

Shajara Magazine



Fun Games
Inside

September 2022 Issue
Children in Leadership



Let's read up on the
KCA governor and her
expectations for the
new government.

pg 13

Want to know what
Team Sayari is all
about?
Let's find out on
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Turn over to see what's
in the mag!



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Letter From the Editor



Hey friends, I know that the months of August and September have flown by.

Kenya has been busy electing a new president! And despite the history of post-election violence, Kenyans have tried their best to ensure that no violence will occur after the election.

Nonetheless, we bring you this month's magazine, which is full of fun, amazing stories, puzzles and many more.

As you read through Shajara, expect to learn about children's expectations from the new government and you will also get to meet "Team Sayari", ready for you with millions of adventures, read on to find out more!



Scars



By Eric Namayi



There I was.....all alone in a deserted living room with smooth jazz from Louis Armstrong playing in the background, staring at the ceiling as if we were having a life or death conversation, contemplating on how my future will be, while still traumatised by the past. In my hands laid my high school final exams results.

"Now what.....?" I asked myself.

I was so preoccupied with my thoughts that I didn't realise my mom was creeping behind me.

MOM: Unajua [you know] you have been like that even before you got the results! I thought the good news would cheer you up or what you were expecting something higher than an A [LAUGHS] maybe an A+ [BEING SARCASTIC] don't forget your speech tomorrow

LOTAN: Yes mom!

MOM: I know how overwhelming it is right now, but just know I am a proud mother right now.

LOTAN: Thank you mom. [IN A LOW TONE]

MOM: [SMILES AS SHE LEAVES.... SHE REMEMBERS SOMETHING]ooo kuna mtu nje anataka kukuona [there's someone outside to see you] I'll let her in.

It was Carey, a really close friend of mine, almost like my big sister, mmmh....she knew how to keep my sanity

in line, although she finished high school before me she still kept in touch. She came while looking quite excited but I lit off her enthusiasm with my gloomy face.

She didn't bother asking questions as she knew exactly why my mood was off.

CAREY: Hey, Lotan quick question! Are you sure you want to do this?

LOTAN: Quite sure! I can't believe you are asking me that question....

CAREY: No! uhhh... I don't mean it like that si unajua namaanisha nini [you know what I mean right ?]

LOTAN: I don't think I do, but this can't go unpunished. She has to pay for what she did and it's not just for me, who knows how many others are under her control. What if she's taking advantage of their innocence as we speak uuh..?



Catch up with our Shajara Issue next month, to find out what and who Lotan is talking about.



The Three Bears

By Omar Hemed

Two little bears peeped out of their cave. Winter was over and they could smell the fresh spring air. It was time to get up and play after their long sleep. "Let's run under the trees," said Ben.

"I want to roll in the grass," said Bessie.

