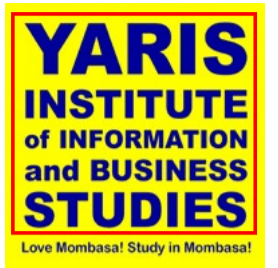




# MaDaFu



The Socio-Economic Newspaper with Anything & Everything from Kenya

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# INS TRIKANT VISIT TO MOMBASA

## PHOTO STORY

### Yoga Session



NS Trikand on Day 3 of her Operational Turnaround (OTR) at Mombasa witnessed a blend of wellness, engagement & professional exchanges. An early morning Yoga session saw enthusiastic participation from local residents & Kenya Navy personnel. The Commanding Officer of INS Trikand, along with the Defence Advisor at High Commission of India, called on Brig MS Shemote, Commander Kenya Navy Fleet, at Kenya Navy Base Mtongwe. Specialist Officers also visited the Kenya Navy Training College, sharing insights on training curriculum & infrastructure development.

An invigorating yoga session was conducted onboard #INStrikand during her port call at Mombasa, Kenya, with enthusiastic participation from members of the ship's crew, personnel of the Kenya Navy, and the Indian diaspora.

Strengthening shared cultural heritage and fostering regional harmony.

**POLICARE**

# Workshop Summary: Policare Curriculum Validation



**A** Policare Curriculum validation workshop was held at the Argyle Grand Hotel on 15 April 2026, from 1000 Hrs to 1700 Hrs.

**Attendees**

The workshop convened diverse stakeholders, including representatives from the Independent Policing Oversight Authority (IPOA), Federation of Women

Lawyers (FIDA), Save the Children, University of Nairobi (UoN), Kenyatta University (KU), Technical and Vocational Education and Training Authority (TVETA), National Police Service (NPS), British American Tobacco Kenya (BATU), Police Constables Association of Kenya (PCAK), and Kenya National Union of Teachers (KNUT), among others.

**Focus of Discussion**

The primary agenda was the

validation of the Policare Level 5 Curriculum, with emphasis on Sexual and Gender-Based Violence (SGBV) services. Key themes included tackling online misogyny and gender-based violence as pathways to radicalisation and violent extremism.

**Curriculum Overview**

Participants were briefed on the Level 5 Curriculum competency training framework. The framework is designed to equip Policare service providers — including police officers, psychologists, healthcare workers, and social service providers — with practical skills required to effectively prevent and respond to SGBV.

**Group Deliberations**

Group discussions were conducted to validate the curriculum structure. Feedback and recommendations were provided, particularly concerning the Basic Units, Common Units, and Core Units of learning. Key suggestions highlighted in the shared document included:

- Clarifying the target audience for the curriculum.
- Replacing the “Customer Care Service” unit with “Victim/Client/Complaint Survivors”

to reflect appropriate terminology.

- Reviewing and refining assessment methods.
- Adopting a blended mode

of learning.

**Way Forward**

The feedback was duly noted. The Policare team

committed to incorporating the recommendations to enhance the curriculum and strengthen service delivery.



# Ruto Vows to Shield Farmers

President William Ruto has assured Kenyans that the government will not allow cartels in the coffee and sugar sectors to take farmers hostage as they had done before.

The President said reforms in the coffee and sugar farming have dismantled cartels and brokers who had frustrated farmers efforts from earning decent livelihoods for long.

Speaking in Vihiga and Bungoma counties during the last of a five-day development tour of Western Kenya, President Ruto told farmers that reforms in agriculture are yielding tangible results.

On sugar, he said the privatisation of factories has led to more production, with farmers and employees getting paid promptly. Soon, he pointed out, Kenya will be an exporter of sugar.

"Farmers are now being paid in a week's time after delivery of cane and, for the first time, they are being paid bonuses," the President said.

He cited the removal of monopoly at the Nairobi Coffee Exchange, saying it has helped improve the market and earn farmers more for

their crop, while support for sugar growers is making the country self-sufficient and stopping the culture of imports.

President Ruto maintained that noise and "one term" chants from some opposition leaders will not derail his agenda.

He pointed out that the opposition lacks any alternative to the plans the government is implementing.

"We are not going to relent in our efforts to transform this country from a Third World to the first-world economy despite noise by those who have no agenda," he said.

In Vihiga County, the President handed over keys to new owners at the Vihiga Affordable Housing Project, a KSh536 million investment delivering dignified homes to many Kenyans.

He announced that the government is building an additional 1,000 units across the county, expanding home ownership and helping curb land fragmentation, which is a threat to agricultural production.

He also broke ground for the KSh900 million Kidundu Stadium and KSh363 million Mbale Modern Market, projects



that will nurture talent and create opportunities for young people and traders.

Additionally, the President laid the foundation stone for the Kanduyi Smart City Affordable Housing Programme in Bungoma County.

The project is a KSh5 billion investment that will deliver 2,035 units of decent and dignified homes while

creating jobs for young people. He also addressed residents of Kanduyi and updated them on the transformative programmes the government is implementing, reaffirming his commitment to delivering development projects that improve livelihoods and uplift communities.

Prime Cabinet Secretary Musalia Mudavadi said Western Kenya has greatly

benefited from President Ruto's government in terms of development compared to previous administrations.

National Assembly Speaker Moses Wetang'ula rallied the Western Kenya region to support President Ruto's administration.

He highlighted significant development projects especially in the sugar, housing and roads sectors,

saying they are part of the increased investment in the region.

Mr Wetang'ula said leaders in the region will take the lead in rallying the residents behind the re-election of President Ruto in 2027.

Cooperatives Cabinet Secretary Wycliffe Oparanya said: "We must unite and support the re-election of President Ruto.

He added: "He has initiated many projects that have transformed the lives of our people, including in the coffee and sugar cane sectors."

At the same time, MPs allied to the Broad-Based Government have told President Ruto's critics to be "civilised in competitive politics".

National Assembly Majority Leader Kimani Ichung'wa, who accompanied President Ruto to Vihiga and Bungoma, said respect is a two-way traffic.

"If our friends in the opposition want to be respected, they must respect the Presidency. It's as simple as that," Mr Ichung'wa pointed out.

He took issue with civil society organisations over their failure to condemn the insults the opposition has been hurling at President Ruto.

## National Cooperation Agreement Is Not an Attack on Devolution

President William Ruto has assured Members of the Nairobi County Assembly that the cooperation agreement between the National Government and the county is not aimed at undermining devolution.

The President pointed out that the agreement is aimed at addressing the many challenges facing Nairobi, saying they were hurting the country's economy.

Addressing Nairobi County Assembly on Thursday, President Ruto urged MCAs to be part of the change required in the city for the sake of current and future generations. Their role in the transformation of Nairobi, the President said, is critical and cannot be reduced to political posturing.

"Nairobi is the seat of our sovereignty, the face of our nation, the engine of our economy, and the standard by which much of the world judges this country," he said.

The President reminded them that leadership demands courage, discipline,

sacrifice, and a willingness to endure criticism in the short term for long-term gain.

"History will not remember us for the excuses we made; history will remember us for what we changed, or failed to change, when the responsibility was ours," he told the leaders.

He went on: "Let us not be the generation that inherited a great capital and left it broken. Let us be the generation that finally imposed order where there was disorder."

He regretted that, for far too long, Nairobi has been a city of immense promise trapped by chronic dysfunction.

"It has been a city of extraordinary potential suffocated by disorder, delayed by indecision, undermined by poor planning, and held hostage by interests that profit from chaos," the President said.

At the same time, the Head of State declared war on cartels operating in Nairobi, saying that the era of protecting vested interests at the expense of the public must come to an end.



He pointed out that both county and national governments must work together to dismantle networks that profit from the dysfunction.

