

SHAJARA MAGAZINE

February Issue

Art and History

**Meet some
awesome, young
new artists in
town in page 18-19**



**Learn all
about your
rights as
a child in
page 13 - 17**



**Can you
solve these
puzzles?**



LETTERS IN THE MAIL



Hello Readers,

My name is Brian Gatundu, I am 17 years old and my country is Kenya. I am diabetic and my dream is to help all diabetic children in Kenya and Africa in general. As a child and a young artist, I strive to

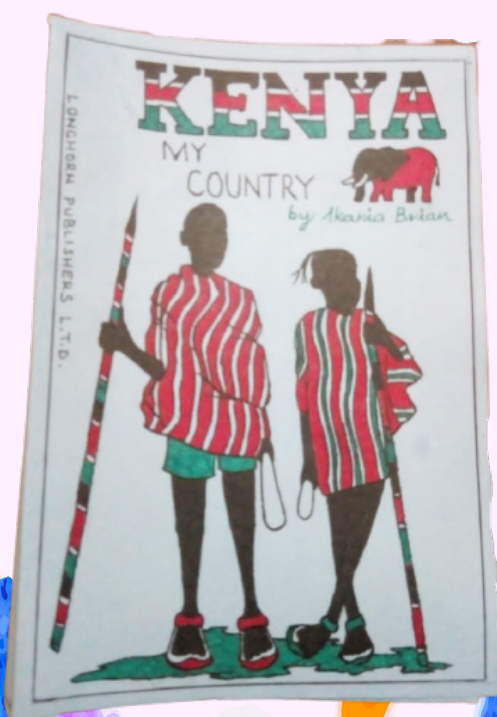
make my artwork speak for itself. It has been hard to put my artwork out there, since I am still a child.

I am terrible at expressing myself verbally, but I hope that through my art, you will be able to see beyond the paper, paints, lines and colors. My dream is to grow up and help other kids build up their talents and make them grow.

I would also love to help diabetic children all over Africa, starting with Kenya. Speaking from experience, we go through a lot, especially those in arid areas. They are faced with problems such as lack of access to; drugs (insulin), food, and especially the required balanced diet for them, conducive

environment and sensitization of others who view the condition as a curse or misfortune. These are, but a few of those problems.

It's unfortunate but I know and believe that with a stable and strong platform for us we can do it. Together for you, Together for me, Together for us.



Robbed Of My Innocence

Story continued from the previous Shajara Magazine issue

Anonymous

Her face and body carry evidence of scars as memories of her tortuous marriage. After a long time of sleepless nights and racing in the dark, Wanjira decided to run away leaving behind her three children. In our culture, children are like chicks, in case of the death of the mother the chicks are in great danger. Wanjira, the fence that protected and shielded her chicks is gone. I sometimes smile at the names our parents gives

us when we are born. Wanjira means 'of the road,' 'always on transit'. Wanjira was also not bothered about her own children and fell straight to another man's hands where she continued with her life without any worry. Muriithi is the father of Mumbi, as his name suggests Muriithi means a shepherd as you know



a shepherd too protects and cares for his flock. This great shepherd lived as per his name. He ensured that he gave his three children what they needed. Every morning he could be seen carrying a thermos to a nearby hotel, buying tea and mandazi for the children. As a royal citizen he ensured that the children attended school. Though not regularly. As the trio walked towards the school gate you would think they were dancing to a local jig. Their legs were seriously infested with jiggers, their hair unkempt, their clothes were tattered and they smelt like skunk due to their dirty bodies. It was to the bewilderment of anyone who saw the pathetic souls. Their home was near two mighty rivers and several streams since it was geographically located at a catchment area. There was no good reason as to why the children were in such a situation.



‘Robbed of my Innocence’ will be continued on the next Shajara Magazine issue.

CAN YOU ANSWER THESE RIDDLES?

