

africastartup MY NEWS

NEWS FOR THE GAMBIA'S YOUTH

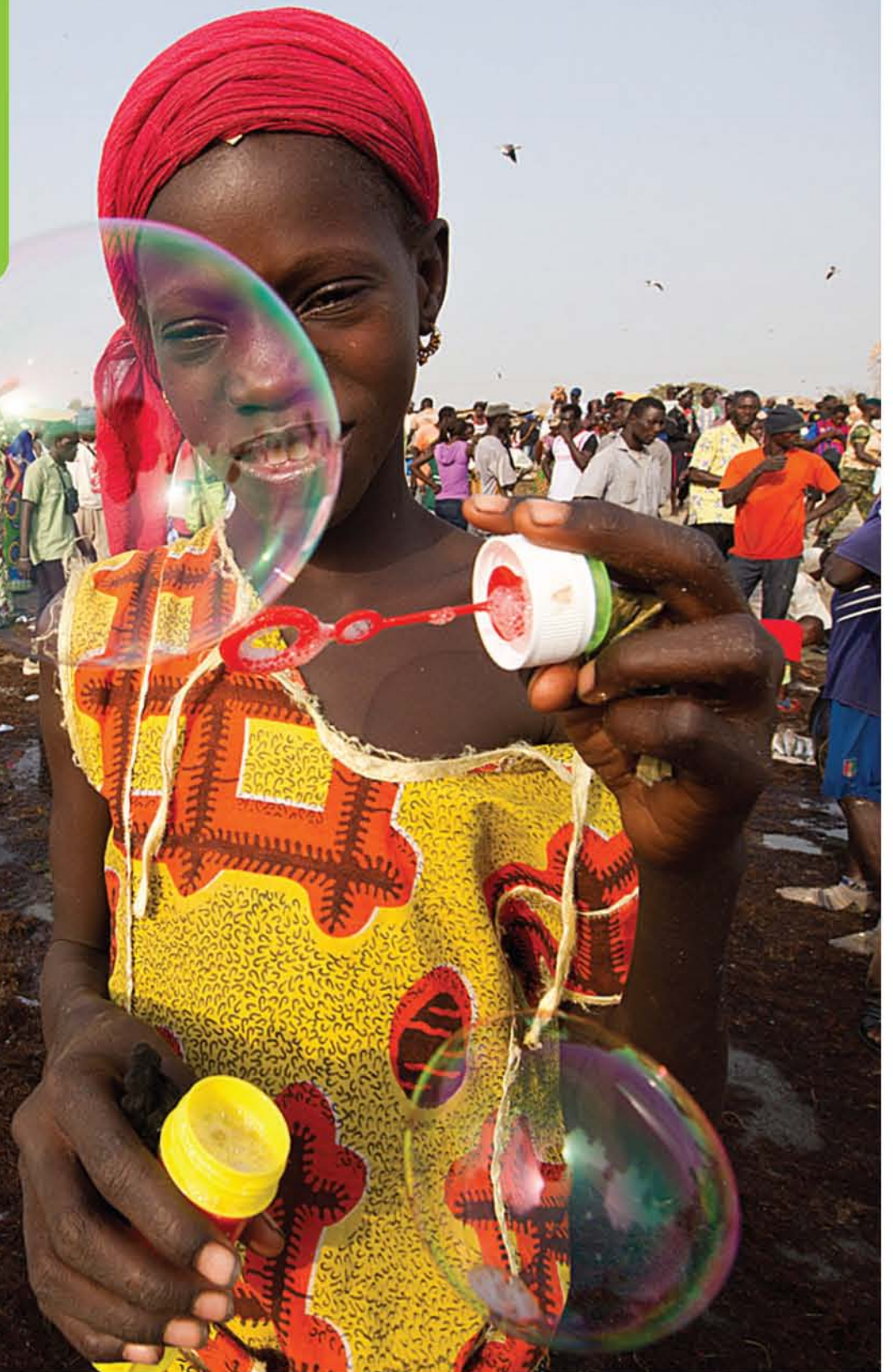
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SOAP BUBBLES!

Blowing bubbles is great fun! It is easy to make them on your own, so you can blow as many bubbles as you like

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HOW TO MAKE SOAP

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MyFarm trainees, Isatou and Tamsir making soap.

WHY SOAP?



Soap making recipe at MyFarm.

Everyday we wash ourselves, our clothes, our houses and our dirty dishes. Soap is the key to all this cleaning! But do you know what soap is? Do you think that you could make it yourself? Do you think you could make money by selling soap? At MyFarm we can train you to make your own soap and how to start your own business.

To give soap a perfume, fragrance is added, which can make your skin smell great. At MyFarm, we also add pure Gambian honey for its soothing and healing qualities and beeswax to make the soap a little harder and last longer. The students at MyFarm come for training sessions in how to make soap and how to sell it. This builds confidence, which can help you start your own soap making business.

Important information

- 1) Caustic soda is a very toxic chemical. When making soap you must always wear gloves to protect your hands and goggles to protect your eyes. It is important to add the caustic soda to the water and not the other way, as you could create an explosion.
- 2) When mixing oil and wax with the caustic/water solution, be sure that



they are the same temperature to ensure the reaction takes place.

3) Soap must be left for up to 3 weeks before it is ready to use. By this time, the caustic has finished reacting and it is safe to use on your skin.

How does soap work?

Our skin produces its own oil, and this oil attracts dirt and dust, which sticks to the skin. When we use soap, the dirty oil from our skin sticks to the oils in the soap, allowing it to be easily washed off the body. Washing with just water will not have the same affect because oil and water do not mix.

Soap for health

Hand washing is the single most important step in reducing the spread of infectious diseases. Some types of bacteria live on the skin, which can cause disease. Many soaps contain an antibacterial agent, which can kill harmful bacteria on the skin. A common antibacterial agent is Dettol, which is added to our soaps at MyFarm.



Students smelling the great perfumes of the soap at MyFarm.

There are different types of soaps for different types of washing. The soaps we are making at MyFarm is made especially for your body with all its softening qualities, while other soaps and powders are only for clothes and the dishes.

In the past, animal fat and plant oils were used for making soap. Today, soaps can also be made from certain chemicals and water.

Soap can be made into solid bars or mixed with water to form liquid soap.

Soap making is a good business in The Gambia. MyFarm can introduce to you the soap making method, so that you can make your own soap, which can be easily sold. This is because everybody needs soap to stay clean and smell good. So it is possible to sell to everyone and make lots of money and start your own business! Good luck!

SOAP BUBBLES!