"We must take the cartels in the city head-on—whenever they are, however powerful they are. It is your responsibility, with support from both the county and the national government," said President Ruto.

President Ruto noted that there were those who make money through institutional paralysis, saying they shouted the loudest against reform because they thrive on failure.

"Let me be very clear that the era of appeasing cartels at the expense of public interest must come to an end. Leadership is not about protecting a few people, but delivering justice and order," said President Ruto.

Additionally, the Head of State acknowledged growing public frustration over the state of the city.

He added that concerns raised by residents, businesses and Kenyans in the diaspora are justified.

"I have listened carefully to what Kenyans have said about Nairobi. I have heard their

anger and disappointment. What business people, visitors and investors say, and what Kenyans in the diaspora say when they compare us with other countries," said President Ruto.

"The truth is, they are right. They are right to ask why we struggle with basic order. They are right to demand for better services," he added.

On the country's economy, President Ruto said Nairobi contributes 27.5 percent of Kenya's economy, generating over Ksh 4.1 trillion annually, adding that the city hosts the only United Nations

headquarters in the Global South.

He said the city is home to diplomatic missions, multinational firms, regional institutions, innovators, entrepreneurs, workers, traders, and millions of Kenyans who come here every day in pursuit of opportunity.

"Nairobi is not merely a city. It is a national asset. And if we are serious about Kenya's future, then we must be serious about Nairobi," said President Ruto.

The President regretted that more than 60 percent of Nairobi residents live in informal settlements.

"Access to piped water remains inadequate and unreliable. Sanitation and sewerage systems remain under severe strain," he said.

Saying mobility is constrained by congestion and insufficient transport infrastructure, President Ruto said environmental degradation and encroachment have made flooding more destructive.

"Spatial inequality, unemployment, and exclusion continue to fuel insecurity and vulnerability in parts of the city," he added.

# Ruto Warns Petroleum Cartels

**C**artels in the petroleum industry out to profit from the crisis in the Middle East will be severely punished, President William Ruto has warned.

The President said the government will not allow a few profiteers to take advantage of the crisis in the Gulf Middle East to exploit Kenyans through corruption in the petroleum industry.

Speaking at an inter-denominational church service at Impopong in Kilgoris Constituency, Narok County on Sunday, President Ruto said his administration will weed out all the profiteers and cartels in the petroleum sector.

"We will deal firmly, decisively and conclusively with all the cartels in the oil sector," he said.

All those who have been given public responsibility in the petroleum sector, he pointed out, must be accountable.

The President pointed out that these cartels will be dealt in the same way as the profiteers in the tea, coffee and sugar sectors, saying his administration has eliminated the groups that had frustrated farmers for decades.

"We are committed to the fight against impunity. We have stopped cartels in the sugar, coffee and tea sectors, and will similarly stop those in the petroleum sector," he said.

Additionally, he explained that cartels that were involved in the distribution of sub-standard and counterfeit fertiliser had also been punished.

At the same time, President Ruto urged Kenyans to embrace peace, saying that ethnic politics should not be used to divide them.

He said politics of division, hatred and seclusion should be discouraged, pointing out that it is retrogressive and outdated.

"We must reject divisive politics, hatred and tribalism and work together in ensuring shared prosperity for all," the President said.

He added: "If we want our nation to be truly blessed, we should work in unity."

Meanwhile, he assured Kenyans that the economy is



doing well, with inflation down at 4.3 per cent, the exchange rate stable at KSh129 for the past 18 months and foreign exchange reserves now standing at a historic \$214.6 billion.

"I can confidently tell you that we have stabilised our economy," said the President.

President Ruto noted that his administration has undertaken the largest transformation in education, including building 23,000 new classrooms, recruiting 100,000 teachers in the past three years and improving the financing of higher education.

In Narok, he said two major sugar companies have been built, pointing out that this will boost sugar farming in the county.

On Social Health Authority

(SHA), the President said 415,000 people have registered in Narok County, urging those who have not to do so to benefit from universal healthcare services.

Prime Cabinet Secretary Musalia Mudavadi said the oil challenges the global economy is experiencing is a big lesson why Kenyans should embrace electric vehicles.

"As a country, we must increasingly adopt electric vehicle mode of transport," Mr Mudavadi said.

Mr Mudavadi, who is also the Cabinet Secretary for Foreign and Diaspora Affairs, disclosed that 47 of more than 250 Kenyans who had been recruited to fight in the Russia-Ukraine War have returned home.

Leaders from Narok,

including Governor Patrick ole Ntutu, Kilgoris MP Julius Sunkuli, and Women Rep Rebecca Tonkei, said the Maa community will rally behind President Ruto in next year's election.

Governor Ntutu assured the President that the leaders were united and would ensure that the residents support his re-election in 2027.

Ms Tonkei hit out at government critics, saying they were jealous of the ongoing transformation agenda.

"Many people are criticising President Ruto not because he is not working, but because they are jealous of the ongoing transformation agenda across the country," she said.

## PHOTO STORY

### Various Donations by MWA



Cheque donation to MTI ,Little Sisters of the Poor and The Shanzu school for the disabled girls.

# Saturday Club - Charitable Trust

**S**aturday Club was officially constituted, confirmed and launched on 22nd March, 1947 with Mr. Anant Pandya as its first President.

The year 1972 celebrated the Club's 25th Jubilee anniversary and the Saturday Club Charitable Trust was created to help the needy people of Mombasa.

Over the years this trust has been helping the needy students at the Coast by paying their school fees. In addition to paying school fees, the trust also helps the locals and schools with water by way of boreholes.

On 7th March 2026 Saturday Club Charitable did the opening of 2 boreholes at Vipingo and Kanamai areas.

The 1st Borehole was at a village in Vipingo area which was sponsored by REVITAL HEALTHCARE (EPZ) LTD AND KANTABEN CHANDULAL VORA AND FAMILY in loving memory of LATE CHANDULAL KESHAVJI VORA & LATE DIPAK CHNDULAL VORA.

The 2nd Borehole was at Glorious Victory Academy



in Kanamai area which were sponsored by LATE PREMCHAND MEPA HARIA. Both the borehole openings

were attended by the sponsors families and members of Saturday Club. After the borehole openings the

sponsors also distribute juice bottles, biscuits, sweets and bread to the children in the respective areas.



## The Global coaches program. Nurturing transformative leaders for Africa's future

**A**frica holds the world's youngest population, with over 60% under the age of 25. Yet despite this vast human capital, leadership spaces remain largely dominated by an ageing generation. The Global Coaches Program steps in to bridge this gap by equipping emerging African leaders with the skills, mindset, and values needed to drive sustainable transformation from the ground up.

Global Coaches is a collaborative leadership development initiative jointly anchored by Africa for SDGs and ICY Africa. The program provides a practical and holistic approach to leadership focusing on mentorship, transformative coaching, and experiential learning. Its aim is to raise locally rooted yet globally relevant leaders capable of driving community-led solutions aligned with Africa's development priorities and the Sustainable Development Goals (SDGs).



Through an integrated curriculum, participants explore areas such as transformative leadership, governance, entrepreneurship, youth empowerment, and climate leadership. Each module blends academic insight with real-world application, allowing learners to design and implement projects that directly impact

their communities. The benefits of the Global Coaches Program extend beyond individual growth. It builds strong leadership ecosystems within schools, institutions, and communities ensuring that graduates become multipliers who mentor and empower others. The program also fosters collaboration

across sectors, connecting young change-makers, development practitioners, and policymakers to co-create innovative, scalable solutions for Africa's most pressing challenges.

On 24th October 2025, the program proudly celebrated the graduation of Global Coaches Kenya Cohort 1, marking the successful



completion of the first cycle in Africa. A total of 22 graduates were certified, representing the next wave of value-driven

leaders ready to influence Africa's social, economic, and ecological transformation. Pictures are attached below

## PROJECT

# Cheaper, reliable water supply in sight as Kilifi solar project nears completion

**R**esidents of Kenya's Coast region may soon benefit from cheaper and more reliable water supply as the Baricho Solarization Project in Kilifi County is close to completion.

