

▼ May 2022 Issue

Is urbanisation
good or bad?

Shajara Magazine



WOW



Read all about child participation and why it
is important for **YOU** to exercise this right

on page 25

Find the answers
to these riddles
with your friends!
on page 10

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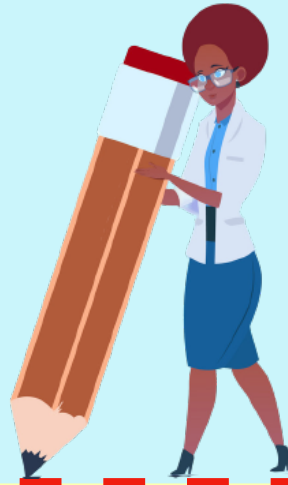
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Letter From the Editor



Hello beautiful readers, We are almost half a year old, and it has been extremely fun and exciting to interact, compile and publish this magazine for you.

“The more that you read, the more things you will know, and the more you learn, the more places you will go”

In this new issue we have highlighted different topics, you may pick what you are more interested in, but it would never hurt to read it all.

From New Recipes, News stories, Adventures and New people, Thank you for being part of our Journey.

We hope you will stick around for as long as we will. Have Fun reading!

Robbed of my Innocence

Story continued from Shajara Magazine April issue

Anonymous



Judge: Well done Mumbi.

The judge interjected by telling the prosecution desk to inform the accused person that, due to the age of Mumbi, she will not take an oath but will ask her questions that shows her knowledge about God or a Superpower.

Judge: Mumbi, did you go to church yesterday?

Mumbi: Yes

Judge: Where?

Mumbi: At a

church near the market (after a brief silence she shouts Catholic Church)

Judge: Good girl. What did you do in the church?

Mumbi: (Being hesitant the prosecutor ask the intermediary to explain to Mumbi the question)

We sang, prayed and went home.

Judge: Which song did you sing? Can you sing it to me?

Mumbi: (Raising from her seat) she sings a Kiswahili song)

Ametenda mema, huyu Yesu ndio maana Mimi Nam-pa sifa*2

This translates to, (He has done good to me this Jesus)

Judge: Wonderful. You have a nice voice. Mumbi do you know how to pray?

Mumbi: Yes

Judge: Will you pray for us now?

Mumbi: (standing once more) in the name of the father, son and the Holy Spirit (tries to recite a common prayer, mut-



ters some words and concludes the prayer).

b---- Less ----- God
----- before we
take it. Amen.

Judge: The child before the court is of sound mind and knows God and therefore is fit to answer the questions in the court.

After that light moment with the judge I almost Clapped, for the tenderness the court had given Mumbi, but little did I know that my emotions would be seriously hurt by the next session that made me conclude that the judicial system is not to be relied on.

My little angel was once more stripped naked through the

questions both from the prosecution desk, judge and the father.

Back to the court:-

Prosecutor: Mumbi (pointing at the defendant). Do you know that man?

Mumbi: (Avoiding



eye contact with the man in question) Yes.

Prosecutor: Who is he?

Mumbi: My father. (She mentions the father's two names)#

Prosecutor: Your honour, the complainant has clearly identified the defendant.

Judge: Mumbi, do you tell lies?

Mumbi: No

Judge: Why?

Mumbi: I don't want to go to hell

Judge: What happens to people in hell?

Mumbi: They are burnt with fire.

Judge: Mumbi, do you know where we are?

Mumbi: (Nods)

Intermediary: Yes.

Judge: Which is this place?

Mumbi: Court.



**Sexual Violence against children
more commonly occurs on the road,
in the afternoon and early evenings.**

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JOINING FORCES
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Jabari in the Big City

Hello, Jabari is back. Well today I will tell you my story, How we went to live in a city after my father got a transfer in his job.

The ride to the city was awesome, I saw a lot of trees on my way there, not to mention big big cars on the way.

I waved at everyone along the way and I was so happy.

I was so impatient and couldn't wait to reach our new home.

