

AIMM

magazine

DECEMBER 2013

Celebrating 50 years of independence



Have we really been free?





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Editor's Notes

In this issue we are reflecting on 50 years of the OAU, and celebrating the fact that most African countries have been independent for over 50 years. AIM tried to capture what the world was like for Africans 50 years ago when the OAU was being formed and most African countries were celebrating their independence. To accomplish this, we studied the independence day speeches of three very pivotal personalities: Kwame Nkrumah, Patrice Lumumba and Jomo Kenyatta. Wambui provides timelines for independence of African countries, Dr. G gives us context for what was going on in US at that time that was relevant to the struggle for independence in Africa and beyond.

Lumumba, Nkrumah and Kenyatta all travelled different paths and overcame varied and particular challenges that led them to the front-lines on the fight for independence of Africans regardless of where they were in the world and this led them back to their nations where they also stood and fought for their people to be free and hold their destinies in their own hands. What I want us to realize is that they stood and fought, motivated by speech and action without studying any really helpful blueprints. They were very fluid in the way they learned and implemented the knowledge they acquired. What they also had was an instinct for what was fundamental in getting their people to heal from colonialism and inspire them to build a strong continent

that had nations that had strong economies, cultures and cohesive societies. They all came into leadership at different ages and with different experiences under their belt. Who are the Lumumbas, Nkrumahs and Kenyattas of today?

Although we are 50 years strong, we are still in need of leaders to inspire, propel and harness the potential we have of leading the world in a new direction in the next 50 years.

I recently heard Emeli Sande sing, "You've got the words to change a nation/ but you're biting your tongue/ You've spent a life time stuck in silence/ afraid you'll say something wrong/ If no one ever hears it how we gonna learn your song.../You've got a heart as loud as lions /So why let your voice be tamed/ Maybe we're a little different/ there's no need to be ashamed/ You've got the light to fight the shadows/ so stop hiding it away/ Come on, Come on"

This is us #africansinmotion, we are half-stepping it unsure of where we want to drive this continent of ours, worried that we are not experienced enough, smart enough, strong enough to conquer the challenges that lie ahead. Let us draw strength from our ancestors and our dearly departed leaders so that we are empowered to give it all we've got without reservation.

Harambee [Let us pull together]!

D' Eva

“I know your life
On earth was troubled
And only you could know the pain
You weren't afraid to face the devil
You were no stranger to the rain

Go rest high on that mountain
Son, your work on earth is done
Go to heaven a shoutin'” by Vince Gill

Rest In Peace Elder Mandela



50 YEARS OF INDEPENDENCE

Africa's Midlife Crisis

In African tradition, we are taught to honor our elders. This is because with age comes a certain level of wisdom. In my tribe for example, you cannot be considered an elder unless you are above 50, you get the honorary title of elder once you hit a certain age. The past couple of years have seen a number of African countries hit the 50 mark. Here's a chronological list of independence dates for African countries.

