION: Daniel on the podium after winning his race

**Lessons that other kids should learn from these champions is that:**

- ☉ Hard work and high discipline pays.
- ☉ Good time management yields best results
- ☉ Athletics keeps one busy and also in very good physical and mental health
- ☉ Physical strength, sharp mind and stability are the foundations in academic excellence.
- ☉ Athletics is a high yield professional. Examples of wealthy Kenyan athletes abound.

**The coach's parting shot:**

Being featured in BINGWA is a golden chance for these kids who sometimes feel forgotten and I hope and trust that when the time comes for them to read and see your magazine, it will motivate them a lot to soldier on and put more effort in both their academic and sporting careers.

# How to fill 4 jars with money

By Wangui Wachira

**S**aving money is not something that comes easily to many people, even adults. It requires patience, determination and persistence but unfortunately, not many people give it the attention it requires.

### WHAT SAVING IS ABOUT

Saving simply means regularly keeping some money aside for later use. Examples of these later uses are emergencies, education, retirement, investment, to buy things you want and many more.

### LESSONS YOU LEARN BY SAVING

Proper handling of money and living within your means:

If you received one million shillings today, how would you handle it? Would you be broke and in debt in one month?

### GETTING STARTED:

- ♣ An easy way to begin saving is by taking four jars, piggy banks or any other container. Give each one of the jars labels as: Save, Invest, Give, and Spend. Each of these labels lets you know what each jar is for.
- ♣ After this, write down all the goals you want to achieve with your money. Divide them into short, medium and longterm goals. It



photo, courtesy of google

could be a list that looks something like this:

Buy two new books, buy shares, go to the movies, buy dad a birthday present, give to the Red Cross, and so on.

- ♣ Decide how much you will be putting in the jars every day, week or month. You can decide to put in more

money in one jar than the others depending on your goals, but you must put something in all of them.

- ♣ Do not wait to have a lot of money to start using the jars. Begin with whatever you currently have.
- ♣ Keep a money diary. This is a book you use to write down every single shilling you spend, what you spend it on (even if you have bought a chewing gum worth a shilling) and why. This practice helps you easily keep track of your money and lets you know if you are properly managing it by saving more and spending less.
- ♣ Open a savings account if you have not yet done so. Ask your parents, an aunt or elder cousin or an older and trusted friend to take you to the bank, explain the process and help you begin depositing your

money into your savings account. The advantage of a savings account is that your money earns interest. Also, you can safely put away your long-term savings money.

A good habit is like money in the bank; they both get better with time



### Smart Moves

1. Every time you receive money, no matter how little it is, always put some into your savings jar first. You can ask your parents to keep your savings jar so that you are not tempted to take money out of it.
2. Put pictures of your goals next to your jars or somewhere you can see them daily. They will help you stay motivated.
3. Do not be too hard on yourself if you fail a few times. It is all part of the learning process and with time, it will become easier to do. The key is consistency (doing as regularly as possible).

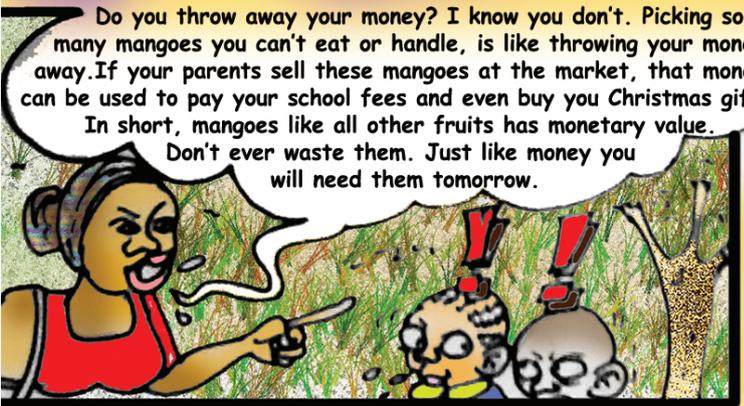
...by Matero



Yes dear. Lets pick all of these Mangoes. We shall use them as balls and play with them on our way home.



Hey!!! Young Girls, STOP wasting resources. You will need those mangoes tomorrow. Please come over, I need to explain how.



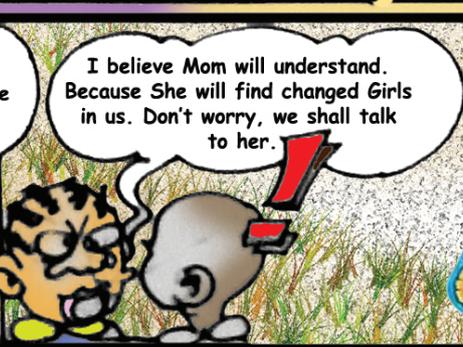
Do you throw away your money? I know you don't. Picking so many mangoes you can't eat or handle, is like throwing your money away. If your parents sell these mangoes at the market, that money can be used to pay your school fees and even buy you Christmas gifts. In short, mangoes like all other fruits has monetary value. Don't ever waste them. Just like money you will need them tomorrow.



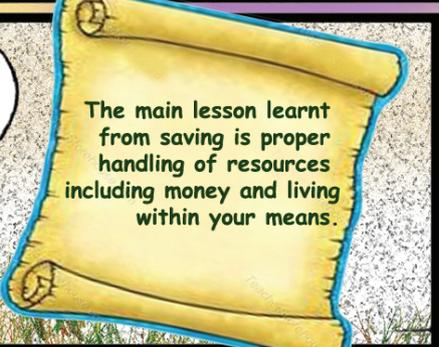
What and advice. She was God sent to come change our bad behavior. I shall no longer waste resources. Actually, from now onwards, I will be saving for future use.



I support you fully. That advice was our eye opener. By the way. What will be our excuse to Mom about the mangoes we wasted?



I believe Mom will understand. Because She will find changed Girls in us. Don't worry, we shall talk to her.