How to make your own soap bubbles

Add dishwashing soap to water and mix well. If you want bigger bubbles, you can add sugar. Next, take a length of wire and bend it into a circle at one end, and keep the other end straight to form a handle. Then, dip your wire into the bubble solution and BLOW!



What is a soap bubble?

A soap bubble is a globe of air, covered by a thin layer of soapy water, which makes it look like a transparent balloon. Soap bubbles normally only last for a few seconds before they burst, either by themselves or on contact with a solid surface.

COOKING WITH THE SUN

Smoke produced when cooking over a fire is very dangerous. Wood and charcoal fires are also damaging to the environment. Using other methods for cooking can reduce the need for making fires.

To lower the dangers caused by this smoke, you should regularly clean your fire places and cook outside or in a room with a chimney (a pipe or vent that allows smoke to leave a room or building) and good ventilation.



Beware, smoke can kill. Cook outside if possible.

There are alternative stoves on the market, such as pellet stoves from GreenTech, which can reduce the amount of smoke that is produced.



Fatou is making mango jam in the parabolic solar oven at MyFarm.

Smoke is dangerous because it damages the lungs and breathing system, and reduces the amount of oxygen that can be taken into the body. Many Gambians cook inside to keep out of the rain and dust. However, most Gambian kitchens do not have a chimney, which means the smoke stays indoors. So having a chimney is an important way to reduce the dangers of indoor cooking smoke.

There are other ways of cooking food, which are safer, environmentally friendly and do not produce smoke. On MyFarm we display solar ovens, pellet ovens and parabolic solar ovens, which can cook food, such as cakes, and boil water in less than 20 minutes. These alternative cooking methods, which

DID YOU KNOW?

The smoke that is made when using an indoor cooking fire is responsible for killing many people around the world?



Fatou is sterlising jam jars in the solar oven.

use energy from the sun, can help reduce deforestation, which will save our forests from being cut down.



On the beach, sand is carefully sculpted so that it looks like a castle. These are called sand castles and children make them on beaches all over the world.



Crocodiles often rest along river banks with their mouth's open. That is not an aggressive posture, but a way to cool off: they sweat through the mouth!



The children form circle by putting their feet together. Maybe, they are about to play a game?



Deforestation can dry out the land.

DEFORESTATION

Using wood and charcoal as a household cooking fuel is a major contributor to deforestation and carbon dioxide emissions

Trees are not only useful and beautiful, they are important for all life on earth. Trees and other plants use the sun's energy to convert carbon dioxide and water into sugars and oxygen.

This process releases life-giving oxygen into the atmosphere, which we all need to breathe. Trees also provide many

resources, including fruits, building materials, medicines and places to play. When there are many trees growing together it is called a forest. Forests hold the soil in place and absorb rain-water, which can help control flooding. Many other plants and animals live in forests, including birds, lizards and insects. Together, all these different life forms form a forest ecosystem.

We know that trees are very important. Even so, we are cutting trees down faster than we can grow them. Imagine

DID YOU KNOW?

In 2011, around half of the world's forests had been destroyed?

50% of the world's tropical rainforests have been destroyed since 1990?

Over half of all plant and animal species live in rainforests?

how many trees are cut down all over the world every day. Cutting down forests is known as deforestation. Usually, when trees are cut down, they are used for making wood, which is important for making building materials, furniture, musical instruments and fuel. Firewood and charcoal are both made from wood and are used as fuels for making cooking fires. People also cut down trees to make space for farmland, housing developments, highways and cities.



Mothers can teach their baby's to swim at a very early age. The first step is to get them comfortable with their head under the water.



A child bathes his pet python in Thailand. In many places, people enjoy keeping snakes as pets. This snake will cause no harm to the baby while it is bathing.



MORINGA

THE MIRACLE TREE

Fruits and vegetables contain many vitamins and minerals that are important for your health. Some of these plant products are very nutritious, such as broccoli, carrots and bananas. But there is one plant that is full of healthy goodness. This miracle plant is moringa and it can grow in your own garden.

Just like all other plants, moringa requires certain conditions in order to grow. Plants need sunlight, water and a gas called carbon dioxide to make their own food - this process is called photosynthesis. Additionally, plants need certain minerals, such as nitrates, phosphates and potassium, which are taken from the soil.

The moringa plant is from India, which is a country in South Asia. In India, there are wet and dry seasons and it is hot and sunny. Climate conditions in The Gambia are similar to India, so the plant will grow well in your garden.

Young moringa plants do not like too much water and establish the best in the dry season, which makes the plant grow faster and stronger. The plant also likes a lot of sunlight, which makes it the perfect crop for growing in your garden.

Eating moringa is very good for you. Research in Niger during the 1980s revealed many of moringa's health benefits, and today the plant is considered a super food. This is because of the vitamins, minerals and other nutrients that the leaves contain. Eating moringa can help you have a healthy lifestyle.

DID YOU KNOW?

A serving of moringa leaves contain 4 times the amount of vitamin A than a carrot, and 7 times more vitamin C than an orange

The plant is full of protein and calcium, which make your bones and muscles grow big and strong

Moringa leaves can be dried and turned into a powder, which can be added to your food

Try at home

Next time you are at home, add some dried moringa leaves or powder to your rice. It will give you many vitamins, which your body needs. Also, add the moringa powder to the food of other family members, and see what they think - I am sure they will love it, and it will help keep them healthy!



A moringa planting session at MyFarm.



Using iPads to learn about moringa at MyFarm.



Students from a summer camp at MyFarm with their first beeswax candle.

HONEY IS MEDICINE



IMPORTANT

Never give honey to kids below one year of age. It can cause bacterial infections called botulism.

At MyFarm we can provide an introduction to beekeeping. This can help local residents learn the important role that bees play in an ecosystem, such as allowing plants to pollinate. We have one bee hive at MyFarm and some of our staff are experienced beekeepers. MyFarm also has links with other beekeeping associations for training and field work.

The most important rule in beekeeping is to respect the bees. Do not burn down a beehive to get honey. Instead, use smoke so the bees do not die. This will allow the bees to come back and produce more honey.

Honey can

- Help fight coughs and colds (can be more effective than a cough medicine)
- Improve your immune system (due to the antioxidants, vitamins and minerals it contains)



- Work as a natural antiseptic
- Be used to treat small burns (the moisture from the honey can make the wound heal quicker and scar less)
- Added to lemon juice to make a nutritious drink that is good for your throat
- Be mixed with milk to make a moisturiser, which can make your skin smooth
- Act as a natural sweetener and a healthy sugar replacement
- Be beneficial for the digestive system and help with stomach problems

Honey for Wealth

- Honey can help provide a rural livelihood; producing and selling honey can be a good way to earn an income
- Bees pollinate flowering plants, which can allow for the production of more flowers, fruits and vegetables
- For beekeeping to work, a healthy surrounding ecosystem is required, so making honey can help protect the environment



Activista members recruit children to help their campaign.

