

The Socio-Economic **Newspaper** with Anything & Everything from **Kenya**

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IPA Coast Region marks Women's Day with Shimo la Tewa prison outreach

The International Police Association (IPA) Coast Region successfully carried out a meaningful Women's Day outreach visit to Shimo la Tewa Women's Prison. The event was marked by compassion, service, and a strong spirit of friendship between the IPA members, prison administration, and the inmates.

During the visit, IPA Coast Region members donated various essential items aimed at improving the welfare and hygiene of the inmates. In addition to the donations, the event included a Free Eye Medical Checkup and Treatment Camp, as well as dental and general health checkups, ensuring that many inmates and staff benefited from professional medical care.

We extend our sincere appreciation to the dedicated eye doctors, dental doctors, and general health doctors who volunteered their time and expertise to make this medical outreach a success. Their commitment to serving humanity reflects the true spirit of community service.

We also express our heartfelt gratitude to all members of the IPA Coast Region who participated

and supported the initiative. Special appreciation goes to our colleague from Nairobi and member of the National Executive Board, Mr. Kimutai, who joined us and showed great solidarity and support for this noble cause.

The visit itself was deeply touching and inspiring. The prison administration shared with us the remarkable rehabilitation programmes offered to inmates. These programmes equip them with valuable life skills such as stitching and tailoring, bakery training, and professional computer skills, helping them prepare for reintegration into society.

The inmates also presented a wonderful stage performance, which was both emotional and inspiring. Through their performance and interaction with us, they shared an important message — reminding us all to value the freedom we often take for granted. They spoke about how much they miss simple moments such as family gatherings and encouraged people outside to cherish those moments and avoid distractions such as excessive phone use when spending time with loved ones.

During our interactions, many inmates expressed



their determination to change their lives and build a better future once they return to society. In return, the IPA members encouraged them to remain strong and hopeful, reminding them that every person deserves a second chance in life.

The event truly reflected the IPA motto, "Servo per



Amikeco" — Service through Friendship, as we shared a moment of humanity, encouragement, and hope together.

IPA Coast Region remains committed to supporting community initiatives that promote dignity, rehabilitation, and positive transformation in society.

PHOTO STORY

IPOA



The Commandant Security of Government Buildings and VVIPs, Mr. Lazarus Opicho, SS, HSC, ndc(K)-SAIG graced the Basic Life Support training at the Nairobi Hospital as Chief Guest, underscoring the critical role of life-saving skills in frontline services.

- In his remarks, Mr. Opicho expressed heartfelt appreciation to the Nairobi Hospital and the Cicely McDonnell College of Health Sciences for extending vital emergency response training to National Police Service, Kenya Prisons Service and IPOA officers noting that preparedness can mean the difference between life and death.

- The Nairobi Hospital CEO, Mr. Felix Osano, alongside the hospital's senior management and faculty, reaffirmed the institution's commitment to national capacity-building and community safety.

- The training comes at a time when the country continues to face a significant burden of injuries and preventable deaths, highlighting the urgent need to equip first responders with practical, timely intervention skills. Our PCAK Chairman Mr. Munene also graced the occasion.

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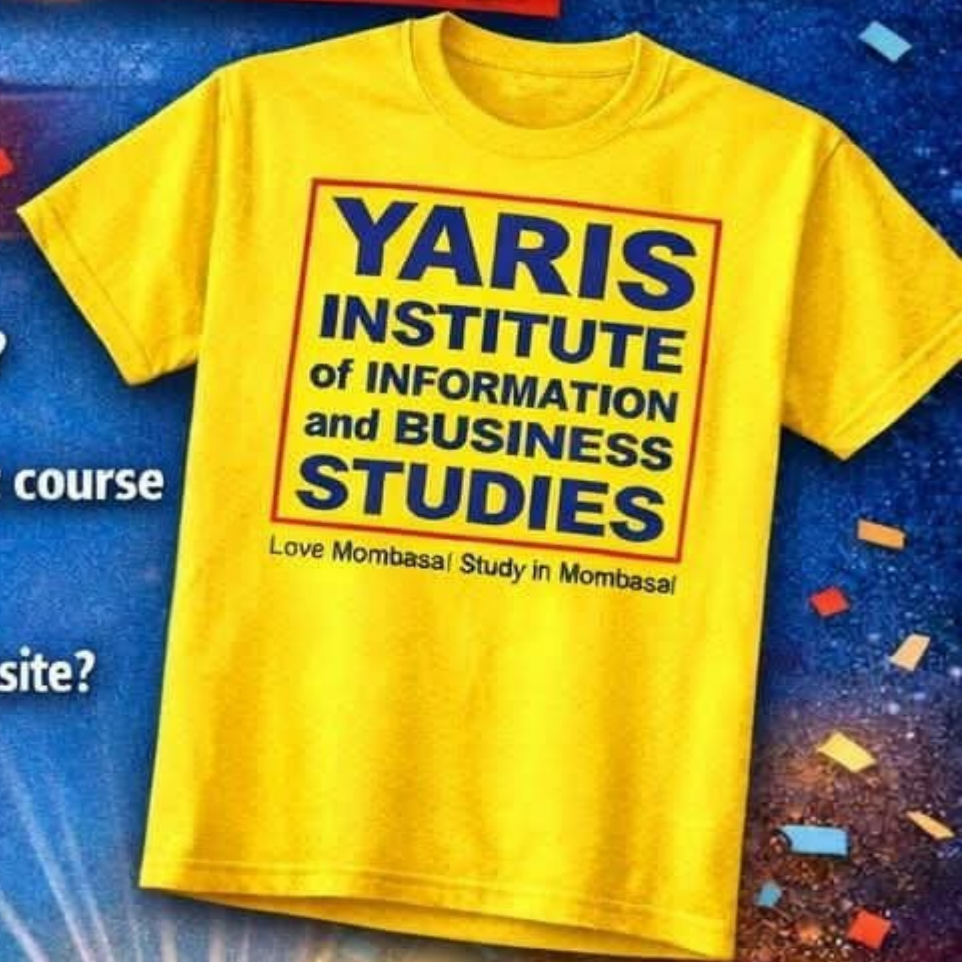
-  Comment Your Answers Below
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5 WINNERS!

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GOOD LUCK!



President Ruto orders highway CCTVs for instant fines

President William Ruto has told the Ministry of Roads and Transport to install surveillance cameras in major cities across the country.

The President said this measure was aimed at introducing instant fines for motorists as well as pedestrians breaking the law.

Addressing members of the National Council on the Administration of Justice (NCAJ) when they presented a report on traffic accidents and deaths at State House, Nairobi, on Monday.

The President regretted that it has taken too long to enforce the instant fines programme because of failure to install surveillance cameras.

He asked Roads and Transport Cabinet Secretary Davis Chirchir, who was present, to ensure the directive was implemented in a month's time.

"We should roll out the installation of cameras in all the major cities to make it easier to enforce instant fines on motorists and pedestrians breaking the law," President Ruto said.

He pointed out that the government is leveraging digital innovation to curb corruption, introducing defensive driver certification, and formalising boda boda

operators through SACCOs.

"Achieving lasting change requires a whole-of-government and whole-of-society approach to road safety. As we play our part, we call on all Kenyans to obey traffic rules and remain mindful of fellow road users," he said.

At the same time, the President said there was need to devolve vehicle inspection for those in rural areas to access the services.

He explained that embracing public-private partnerships in vehicle inspection is a strategic approach to modernising road safety, enhancing efficiency, and scaling inspection services without straining public budgets.

The President noted that leveraging private sector capital, technology, and operational expertise improves the quality of inspection while reducing waiting time and increasing compliance.

"By embracing PPPs in vehicle inspection, we can raise a lot of revenue that can help in government operations," President Ruto pointed out.

To decisively confront the challenges on the roads, he said the Traffic Act will be amended to respond to emerging risks.

"Key measures include



the introduction of instant fines and a demerit points system for driving licences, the standardisation of driver training and licensing, and the fast-tracking of the National Council of the Administration of Justice Bill," the President said.

On digital transformation, he noted that the report recommends the

establishment of an integrated e-transport and traffic management system linking all relevant agencies.

The President explained that the NCAJ report also calls for the scaling up of automated ticketing, expanded use of CCTV and speed cameras, and the creation of a secure digital evidence management framework.

Additionally, the report recommends the deployment of body-worn cameras for traffic police officers, strengthened continuous vetting and integrity testing, enhanced anti-bribery mechanisms, and improved welfare, supervision, and working conditions for enforcement officers.

"Priority actions for non-justice sector agencies include fast-tracking the identification of blackspots, particularly along the Northern Corridor and the Mombasa-Nairobi Highway," he said.

Additionally, the report calls for the adoption of road safety principles in all new road projects and the expansion of pedestrian walkways, crossings, and dual carriageways.

"Dedicated financing mechanisms, including the operationalisation of the National Road Safety Fund, must now be prioritised," he said.

He regretted that rising fatalities, corruption risks, infrastructure gaps, and weak digital integration make it imperative for road safety reform to move from pilot phase to full national transformation.

President Ruto disclosed that Kenya records more than 4,000 road fatalities annually, but said the figures rose to

5,009 deaths, an increase of 261 compared to 2024.

"These accidents and ensuing fatalities and injuries cost our economy the equivalent of 5 per cent of our GDP, translating to an estimated loss of KSh450 billion annually," he said.

In the 2025 festive season, the President noted, 415 deaths were recorded, a 23 per cent increase from the previous year.

"We cannot, and we will not, accept the continued loss of Kenyan lives on our roads," he said.

Chief Justice Martha Koome, who is also the chair of NCAJ, called for a "whole-of-government approach" in addressing the challenge of road carnage.

She also called for high level political leadership in promoting road safety.

"For us to achieve desired results in reducing road carnage, we must advance an approach that cuts across all sectors," the Chief Justice said.

Interior Cabinet Secretary Kipchumba Murkomen said the enforcement of traffic rules remains key in the fight against bribery in the roads.

He emphasised the need to carry out civic campaigns on traffic rules in an effort to contain road accidents.

Türkiye calls for partnerships to build resilient food systems

Türkiye has called for stronger cooperation among governments, development partners, and private sector players to create resilient food systems that empower communities and protect the environment.

Spaking during the launch of the Solar-Powered Cold Storage Rooms Project at Kitengela Market in Kajiado County, Turkish Ambassador to Kenya Subutay Yüksel said partnerships should focus on environmental protection, food security, and sustainable development.

Yüksel emphasised that these collaborations need to be based on mutual respect and teamwork among stakeholders.

"Reducing food loss is not just an environmental responsibility; it is also

an economic and social necessity. By preserving produce that would otherwise go to waste, this facility strengthens traders' livelihoods, improves market efficiency, and supports Kenya's broader development goals," Yüksel said.

The project is a partnership between Türkiye and the Kajiado County Government.

It aims to reduce food loss, enhance livelihoods, and promote environmental sustainability.

The ambassador thanked all the stakeholders who helped ensure the success of this initiative. "I would like to sincerely thank the Kajiado County Government, Food Banking Kenya, market leadership, and all stakeholders who worked closely with TİKA to bring this project to life," he said.

The initiative is supported

by Türkiye's First Lady and continues to receive backing from the Turkish Cooperation and Coordination Agency (TİKA).

This project marks an important step toward cutting food waste while increasing incomes for small-scale traders who are crucial to Kenya's food supply chain. Kitengela Market, one of the busiest in Kajiado County, handles large amounts of perishable produce brought in by smallholder farmers and wholesale traders.

However, because they lack access to proper cold storage facilities, traders often face heavy post-harvest losses. In many instances, unsold produce is thrown away, sold at low prices, or left to spoil within hours of arrival.