Country	Independence	Date	Prior ruling country
Liberia, Republic of	26 July	1847	-
South Africa, Republic of	31 May	1910	Britain
Egypt, Arab Republic of	28 February	1922	Britain
Ethiopia 1, People's Democratic Republic of	5 May	1941	Italy
Libya (Socialist People's Libyan Arab Jamahiriya)	24 December	1951	Britain
Sudan, Democratic Republic of	1 January	1956	Britain/Egypt
Morocco 2, Kingdom of	2 March	1956	France 2
Tunisia, Republic of	20 March	1956	France
Ghana, Republic of	6 March	1957	Britain
Guinea, Republic of	2 October	1958	France
Cameroon 3, Republic of	1 January	1960	France
Senegal, Republic of	4 April	1960	France
Togo, Republic of	27 April	1960	France
Mali, Republic of	22 September	1960	France
Madagascar, Democratic Republic of	26 June	1960	France
Congo (Kinshasa), Democratic Republic of the	30 June	1960	Belgium
Somalia, Democratic Republic of	1 July	1960	Britain
Benin, Republic of	1 August	1960	France
Niger, Republic of	3 August	1960	France
Burkina Faso, Popular Democratic Republic of	5 August	1960	France
Côte d'Ivoire, Republic of (Ivory Coast)	7 August	1960	France
Chad, Republic of	11 August	1960	France
Central African Republic	13 August	1960	France
Congo (Brazzaville), Republic of the	15 August	1960	France
Gabon, Republic of	17 August	1960	France
Nigeria 4, Federal Republic of	1 October	1960	Britain
Mauritania, Islamic Republic of	28 November	1960	France
Sierra Leone, Republic of	27 April	1961	Britain
Tanzania, United Republic of	9 December	1961	Britain
Burundi, Republic of	1 July	1962	Belgium
Rwanda, Republic of	1 July	1962	Belgium
Algeria, Democratic and Popular Republic of	3 July	1962	France
Uganda, Republic of	9 October	1962	Britain
Kenya, Republic of	12 December	1963	Britain
Malawi, Republic of	6 July	1964	Britain
Zambia, Republic of	24 October	1964	Britain
Gambia, Republic of The	18 February	1965	Britain
Botswana, Republic of	30 September	1966	Britain
Lesotho, Kingdom of	4 October	1966	Britain
Mauritius, State of	12 March	1968	Britain
Swaziland, Kingdom of	6 September	1968	Britain
Equatorial Guinea, Republic of	12 October	1968	Spain
Guinea-Bissau 5, Republic of	24 September	1973	(alt. 10 September 1974) Portugal
Mozambique, Republic of	25 June	1975	Portugal
Cape Verde, Republic of	5 July	1975	Portugal
Comoros, Federal Islamic Republic of the	6 July	1975	France
São Tomé and Príncipe, Democratic Republic of	12 July	1975	Portugal
Angola, People's Republic of	11 November	1975	Portugal
Western Sahara 6	28 February	1976	Spain
Seychelles, Republic of	29 June	1976	Britain
Djibouti, Republic of	27 June	1977	France
Zimbabwe, Republic of	18 April	1980	Britain
Namibia, Republic of	21 March	1990	South Africa
Eritrea, State of	24 May	1993	Ethiopia

Before WW2	Ethiopia LiberiaEgypt
1950s	
The year 1960	
1961	Cameroon (British part) TanzaniaSierra Leone
1962	BurundiRwandaAlgeriaUganda
1963	Zanzibar (union with Tanganyika 1964)Kenya
1964	MalawiZambia (formerly Northern Rhodesia)
1965	Gambia
1966	BotswanaLesotho
1968	MauritiusSwazilandEquatorial Guinea
1974	Guinea Bissau
1975	MozambiqueCape VerdeComorosSao Tome and PrincipeAngolaWestern Sahara
1976	Seychelles
1977	Djibouti
1980	Zimbabwe (formerly Southern Rhodesia)
1990	Namibia (formerly South West Africa)



purpose of the number 50 is to attain greater stability. The law of 5 is 'freedom in action', and when coupled with the vibration of the number 0, this energy is amplified. The 50 / 5 energy will be filled with freedom, constant change, curiosity, adventure and unattachment. Africa is in a very special time in history, the time when growing up is no longer an option but a requirement. A lot of questions have been raised in the past couple of years on Africa's dependence on foreign Aid, personal responsibility, political leadership or lack thereof and our overall contribution to the world. We are seeing a return of African science, innovative new technology developed by Africans for Africans as well as interesting power sharing political deals that were unheard of in the 1960's when so many of us were getting our independence. There has been progress and setbacks in our journey to the restoration of our people and nations as the fathers and mothers of civilisation, but this 50 year landmark is a reminder that we must rise to the occasion and live up to our potential.