Cabinet Secretary for Water, Sanitation and Irrigation, Eric Murithi, announced that the project is now 90 per cent complete and is expected to greatly reduce the high electricity costs linked to pumping water to households in the area.

Murithi spoke during an inspection of the Baricho water works in Kilifi County, where the government is installing thousands of solar panels to power water pumping operations.

"We have been dealing with high electricity bills because we are in low-lying areas and need to pump the water," Murithi said. "Currently, the Coast Water Works Development Agency spends between Sh60 million and Sh70 million each month on electricity."

He explained that water service providers supplying Mombasa County, Kwale County, and Kilifi County currently cover these electricity costs. Murithi pointed out that the solar project is part of a broader government plan to lower operational costs while expanding water access to millions of coastal residents.

"President William Ruto promised the residents of Kwale, Mombasa, and Kilifi that one day they will have water and that the electricity costs would not be high," Murithi said.

According to the Cabinet Secretary, a total of 6,716 solar panels have already been installed, and the project is expected to wrap up within the next week.

"We have set up 6,716 panels at the solar farm, which will be finished next week as we are about 90 percent done. Some systems are already running on solar power," he said. Once operational, the solar facility will generate about 4.3 megawatts of power.

However, Murithi



**Cabinet Secretary for Water, Sanitation, and Irrigation Eric Murithi (wearing black cap) gets update of the World Bank Sponsored Water and Sanitation Development Project (WSDP), Baricho Solarization from the officials of Coast Water Works Development Agency (CWWDA) during his tour of the Project, Wellfield protection Works, and the Baricho Water Works on Wednesday March 11th, 2026. This was during the CS's inspection of the water projects in Kwale and Kilifi Counties.**

acknowledged that this will only meet a portion of the energy needed to run the Baricho water supply system. "It will produce 4.3 megawatts of power, but that is only about 20 percent of the total power requirement," he said.

The project will enable water from 11 boreholes in Baricho to be pumped to collection points using solar energy, significantly reducing reliance on electricity from Kenya Power. "When complete, water from the 11 boreholes will be pumped using solar power," Murithi said.

He added that additional phases will be required to fully solve the region's water supply issues. "We need phase two and phase three of the solarization to effectively address the problem. We also need to store the power in lithium batteries," he said.

Murithi explained that the government plans to use a hybrid system that combines solar power and electricity from the national grid. "We will operate a hybrid system where we pump using solar while also utilizing electricity from Kenya Power," he said.

Engineers involved in the project estimate that the solar installation will lower electricity costs by at least 20

percent, easing the financial burden on water utilities.

Murithi encouraged residents and leaders to support the initiative and refrain from politicizing development projects. "Water is a matter of life or death, and that is why the government is committed to ensuring this project succeeds," he said. "Let us not politicize the project. Let us focus on delivering services and wait for political discussions in 2027."

He also observed that the improvements residents are seeing in Baricho represent a significant change compared to past years of persistent water shortages. "What people are seeing in Baricho was not available before. Water has been a problem here for so many years," he said.

Murithi highlighted the need for further investment, including more solar farms and lithium battery storage. "We need to invest in lithium batteries as they are not cheap, and we also need another solar farm," he added.

Hamoud Mguza, Chief Executive Officer of the Coast Water Works Development Agency, stated that the solar project will be vital in addressing one of the Coast

region's major challenges.

"This project will significantly help with one of the most pressing problems in the region," Mguza said.

However, he stressed that the sustainability of the water supply system relies on consumers paying their water bills. "The solar system also requires maintenance. We want people to pay their water bills so we can continue to provide the service smoothly," he said.

"Let us pay the bills completely so we do not face problems providing services. There is no such thing as free water. We treat the water and pump it," Mguza also urged water service providers and county governments to clear outstanding debts. "We are owed about Sh6 billion from them spanning from 2012 until now. Since 2022, we are demanding Sh1 billion from the current group of governors," he said.

Deputy Governor of Kilifi County, Flora Chibule, expressed that residents are eager for real improvements in water supply. "Residents want action," Chibule said, noting that the county government inherited substantial electricity bills from previous administrations.

She mentioned that many residents have shown frustration over paying water bills while still experiencing unreliable supply.

"Residents are complaining that they pay their bills, but they still do not get water," she said.

Chibule promised ongoing cooperation between the county and national government to ensure the project benefits residents. "As a county government, we will continue to work with the national government to ensure our people get water," she said.



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# Premchandbhai Foundation & Giants Group Twiga

Food Relief Support To Areas Affected By Drought

**G**iants Group Twiga in association with Premchandbhai Foundation donated Ration Packs to 900 families affected by Drought and poverty in Waso Ward, Samburu County.

The Ration packs were distributed at 6 distribution centres in which people from 10 villages benefitted.

The area MCA Hon Kelvin and the Community Elders appreciated the generous donation b the two institutions which had come at a time when rains have failed in some of the areas.



## PHOTO STORY

### Tuk Tuk Community Policing In Muranga County



Ahadi Kenya Trust CEO Stanley Kamau (in striped shirt) and Kandara Sub-County Police Commander Monicah Mwarania (2nd right partially hidden) leads Police officers from Kabati Police Station in Muranga County in distributing blankets to Tuk Tuk operators from 14 sacco's in Murang'a County during a community policing event organized in partnership with National police Service and Tuk Tuk Operators Network for over 1400 Tuk operators in Muranga County. Kamau called on the operators to remain vigilant in their area of operation and share any suspicious people or incidents information with the local police officers for their security and those around them.

### This is Me, book Launch



Mary Gachihi (right), the author of the book, "This is Me, A purple Dialogue in Shades of Blue" with her mum Francesca Mutua (centre) and a friend Jacqueline Wairimu during the launch of the book at Brookhaven gardens, Karen in Nairobi County on Saturday march 28th, 2026. The book offers compassionate guide for those seeking to recognize and overcome abuse, address the impact of trauma, and foster healing.

## BHAJANS

# Bhajan Sandhya - A Blissful & Memorable Evening

The Hindu Council of Kenya - Mombasa Branch, Cultural Committee & Ladies Wing successfully organized a soulful Bhajan Sandhya on Friday, 13th March 2026 at Shree Patel Samaj, Mombasa.

The evening was filled with devotion, peace, and spiritual energy as the talented Nitin Varsani & Group from Nairobi mesmerized the audience with their beautiful bhajans, creating a truly divine atmosphere.

The council was honored to felicitate Mr. Premchandbhai Shah, Ex-National Trustee, for completing 90 glorious years of life a couple of months ago.

Mr. Premchand bhai Shah has been a pillar of dedication and service to the Council for many decades. His visionary leadership, tireless efforts, and unwavering commitment have played a significant role in strengthening the activities and values of the Hindu Council of Kenya in Mombasa.

During the special felicitation, Mr. Chaitanya Shah expressed council's heartfelt gratitude and appreciation for his immense contribution, guidance, and selfless service to the community. His journey continues to inspire



generations to work with devotion, unity, and a spirit of seva.

It was heartwarming to witness the enthusiastic participation of Hindu brothers and sisters, who gathered in large numbers and thoroughly enjoyed the blissful event.

A special appreciation to Cultural Committee Director

Mrs. Kamlini Khataw, Co-Convenor Mr. Chaitanya Shah, and the dedicated Ladies Wing team for their tireless efforts and commitment in making this event a grand success.

Chairman of HCK Mombasa Mr. Kailesh Tailor appreciated the entire HCK committee and convenors for the success of the event and also encouraged

to host more such events in the future.