1. I am a kind of coat that can only be put on when wet. What am i?



2. What is black and smells like paint?



3. Why was the artist afraid he might go to jail?

4. Why does a nurse carry around a red pen?

5. What does the artist draw before going to bed?



Answers to the riddles are in page 27

The Boy Who Cried 'Wolf!'

By Khadija Mbesa

Hi my name is Jabari and this month I am bringing you a very nice story. Please read it with me.

Once, there was a boy who became bored when he watched over the village sheep grazing on the hillside. To entertain himself, he sang out, "Wolf! Wolf! The wolf is chasing the sheep!"

When the villagers heard the cry, they came running up the hill to drive the wolf away. But, when they arrived, they saw no wolf. The boy was amused when seeing their angry faces.

"Don't scream wolf, boy," warned the villagers, "when there is no wolf!" They angrily went back down the hill. Later, the shepherd boy cried out



once again, "Wolf! Wolf! The wolf is chasing the sheep!" To his amusement, he looked on as the villagers came running up the hill to scare the wolf away.

As they saw there was no wolf, they said strictly,

"Save your frightened cry for when there really is a wolf! Don't cry 'wolf' when there is no wolf!" But the boy grinned at their words while they walked grumbling down the hill once more.

Later, the boy saw a real wolf sneaking around his flock. Alarmed, he jumped on his feet and cried out as loud as he could, "Wolf! Wolf!" But the villagers thought he was fooling them again, and so they didn't come to help.



At sunset, the villagers went looking for the boy who hadn't returned with their sheep. When they went up the hill, they found him weeping.

"There really was a wolf here! The flock is gone! I cried out, 'Wolf!' but you didn't come," he wailed.

An old man went to comfort the boy. As he put his arm around him, he said, "Nobody believes a liar, even when he is telling the truth!"

Idea from Aesop

What did you learn from this story? When you are a liar, then no one will believe you even if you are telling the truth.

RECIPE

By Moraa

Hello little chef, we are back with another recipe, Mind you, This is so delicious and can be taken as breakfast!

Thick Fluffy Banana Pancakes

What you will need is,
1cup of milk

2 Ripe bananas

2 eggs

35g sugar

140g self-rising flour

1 and half tablespoon margarine melted cooled

Instructions:

Beat the eggs, milk and sugar in a bowl and mix together with blended/ pounded bananas.

Add the flour and whisk until fully mixed. It should be thick!

Lastly, add the melted margarine and completely

mix.

Heat your pan over medium heat and add 1 teaspoon margarine and allow to melt.

Pour the thick pancake mix using a ladle at the





center of the pan and allow it to spread evenly to the edge of the pan. Cook for about 2 minutes or until it turns brown on the edges and the top has small holes forming. Turn to cook the second side for about 2 minutes or until browned. The heat should be medium all along. Place on a plate when cooked. Repeat the process until all the pancake mix is done. When serving, serve with a drizzle of honey or maple syrup (where available) and some whipped cream and strawberries. You can also make it more interesting by adding chocolate shavings or sauce.