The main lesson learnt from saving is proper handling of resources including money and living within your means.



# ONE ON ONE WITH UGANDA'S NEW ATHLETICS SENSATION.



Anette raises Uganda's flag high after her win

**Meet 19 year old Anette Negesa, the current African champion in 800 meters. She achieved this feat at the just concluded All Africa Games in Maputo, Mozambique where she won the prestigious Gold medal. Bingwa caught up with her for a chat.**

**By James Rawlings Lwande**

**How long have you been doing Athletics?**

I started running eleven years ago when I was in P.3 but took up running professionally just two years ago.

**What have you achieved so far since you started running?**

Wow.....I have achieved quite a lot in such a

short time and I give all the glory to God. Last year (2010), I helped the Uganda cross country team win Bronze at the World Cross Country Championships (junior category) in Poland and also won a Bronze medal in 800 meters at the 2010 World Junior Athletics Championships. However, 2011 has been the breakthrough year for me. I started off by winning Gold in both the 800 and 1500 meters at the Africa Junior Athletics Championships in Botswana, I then rounded it



off with the big one by conquering the continent by winning Gold at the just concluded All Africa Games in Maputo, Mozambique. This was a senior race by the way, so I am the overall African queen.

#### What do you love about Athletics?

Athletics keeps me fit, keeps me out of trouble and it's a natural talent so I always thank God for that. In addition, it's also my current career so I have to love it if I want to succeed at it.

#### What would you say are the benefits of Athletics?

Athletics has tremendously kept me healthy, I rarely fall sick because of the time I put in during training. I've also been able to get exposure from the many countries I visit, I use to dream of boarding a plane but Athletics turned that dream into reality for me. I'm also able to support and care for my family from the little money I earn, so I thank God for my talent.

#### What is your most memorable moment in Athletics?

It definitely is when I won Gold at the All African Games in Maputo, remember this was a senior race. So I had to step up and win the Gold for my country, I was very happy when my national anthem was being played and the Uganda flag being hoisted up higher than the rest. Nothing can beat that.

#### Which other Athletes do you admire?

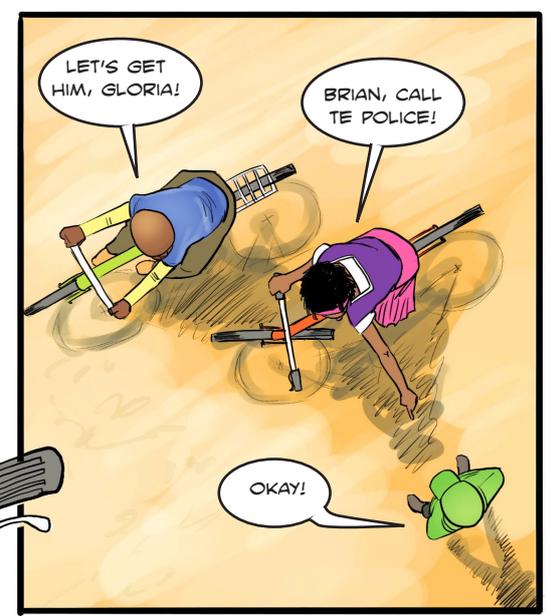
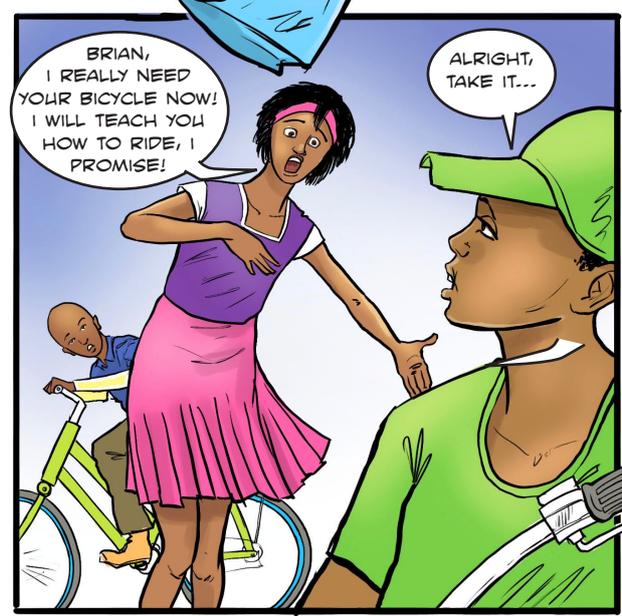
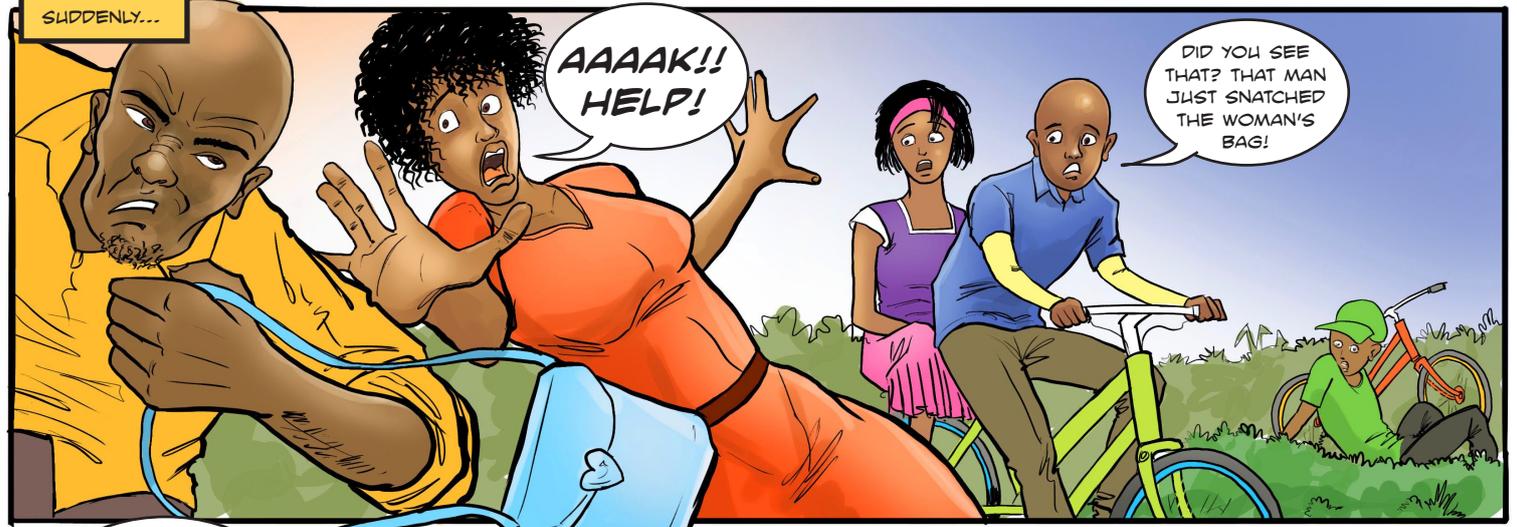
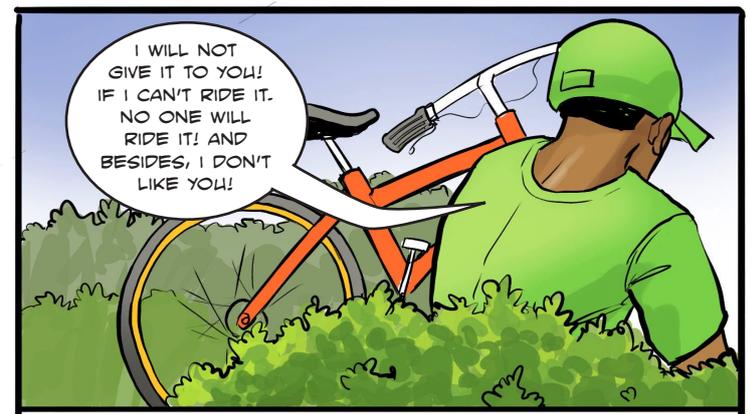
I admire Pamela Jelimo of Kenya a lot, I always pray to my Lord that I achieve as much as she has achieved and even do better.