This situation not only adds to food waste but also affects traders' earnings and weakens



Turkish Ambassador to Kenya Subutay Yüksel and Kajiado County Governor Joseph Ole Lenku during the launch of Kitengela Market solar powered cold storage.

overall market productivity.

To tackle these challenges, two 20-foot solar-powered cold room containers have been set up at the market as part of the Zero Waste Cold Storage Project.

These facilities use solar energy for environmentally friendly and sustainable cooling, while also connecting

to the national electricity grid to ensure continuous service when needed.

This self-sufficient system now allows traders to keep fresh produce for longer, significantly reducing spoilage and stabilizing their incomes.

The project is inspired by Türkiye's First Lady Emine Erdoğan's internationally

recognized Zero Waste Programme, which promotes responsible resource use, waste reduction, and environmental sustainability.

Food waste is a significant factor in environmental damage, climate change, and economic loss.

By preventing avoidable food waste at the market level, this initiative directly supports climate action, preserves vital natural resources, and contributes to broader sustainable development goals. Among those at the launch were Kajiado Governor Joseph Ole Lenku, Food Banking Kenya Executive Director John Gathungu, and Kajiado Trade CECM Leah Marias.

The initiative highlights Türkiye's growing development partnership with Kenya, especially in improving food security and sustainable practices at the community level.

TALENT

On Set, On Air & Behind the Deck

By ATIYA MUGHAL

Did you know that multi-talented individuals have the ability to typically learn fast and master basics in a short period of time? Research shows that multi-talented individuals can achieve master-level skills in various fields.

He brings character to life on stage and onscreen, he turns crowds into fanatics behind the deck and wows his listeners with his vivacious personality on-air. Being in this field for about 15 years now, Vikash Pattni; who's high-spirited, outgoing personality is adored by many, let have in on his journey as an actor, DJ and RJ.

1) Vikash, tell us about yourself.

I am a low maintenance, work in progress who is fascinated with the art of communication and figuring out how the mind works. I love to create moments and experiences worth capturing.

2) How did you get started as an Rj, Actor and DJ?

Well, I took up graphic designing that led me to work for a paper zine, through which I came across events happening and learnt about a vacancy at a radio station and applied for the position. That's how I got into radio which then led me into emceeing. Through emceeing I met someone who introduced me

to television. Djing was not something I was too keen on, but while I took a break from radio briefly, and I missed being on-air, I took up Djing. So, I went and got myself a console and became a self-taught Dj.

3) What is the most funny, memorable or disastrous on-air moment?

I guess my constant has been the love of what standup comedians do and I just want to go on air and make someone who I can't see, smile! There have been many instances while on the show, an interaction with the caller and it's had them burst out laughing. What has become memorable for me though is once in a while I would come across listeners who would tell me a joke, I cracked on air that they still laugh about. Disastrous ones have been plenty, one being announcing a song and playing a different one altogether or not switching on/off the microphone.

4) So, how do you keep the crowd on the dance floor while you are behind the deck?

Well, there are formulas to it but I feel you need to read the crowd. It's how you keep the listener tuned in. You have to keep surprising them. If it's a club and you are Djing the early opening set, then filling the dance floor takes quite some time and a lot of good songs. One wrong song and the dance floor starts to clear up and you have to pull them back in again. You continue

doing this until you get a steady grip on the room and you have figured out what kind of audience you have there.

5) When behind the deck how do you communicate to the audience through your vibe?

I use the singers of the songs to do the communication. There is always a song saying get on the dance floor or rise up put your hands in the air!

6) While acting out a character which one would you say was similar to you?

I don't think I have played anything similar to me yet. In Varshita I played a 60-year-old father and a crooked mganga. In crime and justice, I play this rich corrupt businessman, in Villians in the metropolis I play a detective. So, all have been different from me. The similarities I would have with them would probably be how I loved the humor Lalit Bhatt has or Guruji has.

7) How do you prepare for a role and make it believable?

I am a big fan of cinema and how movies are made and I always think deeper into why the character reacts and responds in certain ways. I have spent hours listening to actors speak about how they prepare for roles and how they sit with the directors and writers to understand the before and after of the scenes to understand the mindset of the characters. I look at the character graph and see what

elements of my experience or observations I can add to the character and that's how I try to make it believable.

8) What's the one thing you do before stepping onto the stage or in front of the camera?

Make sure my trousers are zipped up.

9) Which of your three roles - acting, DJing and Rjing do you feel is your most authentic self?

See with DJing I'm playing songs others have created, acting I'm reciting lines others have written but Rjing in between songs I am story telling or creating a link that engages the listener. My phone calls with my listeners were my most favorite part of the radio shows. Those were the most authentic moments that gave the best interactions. So, all 3 are performances but Rjing I believe was the most authentic for me.

10) What is the one skill that translates between all three professions?

Listening. While acting you have to be present to be able to listen to what you are being told so you react accordingly. Same goes with DJing you have to listen to the song you are playing so you know exactly how many beats are playing and will count them to mix with the next song. With Rjing, you have to be present in that very moment and listen to yourself as you speak so you know exactly what you are saying.



11) How do you connect with the live audience when you are behind the deck with your experience as an actor?

Behind the deck and in front of the camera you are basically playing with energy. In front of the camera you have to figure out what exactly you will do or how you will say a dialogue in a particular way that will translate into your desired result. If I took this entire sequence to DJing then I'd also have to start slow, build it up, play songs that start off with a slightly lower tempo and then gradually take it higher to trigger the crowd to get dancing.

12) If you were given a choice to choose one of these - acting, DJing & Rjing to pursue for the rest of your life, which one would you choose?

Well, I don't see myself doing club Djing as a regular thing, acting is also a very difficult industry to crack into. Rjing at one point was looking promising but I also feel you can't sustain a decent lifestyle with it. But if I was to tell you from the perspective of the love of the art of performing, I would say I'd want to act every single day of my life. That is

something I enjoy the most.

13) What has been the most challenging project where you had to use more than one of your skills at the same time?

Acting makes you use more than one skill. You have to remember your lines; you have to keep an eye on where your spot is. You have to remember what movements you did and repeat them again when there is a close up so that it matches the previous shot. If you are lucky and get to do some action then that's a different skill all together. So, there are many roles I've played both on screen and stage where I have had to use more than one skill.

14) And finally, what advice would you like to give someone just starting their acting/Rjing/Djing?

I would give you the advice from stoicism which says enjoy the process don't worry about the results. Only think about what you can control!

As Vikash Pattni's future looks promising, he intends to keep his fans fully entertained and glued to their screens.

Instagram handle @vikashpattni

Muranga County SHA Beneficiaries Get Together Luncheon



Ahadi Kenya Trust CEO Stanley Kamau (Centre), gospel artists Sir James (left) and Regina Wa Anganiwe join over 150 beneficiaries of Social Health Authority (SHA) from Muranga County in a dance during the beneficia's get together luncheon at Kiru ACK Parish in Mathioya sub-County, Muranga.



Ahadi Kenya Trust CEO Stanley Kamau (Centre), gospel artist Regina Wa Anganiwe join over 150 beneficiaries of Social Health Authority (SHA) from Muranga County in a dance during the beneficia's get together luncheon at Kiru ACK Parish in Mathioya sub-County, Muranga County on Saturday .



Ahadi Kenya Trust CEO Stanley Kamau (Centre), Mathioya Deputy County Commissioner Riungu Laikera and gospel artist Regina Wa Anganiwe talk to some of the over 150 beneficiaries of Social Health Authority (SHA) from Muranga County during the beneficia's get together luncheon at Kiru ACK Parish in Mathioya sub-County, Muranga County .

Unpredictable Breaths

By Safia Mohamed Bashir

Life is laid upon fragile unpredictable breaths. A healthy human being at rest takes around 12–20 breaths per minute, about 23,000 breaths in a day and around 0.2 to 0.3 breaths per second. Interestingly, life moves slower than a second, yet can end in one second.

We hardly notice each breath... and sadly any single one could be our last, here one moment, uncertain the next.

We inhale without thinking it's spontaneous, a miracle and yet none of us is promised the next one. Each breath is a silent proof of how delicate and temporary our existence is. It reminds us to live purposefully, love deeply, forgive quickly and appreciate the present moment — because life moves not in years but in breaths and we do not know when it shall be last.

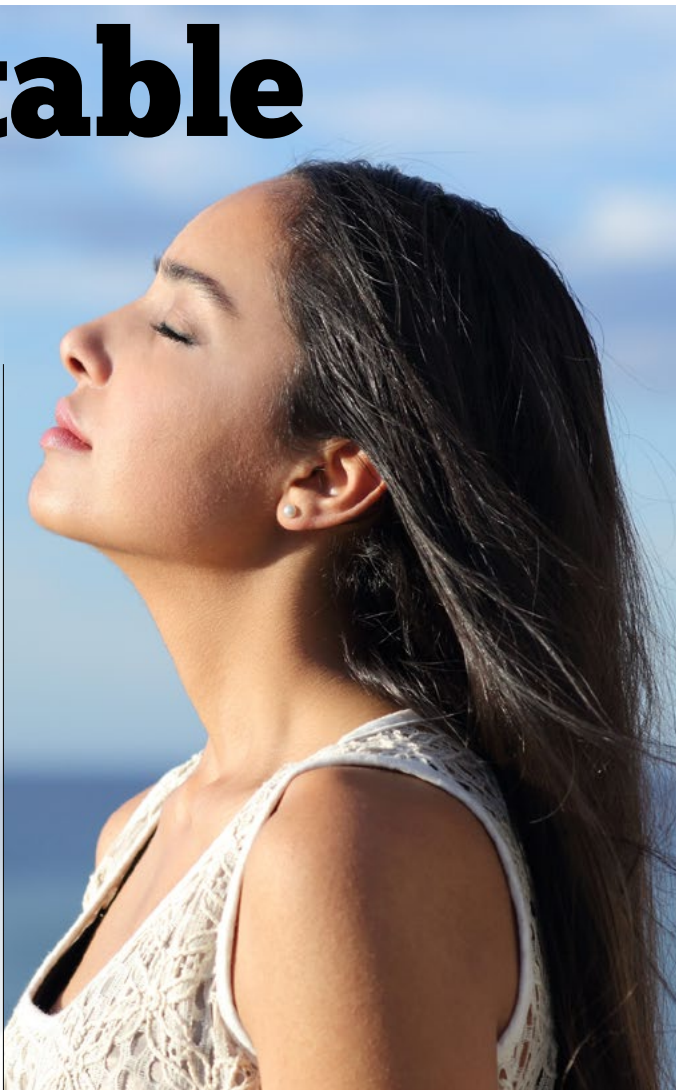
We live on this land like we will be here forever, yet we all know we are wayfarers, passing through this journey to a final abode elsewhere. Then why the greed, ego and hatred. One wants to accumulate wealth like he is never going to leave this world, another holds grudges forever, someone's ego is so big, he never wants to say sorry or accept his mistake. Hatred is filled in the hearts of friends and family for one another. No one is happy seeing the success of another, no one is ready to help a needy friend or a relative to such an extent that they do not promote their small businesses. Sometimes we hope for a friend or a relative to come help, unfortunately, they are never there when needed. The cycle of tit for tat then continues, he did not help and now I will not. They did not come and now we will not go. There is no compassion, understanding and care. This is an era of a tug of war game; whereby, we are all pulling the rope to win. Do we see which win this is? Is it one that will give us success in the hereafter? Or is it one, that's going to be a loss, too bad sometimes the loss is in this world and the hereafter too. Mesmerized and lost in this materialistic world, we do not realize the precious breaths we are wasting... and

when the last will come, we will regret the good deeds we did not do, unfortunately, it will be too late.

