

THE Refugee

ISSUE NO: 2, 2014

A WORLD REFUGEE DAY SPECIAL

KAKUMA EDITION



TIRED OF
RUNNING
FROM
THE TALE OF
WAR
RETURNEES

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The Refugee Magazine is written by refugee volunteer journalist trained by FilmAid under FilmAid's Media and Arts program, with the support from BPRM and UNHCR.

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Welcome once again to our bi-monthly edition of your number one read, The Refugee Magazine. The magazine that brings you exclusive stories from Kakuma and is written by trained journalists from Kakuma refugee camp. Let me also take this opportunity to thank all those who made our first edition a success by contributing to the making of the magazine both directly and indirectly. Our appreciation also goes to all those who attended our launch at Franco's and all those who have been giving us feedback through our social media platforms. We invite you to join us on The Refugee Magazine Kakuma Ed facebook pages and share with us the stories you liked, those that inspired you, the kind of stories that you would like us to feature in our subsequent publications and also those that you feel should not be featured. We value your feedback.

This edition is special. It is dedicated to the World Refugee Day that is celebrated on 20th June 2014. It is with this in mind that we have featured success stories from deep within the camp with the aim of giving hope to those who may perhaps feel that there is no hope for a better life. We have also introduced a new 'health bite' column where we talk about those critical health issues that we feel you need to know about.

The story making our cover page for this edition is 'Tired of Running from War' by one of our best writers Dawit Ejigu. This article seeks to cover the plight of the returnees from South Sudan who have an inspiring tale to tell. After the signing of the Comprehensive Peace Agreement in 2005, also known as the Darfur Peace Agreement, a lot of South Sudanese were repatriated back into their mother land. This, to many, was thought to be a step into having their lives back and many were eager to rebuild their home country. However this was short lived as Africa's youngest state broke into civil war in December 2013 forcing thousands to flee their homes and cross over into Kenyan borders in search of safe heavens. Among these are people who were once refugees. To find out more, do not hesitate to flip those pages of your number one magazine, 'The Refugee'.

It is my hope that you will find this edition more captivating, inspiring, and informative. For any comment, feedback, and or concerns, please contact us through the below contacts. Thank you.

Rukiya Salesa, The Editor.



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TIRED OF RUNNING FROM WAR

An exclusive story of South Sudanese who were repatriated between 2006 and 2008 and now they are back to Kakuma Refugee camp.



COVER STORY; Tired of Running from War. Photo by Sammy Olumola.



PHOTO: Mama Dawet in deep thoughts during our interview [By Otieno Samuel]

BY ACHAYO REBECCA

BATTLING WITH BREAST CANCER

Her one room house tells the story of a spiritual woman, perhaps the only hope that she has in life to hold on to. The alter on one corner with a half melt candle, an illustration of the Virgin Mary with her son Jesus just above the alter, a reading lamp on her bed, an orthodox bible on her bed are a indication of just how strong her faith is. Mama Dawet, is one among thousands of women around the world who have been diagnosed with breast cancer. A fight she knows too well having to bear the pain and discrimination from people around her.

When she fled from the Tigrinya region of Eritrea, she hoped to find peace and security in Kakuma refugee camp. Being from a minority community, she and her son face discrimination from the communities around them. She recalls she has had to change water points more than once. 'This is not your line woman' the woman at the tap would shout at her yet that was the closest water tap around, barely 10 meters from her house. Most African communities often discriminate against people with terminal illnesses and her community is no exception. To the 'Tigrinya' community once you have terminal illnesses you are avoided as they know whatever the case you are going to die anyway. Arriving in Kakuma back in the year 2012 from Eritrea, Mama Dawet and her then 12 years old son crossed the Kenyan boarder from Ethiopia hoping to find a better life, shelter and food in the Kakuma refugee camp. She had escaped from an Eritrean hospital where she was admitted after finding out that her life was in danger from

the same Government that has the mandate of protecting its own people. It is in this hospital that her womb was removed in a complex procedure, hysterectomy. The journey to Kakuma was not that easy and she had to walk long distances with her only son, a journey that took her days to complete. She arrived in Kakuma refugee camp and was given land and assisted to build a semi permanent house by the NCCK (National Council of Churches in Kenya) in Kakuma 1, in the Ethiopian community.

Diagnosis

It was not long since she started feeling pain on her right breast and a small lump inside. She made her way to Kenyatta National Hospital where the doctors diagnosed her with breast cancer, and told her that she needed to be operated on soon. She had no idea on where she could get help from so she spent the only money she had on her for the operation. The operation was successful and her right breast was successfully removed. She was then advised to be attending chemotherapy treatment from the hospital and monitoring of her condition. This was to be done

once after every three months and on a need be basis. She could only do this for the six months that followed the operation after which she came back to the camp with the doctors promising to follow up on her. One and a half years down the line and Mama Dawet's life and condition has not gotten any better. The right side of her chest and under arm and sometimes lower back is in constant pain. A pain that she admits is wearing her down. 'Sometimes I feel so much pain that I cannot cook or go to the shops to get food. I have no relative around, none to even send me some money to sort out even the basic of daily expenses,' says Mama Dawet.

Her biggest challenge is getting the prescribed medication. She tells us that the medication which was prescribed for her were given to her by the United Nations High Commissioner for Refugees (UNHCR) for 6 months after which she was told that the drugs were becoming too expensive. She then went to the IRC hospital where to date she is receiving some medication for her pain, which according to her is not improving her condition. 'I have stress, especially thinking of my only son's welfare' she continues, sometimes he comes from school to get no food to eat which makes me feel insufficient as a mother. He sometimes does not understand why I cannot get him the same clothes that his peers have,' says Mama Dawet.

In the year 2013 the house that she and her son built was destroyed by heavy rains. She now has to rent a house from her neighbour at a fee of Ksh 1500 which is now going up to Ksh 2000 and has to be paid for in the next week or she gets kicked out. We took time to visit the place she once called home to find that the rains had brought down one side of the wall with the other three sides of her semi permanent house hanging on the edge. As you walk into her former compound you are warmly welcomed by a cracked wall that is only covering half the house as the rest is already fallen. According to her, no semi permanent structure can stand on that piece of land as the land gets logged with water every time it rains. She now has 3 months' rent that is overdue and her landlord is threatening to throw her out. The rent has also been increased from ksh.1500 to ksh.2000, which she admits

she cannot afford and if kicked out her and her son will have nowhere to go.

We talked to Ishmael, the man in charge of Community Services under gender, to try and find out if they know of her case. Ishmael surprised by her story promised us to follow up on it and it is our hope that as you read this article that her life is now better.

Sometimes I feel so much pain that I cannot cook or go to the shops to get food.

'We have various ways in which we assist such people which include making referrals to UNHCR and NCKK for shelter, giving Non Food Items (NFIs) to the affected, Trainings on some skills that will help the subject earn a living, IGAs (income generating activities) and other assistance (which may include giving a sum of money yearly on twice in a year to help in buying supplementary food or drugs)' listed Ishmael Gender Counterpart Manager, LWF.

Hers might be a story reflected to many others living in the camps around the world. While breast cancer might have no known cure, some specialized treatment and care should be available to people living with cancer. The community should also take responsibility for those affected as cancer may affect anyone, male or female. She hopes that someone or an agency will hear her pledge for help and come to her rescue.

