



Jambo Rafiki



Jambo Rafiki and welcome to the fourth edition of our magazine.

We, at the Friends of Mombasa children, really hope you are enjoying these newsletters, especially produced for you. As this is our first edition of 2020, may we wish you a somewhat belated Heri ya mwaka mpya (Happy New Year).

New Technology for the classrooms at Unity School.



Thanks to the money raised by our supporters, we have purchased a data projector for use in the classrooms at Unity. We have also purchased a Lap top computer in order that the projector can be used to project information from the internet onto the white classroom walls. For the first time children will be able to experience some of the learning opportunities that are an everyday part of school life in the UK.

We will also be able to have class links with Unity and all the class in Kenya will be able to clearly see the class in England. It does not work very well when 30 or more children are all trying to look at a Laptop screen!

Thanks to Associate Trustee, Dan Purchase who helped set up the system and showed the teachers how to use it.

From Left to Right: Mr Joashua, Mr Norbert, Mr Joash, Madam Mary and Mr Pascal.

Why does the Lion Roar? A Story from the Batonka People



This is the story of how the Lion's voice changed forever! He didn't always have such a powerful roar.

After mankind came into the world, Lion became the most feared predator.

Lion had a very gentle, quiet voice and therefore could easily catch and eat other animals with very little trouble. This greatly concerned all of the other creatures as they never knew when he was hunting. A meeting of all these animals was decided upon to discuss how they could make Lion less dangerous. Not one could come up with a suitable solution until Hare had a clever idea. Hare explained his thoughts and all agreed that these were indeed ingenious. However, how was Hare going to carry out such a plan? Hare winked at the gathered animals and set off.

Under the shadow of an umbrella tree, Hare found Lion dozing. Cautiously he approached, treating Lion with great respect. Calling him “Oh Great One”, he explained that he was the bearer of very sad news. Hare said that Lion's brother was indeed gravely ill and that he was requesting Lion's immediate help. Lion was distraught at such news and begged Hare to take him to where his brother was. Hare hopped for several hours, round and round the Bushveld covering very many miles. Lion, having been disturbed from his morning nap, was very quickly exhausted and lay down in a shady spot and instantly fell asleep.

Crafty Hare quickly sought the help of a honeyguide bird who enabled him to locate a bees' nest. Hare followed the required custom and broke off a large piece of the honeycomb as a 'thank you' to the bird. The rest he dribbled all over Lion's paws and face, then ran and hid in the bushes.

On returning to their nest, the bees were furious that it had been raided. They became a raging swarm and soon found the culprit. Lion! They attacked. The intense pain from all the stings caused Lion to roar in a thunderous manner, a sound that could be heard for very many miles, right back to the waiting animals. Hare returned to them and all were grateful to him, as forever The King of the Beasts would be heard when hunting.

Fun Facts About Lions.

Lions live in prides and are the only member of the cat family to live as a group.

Males are usually solitary, living alone – or in a group of young bachelors;

Unless the male is the pride leader – always strongest and fittest.

Females live in family groups with up to 12 adults + their cubs

They live in all sorts of habitats but not forests or mountains

Both males and females can live up to 20 years

Lions are carnivorous (meat eaters)

2 to 4 cubs form the usual litter

Lions drink at night – during a drought will seek out tsama melons and gemsbok cucumbers

Cooking with an African Flavour

PLEASE REMEMBER that it is always a very good idea to get the help of an adult when you are cooking.

Knives are sharp and cookers are hot and will burn.

Kuku Njugu (Groundnut Chicken)

Serves 4

4 Chicken breasts
3 tablespoons oil
1 Medium chopped onion
3 sliced spring onions
Tin chopped tomatoes
½ teaspoon chili powder
1 bay leaf
250gms peanut butter
2 cups stock
1 bunch dhania (coriander leaves)

Cut chicken breasts into chunks. Carefully brown in hot oil.

Add onions, tomatoes, salt, chili powder and the bay leaf. Mix well.

Cook for 10 minutes.

Add stock and simmer until chicken is nearly tender.

Remove from heat and drain stock from chicken.

In a bowl, mix peanut butter and enough chicken stock to make a light creamy sauce. Keep adding stock as required.

Pour over chicken then cover and simmer until chicken is tender.

When serving, sprinkle chopped dhania over the top. Serve with rice.

Fashion Fun

Following last month's "animal antics"

Crossword, why not try this month's clothing wordsearch on for size! You are looking for the Swahili words, not the English ones.

SIDYNKSSGFHIEMZ
ZLIPUHCIFYNSTXM
VAZIELIKPDAKCXP
AUKSNTSKATIOSKZ
YREFAEWLEBTSC LH
KUUHRRAWGVNZXLF
ISSTAQSAKJXJJWR
NIHSPILKDNMHWMI
TLIAOAFXRFPDIMJ
DLBATHKODRG TISV
MDLYMILSKRXJMXI
TPYGYRXFRTAYKAA
EYLAADVJBGDROKT
XYEVERJCDYLHECU
SUDASWYPZYGOZUL

CHUPI	(Underwear)
KAPTURA	(Shorts)
KOFIA	(Hat)
NDALA	(Sandal)
SHATI	(Shirt)
SKATI	(Skirt)
SOKSI	(Socks)
SURUALI	(Trousers)
SWETA	(Jumper)
TISHATI	(T-shirt)
VAZI	(Dress)
VIATU	(Shoes)

Unity School celebrates 10 years

Ten Years ago the first children began their education at Unity School. Now there are 450 children
To celebrate they held a party.



Cutting the Birthday Cake

Some of the people who went to Unity School came back for the celebrations



The Orphanage has received a new coat of paint (inside and outside) and the broken window frames have been repaired. Note the new volleyball net!

You can receive Rafiki Magazine by email

Ask an adult to send an email address to our website – Contact us

It cost you nothing and saves us the cost of printing.

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