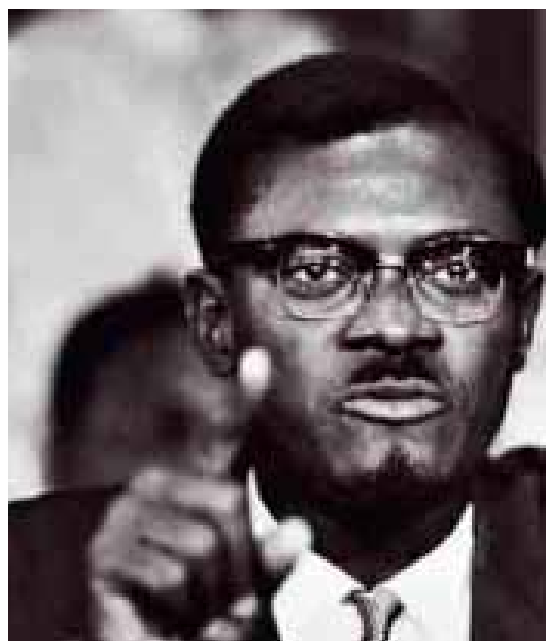


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In BRIEF: GOLDEN MOMENTS AT INDEPENDENCE 50+ YEARS AGO...



by Eva Githina

As we stand, we are stable because the ground we stand on was pounded flat by the freedom fighters that came before us. Many of them lost the battle to the treacherous colonial governments and ravages of war. Many bowed to the will of the colonialists simply so that they could live long enough to take care of their families who hopefully would be smarter and stronger than they were so that they could then fight.

Few were nimble enough to fight the colonists and the savage governments they represented. Even fewer were lucky, smart, wily and fiery enough to cow the colonialists. These, scarce few ended up leading their respective countries through independence 50 years ago. The world we know now is nothing like they imagined in many ways but in a few it is achingly similar.

Now and then the people are always in need of great leaders who show the way forward in action and know what to do or say to move nations of people to reach beyond their imaginations. Leaders need better inner-vision and imagination than the people they lead. This is what Presidents Nkrumah, Kenyatta and Lumumba had in spades and that is why we reflect on the speeches they made to their nations of people to inspire them to build to the Africa we have today. These speeches planted seeds on the fertile ground of hopeful Africans that had finally lived to achieve independence. As we stand on the ground that has been prepared by 50 years of independence it is wise to look back and be refreshed a new to keep pushing further by the powerful words of our leaders.

Kwame Nkrumah's Speech at Independence of Ghana, March 6, 1957 [Excerpt]: Source -http://www.bbc.co.uk/worldservice/focusonafrika/news/story/2007/02/070129_ghana50_independence_speech.shtml

"At long last, the battle has ended! And thus Ghana, your beloved country is free forever...I want to take the opportunity to thank the chiefs and people of this country, the youth, the farmers, the women who have so nobly fought and won this battle. Also I want to thank the valiant ex-servicemen who have so co-operated with me in this mighty task of freeing our country from foreign rule and imperialism. ...- today - we must change our attitudes, our minds, we must realise that from now on, we are no more a colonial but a free and independent people. Seeing you in this... it doesn't matter how far my eye goes, I can see that you are here in your millions and my last warning to you is that you are to stand firm behind us so that we can prove to the world that when the African is given a chance he can show the world that he is somebody! We have awakened. We will not sleep anymore. Today, from now on, there is a new African in the world!"

"Our independence is meaningless unless it is linked up with the total liberation of Africa."

Jomo Kenyatta's Speech at Independence of Kenya,

December 12, 1963 [Excerpt]: Source - Gathering Seaweed: African Prison Writing edited by Jack Mapanje
In an address to the nation, President Jomo Kenyatta, aged 73 and known by his fellow Kikuyu as "Burning Spear", called for tribal and racial differences to be buried in favour of national unity under "the principles of democratic African socialism".