ACTIVISTA

Activista is a country wide youth organization, which has more than 3000 members in The Gambia. The organisation has four main pillars:

1) Capacity building; 2) Shared learning; 3) Global campaigns; 4) A national network

Africa Startup (The Gambia) has cooperated with Activista on several training programmes.



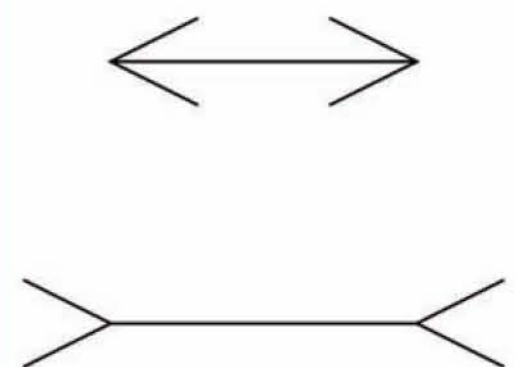
SUGARY DRINKS AND CANDY

Should you be concerned about the sugar content in your drinks?

Yes!

Soda and other fizzy drinks are full of sugar and other chemicals. Additionally, many foods contain sugar, such as sweets, cookies and cakes. Eating and drinking all this sugar can rot your teeth, make you fat and cause diseases like diabetes.

WHAT LINE IS THE LONGEST ONE?



They are both the same length

So what should I drink?

Drink more water! Drinking water is the best way to stay healthy because it keeps your body hydrated.

This will stop you feeling thirsty, which is important in the heat of the day.

INSECTS AND SMALL ANIMALS

The Gambia is famous for its colourful and beautiful birds. But there are many other animals that live here, which can be found in your garden, on the side of the street, or at MyFarm. Look in the trees, on the ground, or under rocks and stones and you can find many different small animals, which are known as invertebrates.



Worms

If you dig in the soil, you might find long, soft bodied animals that have no legs. These creatures are called worms and feed on dead leaves. They live in underground burrows and help keep the soil in good condition. They are also important for making compost on MyFarm.



Snails and Slugs

Although these creatures have no legs and soft bodies, they do have eyes and a large muscular foot for moving. These animals like living in dark, wet places and feed on plants, which can be a problem for farmers. Snails are protected by a shell on their back, while slugs have no shell.

Centipedes and Millipedes

If you lift up a stone or rock, you can sometimes find long, thin animals that have body segments and many legs. If the animal is fast-moving and has two legs for each body segment, then it is a centipede. But if the animal is slow moving and has four legs for each body section, it is a millipede.



Scorpions and Spiders

Some animals have eight legs and two body parts. These animals include spiders and scorpions. All scorpions have claws and a long, stinging tail that is used for feeding and protection. While spiders do not have tails; they have teeth-like fangs for biting and often spiders make webs for catching insects.



Insects

Insects have six legs, three body parts and usually wings. There are many types of insects, including dragonflies, grasshoppers, beetles, butterflies, ants and wasps. Some are very beautiful, such as butterflies and dragonflies; but others are a problem because they spread disease or destroy farm crops, such as flies, mosquitoes and termites.



DID YOU KNOW?

There are more types of insect than all the other animals and plants put together?

A quarter of all the living things on earth are types of beetles?

The record for the animal with the most legs goes to an African millipede - it had 752 legs?

The largest worms live in Australia and can grow to over 2m long?

The largest land snails live in Africa, and in France, snails are eaten as a delicacy?

SOCIAL INSECTS

Many invertebrates live alone, but some types of insect live in large and complex societies. These animals are known as the social insects and include termites, ants, wasps and bees. The most important member of all



A web-making spider.

these insect societies is the queen, which lay many eggs every day. But the queen cannot live alone: many other members of the society, including nurses, guards and thousands of workers all live together to help the colony survive.

Termites feed on wood and live in large colonies, which often form vast mounds. Usually mistaken for ants, termites are actually closer relations to cockroaches. Ants, bees and wasps all belong to the same insect group. If ever you see a flying queen ant, you can see its resemblance to a wasp. Some ant species feed on plant matter, such as the South American leaf-cutting ants, while other species, including the army ants of the Amazon, are hunters and feed on animals. Wasps and bees have wings that allow them to find their food. Wasps are often hunters, while bees collect nectar from flowers to convert into honey for feeding their young.

Try At Home

Next time you are in the garden, at the side of a road or at MyFarm, try looking for insects and other small animals and collect them in an old jam jar or other container. This can let you name the animals and look at their different body features. But remember to clean the jar first, and put air-holes in the lid.

Omar, aged 9, observing a millipede.



THE BOTTLE HOUSE



Young People Without Borders (YPWB) is a community-based organisation based in Siffoe Village, South Kombo. Recently, YPWB built a new resource centre at Siffoe Lower Basic School out of old bottles and plastic bags.

The Building Process

To build the house, empty bottles were filled with used plastic bags. This project helped to raise environmental awareness within the community, especially concerning the importance of recycling and waste handling.

AN EDUCATIONAL JOURNEY FROM SEED TO BUSINESS

HELP THE COMMUNITY TO HELP ITSELF

Based in Nema Kunku, The Gambia, MyFarm aims to inspire and educate children and young adults about the processes that allow a seed to be planted, and how this seed can be turned into a money-making business, using alternative technologies and sustainable methods. Additionally, MyFarm also focuses on learning by play and there are special play areas with Lego, iPads and a small library to read stories.

This summer, local residents and a team from Activista came to MyFarm for a summer camp. Some summer camp students came for a day trip while others stayed for several days. This unique experience allowed the visitors to learn many new skills and techniques, which can be used at home and for future business plans.

MyFarm aims to become self-supporting through various income generating activities, including the transformation and sale of local produce. This strategy ensures the viability of the business model taught at the farm.