An evening of devotion, unity, and divine connection - truly unforgettable!  
# BhajanSandhya  
# HinduCouncilKenya  
# MombasaEvents  
# SpiritualEvening  
#CommunityUnity



## Chuck Norris

### Norris

Chuck Norris is Gone At 86, And He Lived The Kind Of Life Most Men Only Pretend To Understand\*

Two days ago, he was training in Hawaii, cracking jokes on the phone with a friend, and on Thursday morning, March 19, 2026, Chuck Norris was gone.

"He lived his life with faith, purpose, and an unwavering commitment to the people he loved," his family wrote.

That sentence contains more instruction for men than most self-help books ever will.

#### Let's talk about the life.

\*Carlos Ray Norris\* was born in Ryan, Oklahoma, in 1940. His father left, and the family struggled. He joined the Air Force at 18, got stationed in South Korea, and discovered martial arts, not as a hobby, but as a discipline that would

define the next seven decades of his existence.

He came home from the military with nothing except a skill he had developed in silence. He lost his first two tournaments, lost again, but kept going. He did not quit when losing was the only result available; he studied what beat him, adjusted, and came back and became a six-time undefeated World Professional Middleweight Karate champion.

#### Not once, but six times!

His first memorable acting role was as Bruce Lee's opponent in The Way of the Dragon in 1972. He was not the star; he was the villain that the hero defeats. He took that role, learned the craft, and built from it until he was carrying films in his own name.

When his film career cooled in the 1990s, he did not retire or complain, but moved to

television and built \*Walker, Texas Ranger\* into an eight-year institution.

When the internet discovered him in 2005 and turned him into the world's greatest meme, he did not resist it or feel diminished by it. He embraced it, wrote a book about it, and turned it into another chapter.

On his \*86th birthday\*, March 10, 2026, he posted a video of himself sparring with a trainer, declaring, \*"I don't age. I level up."\*

Ten days later, he was gone. Still training, still competing, still in motion until the very end.

#### Here is the lesson:

\*Chuck Norris did not become legendary because he was born with advantages; however, born with the opposite, an absent father, a poor family, and no obvious path, what he had was a

decision, a decision to develop himself relentlessly, to stay in the fight after every loss, to reinvent when the market changed, and to remain committed to discipline long after most men his age had surrendered to comfort.\*

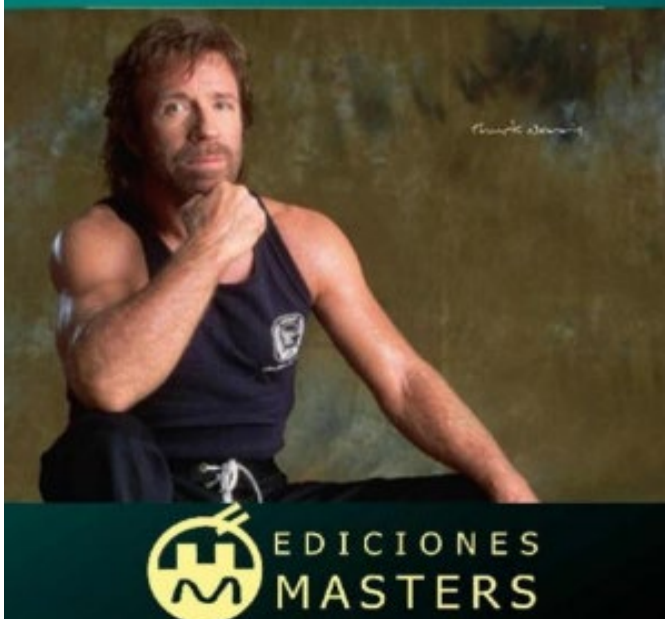
#### The day before he died, he was working out.

That is not a coincidence but \*a character trait maintained across eight decades without a single day off.\*

\*He was not perfect, no man is, but he was consistent, and consistency, over a long enough timeline, is the closest thing to invincible that a human being can achieve.\*

\*Faith, Purpose, and commitment to the people he loved, his family, summed up 86 years in eleven words, so build a life that can be summarised that cleanly.\*

\*Rest in peace, Chuck Norris. The legend was earned.\*



# Stereotypes

Ctrl+C, Ctrl+V Humans — the Art of Creative Ignorance

By Arti Kotak

It began like any ordinary school day; although, it wasn't. A government Sanskrit teacher walked into his school; in a Mercedes. He was with branded shoes, crisp clothes and sunglasses that probably had more attitude than the morning assembly. Within seconds, the staff room turned into a live broadcast of "Breaking Stereotype News."

**Stereotype: "A Sanskrit teacher must look like a walking shloka, not a luxury brand ambassador."**

Meanwhile, an English teacher walked in wearing a simple kurta-pants and slippers. Suddenly, the same audience that doubted luxury now doubted simplicity.

**Stereotype: "An English teacher should look polished and sophisticated."**

Two teachers. Two opposite appearances. Same reaction—judgment. That's when it struck me.

We don't just see people. We compare them with a script already written in our minds.

Apparently, teaching isn't about knowledge anymore—it's about wardrobe consistency with public expectations. Education has unofficially partnered with costume design.

The next day, a priest at a temple delivered profound lessons from the Bhagavad Gita—but in pants, shirt, and with a tie. The audience looked less enlightened and more confused.

**Stereotype: "Spiritual wisdom only downloads properly if the speaker is wearing a dhoti-kurta."**

It seems spirituality, like Wi-Fi, has a dress code for better signal strength.

The next day, a young, dynamic, confident and successful 22-year-old political leader was found in love. Enjoying with his girlfriend started shaking his public image.

**Stereotype: "A politician must sacrifice his personal life for public expectations. A politician cannot have a visible personal life."**

That means leadership requires emotional isolation.

Meanwhile, in the matrimonial market—India's



most competitive reality show—two parallel struggles were unfolding.

A girl, a pilot in the armed forces, was "too much" to be a daughter-in-law.

**Stereotype: "A woman can fly planes, but take off and landing destination must be the kitchen."**

At the same time, a man who wrote poetry was considered

"too emotional" to be a son-in-law.

**Stereotype: "Men can build empires, but not express feelings in verse."**

Apparently, careers are flexible—but gender roles come with lifetime warranties.

Next observation followed by a male feminist supported a woman but the society short-circuited.



**Stereotype: "Only a woman can choose to stand for feminism."**

And then, the ultimate shocker—a newly married man was found in the kitchen making tea. Gasps. Silence. Possibly a few dropped jaws.

**Stereotype: "A woman can go to the moon, but before that, she must make parathas and tea for the family."**

NASA is fine but the kitchen is mandatory.

If this wasn't enough, stereotypes travel globally like frequent flyers:

- Indians are good at math and IT — American Psychological Association
- Women are more emotional than men — World Health Organization
- Americans are individualistic — Geert Hofstede
- Asians are academically superior — Harvard University
- Africans are poor — United Nations Development Programme
- Older people resist change — Stanford University
- Introverts lack leadership — Susan Cain

- Rich people are arrogant — University of California
- Youth are irresponsible — UNICEF

It's almost impressive—how confidently we generalize billions of people using a handful of assumptions. If overthinking were replaced with stereotyping, humanity would run on autopilot.

Even good stereotypes are bad. As Oliver Burkeman suggests, they still box people into expectations they never signed up for. Because being told "you must be good at something" is just a polite way of saying "you don't have a choice."

It is easy to follow the stereotypes as they ignore individual differences because thinking deeply is time-consuming. They are based on limited observations; because one example is apparently enough evidence. They become outdated but continue like forwarded WhatsApp messages. They create bias because judging is easier than understanding.

Organizations like United Nations Educational, Scientific and Cultural Organization have long warned how stereotypes quietly fuel prejudice and

discrimination.