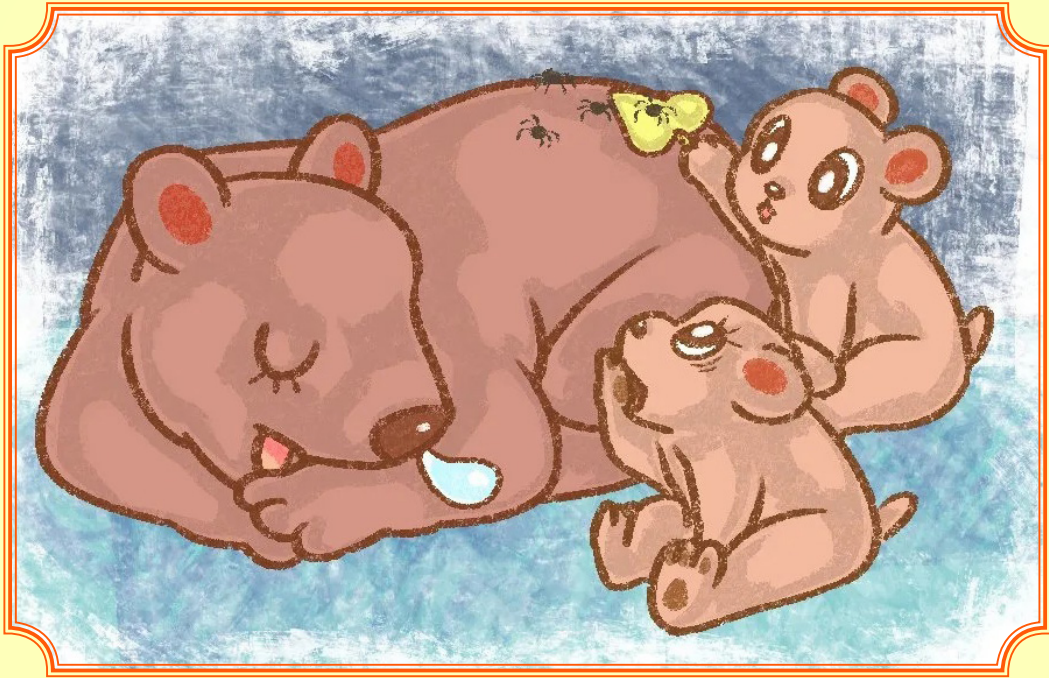
"We'd better ask mum," said the bears together. Ben and Bessie went into the cave where they had slept with their mum. There she was in the far corner. Mother bear was still fast asleep. The two little bears tiptoed over to their mum and shook her gently.



"Wake up mum. The snow has melted and it is time to play," said Ben. She grunted and rolled over to carry on sleeping.

"What can we do?" asked Bessie. The two little bears sat outside the cave and tried to think of a way to wake up their mum.

"I know, let's get some tickly spiders and see if they will wake up our mother," said Ben. The two bears went to find some tickly spiders. Ben collected them on a big leaf. He took them to where his mum was lying. The spiders walked off the leaf and across the mother bear's back. Mother bear giggled in her sleep, but she did not wake up.



"I think we should ask a noisy cuckoo," said Bessie. The bears went out to the trees near the cave. Sitting in the tree was a cuckoo. "Cuckoo, cuckoo, cuckoo," sang the bird.

The two bears asked the cuckoo to follow them back to the cave and call out to their mom. "Cuckoo, cuckoo, cuckoo," sang the bird but mom just rolled over and carried on sleeping. The two little bears did not know what to do. They had tried tickling, making a loud noise and calling out to mum.

"I know," said Ben. "What about something she likes to eat?"

“Honey!” said the bears together. Off they ran to a beehive. They talked politely to the bees and the bees gave them some honey. They ran back to the cave and tiptoed in to see if their mum would smell the honey. Mum’s big brown bear nose began to twitch. Then her nose began to wiggle and she opened one eye. The baby bears took a few steps backwards. Mother bear opened both her eyes and blinked. The baby bears took a few more steps back. Now they were up at the opening of the cave. Mother bear sat up and gave a big sniff.

“I smell honey,” she said. Mother bear was awake at last. Ben and Bessie were so happy. The little bears took a few more steps out of the cave and happily the mother bear followed them. At last, they had found the best way to wake up mum!

Three happy bears skipped into the forest to enjoy the spring and have fun together.





Little Chefs

Rice Cakes

By Brian Gatundu

Hello my little chefs, in this month of shajara issue, we're going to make yellow rice cakes, a nice simple day time snack to keep you on the go so let's get right into it.

Ingredients

- 2 large eggs
- 1 to 2 cups yellow rice mix, cooked and cooled
- N.b you can use normal white rice and add yellow food color
- 1 and a half cup grated cheese (optional)
- A quarter teaspoon salt
- Cooking oil

Preparation



- In a bowl, whisk the eggs, add the rice, cheese and salt and stir to combine well

- Heat about 4 tablespoons of oil in a large pan. Carefully place a third cup of the rice mixture into the hot oil and use a spatula to flatten into a patty

- saute until it they turn golden brown, about three to four minutes each

side

- after they are ready serve with a drink of choice and enjoy while still hot

That's all we had for you little chefs until next time goodbye!!!