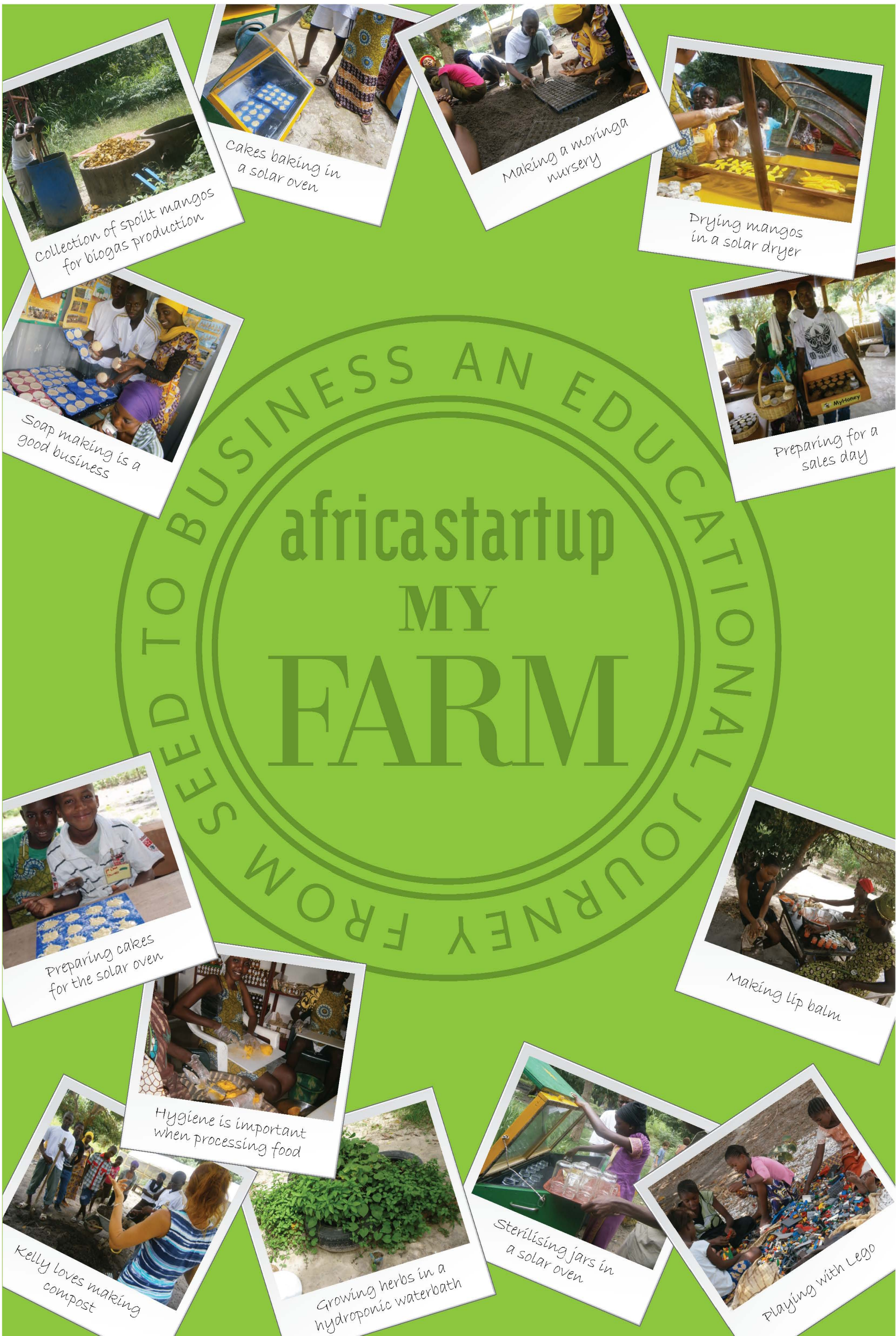
The concept offers a micro-franchise opportunity to students once they

have completed their training, providing all the back up to help them create their own successful small business.

MyFarm is open seven days a week and welcomes the community and tourists of The Gambia to drop in and visit us anytime between 10am and 5pm to see what we are doing. Please call ahead to ensure we are available to show you around.

There are some rules at MyFarm. One of the most important is that all new students should ask questions, including WHY different events happen and discover their own answers. Maybe you can think of some questions now?







Africa Startup is involved in several projects, which use iPads as educational tools.

INFORMATION TECHNOLOGY

If you want to learn new and interesting information it is important to research. This can be done by having access to new types of technology, such as a mobile phone, computer, tablet or the internet.

Mobile Phones

The first telephones were for people to talk to each other. But now it is possible to send messages to other phones. This is called SMS text messaging.

Today some phones can search on the internet, play music, show films, take photographs, and display map locations. In some countries, phones can also be used to pay and receive money.

Some phones have flat screens that can be touched. These phones are called smart phones.

Computers

Computers are machines that are programmed to carry out instructions. These instructions are usually very simple, such as adding numbers together or moving data from one place to another. A computer normally has a screen to display the information, a keyboard where you can type in letters and numbers, and a box-like drive that does the job.

iPads and Tablets

A tablet is a combination of a computer and a smart phone. The most famous

tablet is the iPad. On an iPad you can use educational programmes that can help with your school work.

Internet

Today, many of the world's computers are connected to the internet. The internet allows you to send and receive information from another computer that has an internet connection.

Also known as the web, the internet is now used for many different purposes, including online shopping, social networking, playing games, receiving news and travel information, business, advertisements and much more. Google.com is the most popular search engine, receiving millions of search questions every day.

YMCA

MyNews has visited Y Plus (The Gambia's YMCA Computer Training Centre and Digital Studio). There we met with the managing director, Poncelet Ileleji, who has been working there since 1996.

Y Plus is offering a lot of different IT classes for all age groups and TOEFL tests that everyone needs to take before they apply for a school in another country. Y Plus also has an after school programme and summer classes for children and young adults. The children can get an introduction to computer and iPad skills and also learn photography, video making and audio (sound) recording in the Digital Studio.

In the Digital Studio, there are Gambian trainers who are also assisted by Adriana Garay. Adriana can do classes and also make programmes called documentaries that show the daily life and special events in The Gambia. Some of the films Adriana makes are for Gambian's to see on national television, but she is also experienced in recording films in The Gambia for other people around the world to watch. She is also a journalist and really likes to tell stories with photos and videos; this filming experience is now a major interest of international corporations and other charity organisations that want to make films about their work and projects.



Kebba explaining how a camera works.



Adriana in action.



BE CAREFUL

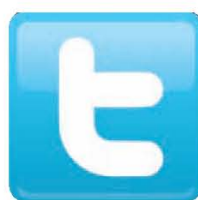
Most people are friendly when using the internet. But some people are also trying to get private information from you or cause problems, such as computer viruses. So it is important to keep passwords private and do not talk to someone you do not know, even if they seem kind.

THE MOST POPULAR SOCIAL NETWORKING WEBSITES



Facebook

With Facebook you can follow companies and their activities and keep in contact with friends by sharing pictures and writing messages to each other.



