

# Shajara Magazine

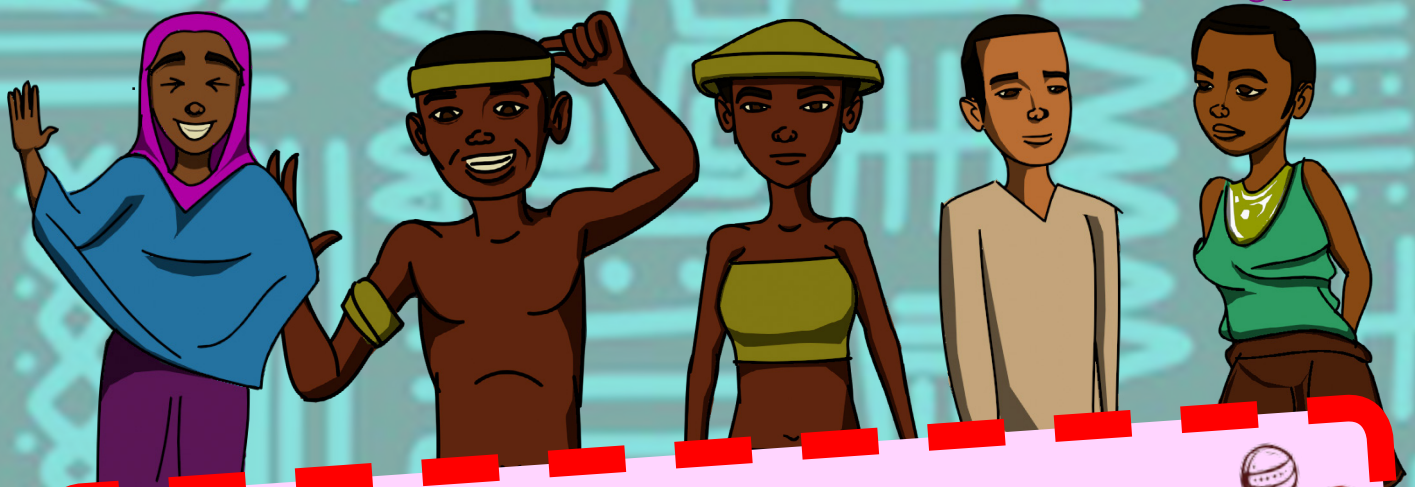
August 2022 Issue

Embracing our  
Culture



If you enjoy story  
telling you will love  
the article on

pg 24



Let's read up on the Swahili culture and  
learn something new!



pg 15



Something  
new and  
exciting  
awaits you  
on

pg 10 and 20

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## Embracing our culture

This issue will focus on the importance of knowing our culture and our cover story gives us an in-depth look at the **Swahili culture**.



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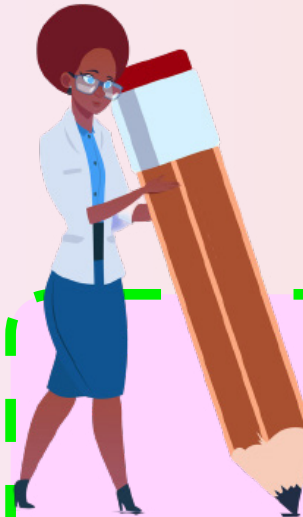
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# Letter From the Editor

Have you ever stopped to think about what makes an individual's culture more unique than someone else's? Better yet, have you ever stopped to think about what makes YOUR culture more unique than others?

Is it the food? The music? The art? Family togetherness? The culturally carved traditions?

Our culture measures our quality of life, our vitality and the health of our society.

Through our culture we develop a sense of belonging, personal and cognitive growth and the ability to empathise and relate to each other.

This month we're going to embrace our culture!!, so read on to find out more about different cultures, and yes, we're also bringing you comics, so have fun reading!