On the contrary, why don't we spend these breaths making life better for all around us and eventually ourselves. Each and every one of us is struggling, just in a different way. We are all carrying an invisible load called worry. It may be related to job, finances, family, health or dreams yet to be fulfilled, I believe this is a never-ending story, its one load after another. Some are fighting battles no one claps for, some smile through storms they never caused, some wake up tired of being strong but still wake up and go through the day. Every smile, frown or a distracted glance hints at a life as complex and fragile as our own and yet worthy of attention. Each of us carries a million thoughts at one given time and every other mind holds a universe just as vast. So, it's just not one mind, mine or yours ... it is in everyone's mind. Just that it's unseen, it is a sea of dark waters no one can see into or feel, apart from the person himself. Here comes humanity. Humanity is about recognizing that we are all connected and it is necessary to treat each other with dignity, respect, consideration, understanding and kindness.

A small act of kindness, a loving word or a compliment may not mean much to you, but could mean everything to someone else. A joke shared can bring a smile to a worried heart. A chocolate or candy offered can lift someone's mood, a word of assurance can uplift a broken soul, while an ear ready to listen can lift a burden - even though you may not change their affairs but the difference made goes a long way and the impact is left for a lifetime.

Someone will remember you for the smile you brought on their face, another will remember you for the gift you gave, while an unknown driver will remember you for giving them way on a busy street. Some child will have your image etched in their memory for the wise words you had shared, while strangers on the street will recall you for the smile you gave them, an old lady will say



a silent prayer for you because you helped her, some visitor in your office will ponder over the warm hand shake you had. These small gestures carry more weight than we often realize, spreading love, care, understanding, kindness and connection so as to remind others that they are seen and valued - it costs nothing. Each life has been sent for a purpose and for surely wherever they are placed, they are fulfilling that purpose. One purpose of each one of us is to make this world a better place to live for all, now if we are not kind, understanding and compassionate, how will we help others, how will we change situations, how will the world change? Understanding, caring and being there for one another is important to change the world. The load may be heavy to carry, but if shared can ease the burden. Just a word, a smile, a hope makes life easier.

Let these acts of kindness start from home. Treating parents with respect and obedience, who knows how long they shall live. They have struggled throughout their lives for their children. It is time to reciprocate.

Keep family ties, be connected, visit the sick relatives and support one another at all times. When a relative leaves this world, then what is left is just regrets. We wish we had spent more time

with them. That is why we must cherish every breath and every connection, before it's too late. We must make sure to leave a mark, such that people remember us after we have gone.

As you wake up, appreciate the air, the breeze, the beautiful mornings, the sun or the drizzle. There may be a lot of traffic on your way to work, the bodas on the road are a nuisance, the pedestrians crossing haphazardly, oh how stressful!!! Yet thanks to the Almighty for this life and you woke up safe and sound, healthy and well and you have a job, which is someone's dream.

Someone had plans for the week and never woke up today, another died after a prolonged illness leaving a lump sum of hospital bills for the family to clear. Yet another fell off the stairs and broke a hip – needs surgery, somewhere in the world there was an earthquake and thousands died and other thousands left homeless. Then we realize how these breaths are unpredictable and then appreciate the life given to us.

Be happy for what you have and use it in the most valuable way - your breaths, your life.

Thank you & Best Regards,

Safia Mohamed Bashir
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Nairobi

PHOTO STORY

Ahadi Kenya & Be.cause International



Harriet Njenga (left) Entrepreneur Support at Be.cause International and Stanley Kamau, CEO Ahadi Kenya Trust assist learners at Karung'e Primary School to fit "The Shoe that Grows" during a weekend event at school celebrate last year best students in KCSE from Karung'e Day Secondary who will be joining university this year. They distributed 650 pairs of shoes to learners and teachers. Kamau called on Mps and the government to establish day secondary next to every primary school countrywide in order to achieve the 100% transition from primary to senior schools. The day secondary school has so far taken more than 65 students to university.

Mawasco-Magarini ablution block commissioning



Malindi Water and Sewerage Company (MAWASCO) Managing Director Felix Wanje (left), Board Chair Samson Mapinga (centre) and Sanitation Manager Priscilla Oluoch (right) are joined by Magarini Sub-County Deputy County Commissioner Michael Olel Tuua (2nd left) during the handing over ceremony of the new Gongoni ablution block funded by the World Bank through Water and Sanitation Development Project (WSDP) to a local self help group, that will run it on Friday February 27th, 2026.

WOMEN’S DAY

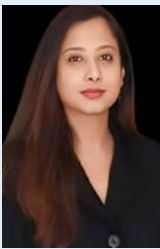
From Bread & Roses to Selfies & Slogans: Why Women Still March in 2026?

Last night, like every year, my phone decided to celebrate Women’s Day before I did. WhatsApp messages flowed in from my colony group, my workplace, and one overly excited restaurant promising a “Complimentary Mocktail for Every Queen.” Apparently, empowerment now comes garnished with mint leaves.

I sat there, half-planning to plan something meaningful, when Instagram gently reminded me that I “deserve” an all-women travel package on women’s day. Facebook, not to be left behind, flashed charts proving women are conquering everything from boardrooms to the moon. Graphs were popped up attractively.

I looked up and my eyes landed on the women of my colony, draped in vibrant sarees with striped blouses, turning our modest garden into a full-fledged production set for Women’s Day reels. They posed with confidence and cinematic grace, while their husbands — unusually patient, remarkably obedient — took on the role of high-definition photographers, offering unlimited retakes and premium angles... absolutely free of cost.

Then the doorbell rang. My maid walked in wearing a beautiful saree. Her granddaughter stood beside her in a red frock and white shoes,



By Arti Kotak

glowing with birthday-party excitement. The arrangement was practical and poetic at once: grandmother would finish the dishes at my house and then drop the little one to her friend’s celebration.

Seeing that, I felt tempted to borrow a thought from The Rime of the Ancient Mariner by Samuel Taylor Coleridge — the famous line, “Water, water, everywhere, nor any drop to drink” — and give it a playful, contemporary twist: “Women, women everywhere, And men quietly searching for their place.”

Because yes, women are running the world, the reels, and the reports, and the restaurant discounts. But before continuing the journey of hashtags, better to rewind. This journey wasn’t always pink-themed and politely applauded.

In 1908, women garment workers in New York, marched for better wages, shorter hours, and voting rights. In 1910, Clara Zetkin proposed a global Women’s Day. Decades later, in 1975, the United Nations officially recognized it.

Those women demanded Bread and Roses — survival and dignity. They didn’t have filters. They had fire. Today, we have captions. Sometimes I smile at how far we’ve come. Sometimes I wonder how far we’ve actually gone. I think about Vedic times, when women were scholars,



when Swayamvar meant choice was ritual, not rebellion. And yet, even India needed slogans for empowerment. Because tradition, like old wooden furniture, looks majestic — until we actually test its strength.

Today women are CEOs, scientists, fighter pilots, comedians. They manage homes, deadlines, and dreams — often all before breakfast. The progress is real. The achievements are undeniable.

And yet...

Is empowerment becoming an annual festival — celebrated

like Diwali, complete with discounts and decorations? Are we marching forward, or just marching toward the best lighting? Are we in revenge mode? Equality isn’t a revenge drama. Women want to put ahead matriarchy sequel title, “Now It’s Our Turn.”

Maybe women still march in 2026 because progress isn’t permanent. Rights are like mobile data — if you don’t recharge awareness, the network quietly disappears. But let’s also remember the grandmother

who must finish her dishes first.

Let’s remember why Bread was demanded.

Why Roses mattered.

Why voices were raised long before microphones amplified them. Because empowerment is not complete until dignity travels across class, across homes, across generations. Perhaps that is why 8th March still deserves its place on the calendar. Because March is not just a month. It’s a reminder that progress needs participation.

Drug Interactions with Milk Products

Mixing Medications with Dairy Can Cause Issues

How It Works

Calcium in milk can bind with certain medications, reducing their absorption.

Common Drugs Affected

Reduced Drug Effectiveness

Delayed Absorption

Increased Side Effects

Antibiotics

Osteoporosis Medications

Thyroid Medications

Iron Supplements

Tips for Safe Use

Take Medications with Water

Wait 1-2 Hours Before or After Dairy

Consult Your Doctor or Pharmacist

Did You Know? Milk Can Affect How Your Medicine Works!

Many patients believe that taking medicines with milk is “gentler” on the stomach.

In clinical practice, this habit can sometimes reduce drug effectiveness and delay recovery or lead to adverse reactions.

Why does this happen?

Milk and dairy products are rich in calcium, which can bind with certain medications in the stomach and intestines. This interaction may prevent proper absorption of the drug into the bloodstream.

Medications commonly affected include:

Some antibiotics (e.g., tetracyclines, ciprofloxacin)
Thyroid medications (e.g., levothyroxine)
Iron supplements
Osteoporosis medications (Bonviva, Alendronate)

When these medicines are taken with milk, their therapeutic/ efficacy effect may be significantly reduced.

What are the possible consequences?

Delayed treatment response
Treatment failure
Persistent symptoms

Increased risk of complications

Practical advice for patients:

Take most medications with plain water
Avoid dairy products 1-2 hours before and after certain medicines
Always read medication instructions provided. Ask your pharmacist or physician when unsure

The healthcare professional should always ensure that the patient is educated and guided properly on their medication regimes for effective safe treatment

PHOTO STORY

Vikkie Oh Aielier CEO Victoria Nwogu (centre) with models shortly after a fashion show parade to mark her fashion brand's 3rd anniversary and her 50th birthday dinner party at The Broadways Mall in Nairobi on Sunday March 1st, 2026. Victoria called on Nigerians to invest in the country saying the country had very promising returns so long as they operated within the Kenyan law requirement to do business.

Why I write My Mother's Story



By Sidharth P K

I realized that my mother had shared her destiny with me. She is life's longing in the time when adversity is turned into opulence. I had lived watching the world my mother shared with me. I turned twenty-seven last August and I turn back to find life is fixed upon reality. There were moments when I had to follow her, to know the world in many meanings.

Mother encouraged me to see the perfect lines that were drawn in the phase of reality. The real world was everywhere and I had to look into it every time. I was a child with a curiosity leading to the discovery of the diary once upon a time. I read out some poems, I cherished them as I can't tell whether they were written for me. I read out, I saw her unpublished world in my hands and I didn't know what to do, so I cherished them like memories. I took the poems to my heart where it spoke of her emotion written in language. Later I cultivated my own poems after it was published in 2018, that took off.

I received my earliest support from my mother when I developed an interest towards poetry, she brought me books of the classical age, the romantics, as the literal world was empty like my mind. I was innocent

like many children, I didn't know Shakespeare, I never got a chance to befriend Lord Byron's Childe Harold's Pilgrimage nor Milton's Paradise lost. I didn't know how to start a poem when I read many of my mother's craft. I developed no rhyme nor prose in my teenage years, as everything I thought was already written by others. I was lost like a star among the clouds.

It had to be my mother's dream to become a writer which I can only write today. She never thought about it for many years, could she become a writer at all, does she have any choice? She just chose my father as her husband and me with my brother ran through her mind. We two were sheltered in her womb for some months. And we saw the day that was born along with us. It had many events, like former Prime Minister Vajpeey was elected, and I add to tell my mother that August 15 is the day I wished to be born, as you gave birth on August 10.