Twitter

With Twitter you can post small tweets (messages with less than 120 letters and numbers) that everybody can read and follow.



Skype

Skype is used to send message and make calls from one computer to another or from a computer to a phone. It is also possible to share files and pictures.



YouTube

To watch different videos from all over the world you can use YouTube. This website also allows you to upload your own videos.

LEARN THE ALPHABET!

Many children like listening to stories and fairy tales. At MyFarm, we like to listen to The Alphabet King story. These are stories about when the sounds got their letters. This is a unique way of learning the alphabet.



School children at Shared Blessing School in Lamin Village are dancing the Alphabet King dance.

The Alphabet King

(B. Adams/C. Ingebrigtsen/M. Read)

CHORUS

*If you want to learn the abc
It's as easy as 123
Do the dance and see how fun it can be
Come on sing along with
The Alphabet King*

A is for an alligator
Showing off his teeth
B for playing basketball
Now bounce it back to me
C is for a chimpanzee
Swinging in the trees
D is for a dinosaur
That's chasing me

CHORUS

E is for an elephant
Flying through the sky



F is for the friends we make
Just like you and I
G is for the games we play
And when we say goodbye
H is for hello, HELLO!
Or just saying "Hi"

CHORUS

I is for imagining
There's nothing we can't do
J's for jumping up and down
Just like a kangaroo
K's the king of alphabets
Now you can be one too
L is for the lion
roaring in the zoo

CHORUS

M is for the music
that we sing and dance and play
N is for the night time
At the end of every day



O is for the octopuss
Who waves his arms "hooray"
P is for a party
Now let's dance away

CHORUS

Q is for the queen who
has to shake a lot of hands
R is for a robot
Now let's do the robot dance
S is for the snake that slowly
Slithers through the sand
T is for the tiger
wearing tiny pants

CHORUS

U is for umbrellas
When it rains the whole day long
V is for the vegetables
We eat to keep us strong
W's for water
X is for xylophone
Y Yes you know what to do
Z You're in the zone

CHORUS

ABCDEFGH
Just sing along with me
HIJKLMN
It's easy as can be
OPQRSTU
Our song is almost through
With a VWXY and Z
Now you know what to do!

If you want to learn the abc
It's as easy as 123.
Do the dance and see how fun it can be
Come on sing along with
the alphabet king
Come on sing along with
the alphabet king.

You can watch the Alphabet King cartoon on YouTube (by searching for Alphabet King), or by sending an email to Gambia Startup and we can send you the music file and many other stories:

MyFarm@gambiastartup.com



Cut out this poster and hang it on your wall to help you remember the alphabet and the song and to teach the song to someone else!



The Alphabet King

Aa

Alligator

Bb

Basketball

Cc

Chimpanzee

Dd

Dinosaur

Ee

Elephant

Ff

Friends

Gg

Games

Hh

Hello

Ii

Ice

Jj

Jump

Kk

King

Ll

Lion

Mm

Music

Nn

Night

Oo

Octopus

Pp

Parrot

Qq

Queen

Rr

Robot

Ss

Snake

Tt

Tiger

Uu

Umbrella

Vv

Vegetables

Ww

Water

Xx

Xylophone

Yy

Yes

Zz

Zzz





Not eating well influences your performance at school.

BRAIN FOOD

Just like a car needs the right fuel to function, the human body also requires the right food to work properly. Choosing the right foods to eat, which are full of nutrients, will help you concentrate at school and have an active and healthy lifestyle. These types of food, such as fruits, vegetables, fish and beans are often called brain foods. If, however, you eat unhealthy food, you might find it difficult to focus at school and feel lazy. Unhealthy foods often contain a lot of salt, sugar and fat and are sometimes called junk foods.

It is important to eat a healthy balanced diet, which consists of some protein, such as meat, fish and dairy products (for example, cheese, milk, yoghurt and eggs), carbohydrates, including bread, rice, pasta and potatoes, and a little fat. Additionally, it is important to eat plenty of fresh fruits and vegetables to gain vitamins and

minerals, which are vital for maintaining a healthy lifestyle.

Eating the right food can help you to grow up and become a strong and healthy adult. Without proper nutrition, you might not grow as fast as your classmates. Learning good eating habits while you are young can help you later in life when you are an adult.

Advice for staying healthy

Eat your breakfast

Students who eat breakfast feel more awake in the morning and do better at school. Some foods that should be eaten at breakfast include grains, dairy products and fruits.

Eating nuts and seeds

Eating these foods can also help you focus at school because they contain many important nutrients. If your diet lacks essential nutrients it can lower your ability to concentrate.



Fresh fruits contain lots of vitamins and other good stuff.



Running is a good exercise!

Drinking water

Water keeps you hydrated, which is vital for almost all body functions. Water is especially important for your brain – if you do not drink enough water, your brain cannot work properly and you feel tired.

Exercise, exercise, exercise

Just fifteen minutes of exercise a day can help your mind focus at school and will make you have a more active lifestyle. So go out and run, jump or hop to school and you will feel better throughout the day.



Football is a great sport! Can you think of other sports that you like to do?

WHY IS A SUNSET SO COLOURFUL?

The Gambia is famous for its beautiful pink and yellow sunsets. Yet do you know what causes the sun to change from yellow to red during the evening?

Actually, the sun does not change colour – it is the atmosphere (the layer of gases that surround the earth) that makes the sun appear differently. The sun produces light, and light travels in waves – these waves can have short and long wavelengths. The light that we can see is called visible light. Different wavelengths in visible light allow for a spectrum of different colours: shorter wavelengths are seen as blue and longer wavelengths are seen as red.

When sunlight passes through the atmosphere, gas molecules often throw blue light in other directions, while yellow wavelengths in the middle of the spectrum pass through. This is why the sun looks yellow in the daytime. In the evening, however, when the sun appears

to be low in the sky, the light has to pass through a larger volume of atmospheric gases, which filters out the yellow wavelengths. As a result, only the longer red and orange light can pass through, which is what we see. Nice to think of next time you see a sunset.



LAMINI BAA

IN ENGLISH

The story of Lamini Baa is a fairy tale from the book called 14 Gambian/African Fairy Tales. The fairy tales in this book are in English, Mandinka and Norwegian.

This song was composed and sung for Lamini Baa. Lamini Baa's mother had only him as a son, while his stepmother had three children, who were all boys. Unfortunately for Lamini Baa, his mother died and he was left to be taken care of by his stepmother who harassed him. Lamini Baa did all the hard work in the house, and when it was time to collect firewood, he would be the one to go. Before Lamini Baa could eat any food, his stepmother's children would eat first, and then he would eat the leftovers.