Our Plea



Reminders

By Eric Namayi

My fruits 🍊 bring you joy and cheer ??

My beauty takes away the fear ?

The air I clean front and rear 😂

What don't I do for you my dear 😂 ???

I won't mind if you call me Dave 😂

Don't cut me down and I will behave ?

But only if my life you save

Cause your love and care is all I crave ?

Yes I might be taller than a building 🏙️

And my parts can prevent you from freezing ?

But don't cut me down I'm pleading 😭 🌴 🌴 🌴

If it's green you want, go to weeding 🌱

All for trees ?? and trees for all I say 😐

Let trees stand 🌲 🌳 🌴 and never fall I pray

We're not all green but slightly the same

Don't cut us down we adhere your name 🐒

It's Riddle Time!



1. I add lots of flavour and have many layers, but if you get too close I'll make you cry. What am I?



2. What falls a lot but doesn't get hurt at all?



3. If you drop me, I'm sure to crack, but give me a smile and I'll always smile back. What am I?



4. What vehicle is spelled the same backwards and forwards?



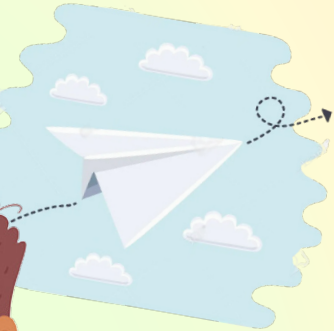
5. What loses its head in the morning and gets it back at night?



Did You Know

By Brian Gatundu

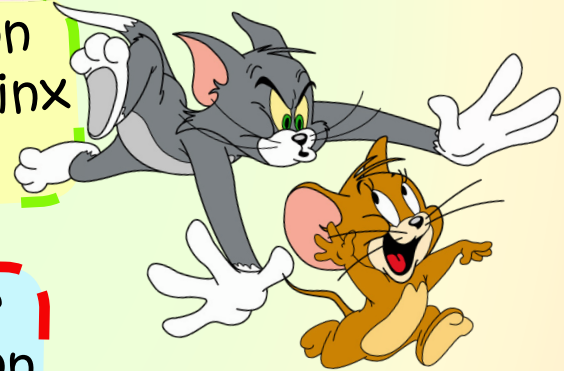
If you fold a piece of paper 42 times, it would be thick enough to reach the moon



Your mouth produces about 1 litre of saliva a day



Tom and Jerry from the cartoon were originally named Jasper and Jinx



Polar bears aren't white, they're just glowing because of a reaction called luminescence