# The Beauty of Caring



Story continued from Shajara Magazine July issue

By Kelvin Mwiga



**Brian:** Oh! OK now I understand

**Kevin:** And even the things we view

**Brian:** So Kevin, I would like if you can teach me about stress, because many people speak about it

**Kevin:** What you have to know is that what is stress and what are the causes of stress and ways of managing stress

**John:** So we may begin our mental health lesson

**Kevin:** Stress is the feeling that you haven't done anything good /you feel under pressure, it is a common stressor and is anything that causes /has potential to cause stress

**Brian:** I didn't know stress is a common stressor. I have had stress before.

**John:** Like how really Brian? Did you suffer from anything

**Brian:** Not anything like that but ... Kevin continue

**Kevin:** We have common stressors like pending school work, physical / mental stability, discrimination, illness, physical and emotional abuse and internal and external examinations



**John:** Wait! Is illness a common stressor

**Kevin:** Yes and why?

**Brian:** Because, you will be always be worried of normal duties when you will be well and even how you can perform in your exams

**Kevin:** Very good Brian. I appreciate that . so did you get about that

**John:** Clearly copied .I have now understood

**Kevin:** So coping with stress can be so tremendous but its good to know about it .

# THERE IS NO RIGHT OR WRONG WAY TO FEEL

It is normal to feel sad, distressed, overwhelmed, worried, confused, scared or angry about your life.



Talk to someone you trust about your feelings, it will make you feel better.



Call the toll free 116 helpline to speak confidentially to an experienced counselor



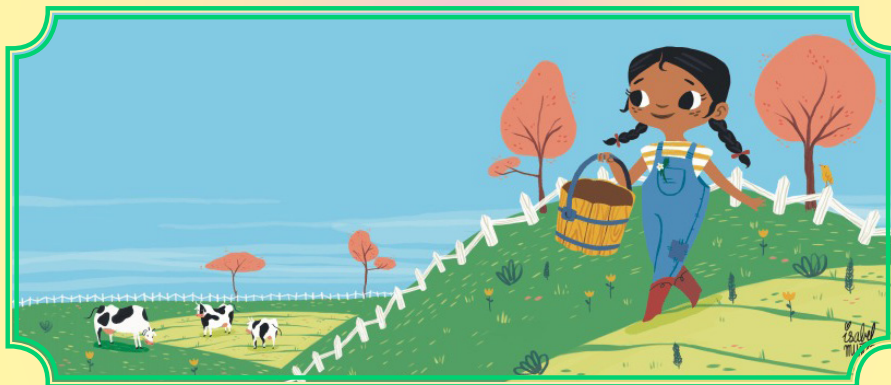
Illustration: Taty Tang Arts | Artwork: Jo Rogge



# Don't count your chicks before they hatch

By Omar Hemed

Once upon a time, there was a girl named Molly, Molly the milkmaid. She lived in a village called Sakimba where her job was to milk the cows, and then bring the milk to the market to sell.



One day Molly filled her pails with milk and started to think about what to spend her money on once she sold all the milk, and as she went to market, she again thought of all the things she wanted to buy.

As she walked along the road, she thought of buying a cake and a basket full of fresh strawberries.

A little further down the road, she spotted a chicken. She thought, "With the money I get from today, I'm going to buy a chicken of my own. That chicken will lay eggs, then I will be able to sell milk and

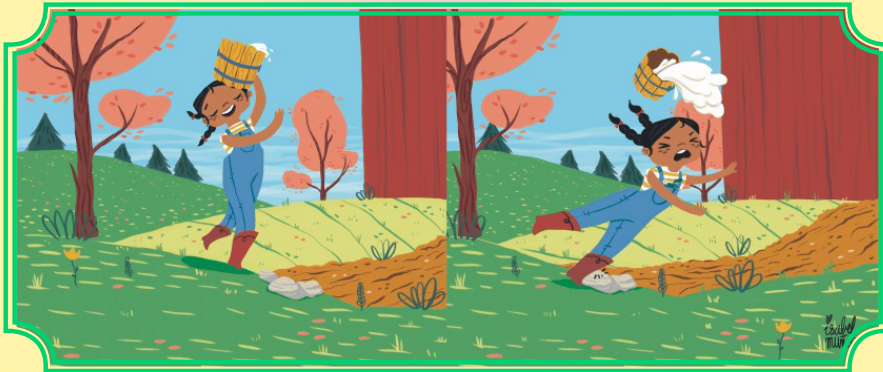
eggs and get more money!”