Prep time: 10 minutes

Ready In: 20 minutes

Servings: 3 portions

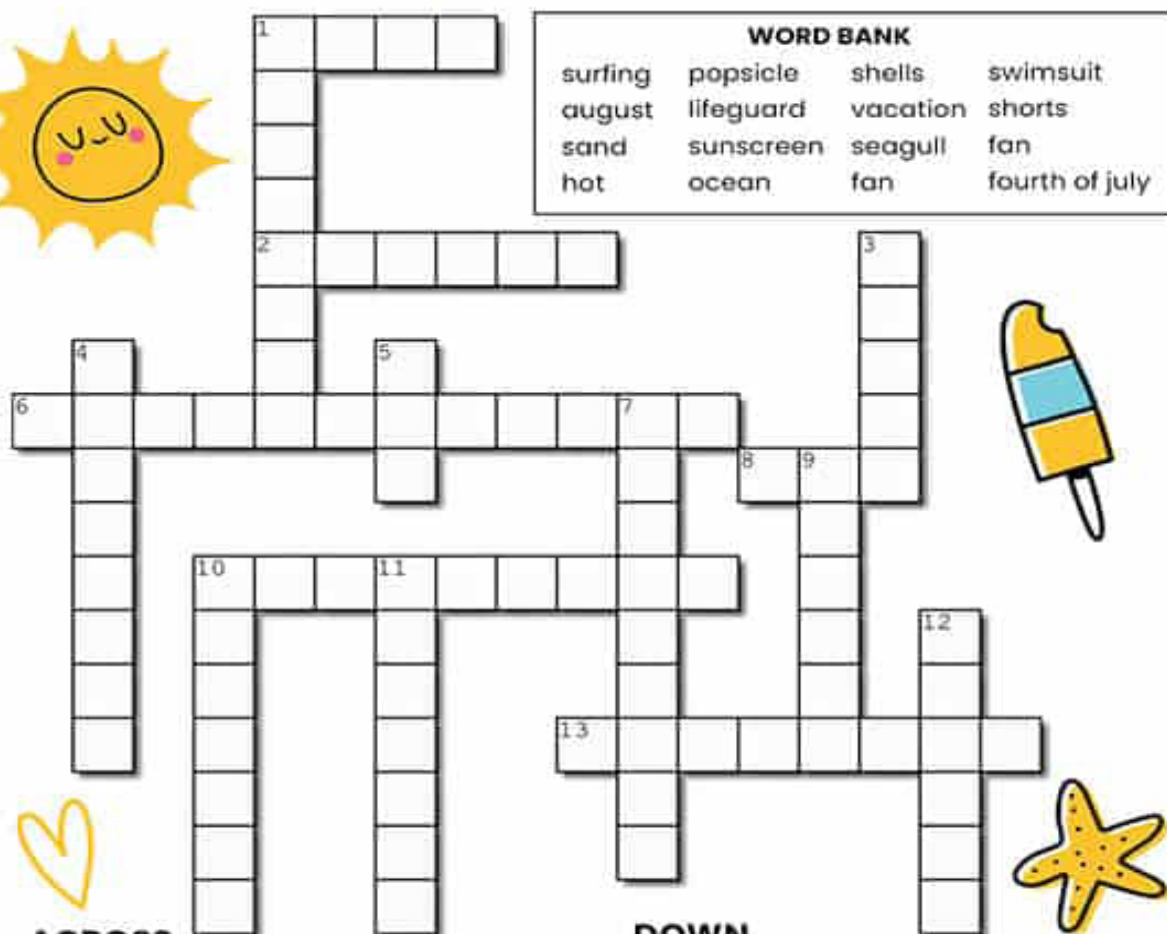
Difficulty: Easy

ENJOY!!!

CAN YOU COMPLETE THIS CROSSWORD PUZZLE?

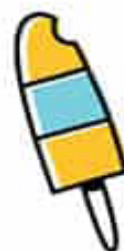
AT THE BEACH

CROSSWORD PUZZLE



WORD BANK

surfing	popsicle	shells	swimsuit
august	lifeguard	vacation	shorts
sand	sunscreen	seagull	fan
hot	ocean	fan	fourth of july



ACROSS

1. Kids love to dig in this.
2. You can collect these on the beach.
6. An American summer holiday.
8. You turn this on to cool off.
10. We put this on our skin to protect us from the sun.
13. A trip away from home.