Symptoms

Breast cancer can affect both male and females, but is more pronounced in female patients. It can be treated if detected early enough in your body. Some of the most common symptoms of breast cancer are;

- A lump in a breast
- A pain in the armpits or breast that does not seem to be related to the woman's menstrual period
- Pitting or redness of the skin of the breast; like the skin of an orange
- A rash around (or on) one of the nipples
- A swelling (lump) in one of the armpits
- An area of thickened tissue in a breast
- One of the nipples has a discharge; sometimes it may contain blood
- The nipple changes in appearance; it may become sunken or inverted
- The size or the shape of the breast changes
- The nipple-skin or breast-skin may have started to peel, scale or flake

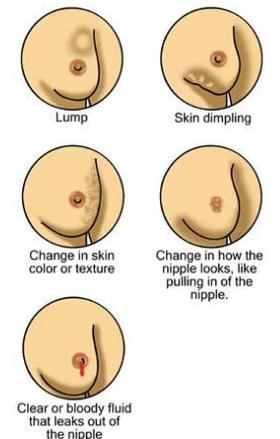


PHOTO: Mama Dawet's falling house in Kakuma 1



'Before, I was not earning more than KSH 3,000, but now things have changed; I can earn up to KSH 15,000 per month which is a good income'

INNOVATIVE FARMING

By DAWIT EJIGU

The discovery of an underground lake in Lotikipi (3 hour drive from Kakuma Refugee Camp) that can serve the nation of more than 44 million for than 70 years may arguably be the best news for people living in Kakuma town, Turkana County. Located 756km from Nairobi, Kakuma refugee camp is a semi arid area that experiences high temperatures and rainfall of less than 321 mm annually. The refugee population relies solely on boreholes dug by NGOs operating in Kakuma for domestic use. However, farming is slowly picking up as a favorite economic activity for those hardworking enough but with good returns.

We met Obed, one of the innovative farmers living in Kakuma refugee camp working on his small piece of land with his colleague. He was spraying his plants with pesticide using a knapsack sprayer. Obed was a security officer at IRC (International Rescue Committee) Clinic 2 at Kakuma 1 Hong Kong; but after realizing that self employment though farming was self-fulfilling and had better returns, he gave up his job to concentrate on farming. Obed is a Congolese by nationality and admits that the hard life that Kakuma has

to offer was the motivation behind his venture in agriculture.

'When I started farming, I had to depend on water taps that were constructed by German donor agency Gazellschaft Internationale Zusammenarbeit (GIZ) recently taken over by Norwegian Refugee Council (NRC). This was however not enough and the distance from the taps made it impossible to maximize on productivity as I could only grow a few crops at a time,' says Obed.

To increase production and maximize on his profits, he had to find an alternative source of water for his crop.

'I called my friends and partner and together we dug a well for ourselves,' says Obed. 'Other farmers then followed suit and now almost every farm has its own well,' he added. The 9m deep wells are the source of the water that they irrigate on their farms. According to Obed, it cost him only Ksh 7,000 to construct his water well. The wells uses a pivot made of a long post with weight on one end and a bucket tied to the post with a rope long enough to reach the water table inside the well. The weight makes lifting water for the well almost effortless as it only needs

one man to pull 20 liters of water from 9 meters deep. The water is then poured into a reservoir just beside the well, a wide hole dug into the ground and covered by canvas and polythene to prevent water from being sipping into the soil. The water is then carried to the crops using watering cans and in some farms is channeled to the crops using canals with polythene linings to prevent water losses.

While comparing his production before and after having his own water source Obed says, "before, I was not earning more than KSH 3,000, but now things have changed; I can earn up to KSH 15,000 per month which is a good income. By this I am sustaining my life.'

"Those water wells are manually operated and open. Conflict may arise if animals from the host community fall inside the uncovered wells. For now they are using those water wells individually and it is contributing a lot to sustaining their lives," says Maow Gedi, NRC Kakuma Program Officer-Energy

Though the manual water wells of farmers like Obed are open which may pose a danger for both human beings and livestock from the host community,

ABOVE
Obed sprays his crops with insecticide
[By Otieno S.]

the farmers are constructing strong gated fences from 'algarov' around their farms. The plant locally called 'Algarov', botanically known as *Prosopis Juliflora* is not only protecting the animals from falling into open water well but also saves their vegetables from animals and theft.

Obed's farm has touched the lives of many in his community. Assia Awuchi is one of them; we met her at her place at Hong Kong Vegetable market selling vegetables. Mrs. Awuchi has been selling vegetables since 2010, now more than three years. "I buy vegetables from river-side farmers (like Obed), bring it up here at my shop and sell to my customers. On a good business day I make up to KSH 500 per day. Though it is not enough for feeding my family of 8, its assisting me a lot," she said.

In order to reduce the shortcomings from the open water wells, NRC is coming up with a project that will see more shallow wells that are hand pump operated built across the camps. Though some pumps have already been constructed, they are not enough to satisfy the increasing population.

However, many of these wells are destroyed by the unpredictable rains that visit Kakuma once in a while. But for farmers like Obed, a young Congolese, life has to go on. His is a story of determination and the will to excel in life through hard work and perseverance that has made him trick Mother Nature by turning a semi arid area into an agricultural marvel.



PHOTO: Man draws water from Obed's well



By Rukiya Salesa [PHOTO by Josephat Ekiru]

Napata is a Swahili word for 'I am getting, or I am earning.' This is the name given to a group of refugees who have come together to initiate a poultry farming business with the help of the National Council of Churches in Kenya (The NCCK). Started in 2012, the group has grown tremendously and is now engaging in other farming activities apart from poultry.

According to James Elele of the NCCK, the group started in the year 2012 with 19 members and has grown to now 34 members. The group of 19 approached the NCCK with an idea that the NCCK found worthy of funding. They started with 100 chickens and later on increased the number to 300. They also introduced broilers which did not do well and had to be curled off. Although this is a community project, the NCCK helps in the day to day running of the project.

'We identify the most vulnerable in the community and help them start an income generating activity for self sustenance. The Napata project now has more than four groups running different economic activities on the same piece of land near Don Bosco,' Says Elele. According to Elele, people identified as most vulnerable include widows/single parents, the poor, drug addicts, commercial sex workers, child headed homes and many others. Once the groups are identified, The NCCK

sends its staff to the field to assess their situation before any help can be offered to them.

Adeng is one of the beneficiaries and currently running the production of Kalemchuch Peanut Butter. She arrived in Kakuma in the year 2007 after fleeing from the then war torn Sudan leaving behind her small shop. The mother of 5 admits that the project has been of benefit to her. She regularly helps in egg collection from the Napata poultry project group and even feeding the fish in the two fish ponds in the compound. 'I was a small scale business woman back in Sudan and upon arriving in Kakuma life became unbearable. I could not secure a job with the agencies and had to find a way to survive,' says Adeng. Hers is a story that can be echoed by many in the group. 'Getting something for me and my family at the end of the day keeps me going,' she added.

The group, now boasting of more than 900 chickens, is now producing more than 500 eggs per day. These eggs are then packed and sold in the market and to NGOs working in Kakuma at an affordable price. The project faces many challenges including the high prices of chicken feed that is eating into their profits. According to Elele, a bag of chicken feed is sold at around KSH 7360 for a 50KG bag. The daily consumption of feed is around



PHOTO: One of the two fishponds in Napata. Inset Mr James Elele [PHOTO By Josephat Ekiru]

140gms/chicken which translates to 70KG consumption per day. He added that not all the birds lay eggs and only 60% may lay eggs at a time.

'This is the second stock of birds that we have had,' says Elele. 'We have to change stock after a period of time so as to maintain a high productivity and maximize profits. When doing this, each member of the group will get 1 chicken to go and eat with their families while the rest are sold off and the income earned shared equally among the group members,' he added.

The project faces numerous challenges among them being theft of eggs. Group members on duty are sometimes tempted to steal some eggs to go and sell or eat with their hungry families. Others do not come to work on the project yet at the end they will come to collect their share of the profits. Other challenges like diseases also affect the birds and sometimes result into the deaths of tens of chickens. Apart from these, production is still low and the group feels like they are not getting the maximum profit that they desire. Mr. Elele also identified transportation of chicken feed as a challenge especially with the Governments ban on night travel. This according to him delays the delivery of the most important ingredient in their business. When the bags finally arrive in Kakuma from Kitale or sometimes Nairobi, more than 700KM away, the County Government levies a KSh 40 tax on each bag, increasing the cost per bag while reducing the group's profit.

Other projects

Kalemchuch Peanut butter

The Kalemchuch Peanut Butter production group has 19 members for different nationalities who have been trained on the process of producing peanut butter. The group headed by Adeng, produces and packages peanut butter in 500gms and 250gms, which they sell locally at affordable prices of between 150-200 shillings depending on prevailing market prices. The group does not grow peanuts but purchases the important raw material from the local markets.