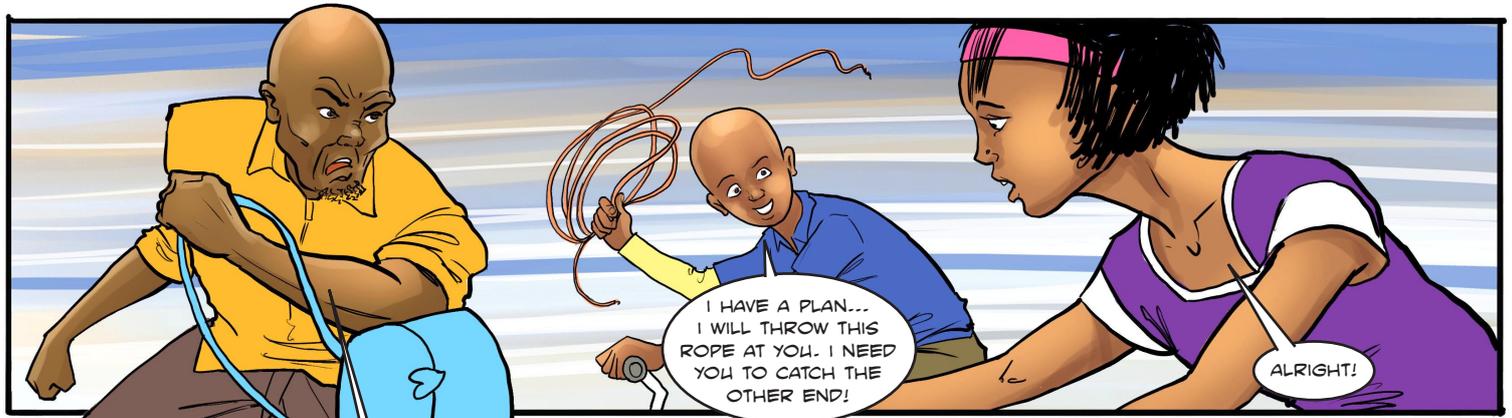
#### What are your other interests/hobbies?

When I'm not busy with my Athletics schedule, I enjoy playing hockey, basketball and also used to play football when I was in high school.

#### What advice would you give BINGWA readers?

The first and most important advice to Bingwa readers is that they should be disciplined because success starts with discipline. They should also endeavor to be honest, hardworking, respectful to elders and God fearing.





I HAVE A PLAN... I WILL THROW THIS ROPE AT YOU. I NEED YOU TO CATCH THE OTHER END!

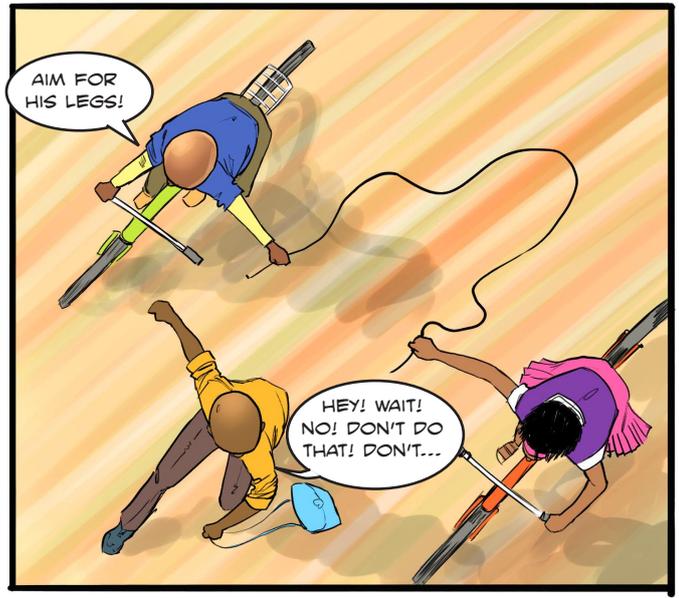
ALRIGHT!