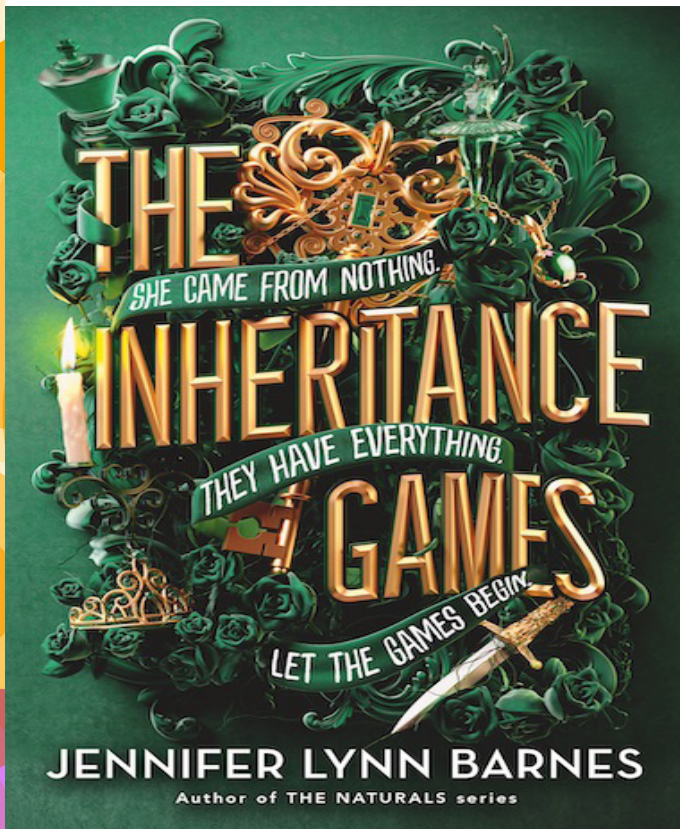


DOWN

1. What you wear to go swimming.
3. You swim in this at the beach.
4. A frozen treat on a stick.
5. The weather in summer.
7. Someone whose job is to make sure swimmers are safe.
9. The last month of summer.
10. A bird you see often at the beach.
11. When you ride a wave with a board.
12. Commonly worn in summer.



Book Reviews (For Teenagers)



The Inheritance Games

Genres: Fiction, Contemporary, Mystery, Thrillers/Suspense

The Inheritance Games is about a 17 year old named Avery who mysteriously is put into someone's will and inherits billions of dollars. But, she has to live in the owner of the will's house for a year with his four grandsons. Within the year, Avery goes through a series of riddles to figure out why she was

the random person chosen to inherit this man's fortunes. He could have chosen any of his family members, but he chose her. Battling some hate and jealousy, Avery works with the boys to figure out why it was Avery and not the family.

I loved this book! It was such an amazing book! The mystery of what would happen next kept me intrigued the whole time. I could not put down the book! I recommend this book to anyone and everyone who can read!

Reviewers Name; Mackenzie

The Summer We Turned Green

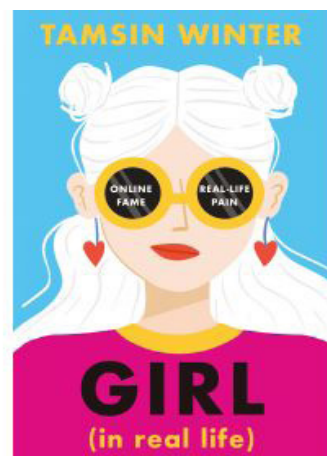
Thirteen-year-old Luke thinks his family couldn't be more conventional. Then, to general consternation, a group of climate protesters move in across the road, and Luke's

GIRL (in real life)



sister Rose joins them. Dad sets out to bring Rose back, but is soon seduced by drums, mead and totem-building himself – and when Luke befriends Sky, one of the protesters' children, his own loyalties and perspective begin to shift. Hilarious, acutely observed and deeply felt, Sutcliffe's new novel is part biting satire on nimbyism and adult complacency, part impassioned call: take action now, before it's too late.