Fish farming

The Napata project also boasts of 2 fish ponds. The fish ponds have a total of 844 fish; these are 427 male fish and 457 female fish. The fish ponds are supplied with water from a borehole. Once the fish are mature and ready for market, they are fished out and sold to the community and NGOs around. The profit earned from this is shared among its members.

PET workshop

Here, the youth are trained in making metal boxes that are used by boarding school going children in the County, Turkana. Their biggest market is the Windle Trust Kenya (WTK), an education based NGO as well as the local communities. Meshack Edio is a trainee. He is now in his 3rd week from the host community and hopes to start his small metal box making business after completing training. The workshop produces 12 boxes weekly with its peak

being January-February when schools are opening.

Nabek Vegetable group

The Nabek Vegetable group was started this year and is divided into two groups with a total of 50 members combined. The group is divided into the youth and the old (19 members). The group produces vegetables such as pepper, egg plant, 'mrere', 'kunde', okra among others. The group members are all volunteers and apart from selling their products, they also feed their families from them. The group dug their own wells using their own hands to a depth of 9 meters which they use the water to irrigate on their plants. They have recently acquired a water pump that they are yet to start operating on.

NOW YOU KNOW!

THE SOMALI PEOPLE

BY RUKIYA SALESA



Did you know that the larger Somali community is branched into four major tribes. Darood, Hawiye, Dir and Rahweyn. The fifth tribe is combination of minor clans. The entire Somali community speaks the same Somali language. Each tribe is further divided into several clans with each going to four and beyond except Rahweyn which branches into Digil and Marifle.

The fifth clan [Dadka lagabad an yahye] consist of several clans including clans that came up after intermarriages of Somali with other communities. Kablalah a clan from Darood and Hirab from Hawiye rarely intermarry due to the long fights between the two clans.

Somali men in older days were forbidden from eating head, legs and intestines of animals as they were believed to belong to women.

24 HOUR KAKUMA DAY SCHOOLS

Find out the extra mile that form four students are going ahead of this years K.C.S.E

BY DANIEL AND SAM



PHOTO: Boy studies under a mosquito net outside his classroom in Kakuma Secondary at night

Kakuma secondary school in Kakuma Refugee camp is the oldest secondary school with thousands of refugees and the host community having completed their O-level education here. The school is located deep in the heart of Kakuma and is a mixed day school. Most of the students in this school come from a poor background and have to do with at least a meal a day, with most surviving on the 10 o'clock porridge that is provided by the school. During the day, the school is filled with a hive of activities and the overcrowded classes tell a tale of students thirsty for education and hungry for success. The teachers do their best to satisfy these young minds.

There is an exceptional group of students who are taking an extra mile in pursuit of success in the academic world and almost turning the day school into a boarding school. Spending up to 14 hours on books and only 4-5 hours of sleep, this group of form four and three boys are giving education their best. We arrived at the school at half past 8pm for this interview. In the school compound a group of boys were fetching water in 5 litre jerrican and disappearing with them into the thick darkness that engulfed that school. I got curious and asked if maybe they were cleaning their classes and my question was met with laughter. 'We are going to take shower,' a voice replied from the darkness. Unable to see his face, I assumed he was at this time either pointing towards the direction where the boys were disappearing in or maybe still laughing at my question. A few classes were lit with electric bulbs, mosquito nets were scattered across the school

compound held at the four corners by chairs and desks with an inch of mattress under them. I wanted to find out what motivated these boys so much to this extent. So I walked into one of the lit class rooms.

Poshen Samuel Amom is the current head boy of the school. He has been in the camp for 9 years. He started his education in South Sudan and joined class four when he arrived in Kakuma. 'I started reading at 8pm for an hour and then join my fellow students in group discussions for another hour then I go back to my study at 10pm to 11pm. After that I set my mattress and sleep just outside my class,' says the head boy. According to him, the night provides the best environment for studies as there is minimum noise and also light to finish any given assignment that might have been given during the day time classes. 'I will wake up at 4am to study before taking a shower and heading for the morning assembly at 7am.

The determination to excel in the academic world can be seen in their faces as some of the boys struggle to fight of sleep and the heat by removing their shirts. They are all dressed in casual clothes but have their uniforms ready in their locker for those who will not make it to go home.

'My family only sees me when I go home between 5-7pm,' says Ukech Daniel. Daniel is the best English student in form four. He wants to be a computer scientist after school and understands the sacrifices that have to be made to achieve this. 'All students in form one should start reading as early as possible so that they

do not have a lot to study when they reach form four,' says Ukech. Samson Ewesit, also referred to as 'silencer' is the dining prefect of the school. He comes from the host community and is currently in form three. He lives in Kakuma town, almost 6KM away. His parents are supportive of his night studies and having to see their son for at least two hours a day. He identifies the long distance and lack of enough reading materials as a challenge. 'I want to be a mechanic and a driver after school,' says Samson. Kakuma town does not have a constant supply of electricity as all the electric power is generated from generators and is a luxury to the majority. This makes studying at home almost impossible considering the high cost of kerosene and candles hence the need for the students to burn the mid night oil in school.

As the world refugee day approaches, these students hope that their efforts will not go to waste and hope that one day they will have to go back home and use their knowledge to rebuild their country. The achievements made so far are amazing and the efforts and hopes on these students faces are a reflection of the communities will to change their own lives. One thing that clearly came out from this interview is that the students feel that a lot more still needs to be done. 'Some people think that being a refugee you cannot do anything to change your life. You will not remain a refugee for life, what matters is the will you have in your mind.' John Bosco, a refugee from Uganda and now a form four student in Kakuma Secondary School.

The Fashion Designer with a different touch

BY RUKIYA SALESA

SHUKRANI Hota is a physically challenged tailor and one of the very few fashion designers in Kakuma. Her stall is located along the Ethiopian community road in block 10, quite a distance from her home in block 12, Kakuma 1. Hers is a room with two sewing machines, several charts on the walls with pictures of different designs and fashion. On the left, African dress (vitenge) are displayed for sale. Shukrani's sewing machine is located right in the middle of the room. This is where she spends most of her time during the day, the only place she depends on to make ends meet and also divert her from stress.

Despite her state of disability she caters for her six siblings and even though the burden of her work and home responsibility tends to wear her down she keeps moving, hoping against hope. Her passion for tailoring began when she was back in Congo her place of birth. She joined a tailoring school and after gaining the skills and experience, there was a need to put the knowledge into use. Shukrani joined a nearby tailoring shop not only to enhance her skills but to also to earn something to support the family left under her care. After the shop owners were satisfied that she had the expertise, they shared some work with her and would give her some percentage of money made from each dress that she helped make, while the rest went to the owner of the shop who also owned the machines and the items used in sewing. After a while, she felt like she was not earning what she deserved and she rented a sewing machine and a room to start her own dressmaking business and venture into the world of fashion design.

However, before she could enjoy the fruits of her hard work, the once home sweet home turned sour and she and her siblings had to flee to Kakuma Refugee Camp in Kenya leaving everything else behind. On



PHOTO: Shukrani at her stall making some final touches on a dress. [Photo by Otieno Samuel]

arrival she sought ways of survival and being an assistant tailor in the community was the immediate solution. It is here that she got a golden opportunity to interact with different nationalities gain skills on new designs and meet customers that preferred and appreciated her ways of work. Days and months passed and Shukurani felt the need to stand on her own, start her own work. Having saved from her little income she decided to rent a room together with a fellow tailor thus to share the costs.

Ksh300

THE AMOUNT SHE CHARGES FOR A KAPTULA WHEN YOU HAVE YOUR OWN MATERIAL

"Every beginning is always a challenge," Shukrani complained as she felt discouraged due to lack of support from the NGOs. She works almost ten hours a day. "Work is more of luck," she said laughing. "Festive seasons are the peak times in my business, with customers steadily trickling in," she added. She further explains that on such days customers prefer tailors with fair prices and that prices increases as Christmas gets closer. With the help of a chart, each customer chooses their designs and they get down with Shukurani to negotiate both the amount and the day to collect their completed wear. At times she helps her customers select the most preferable design that suits the different clients.