The picture was clear that it was not my mother who planned everything, including my birth, after I was born, with two hands and two legs and had to crawl for some time till I was able at the age of three. Mother had intentionally scared me to fall asleep with the spooky. I grew up with her stories in my imagination. She spoke of the

ghost that had two fangs, the nightmares and the hound. I was frightened till I reached the age of twelve, as I began reading some books. My mind had thoughts that came like the wind of seasons.

Mother developed the first interest in me, the interest that later colored my wings and my poetry. I wrote a line with that, and wrote again with my mother's ideals. It was the beginning of discovering myself with the rest of everything that I had an interest in. I learned a few sums, the history of the world in textbooks and some school poems. I never befriended Archimedes while in school, history was never thought of in boredom. I had managed to get to know some historical figures who had no idea that they had been etched in the pages. It was plain and simple to learn Gandhi and others who gave us the freedom we needed by 1947. Mother schooled me well in the readings she gave, which shaped me well. I was not known to literature, it was not my pen, and I fell into it like an apple that falls into the basket. Knowledge was everywhere, free to be used, gained and packed off in letters.

I had confidence once I was prepared to face the world, without a smile or hesitation. I was prepared by the womb that nestled me for months in life. Every day was nourished like food that was added to

my growth. I gulp wisdom to see it and confidence to over stream the rivers I cross. I had to cross a few rivers in life, which were selected by myself and my confidence had been checked some times. It was not breaking fully, as I rode o'er again. I wrote again with the same interest as fully as ever, to make a poem by my pen to the paper. It rhymed with my mother's inspiration behind the scene. I saw it, my lines getting hues with similes and other metaphors. It was soft like my mother's touch.

I saw my mother giving her sacrifice out like burning out in flames to make my day and night. The stars were also my mother's own creation in every aspect. She was my first teacher to teach me, and I went to school to learn.

I was clear she had the goodwill to educate me and brother, in the system of schooling. I learned a few lines from my mother's poem while she wrote in her youth, it personified her womb where I heard my voice echoing along with the ripples found evidently in the ocean of life. She carried me for months and left me open to the light. I had to leave her womb with a new name, with a new life and a new gesture.

Sidharth P K
(The author is available in lordccplm@gmail.com,
Contact: + 91, 8078155651)

HE Uhuru Kenyatta Marks Ash Wednesday and the start of Lent in Mombasa



Former President Uhuru Kenyatta this morning joined Catholic faithful at St. Francis of Assisi Catholic Church in Nyali, Mombasa, to mark Ash Wednesday and the start of Lent.

President (Rtd) Kenyatta also wished the Muslim brothers and sisters in Kenya and around the world a blessed Ramadan, expressing hope that this sacred period would strengthen faith, deepen compassion, and foster unity among communities.

DONATIONS

The Lions Club of Mombasa Pwani

The Lions club of Mombasa Pwani proudly carried out a vibrant and impactful community service activity focused on empowerment, compassion, and sustainable support. The project was filled with positivity and unity as members came together to make a real difference in the lives of those in need. As part of our economic empowerment initiative, 3 sewing machines were donated to three deserving individuals. This support will enable them to start or expand their tailoring businesses, create a stable source of income, and work towards financial independence. The beneficiaries expressed heartfelt gratitude, sharing their hopes of building a better future for their families. In addition, dry ration packages were distributed to three vulnerable individuals to ease their financial burden and ensure food security. The ration support will also allow them to focus on growing their small businesses without the immediate pressure of daily food expenses. The club further extended special Ramadhan support to an elderly widow by providing



LIONS CLUB OF MOMBASA PWANI
SEWING MACHINES DONATION
18/2/2026

The Lions Club of Mombasa Pwani proudly donated three sewing machines to three deserving individuals to promote self-reliance and economic empowerment. This initiative aims to support sustainable livelihoods by enabling beneficiaries to start or expand tailoring businesses, improve their income, and uplift their families through skills-based entrepreneurship & community support.



LIONS CLUB OF MOMBASA PWANI
DRY RATION DONATION
18/2/2026

The Lions Club of Mombasa Pwani distributed dry ration packages to three vulnerable individuals as part of its humanitarian outreach. The support included essential food items to ease financial strain and ensure food security. This assistance will also enable them to focus on and grow their small businesses sustainably.

essential ration supplies, ensuring she observes the holy month with dignity, comfort, and peace of mind. Present during this meaningful activity were Charity Convener Lion Anjuman Altaf, 1st Vice

President Lion Ketki Shah, our Lion ladies, and Mrs. Falguni as our esteemed guest. The atmosphere was warm and inspiring, truly reflecting the spirit of service, unity, and the Lions' motto: We Serve.

Report On Commissioning Of Borehole And Community Support Activity Mwakulo Village, Kwale County

On Sunday, 8th February 2026, a major humanitarian milestone was achieved with the successful commissioning of a borehole at Mwakulo Village in Kwale County. This initiative was undertaken to address the long-standing challenge of access to clean and safe water faced by the local community. Upon commissioning, the borehole was officially opened for public use and is now supplying clean water to over 1,000 individuals daily, significantly improving the quality of life, health, and wellbeing of the villagers. The borehole project was made possible through our Lion Member Lion Dr. Lata Magon & the generous support and donation from HELP Association and the Datani Family. The donors, Mr. Dinesh Datani and Mrs. Versha Datani, traveled from Calgary, Canada, to personally witness and participate in this impactful event, demonstrating their deep commitment to sustainable community development and humanitarian service. In addition to the commissioning of the borehole, several supportive activities were carried out to further uplift the community. Drinking water bottles



were distributed to residents, and dry rations consisting of maize meal flour and wheat flour were provided to support household food needs. Special attention was given to children, with gift packs distributed to 100 children. Each gift pack contained biscuits, lollipops, an exercise book, a pencil, a rubber, and a sharpener, bringing joy, encouragement, and educational support to the young beneficiaries. The happiness and excitement on the faces of the children were a clear reflection of the positive impact of the initiative. Furthermore, reusable sanitary pads were donated to girls in the community to support menstrual hygiene management. This initiative was aimed at enabling girls to return to school with

confidence, maintain their dignity, and reduce school absenteeism caused by lack of access to sanitary products. The donation underscored a strong commitment to empowering girls through education, health, and dignity. The event was well represented by members of the Lions Club of Mombasa Pwani. Present were Lion Altaf Ali, Water and Conservation Convener; Lion Anjuman Altaf, Charity Activity Convener and Cycle of Committee Member; Lion Fatma Farooque, a senior member of the Lions Club; and Leo Ean Chacha, representing the Leo movement. Their presence and active participation reflected the club's dedication to service, water conservation, education, and community empowerment.

Intelligence

Fleming's analysis is sharp, witty, and unflinching. He argues that the university has become a "zombie institution," outwardly maintaining the rituals of academia while its internal life has been hollowed out by market logic. He details how the language of "excellence," "impact," and "brand" has created an environment of performative busyness where genuine intellectual curiosity is a liability. The chapter on "communal cynicism"—where everyone knows the game is rigged but feels compelled to play along—was a mirror held up to my entire department. This book offers no easy solutions, and that is its strength. It is not a self-help guide for surviving the academy; it is a diagnosis of a terminal condition. It gave me the vocabulary to understand

my burnout not as a personal failing, but as a logical response to a broken system. It was the push I needed to look beyond the university walls for a meaningful life and career.

10 Lessons and Insights from "Dark Academia":

1. The University is a "Zombie Institution": It walks and talks like a place of learning, but its core has been consumed by corporate managerialism, leaving a hollow shell that mimics its former self.
2. "Toxic Professionalism" is the Prevailing Culture: A performative ethos of overwork, competitiveness, and feigned passion masks a system of exploitation, creating an environment where burnout is the norm, not the exception.
3. Your Value is Reduced to Metricized Output: Your worth as an academic is not your teaching or intellectual

contribution, but your ability to generate measurable "products"—publications, grants, and citations.

4. The "Publish or Perish" Imperative is Structurally Sadistic: The system is designed to create a permanent state of anxiety and job insecurity, especially for early-career researchers, forcing them into a cycle of endless production.
5. Administration is the New Core Activity: The real growth in universities is in managerial and administrative roles, which impose auditing and compliance regimes that strangle actual teaching and research.
6. The "Impact" Agenda is Often a Farce: The pressure to demonstrate the societal "impact" of research often leads to contrived, box-ticking exercises that distort genuine intellectual inquiry.
7. Precarity is a Feature, Not a Bug: The reliance on a vast,

underpaid army of adjuncts and fixed-term contract researchers is essential to the business model, ensuring a disposable workforce with little power or job security.

8. Cynicism is the Collective Coping Mechanism: Most academics are privately cynical about the system's demands, but this cynicism is passive. It allows the game to continue because everyone is too afraid to stop playing.
9. The "Brand" is Everything: The university's primary concern is its market brand and position in league tables. Education and research are merely marketing tools to attract customers (students) and investment.
10. Escape is a Legitimate and Often Sanity-Saving Choice: Fleming legitimizes the desire to leave academia. Recognizing that the system is dysfunctional, rather than internalizing its failure as your

own, is the first step toward liberation and a healthier professional life. #fbllifestyle





Silver’s Rise and Fall: Volatility Versus Sovereignty

By Ethan Vale

Not all that glitters is gold. In 2026, silver became the market’s stress test for how quickly a “strategic materials” narrative can turn into a leverage unwind.

Silver hit an all-time high of about \$121.6/oz on 29 January 2026, then gave up more than a quarter of its value the next day as technical selling and stop-loss triggers snowballed.

Silver functions as both an industrial metal and an investment asset but does not fit neatly into either category. Its price is influenced simultaneously by manufacturing demand, investment flows, and policy developments. As discussions about supply chains and “critical minerals” become more prominent, these factors have gained increased significance.

This report examines how mineral sovereignty, defined as states seeking to secure strategic resources and reduce reliance on competitors, is influencing the pricing of silver (XAGUSD) in 2026.

Project Vault: The US Makes Stockpiling a Policy Signal Again

On 2 February 2026, President Trump announced “Project Vault”, a plan to build a strategic stockpile of critical minerals, backed by \$10 billion in financing from the US Export-Import Bank and \$2 billion from the private sector.

The stated goal was to reduce the risk of supply shocks for US manufacturers and to counter what Washington sees as Chinese influence over pricing in key minerals used across electric vehicles, defence, and high-tech manufacturing.

Project Vault is not specifically focused on silver, but its significance for XAGUSD lies in signalling that the United States is prepared to use raw materials security as a policy instrument. Such government actions typically result in markets assigning a greater policy premium to metals closely linked to industrial supply chains.

China’s Silver Licensing List: Control Without Calling It a Ban

Before that on 30 December 2025, China named the

44 companies allowed to export silver for 2026–2027. The Ministry of Commerce framed these metals as critical to supporting domestic industries.

This decision influenced the market in January, as traders often interpret any Chinese export process as a potential restriction. Additionally, misinformation regarding a routine licensing document circulated widely online. Reuters reported that some social media accounts mischaracterised the document as evidence of new export limits, despite China processing applications and ultimately approving 44 exporters, two more than the previous year.

This situation exemplifies the practical impact of sovereignty concerns. Although policy realities are often nuanced, market reactions have become increasingly binary, equating “strategic metal” with “supply risk.” In a thin and volatile market such as silver, this reflex can drive price movements more rapidly than changes in underlying physical flows.

A Demand Story That Cuts Both Ways

Silver’s role in the real economy is broad. It is used in jewellery, electronics, electric vehicles, and solar panels, and it is also held for investment.

This dual-use characteristic supports the credibility of the sovereignty narrative, but also contributes to market instability. When prices increase sharply, segments of demand adjust accordingly.