LOOK AT THESE LITTLE CHILDREN!

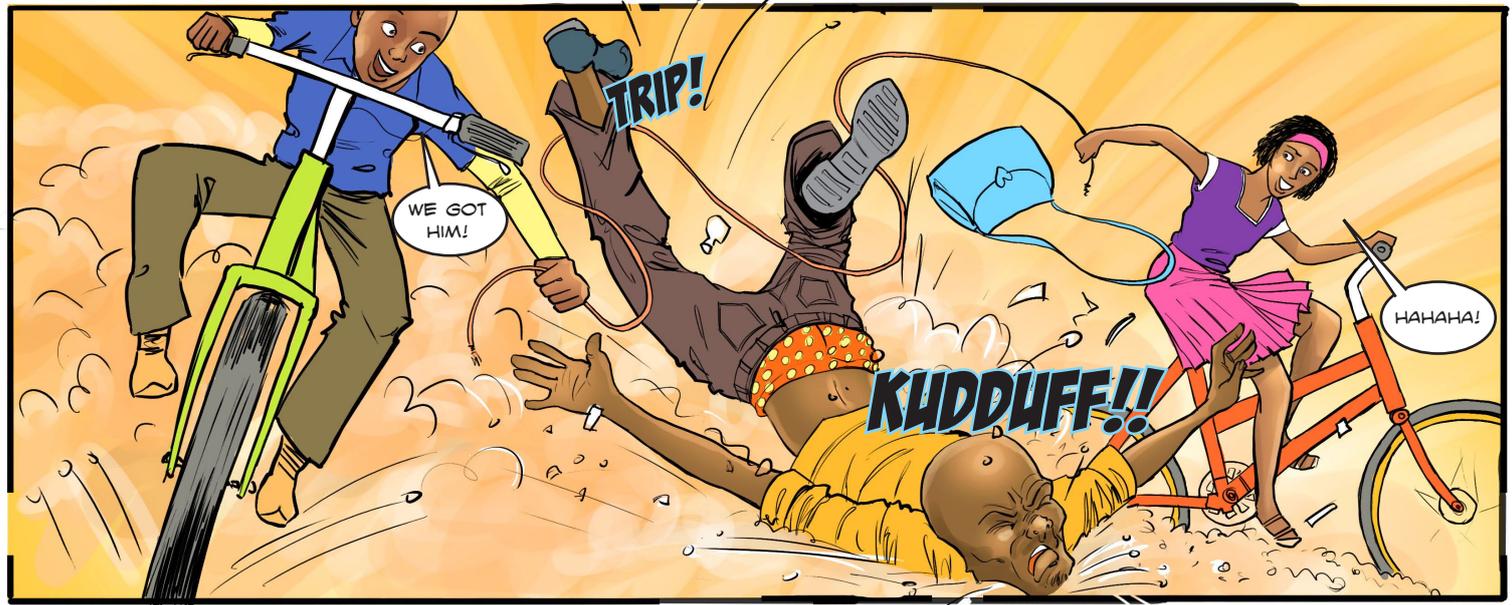
THE POLICE CAN'T CATCH ME WITH THEIR BIG MOTORCYCLES, AND THESE CHILDREN THINK THEY CAN CATCH ME WITH THEIR LITTLE BICYCLES!

HAHAHA!



AIM FOR HIS LEGS!

HEY! WAIT! NO! DON'T DO THAT! DON'T...



TRIP!

WE GOT HIM!

KUDDUFF!!

HAHAHA!



THANK YOU SO MUCH, CHILDREN!

LET'S GO! YOU ARE HEADED FOR PRISON, BIG MAN!

OH, THIS IS A BAD DAY! I SHOULD HAVE STAYED IN BED!



ARE YOU READY TO LEARN TO RIDE, BRIAN?

YES! AND I'M REALLY SORRY FOR BEING MEAN TO YOU EARLIER.

THE END

# MADAGASCAR

**M**adagascar is an island off Africa's southeast coast. It is the fourth largest island in the world. It has a surface area of 226,444 square miles. It is in the Indian Ocean and is separated from Africa by the 500-mile wide Mozambique Channel.

The highest point on the

island is the ridge of Androna, which is a volcano rising 9,439 feet. There are also three main river basins. The coastline is straight and has sand dunes and mangrove swamps on the southeastern side and estuaries and bays on the northwestern side.

The hot, wet season lasts from November to April, and

the cooler, drier season, May to October. The east coast is on the windward side of the island and receives 146 inches of rain a year. The other side of the island only receives 92 inches annually. July is the coolest month, having temperatures between 54 and 77 degrees. December is the hottest month with temperatures between 68 and 82 degrees. Madagascar is sometimes hit by cyclones and flooding can be serious.

## Historical Background

The prehistoric breakup of the Gondwana supercontinent separated the Madagascar-Antarctica-India landmass from the Africa-South America landmass around 135 million years ago. Madagascar later split from India around 88 million years ago, allowing plants and animals on the island to evolve in complete isolation. Consequently, Madagascar is a biodiversity hotspot in which over 80% of its plant and animal



Children in akavandra village. Many citizens are poor

species are found nowhere else on Earth.