My friends have been telling me about how living in the city is so awesome and interesting, and I Can't wait to explore more.



Our house is big, spacious and way more better than what we lived in back in the village.

The place is so beautiful and Captivating. I was already feeling very good about it.

But In Every Advantage, there is a disadvantage too. But that is a story for another day!

I will tell you about my life in the City in our next issue, About my neighborhood, new friends and many more!





Little Chefs



By Moraa

Crispy Onion Rings

Hello little chefs!
On this month's Shajara issue, we make crispy onion rings!
It is a very tasty and simple snack to make.

Recipe

WHAT YOU NEED:

- 1 onion (large, sliced into 1cm thick rounds)
- 1 1/4 Cup plain flour
- 1 tsp baking powder
- 1 tsp salt
- 1 egg
- 1 Cup milk
- 3/4 Cup breadcrumbs
- salt (to taste)
- vegetable oil (for frying)



HOW TO MAKE:

- Separate onion slices into rings and set aside.
- In a small mixing bowl, combine the flour, baking powder and salt.
- Dip the onion rings into the flour mixture so they are completely coated.
- Whisk the egg and the milk, and add into the flour mixture.
- Dredge the floured rings through the batter mixture. Drain the excess of the batter off the onion rings by leaving them on a wire rack for a couple of minutes.
- Place the breadcrumbs on a plate and cover the onion rings well one by

one with the crumbs.

- Heat oil in a small saucepan until very hot. Add the onion rings to the oil in batches of 3 or 4. Fry for 2 – 3 minutes.
- Remove and drain on kitchen paper.
- Season with salt.

SERVE IMMEDIATELY AND ENJOY!!

A Little Note For You:

This recipe uses heat and sharp objects, so little chefs! Let your parents/guardian assist you to avoid accidents in the kitchen!

LITTLE CHEFS DICTIONARY

Dredge- coat a food lightly, usually in flour

Whisk- Beat or stir (a substance, especially cream or eggs) with a light, rapid movement.

Drain- Pour liquid or fat from food through a strainer

Season- Add flavoring to a food to enhance its taste. Some types of flavorings that are used are salt, pepper, herbs, spices, lemon juice and vinegar.



It's Riddle Time!



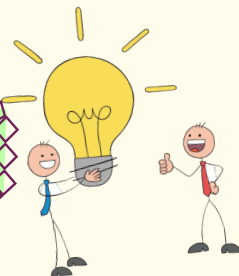
1. What goes around the city but doesn't move?



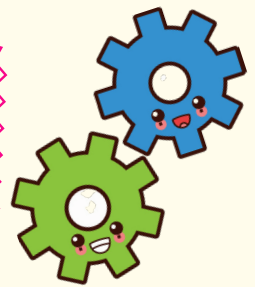
2. Where can you find cities, towns, shops, and streets but no people?



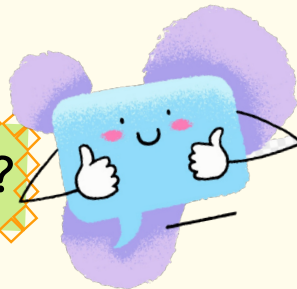
3. What has four wheels and flies?



4. What has a bed but never sleeps, can run but never walks, and has a bank but no money?



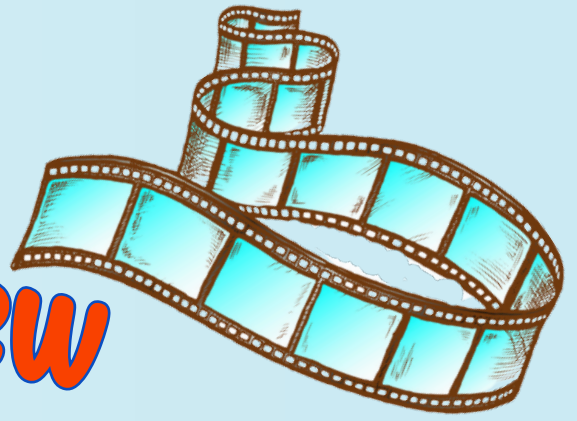
5. How many months have 28 days?