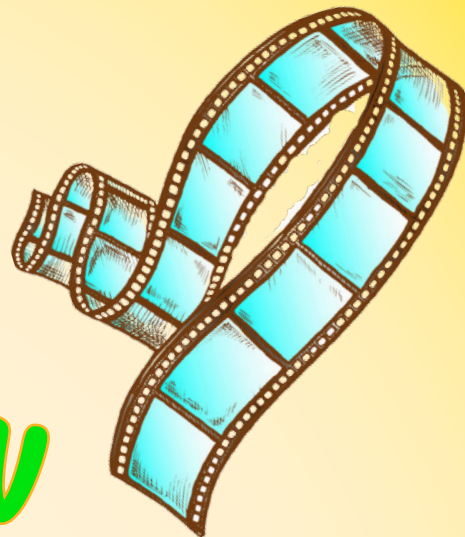


Falling coconuts take people's lives more than sharks do





Movie Review



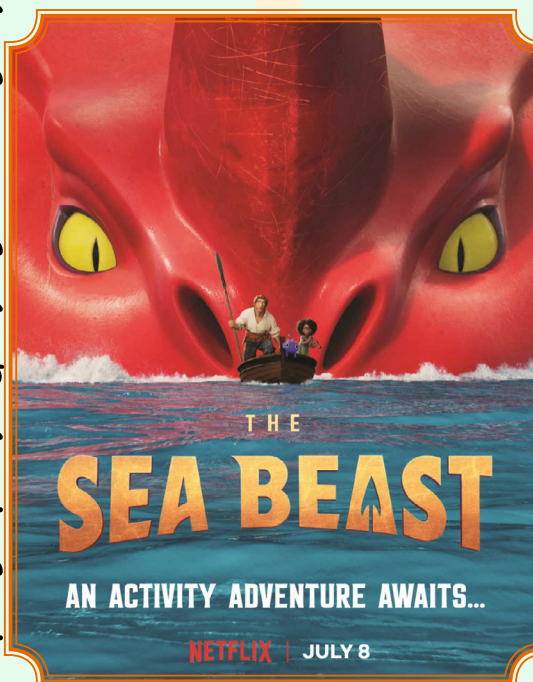
The Sea Beast

By Brian King

Don't judge a book by its cover is what this Fantastic Animation seeks to show everyone out there.

When a whole kingdom thrives on persecuting and hunting this Majestic creatures all because they look different, a child rises to the occasion and with the Innocence, purity, kindness and love she has, she bridges the gap of Monster and Monster hunter to reveal that enmity

between the two was just made up by two Selfish people, The King and Queen, who were profiting from the Murder of the Sea beast.



This Animation is not only nice, but also beautiful and educative which makes it the Must watch

of this Month's Shajara.

Our Future

By Brian King



On 13th September 2022, His Excellency William Ruto was sworn in as the 5th president of Kenya.

He has of course promised to do a lot of things for the people of Kenya, but the question lies,

What is his government planning for children's future?

Hello, My name is Agnes Mwendwa, I am 15 years old and the current governor of Kenya Children Assembly (KCA).

As you may not know, the mandate of the KCA governor is chairing meetings, raising children's issues to the DCS (Department of Children Services) and working well with other KCA leaders to make sure every Kenyan child's needs are met.

We have been encountering a number of challenges in terms

of meeting up with other KCA leaders, which has resulted in me not being able to have one-on-one meetings with the DCS office.

However, as the new government starts working, children are eager to know what the government has in store for them, and they have also come up with a number of things that the government needs to worry about.

First one is the Health sector. When we look around we can see millions of children who lack proper health because they lack finances, we would like our government to provide free healthcare to all the children out there despite their background.

Another thing is about Education. There is this notion that says that, public schools get more resources than private schools. That is why we are urging the government to at least try to keep equality because it will be for the betterment of all children.

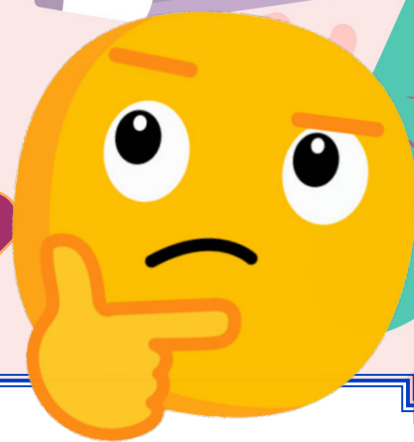
We are hoping that the new government will put children first in all matters that may affect children directly or indirectly.

We are working to have a smooth communication between the DCS office and other KCA members, so that we can ensure that every child's needs are met, and their voices are heard.



Some members of KCA pose for the camera.

Can you find all the words?



ARE YOU A GOOD LEADER?

WORD SEARCH PUZZLE

ATTENTIVE
CARES
CONFIDENT
CREATIVE
DECIDE
DETAILED
DRIVEN
ENERGETIC
FAIR
FOCUSED
FRIENDLY
GRATEFUL
HONEST
HUMBLE
INFORMED
KIND
MATURE
ORGANIZED
PATIENT
POLITE
PRECISE
RESPONSIBLE
THINK
TRUSTING
UNDERSTANDING
WISE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Attributed from: puzzlestoplay.com



What is Metaverse? And why should you care?