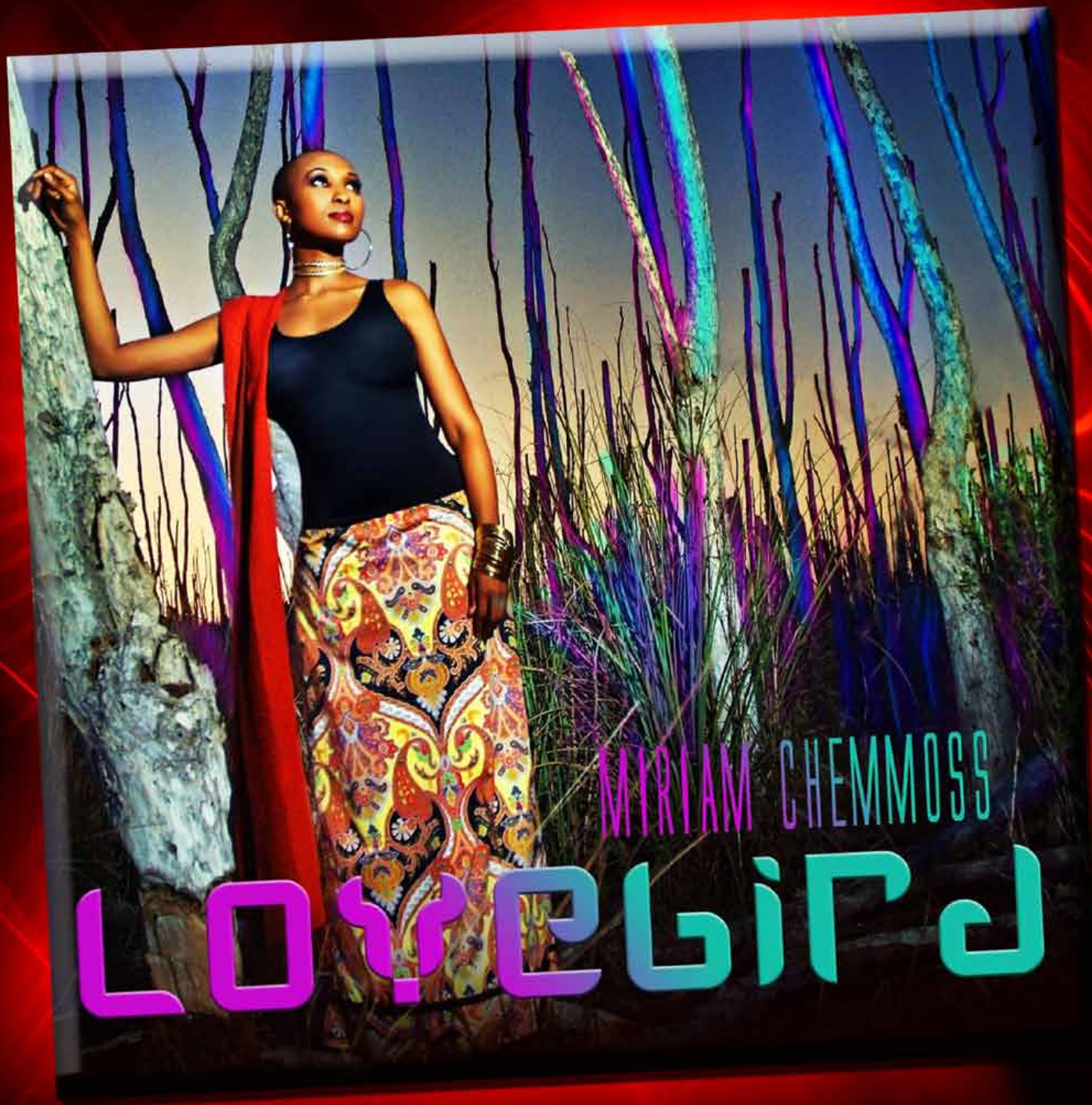
"It is with great pride and pleasure that I receive these constitutional instruments today as the embodiment of Kenya's freedom. This is the greatest day in Kenya's history, and the happiest day of my life...Today we start on the great adventure of building the Kenya nation...Today is rightly a day of great rejoicing. But it must also be a day of dedication. Freedom is a right and without it the dignity of man is violated. But freedom by itself is not enough...My friends we are now an independent nation and our destiny is henceforward in our own hands. I call on every Kenyan to join me today in this great adventure of nation building. In the spirit of HARAMBEE, let us work together so to mould our country that it will set an example to the world in progress"