Send us the answers to these riddles on 0790 568 290 and we will appreciate you in our next Shajara magazine issue.



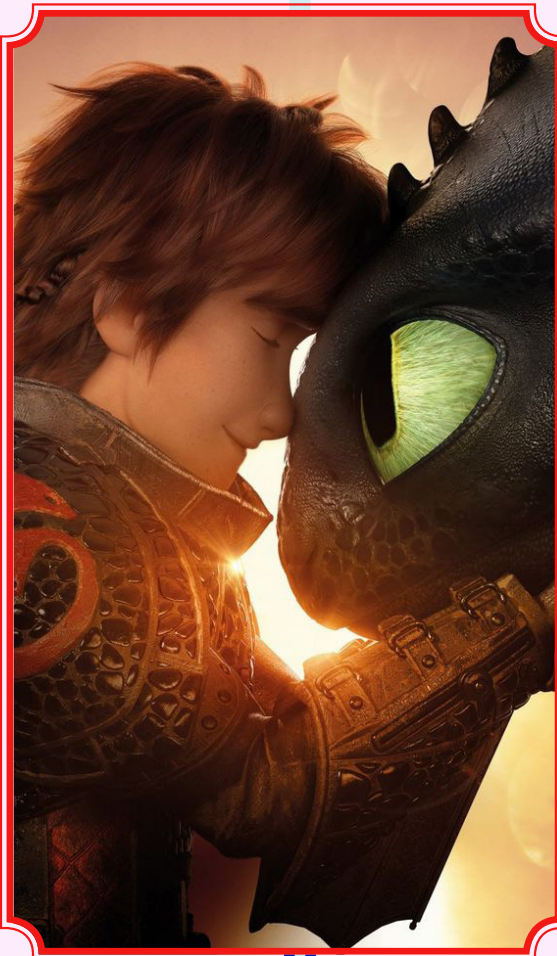
Movie Review



By Al-Amin Ahmed

What I loved most about the movie is how the creators took their time to show how human beings could be friends with a beast they've been enemies with for a long time, in this term a dragon

Something else I liked about the movie was that at the end the main character's father decided to help the dragon even when he hated it.



In the end the main character proved everyone in his village wrong, by showing that he was able to train a dragon.

This isn't the only movie, it is a whole franchise with a series and a few more movies.

This is definitely a must watch.

Impacts of urbanization on Children



Interviewer: Hi,

Brian: Hello

Interviewer: Kindly introduce yourself and tell us a bit about yourself

Brian: My name is Brian King a trained journalist at Mtoto News and current representative of East African Children to the Pan African Child led Organization (PACLO)

Interviewer: Do you know what urbanisation is and what do u know about urbanisation

Brian: Yes, i know that urbanisation refers to people moving from Rural areas to urban areas like towns and Cities

Interviewer: Has urbanisation affected you in any way?

If yes, How?

Brian: Yes, like many other children urbanisation has affected me in many ways one of them being that it leads to overpopulation which then leads to insecurity issues and even scarcity of resources which makes my life as a child very difficult

Interviewer: What is your take on urbanisation, Is it Good or Bad?

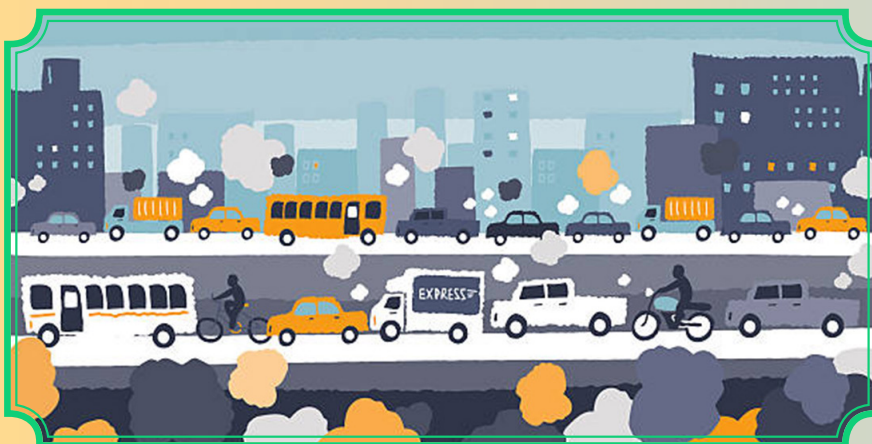
Brian: Personally i think urbanisation is bad very bad in fact