Stereotypes are not facts. They are mental shortcuts—designed for convenience, not correctness. They are Ctrl+C, Ctrl+V versions of human identity. It is easy and quick to apply but hard to erase. And now, the million-dollar question arises. What if we could reprogram this thinking? Imagine if schools don't just teach subjects but also teach not to misjudge people. Bringing concepts from Neuro-Linguistic Programming (NLP) into education can help students and teachers to identify the process of Delete, Distortions and Generalizations.

In simple words, not everything you think is true—sometimes it's just well-packaged ignorance or manipulation. Every person you meet is more than a label. Not a stereotype. Not a category. Not a ready-made story. Maybe it's time we stop copying and pasting people and their beliefs...and start understanding them. Sometimes, human minds play the role of old soft wares and stereotypes are the default settings — maybe it's time to crush the system. It's time for an update.

# ENTERTAINER'S SPOTLIGHT

## Between Fitness and Self-defense

**A**s a dedicated personal and professional fitness trainer and karate coach, she specializes in high intensity training and client motivation; Phanice Apiyo Shisia talks to us about how she got on this healthy, strength building and self-defense journey.

### 1) Tell us about yourself? Who is Phanice?

I am a dedicated fitness professional, karate coach, and community advocate based in Nairobi, Kenya. A former national karate athlete in the -68kg kumite category, I am passionate about helping others grow through discipline, movement, and self-confidence.

I specialize in fat loss/weight loss, strength training, and overall wellness, using a holistic approach that focuses on sustainable results. As a co-founder of Power Girl Africa, I empower women and girls through fitness, self-defense, and life skills. At my core, I am driven by impact—helping people not just transform their bodies, but build confidence and live stronger, healthier lives.

### 2) What inspired you to becoming a personal trainer and a karate coach?

Karate and fitness transformed my life, building my discipline and confidence. That experience inspired me to become a personal trainer and karate coach so I could bridge the gap especially for women and help them feel strong, empowered, and confident.

### 3) How long have you been teaching and training karate?

I started training karate in 2008, and I began teaching in 2017.

### 4) How would you tailor a program for clients who are just starting out versus someone who is more advanced?

For beginners, I focus on building a strong foundation proper technique, basic strength and mobility, while keeping the program simple and progressive to avoid injury and burnout.

For more advanced clients, I tailor the program to their specific goals, increasing intensity, complexity, and performance-based training, while also focusing on refining

technique, strength, and conditioning. In both cases, I ensure the program is personalized, sustainable, and aligned with their lifestyle.

### 5) What is the importance of nutrition in your training programs?

Nutrition is key in my training programs because it directly affects energy, performance, recovery, and results.

I always emphasize balanced, sustainable eating not extreme dieting so clients can fuel their bodies properly, support fat loss or muscle gain, and maintain long-term progress.

### 6) How do you modify your sessions for clients dealing with certain injuries or any form of chronic pains?

I always start by understanding the client's condition and limitations, then tailor the program to train around the injury not through pain.

I focus on safe, low-impact movements, proper technique, and gradual progression, while also incorporating mobility, stability, and recovery work. The goal is to keep them active, reduce pain, and support long-

term healing without risking further injury.

### 7) What is girlpower Africa all about and how did it come about?

Power Girl Africa is an initiative that empowers girls and young women through karate, fitness, self-defense, and life skills like career development and menstrual health education.

It was born from passion for using sport as a tool for empowerment. We wanted to create a safe space where girls could build confidence, and strength both physically and mentally while learning skills that help them thrive in life.

### 8) What can one do to find motivation when they are tired or busy?

Know your why. Remind yourself of the reason you started your goals, purpose, or the impact achieving them will have on your life. When energy is low or time is short, connecting to your "why" can give you the push to take even small steps forward.

### 9) How do you motivate your students of all ages?

I motivate students by



connecting training to their goals, making it fun and rewarding for all ages, celebrating progress, and leading by example.

### 10) What would you say is your perspective on rest and recovery days?

Rest and recovery days are essential they allow the body and mind to repair, prevent injuries, and improve performance, making training more effective in the long run.

### 11) What would you advice

someone who is hesitant to start their fitness journey?

I'd say start small, focus on progress over perfection, and remember that every step counts. The hardest part is beginning once you start, momentum builds and results follow.

Phanice not only continues to help all those who have embarked on their fitness journeys, but spreads the ability for her clients to learn to practice self-love as well.

**Instagram handle @apiyoshisia**

## PHOTO STORY



Gulf Energy Group Executive Chairman Francis Njogu (second left) and Baker Hughes Vice President, Sub-Saharan Africa, Hatem Salem (second right), exchange documents moments after signing an Integrated Well Services (IWS) contract for Phase 1 development of the South Lokichar Basin oil production project as Gulf Energy Group Chief Executive Officer Paul Limoh (left) and Baker Hughes Country Director & Sales Executive Toks Azeez (right) look on. Gulf Energy E&P BV has retained Baker Hughes, the leading global Oilfield Services & Equipment (OFSE) solutions provider, to deliver Integrated Well Services ahead of the South Lokichar Basin Development's first commercial oil production at the end of this year.



Gulf Energy Group Executive Chairman Francis Njogu (second left) and Baker Hughes Vice President, Sub-Saharan Africa, Hatem Salem (second right), exchange commemorative plaques moments after signing an Integrated Well Services (IWS) contract for Phase 1 development of the South Lokichar Basin oil production project as Gulf Energy Group Chief Executive Officer Paul Limoh (left) and Baker Hughes Country Director & Sales Executive Toks Azeez (right) look on. Gulf Energy E&P BV has retained Baker Hughes, the leading global Oilfield Services & Equipment (OFSE) solutions provider, to deliver Integrated Well Services ahead of the South Lokichar Basin Development's first commercial oil production at the end of this year.

# Old Age

1. Old age is sweet, when you have money.
2. Old age is gracious, when you raised a good family.
3. Old age is peaceful, when you lived honestly.
4. Old age is joyful, when you invested in good health.
5. Old age is calm, when you avoided unnecessary enemies.
6. Old age is proud, when you built a good name.
7. Old age is comfortable, when you planned ahead.
8. Old age is warm, when you nurtured true friendships.
9. Old age is fulfilling, when you helped others along the way.
10. Old age is light, when your conscience is clean.
11. Old age is secure, when you learned discipline early.
12. Old age is respected, when you lived with integrity.
13. Old age is gentle, when you controlled your desires.
14. Old age is honorable, when you kept your values.
15. Old age is happy, when



- your children respect you.
  16. Old age is stable, when you mastered patience.
  17. Old age is rewarding, when you stayed consistent.
  18. Old age is beautiful, when you avoided regret.
  19. Old age is meaningful, when you lived with purpose.
  20. Old age is peaceful, when you prepared wisely.
- The future always pays back what you prepare for.



## WILDLIFE PHOTO By Nadir Salyani





★ THE  
GREEN  
APPLE  
INVASION



## HEALTH

# Vitamin D - How Well Do You Know It?

**V**itamin D is an essential nutrient that helps regulate the levels of calcium and phosphate in the body—both crucial for maintaining healthy bones, teeth, and muscles. A deficiency can lead to various health complications in both children and adults.

## How Do We Get Vitamin D?

The body naturally produces vitamin D when the skin is exposed to sunlight. It can also be obtained from certain foods and supplements to maintain adequate levels in the blood.