I believe in myself and the fact that I have skills and understanding keeps me in the market

Being acknowledged and appreciated by her customers is one of her biggest source of motivation and strength. She believes in offering good services to her customers through the work of her hands. According to her 17 years experience, better communication and fair prices attracts more customers and helps maintain the old ones. "I believe in myself and the fact that I have skills and understanding keeps me in the market," she said. Lack of new materials and accessories needed in sewing hinders her from reaching more customers. At times her sewing machine breaks down not only costing her some money but also delaying her work.

Shukrani recently welcomed a bouncing baby boy named Samuel Christian. Being a mother of her new born and a mother figure to her siblings is going to be a daunting task but with her strong will to survive, the future is not dull for her. She expresses interest in joining Don Bosco for computer classes and other courses but feels it's quite a distance and for her situation it's difficult. She echoes that disability is not inability challenging other disabled people within the community to come forward and strive to achieve their goals. She is an example of what someone can achieve if they put their heart in it.



卡库马

Dedication & Passion

CHANGING LIVES THROUGH DISCIPLINE

BY DAWIT EJIGU

It's 5 am in Kakuma 1 and a group of young men dressed in taekwondo suits warm up for a training as their mentor and blackbelt holder, Jamal, prepares for the morning session. Jamal is dressed in black suit, making him stand out from his students. They bow as a sign of respect and peace before the kicks and punches begin. The silence is broken by sounds of punches hitting the hard punching bag as I sit down to watch these amazing group do their thing.

Under observance of LWF Youth Protection Unit, Jamal Bayan offers Taekwondo training to 28 youth with a passion for the sport. Out of these students, 11 are in the green belt stage. Jamal and his students meet four times in a week from 5am to 6 am.

Jeylan Aliyi Nure is one of Jamal's trainees. He is 28 years old and works as a translator at the UNHCR Offices in Kakuma. "I began this training so as to keep my mornings busy. We

are currently attending physical exercise training that is more diverse. We are also being given psychological guidance on how to behave and live in the community," says Jeylan. He admits that the training has improved his life by giving him more focus to do his job, how to be calm and also turned him into a respectful guy.

The lessons are however not free as Jamal charges an average of KSh. 300 per student (\$3) depending on the trainees ability to pay though some of the facilities needed are provided for by LWF.

The trainees are from the 15 nationalities present in the camp including the host, with Ethiopians making the majority of the group. "At the beginning, the trainees had intolerable behavior as some would speak disrespectfully, some would walk out of the class in the middle of the training, and some would drop out of the class completely. However, the trainees gradually change and is amazing how they are behaving now, showing a complete transformation in personality," says Jamal.

The Taekwondo training in Kakuma began last year in 2013. Jamal one of the trainers, is from Ethiopia, and has a black belt from World Taekwondo Federation

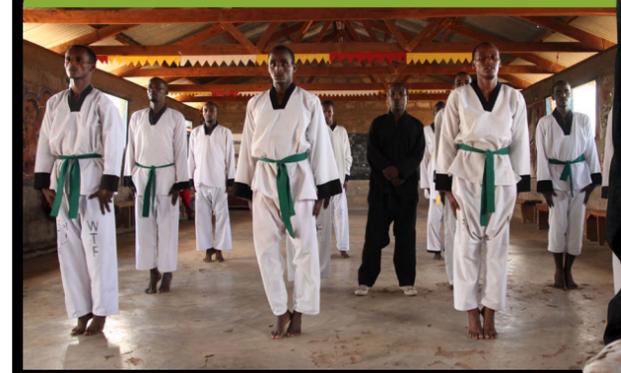
The training, despite using combat, is a peaceful sport and Jamal believes that through it he is promoting peaceful coexistence among his students from different nationalities. The training also faces a lot of challenges including the lack of facilities and training equipment. On the other hand, the students also require a special diet during the training which is not available for them since majority are poor and do not have jobs, and even if they did the incentive they get may not be enough hence the huge number of trainees dropping out of training.

According to Elias Ciza, Office Counterpart of the Unit, the equipment for Taekwondo training is in the late stages of purchase and delivery to the trainees. "This training began last year and at the time we did not have a budget for it, but now after discussions with UNHCR we now have a budget for it and are going to support the training," says Elias.

The highly motivated and passionate Taekwondo team has found a way to improvise on some of the training equipment they need, using locally available materials and buying some from Nairobi. The group uses protective gear, which they recently purchased from Nairobi, and are now hoping that the training kits promised by the LWF will be delivered soon. Jamal is glad that his 5 years experience in Taekwondo is not going to waste and is satisfied to see his students grow emotionally, physically and psychologically.

FACT BOX

- Taekwondo is believed to have been developed in Korea in the 1940s.
- It combines techniques of combat and self-defense with sports and exercise.
- It first appeared in the Olympics in 1998 in Seoul, South Korea





ABOVE
Lorry ferrying new arrivals into the reception area

“Since I was young I have been running from war till today when I have my own children I am still running from war and I do not know how my life will end up.”

Rebecca Agnang

PHOTO
Woman and her children leaving the reception to their new home in Kakuma 4 [By Olumola]

TIRED OF RUNNING FROM WAR

THE TALE OF SOUTH SUDAN RETURNEES

BY DAWIT EJIGU & RUKIA SALESA

It is now the third time that South Sudan is engaged in civil war; the first time was during the 1950s – 1970s, the second after a decade from the 1980s – 2005 resulting in the birth of the new nation South Sudan and the third began last year in December 2013 and is still ongoing. As a result of these conflicts, more than 3 million South Sudanese nationals have lost their lives and an estimated 4 million have been displaced. Following the recent conflicts, within this short period (December 2013 – April 2014), 10,000 people lost their lives and nearly a million have been displaced. [Source: www.enoughproject.org and Wikipedia] A number of the displaced were forced to flee to neighboring nations like Kenya, Ethiopia and Uganda.

As a humanitarian response to this conflict, the United Nations High Commissioner for Refugees (UNHCR) in collaboration with the Government of Kenya is receiving asylum seekers from South Sudan at the Kakuma Refugee Camp. UNHCR is still receiving at least 18 South Sudanese asylum seekers per day from Kenya-South Sudan border, Nadapal according to Macharia James, LWF Emergency Coordinator. “Now the number of new arrivals has decreased a bit, but, when the war broke out (in December) the number we used to receive was around 500 per day and it was a tough time,” says Mr. James. As a result Kakuma 4 was created as a new settlement area set up for the new arrivals.

Since most asylum seekers have been at the camp before, some have gone back to

their former settlement areas within the camp. They have predominantly settled in Kakuma 1 near ‘Baghdad.’ At an outside glance this is one of the most unhygienic areas in Kakuma, but when you get inside the individual compounds you will be pleasantly amazed. The compounds and houses are neat and attractive. Houses with old roofs made up of old stretched USAID marked containers can be spotted in the area. These houses have stood rooted to their positions through years without any renovation. It is here that we met Rebecca Agnang, a new arrival and mother to 7 children.

Rebecca Agnang is here with only her children; her husband is in Abyei, South Sudan and they keep in touch sometimes through phone calls, but rarely since the crisis erupted. Before December 2013 she was living in Juba with her husband. However, she is now a single mother with no one to help her to raise her 7 children. Mrs. Agnang first arrived in Kakuma in January 1996, and she stayed in the camp until the 2006 call for repatriation after the signing of the comprehensive peace agreement, also known as The Darfur Peace Agreement, that was signed between the SPLM and the Sudan Government. At that time her dream was to transform her life from being a refugee to a settled human being. She says, “my husband went back first; then I decided to do so. Because I wanted to begin a new life I wanted to rebuild the frustrated life I used to live; that’s why I went back home.”

The Call of Repatriation saw large groups of South Sudanese Refugees head back to Sudan with the hope of rebuilding their country. Peter Deng Dau is one of South Sudanese youngsters who stayed in the country for a long time. During his stay here in Kenya, he had attended the then Nairobi Aviation School that is now a college. After getting his certificate in Hospitality Dau went back to his homeland to work and change his life and country. While in Juba, he was working at an airport as a cargo expert. “As soon as I went back I presented my CV to individuals working in Juba Airport. Then I was admitted as a cargo expert, which was a good opportunity for me. I was being paid 2550 South Sudanese Dollars

that is equivalent to \$ 800. I used this money to raise my kids.” He explains.