Interviewer: And why do you think it is bad?

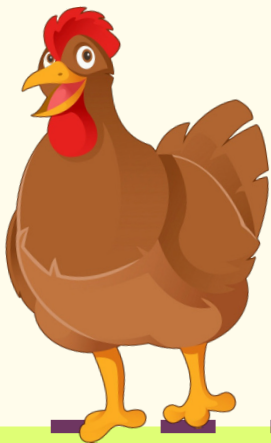
Brian: I think it is bad because it limits development in rural areas because most of the labour is shifted to the urban Centres. it might also separate families as some parents might move to urban centres leaving their Children behind.

Interviewer: Well, That is also true, Thank you Brian for your intake on urbanisation, Until next time.

Brian: Thank You as well, I hope to see you again.



Try out Tongue Twister



Chicken city, kitchen city checkered
chicken kitchen!
Kitchen city, chicken city checkered
kitchen chicken!



Let's Learn about Children Rights

By Dan Amdavi

The Plight of Children in Prisons



The two nouns, 'children' and 'prison' should ideally never be used in the same sentence, especially when they are joined by the preposition 'in'.

This is because children are generally considered innocent and harmless. But sadly, this is not the case. There are children who commit crimes. They are referred to as child offenders. But this post is not about child offenders because even child offenders are never sent to prison but

rather committed to juvenile detention centres for rehabilitation.

This post is about a special group of angels who find themselves in prison having committed no crime at all.

In the women's section in many prisons, you will find toddlers and babies who accompany their mothers to jail.

The innocent angels share same wards with hard core criminals incarcerated for murder, robbery with violence and so on.

It is true that a mother is the best person to take care of a child of tender years but it is also true that prison is not an environment conducive to a child's normal growth.



Here is a case of an infant at a prison here in Kenya.

“Oblivious of her surroundings, she sleeps peacefully while her mother works with fellow prisoners. The sleeping beauty lies covered with prison blankets. Although she is not a prisoner herself, this one-month old baby girl has to live within the tight confines of the prison because she has to be with the mother.

She has never been to any home, other than the prison ward”.

This little baby got into the prison when she was one week old and will most likely serve the three-year jail term with her mother.

Some children are even born in prison. Ideally a child is supposed to be looked after by relatives after she is weaned but often this is not usually the case, hence the innocent child suffers with his mother for a crime she never committed.

These children have rights like every other child.

They deserve adequate health care including the normal clinics that are mandatory and also Education.

The article will be continued on page 18

Can you find the hidden objects?



FIND 10 HIDDEN OBJECTS IN THE PICTURE



Hint: the objects blend to the color of it's surroundings



Time for play and socialisation is limited compared to the normal home environment, the diet is not appropriate which leads to stunted growth.

But again leaving children behind in the care of relatives when a mother is jailed exposes them to abuse; neglect and abandonment in cases where their guardians might either perceive them as burdensome therefore choosing to not give them the motherly warmth and affection that every child ought to have.

So which way for these angels?

Prison authorities should provide special diets for children and give mothers

opportunities to cook for their babies as often as possible.

Adequate care should be taken for both expectant women and their babies. Failure to do this constitutes child abuse: the innocent child suffers with his mother for a crime he never committed.

Authorities should also provide adequate health care for the growing children and regular medical check ups..