## Key Functions of Vitamin D

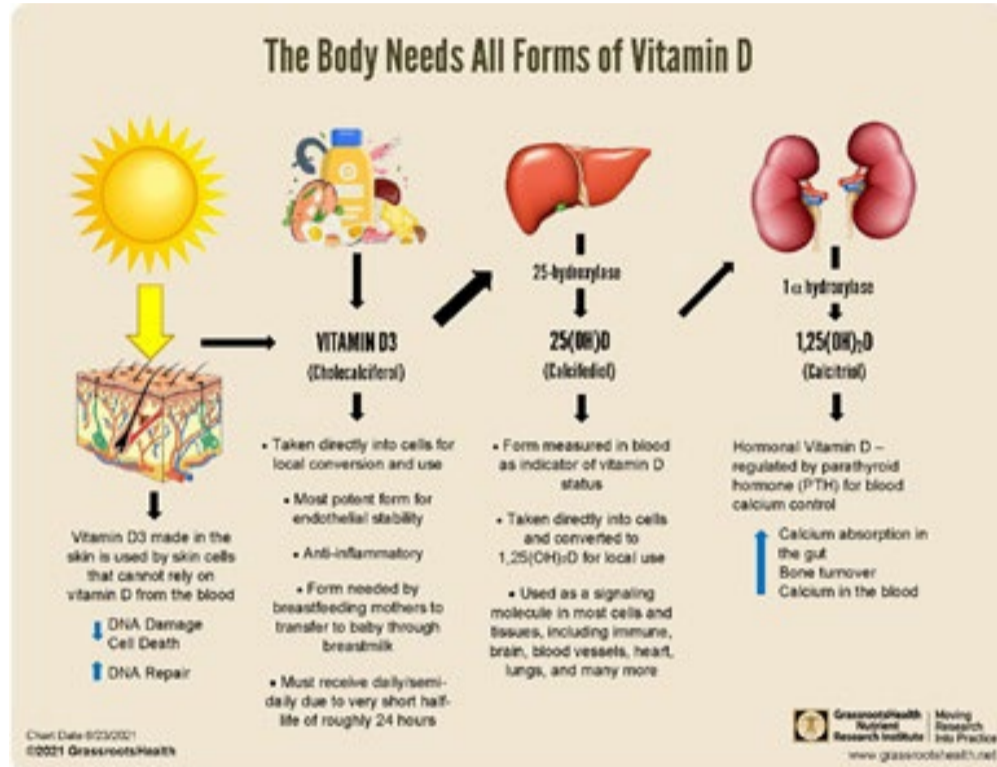
Vitamin D plays several vital roles in the body, including:

- Supporting bone and teeth health
- Enhancing calcium and phosphorus absorption
- Maintaining normal muscle function
- Strengthening the immune system
- Supporting cell division and overall body balance

## Why Is Vitamin D Important?

Vitamin D is not only essential for bone health but also plays a broader role in overall well-being:

- May reduce the risk of multiple sclerosis (MS)
- Linked to a lower risk of heart diseases such as hypertension and stroke
- May reduce severity of respiratory infections (e.g., flu, COVID-19)
- Supports immune health and reduces risk of autoimmune conditions
- Important during



menopause for maintaining bone density

- May help regulate mood and reduce depression
- Can support weight management when combined with a healthy lifestyle

## Vitamin D Deficiency

Certain factors can increase the risk of deficiency, including:

- Limited sun exposure
- Use of sunscreen
- Living in polluted or densely

built environments

- Spending most time indoors
- Having darker skin (higher melanin reduces absorption)

## Symptoms of Deficiency

Adults with low vitamin D levels may experience:

- Fatigue and general body aches
  - Bone pain or muscle weakness
  - Increased risk of fractures (especially hips, legs, pelvis)
- A simple blood test can confirm deficiency.

## Sources of Vitamin D

Natural & Fortified Foods

- Fatty fish (salmon, sardines, herring)

**VITAMIN D – HOW WELL DO YOU KNOW IT?**

Adequate Vitamin D is essential for strong bones, a healthy immune system, and overall well-being.

**WHAT DOES VITAMIN D DO?**

- Vitamin D is crucial for regulating calcium and phosphate levels, essential for maintaining healthy bones, teeth, and muscles.

**SOURCES OF VITAMIN D**

- ☀️ **Sunlight** – naturally produced when skin is exposed to the sun
- 🐟 **Certain foods** (e.g. salmon, eggs, fortified milk)
- 💊 **Supplements** – can help maintain adequate levels

**WHY IS VITAMIN D IMPORTANT?**

- ✓ Support bone and teeth health
- ✓ Maintain immune function
- ✓ Aid in mood helping to reduce depression
- ✓ Lower the risk of multiple sclerosis (MS)
- ✓ Heart disease
- ✓ Severe infections

**VITAMIN D DEFICIENCY RISKS**

- ⚠️ Limited sun exposure
- ⚠️ Sunscreen use
- ⚠️ Spend most of time indoors
- ⚠️ Having darker skin (higher melanin reduces absorption)

**SYMPTOMS OF DEFICIENCY:**

- ✓ Fatigue and body aches
- ✓ Bone/muscle pain
- ✓ Increased risk of fractures (e.g. hips, wrists)

**TAKEAWAY:**

Support your health with adequate Vitamin D!  
Talk to your healthcare provider if you suspect a deficiency

GET MORE FROM DIET + SUN FOR BETTER HEALTH

- Cod liver oil
- Egg yolks
- Beef liver
- Mushrooms (especially UV-exposed)
- Fortified foods (milk, cereals, yogurt, orange juice)

## Supplementation

Since it can be difficult to get enough vitamin D from sunlight and food alone, supplements may be recommended—always consult a healthcare

professional before starting.

## Can You Have Too Much Vitamin D?

Excess vitamin D usually occurs from over-supplementation, not sunlight or food. High levels can be harmful, so proper medical guidance is important.

## Final Takeaway

“Adequate Vitamin D is essential for strong bones, a healthy immune system, and overall well-being.”

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# Media for Nature, Blue Radio Launch 2nd Environmental Dialogue

Media for Nature, in collaboration with Blue Radio, officially launched the Second Edition of the Environmental Media Dialogue at Vipingo Ridge on 13th March 2026.



Media dialogue will be held here in our area because it will give the community an opportunity to interact with journalists and share the work they are doing to protect the ocean and the environment," he said.

County.

In his closing remarks, he invited different partners and members of the public to take part in the event.

"We invite partners, sponsors, media, and the wider community to join us as we continue advancing conversations on marine conservation, sustainable livelihoods, and community-led ocean protection," he concluded.

Other partners who attended the Media launch are Sote Hub, Ocean Alive, Kilifi County Investment and Development Corporation, Kenya Fisheries Service, Kilifi County BMU Network.

ocean. We want people from other areas to visit this place and benchmark our efforts so that they can also implement similar initiatives in their own communities," he said.

Daniel Mwangunya, the Manager of Kuruwitu Marine Conservancy said it is encouraging to see journalists coming into the community to organize such dialogues.

He noted that communities carry out many activities aimed at conserving the marine environment, but these efforts are often not highlighted.

"We are happy that this

In his opening remarks, the C.E.O of Media for Nature, Mazera Ndurya, said the organization continues to promote environmental discussions within communities following the success of the first Media dialogue held in 2025.

The inaugural Media Dialogue brought together journalists and scientists and discussed responsible environmental reporting.

Out of the dialogue, Tuna Fisheries Alliance of Kenya (TuFAK) organized a similar discussion involving journalists and people in the fisheries sector and value addition stakeholders to escalate the discussion further on how journalists can report responsibly.

This year, Mazera said Media for Nature has adopted a new approach by engaging both communities and journalists to discuss ocean-related issues ahead of the Our Ocean Conference, which will take place in Mombasa County in June 2026. He noted that this initiative aims to ensure that the voices of coastal communities who live near and depend on the ocean are heard.

At the same time, he emphasized the importance of collaboration among media houses to move such discussions forward and give citizens an opportunity to share their views. He also highlighted the need to document indigenous knowledge from local communities on environmental conservation.