It now all seems like a long lost dream for Dau; he has lost his job, stable life and forced back into a refugee status due to the current crisis. The father of 3 is now living at the Kakuma Refugee camp with only memories of what had been. He talks in pain about his experience with the recent conflict, “I was watching football when I heard it but later it reached every part of Juba and eventually the country as the whole. I could not go to work and did not have any other source of income, so I left everything I had and fled my homeland together with my family. I get angry when I recall all those things.”

Mr. Dau and Mrs.. Agnang have had to flee from South Sudan twice and seek refuge at the Kakuma Refugee Camp. Despite being flung back into living life as refugees, they feel secure now. However, they still face several challenges in their daily lives. Mrs.. Agnang does not have a shelter of her own; she is living in her relative’s house. Out of her 7 children none of them is going to school. Mr. Dau has been conned severally while buying a plot to build his a temporary shelter for his family. He explains, “I was looking for a plot and by chance I found one guy who was selling a plot. He showed me a plot at Somali Admin and I did not know that place well. I paid him a lot of money only to find out that the place is for Somali Community Administration.” He tried to solve his issue by going to the legal bodies in the camp but says that he “did not get full answers concerning his issue.”

During the first conflict, transport was one of challenges asylum seekers encountered when attempting to reach the camp. Over the years, there have been major developments and UNHCR in partnership with other agencies have been able to provide transport to pick up asylum seekers from the South Sudan – Kenya border to Kakuma Refugee Camp.

While comparing the two crises Mr. Dau says, “during the 1990s coming to Kakuma was very challenging because of lack of transport and shortage of food and water. People were dying because of starvation. But now transport is available and the journey is shorter. War is war it has no value, and makes you a loser.”



Inset: New arrivals alight from a lorry at the reception center in Kakuma Refugee Camp

Owing to the recent crisis Mr. Dau has lost many of his coworkers and relatives. Mrs.. Agnang has been separated from her husband and says that she is tired of running from war. Mrs.. Agnang painfully remarked, “since I was young I have been running from war till today when I have my own children I am still running from war and I do not know how my life will end up.”

Kakuma refugee camp is home to 151,114 (at the beginning of May, 2014) refugees most of whom are from South Sudan. This number represents sharp increase from 127,707 registered refugees under the UNHCR in November, 2013. This represent an 18% increase in population.

The challenges faced by these people are enormous and may be specific to each case. However, there are some common challenges that cut across continents, these are;

Gross human rights abuses.

This is the major challenge that affects

refugees especially women and children. In cases of war, cases of sexual violations are common with women being used as weapons of war. They may also be exploited by officials who are supposed to provide safety and or assistance to them.

People who flee their home country to unknown destinations leave behind their properties. Things that they have worked their whole life to build all lost. This may be traumatizing to many. Those who manage to rescue a few items may be robbed on the way or at the camps forcing many back to square one. ‘When I left Congo, I left my properties there. I only took with me my six siblings,’ says Shukrani in a separate interview. ‘I have to now start again from scratch to try and rebuild my life,’ she added.

Limited resources and sometimes services

Refugee camps are usually constructed to cater for a number of refugees, but when there is an influx, most services, facilities and resources have to be shared among the new arrivals, the host community and

the already existing refugees. This in most cases may turn into confrontations as the three compete for the already scarce resources.

Discrimination and victimization

Many of the times refugees are discriminated against by the host community and sometimes government. There are views that the recent occurrence in Kenya is just but an example of happenings as The Government orders all refugees to be relocated back to the designated camps as incidents of insecurity rocks the country. The host community may also discriminate against the refugee community in their interactions with them. Mohamed Bashi is a refugee currently in Nairobi. Speaking to the Refugee on phone, Mohamed confirms that the Kenyan police have been arresting refugees in the city. ‘Sometimes I have to hide when the police are around even though you have a movement pass from the UNHCR. It is so unfair,’ says Bashi, the former editor for The Refugee-Dadaab.

I will never go back to South Sudan, if I am not resettled then I’d rather live here in the camp.

Rebecca, a South Sudan returnee, voluntarily left Kakuma in the year 2008 together with her family. After registration, she was kept in reception for preparation. Rebecca and other repatriating families left by plane to Malak in South Sudan and were kept in reception center for three days. At the center, they received food, non-food items among other relief items.

The returnees were taken to their specific villages thereafter and life looked promising. Rebecca left from Balit to Marenk where she and others had a welcoming ceremony. Opportunities came one after another and she secured herself work at World Vision; a pharmacist to be precise and peaceful Sudan had more to offer.

After a few years, war broke out and home was no longer safe. Rebecca with a few members of her family came back to Kakuma leaving some of the family members behind. The sequence in Kakuma was still the same. She passed by Reception Center and later relocated herself into the community. For her, finding her way into the community and integrating was not as difficult as she had knowledge of the various agencies and the processes that is to be followed.

Rebecca complains of changes in Kakuma.

Many of her old friends have been resettled, food and other items were inexpensive and communities had families of different nationalities; interaction was easier. She spends most of her time indoors as she hopes to overcome the language barrier that hinders communication with her neighbors in her new block. Rebecca says she is tired of running from war and would rather remain a refugee forever than go back to Sudan if she is not resettled.

First marked in the year 2001, World Refugee Day is held every year on June 20. Tens of thousands of people around the world take time to recognize and applaud the contribution of forcibly displaced people throughout the world. The annual commemoration is marked by a variety of events in more than 100 countries, involving government officials, humanitarian aid workers, celebrities, civilians and the forcibly displaced themselves. This year, Rebecca is hopeful that the world will hear the refugees plight and come to their rescue.

155,457

The number of people in Kakuma Refugee Camp in May 2014

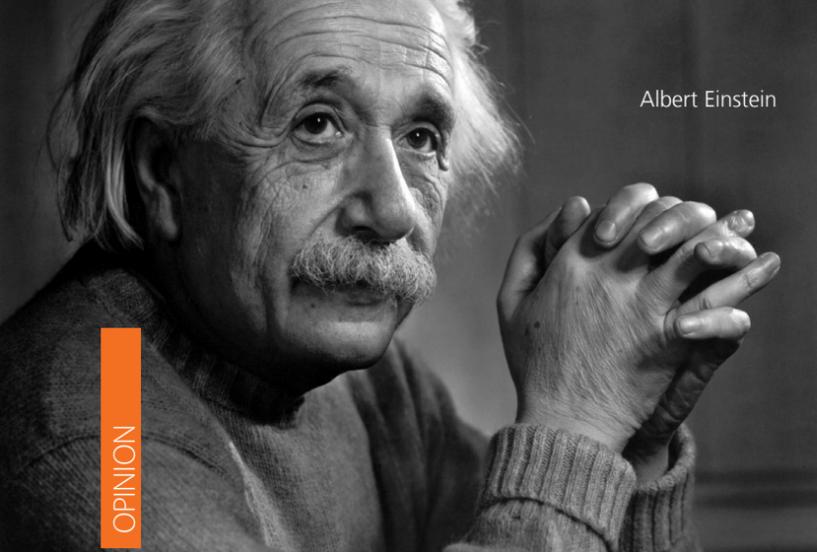
PHOTO

A group of boys send a message to the world during FilmAid’s Do Good Feel Good Event in Kakuma [By Josphat Ekiru]



ABOVE

Mrs. Agnang with her baby after coming from the water tap [By OS]



Albert Einstein

OPINION

WHAT YOU DID NOT KNOW ABOUT YOUR ROLE MODEL

Compiled by Malock Deng

Kakuma is home to slightly over 150,000 people from different nationalities.

These refugees possess a lot of potential which in most cases goes unexplored.

Thousands if not millions of people flee their homes each year because of war or natural calamities. These refugees or asylum seekers leave their whole lives behind. Their livelihoods, talents, properties, and hobbies are all left behind. Only a few of these people have the courage to carry their potential and explore it in their new hosting countries. There are a lot of talents in Kakuma, and NGOs like FilmAid is in the forefront to help these young talents grow by supporting them. What you may not know is the legends and great people who through their courage have touched the lives of many today, were at one point refugees. Take an example of;

Albert Einstein –He was a physicist who moved to America after the National Socialist Government was formed in Germany in 1933. He once failed the university's entrance exam, and was thought to be suffering from dyslexia. During Hitler's reign, Albert was accused of treason and this forced him to seek refuge in the United States.