Other individuals in the community like churches, schools and charitable organisations can contribute to the care of children in prison.

Orphanages can also give shelter to such children for the period that their mothers serve their term in prison.



Did You Know???

Facts About Urbanization

By Kevin Anyonge

1. Currently, more than half of the world's population lives in urban areas.



2. By 2050, about 70% of the world's population is expected to live in urban areas.



3. Over 60% of the land projected to become urban by 2030 is yet to be built.



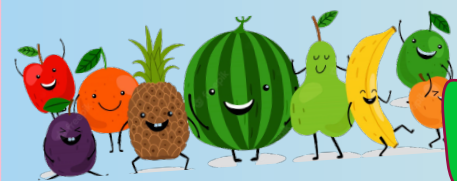
4. Half of the population of Asia is expected to live in urban areas by 2020, while Africa is likely to reach a 50% urbanization rate only in 2035.



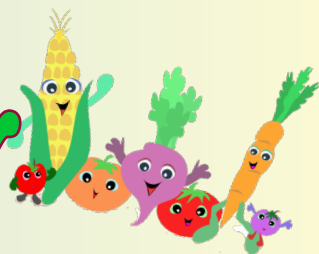
5. Today, there are 13 megacities in Asia, 4 in Latin America, and two each in Africa, Europe and Northern America



(Compiled from www.un.org)



Healthy Corner



By Moraa

TIME TO SPICE UP YOUR LIFE KIDS!!

One of my personal favorite spices is cinnamon! Not only does it smell soooo good and can be used to make lots of foods, but also has so many health benefits that we will look at in a bit!

Cinnamon is taken from the bark, leaves, flowers, fruits, and roots of the cinnamon tree. For thousands of years, it has been used in traditional medicine in different parts of the world. It's used in cooking and baking, and added to many foods for flavor.

Benefits of the cinnamon spice

1. Helps fight harmful

bacteria, fungi and viruses in the body.

2. Helps your body fight infections and repair tissue damage.

3. Helps reduce the risk of heart diseases.

4. Helps to control blood sugar levels.

5. It may protect against cancer.

6. Helps in managing pain, muscle sore-

ness, and swelling.

7. Helps prevent tooth decay and bad breath.

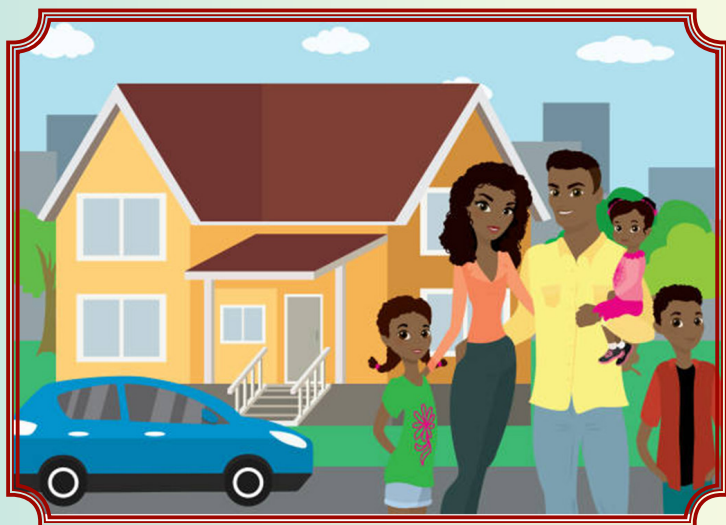
With all these amazing benefits, do add some cinnamon while making tea, baking or cooking!





Life in the City

By Raisa Okwaras



Hello Dear Friend,

While we all love living in the cities, we all also suffer in one way or another

For instance, where I live, we do not have a playground. All the spaces are turned into commercial structures which are not child-friendly. We are forced to play indoors or watch TV all day yet all we want is a playground.

Also, living in urban areas exposes us to a lot of adult-centered businesses and activities. For example, if I walk from my house to the bus stage, I will come across about 5 pubs and clubs. These places sell alcohol and other drugs. This can be an easy way to lure children into drugs and substance abuse.