By Francis Kimathi



Hello friends, did you know that the digital world is about to be way more awesome?

Well, technically the metaverse doesn't actually exist yet - but it is a much speculated idea of what the future of the internet could look like.

The metaverse offers virtual reality through the use of gadgets like the Oculus (VR headset).

The virtual reality space is used to make work eas-

ier like how some construction companies build structures using softwares before doing the actual construction so that they can see any possible mistakes that may arise.

These spaces can be used to conduct virtual meetings, teach classes, play video games and perform simulations that are applied to the real world.

However, with all its awe and glory, the metaverse could pose a great threat to humanity.

The first and possibly most harmful threat is online hacking, especially to younger users.

Data like your location, passwords, your personal information and even your whole life could be sourced

from this technology considering this is a much more interactive platform.

Researchers are trying to find ways to avoid such possibilities by having security protocols and adding firewalls to the devices.

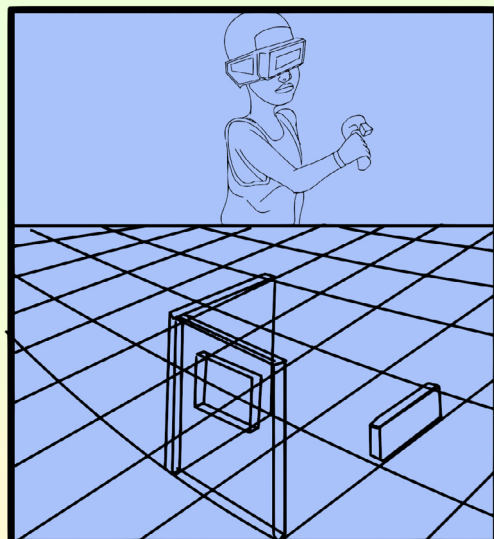
Another threat is the use of these devices could increase the risk of poor health and bad habits.

Due to online working and gaming, people may start exercising less and receiving less sun.

Another way it may affect us is through radio waves. Exposure to these waves and radiation emitted by future tech with the need to make advancements may force smaller players to create much more dangerous equipment.

It is a really interesting yet incomprehensible road to what the metaverse could be for both the future of humanity and the environment.

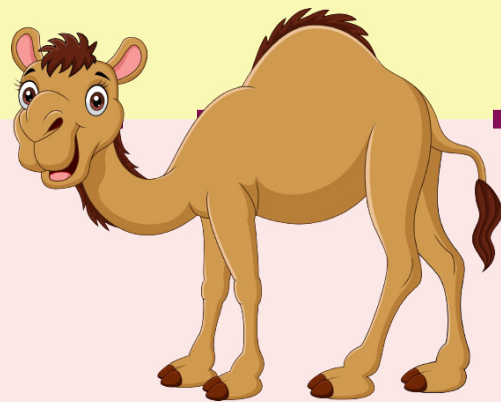
Society could benefit from the metaverse in sectors like healthcare, education, entertainment and our general state of lives. We can also look forward to the many jobs created through this platform.



Try out this Tongue Twister

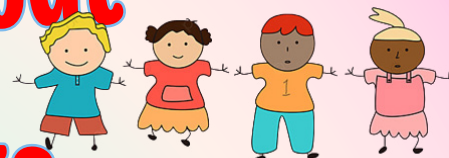


How much Caramel can a
Canny Cannonball Cram in a
Camel if a Canny Cannonball
can Cram Caramel in a Camel?





Let's Learn about Children Rights



Adoption

By Dan Amdavi



Hello boys and girls, I hope you're enjoying your holidays. We continue unpacking the new Children Act of 2022. Today, we look at what the Act says about adoption of children.