Researchers believe Madagascar was first inhabited sometime between 300 BCE and 500 CE by Austronesian peoples arriving on outrigger canoes from Borneo in the Indonesian archipelago who were later joined around 1000 CE by Bantu migrants crossing the Mozambique Channel and establishing first on the north and west coasts. Arabs, East African, later Malay and Javanese, Indians, Chinese and European (primarily French) migrants settled on Madagascar over time, each one making lasting contributions to Malagasy cultural life. Bantu influences are evident - especially in the West coast and in the South - in the spiritual and monetary value placed on the zebu cattle.

### Language & Religion

Malagasy language is spoken in various forms by the vast majority of the population, is the national language and one of two current official languages alongside French and English. The majority of the population adheres to traditional beliefs or Christianity, but followers of other faiths such as Islam and Hinduism are found in smaller numbers throughout the country.

### Governance & Current Affairs

Beginning 9th Century most of the country was united

and ruled as the Kingdom of Madagascar by a series of nobles (andriana) of the Merina ethnic group. The monarchy collapsed when the island was conquered and absorbed into the French colonial empire in 1896. The island gained independence in 1960.

The autonomous state of Madagascar has undergone four major constitutional periods, including a post-colonial First Republic under President Philibert Tsiranana (1960–1972), a Soviet-style socialist Second Republic under Admiral Didier Ratsiraka (1975–1991), and a democratic Third Republic under successive presidents Albert Zafy, Didier Ratsiraka and Marc Ravalomanana (1992–2009).

### The Uprising

A revolution in 2009 instigated by then-mayor of Antananarivo and TGV political party president Andry Rajoelina. Rajoelina forced Marc Ravalomanana to resign and a 2010 constitutional referendum ushered in the Fourth Republic in which the nation continues to be managed by Rajoelina's unelected caretaker government known as the High Transitional Authority (HAT). Rajoelina, born in 1974, is currently the youngest head of state in Africa.

Below, workers in the rice fields of Madagascar. The country is largest rice consumer in the world



## 10 Facts about Madagascar

1. Madagascar is the fourth largest island in the world, covering 587,04km<sup>2</sup>, with a population of 2.9 million people.
2. Gained independence from France in June 1960.
3. Madagascar is a biodiversity hotspot. 80% of its plant and animal species are found nowhere else on earth.
4. The Malagasy ethnic group is sub-divided into more than sixteen sub-groups.
5. The Malagasy people are the largest rice consumers in the world. Their special rice cuisine is found nowhere else in the world.
6. Malagasy language is spoken in various forms by the vast majority. It is the national language.
7. President Andry Rajoelina, 37, is youngest head of state in Africa.
8. Madagascar is a member of SADC (South African Development Community).
9. Majority 85 percent live in poverty.
10. Madagascar is a national heritage site.



# AN ACTUARIAL SCIENTIST



By Sue Ellen Mwendwa

**D**o you love playing with numbers? Does the sight of a Mathematics lesson on your timetable make you smile? Have you ever wondered what the plastic card your parents produce when they visit the hospital is about? Or probably you have seen advertisements on television urging people to insure a business against fire or a car. Well, this is the work of an actuary and it starts with a love for Mathematics and outstanding ability in the subject.

Actuarial science is the science of assessing the risk of events occurring and creating insurance policies that mitigate those risks for customers. An insurance policy is a contract between the customer (policy holder) and an insurance company, describing how much the customer will be

paying (premiums) so that in case of a calamity, the insurance company caters for the damage.

The work of an actuary therefore becomes creating policies for customers based on their income, what they are insuring and the likelihood of the insured product e.g. a car being damaged. For example, if your parents have a health cover, they pay a certain amount to the insurance company each month. When you are sick and

**A professional in this field is called an actuary. They apply mathematical and statistical methods to assess risk in the insurance and finance industries and create policies to mitigate the effects of the risks.**



visit the hospital, the insurance company pays off the medical bill.

I chose to pursue a degree in actuarial science since I love Mathematics and excelled in the subject.

It challenges the mind and has the power to solve real life problems. Consequently, it is integrated in every day work. If you are a business man you need to count your profit, a farmer needs to know the probability of a certain crop flourishing in his village, doctors and nurses use math when they write prescriptions or administer medication (e.g. 1x3), even Jesus used Mathematic when he had to multiply the two fish and five loaves to feed five thousand men.

An outstanding ability in Mathematics is also required especially in probability and statistics. The other units we learn are: basic mathematics, calculus, programming, actuarial mathematics, principles of economics, life

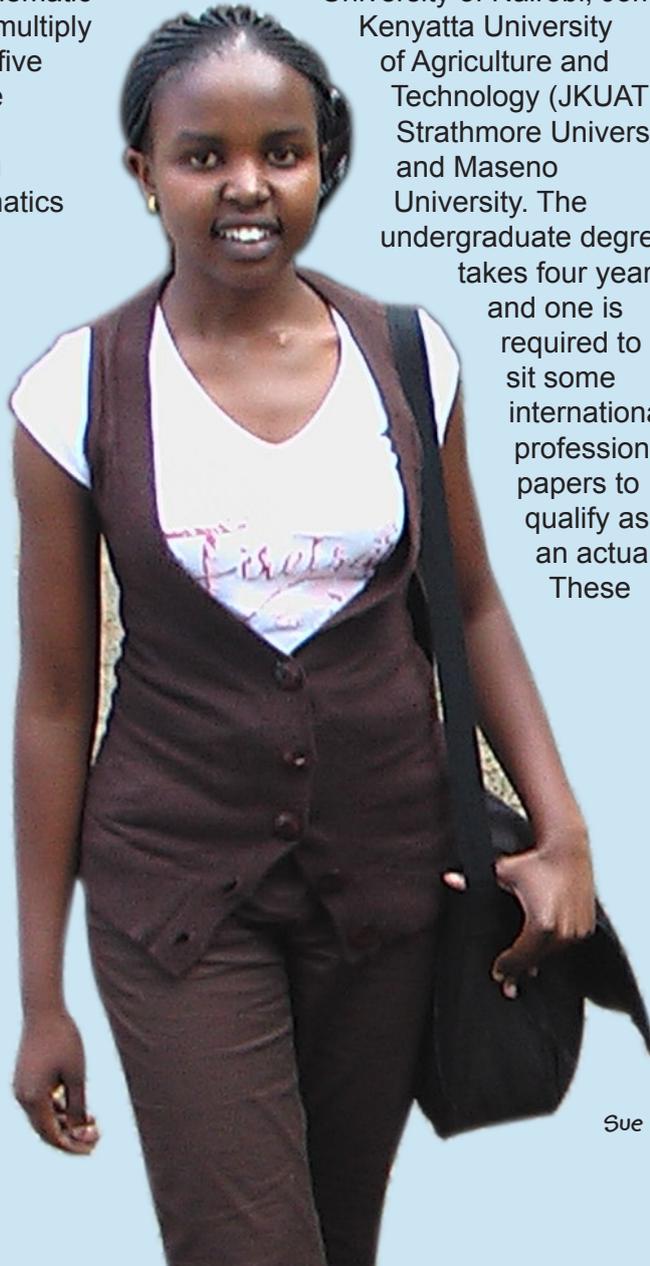
Contingencies and real life projects. Having so much to cover in four years, it demands a high level of discipline