A clean example is Pandora. On 5 February 2026, Reuters reported Pandora would shift some products away from sterling silver towards platinum-plated alternatives, explicitly to reduce exposure to extreme silver price swings. Pandora said it aims to reduce silver jewellery to 25% of its offering over time, with at least 50% of its relevant silver assortment switching to platinum-plated in 2027.

Therefore, the sovereignty premium is limited. When volatility imposes significant commercial costs, some end users alter their product designs.

The Sixth Year of Deficit: Tightness, Even With Substitution

The Silver Institute expects

2026 to be the sixth consecutive year of a structural deficit, estimated at 67 million ounces, according to preliminary work by Metals Focus.

A critical nuance lies beneath this headline:

Industrial fabrication is forecast to fall 2% to 650 million ounces, driven by thrifting (using less) and substitution in photovoltaics.

Physical investment is forecast to rise 20% to 227 million ounces, as Western retail demand recovers after several weak years.

Total supply is forecast to rise 1.5% to 1.05 billion ounces, with mine supply up 1% and recycling expected to exceed 200 million ounces for the first time since 2012.

This dynamic illustrates the practical tension between sovereignty and volatility. While the market may appear tight based on data, the trajectory is complex, with shifting demand, substitution, and changes in marginal buyers.

What the Crash Actually Was

The January surge was not just policy anxiety. Reuters described the move as a retail-driven frenzy, with fear of missing out visible in demand for coins and bars, and even purchase limits imposed by dealers during peak flows.

Subsequently, the market correction became driven by mechanical factors.

CME moved to a percentage-based margin method on 13 January 2026, then raised margins three times after that, on 30 January, 2 February, and 6 February. For COMEX 5000 silver futures, margins for non-heightened-risk accounts were raised to 18% from 15%, effective after the close on 6 February.

This is significant because rising margin requirements in a declining market force less-capitalized participants to reduce risk exposure. The process is technical rather than moral.

The price path reflects that stress. On 2 February, Reuters reported spot silver down around 7% near \$78/oz, and down roughly 37% from the record high.

On 5 February, Reuters reported silver down nearly 14–15% on the day amid a broader liquidation, as a stronger dollar



and a risk-off tape hit precious metals.

On 6 February, Reuters reported silver rebounded sharply to about \$77.33/oz after dipping below \$65 earlier in the session, but it was still headed for a weekly drop after steep losses the week before.

This represents the volatility aspect of the analysis. While sovereignty-related news may initiate market movements, leverage and margin regulations determine the magnitude of price changes.

Mapping the New Price Landscape

In the current market, price levels are less about precise technical thresholds and more about the behavioural triggers they represent.

The \$120 area is the blow-off zone. It is where momentum, retail psychology, and positioning can quickly run away from fundamentals.

The \$60–\$70 area is where multiple analysts have pointed to a more “fundamentally supported” range after the spike, even while the longer-run deficit narrative remains in play.

These levels function as critical thresholds. At higher levels, market positioning becomes the dominant factor, while at lower levels, discussions shift toward deficit calculations.

What Could Shift the Sovereignty Narrative

Two developments could significantly alter the dynamics described in this analysis.

A real geopolitical thaw

Reuters framed one leg of the early-February sell-off as premiums coming out when US–China and US–Iran tensions eased. Even a partial

de-escalation can drain the “rush to hard assets” trade.

Faster-than-expected demand adaptation

Pandora provides the most prominent public example, while the Silver Institute also highlights substitution and thrifting in photovoltaics. If these trends accelerate, maintaining the sovereignty premium at elevated prices becomes increasingly difficult.

The Override Factor: Dollar and Risk Conditions Still Flip the Tape

Even with the big-picture “sovereignty” story in play, short-term price moves are still being driven by macro forces and market positioning. On 5 February, silver dropped as the US dollar strengthened and a wider equity selloff forced some investors to liquidate positions.

In the coverage that followed, the explanations were more practical than philosophical. RJO Futures strategist Bob Haberkorn noted that some traders were running into margin issues and had to close out metal positions after taking losses in equities. City Index / FOREX.com analyst Fawad Razaqada also pointed out that volatility often stays elevated after sharp moves, which can push prices lower before things settle down.

This is the key near-term driver for XAGUSD: even if the longer-term strategic story is still intact, a stronger dollar and forced de-risking can take control of the price action in the short run.

The Bottom Line: Silver as a Policy-Sensitive Metal Factors supporting silver prices

A projected 67 million ounce deficit in 2026, with investment demand expected to rise even as some industrial demand cools.

A policy backdrop where critical minerals stockpiling is openly back on the table in the US, and strategic materials language is now mainstream.

A market primed to treat Chinese licensing and export governance as a supply risk signal, even when the details are more routine than the rumour mill claims.

Factors exerting downward pressure on silver

The same feature that powers rallies also powers crashes: leverage. Margin hikes and stop-driven selling can turn a correction into a cascade.

Visible demand adaptation when volatility becomes commercially damaging, as Pandora’s shift shows.

The “cooling” signals cited by analysts, especially in solar and jewellery demand at elevated price levels.

Potential catalysts for a change in outlook

Fresh escalation in geopolitical tension, or a policy signal that materially tightens supply expectations.

On the downside, clearer evidence that substitution and thrifting are scaling up faster than investment demand can offset.

Understanding Silver as a Geopolitical Proxy

On EBC Financial Group’s platform, XAGUSD represents silver priced in US dollars per ounce. In 2026, this price will reflect not only supply and demand dynamics but also heightened sensitivity to policy decisions, licensing, and supply chain politics. The market has demonstrated significant volatility when these narratives intersect with leverage.

Make your most precious trade on the most precious metals.

Trade XAGUSD with EBC, the World’s Best* Broker.

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WILDLIFE

WildLife



PET STORE

PetStore Kenya: Mombasa's Newest Pet Haven

We all know the signs. You sleep on the edge of the bed so your dog can sprawl. You have full conversations with your cat. And your camera roll? About 95% your pet, doing absolutely nothing, but somehow still adorable.

If this sounds like you, welcome: you are unapologetically pet-obsessed. You're among your people.

Good nutrition isn't just food, it's love. It's the difference between a dull coat and a glossy one, low energy and

zoomies, years lost and years gained.

And on the coast, it matters even more. Mombasa's heat and humidity make hydration and high-quality, easily digestible nutrition essential, not optional.

Whether your dog is active outdoors or your cat prefers cool afternoon naps, generic supermarket kibble often just isn't enough.

That's why PetStore Kenya is excited to welcome you to our Mombasa branch.

Visit us at:
Greenwood Village Mall
Located in Nyali, Mombasa

We stock some of the

world's best pet nutrition and essentials, and our team is always ready to help. Whether you're feeding a growing puppy, supporting an ageing dog's joints, or finding something a picky cat will actually eat.

Quick FAQ's for the Busy (But Obsessed) Pet Parent

- **Q: Do you deliver in Mombasa?**
A: Yes. Fast, reliable delivery straight to your door, so your pet never misses a meal.
- **Q: Can I order on WhatsApp?**
A: That's our specialty. In-store or online, we'll guide you

to the right nutrition for your pet's needs.

- **Q: Can you help me upgrade my pet's diet?**
A: Absolutely. Visit our Nyali branch or chat with us online, we'll handle the research and recommend the best nutrition for your pet.
- **Q: Do you sell more than food?**
A: Yes. From treats like Churu, to toys, accessories, and tick & flea medication—we're your one-stop pet shop.

Step into PetStore Kenya at Greenwood Village Mall, or call us for delivery on **+254 759**



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Offer valid only at **Greenwood Village Mall, Nyali – Mombasa** branch. Promo runs until **31st March 2026**. Terms & conditions apply.

ADVICE

Manpreet - Father's Advise

By Manpreet Singh Bhabra
The Gladiator

1. Not everything will go as you expect in your life. Drop expectations and go with the flow.

2. Reduce bitterness from your life. That poison delays blessings.

3. Dating a supportive woman is everything.

4. If you want to be successful, respect one rule: Never lie to yourself.

5. If your parents always count on you, don't play the same game with those who count on their parents.

6. Chase goals, not people.

7. Your 20s are your selfish years. Build yourself. Choose yourself first at all costs.

8. Detachment is power. Release anything that doesn't bring you peace.

9. Only speak when your words are more beautiful than your silence.

10. Invest in your looks. Do it for yourself. When you look good, you feel good. Normalize dressing well — you're broke, not mad.

11. Some people want to see everything go wrong for you because nothing is going right for them.

12. Being a good person doesn't get you loved. It gets you used.

13. Don't be afraid of losing people.

Be afraid of losing yourself trying to please everyone.

14. Keep your moves private. Don't announce it until it's SEALED.

15. For your mental health, don't love too hard. Marry when you're ready, not when you're lonely.

16. Your thoughts are powerful. Make them positive.

17. Social media will make you envy someone you should actually pity.

18. Nobody owes you anything on your birthday.



Learn to save money and spoil yourself.

19. That move you're scared to make might be the one that changes everything.

20. Don't mess up your progress trying to rush the process.

21. No matter how thirsty you are, there are some people you should never ask for water.

22. Add value to your life. Learn a skill. Develop yourself.

23. Never love someone to the point where you no longer mind them hurting you.

24. You are your own best friend. Never put yourself down.

25. Sometimes people come back just to check if you're still stupid.

26. The sooner you figure out which chairs don't belong at your table, the more peaceful your meals become.

27. If you want to run, first learn to walk. Start small. Stay consistent. Watch it grow.

28. Before spending money on someone else, make sure your family is good.

29. What comes easy won't last. What lasts won't come easy.

30. Normalize lying to people who ask too many questions about your personal life.

31. One day you'll test HIV positive because of forgiving cheating partners.

32. Some exes need to understand that even if they own the world, we will never regret leaving them.

33. Avoid peer pressure.

34. Do not abuse or kill women. Respect yourself.

35. Not everyone at your workplace is your friend. Do your job. Get paid. Go home.

PHOTO STORY

Petroleum Department tour



Technical officials from the State Department for Petroleum at the Ministry of Energy and Petroleum, the Energy and Petroleum Regulatory Authority (EPRA), and the Turkana County Government pose for a group photo with Great Wall Drilling Company officials during a recent Gulf Energy E&P BV assessment tour of the GW70 drilling rig in Abu Dhabi. In a strategic and capital-intensive move, Gulf Energy has secured the GW70 rig, valued at more than US\$15 million, from Great Wall Drilling Company (GWDC) in the United Arab Emirates (UAE) on a long-term lease arrangement and is finalising logistical arrangements to ship the rig from Abu Dhabi to Mombasa before the end of next month.



Technical officials from the State Department for Petroleum at the Ministry of Energy and Petroleum, the Energy and Petroleum Regulatory Authority (EPRA), and the Turkana County Government engage Great Wall Drilling Company officials during a recent Gulf Energy E&P BV assessment tour of the GW70 drilling rig in Abu Dhabi. In a strategic and capital-intensive move, Gulf Energy has secured the GW70 rig, valued at more than US\$15 million, from Great Wall Drilling Company (GWDC) in the United Arab Emirates (UAE) on a long-term lease arrangement and is finalising logistical arrangements to ship the rig from Abu Dhabi to Mombasa before the end of next month.