One day Lamini was told to go and collect firewood as usual. As he was looking for firewood in the bush, he saw a snake. We, the Mandinkas, call the type of snake he saw tuto. This snake was very big and had a beautiful skin, which made it look so attractive and beautiful. In other dialects it is called danglaro.

When Lamini saw the snake, he wanted to run away, but the snake told him not to run. The snake said: By the grace of God, all your sufferings have ended today. I appear in front of you because I want to help you. When you go home, you must dig a very big hole under your bed. By the grace of God, whatever you aspire to get, if you look into that hole, you will find it there.

When Lamini came home, he did exactly what the snake had told him to. The young boy desired nice shoes, nice trousers, nice shirt, and nice hat, and that was exactly what he found there. So he would wear those nice things every day.

Lamini's half brothers did not have new clothes like those he wore every day at home. His stepmother got jealous and said to herself: How come, Lamini's mother is not alive, and yet he got all these new clothes while my children do not have any new clothing. She said that she was going to do what Lamini did to get what he got. So she went to the fortune tellers and they told her that Lamini had a snake in the bush that gave him all those things. The following day, Lamini's stepmother called all her three children. She gave a stick to the oldest among them to go to the bush and kill Lamini's snake so that it would never bring clothes to him again.

The oldest son rushed to the bush. He searched and searched until he found the snake. As soon as he saw it, he said: This is Lamini's snake. He wanted to hit it with the stick his mother gave him, but the snake said to him: Before you kill me, let me sing a song for you. The boy agreed to hear the song, and the snake sang:

O Lamini Baa, O Lamini Baa, I have an agreement with Lamini, The nice shoes that Lamini wears at home, I gave it to him, The nice trousers that Lamini wears at home, I gave it to him, The nice shirt that Lamini wears at home, I gave it to him, And the nice hat that Lamini wears at home, I gave it to him, O Lamini Baa, O Lamini Baa, I have an agreement with Lamini, Oh no, don't kill me, Aaa, Lamini Baa

After the snake sang this song, the boy could not kill it any more, and therefore ran home to tell his mother. When he got home, he said to his mother: Mum, I saw the snake, but I could not kill it. But why? asked his mother. I felt so sorry for the snake after he sang me a song, the boy replied, and also narrated the whole song to her. His mother then said: You are a big fool!

The woman then sent her second child to accomplish the task. The boy went into the bush and found his way to the snake. The snake again sang its song:

O Lamini Baa, O Lamini Baa, I have an agreement with Lamini, The nice shoes that Lamini wears at home, I gave it to him, The nice trousers that Lamini wears at home, I gave it to him, The nice shirt that Lamini wears at home, I gave it to him, And the nice hat that Lamini wears at home, I gave it to him, O Lamini Baa, O Lamini Baa, I have an agreement with Lamini, Oh no, don't kill me, Aaa, Lamini Baa

After hearing the song the boy could do nothing but go home. There he told his mother what had happened. His mother said the same thing as she did with the first child: You are a big fool!

She said that she was going into the bush the following day to kill the snake herself. The snake said to Lamini: Tomorrow your stepmother will come to kill me, and she will do exactly as she said, but I will also do exactly what I should do to her. Lamini then replied: If she comes, do whatever you must with her.

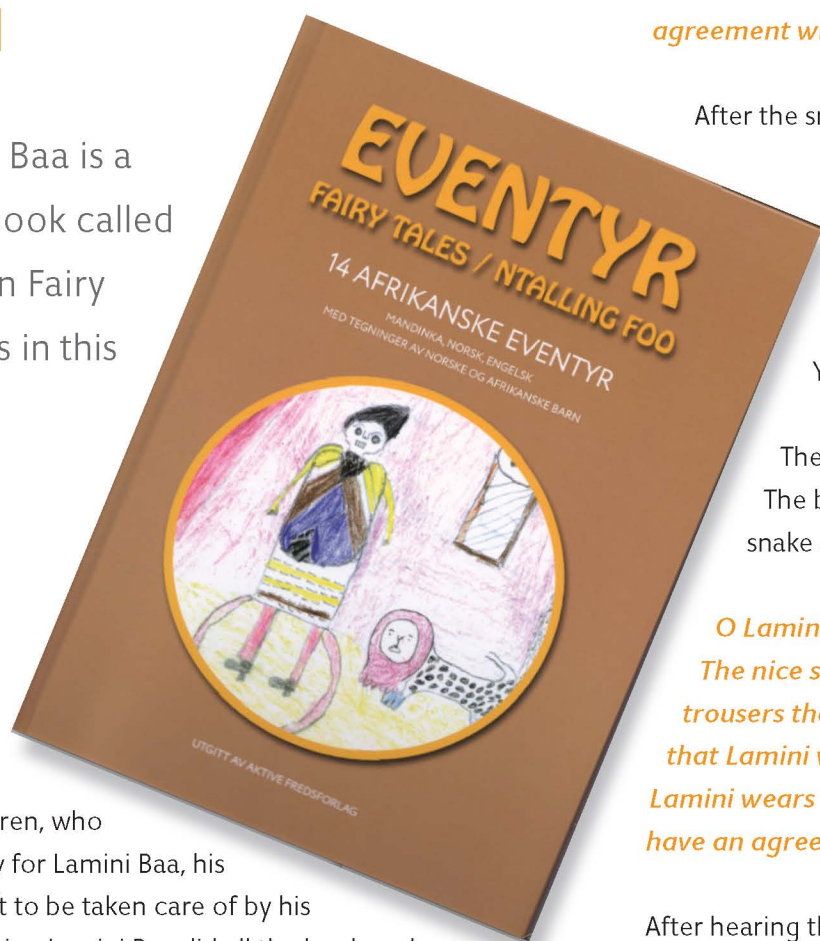
When it was time for the old woman to go, she took a stick and left for the bush. She searched for the snake, and she found it. When she wanted to hit it with the stick, the snake again sang its song:

O Lamini Baa, O Lamini Baa, I have an agreement with Lamini, The nice shoes that Lamini wears at home, I gave it to him, The nice trousers that Lamini wears at home, I gave it to him, The nice shirt that Lamini wears at home, I gave it to him, And the nice hat that Lamini wears at home, I gave it to him, O Lamini Baa, O Lamini Baa, I have an agreement with Lamini, Oh no, don't kill me, Aaa, Lamini Baa

After hearing the song the old woman told the snake that even if it had brought clothes to her as well, she would not have changed her mind, and then she raised the stick to hit the snake. Lamini, who was hiding behind a tree, rushed out. Then the snake said to him: Lamini, the reason why I did not do anything to your stepmother is because I feared that you could get hurt, but I am going to punish her now, right in your presence.