She continued, “With more money, I will be able to buy a



fancy dress and make all the other milkmaids jealous.” Out of excitement, Molly started skipping, forgetting about the milk in her pails. Soon, the milk started spilling over the edges, covering Molly.

Drenched, Molly said to herself, “Oh no! I will never have



enough money to buy a chicken now.” She went home with her empty pails.



“Oh, my goodness! What happened to you?” Molly’s mother asked.

“I was too busy dreaming about all the things I wanted to buy that I forgot about the pails,” she answered.

“Oh, Molly, my dear. How many times do I need to say, ‘Don’t count your chicks before they hatch?’”



# Little Chefs

## COLESLAW

By Moraa

Hello little chefs!  
In August's issue of the Shajara magazine, we will be making coleslaw. So tighten up your apron and let's get to cooking!

Coleslaw is a side dish of finely shredded raw cabbage with a salad dressing such as mayonnaise. There are very many different ways to coleslaw but the primary ingredient is shredded cabbage. It is a very simple dish that needs only a few ingredients to make.



### RECIPE

#### What you need:

1. Shredded cabbage and carrots mixture
2. Good quality mayonnaise
3. Apple cider vinegar
4. Honey

#### How to make:

1. Make coleslaw dressing: In a small mixing bowl whisk together the mayonnaise, apple cider vinegar and honey. If needed, season with a bit of salt.
2. Pour dressing over shredded cabbage and carrots mixture: Place shredded coleslaw mix

in a large bowl then pour the dressing mixture over.

3. Toss together: Toss to evenly coat. Easy as that!

Tip: I like to serve it right away while the Cabbage is nice and crisp but if I want it a little more tender let it rest for 10 minutes in the fridge.

**SERVE AND ENJOY!!**

*A Little Note For You:*

*This recipe uses a sharp object, that's a knife, so little chefs! Let your parents/guardian assist you to avoid accidents in the kitchen!*

## **LITTLE CHEFS DICTIONARY**

**Shredded-** Cut into fine strips.

**Dressing-** A sauce for salads.

**Season-** Salt, herbs, or spices added to food to enhance the flavour.

**Toss-** Shake or mix small pieces of it together with a sauce or dressing.



# What if??...

By Eric Namayi

What if the world was square 

And everyone was treated fair

What if no one would stare

When a person walked bare ???

What if.....

What if I was taller 

Than the tallest boy in class ???

What if I was famous ?

And had lots and lots of cash  \$

What if I was fast like 

Superman and the flash 

Would I be the same person

Or a better version of the past ???

What if !? 

What if trees were pink

What if infants could think ??

What if I couldn't blink

Would I be able to wink 

What if.....

What if girls didn't have hair 

What if boys were never there ?

You know it's not my prayer 

But I honestly really don't care.....    

# It's Riddle Time!



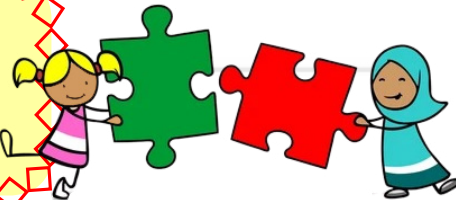
**1.** What can't talk but will always reply?



**2.** I sing in a language no person knows. What am I?



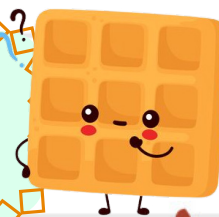
**3.** What is black when you get it, red when you use it, and white when you are all through with it?



**4.** What jumps when walking and sits when standing?



**5.** You will buy me to eat but never eat me. What am I?



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



# Did You Know



## Facts about the different cultures in Kenya

By Lucy Njeshuri

Hello readers, did you know that Kenyan people have a wide range of vibrant traditions and customs that are still being upheld today? Read on to find out about them.

When it comes to newborn babies, tribes in Western Kenya such as the Luo and Luhya believe in shaving the baby's head after a few days to ward off bad omens, while the Kikuyu name the firstborn son after his paternal grandfather and a firstborn daughter is named after her paternal grandmother.