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- NAIROBI:**
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Anga Cinema (Diamond Plaza 2)
Ashapura Sweet Mart (Kirima Shopping, 5th Parklands)
Bajrang (Sky Mall)
Bhagwanji Sweet & Farsan (3rd Parklands Kusi Lane)
Kumar Brothers (Diamond Plaza)
Microcity (Sarit Centre)
Onn The Way Supermarket (all branches)
Sona Shoppe (Wesgate Shopping Mall)
Taste of China (3rd Parklands)
- INDUSTRIAL AREA:**
Bunni Industries Limited (Dakar Road)
- LANGATA:**
Sona Shoppe (Galleria Shopping Mall)
- KAREN:**
Sona Shoppe (Karen Crossroads)
- NAKURU:**
Hyrax General Supplies (Biashara Avenue)
Rani Ramchandani
Rift Agencies Insurance Ltd c/o Purvi
- KITALE:**
Milli Hardware Ltd Main Road
- ELDORET:**
Kenya Jalaram Co Ltd – opp CBK
- VOI:**
Abbas Aluminum Supplies
- MOMBASA:**
Blue Room Restaurants
Nyalil Cinemax
Nyalil Centre – DKL
Umoja Rubber Shoes Shops
- Nyalil – Chandarana Supermarket
Quickmart Bandari Supermarket
Naivas Likoni Mall Supermarket
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SALES, MARKETING & OPERATIONS
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Situational Awareness: A Shield For Us All

The Essence of Awareness: We mostly move through our days on autopilot: lost in our phones or deep in thoughts. But have you, at one time, felt a sudden “prickle” on the back of your neck? If yes, then That is your situational awareness — the simple yet profound act of comprehending what is happening around you and understanding how those events might affect your safety.

The Importance of Vigilance: As a paramount principle, we should often

remain observant. Being vigilant is not about living in fear; it is all about being fully present. When you attempt to scan your surroundings, you are not just looking; you are trying to internalize events by comprehending. When you stay keen to detail, you realize when a “puzzle piece” does not fit at all. At all costs we must cease taking our environments for granted; if a door is left propped open or an unfamiliar vehicle idling for hours do not assume that as mere coincidences — they are details that needs your prompt attention. To strengthen your reaction

time, routinely practice the OODA Loop:

1. Observe: Scan the environment.
2. Orient: Understand the context of what you observe.
3. Decide: Develop a plan.
4. Act: Implement your plan promptly.

A Healthy Sense of Suspicion: In a perfect world, we could trust everything we observe at face value. However, sustaining a healthy sense of suspicion is truly an important art of self-care. It gives you a chance to identify and close vulnerability gaps — those small lapses in security

that might be exploited by otherwise an opportunist.

Security as a Collective Responsibility: A shared commitment to safety is vital. Many people think that security is the sole job of the public law enforcement operatives or guards, but in reality, security is everyone’s responsibility. Law enforcement cannot be everywhere at once, but we are. Your safety is inevitably paramount, and by looking out for yourself, you are inherently looking out for your neighbour.

Recognize the Red Flags: To be efficient and effective,

you must ensure you know exactly what to look for. Key suspicious indicators or red flags include but not limited to the following:

Avoidant Behaviour: People trying to avoid eye contact or abruptly changing direction upon seeing the security personnel.

Loitering: People in restricted areas without a clear purpose or showing nervous pacing.

Abandoned Items: Bags, backpacks, or packages left unattended in crowded spaces.

Inappropriate Attire: People putting on clothing that are in inconsistent with the prevailing weather (e.g., heavy coats in high-temperature areas like the coastal or North-Eastern regions).

Unusual Parking: Cars parked in “no-parking” zones or unusual locations for longer periods.

The Power of Voice and Instinct: You should not allow your instincts to be compromised. If something feels “off,” it usually is. Trust your intuition. That gut feeling is your brain processing thousands of tiny data points faster than your conscious mind can track. We must always live by a very simple, life-saving rule: “If you see something, say something.” Reporting suspicious activity to the nearest security personnel is not “being a snitch” — it

is being responsible — a protector.

The Impact of Continuous Practice: Caring for yourself and others needs continuous practice and, indeed, mental alertness. You should often yearn to improve your reaction time by practicing the OODA Loop. Routinely, make it a habit and you should ever share it with others because it creates a conducive canopy of safety over us all. The moment you choose to be present and report an anomaly might be the very act that saves an entire community.

Cheza kama wewe!

Major (Rtd) Dr. Mohamed Morowa holds a PhD in Governance, Peace, and Security, alongside an MA in Security Studies and Conflict Resolution, an MBA, a BSc in Computer Science, and a Diploma in Certified Security Management Professional (CSMP). He specializes in conducting security assessments and audits, as well as providing customized training in leadership, security, and management. Additionally, he is a certified PSRA Curriculum trainer. He offers expert, budget-friendly services and can be reached at 0722 262639, via WhatsApp at 0733 215351, or via email at morowa@msn.com.

RC Diani - Mwachema Comprehensive School Project

We started the journey on the Mwachema Project in 2023, and went through the arduous journey of sourcing for the funds with which to see the project through. Several times the process stopped but ultimately we have been able to push forward and are starting to see some of the fruits ripening.

In true Rotary spirit, we opted to adopt the institution and meet them at their greatest point of need.

So far we have completed the 1st Phase and part of the 2nd Phase of the Mwachema Comprehensive School project. This entails:

1. A perimeter wall
2. A permanent water source with water tower
3. A 4-door girls' toilet block
4. A 4-door boys' toilet block

The event to officially hand the completed part of this project over to the Institution will be held on



RC Diani President Winnie Wanzetse (L) exchanging the signed Project Handover Agreement with Head of Institution, Bwana Saidi Shee (R).

Friday 6th February, 2026 from 10:30a.m., at the Mwachema Comprehensive grounds in Tiwi. School



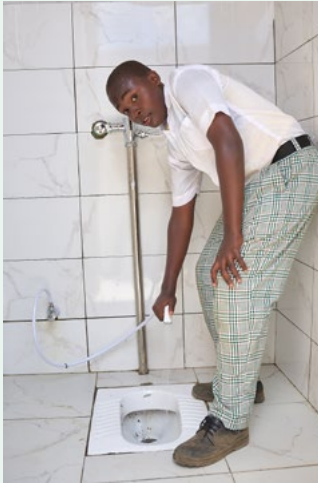
A section of the Rotary Club of Diani members with some learners from Mwachema Comprehensive School.



Handing over of the newly installed school gate and perimeter wall.



Happy learners washing their hands at the girls' toilet block.



An excited learner trying the high tech flushing system in the toilets.

PROJECTS

Govt ramps up BETA project inspections in Taita Taveta

The Government Delivery Unit (GDU) on Tuesday led a multi-agency inspection tour to fast-track implementation and enforce accountability of national development projects in Taita Taveta County.

The team, led by Acting Head Olando Sitati and accompanied by National Government Administrative Officers and officials from various Ministries, Departments and Agencies, toured ongoing infrastructure projects across Taveta, Mwatate, Wundanyi and Voi constituencies.

The visit underscored the government's resolve to ensure timely completion of priority projects under the Bottom-Up Economic Transformation Agenda (BETA).

The tour began with courtesy calls on Taita Taveta County Commissioner Linda Okola, highlighting the importance of coordination between the national administration and implementing agencies in delivering development programmes.

In Taveta Constituency, the delegation inspected the Illasit-Njukini-Taveta (B55) Road, a critical corridor expected to boost cross-border trade, ease mobility and unlock agricultural

potential in the region. The team engaged contractors and engineers to review progress, address emerging bottlenecks and reinforce adherence to timelines and quality standards.

The officials also assessed the upgrading to bitumen standards of the Cess (Nghonji)-Rekeke-Lake Jipe Road (Phase I), which is set to improve access to Lake Jipe and surrounding farming communities, stimulate commerce and strengthen links to regional markets. Mr Sitati called for sustained momentum to ensure timely delivery.

At the Taveta KCB Estate Affordable Housing Project, currently at 10 per cent physical progress, the team was briefed on construction of 814 housing units. The project has created more than 150 jobs for youth and generated economic activity through local suppliers and value chains.

In Mwatate and Wundanyi constituencies, the delegation toured the Mto Mwagodi-Dawida-Mbale-Wundanyi-Bura Junction (A23) Road, described as a strategic artery designed to enhance connectivity across key population centres and spur economic activity within the county.

The team also inspected the Mwatunge Economic Stimulus Programme



The Mwatunge Economic Stimulus Programme Market in Mwatate constituency, now at 98% completion, is set to empower traders, improve working conditions, and strengthen small-scale enterprises.

Market, now at 98 per cent completion. The modern market is expected to empower traders, improve working conditions and strengthen small-scale enterprises, in line with the government's MSME pillar under BETA.

In Voi Constituency, the delegation visited Ikanga Airstrip, which is poised to enhance regional accessibility, boost tourism, strengthen emergency response and open economic opportunities through improved air connectivity and job creation.

The officials further assessed the Voi Pool Housing Project, currently



Ongoing construction of the Ikanga Airstrip in Voi constituency. Upon completion, the facility will enhance regional connectivity, boost tourism, and strengthen emergency response capacity.

at 50 per cent completion, alongside a tree-planting initiative integrated into housing development to promote environmental sustainability.

The final stop was the Voi Economic Stimulus Programme Market, now at five per cent following groundbreaking. Scheduled for completion in December 2026, the market is expected to provide a dignified trading space, reduce post-harvest losses for perishable

goods and catalyze the local economy through expanded value chains.

Throughout the tour, contractors and implementing agencies were directed to adhere strictly to approved timelines, uphold quality standards and work closely with local administrators to address land, security and logistical challenges.

Among those present were County Commissioner Linda Okola, Voi MP Khamis Chome Abdi, Agricultural Finance Corporation chairperson John Mruttu, National Treasury Director of Public Investments Management Jonah Orumoi, Coast Water Works Development Agency CEO Hamud Mguza, Kenya Power Coast Region head Eric Langat, and representatives from the Kenya National Highways Authority, Kenya Rural Roads Authority, the National Police Service and the National Land Commission.

The inspection reinforced the government's results-based delivery approach, with officials emphasizing that close monitoring of flagship projects will ensure tangible benefits reach wananchi across Taita Taveta County.

Dispatch from the Government Delivery Unit (G.D.U.) Communications.

PHOTO STORY

Post Office-Mombasa 1899

This building housed the post office which opened in 1899. This post office enabled the Indians who built the railway to send news and money home to their families. Trolley tickets were also sold here, as this was one of the trolley terminals. The post office was later transferred to Treasury Square in 1941. The post boxes were on the corner and there was a covered way leading over the road like a bridge to the post manager's office on the other side. It was also the temporary immigration office during the World War I (1914-1918)



PHOTO STORY



1900 - When the railway line from Mombasa reached Nairobi ('Nyrobi' as it was then spelt) on 30 May 1899, the site of the present city was a bare open plain, the grazing ground of herds of wild and domestic animals. A base was set up, and some few months later the headquarters of the railway were transferred from Mombasa.

DONATIONS

Lord Mahavir Swami Followers & Giants Group Twiga Mega Blanket Donation

DATE 20/2/26
Area Makueni County
2940 Students in 14 Schools in Makueni County benefited from the generous donation of Blankets courtesy of Lord Mahavir Swami Followers and Giants Group Twiga . In addition Juice , biscuits and lollipops were also provided
Teachers and staff from all these schools were also given The blankets. The area where the blankets were distributed is prone to drought and water is scare in most of these areas .Poverty is at its highest . Some schools had a population of Only 27 students and maximum had only 500 students
Blanket project started in 2021 has to date benefited over 200,000 Primary School Students.
Journey Of Service Continues



PHOTO STORY
International women Day 2026



Prime Cabinet Secretary Spouse and Chair of Ushiriki Wema Foundation, Tessie Musalia hands over neonatal incubators donated through their Okoa Malaika (OM) Program, an initiative that seeks to reduce neonatal mortality in Kenya, to Tharaka Nithi, Embu and Meru Counties on Sunday March 8th, 2022 during an event to commemorate this year's International Women's Day (IWD) at Chuka County Referral Hospital in Chuka town, Tharaka Nithi County. This year's IWD theme was: Give to Gain. Receiving the Incubators is Tharaka Nithi First Ladies Margaret Muthoni (left) and OM Njoki Mambo (centre).