The snake then spurted its venom right in the old woman's eyes, and she became blind. After that, the stick that she came with into the bush with the intention of killing the snake was the one that Lamini gave her so that she could use it on the way home.

This is why blind people are given sticks to use as their guide. This woman was the first blind woman in the world, and she got this disability due to her envy of her stepchild.



LAMINI BAA

IN MANDINKA

Nying julow fota Lamini Baa lema. Lamini Baa, anaa yaa adamang ne soto . Anaa siina musso wo ye dinkee sabba soto. Lamini Baa ba maa banta, kabira abanta, ayaa tu a siina muso bulou.

Lamini Baa bataata anaa siina muso bulu baake. Dookuwo daawo daa koleyaata, issaa fo Lamini Baa ye taa nying ke. Low nyino daawo daa koleyaata, Lamini Baa leka taa low nyino la. Lamini Baa buka domori ke fo ning abaamaa siina dingolou ye domoro ke, niyaa totu Lamini sinnaa domoro ke.

Lundow sotota, ye Lamini bula low nyino la. Ataata low nyino la, abe wulla baa kono, aye saa je. Ntel kaa fo wo saa yen ne Tuto. Tutu saa nying, a nyii nyaa ta baakele andung a warata fanang. Dowlu kaaye Dangaro.

Lamini kaa be borila, saa kaaye: kana bori. Ning Allah sonta, bataa meng bee bee kang bii, atalaa tale. Nte fanang bootee teleye. Saa ko Lamini ye: Nii taata, ila laarango koto, ikee laa laarango meng kang, isi dingka baa sing a koto. Ning Allah sonta, ite soulata feng feng na, nii taata wo dingko kono joube, ibe wo fengo tarala je le.

Kabiraa yo fo Lamini ye, Lamini taata suwo kono aye dingko sing ala laarango koto. Barri yaa long dindingo la hammo amang siyaa baake. Samata nyimmaa lem, kurtu nyimmaa, dondika nyimmaa, naafa nyimmaa. Ning Lamini ye laarango koto jiibee, assi nyili jamaa taraje, samata nyimmaa, kurtu nyimmaa, dondika nyimmaa, naafa nyimmaa. Assii itaa assii idung.

Afaa dingolou mel bijee, anaa sinnaa muso lawo dinke sabbolou, feetow be wol la. Wol mang faani soto ibe meng dun na. Barri waato waati Lamini bee ifallingna dondiya nyimma kono dorong. Anaa siina muso jaakal ta. Ako ate dingolou bouka faani soto ibe meng dun na. Lamini naa te balouring. Waato waati dung fengo meng diyaata Lamini ye abe wole dun na. Ako daliila wo daliila ye wo saabu faa fanang ye woke dorong. Ataata keebaliyaa jouberola. Jouberilal kaayeko, saa lebe Lamini bulu wulow kono. Wole kari nying fengol naati aye.

Somanda fanno keta, ayaa dingkee sabbol kili. Aye keebaa ma kili, aye doko diyala akaye: Taa Lamini la saa nyining niyaa je wulo kono yaa faa akana nying fengol naati Lamini ye. Wo ning boro taata wulo kono.

Aye saa nyining faa yaa je. Kabira ye saa je ako: Nyinemou Lamini la saa ti. Aye doko taa akaabe saa lapila. Saa kaaye: Janing yeng lapi mbatu nga donkilo lai ye folo. Akaa ye: iyo ibambang kataba yaa laa. Saa kaye ko:

Lamini Baa wo, Lamini Baa wo kang bening Lamini tee. Samara nyima meng bee Lamini kung sou, ntelo dii Lamini maa, kurutu nyima meng bee Lamini kung sou, ntelo dii Lamini maa, doroki nyima meng bee Lamini kung sou, ntelo dii Lamini maa, fukula nyima meng bee Lamini kung sou, ntelo dii Lamini maa. inyangtee kanang faa wo Lamini Baa wo, aaa Lamini Baa.

Kabiraa yo fo, nying mang haanyi saa faa la. Ataata akaa naa ye: Nga saa je le barri mmang haanyi saa faa la deh. Anaa kaaye: Munne keta? Akaa ye: Donkilo meng be saa daa wole yeng mbalo faa wola tinna mmang saa lapi. Ako samata nyimma mel be Lamini bulu, dondiya nyimma mel be Lamini bulu, kurtu nyimma mel be Lamini bulu, naafa nyimma mel be Lamini bulu, ate le ye wol diyaa la. Barri aka nying kumo fo nyaameng wole yeng mbalo faa wo laa tin na mmang saa faa. Anaa kaye: ite mu janka dingo leti!

Meng sing be wo kang, ako wo ye sining ite ye taa saa faa. Wo fanang taata. Kabiraa futata wulo kono, afanang nga saa tara jurumaring. Saa be nyi nyaa

ring. Aye doko wiling di akaa be saa lapila. Saa kaye ko: donkilo beng ndaa, ite nlamoila bang ngaa fo? Akaa ye: Afo. Ako koteke:

Lamini Baa wo, Lamini Baa wo kang bening Lamini tee. Samara nyima meng bee Lamini kung sou, ntelo dii Lamini maa, kurutu nyima meng bee Lamini kung sou, ntelo dii Lamini maa, doroki nyima meng bee Lamini kung sou, ntelo dii Lamini maa, fukula nyima meng bee Lamini kung sou, ntelo dii Lamini maa. inyangtee kanang faa wo Lamini Baa wo, aaa Lamini Baa.

Anaata akaa naa ye ko: nte mang saa faa no kaatung saa la donkilo balafaa warta. Akaa ye: ite mu janka dingo leti.

Ako: ning Allah sonta sining, nte fango bitaa saa faa la. Wo siningo, saa ko Lamini ye ko: sining inaa be naa lale deh. Andung naa naata, aye meng fo ataa bayila barr mfanang taa baayila deh. Lamini kaaye: Naa naata, ilafita feng feng kelaa la isaa kaala.

Aye waato meng fo saa ye, kabiring wo waato siita, musu keeba fango wilita, aye doko taa ataata wulo kono. Aye saa nyining, ayaa nyining faa yaa je. Kabiraa ye saa je, aye doko wilingdi akaa be saa lapila. Saa kaye ko: Mbatou folo donkilo meng beng ndaa hani ngaa laa. Akaaye: A laa kataba. Saa ko:

Lamini Baa wo, Lamini Baa wo kang bening Lamini tee. Samara nyima meng bee Lamini kung sou, ntelo dii Lamini maa, kurutu nyima meng bee Lamini kung sou, ntelo dii Lamini maa, doroki nyima meng bee Lamini kung sou, ntelo dii Lamini maa, fukula nyima meng bee Lamini kung sou, ntelo dii Lamini maa. inyangtee kanang faa wo Lamini Baa wo, aaa Lamini Baa.