and many hours of study just like in medicine. Although Mathematics is the core of the course we have a few lessons on communication skills and

**To qualify for a degree in actuarial science, regular program you must have a Plain A\* in K.C.S.E; the science has the highest cluster points, higher than Medicine.**

philosophy.

Some of the universities that offer the degree include: The University of Nairobi, Jomo Kenyatta University of Agriculture and Technology (JKUAT), Strathmore University and Maseno University. The undergraduate degree takes four years and one is required to sit some international professional papers to qualify as an actuary. These



Sue Ellen Mwendwa

examinations are very rigorous. To excel one has to do a lot of research and have a wide knowledge of the subject. Being a first year student, I have not had any internship but from my seniors who have been interns, I know getting internships is not very difficult especially if you are an active member of the actuarial society in your school. It is an opportunity to network and be mentored by actuaries in various insurance companies.

So, there is a pool of opportunity if your numerical skills are strong. Being an actuary has been ranked as the best job with a good working environment and salary. In addition, you could start your

**There is a great demand for actuaries in Kenya considering that the country has less than fifteen. As an actuary you can work in insurance companies, investment companies, consultancies banking and other financial sectors.**

own actuarial consultancy firm. This would be fun if you love travelling since you will be invited to different cities and even countries to share your expertise. Actuarial science is exciting, rigorous and applicable in real life. Sue Ellen is an Equity Foundation Scholar.

# NITAKUWEPO

Nitasoma kwa bidii ili nisaidie kujenga nchi yangu

LEO NATEMBEA NIKIELEKEA SHULE, NA TAYARI NIMEFAHAMU BIDII YANGU INASAIKIA KUIJENGA TAIFA LETU. TUSIPO JENGA HII NCHI, JE NANI ATAKUJA KUIJENGA? HII NCHI, NI MIMI NA WEWE. MASOMO YANGU YA LEO NDIO YATALETA MAENDELEO YA KESHO. NDIO MAANA NIMEAMKA MAPEMA, KUFANYA WAJIBU WANGU ILI NIINUE KENYA YETU. MIMI NI KENYA, NA KENYA NI MIMI. NA WAKATI KENYA YANGU INAPONIHITAJI, NITAKUWEPO.



The Brand Kenya Board – a state corporation set up by the government to help build and enhance the country's image is running a campaign dubbed "Nitakuwepo".

The idea is to get Kenyans to appreciate themselves, their work, and their role in building the country.

This will help us develop greater pride, patriotism and togetherness in the things we do as individuals or collectively as a people

NITAKUWEPO is a calling for each of us to stand up and proclaim the truth that Kenya is you and I – that we will stand up and make ourselves count.

- Stand up and be proud of our work
- Stand up and see what a great country this is
- Stand up and be the solution
- Stand up and be your brother's keeper

Even as you go to school, you should be happy to know that your education is an asset – just like a rich garden full of fruits.

This country is your motherland and has a lot of opportunities for you as you grow up. But you should play your role in making it better.

Je, utakuwepo?

## EMBRACING KENYA'S NATIONAL VALUES AND PRINCIPLES OF GOVERNANCE

To play our role as Kenyans, each individual must be committed to a set of values and make these part of every day life.

These values are:

1. **JUSTICE:** It is the principle of moral uprightness and what ensures that each receives the reward or the punishment that he/she deserves
2. **UNITY:** Is to work as one and in agreement for a harmonious co-existence
3. **PATRIOTISM:** Is love, loyalty and devotion shown to Kenya, supporting the nation while addressing challenges that face the country
4. **INTEGRITY:** The strength and firmness of character, a sense of honesty and truthfulness in regard to the motivations for one's actions
5. **Sharing and devolution of power**
6. **The rule of law**
7. **Democracy**
8. **Participation of the people**
9. **Human dignity**
10. **Equity**
11. **Inclusiveness**
12. **Equality**
13. **Human rights**
14. **Non-discrimination and protection of the marginalised**
15. **Good governance**
16. **Transparency and accountability**
17. **Sustainable development**

These are in line with the New Constitution

# Kenya (.)

## COMPETITION

**“Let all with one accord,  
In common bond united  
Build this our nation together,  
And the glory of Kenya  
The fruit of our labour,  
Fill every heart with thanksgiving”.**

Are you a patriotic Kenyan? Are you familiar with the above stanza taken from our national anthem? What does it mean to you?

A patriot is person “who vigorously supports their country and is prepared to defend it against enemies or detractors, someone who feels a strong support for his or her country”

### **How best can one demonstrate patriotism?**

We can show our patriotism by showing respect for our flag, knowing by heart and reciting our national anthem; being responsible citizens who obey the laws of our country and by showing support to our soldiers who are protecting our country.