The Act has provided for the various types of adoptions which include;

- **Kinship adoption**- This involves the adoption of a child by a person who is a relative of the child;
- **Local Adoption**- This in-

volves an adoption where the child is resident in Kenya; or the adopting parent or parents are Kenyan nationals' resident in Kenya; and

- **Foreign Adoption**- This involves an adoption where; the adopting parent or parents are Kenyan nationals with dual citizenship; the adopting parent or parents are foreign nationals whether or not resident in Kenya; the adopting parent or parents are not Kenyan nationals but are biologically related to the child; and or the adopting parent or parents were once Kenyan nationals but have lost their nationality by operation of the law of the host country to which the prospective parent or parents have a nationality.

The Act further makes provision for children who are eligible for adoption being;

- Child who is an orphan,
- Child who is abandoned and the parents or guardians cannot be traced within a period of three years and;
- Or a child offered willingly for adoption by their biological parents.

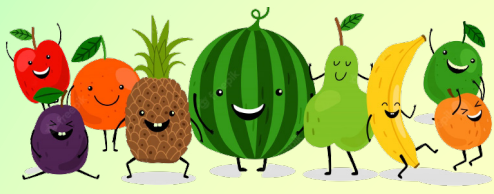
The act also allows a spouse or one individual to adopt a child, however, male applicants are prohibited from adopting a child, unless they are blood relatives of the said child.

Although the revoked act prohibited homosexual from adopting any child, the new act is silent on this issue.

Even if the Act recognizes inter-country adoptions, (those of children in Kenya being adopted by spouses who are not citizens of Kenya,) it is also important to note that the temporary prohibition of inter-county adoption is still existing, hence making inter-country adoptions unviable.

This is explicitly reflected in the 7th schedule of the Act which provides that the terms of the moratorium on inter-country and resident adoptions issued on 26th November 2014 shall apply to matters relating to inter-country adoption under the Act.





Healthy Corner



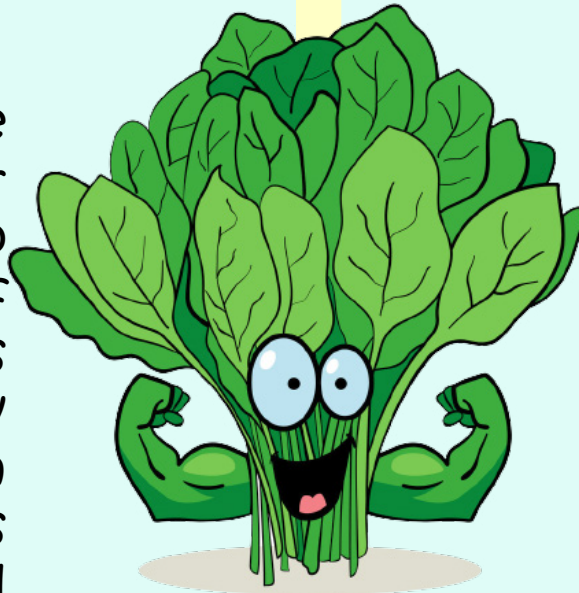
By Omar Hemed

Hey everyone and welcome to our healthy corner, where we keep you informed on the tricks, food and activities that help you to enhance and keep you healthy.

So today on the healthy corner we are going to talk about one of the superfoods that positively has an impact on our health. This superfood is used by many, and just by taking it, one's health is given an awesome positive boost to being healthy. Ladies and gentlemen, boys and girls are talking about Spinach.

All of us know that spinach is good for us, but the question remains as to what makes this green a superfood? Well, let's find out.

Well first of all, the leafy green is said to contain 250 milligrams of calcium and this would help keep your bones healthy including your teeth.



Also, in order to get the best out of spinach, it is advised that you combine vitamin C rich foods along with this, such as potatoes to increase your absorption of calcium.

Now guess what keeps one stress free? Spinach keeps your mind calm so that you do not get tensed and maintain a stress-free life. Its high source of zinc and magnesium enables you to get good sleep at night and good sleep can help aid some of your mental illnesses if not all.

This will help your body stay

relaxed and rest your eyes. So consuming spinach at least once a day can definitely do good to your health.