Musu keeba kaaye: han ning ye sango ning banko le laa nyokang, mbee faa la le. Musu keeba ye doko wilingdi akaa be saa faa la Lamini ning boro bota nang yiro koma. Saa kaye ko: Lamini. Ako: Namu akaye: ni yaa je mang kouke mbalo be faaring itele ye nga mira fo ibe tora la le. Bari mbe kou lalaa kang saying saying inyaa be meng jela.

Saa ye kuno fayi musu keeba nyaa kono, a fingki ta. Ala wo saa faarang doko meng a naa be wulo kono, kabiraa fingki ta, Lamini ye wo doko le dungaa bulu.

Wola tin na ika doko dung fingkitewol bulu. Lamini ye doko tong kong do muta, ate fango ye do muta. Fingketeyaa folo ta wo lungu le la. Feng maa saabu fo kon nang tee yaa.

THE IMPORTANCE OF FAIRY TALES

“If you want your children to be intelligent, read them fairy tales.

If you want them to be more intelligent, read them more fairy tales.”

Albert Einstein

MONEY BUSINESS!

Do you want to learn useful skills for making money, which can help you pay for food, school and health bills in the future? To do this, it is important to control your money, whether it is just a few dalasi or a million. When controlling money, an important rule is not spending more than you can afford.

Here is a good way to help you

Firstly, find a product to sell. You can produce it, grow it or buy it. You can see some examples of local businesses in the photographs. Remember that you can start with only one product and one item. And build up step by step.



BUSINESS MODEL



WHEN A PRODUCT IS SOLD THE MONEY SHOULD BE DIVIDE INTO 3

INVEST



Money for investments to buy/make a new product

SAVE



Money to save for scaling up the business

USE



Money to use as a salary

Take 3 bags, boxes, envelopes or some other container. Write INVEST, SAVE and USE on them with different colours so they can be easily remembered. Or cut out the circles from the image above.

When you have sold the product and have the money in your hand, you need to divide the money into three groups.

1 Put in the INVEST bag the amount of money it will cost to produce or buy a

new product. If you always do this, it will ensure you always stay in business because you can always afford to buy products for selling.

2 Add as much money as you can afford into the SAVE bag, so that you have some money to buy more products. In this way you can start a bigger business.

3 The rest of the money can be placed in the USE bag. This is your salary and

money to spend on what is most needed outside of the business.

You can also cut out this model and keep it in a place where you can get a reminder every day.

To follow this model, it is sometimes a good idea to do it in groups, so you can discuss progress and help each other without spending all the money!

	2			4	
4					2
		3	6		
		2	1		
6					3
	3			6	

SUDOKU

Use the numbers 1 to 6. Each number can only be used once in each horizontal and vertical line and once within each of the six rectangle.



Children are weighed to ensure they are developing correctly. This is done at health posts by trained staff who write the information down on each child's health card.

VACCINATION

A vaccine is a medicine that can prevent a disease from making you sick. You take this medicine before you are infected, especially during childhood. If you are vaccinated, your body already knows how to fight the disease, which can stop you from becoming ill.



Infectious diseases are caused by viruses and bacteria. Eating uncooked food, drinking dirty water, not washing your hands and sneezing can spread diseases. So it is important to keep clean if you want to be healthy. Using soap to wash yourself can lower the risk of infection. In the body, white blood cells fight infection and form your immune system. A vaccine contains a dead version of a disease, which is injected into your body. White blood cells remember the dead disease, so if the real disease infects you, your body can defend itself.

Common vaccines are BCG, hepatitis B, penta, polio, measles, yellow fever, pneumococcal and diphtheria-tetanus-pertussis (DPT)

GAVI works for:

(Global Alliance for Vaccines and Immunisation)
www.gavialliance.org

Every child, no matter where he or she is born, has the right for a healthy life, and vaccines can help this, especially in

Africa. Vaccines save lives and are much cheaper than sending sick children to hospital.



LAUGHS

Did you know that, on average, a child laughs about 400 times per day, while an adult laughs only 15 times a day? And now there are studies to suggest that smiling can actually help you live longer. It is predicted that those who smile regularly can live up to 8 years longer than those who do not smile as much.



About MyNews

MyNews is a publication developed by Africa Startup (The Gambia) to

share information about our organization, provide general educational material for children and young adults, and to share news about other local events, partners and happenings.

MyNews is not for sale but donations and volunteer support are always welcome and encouraged



Africa Startup (Gambia)

is a charitable foundation based in Norway with the mission to improve

livelihoods in The Gambia through education in agricultural innovation, environmental protection and entrepreneurship. We believe that access to information and education is critical to a child's future success and this newsletter strives to spark the curiosity to learn more.



MyFarm

MyFarm is a beautiful one-hectare farm with mixed fruit orchards and a

residential education centre for children, young people and farmers, that provides an exciting **educational journey from seed to business**, and encourages students to dare to ask 'Why?' and to discover their own answers.



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YOU ARE WELCOME FOR A FARM VISIT!



MyFarm Products

MyFarm Products is a brand focused on turning crops into products that can be sold in the marketplace, such as soaps, candles, honey and more.

MyFarm Products focus on produce that increase profits, maximize nutrition, and reduce waste and imports. Through local sales agents, the farm products are sold, which generates income and provides additional support to the projects on MyFarm.

It is a micro-franchising concept that is offered to students once they have completed their training. We also supply the packaging materials for preserving and marketing local products. In all, we provide the necessary support to our students in creating their own successful small businesses. If you would like to learn more about how to purchase MyFarm Products or how to get involved with our programs, please do not hesitate to contact us!

For our sponsors

We would like to give special thanks to our major sponsor, Erna and Knut Eng's Children Foundation, who helped us purchase land for MyFarm and who contributed to the development of our structures, water supply and car for MyFarm. The initiatives of Africa Startup are made possible by the generous contributions of individuals and private donors, schools, corporations and foundations. We always welcome further support from our sponsors so that we can continue our work at MyFarm.

Support us today, so that we can plant the seeds of hope and guide the youth of The Gambia on their way to success!



How to find us:

Only 15mins from Senegambia, 2km off Coastal Road, Ask for the 'Nema junction'.

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