Prime Cabinet Secretary Spouse and Chair of Ushiriki Wema Foundation, Tessie Musalia and Tharaka Nithi First Ladies Margaret Muthoni join Tharaka Nithi County Ambassadors dancers in a traditional dance during the hands over neonatal incubators donated through their Okoa Malaika (OM) Program, an initiative that seeks to reduce neonatal mortality in Kenya, to Tharaka Nithi, Embu and Meru Counties on Sunday March 8th, 2022 during an event to commemorate this year's International Women's Day (IWD) at Chuka County Referral Hospital



in Chuka town, Tharaka Nithi County. This year's IWD theme was: Give to Gain.

Ramadan Mubarak

Wishing You A Blessed Ramadhan! May This Holy Month Bring Peace And Endless Blessing To Your Family

HISTORY

The Long Road From Tanga

On 28th July this year, while on an official visit to Tanzania, the Chief of the Naval Staff, *Admiral Sunil Lanba* presented a chart of the *Tanga port* (in northern Tanzania), to *Hon'ble Kassim Majaliwa*, the Prime Minister of that country (see accompanying picture). This chart (as maps in the maritime world are called) was the result of an extensive hydrographic survey undertaken by an Indian Survey Ship, demonstrating not only our prowess in hydrography (the equivalent of surveying on land but hydro ships do much more) but also the contribution of Indian Navy to our international cooperation and engagements.

Indians, by and large, are either uninterested or unaware of East Africa, despite both geographical proximity and historical antiquity playing an important role in our centuries long association. *Not many may be aware, but Tanga has a historical connection with India.* We are observing the centennial years of World War 1 or the Great War fought between 1914 and 1918 and this tale relates to that.

Within months of war breaking out in Europe, it spread to Africa where the belligerents had colonial interests. British Admiralty was eyeing Tanga, the busiest port in the East African coast under German control. (Do recollect that Tanzania or more specifically Tangynika then was a German colony). The idea was simple. By taking over Tanga, Britian could not only block German trade in/ to Africa but could also further target the Usambara railway line, thus hitting at the heart of German possessions in Africa. This would enable British control of whole of East Africa. In order to do this, an amphibious assault was planned on Tanga.

While the Royal Navy provided the ships for this assault, *the manpower or the Army troops were predominantly from the Indian Army*. Gurkhas of Kashmiri Rifles, 27th Bangalore Brigade, 13th Rajputs, 63rd Palamcottah Light Infantry, 27th Mountain Battery and Faridkot Sappers comprised the *Indian Expeditionary Force B led by Maj Gen Arthur Aitken*.

The assault was launched on 02 Nov 1914 but turned out to be a big failure. Despite having achieved surprise and facing

a light opposition consisting of only one company of East African askaris (security guards), the British controlled troops failed to progress allowing the opposition under *Lt Col Paul von Lettow-Vorbeck (lets call him Col LV for short)* to recoup and put up stiff resistance. The entire Battle reads like a tragicomedy. You can Google for details, but suffice it to say here it was actually a case of both sides committing blunders galore with the Brits excelling at it. *The battle of Tanga is also often called the 'Battle of Bees',* since in another tragicomic incident, several huge beehives were disturbed by both sides in the battle and they in turn descended on the troops in a swarm injuring and hurting many. Many British stories talk of this as a fiendish German ploy but the truth was more prosaic. The agitated bees added to the X factor in the war.

For three days, the battle went on with 1000 on the German side (largely colonial volunteers and local troops with few German troops) and 8000 in the invading British Indian force. Fortunes fluctuated and *in fact on the night of 04 Nov, when German forces briefly withdrew west to consolidate, Tanga was for the taking but Aitken did not press home the advantage.* Determinedly, the smaller German force held its ground. Ultimately, the British, after incurring several losses, disarray in troops and staring failure, decided to call off the assault and evacuate the troops. *On 5th Nov 1914, the evacuation was finally complete but the end result was messy. The casualty count, almost all Indian, was close to 1000 with 350 troops dead, close to 500 injured and another 150 reported missing*. The distraught and disarrayed troops in many cases fled leaving behind their equipment, arms and ammunition. On the German side it was less than 200 with less than a 100 dead.

Tanga in many ways was a disaster and there is no harm in saying so. In fact British war history records it as one of their worst defeats. Tanga does not resonate of bravery like the other great episodes of WW 1 or 2 like Ypres or Flanders. It was not heroic like Haifa, not even a courageous defeat after a fierce fight like Gallipoli. There was none of the romanticism that was to be associated (later in WW 2) with Dunkirk. This was simply



ignominious.

British writing makes it out that the Indian troops were unprepared and ill-trained. Perhaps there is a point there, but this was no fault of the Indians. Those that had been trained and equipped had already been sent to the European and Mediterranean theatres. Tanga was hurriedly conceived and launched with the residual troops in India forming a new expeditionary force. But surely as we all know in war, especially combat, it is the leadership that is mainly instrumental in the ultimate outcome. And the British leadership was poor indeed. Be it Aitken himself who was relieved of Command after this campaign or Navy Capt Francis Caulfield, the Captain of HMS Fox, the Royal Navy flagship, they showed lack of understanding of terrain and inadequate temperament. In contrast, Col LV proved to be a great leader. In fact, he remained the only German campaign Commander who was undefeated in the War and is considered a heroic figure in Africa. (Note. After Tanga the British attempted to attack Tanzania through Kenya from land, targeting the railway lines at the base of Mount Kilimanjaro, once again involving several Indian troops, but Col LV could not be overcome).

*Therefore, the dead and injured and missing from India were just as courageous and brave as their brethen

elsewhere.* It was simply their fate to suffer, as Soldiers often do, the consequences of things beyond their control. *The dead in Tanga are a part of the more than 3000 Indian soldiers whose graves lie in various parts of East Africa.* As most Indian soldiers were cremated and not buried, their names are mentioned not grave wise, but on long plaques in the many Commonwealth war graveyards that are located in Kenya and Tanzania.

This military link between India and Africa is often not known or under emphasised in our national narratives. Just as it is not known that Kenyan soldiers, largely from the King's African Rifles (today Kenya African Rifles) fought in the North East, in the Burma campaign in World War 2 and many died here. Post independence, India continued the tradition in a new benign avatar of peacekeeping and many of our troops have played a most distinguished part in Peace Support Operations in Africa. In fact, the first ex NDA officer to be awarded a Param Vir Chakra was Capt GS Salaria, for operations in Congo in early sixties. *During my tenure in Kenya, as the Defence Adviser in the Indian High Commission at Nairobi but accredited to East Africa, I tried my best to inform the local Africans, the Indian diaspora, other nationals especially those from West who believed only they fought in the Wars and our own High

Commission staff, about these fascinating historical details.*

That brings me to the present. Earlier this week, at the Goa Maritime Conclave eminent scholar Dr C Raja Mohan made the point that British colonial enterprise was undergirded by three important elements - the Royal Navy, the Indian Army and the carefully enmeshed govt and administrative structures of envoys, regents, intelligence officials, collectors, police officials. He also rued the fact that a newly independent India looked inward and had neither the appetite nor imagination to view the world as the British did resulting in a loss of strategic space for India post 1947. He also inferred that it is only in the last few years that we seem to have recovered our mojo as a regional or middle power.

Without getting into these debates on power theories and international relations, *it can be clearly said that the Indian Navy has been playing a key role in our international engagements*, especially in the past two decades. We are the best manifestation of an India that is looking outward again but by invoking new paradigms. Instead of expeditionary operations we believe in foreign cooperation. Respect for each other, mutual partnerships, joint stakeholdership, non-invasive frameworks are the buzz words that characterise our

initiatives.

Therefore, it was entirely appropriate that the *site of a battle between colonial antagonists should become the very location of a new cooperative endeavour of a post colonial world.* Indian Navy's hydrography standards are world class. By assisting the Tanzanian authorities in surveying the port of Tanga we gave a fillip to regional cooperation.

And the date that the Navy Chief presented the chart is significant. 28 July 2017. *For remember, 28 July 1914 was the start of World War 1. 103 years later, to the day, the CNS connected the dots of the history.* And 103 years to the day of the disaster and evacuation (05 Nov 1914), I hope as an amateur historian, that the Indian Navy's grand gesture finally puts a closure to the disaster of that day.

We have indeed travelled a long road from Tanga.

Srikant Kesnur
05 Nov 17

PS - I understand that the Tanga amphibious campaign is studied and has been analysed in detail by the United States Command and Staff Course. Despite the time gap and the somewhat farcical elements of the battle, it continues to be relevant as a case study particularly for Expeditionary forces.

Survival Protocols For Active Shooter Scenarios

An active shooter scenario is a situation where an individual is attempting to harm people in a confined and populated area. It is unpredictable, often unfolds quickly, and requires immediate, decisive action. For individuals within any facility, understanding the nature of such an event and knowing how to respond can save lives.

The widely recognized safety framework is Run, Hide, Fight. If there is a safe escape route, occupants should run without hesitation. Leave belongings behind, assist others if possible, and keep hands visible to avoid confusion when encountering law enforcement. If escape is not possible, the next step is to hide. This means finding a secure location, locking or barricading doors, turning off lights, silencing phones, and remaining quiet. Individuals should position themselves out of sight, away from entry points, and behind any available cover. Finally, as a last resort, if directly confronted and life is in imminent danger, it may be necessary to fight. This involves using improvised



weapons, acting with maximum physical aggression, and working together to incapacitate the attacker. Beyond these immediate actions, preparedness is essential. Everyone should be familiar with multiple evacuation routes, participate in regular safety drills, and maintain high situational awareness. Communication also plays a critical role by calling emergency services when safe and providing clear, concise information about the shooter's location, description, and type of weapon. Workers should also understand how to respond once law enforcement arrives, following instructions quickly and keeping hands

visible to demonstrate they are not a threat. Ultimately, survival in an active threat scenario depends on calm, strategic responses. By internalizing these steps and practicing them regularly, individuals can protect themselves and support one another in the face of danger. Preparedness, awareness, and decisive action form the foundation of resilience, ensuring that workplaces remain ready to confront even the most unpredictable emergencies. **Major (Retired) Dr. Mohamed Morowa is a security consultant who has a PhD in Governance, Peace, and Security, an**

MA in Security Studies and Conflict Resolution, an MBA, a BSc in Computer Science, and a Diploma in Certified Security Management Professional. With over 35 years of extensive experience, he is an expert in this field, yet his rates are budget-friendly. He can be reached on 0722 262639, 0733 215351 or via email at morowa@msn.com.

PHOTO STORY

Valentine Day



Ahadi Kenya Trust CEO Stanley Kamau during a valentine Day celebration organized by his organization in partnership with Mima Entertainment and other partners to celebrate 300 police officers drawn from counties in the Rift Valley region. Kamau called on the Public and police officers to engage more on community policing to bring down crime in their region. He called on the public to respect the police as they too are human being living in our society and belong to families just like everyone.

Rain 1961



Kano Kisumu after torrential rain of 1961, that caused floods throughout the country. The 1961 torrential rains, following a severe drought, caused catastrophic flooding in Kenya, particularly devastating the Kano Plains in Kisumu and surrounding areas, known locally as KodhUhuru. The massive, widespread flooding inundated vast areas, destroying homes, crops, and infrastructure, which necessitated a major international relief airlift operation involving the Royal Air Force.