Over 80 languages are spoken in Kenya. English is the official language while Swahili is the national language both of which are taught in Kenyan schools. Most Kenyans speak at least three languages: English, Swahili, and their mother tongue while some people from families of mixed ethnicity will speak even more!



Despite the influence of modernization, some tribes like the Maasai and Samburu still wear their traditional clothes which are known as 'Shukas'. These are shawls which are made of beautiful and bright colours. The Maasai, Samburu and Pokot tribes accessorise their 'shukas' with colourful neck pieces and headgear.



The Kalenjin have a traditional dish called 'Mursik' which is milk that is put in a gourd that has been treated with charcoal, smoke, and specific leaves and left in a cool place to ferment. 'Mursik' is usually enjoyed on special occasions. Among the tribes of the Kenyan Coast such as the Digo or Giriama, 'Pilau' is known to be their traditional dish which is a rice and meat dish with spices.



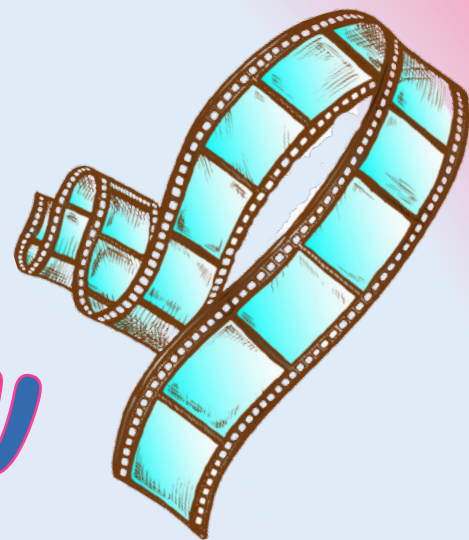
*What are some of the traditions you and your family still observe?*

(Adapted from [ajkenyasafaris.com](http://ajkenyasafaris.com) and [african-horizons.com](http://african-horizons.com))

**Images obtained from:** Alamy, CGTN Africa, Cookpad.com, Inspiration with Lois and Dreamstime



# Movie Review



By Brian King

## MINIONS: THE RISE OF GRU



the Villain Gru.

This show also sends a message to adults to not underestimate children and what they can do as we can see even though Gru is still a child he's able to outsmart the most renown criminal gang in the world THE VICIOUS 6 and emerge as the most powerful supervillain in the world.

This cartoon is the ultimate kid power show and is a must watch for both Children and Adults.

After the successful DESPICABLE 1, 2 and MINIONS movie franchise, this show comes to give a wrap while also giving us an insight on the the background of the main character

# Celebrating the Swahili Culture

By Khadija Mbesa



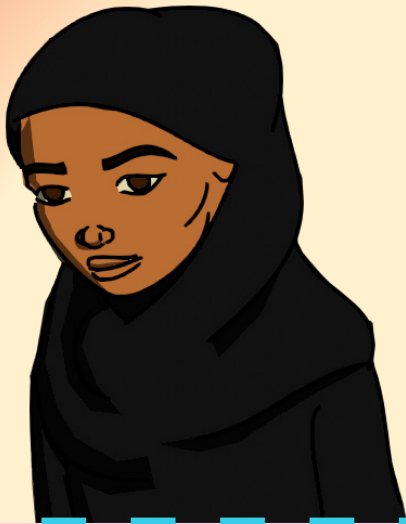
Hello lovely readers, We all know that Kenya is blessed with different cultures, different upbringing, morals and values.

But today we are going to talk about the Swahili Culture, especially from Lamu, a coastal region of Kenya.

The Swahili people originated from the intermarriage of Arabs with the coastal Bantu communities.

When a child is born in a swahili household in Lamu, Their mothers draw anti-hex markings with black kohl on the foreheads of their infants until they begin teething and have reached an age at which they are less vulnerable to spiritual attack.

Until then, Swahili infants are believed to be particularly at risk to fall to the evil eye, especially at night, when owls



are believed to swoop into homes and carry infants away.

It is common to see babies' wrists, ankles, and necks adorned with amulets called hirizi for the purpose of protection from evil eyes.