Lastly, urbanization exposes many children to unhealthy lifestyles, from the consumption of fast foods to foods handled in an unhygienic manner. Such children end up having poor health since their immunity is weak.

In what other ways has urbanization affected children?
Let us know and we will include your feedback in our next issue.

Can you find all the words?



WORD SEARCH PUZZLE

CITY BUILDINGS



airport

bakery

bank

cafe

cathedral

church

cinema

hospital

house

library

museum

restaurant

school

supermarket

theater

Interesting facts about Uganda



By Lydia Gichuki

Hello there, today we will learn some interesting facts about Uganda.

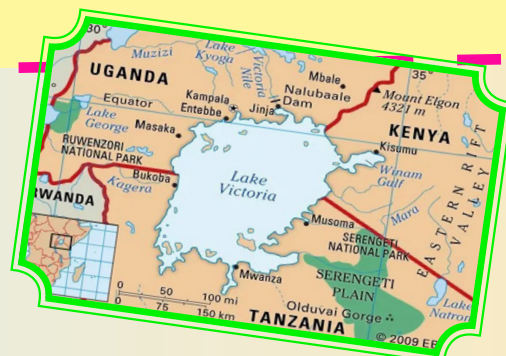
Uganda borders five countries: Kenya, South Sudan, the Democratic Republic of the Congo (DRC), Rwanda and Tanzania.



Uganda still has a monarch, Buganda Kingdom, and is recognized all over the world.



It shares Lake Victoria, the largest lake in Africa, with Kenya and Tanzania.



Child Participation in Africa

By Brian King



Participants of the Starehe Sub-County Children Assembly in March 2022.

to child participation is tied up with many other important children rights and granting children this right, gives them access to other rights.

This fact is quickly being realised and that's why Mtotonews International hosted a Child participation Webinar series whereby key stakeholders in the children's sector attended.

I got to be a panellist in the Webinar and I shared a child's perspective into what participation meant for children.

As a child myself I feel like this is a critical step in pushing for the rights of the African child and

My name is Brian King, I am a 17 year old boy and I am the current Eastern Africa representative for the Pan-African Child Led Organisation (PACLO).

The right to participation might be considered by many, including me, to be one of the most important rights.

This is because the right



Mtoto News child journalists Al-Amin Ahmed and Sheilah Lwangu participating a training session on interviewing skills led by former BBC journalist Wanyama Chebusiri on April 2022.

making Africa a better place for Children.

I learned alot from the experts who were in the Webinar, including a representative from the ACERWC (Africa Committee of Experts on the Rights and Welfare of the Child) and because of that I got an insight in the way policies are made and how they can be influenced for the betterment of the lives of the African child.

I believe that with more Forums like this one we can finally get on the right track and enable the African child to reach his/her full potential.

International Missing Children's Day

By Omar Hemed



The 25th of May is marked worldwide as the International Missing Children's Day

This is to acknowledge the efforts put in by governments and communities at large so as to try and track down the children who went missing over the past year.

This is also a day of celebration for those children who were lost or kidnapped and were found.

Right here in Kenya, the day was marked in Kabete at Nairobi Children's

Remand Home where different organisations such as Missing Child Kenya were present to mark the day.

The use of artificial intelligence (AI) to help in the control of child trafficking was a gold winning idea where an organisation known as Mamlaka came forward and explained a software that could help in face tracking of the lost children.

With the use of the artificial intelligence it sparked a light where it seemed possible for the lost children to be found with this year's theme being 'Let us bring our lost children home.'

There is hope for the lost children to be found.

Answers to Riddles

From Shajara Magazine April Issue

1. Give it food and it will live, give it water and it will die. What is it? - **Fire**



2. What can you catch but not throw? - **A cold**



3. I run, yet I have no legs. What am I? - **Running nose**



4. The more there is, the less you see. - **Darkness**



5. What can fill a room but takes up no space - **Light**





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