You can get most of these books in libraries, or you can download them as Pdf or read them in your Ebooks



Eva's entire life has been documented online, on her parents' wildly successful YouTube channel. But now she's a teenager, and increasingly uncomfortable with the scrutiny she faces. When she asks her parents to scale it back, they just don't listen; and when an embarrassing post about her first period goes viral, Eva decides to take matters into her own hands. She will end the channel – by sabotage, if necessary ... Ideal for those of 11 and over, Winter's funny and thought-provoking third novel vividly evokes the sense of powerlessness and exposure on the flip side of viral fame.

Let us Learn About Children's Rights.

By Dan Amdavi

The African Charter on Rights and Welfare of the Child.

Hello children!

In the previous issue of

Shajara Magazine, we learned about the United Nations Convention on the Rights of the Child-

UNCRC. We learned that the

UNCRC is an agreement among states or nations that sets out children's rights across the world. The agreement or

document was developed by the United Nations and is monitored by a body

called The United Nations Committee on the Rights of the Child. This committee follows up with every government to ensure the rights of children

are protected across the world. Governments are required to submit reports after every five years detailing what they've



done to promote and protect children's rights.

Now after the UNCRC was adopted, African nations felt it did not sufficiently address issues faced by African children. There are unique challenges faced by African children such as retrogressive cultural practices like early marriages and female genital mutilation that are not common in other parts of the world. Also, African nations were not well represented during the drafting of the UNCRC. Therefore, African countries under the African Union drafted their own treaty or agreement in 1990. The

agreement is called the African Charter on the Rights and Welfare of the Child- ACRWC; also known as the African Children's Charter. It contains all the rights in the UNCRC but also extra provisions or information that is not in the UNCRC in order to address the unique challenges faced by African children.



**Article continued on
page 16**

CAN YOU FIND THE NAMES OF ALL THESE FAMOUS ARTISTS?



Famous Artists

BOTTICELLI
CEZANNE
CHAGALL
DA VINCI
DALI
KANDINSKY
MATISSE
MONET

MUNCH
PICASSO
POLLOCK
RAPHAEL
ROCKWELL
RUBENS
VAN GOGH
WARHOL



In 2001, the African Committee of Experts on the Rights of the Child- ACERWC; also known as the Africa Children's Committee was established to promote and monitor the implementation of the Africa Children's Charter. African State parties or nations are required to submit reports after every three years to the committee detailing what they've done to promote and protect the rights of children as outlined in the Charter.





Alright, let's stop there for today. Please check out the two agreements; the UNCRC and the African Children's Charter and read them. They are not too long. Here are the links;

The UNCRC: [United Nations Convention on the Rights of the Child](#)

The ACRWC: [The African Charter on the Rights and Welfare of the Child](#)

See you in our next issue.

FOR THE LOVE OF ART



Hi, my name is Caleb, I am 9 years old and I am in class 4.

My mom has been my great supporter

Recently I won an award for my art and creativity, getting a free trip to Masai mara! With 3 free seats for people of my choice. And of course that will be my mom, my sister and my cousin.

I am so happy that my hard work is finally paying off. I started drawing when I was 2 years old, it was doodling at first and then I started drawing well, little by little.



and I will be forever grateful.

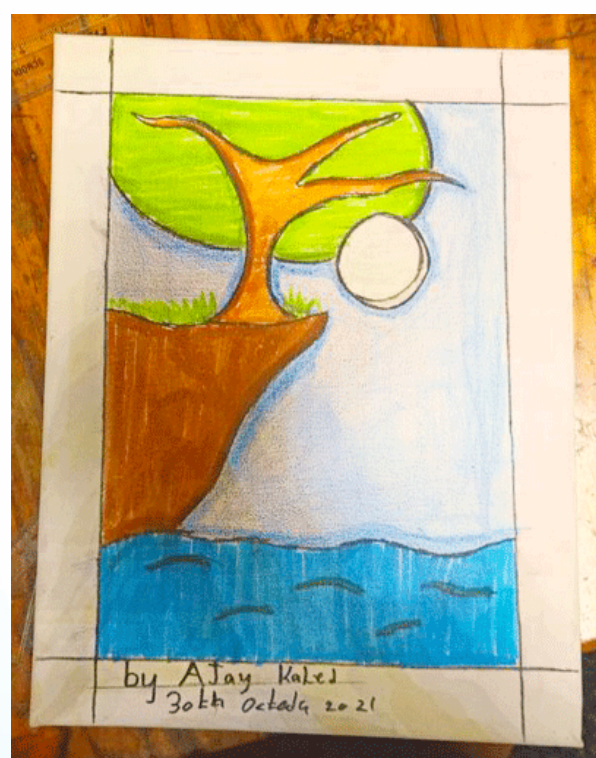
This award was not my first one, and I hope it will not be my last one.