In addition to protecting infants with markings and charms, the Swahili of Lamu perform rituals that celebrate the life of a new baby and welcome him/her into the family. Two of these ceremonies occur when the newborn is just seven days old: the child's naming ceremony and the ceremony that involves showing

the baby around her/his new household, known in Swahili as kutoa mtoto ukumbi. Naming a Swahili child is a fairly serious affair that may involve consultation with family elders, religious leaders, the midwife who assisted in the baby's delivery, and others who have put interest in the child's future success.

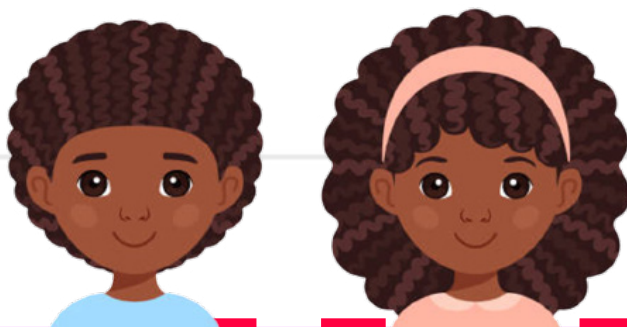
For male Swahili infants, the seventh day of life also involves circumcision (tahiri), an event that physically purifies the child as a Muslim (tahiri comes from the Arabic word twahara, or purification) and welcomes him into the Islamic community.

There is a lot more to learn about children and how they are introduced to the Swahili culture at a young age, but that is a story for another day.

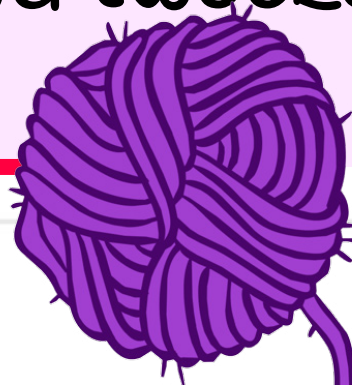
It would be so nice if you teach us about your culture too, You can send in the stories through our mail [khadija@mtotonews.com](mailto:khadija@mtotonews.com) or through our number +254790568290.



Try out  
this  
Tongue Twister



Twins twist tweed twine  
twice. The tweed twangs and  
twitches as the twins twist.  
It twinkles and twists as two  
twins twiddle and tweeze the  
twirling twine.





# Let's Learn about Children Rights



## Unpacking the New Children Act 2022: Age of Criminal Liability of a child.

By Dan Amdavi



Under the repealed Children's Act, the age of criminal liability in Kenya was 8 years. The new Act now raises the age of criminal liability to 12 years.

"A person under the age of 12 years shall not be criminally responsible for any act or omission," section 221 of the Act

reads.

This now means that a person who is under the age of 12 years cannot be held criminally liable for any offence that they commit. This amendment now brings Kenya into conformity with the internationally recognized minimum age of criminal responsibility standards as captured in the African Charter on the Rights and Welfare of the Child and the UN Convention on the Rights of the Child which Kenya is a signatory to.



Further, the Act makes provision for the establishment of a special police unit to be designated by the Inspector General who will be in charge of dealing with children matters, investigations and apprehension of children found to be in conflict with the law.

Although Section 14(1) of the Penal Code still makes provision for the age of criminal liability of a child to be under the age of 18 years, the Act supersedes this by providing that it takes precedence to any other inconsistent provision in any other Act. As such despite the Penal Code providing for a lower age of criminal liability under the Children's Act prevails.