Well-known for his theories and charitable activities, this fiery, white and hairy old

man has done enough to jot his name not only in the refugee but in entire world history as one of the most famous scientists. Did you know that Einstein is among those who founded the IRC?

The American branch of the European-based International Relief Association (IRA) was founded at the suggestion of Albert Einstein to assist Germans suffering under Hitler. It assisted refugees from Mussolini's Italy and Franco's Spain. The IRA was later merged with Emergency Rescue Committee (ERC) formed to aid European refugees trapped in Vichy France, to form The International Rescue Committee (IRC)

Alek Wek South Sudan like the second Afghanistan, with its continuous internal conflicts have caused many to flee their homes every year. Alek Wek now a super model fled Sudan with her family to United Kingdom due to the Sudan-South Sudan conflict.

"True beauty is born through our actions and aspirations and in the kindness we offer to others, Beauty should not be culturally relevant—it should be universal." Alek Wek

Bob Marley – Rasta prophet, poetic songwriter, and revolutionary Singer *or Reggae king are all attributed names that Robert Nesta Marley can be addressed. Rastafarianism constitutes of doctrines with selection from the Bible with a non-violence approach and opposition to materialism. Upon his death on May 11,

1981, the music industry, particularly, reggae lost a great figure. Idolized by many as the icon of reggae music, he sought asylum after escaping an assassination. Bob Marley during the uprising of political unrest in Jamaica fled to Miami (United States).

Emmanuel Jal- Born in Sudan in the 80's and forced to flee to Kenya when war broke out is an outstanding hip-hop artist based in Canada. He rose to the limelight after his life's story documentary 'The War Child' won an award. Jal rose from being a warchild- a refugee-a rap star. He has released several albums and is a role model for upcoming artists in Kakuma Refugee Camp and the world. He is an advocate for peace and just recently, in the month of April, he was in Kakuma refugee camp together with Eric Wainaina, an award winning Kenyan musician, to shoot a song



PHOTO: Alek Wek on front cover of Forbes life magazine



Bob Marley



Emanuel JAL

about peace.

Lomana Tresor Lualua –He is a Congolese footballer who plays as a winger/striker. Currently, he plays in the Turkish Super League for Caykor Rizespor. Lualua as he is mostly known in soccer; had previously played for several clubs including Colchester United, Newcastle United, Black pool, Olympiacos among others. He was originally from the Democratic Republic of Congo where he migrated leaving his home town (Kinshasa) for the UK.

Luol Deng –He is a former Chicago Bulls basketball player and NBA all-star who originally from South Sudan had sought asylum in Great Britain. He now plays for Cleveland Cavaliers. There is a basketball court right near Don Bosco in Kakuma 1 that has been named after this great player.

Yasmin Alibhai-Brown (born Yasmin Damji) Ugandan-born British journalist and an author left Uganda in 1972 due to the worsening tensions between the Ugandan Asian minority and the regime of Idi Amin.

Through her views, Yasmin is a woman who critics love to hate. She currently contributes for The Independent and the Evening Standard.

It does not matter where your are from or what your past may look like. All that matters is the will to change the world and your desire to make a difference. Refugees or not, we all have a great potential in us, the only difference is the will and desire to achieve. Don't give up, if they did it, you too can!

IS THERE A REASON FOR CELEBRATING? BY PASCAL ZIGASHANE

Celebrating the WRD

On 4 December 2000, The UN General Assembly, adopted resolution 55/76 where it noted that 2001 marked the 50th anniversary of the 1951 Convention relating to the status of refugees, and that the organization of Africa (OAU) had agreed to have International Refugee Day coincide with Africa Refugee Day on 20 June. The General Assembly therefore decided that 20 June would be celebrated as world refugee day.

This year's World Refugee Day will be different as it is going to run continuously for 2 days with the main celebration in Kenya happening right here in Kakuma camp. This day is important as it tends to bring the world's attention to the refugees. It also comes at a time when the Kenyan Government has ordered the refugees of urban areas back into the camps. This came in the wake of terror attacks in the country which the Kenyan security forces suspect to be perpetrated by illegal migrants and refugee and or al-shabaab sympathizers.

The annual commemoration is marked by a variety of events in many countries, involving government officials, Humanitarian aid workers and civilians and the forcibly displaced themselves. In the past celebrations held in Kakuma refugee camp, the refugees and humanitarian workers got the chance to interact and the refugees through their leaders and the selected few got the chance to tell the world their stories. "The celebration of the world refugee day is crucial for us refugees because we feel recognized and valued by the people who made this day," says

Stany Nzobonimpa.

For the countless displaced people, world refugee day celebration would remain a call upon the International community to intensify efforts to prevent and resolve conflicts, and to help achieve peace and security so that families can be returned and refugees return home to rebuild their lives and future. Africa, perhaps, is the most affected where war, conflict, tribalism and hatred have conquered the surface of this continent. Therefore the World Refugee Day marked to encourage local, national and international communities to reflect on they can do in order to help those who are forced to flee to find safety, regain hope and rebuild their lives. "The refugee's day most importantly helps us to remember the driving force that made us flee to this camp. Not only to remember, of course, but also to condemn the evil(s) that brought us here with strong voices while hoping for the best," says Garewak.

For the refugees, this day may also have another important meaning for them. It is the one day in every year when all of Kakuma residents come together and bond in traditional dances, and other forms of entertainment and for a moment forget about all the problems that they face in their day to day life. Kakuma has since December 2013 been receiving new arrivals from Africa's youngest state, South Sudan. For these new arrivals this is going to be their first celebrations and their expectations are definitely different. However for the returnees like Rebecca Adeng, who was repatriated in 2008 and is now back, this is going to be a vivid reminder of a status she had once thought she has left in the past.

PHOTO:

Refugee girl displays her ration card at the distribution centre



First Refugee Magazine Launched in Kakuma

By Christine Marino



PHOTO: Young men enjoying reading copies of our first edition. [Photo by Josphat Ekiru]

Only one year after the refugee news letter was born, The Refugee Magazine, Kakuma edition was launched on the 7th May 2014 at Franco's in Kakuma 1. The event was graced by both humanitarian workers and the refugee readers. It also presented an opportunity for the readers to interact with the writers of the magazine.

The 24 page full colour magazine is the first ever refugee run magazine and the first of its kind. It seeks to give a platform for refugee writers to tell their stories to the world and practice their journalistic skills. The writers are trained by FilmAid International on short basic journalism courses that help improve their skills. The group, consisting of 15 volunteers from different nationalities in the camp volunteer their time and sometimes resources to gather stories from the camps. Speaking at the event, Rukiya Salesa, the magazine's editor thanked the team for their effort and also applauded FilmAid for the support that it has been giving them through FilmAid's media and arts program.

'Everyone is free to contribute articles for the magazine, if you have a passion for writing then this is your chance to have them published, echoed Rukiya. She also invited people from all walks of life to join The Refugee Magazine Kakuma ED facebook fan-page and interact with The Refugee team and share what they would like to be included or excluded from the magazine as their feedback was highly appreciated. The launch was done concurrently with Dadaab's Edition launch. The smile and amusement on everyone's face told it all as copies of the magazines were given to the attendees. The magazine is written by refugees with the target audience being refugees themselves. An online edition of the magazine is also available online at filmaid.org/publications.

Everyone is free to submit articles for the magazine, if you have a passion for writing then this is your chance to have it published

0-0 draw for The Kenya Red Cross match against Gobole

BY PASCAL ZIGASHANE

On Holy Saturday, the Kakuma refugee camp was coloured by a football match that brought together KRCS (Kenya Red Cross Society) outreach volunteers against Gobole, a representative Somali Bantu team.

The match ended in a 0-0 draw as the two teams could not get a chance to get the ball into the opponents net. The aim of the match was not only to win the match for the Kenya Red Cross (KRCS) team but also to disseminate the different tools available under KRCS to help refugees. The available tools under KRCS are Telephone Service, RCM (Red Cross Message), TR" (Tracing Request), BBC (British Broad Casting which uses the BBC radio service to trace families in Somali), UAM (Unaccompanied Minor), reserved to children without relatives and RU (Refugees United).