My advice to my friends is, Do What You Already Know. Practice what you know. Be better on what you know.

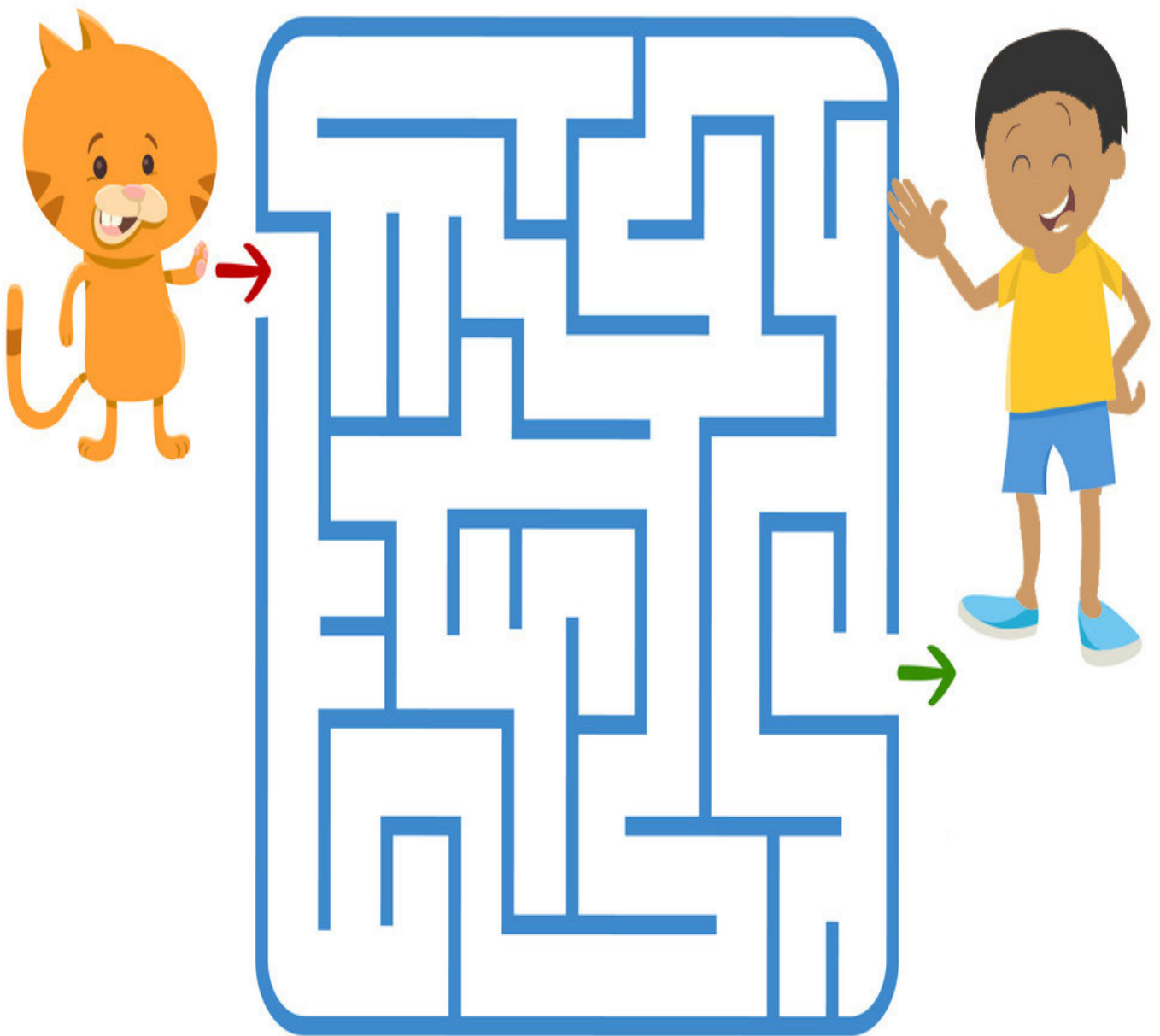
Always Remember that facts piled up in your brain can turn into fertile soil. But you have to plough through them