Patrice Lumumba's Speech at Independence of Congo, June 30, 1960 [Excerpt]: Source - <http://www.friendsofthecongo.org/speeches.html>

"Men and women of the Congo, Victorious fighters for independence, today victorious, I greet you in the name of the Congolese Government. All of you, my friends, who have fought tirelessly at our sides, I ask you to make this June 30, 1960, an illustrious date that you will keep indelibly engraved in your hearts, a date of significance of which you will teach to your children, so that they will make known to their sons and to their grandchildren the glorious history of our fight for liberty...The Republic of the Congo has been proclaimed, and our country is now in the hands of its own children.

Together, my brothers, my sisters, we are going to begin a new struggle, a sublime struggle, which will lead our country to peace, prosperity, and greatness...We are going to show the world what the black man can do when he works in freedom, and we are going to make of the Congo the center of the sun's radiance for all of Africa.

We are going to keep watch over the lands of our country so that they truly profit her children. We are going to restore ancient laws and make new ones which will be just and noble. We are going to put an end to suppression of free thought and see to it that all our citizens enjoy to the full the fundamental liberties foreseen in the Declaration of the Rights of Man [applause]. We are going to do away with all discrimination of every variety and assure for each and all the position to which human dignity, work, and dedication entitles him...We are going to rule not by the peace of guns and bayonets but by a peace of the heart and the will [applause]...I ask all of you to forget your tribal quarrels. They exhaust us."



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TRIBUTE TO TABU LEY - A MUSICAL GREAT

Tabu Ley Rochereau was born Pascal-Emmanuel Sinamoyi Tabu on November 30, 1940. We all remember him as a leading African rumba singer-songwriter from the Democratic Republic of the Congo. He was the leader of Orchestre Afrisa International, as well as one of Africa's most influential vocalists and prolific songwriters. Along with guitarist Dr Nico Kasanda, Tabu Ley pioneered soukous (African rumba) and internationalised his music by fusing elements of Congolese folk music with Cuban, Caribbean, and Latin American rumba. He has been described as "the Congolese personality who, along with [the dictator] Mobutu, [most] marked Africa's 20th century history. After the fall of the Mobutu regime, Tabu Ley also pursued a political career.

Tabu Ley composed over 3,000 songs and produced 250 albums most of which are still very popular worldwide. Tabu Ley's death was felt worldwide and most took to social media to pay tribute:

Daily Nation@dailynation30 Nov
Congolese musician #TabuLey dies of stroke <http://bit.ly/1hoF7Zr> pic.twitter.com/U9xS46r58b
Beatrice Gachenge@bgachenge30 Nov
Tribute: Now playing #Sorozo by the late #TabuLey Divine voice, wonderful semblance of instruments. Legendary rumba maestro, RIP

Abantu Baitwababo@dany miles30 Nov
Sad #TabuLey, one of Africa's Music heavy weights passes on. Playing #Muzina in memory

MILCA M.@MendesMilca30 Nov
Paix à son âme, le vrai, le grand de la musique congolaise. #TabuLey

Blinky Bill@247blink30 Nov
R.I.P Tabu ley. #legend. <http://instagram.com/p/hWC7Alm6PL/>
Expand
Bentley Lumumba@MrBasabose
#RIP Le "Seigneur" #Rochereau #TabuLey... #Congo pic.twitter.com/LR68SQm6SC



Nutty for NUTS

Chew on this

There has been a lot of conflicting information that I have read as far as nuts are concerned. It is important to know that not all nuts are created equal. Some have more fibre, fat and protein than others and depending on how you eat them; raw, fried or roasted makes a huge difference in the long run.