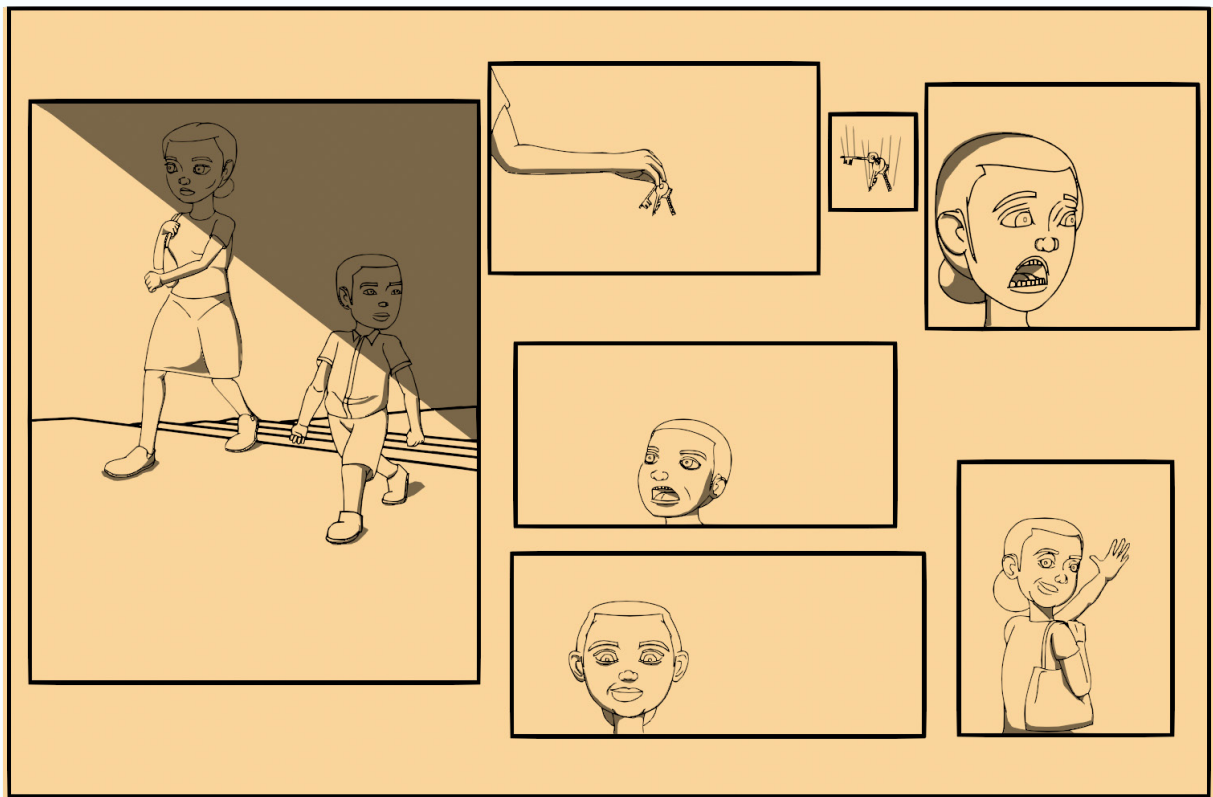
# The Adventures of Zeke

By Francis Kimathi

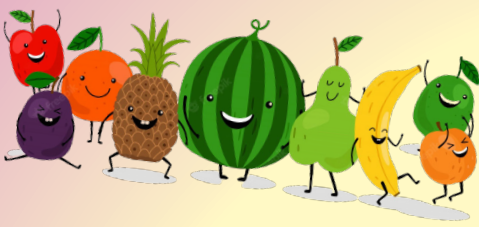
Zeke is a new student joining class six and he is having trouble fitting in at school. As we continue to read up on Zeke's adventures we find that he makes new friends and has to tackle many issues both at home and school.

He and his friends learn new things as they help each other whenever anyone of them is in need.

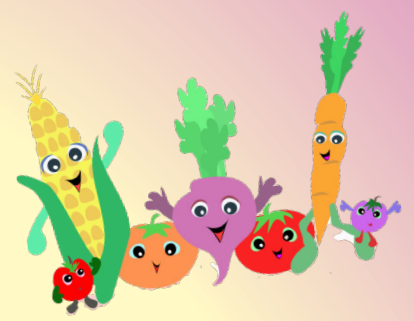
Zeke's adventures show what children go through in their every day lives and the lessons they learn as they grow up that will help them become responsible adults in the future.



The first installment of The Adventures of Zeke will be  
the next Shajara Magazine issue



# Healthy Corner



By Omar Hemed

Hey everyone, today on the healthy corner, we are going to talk about the importance of exercising your body and keeping fit for you to lead a healthy life, so let's get right into it.