The refugees outreach volunteers talked to their opponents and their supporters on how basically the RU tool works to help refugees and other people of concern reconnect with their family members, friends and loved ones. The RU tool was developed by Refugee United. This is an independent, non-political and non-religious NGO that has developed an online family-tracing tool at www.refunite.org or m.refunite.org. The Refugees United tracing tool is safe, secure Internet search tool that allows full anonymity, and is free of charge.

HAVING AN EVENT?

Share photos and a short description of the event with us and we will tell the world about it!

Digital Version/ www.filmaid.org

KAKUMA YOUTH FESTIVAL CELEBRATED

BY RUKIA SALESA

"Peace and harmony makes your voice be heard by many" was the main theme of the day, aiming to create a peaceful coexistence among the youths. Youth center 2 was the place set aside for April 2014's youth festival. Performers, supporting staffs and other community members were here not only to watch the presented items but also to learn. Youths turned up in good numbers to preserve their seats prior to the commencement of the event. They sat in groups to share their expectations of the day while predicting winners of this inter-center competition.

With twenty seven items to be presented, time was too precious to waste. Traditional dances, choral verses, rap music, drama plays, Oral narratives and break dance were the items in the program line up. Burundi cultural dance was the first item on stage followed by the center 1 choral verse. Fashion show was done in its unique way; it's here where different cultures and traditions interacted to show unison among the youths. Choral verse from center three changed the atmosphere of the hall and for once silenced the exited audience. The informative and educative message of peace was well passed to the audience.

Youth Festivals done during holidays to helps bring the youth together and also acknowledge the talents of youths from various centers. Youth leaders and girl mobilizers from every center do identify different groups and inform youth protection office which registers them and allocate them different training venues.

The awards ceremony was the culmination the event where winners were awarded. Youth Center 3 had the best choral verse, shakers and rap music. Youth Center 2 won the best fashion show and oral narrative awards. The day's activity kept ringing through peoples minds as they dispersed into their communities



PHOTO: Young models pose for a photo during the above event

SADIK HASSAN UNITING COMMUNITIES THROUGH POETRY

Using poetic rhymes to unite families and nature other young poetic talent.

BY CHELIA ROSE



PHOTO: Sadik poses with his young group of poets [PHOTO by OS]

Sadik Hassan Adam, a 13 year old poet who arrived in Kakuma in 2006 with his elder sister, brother and nephew.

Sadik is the last born in a family of five. His elder sister and brother were resettled in USA leaving him alone here in Kakuma. "I was almost thinking of going back to Sudan, but fortunately I got a resettlement process an am looking forward to joining my brother and sister in USA," says Sadik.

He joined Polataka primary school to start life over again in a peaceful environment. With several clubs in both school and in community he chose to join the Child Right Club where they practiced reciting poems. From 2006 he was fully committed to the club until 2010 second term where Sadik developed the interest of writing poems of his own. With enough record he saw the need to teach the Child Right Club members in his block.

When he started writing he often

made mistakes but this did not switch off the burning passion of poetry in his heart. He always sought assistance from those with better understanding of English to help him improve on his writing and even speaking skills. Gradually he improved with changes seen in his writing, with over a hundred poems basing on various topics such as Peace and Conflict Resolution, Sexual Exploitation and Abuse, Drug Abuse, Gender Base Violence, Child Labor and Education, and so many others.

Writing has given him courage and motivation to work hard towards his future career which is to become a poet. Through the writing he found himself interested in producing and directing stage plays during the youth festival which happens over the school holidays in Kakuma refugee camp. "This writing has not only improved my thoughts on decision making but also helped me make many friends, socialize and share ideas," he added.

Is there something like 'Plastic Teeth'?

The truth about your child's first canine teeth and it's connection to your child's health

By Omari Mohamud

Kakuma is home to 15 different nationalities which translates to 15 different cultures and belief systems. As The Refugee came to find out, some of these groups believe that the first canine teeth is 'plastic' and also are the cause of illnesses in their young ones.

Teeth, which start their growing process while still in the womb, are first visible from 8 weeks however this may vary from one individual to the other. Canines grow at around four months (16 months – 23 months old). The refugee magazine came to find out that the communities living in Kakuma refugee camp believe that these teeth are responsible for the illnesses in their children. Referring them to as 'plastic teeth' these communities have resulted to the services of herbal doctors to remove these teeth since the medical doctors cannot offer the services as there are no scientific facts backing the claim of the teeth causing illnesses to children.

Rebecca Adut is a Sudanese and mother of seven children. She came to Kakuma in the year 1992 and complains the vice is also in Sudan. Her first born was born in Sudan and she had the teeth easily removed. The second one who was born in Kakuma had the same problem but unfortunately the mother claimed there were no such 'doctors'. With no other option Rebecca had to do the services herself. "I took a sharp nail and cut his upper and lower jaw and let it bleed for 30 seconds, I added sugar to stop bleeding and did the same for a whole week for quick relief," Rebecca explained. However not all communities practice

this. Rehema Dina, a Congolese lady, admits that she only came to hear of this in Kakuma and thought it was not right.

When babies are about six months old, the level of antibodies passed on from their mother starts to fall, which changes their immune systems. Along with the tendency to put things in their mouths, this makes them more prone to illnesses. Symptoms of common childhood illnesses such as changes in sleep and eating patterns, fussiness, rash, drooling, runny nose and diarrhea are often mistakenly linked to teething. If your child has these symptoms, make sure that they are not suffering from other possible causes such as bacterial, viral or middle ear infections.

TRUTH

Teething takes about eight days, which includes four days before and three days after the tooth comes through the gum. You may see a blue-grey bubble on the gum where the tooth is about to appear. This is called an eruption cyst and will usually go away without treatment.

Teething symptoms are common in children and can be managed without medications.

The average child has their full set of 20 primary teeth by the age of three years.

Between the ages of about six and seven years, the primary teeth start to shed and the permanent teeth begin to come through.

It is a fact that your baby may be exposed to some illnesses, however none of these illnesses are caused by your child's growing teeth.



7 Reasons why Exclusive Breast Feeding is important

Message from IRC

Exclusive breast-feeding means feeding your baby ONLY breast milk for the first 6 months.

Breast milk provides all the food and water that your baby needs during the first 6 months of life.

Exclusive breast-feeding for the first 6 months protects your baby from many illnesses, such as diarrhoea and respiratory infections.

When you exclusively breastfeed your baby during the first 6 months and have no menses, you are protected from another pregnancy.

Mixed feeding means feeding your baby both breast milk and any other foods or liquids, including infant formula, animal milks, or water.

Mixed feeding before 6 months can damage your baby's stomach.

Mixed feeding increases the chances that your baby will suffer from illnesses such as diarrhea and pneumonia, and from malnutrition.

Giving your baby foods or any kind of liquids other than breast milk, including infant formula, animal milks, or water before 6 months can damage your baby's stomach. This reduces the protection that exclusive breast-feeding gives, and all of the benefits that your baby gets from your breast milk

SEWING IN THE DARK

Dorcus, visually impaired, has an extraordinary touch on sweaters and her blend of colours keeps her customers coming back By Rukiya Salesa



PHOTO: Dorcus at work in her stall in Hongkong market [By Rukiya Salesa]

The encounter with Dorcus Amou Deng was one of a kind. After the community services meeting held at social services in Kakuma one, I got the chance to visit one of IGA (Income Generating Activities) rooms. It's here where I met her Dorcus. At first it was difficult to tell that she was visually impaired. She was busy making sweaters with her sewing machine and after a brief introduction we got to know each other.

I booked an appointment and she was quite willing, she gave me her contact and to my amazement she took out her phone and switched it on. She pressed the power button and placed the phone near her ears just to hear the opening alert and I flashed to confirm her number. This is the only place one could meet Dorcus. Her work runs from Monday to Friday getting there at around 8:00am and leaves at 5:00pm with no lunch break.