so the new ideas you're planting have a chance to take root.

Here are a few of my arts.



**CAN YOU HELP THE CAT GET
TO THE BOY?**



FUN DID YOU KNOW?

By Kevin Anyonge

1. There are 31,557,600 seconds in a year.



2. Tomatoes and avocados are actually fruits, not vegetables.



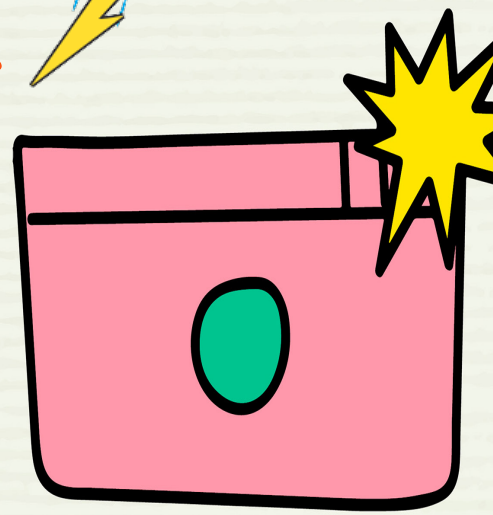
3. The opposite sides of the dice always add up to seven.



4. A bolt of lightning is five times hotter than the sun.



5. 'Arachibutyrophobia' is the fear of getting a peanut butter bar stuck to the roof of your mouth.



FUN

6. Slugs have four noses.



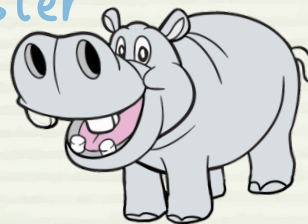
7. Horses and cows sleep standing up.



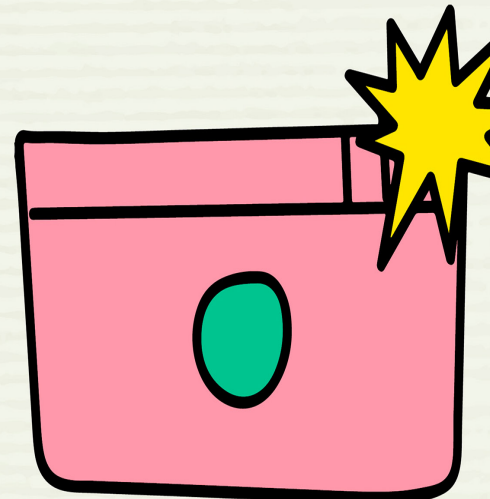
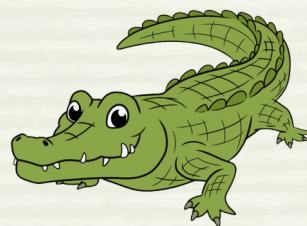
8. Apples float on water!



9. A hippopotamus can run faster than a man



10. A crocodile cannot stick its tongue out.



HEALTHY CORNER

By Amanda Busisa

Do you remember that last week we learnt how important a child's health is? We even talked about the kinds of food that can help a child grow healthy and strong. Today, we will learn about the nutrition found in vegetables.