"Our partnership between Media for Nature and Blue Radio is what gave rise to this media dialogue. We started last

year, and this year we will have it at the Kuruwitu conservancy. We believe that when media organizations come together and amplify community voices, those voices are heard. The community will also share indigenous knowledge about the ocean which can then be preserved and passed on to the future generations," he said.

The remarks were supported by the CECM for Kilifi County's Department of Agriculture, Livestock and Blue Economy, Dr. Patterson Chula. He said that communities carry out many positive activities in the ocean, but these efforts are rarely highlighted by local journalists. Instead, such stories are often covered by foreign reporters.

For example, he mentioned stories of women who dive in the ocean to restore coral reefs without using oxygen tanks, and they have been doing this work for a long time. However, their efforts rarely receive media attention.

He encouraged journalists to visit Kuruwitu and Kilifi in general to witness and report on the important work the women are doing.

Dr. Chula also urged journalists to learn basic diving skills so they can gather information directly from underwater instead of relying only on stakeholders for reports.

"It is encouraging to see Media for Nature and Blue Radio working together to highlight stories about the blue economy. This is a good step because I have rarely seen media houses give much attention to this sector.

I also encourage journalists to learn how to dive so they can capture images and videos from the ocean themselves and see how communities are doing great work in conserving the marine environment," he said.

Maureen Mudi, the Coast Region Coordinator for the Media Council of Kenya, said in her speech that as a regulatory body, they support initiatives where media organizations and journalists work together to drive meaningful conversations within communities.

She also supported the idea of journalists learning diving skills so they document stories directly from the ocean instead of relying only on second-hand information.

She called on stakeholders to support this idea by helping provide journalists with basic diving training so they can better report on marine and environmental issues.

Kuso Abdulla, the Wildlife Project Manager at Vipingo Ridge, said Vipingo Ridge is founded on the promise to enrich the lives of local communities and leads the industry in both social and environmental responsibility. He said they have done conservation efforts at the place for the past 20 years.

He added that the organization has also been supporting community initiatives aimed at conserving the ocean. Hence the reason they agreed to partner with the media in advancing the conservation narratives.

"As an organization, we have been involved in conservation efforts on land as well as in the



## THE ANNUAL ENVIRONMENTAL MEDIA DIALOGUE

7TH MAY, 2026

KURUWITU BEACH, KILIFI COUNTY



## HISTORY

# The Four Years That Redrew the Map of East Africa

In 1585, Ali Bey from the Turkish empire raided the East Africa coast, fought the Portuguese, and declared sovereignty on behalf of his king. He was warmly received by the Kings of Mombasa, Lamu, Kismayu, and Faza, except the King of Malindi, who remained loyal to the Portuguese.

In April 1586, having succeeded in kicking out the Portuguese from their settlements, Bey looted valuable worth £600,000 at that time, rounded up 50 Portuguese prisoners, and began his voyage back to the Turkish empire through the Red Sea.

In 1586, immediately after his departure, the Zimba a war like tribe from Southern Africa, led by Chief Lundi raided the East Africa coast and captured Kilwa killing 3000 people, after which they marched northwards, laid siege on Mombasa and slaughtered its inhabitants.

The early Portuguese described the Zimba as a tribe hailing South of the Zambezi River. This means they probably came from the around the present day Zimbabwe. In fact, in Zimbabwe, there's a river called river Lundi, which bears the same as Chief Lundi, who led the Zimba in their assault of Mombasa. Other accounts say they were from the



present-day Malawi.

Nevertheless, the Portuguese used the ensuing chaos to recapture the settlement they had lost to the Turks during Ali Bey's raid. A punitive expedition was consequently sent from Goa in India to punish the Kings of Mombasa, Lamu, Kismayu, and Faza for their role in aiding the Turks led by Bey. Only Malindi was spared because it remained loyal to the Portuguese during the raid.

In 1588, the Turks led by Ali Bey invaded the coast for the second time to kick out the Portuguese. After marching through a number of towns,

they halted at Mombasa, where they built a fort at Ras Serani. The following year, in March 1589, the Portuguese sent a naval fleet commanded by Thomas de Souza Coutinho from Goa to bombard the Turkish fort and drive them away.

By this time, the Zimbabwas, who were described by the Portuguese as "coming from the South of Zambezi," were camping at Makupa, where they had retreated. They immediately joined the Portuguese in their fight against the Turks and succeeded in driving them to the sea. At long last, the Portuguese were able to

capture Mombasa for the third time in 1589.

Many were killed, and over 100 Turks, including Ali Bey, were taken as prisoners by the Portuguese.

Thomas de Souza Coutinho, the commander of the Portuguese expedition, then undertook a successful punitive expedition to punish the Kings of Kilifi, Lamu, Manda, Pate, Siu and Faza.

Three months later, in (June 1589), the Zimba turned against the Portuguese whom they had collaborated with in driving away the Turks and tried to capture Malindi, which had always remained loyal to the Portuguese.



However, they were defeated with great losses by an alliance of Wasegeju and the Portuguese.

That's how the Zimba

completely lost their power at the Coast. Four years later, the Portuguese began to build Fort Jesus

**Courtesy: Ali Bey**

## The 50% Rule: Why Half Your Nerves, Blood, and Bones Depend on Your Legs

University of Denmark Research: "Two weeks without moving your legs, leg strength will decline by 10 years! For the elderly, confidence lies not in the brain but in the legs."

1. As you age, you must always keep your feet and legs strong.

2. When you grow older, you shouldn't worry about gray hair, sagging skin, or wrinkles. Instead, you should take good care of your legs.

3. Strong leg muscles are listed by the American Journal of Preventive Medicine as the most important muscles and a marker of longevity.

4. Inactivity of the legs for two weeks will reduce leg

strength by 10 years.

5. Studies show that people of all ages who remain inactive for two weeks can lose one-quarter of their leg muscle strength, equivalent to aging 20 to 30 years.

6. If leg muscles are weak, even rehabilitation exercises will take a long time to restore strength.

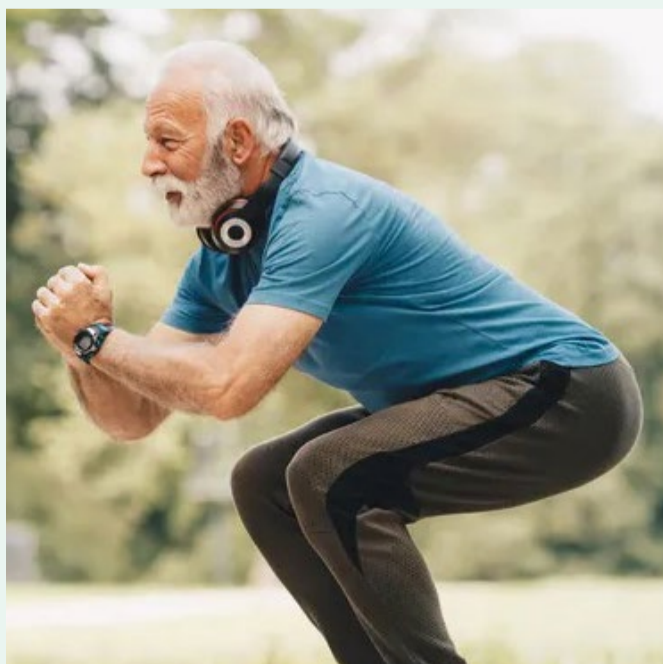
7. Regular exercise, such as walking, is very important.

8. The entire body's weight rests on the legs.

9. The body uses the feet to bear its weight. 50% of a person's weight is in the bones, and 50% of the bones are in the legs.

10. The body's largest and strongest joints and bones are in the legs.

11. Strong bones, muscles, and flexible joints form an



"iron triangle" that supports the body's most important loads.

12. 70% of your activity energy is burned in your feet.

