



ISSUE TWO - SUMMER 2019

Welcome to this, the 2nd edition of our online Rafiki magazine especially designed for Primary School children. We look forward to sending you the next edition in the Autumn Term.

The long Rains Arrive

The Coast of Kenya has two rainy seasons: the long rains from March to June and the short rains in September/October. During the short rains, there are heavy showers which come and go quickly. The long rains are often longer periods of rain and, especially at the start, very heavy with some flooding. This year the kitchen area was flooded and food was served from one of the new classrooms. The new classrooms were designed to be above the flood level - and so far, they have stayed dry.



The school office surrounded by water.

This is where the children would usually line up to collect their lunch of rice and beans.



The lunch queue under the veranda of the new classroom block.

The Living Stones

A Swazi Legend

The Creator made all the animals of the world but one pair were called Living Stones. This was because they were brown, cracked in their markings and very slow. These were, of course, Tortoises.

The pair lived very happily together for oh so many years. As happy as they were, only one thing saddened them. They didn't have any children. Year after year went by but still no little ones. Husband Tortoise finally went to seek the Creator and explained how empty their lives were. However, Creator said that they were both now too old to have children. Husband Tortoise told this news to Wife but he also felt that the Creator must be wrong. Who would follow on from them when they were gone? He returned and threw himself at the Creator's feet. The Creator was greatly moved by the Tortoise's persistence alongside his pain and courage. He relented but explained that Wife Tortoise must take extreme care of herself and even greater care of the eggs. They must be kept warm but never too hot. She was to watch and care for them at all times. Husband Tortoise was overjoyed and rushed home to share the good news. However, in his delight he forgot to stress how much care Wife Tortoise must take. Four eggs were laid and four eggs hatched but as Wife had not taken care of herself, her strength ebbed away. Husband was bereft but did his best to care for the young ones but he soon died of a broken heart.

The Great Creator looked on with great pity at the four orphaned babies and cared for them Himself guiding them to food and providing for them.

So He decided that no Wife Tortoise would ever have to care for her eggs. The sun was ordered to warm them and each egg hatched with a Tortoise that could care for itself, the Creator would show them food and finally how to hide within their shell to be safe when danger threatened.

Fun Facts

- Hinged Tortoise
- Latin - *Kinixys bellania bellania*
- Lifespan - 20 years
- Is a relative of the turtle
- Vegetarian
- They have no teeth just a horny cutting edge
- "Shell" is made of bone with horny shield
- Hibernate in winter, mostly in termite mounds
- Greatest enemy is Bush fires
- Eagles will eat them, dropping from heights to crack the shell.



Have you read?

Tricky Tortoise

By Mwenye Hadithe and Adrienne Kennaway

Published by Hodder Children's Books

Cooking with an African Flavour

Sweet Potatoes

These can be eaten as part of a main meal, in stews and soups or as a snack. They are a highly digestible carbohydrate with some protein and vitamins.

Sweet potatoes retain their flavour better if boiled in their skins.

Here are a couple of ideas.

Viazi Vitamu

Wash and boil potatoes until almost soft.

Carefully remove from boiling water - a slotted spoon is ideal for this - and leave to cool.

Remove skin and cut into 1-2 cm slices

These can then be fried in a pan with hot oil.

Alternatively, slice into wedges and place on an oiled baking tray and put into a hot oven.

For baked sweet potatoes treat the same way as ordinary potatoes.

Sweet Potato and Beef Stew

1 large sweet potato

$\frac{1}{2}$ kg diced beef

1 bunch coriander leaves

1 onion

Oil

3 tomatoes

3 carrots

$\frac{1}{2}$ litre beef stock (use stock cubes or stock pots)

Salt & pepper to taste.

1. Peel and dice potato
2. Fry together beef, coriander and chopped onion until onion soft and beef sealed.
3. Add chopped tomatoes and cook for a further 10 minutes.
4. Add potato, thinly sliced carrot and stock.
5. Transfer to oven-proof dish and cook in the oven for approximately 30 minutes until carrots and potato are tender.

Life at a Secondary School in Kenya

Currently we have 12 needy students supported at Secondary Schools. Collins Odhiambo attended the respected Dr Aggrey High School, a boarding school five hours by bus from Mombasa. He writes:

"My day at Dr Aggrey begins at exactly 4.30am when we are woken up for the morning preps which takes about an hour and a quarter, then we resume to our breakfast which is tea and bread. After breakfast we go back to our dormitories in preparation for the normal school routine. It is during this time, about 1 hour, that we carry out our duties such as cleaning the compound and our classes.

After that we go for another 1 hour prep which starts at 6.40am. In the prep we are guided by our teachers on how to tackle challenging questions and also on non-comprehended areas. We then have a twenty minutes break, then the normal lessons begin. We have a break after every two lessons and the last one before afternoon classes is the lunch break which is from 12.30 to 2.00pm. We then go back to class for two hours and then go to games. Everyone is supposed to participate in at least one game, football is my favourite.



Collins at Dr Aggrey School
He has now successfully completed his secondary education.

YUM YUM!!

If you enjoyed last month's animal wordsearch, you are sure to "eat up" this month's food related one! Find the 15 Swahili words for everyday food and drink ☺

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

AISKRIMA	(Ice-cream)
BEKONI	(bacon)
BISKUTI	(biscuit)
CHAI	(tea)
CHIPSI	(chips)
GANDA	(yoghurt)
JODARI	(tuna)
KAROTI	(carrot)
KEKI	(cake)
KIAZI	(potato)
KUKU	(chicken)
MAJI	(water)
MAYAI	(eggs)
MAZIWA	(milk)
RAHAWA	(coffee)

Summer Publicity and Fund raising



Our stall at Broadwater School Fair

Come and see us at Broadwater's Big Day Out
 Saturday 20th July
 And at the Worthing Lions Sea Front Fair
 Sunday 21st July

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 website - Contact us
 It costs you nothing and saves us the cost of
 printing.

Rafiki Magazine is produced by
 Friends of the Mombasa Children C.I.O.
 Registered Charity Number 1155625

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