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FEB 2026

Young Stars shine at 2026 Mcha Junior Hockey 5s

20 Teams Battle for Glory at Aga Khan Academy in Celebration of Youth Hockey

The coastal city of Mombasa witnessed an inspiring showcase of grassroots hockey talent during the MCHA Junior Hockey 5s 2026, a vibrant community tournament that brought together 20 teams competing across U11, U13, and U15 categories.

Hosted at the prestigious Aga Khan Academy Mombasa, the tournament highlighted the growing strength of junior hockey within the region, while reinforcing the importance of structured youth development in sport.

The competition attracted teams from across the Coast region including Kivukoni, BOC/MSC, Coast Academy, Mombasa West, Marvel Junior Academy, Manna Juniors, Oshwal Academy, and the host Aga Khan Academy. Over the course of the tournament, young players demonstrated skill, discipline, and remarkable sportsmanship in the fast-paced 5s format.

U11 Girls: BOC/MSC Crowned Champions

In the U11 Girls category, BOC/MSC emerged victorious after a strong campaign, edging out Coast Academy who finished as runners-up. The BOC/MSC side displayed impressive teamwork and composure throughout the tournament.

Individual brilliance was also recognized. Amani Wamalwa of BOC/MSC was named Most Valuable Player (MVP) in the U11 Girls division, while Natasha Mdongi, also from BOC/MSC, earned the Best Goalkeeper award for her outstanding performances between the posts.

U11 Boys: Aga Khan Academy Impress on Home Turf

The host institution, Aga Khan Academy, delighted home supporters by clinching the U11 Boys title. They



Guard of honor given to BOC/ MSC winners of Girls U11 by Coast Academy Girls U11

finished ahead of Kivukoni, who secured the runners-up position after a commendable run.

Adam Kilimo of Aga Khan Academy was named MVP in the U11 Boys category, underlining his influence in their title-winning journey. The Best Goalkeeper award went to Hamza Maneno, also from Aga Khan Academy, completing a memorable outing for the hosts in this division.

U13 Girls: BOC/MSC Dominate Again

BOC/MSC continued their dominance in the U13 Girls category, securing another championship title. Kivukoni settled for runners-up after a spirited performance in the finals.

Linnet from BOC/MSC was crowned MVP in the U13 Girls division following a series of commanding displays. Michele John, also representing BOC/ MSC, was recognized as Best Goalkeeper, further cementing the club's strong presence in the girls' competition.

U13 Boys: Mombasa West Rise to the Top

The U13 Boys title went to Mombasa West, who showcased strength and tactical discipline throughout the tournament. Kivukoni finished as runners-up in what proved to be one of the most competitive categories.

Ray Mutuku of Mombasa West was named MVP after leading his side with determination and skill. The Best Goalkeeper award in this category was presented to Martin Zeta of Kivukoni, whose reflexes and shot-stopping ability stood out despite his team finishing second.

U15 Boys: Mombasa West Complete a Double

Mombasa West capped off a successful tournament by winning the U15 Boys title, defeating Aga Khan Academy who finished runners-up in the category.

Amoni Elijah of Mombasa West earned the MVP accolade in the U15 Boys division, while Elijah Jin from Aga Khan Academy was named Best Goalkeeper for his consistent and composed performances throughout the competition.

Community Support and Partnerships

The success of the MCHA Junior Hockey 5s 2026 was made possible through strong partnerships and community support. Key partners included Memadai Solutions, Liberta Computers and Technology, Daikyo Motors, Performance Hockey, Tunza Sports, the Kenya Academy of Sports, and Madafu Newspaper.

Performance Hockey sponsored the individual awards, recognizing excellence and encouraging

young athletes to continue developing their talent.

The tournament not only provided competitive opportunities but also strengthened collaboration among schools, academies, and community clubs within Mombasa and the wider Coast region.

A Platform for the Future

Beyond trophies and medals, the MCHA Junior Hockey 5s 2026 reinforced the importance of grassroots competitions in nurturing the next generation of hockey stars. The energy, enthusiasm, and discipline displayed by the young players signal a promising future for the sport in the region.

With increased corporate and institutional backing, tournaments such as this continue to serve as vital platforms for talent identification and development. Parents, coaches, and supporters turned up in good numbers, creating an electrifying atmosphere that mirrored the passion on the pitch.

As the final whistle blew and medals were presented, one message stood clear: junior hockey in Mombasa is set to thrive. The MCHA Junior Hockey 5s 2026 was more than just a tournament — it was a celebration of youth, community, and the enduring spirit of sport.

16th Capablanca Chess Championship



The 16th Capablanca Cup held on 21st and 22nd Feb with Peter Majur Manyang of South Sudan emerging victorious with 3.5 points out of four rounds in the Elite section. He beat a strong field of 18 players and took home a glittering trophy and KES 20,000.

In a closely fought battle, Allan Chumba took the silver with 3.5 points and went home KES 20,000 richer.

U1800 Section

Haden Nyamiaka won this hotly contested category with 3.5 points out of four rounds to claim KES 15,000 and a trophy. Meanwhile, Peter Kyalo took the runners-up slot with three points, winning a trophy and KES 5,000 for his efforts.

U1600 Section

This section was perhaps the most interesting, as here the top two places were taken up by the ladies! Francisca

Kagwiria won with 3.5 points, earning KES 7,500 and a trophy.

Nisha Bhavsar was second with three points, earning KES 5,000 and a trophy.

U1500 Section

Aaron Wangai Warui emerged victorious in this section, which featured 44 players, scoring six points from six rounds to claim KES 5,000 and a trophy.

Arthur Keya was second with five points, while Jeremy Aden Duke was third with 4.5 points.

The event itself was hosted at the Goan Gymkhana Club, Nairobi, over the weekend of the 21st & 22nd February 2026.

Sponsor of the event

Dr Mujahid Din was the sponsor of this event in honour of his late father, Mohamed Younis Din, a chess enthusiast in his days. Nairobi Chess Club were the organiser of this iconic and historic event.

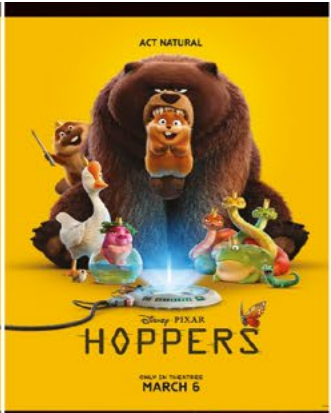
CINEMA

wh@ts on mombasa & coast - event guide MARCH 2026 - all data without warranty - www.whats-on-mombasa.com

WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	NIGHTLIFE & ENTERTAINMENT	FAIRS & EXPOS
Tuesdays Safari Inn Shanzu Serena Rd Maranda & Band	Fridays Safari Inn Shanzu Serena Rd Jambo Africa Band	Sundays Maasai Utange Amitie Musica On Stage	Saturday 21 03 Moonshine Beach Bar Nyali Moonshine Goes To The Beach Eid Celebration Party	Saturday 14 03 Serena Beach Resort & Spa Shanzu ISEF AFRICA's International Schools Fair
Wednesdays Sky Lounge Bamburi Julio Diatos with Big Band	Ziani Bar & Restaurant Kilifi Tamu Fridays with Kaka Brayo Tamu Music Band	The New Bigtree Bamburi Beach La Festa Sunday with Mombasa Roots Band	Nomad Beach Bar & Restaurant Diani Beach Live Music with ChuChu	INTERNATIONAL WOMEN'S DAY
Balsons Bistro & Kitchen Shanzu Serena Rd Joker Intact Band And Connection Band	English Point Marina Solitaire The Band Live On Stage	Tapas Gold Nyali Mombasa Roots Band	Friday 27 03 Lego Lounge Mtwapa Old School Hip Hop & R&B with DJ Monster	Saturday 14 03 The Noble Ballroom - Mombasa Luhar Wadha Street Empowerment Dinner
Thursdays Kusini Tavern Kilifi The Muziki Band	Saturdays Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band	The New Big Tree Bamburi Beach Mombasa Roots Band	Saturday 28 03 Nomad Beach Bar Diani Beach Live Music with Makenah	OPEN DAY
Fridays English Point Marina Live Band Fridays with Solitaire The Band	Club Country Mtwapa Mugithi Night Live with Man Kamaa DJ Smith	NIGHTLIFE & ENTERTAINMENT	Club 28 Bondora Enzi Zetu Night with Old Utamadani Band Members New African Sounds Five Stars Band	Friday 13 03 Aga Khan Academyy Mombasa Open Day
JJJ 20 Lounge Bombolulu Utamaduni Band	Maasai Utange Amitie Musica On Stage	Friday 20 03 JJC Bar & Restaurant Gede Double Gang Live	Moonshine Beach Bar Nyali Prince Indah Live Concert	FUNDRAISER
Club Legend 2.0 Mtwapa Rhumba Mature with Ricky Mulolo & Idologia Musica	Milele Beach Hotel Generation Band Live			Monday 16 03 Kanamai Jumba La Mtwana Fundraising to Construct A Church In Vinani Milango Saba

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SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	ART EVENTS & EXHIBS	FAIRS & EXPOS
Friday 13 03 KODA Kenrail Towers 3-Step Theory with Bune Gorilla Face Cheffk	Friday 20 03 Artcafé Sigana Afro-Soul with Anditi Tigo	Saturday 28 03 Pridelnn Azure Hotel Westlands Kizomba No Pé	15 22 to 30 06 Karen Village Ngong Rd Art Competition	07 to 15 0 Alliance Française Nairobi Nairobi Design Week
Saturday 14 03 Naiposha Gardens Limuru Rd Park n Chill Volume 3	Saturday 21 03 40a Marula Ln Sage Connect II	THEATRE	19 02 to 05 04 Rosslyn Riviera Mall Michael Armitage maria Lassing Chelenge Van Rampelberg	BOOKS
The Village Creative Mzima Spring Rd Drip or Drown March Madness	KODA Kenrail Towers Sounds Of The East Pres. Jay Fase Avocado The DJ Ghedi Kamushez Lemi Mayan	20 & 21 03 Braeburn School - Gitanga Road A Matatu Named Desire	Every Sunday Karen Village Ngong Rd Sip And Graffiti	Saturday 21 03 Nairobi national Museum KMS Pop Up Market & Book Sale
The Living Rooms 90s And 00s Night	Sunday 22 03 Kenya National Theatre SBS XP - Sound Beyond A Song	26 to 29 03 Kenya National Theatre Mgonjwa Mwitw - A Comedy Play	SUMMIT	MUSICAL
Muze Club Westlands Ghedibae All Night Long	Friday 27 03 USIU University Thika Road USIU-Africa Culture Week 2026	27 to 29 03 Braeside Lavington Followers: The Play	27 to 29 03 Trademark Hotel What Women Want Summit 4.0	19 to 21 03 The Catholic University of Eastern Africa (LRC Auditorium) Here We Go Again: Mama Mia 2 - The Musical
KODA Kenrail Towers Yarden Live In Nairobi	Saturday 28 03 Absa Sports Club Thika Rd The Millenial Vibe Day Party	FITNESS COMPETION	FUNDRAISER	Sunday 29 03 Regina Caeli Karen Catholic Church Lenten/Easter Musical Concert 2026
Sunday 15 03 Nomad Corner Africa Black Wind Listening Experience - Afro-Colombian Music		Saturday 28 03 Diguna Masai Lodge Rd Rongai Hyrox Fitness Competition	Friday 27 03 The Boma Nairobi Annual Fundraising Dinner-KENCO@10	www.whats-on-nairobi.com



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