Brand Kenya Board is inviting you to submit a drawing in colour with a short story explaining how best you can be there for your country. Use your drawing to demonstrate your understanding of patriotism to win exciting prizes. The winning drawing will be next issue’s pull out poster that will be put up in schools all over the country.

### **PRIZES:**

- **1ST PRIZE-** Back to School Hamper & Brand Kenya Hamper
- **2ND PRIZE-** Brand Kenya Hamper
- **3RD PRIZE-** Brand Kenya Hamper

*I appreciate patriots and everybody in Kenya who participate in patriotic activities like athletes, game rangers in wildlife conservation, farmers, teachers and everybody*

**JONATHAN KAIREGI**  
Std 6, Oloolua Primary School - Ngong

### **PLEASE NOTE**

1. Your drawing should reach Bingwa by April 30, 2012.
2. Do not forget to include your full name, age, class and address (postal/email) and a phone number to reach you by at the back of your drawing.
3. To win, your drawing must be original, very creative and colorful. It must also be neat and must reach us on or before April 30th 2012.
4. The competition is open to primary school pupils in class 4-8
5. The winning entry will be published in the next issue of Bingwa Magazine.

## CELEB CALCULATIONS (PG.31)

1. 195 million shillings
2. 2 Hrs

## FUMBO MAJIBU (UK. 26)

1. JIBU.....BABU,BABA,MTOTO
2. JIBU.....MAMAKE
3. JIBU.....MOYO

## SODUKU (PG. 31)

1	3	2	4
2	4	1	3
4	2	3	1
3	1	4	2

Level One

2	1	5	6	4	3
6	3	4	5	1	2
4	5	6	2	3	1
1	2	3	4	6	5
5	6	1	3	2	4
3	4	2	1	5	6

Level Two

## WINNING ENTRY

# Lessons from Prof. Maathai's Life & Times



By Francis Onyino, Class 7, Migosi Pny, Kisumu



When we come together, there is something we can do even when the problem seems too big for us. Each one of us can do something no matter how small it is to save our forests and together we will have done something big. So let each one of us be ready and devoted in our communities and wherever we are to try and save our forests by planting more and more trees. By doing this, we will have forgotten the past and taken care of the present and saved the future.

When we plant trees, it not only makes us happy but it also helps us to make a conducive environment for the future generation. When we see any place, which is bare and has no trees, we should not think about how bad it is or looks. We should think about what we can do to make it a better place for our own good; for the good of the environment and for the good of the future generation. Let us not run away from our problems and challenges but we should face them with much honesty and courage.



## A Poem For Wangari

Oh Professor Wangari Muta Maathai,  
A fallen hero never to forget;  
An African woman of strength;  
A woman of humanity and positivity;  
A woman of dignity and integrity;  
I salute her extremely high for her courage.  
She endured great pain in her relentless effort for  
Kenya to be green;  
In my soul she has left a mark; not only to be  
written with ink,  
But with the tears of her heroic deeds;  
I will follow her path until the skies go green, no  
matter the giants on the way

## T-SHIRT WINNERS

1. Boniface Mureithi
2. Sinclair Wamithi
3. Benson Ngunjiri
4. Ayub Otuke
5. Sally Mutisya
6. Sasha Wangari
7. Beatrice Wakio
8. Elvis Leteipa
9. Rachael Mumbi
10. Martha Kemunto
11. Silvia Gitonga
12. Gayle Krystal
13. Judy Njeri Munyui
14. Annete Simiyu
15. Dennis Chogo
16. Benta Awina
17. Nyakir Ibrahimy
18. Awak Ibrahim
19. Magdalene Mochama
20. Mourin Adhiambo
21. Sarah Mochama
22. Sapphire Gombe
23. Francis Onyino
24. John Chomba
25. James Muthee
26. Elijah Thiong'o



I studied in St Joseph Gategi Girls Secondary School in Mbeere South District and did my KCSE IN 2010, scoring A (minus) and was the best student in the District that year. That's why I joined the Equity Bank sponsorship Programme.

I am currently working as a cashier at Equity bank Mwea Branch to gain useful work experience before I join The University of Nairobi for a Bachelor of Economics in 2012. I am learning a lot, more especially, good communication skills as I serve the bank's clients and I now know how to behave like a professional.

Half of the salary Equity bank pays me will cater for my campus fees. My experience here has been awesome. But you should know, I have not always been a high achiever. When I sat KCPE I scored a C (minus). When I took the results home, my father threatened to take me to a day school because it seemed I went to school to play so I worked really hard over the holiday and improved from a C to a C+ through form 1. In form 2 I made friends with a classmate who did better than me in class and we spent time together

learning how to study and revise. She was among the top ten students in our class. I will never forget is what made me join the top ten students in my class. I know it sounds silly but it really worked for me. It was some biscuits that my friend was given during the 2nd term closing day as present among

other things. It was a carton of biscuits. She shared this with me and I believe this is where I got the power and determination to work harder. I saw her go around greeting all teachers

“

*Looking back home where I came from I realized that this teacher was right because i had no role model. Young girls got pregnant and got married and young boys dropped out of school to do odd jobs. I desperately wanted to be a role model. I wanted to be the first girl to ever go into a university in my community*”

during prize giving day and I wanted one day to do the same.

The following term I was a top ten student and hence forth, made good grades.

We used to have joint mocks with about ten schools in the district and whenever the results came I would be the best in my school but nowhere to be found near the top compared to other schools but this encouraged me to keep working hard.