Here is a rough guide of nuts and the general categories in which they fall: Source-<http://www.bbcgoodfood.com/howto/guide/health-benefits-nuts>



Red [high saturated fat content]
Brazil nuts, Macadamias, Cashews



Amber [medium saturated fat content]
Walnuts, Pecans, Pistachios



Green [low saturated fat content]
Hazelnuts, Almonds, Chestnuts

Almonds

If you avoid dairy, calcium-rich almonds are a good choice to ensure you're getting enough of this bone-building mineral. Almonds are also high in vitamin E, a nutrient which helps to improve the condition and appearance of your skin.

Brazil nuts

Ideal for those with low thyroid function, Brazils are a good source of the mineral selenium, which we need to produce

the active thyroid hormone. Selenium also supports immunity and helps wounds to heal. You only need three or four Brazil nuts a day to get all the selenium you require.

Cashews

They contribute a good level of protein and are a useful source of minerals like iron and zinc, cashews make an excellent choice if you're following a vegetarian diet. They're also rich in the mineral magnesium, which is thought to improve recall and delay, age-related memory loss. Add a handful to a vegetarian stir-fry or use as a nut butter on crackers or bread.

Chestnuts

Chestnuts have the lowest fat and calories, chestnuts are rich in starchy carbs and fibre, and in their raw form are a good source of vitamin C. They're lower in protein than other nuts but make a useful contribution of B vitamins including B6. Ground chestnut flour can be used as a gluten-free flour for cakes and bakes, or buy fresh and roast for a tasty snack.

Hazelnuts

Go for hazelnuts if you're concerned about high levels of homocysteine, an amino acid which has been associated with heart problems as well as conditions like Parkinsons. Hazelnuts are a good source of folate, which plays a key role in keeping homocysteine within normal levels.

Macadamias

Macadamias have the highest fat content and are often used to add flavour and texture to dishes and work well in both savoury and sweet recipes. They do supply good levels of the healthy mono-unsaturated variety. They're a rich source of fibre and make a useful contribution of minerals including magnesium, calcium and potassium.

Pecans

Heart-friendly pecans are packed with plant sterols, valuable compounds that are effective at lowering cholesterol levels. Pecans are also antioxidant-rich which helps prevent the plaque formation that causes hardening of the arteries. They're rich in oleic acid, the healthy fat found in olives and avocado. As a good source of vitamin B3 pecans are the perfect option if you're fighting fatigue because this vitamin helps us access the energy in our food.

Pistachios

They are especially rich in vitamin B6, which is important for keeping hormones balanced and healthy, pistachios are a good option for those with problem periods. They're the only nut to contain reasonable levels of lutein and zeaxanthin, two antioxidants that play an important role in protecting the eyes. Pistachios also contain potassium and fibre - in fact a 30g serving has more than three times that supplied by the equivalent weight of plums.

Walnuts

Their superior antioxidant content means walnuts are useful in the fight against cancer. They're also a good source of mono-unsaturated, heart-friendly fats, and studies show they help to lower the bad form of cholesterol [LDL]. Finally, they're rich in omega-3, so they're a great alternative if you don't eat oily fish.



Mukimo

Mukimo is a Kikuyu dish that was popular and readily eaten back in the 60's. The recipe below is a modern variation.

- Potatoes- 1 kg (diced)
- Amaranth leaves (terere) - 3 bunches (washed and finely chopped)
- 4 cups Black Beans
- 2 cups Green maize off the cob
- Water- 10 cups
- 1 cup Butter or fresh cream
- Salt to taste

To prepare the mukimo, place all the potatoes to boil 15 to 20 minutes until the potatoes are tender then add the amaranth greens and add pre boiled beans and maize then boil for an additional 10 minutes. Remove the pot from the stove, drain the water while leaving all ingredients in the pot. Add salt, butter or cream and mash until all is mixed well.

Serve hot with a spicy vegetable broth. Feel free to replace the amaranth leaves with kale or any other greens you prefer.

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