Your skin is the largest and the most sensitive part of your body and if you are looking for a skin texture that is glowing, then you need to try consuming some spinach.

However, our skin requires essential nutrients and minerals that need to keep it healthy and as a result, this leafy green vegetable is the right dose that can do good to your skin. Some of the vital nutrients that spinach contains are Vitamin A, Vitamin C, Vitamin E including Vitamin K which plays an important role in healthy skin.

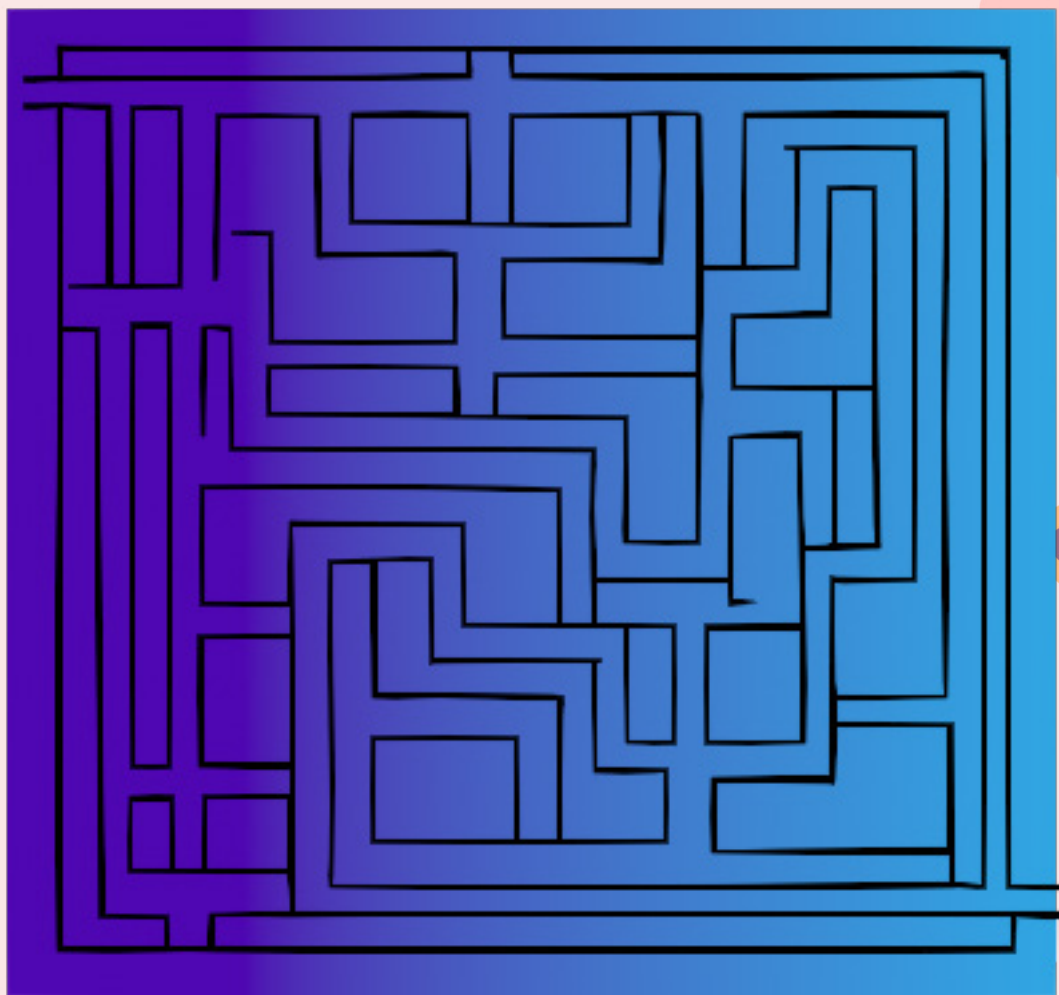
Woow, with all these interesting facts on spinach, I am starting to feel like it's the best vegetable, but it is indeed quite tasty.