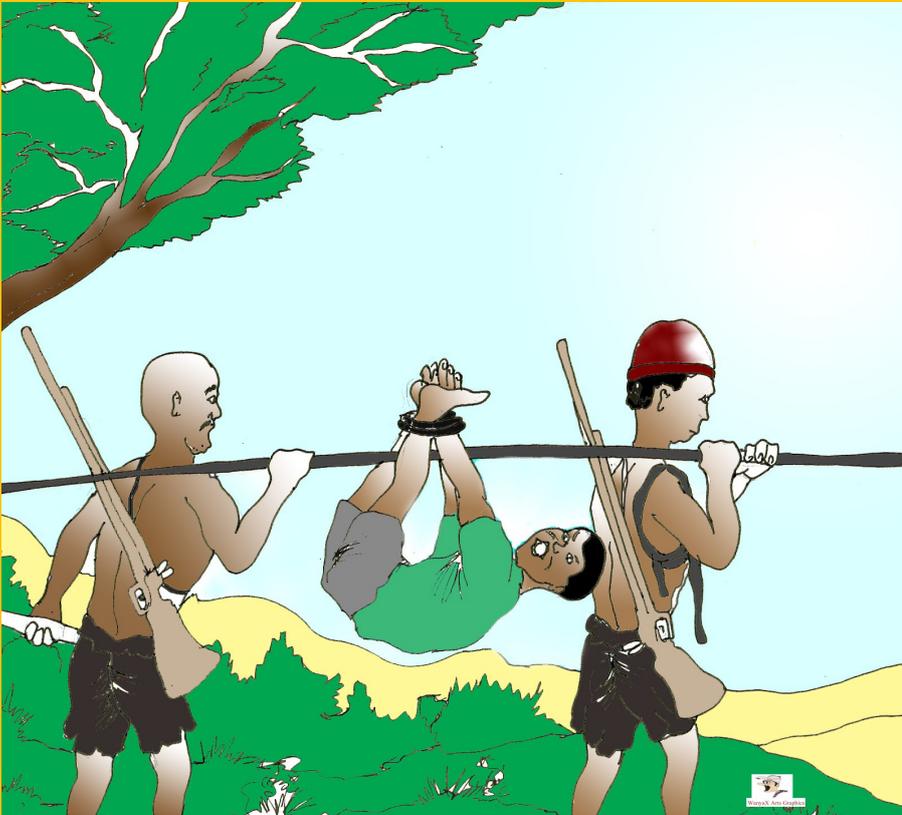
One Principal gave a speech once and said, “if you are not excelling academically, you are like the stones in the school compound; useless to the school and the community” He was speaking to students in my school because we were the least performing in three consecutive mocks.

Looking back home where I came from I realized that this teacher was right because i had no role model; Young girls got pregnant and got married and young boys dropped out of school to do odd jobs. I desperately wanted to be a role model. I wanted to be the first girl to ever go into a university in my community. I am living my dream thanks to Equity foundation.

If you desire to excel, believe in you, have a positive attitude towards everything you do and listen to what older and wiser people to tell you. And, most importantly always tell God what you want to achieve. I sat for my exams with all these in mind and when the results came, I was the best in the district.

**Joyce Wanjohi is a lucky beneficiary of the Equity Foundation Sponsorship under which dozens of bright students who score highly in their KCSE exams are sponsored through university and enjoy a high degree of mentorship by professionals and also gain much needed work experience at the bank. Joyce shared her story with BINGWA.**

# A LITTLE BOY IN THE FOREST



Written by Neo Kinya

Once upon a time there was a boy who lived far, faraway in the forest. One day he was sent to the woods for firewood.

Now on the way deep into the forest he tripped on a stone and fell down. He tumbled down a cliff and rolled to the bottom. He fell unconscious and was lost for days.

The next morning he woke up and found himself on the floor of the cliff and he was horrified and started running the wrong way.

Suddenly he heard a strange voice and he stopped running and turned towards the voice, curious to see what was happening on the other side. Then he saw the hunters armed with spears and other weapons and he was too scared to run

away so his knees gave way and he fell with a loud thud.

The hunters took him, held him upside down and carried him away and put him in a cage.

They wanted to take him to their king to decide what to do with him because he was from a different tribe and was much bigger than the hunters and their king who was from the dwarf like people. He had never seen such people.

The boy's name was Nelson but no one but him knew that because the hunters could not understand his language and he also could not understand their language, they kept him as a prisoner for many years until the day when the king died and all prisoners were set free. Nelson returned home to much jubilation.

## Tips For Successful Creative Writing

- ✓ Allow your imagination to run away with you. Using your mind's eye you can see vividly the images that you want your reader to see and even hear the dialogue you wish for the reader to hear.
- ✓ But to hear these things, you will need to be in an extremely quiet place like say the school library or your bedroom. It is advisable that you attempt to write a few lines when you wake up because then, your mind is fresh and there isn't much activity happening around you yet.
- ✓ Do not attempt to refine your work yet. Just let the story flow as it comes. This is a reflection of your thoughts on paper.
- ✓ When your imagination is so vivid that you can see the images as you write, make short notes on the side of the page describing what you see; these notes will come in very handy when briefing the illustrator (the artist who draws the pictures to go with your story).

We will continue this discussion next time. Meantime, you are invited to send your questions about this topic to the [editor@bingwa.org](mailto:editor@bingwa.org). Till then, keep writing until a book or a short story or a movie script comes out.

All the best,  
Editor



1



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1. Julie Solberg, (MD-Child Africa) poses in front of the CA Xplode Rally Team car. The event took place in November, in Kampala
2. CA Kabale pupils smile for Bingwa
3. Kampala Parents School invited Bingwa to the swearing in of a new student cabinet in October. Here the new head girl swears in
4. Child Africa Junior School, Kabale pupils with their teachers when they visited CA offices in Kampala
5. Kampala Parents School new students cabinet hoist their bibles after being sworn in
6. The CA Xplode Rally Team with young Motocross riders
7. Pupils with Child Africa Founder, Julie(middle) & staff



7



**AIM**

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*The Unbreakable  
Smooth Writing  
Ball-Point Pen'*

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