Dorcus was not born blind, after the loss of her father she got sick and her eyes swelled. Due to the unstable situation in Sudan, Bor, Jonglei state her place of birth was not safe either. There was no hospital to attend to her leading to the loss of sight at early age of twelve years. Her mother took care of her as no one else would pay as close attention

as she could. The situation got worse and Dorcus and her family had to flee. They came to Kakuma in the year 2000 through Nadapal where they were registered at the immigration office.

With only her elder sister and her mother Dorcus stayed in reception for four days and later relocated to Kakuma 3. One year later she joined Polataka Primary School for a class for the blind located within the school. It's here where she built her foundation and for the first time in her life had the chance to learn how to read the braille. The school was five minutes' walk for persons with sight but for Dorcus it took twenty to thirty minutes to get there. According to her the roads were less jammed by vehicles and bodaboda (bicycles) and this gave her the confidence to walk comfortably feeling safe. With the multi-national non-segregate community she had the sense of belonging.

After several years her mother and sister left for Sudan leaving her under the care of some distant relatives. She moved to Kakuma 1 where she had to transfer to Fashoda Primary School. The distance from her home to her former school was very long and the rainy days made it worse as she could not cross the seasonal river (laga).

With more challenges arising each day, Dorcus had the zeal to keep going. Her commitment and good performance secured her a chance in the Jesuit Refugee Service (JRS) scholarship program. She joined St. Francis school for the blind in Kapenguria from 2006 to 2011. While at school, she could not attend to combined classes due to her unstable state of health. After successful accomplishment of her course she was given a weaving machine among other gifts. She came back to camp and life was not that sweet.

She felt the need to stand on her own and her journey of being independent began by selling the sweaters she had already made while at school to support herself. A friend in 'Hongkong' market offered to display them in her shop to help her sell them. When she was running out of stocks she went to field post to seek for assistance. After continuous struggle of moving up and down from one office to another, the National Council of Churches of Kenya (NCCCK) helped to construct her own house. Through the support of IGA livelihood unit she got a working space and few items to run her business.

Dorcus makes approximately 3 sweaters or more per week. She further explains that the sweaters are well bought during cold and festive seasons with prices varying. It's difficult in her situation to differentiate colours because they are all of the same texture and size but she said she would know the colours by placing them separately from the shop she buys them from. While at her work place she places the black thread at the right and the white one on the left for easy identification. Her customers prefer mixed coloured sweaters from the plain ones. Though at most times she does not get feedback directly from her customers, her friend in Honkhong who displays them for sale passes the information. Her unique sense of touch helps her arrange her machine and place threads one after another with no one to guide or support her in this. Severally, she feels her sense of touch is not helpful when she cannot find misplaced items within the room and need someone else's assistance.

Her machine breaks down frequently and she ends up replacing pins with the few she has, fearing that she might run out pins some day stop working.

STANY, THE PEACEMAKING FILMMAKER

By PASCAL ZIGASHANE



PHOTO. Stany after a peace conference at the AU headquarters in Addis Ababa

"I'm a dedicated peace blogger, I love the internet and I've made it a friend," said Stany Nzobonimpa, the son of a former member of Parliament of the East African Legislative Assembly (EALA). He always has a bag on his back with a laptop and a hand camera inside. Stany Nzobonimpa is a young man who has a unique love and passion for peacemaking and this contributes so much to his outstanding abilities as a filmmaker.

He pursued his studies at the National University of Burundi where he was studying Economics and Administrative Science in the year 2011. But then, he was forced to flee his country.

In 2010 after school, Stany founded a youth organization called 'Association des Jeunes pour la lute contre le Chomage(AJC) in French or Youth Association against Unemployment, which he registered with the government in Bujumbura the capital city(www.ajcburundi.blogspot.com).

He has created a blog named 'The Peace Volunteer Blog' and a YouTube Channel where he only streams peace messages. He met Michelle Rosenthal online, a social worker from Brooklyn, New York. After some couple days of online conversation, they came to know each other and from then Michelle Rosenthal offered him another chance to go back to school and she encouraged him to continue his peacemaking passion. He now went for his Degree in Peace and Conflict Resolution Studies at Africa Nazarene University in Nairobi, Kenya.

The meeting with Michelle, a dedicated peace activist, pushed the young man to be more active as a peacemaker. He has travelled

many African countries and attended many conferences advocating for peace and specifically suggesting a new peace treaty proposal called Peace Every Day Treaty for Global Truce and Global Cease-fire.

He works with FilmAid International as facilitator for the FTP (Film Training Program). Besides being a facilitator he also is a student under WUSC (The World University Service of Canada) Program that is facilitated by WTK (Windle Trust Kenya) in Kakuma Refugee Camp. The program will see him taken to a Canadian university in August, 2014 where he hopes to continue with Peace and Development Studies.

He was born in The Republic of Burundi to parents of the same nationality and is second of his parents' five children, 3 boys and 2 girls. Being both a student and filmmaker keeps him busy, gets him off stress and helps him in making new friends to hang out with on weekends and free time. He also had to teach a good number of secondary school students the basic and how to use effectively the Internet during his research on information access in secondary schools.

Stany Nzobonimpa's ambition in the future is to be an accomplished peacemaker and a poverty fighter. He plans to come back in Africa after completing his studies under the WUSC program, his mother continent, and work as peace activist and poverty expert. He calls upon youths in Kakuma Refugee Camp to take advantage of any assistance that is offered to them especially education and be a stream of peace among the communities no matter how opposing circumstances might look like.

JOURNALIST



Name: Dawit Ejigu Gelmo

Age: 29

Nationality: Ethiopian

Profession: Journalist

What does your profession entail?

Journalism is all about research and looking for interesting stories which you have to pass to your readers. It involves a lot of interviews with different new people each day.

What challenges do you face as a journalist?

Journalism is a risky profession. You make a lot of enemies along the way. So to be safe from this you must be careful in every corner and have powerful evidence by which you can defend yourself with.

What do you love about your work?

Oh! Journalism is a ALL IN ONE profession, so it is a hub of knowledge. Plus the medium you use is the powerful weapon by which you can change perception of someone towards something. Though its risky, the result you see after production or publication of your story is double reward. In Journalism it is not the money that you make that satisfies you at the end, but the feedback you get from your story production, getting public benefit secured! That's what I love about my job.

Any advice for youth?

Use your time wisely, read books and follow media outlets; because, these are crucial in someone's life to be active and successful. There is a English saying; "Early to sleep, early to wake makes a man healthy, wealthy and wise!" So let's keep this track, because it is helpful.

POETRY

The nation

POETRY By sir Alexwonders (Sanmore)

It was the moment of change,
Ululation and shouts of pride was on every lip,
The hands were raised to show a united nation,
Citizens determined to guard and defend,
Their national flag with sweat and blood.
Tribal clashes were a memento of the painful past.

With one voice they sang their national anthem
Respect, love and sense of self belonging were in their voices
They sang the song of praise for their mother land
Some of the lost sons and daughters came back
They were ready to create paradise from rubble
A nation they can call their very own.

After two years not two centuries,
The joyful ululation turned into wailing
The hands were raised and still being raised
To shed innocent blood and tear down the flag; symbol of unity
The once united nation is now divided on tribal lines
And the forgotten painful past awaken.

Dear citizens, have you forgotten the solidarity and blood
The blood that cemented your national foundation
The blood of the finest sons and daughters
Harken to the voice of peace and not divisive politicians
Raise your hands in solidarity like before
And let go of the wrongs done for the sake of the nation.

Are you a photographer or one in the making? Share your photos on our facebook wall or e-mail them to us to have them published on our magazine.



REFUGEE PHOTOS

1. SUDANESE DANCERS PERFORM A TRADITIONAL DANCE DURING THE DO GOOD EVENT.
2. MODEL SHOWING BURUNDI TRADITIONAL WEAR AT DO GOOD FEEL GOOD EVENT.
3. HUMANITARIAN WORKER READING A COPY OF THE REFUGEE DURING ITS LAUNCH OUTSIDE FRANCO.
4. MAN SHOWS CERTIFICATE AWARDED TO HIM DURING THE DO GOOD FEEL GOOD EVENT AT EQUATORIAL FIELD IN KAKUMA 1





HAVE
YOUR **ARTICLES**
PUBLISHED
ON **OUR NEXT**
PUBLICATION

E-mail Us on therefugeekak@gmail.com



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