Spinach has a lot of benefits that even we can not exhaust all of them but i do agree that it does add a lot of nutritional value.

Anyway hope you enjoyed all the interesting facts on spinach, see you next time goodbye.



Can you solve
this Puzzle?





Team Sayari



By Khadija Mbesa



Hello children, did you know that there is a new Pan-African kids' series that premiered on 24th September 2022 in Nairobi?

Well, the Series dubbed Team Sayari aims to inspire the next generation of conservation leaders, featuring children and youth from Kenya, Nigeria, Rwanda, South Africa, and Tanzania.

The new children's series is aiming to motivate and

inspire children to engage with, care for, and protect the natural world.

The series will air each Saturday on National Geographic Wild and other free-to-air TV channels!

Furthermore, there are 5 children in this series who are from Nairobi, including Shannah Manjeru.

The series will include travel logs, fascinating discoveries, fun DIY activities and captivating adventures every week.

In the premier episode, Team Sayari learns how single-use plastic is harmful to our oceans and what children can do to help curb pollution.

Two episodes of Team Sayari have already been screened during the official launch on 17th september 2022, where invited guests explored the fascinating relationship between elephants and bees, with the other themed profiling unexpected heroes in the wild.

But do not worry, there are many more episodes to come every week.



Interesting facts about Egypt



By Omar Hemed

Hello everyone and welcome to interesting facts, today on our special segment we are going to be talking about ancient egypt, so let's get right into it.

First of all, did you know that Most of the Ancient Egyptian pyramids were built as tombs for pharaohs (rulers of Ancient Egypt) and their families. To date, over 130 pyramids have been discovered in Egypt. Wow, that's a lot of pyramids.



Ancient Egypt greatly believed in the afterlife and They believed that by preserving a dead person's body – which they did through the process of mummification – their soul would live on in the afterlife forever. This was among the major beliefs of the ancient Egyptians.



Another interesting fact is that the Pyramid of Khufu at Giza is the largest Egyptian pyramid. This incredible structure weighs as much as 16 Empire State buildings! Since the pyramids were made with heavy solid rocks they became incredibly heavy.



Now here is an amazing fact: both Egyptian men and women wore make-up. The eye paint was usually green (made from copper) or black (made from lead). As well as offering protection from the sun, the Egyptians believed make-up had magical healing powers, too! This is quite interesting, which means ancient Egyptians looked fantastic.



Love playing board games with your pals? Well, so did the Ancient Egyptians! One popular game was Senet, which was played for over 2,000 years! The game involved throwing sticks (in the same way we throw dice) to see how many squares to move your piece forward on the board.

Hope you had a lot of fun like I did, we have seen that ancient Egypt had an amazing leadership, culture and also games. Until next time guys bye!!!



Images obtained from: Pixabay, Fabbon, Shutterstock, Unsplash and History Link 101

Answers to Riddles

From Shajara Magazine August Issue

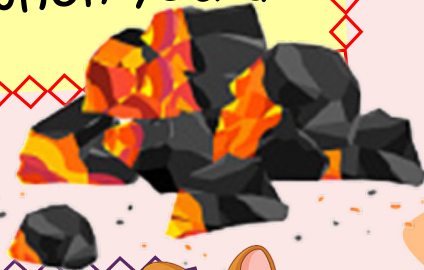
1. What can't talk but will always reply? - **An Echo**



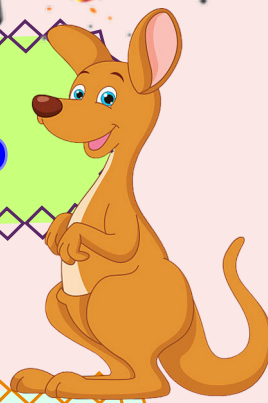
2. I sing in a language no person knows. What am I? - **A Bird**



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



4. What jumps when walking and sits when standing? - **A Kangaroo**



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





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