What really are vegetables? Why do our parents keep telling us to eat and finish them in our meals? Well, vegetables are

plants or part of a plant that can be used as food. Can you name some vegetables you know?



Vegetables are important for our health because they have nutrients. These nutrients help keep our bodies strong and develop our immune system

to fight diseases. Some of these nutrients are water, vitamins such as vitamin C, fats, fibre and sugar. These



nutrients prevent us from suffering from heart disease, cancer, they keep our weight under control , and even slow down the amount of sugar that is absorbed in our bodies. That is so cool, right?

If you know other kinds of vegetables that are found in your home, list them down. Ask your parent/guardian or an older sibling to help you find out the nutrients found in those vegetables. Remember to keep learning!!!



Say NO! to Female Genital Mutilation



By Lydia Gichuki



"Hello good friend, my name is Sanaipei and I am 12 years old. My home is in Kajiado County. I have a story to share with you on Female Genital Mutilation (FGM).

Female Genital Mutilation is cutting of female private parts.

Last year when we closed school, my parents wanted me to get the cut.

Knowing the dangers of FGM, I went to my teacher's house Ms. Otinde

and told her about it. She took me to a safe house and rescued me.

Ms. Otinde informed the chief and my parents were called to his office. Ms Otinde and the chief informed my parents on the dangers of FGM such as excessive bleeding, death, severe pain and infections.

After hearing this my parents were very sorry and promised not to take me for the cut. My parents came for me at the safe house and we went home together. My family have become advocates against FGM in my village.

I feel sad because some of my friends did not come back to school after the cut. Some were married off. I hope they come back and learn about their rights and other fun



things.

During class, Ms.Otinde told us that the law protect children against FGM. She said we should report anyone who tells or forces us to get the cut."

In cultures where female genital mutilation is long established, in tradition and social norms, it takes real courage to speak up against it.

Because female genital mutilation is rooted in gender inequality and power imbalances, fighting it requires changing the cultural and manners that increase the risk of harm to girls.

This means addressing all other forms of violence and harmful practices such as child marriage, as well as physical, sexual and psychological violence occurring in the family, institutions and in our communities.

RIDDLE ANSWERS

1. Paint.

2. Black paint.

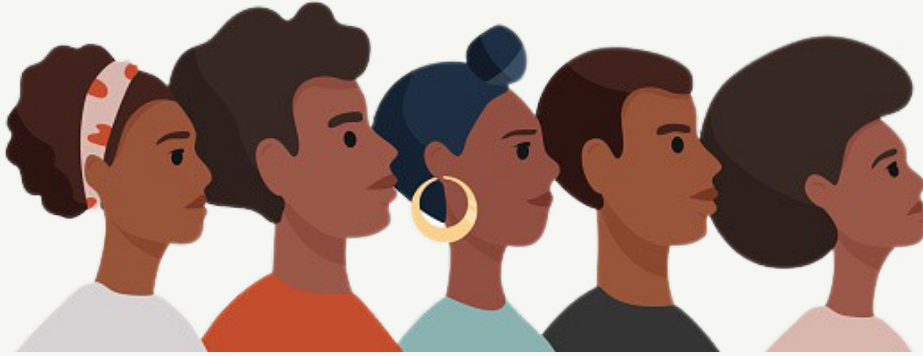
3. Because he'd been framed.

4. To draw blood.

5. The curtains.



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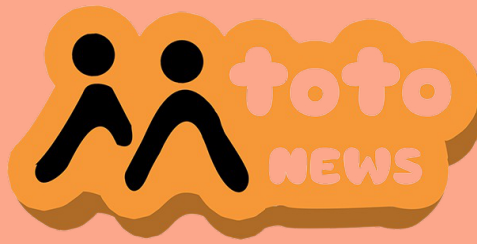
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