## Exercise controls weight

Regular exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym or a good jog in the morn-

ing to start your day are good methods, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all.

## Exercise can be fun ... and social!

Exercise and physical activity can be enjoyable and fun. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

So take a dance class, hit



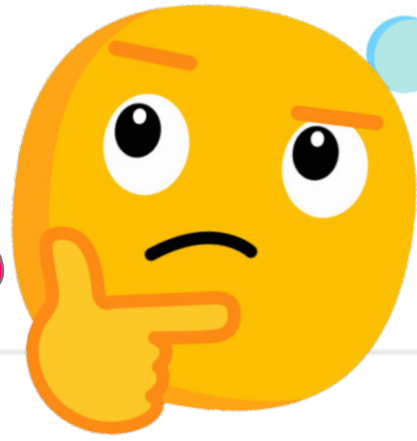


the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it.

All in all, do not forget your Fruits and Vegetables, Exercising without eating well will never be good enough.

So guys exercising is a good method of keeping fit and healthy and as we have seen it's also fun so let's exercise and have fun. Well until next time byeee!!

Can you find  
all the words?



## Culture

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

Culture

Values

Growth

Development

Community

Morals

Lifestyle

Belief

Influence

Nurture

Nature

Autonomy

Parenting

Morality

Language



# Celebrating African Stories by African Children

By Raisa Okwaras



Let me begin by asking you a question:

As an African child, how often do you come across books full of African stories written by Africans?

For decades, African children have been reading books whose context is the western

world. These are full of white children with straight hair and whose reality is different from the lives of children in Africa.

However, African children now have every reason to smile since they can finally access children's books with African stories. This came in after Cadbury launched a digital library containing children's books with African stories to promote the reading culture of African children. They deemed the best way to do so is by



providing them with books that reflect the reality of their lives.

The #Inourownhands campaign has talented authors from different corners of the African continent unite in creating and publishing a beautiful collection comprising 30 African stories in Kiswahili, English, and French.

As an African child, reading such stories boosts the reading culture since they are realistic and relatable.

If you have stories about the realities of African children in the African context, feel free to check out the Cadbury website.

# Interesting facts about Seychelles



By Omar Hemed

Hello guys and welcome to interesting facts, today we are going to talk about all the interesting facts about Seychelles, as a country and as an island made up of many islands.

First of all, did you know that the Seychelles is an island country made up of many islands, consisting of up to 115 islands in the Indian ocean, at the eastern edge of the Somali sea.



Can you imagine that it is believed that there is buried treasure in Seychelles? It is thought that the treasure of the pirate Olivier Lavasseur, is hidden on Mahe Island. Mahe island is an island in Seychelles.

The republic of Seychelles is also home to two of the UNESCO world heritage sites. As we all know there are only 206 natural UNESCO world heritage sites and Seychelles is home to two of them.



The Vallée de Mai Nature Reserve and Aldabra Atoll, both listed for their outstanding natural beauty. They are both home to several endemic and endangered species, such as the giant tortoises.



Seychelles is made up of 99% of water!!



**Images obtained from:** Planet Ware, PickYourTrail.com, Readers Digest, National Geographic, Exploring by the Seat of your Pants and Firstpost

# Answers to Riddles

## From Shajara Magazine July Issue

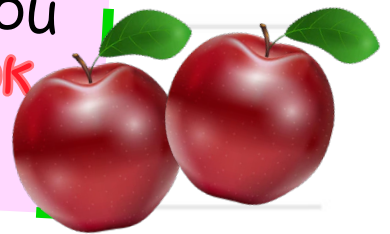
1. If you don't keep me, I'll break.  
What am I? - **A Promise**



2. I make a loud sound when I am changing. When I do change, I get bigger but weigh less. What am I? - **Popcorn**



3. There are 3 apples in a basket and you take away 2. How many apples do you have now? - **You have 2 apples. You took away 2 apples and left 1 in the basket**



4. The more you take, the more you leave behind. What are they? - **Footseps**



5. I am an odd number. Take away a letter and I become even. What number am I? - **Seven**





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