13. In youth, your thighs are strong enough to lift a car!

14. The legs and feet are the body's "center of movement."

15. The legs carry 50% of the body's nerves, 50% of the blood vessels, and 50% of the blood flow.

16. A vast circulatory network connects the legs to the body.

17. Those with healthy legs and feet have smooth blood circulation; those with strong leg muscles have a strong heart.

18. Human aging starts from the feet and moves upward.

19. With age, the brain's

commands to the legs become less accurate and slower than in youth.

20. As people age, bone calcium will eventually be lost, so the elderly are prone to fractures.

21. Fractures in the elderly can easily lead to complications, especially life-threatening diseases like cerebral thrombosis.

22. Statistics show that 15% of elderly people die within one year after a thigh fracture!

23. For a 60-year-old man, exercising the legs is not too late.

24. Legs and feet age over time, but exercising them is a lifelong mission.

# The Real Zimmermann: A Legacy of Trophies and Tanning



**O**n April 12, 1971, at the Nairobi Hospital, Karl Fritz Zimmermann (pictured) finally took the final bow as he succumbed to diabetes. Apart from a small filler in the local dailies, few people took notice.

Yet, this Silesian native, who served in the German army during WWI, is immortalized in a Nairobi estate.

Apart from Out of Africa Danish writer Karen Blixen, whose name is immortalized in the upmarket Karen in Nairobi, Zimmermann has all but been forgotten. Many Kenyans still wonder why a down-market Kenyan estate at the edge of Kiambu has a German name.

Zimmerman had arrived in Kenya in 1929 to help build a taxidermy branch for Chas A. Heyer & Co., whose owner was a German hunter who was involved in the import of Mauser sporting rifles to British East Africa. Most of these were branded Chas A. Heyer. He also ran a small shop on the grounds of modern-day MayFair Hotel.

It was after the death of Heyer on October 1, 1931, and burial in Nairobi's Forest Road Cemetery, that Zimmermann took over the company and built his factory on the northern plains of Nairobi.

Thus, the land on which Zimmermann Estate (wrongly spelt Zimmerman) stands was owned by this German settler who built the second largest taxidermy factory in the world.

Kenya, then, was a big exporter of trophies and animals mounted for display by the rich and museums all over the world. Most of these Zimmermann products can still be seen in various sports clubs and age-old Kenyan hotels and elsewhere in museums and art galleries. State House in Nairobi also displays some of the art from Zimmermann Limited, as the company was then known.

That was before a national ban on hunting in 1977 brought the factory (above) to a halt- and perhaps ended the continued extermination of

animals by trophy hunters.

Interestingly, one of Zimmermann's last projects was mounting of Ahmed, the Marsabit elephant that had been protected by a presidential decree and which still stands at the National Museums of Kenya's exhibition gallery.

Very little is known about Zimmermann, the man. But his story is weaved within the story of Kenya as the destination for big-game hunters; men and women who made fortune in the wildlife industry as licensed poachers.

But Zimmermann was not initially part of the game-hunting dollar millionaires. He had arrived in Kenya as part of a zoology research team sent by a German University for a research project. But like many others, he not only fell in love with Kenya but returned in 1929 to found Zimmermann's Ltd (Taxidermy).

Kenya was known worldwide for the millions of animals that roamed in the expansive plains and had attracted world-famous hunting safaris sponsored by the Smithsonian Institute. Among the biggest collectors remained former US President, Theodore Roosevelt, who later helped build the Panama Canal when he became President. His escapades in Juja, Kapiti Plains and Congo are well documented in his book, African Trails and in the picture below Roosevelt (left) had just killed a hippo.

With all these demands for trophies, Zimmermann acquired land next to River Ruaraka where he also built a leather tanning factory. By then, it was far from Nairobi and the obnoxious smell from the tannery would bother no one.

As big game hunting prospered during the colonial period, Zimmermann Ltd fed the insatiable appetite of princesses, kings, queens, presidents and museums. It was one of the country's main exports apart from coffee and tea. Private galleries would snap animal trophies as they rolled out of the factory and

every week truckloads of dead animals would be offloaded at Zimmermann.

In 1970s, Phillipines President Ferdinand Marcos gave Zimmermann Ltd a huge order to make mounted animals for museum in his country.

Records show that Zimmermann used to make various trophies. There were full-size mounts of large mammals like lions, kudus, giraffes, displayed from neck up, rugs of Zebras and other animals and elephant tusks.

Zimmermann also made beer bottle-openers from warthog tusks, handbags from elephant ears, stools from elephant's rear-feet, bracelets from the hair on elephant tails and pendants from lion claws.

They did everything any enthusiast ordered: "We have even turned buffalo scrotum into tobacco pouches with zippers," one of its general managers, Peter Wain told Los Angeles Times in 1973.

By then the company was doing taxidermy work for more than 400 safaris a year, according to records.

"We were the second largest taxidermy company after the Jonas Brothers of Denver Colorado," Tim Nicklin one of the last employees told me in Nairobi some years ago. Tim estimated they had a workforce of about 100.

"We used to mount an average of 30 heads a day and two to three fully mounted animals."

A lot of these were lions, wildebeests, and buffaloes.

At times, some American taxidermists would ask Zimmermann to do the tanning and ship the skins to the US for mounting while others would have all the work done in Kenya.

The Italians for instance were in love with buffaloes. "They have a thing about buffalo. I don't know if it's because they are effeminate, and they want to show their manhood!" Mr Wain once told Associated Press.

"The only people I talk out of work here is the old duck who wants her pet Alsatian

mounted...For heaven's sake, after enjoying the pet for 22 years, you don't want it stuffed in a corner of the room. That's bizarre as far as I am concerned".

In 1969, Ken Kertell, a director at Zimmerman told Associated Press: Taxidermy is an art you see. You can't put a dead animal on a conveyor belt and wait for it to come out the other end as a lifelike model. Everything has to be done by hand."

And Zimmerman Ltd managers did not hide the fact that they were after dollars. Kertell once said: "We are not in this for fun, we are in it for money. But I don't want you to get the impression we're in the slaughter trade. We don't look at it that way."

In 1977, after 33 years of raving success, Zimmerman's Ltd was

given months to close shop following the ban on hunting. The government also ordered all licensed hunters to turn in their weapons to the Central Firearms Bureau.

It was the end of Zimmerman Ltd and since he did not need all that land, he sold it and from these emerged the modern-day Zimmerman.



## Port Position

08<sup>TH</sup> APRIL 2026

Expected Vessels for the next 14 Days.

No.	Ship Name	Types Of Cargo	Date of Arrival	PORT
1	CMA CGM Nerval	Containers	08/04	LAMU
2	MV AMU Jameel	Containers	08/04	LAMU
3	Laura	Containers	08/04	MOMBASA
4	Onego Buran	Containers	08/04	MOMBASA
5	CMA CGM ST. Goerges	Containers	08/04	MOMBASA
6	Lian Hua Song	Containers	08/04	MOMBASA
7	Mermaid Ace	Cars	08/04	MOMBASA
8	Brand Hatch	Cars	06/04	MOMBASA
9	Eiim Joyce	Bulk Wheat	08/04	MOMBASA
10	Global Fuji	Cars	08/04	MOMBASA
11	Jolly Rosa	Containers	09/04	MOMBASA
12	AL 127	Containers	09/04	MOMBASA
13	BSG Barbados	Containers	09/04	MOMBASA
14	Seatrade Peru	Containers	09/04	MOMBASA
15	Venus	Palm Oil	09/04	MOMBASA
16	Velos Turquoise	Gas Oil	09/04	MOMBASA
17	Beaufort	Butane	09/04	MOMBASA
18	ZJ Pacific	Containers	10/04	MOMBASA
19	Al Hussein 2	General Cargo	10/04	LAMU
20	Cos Orchid	General Cargo	11/04	MOMBASA
21	Obe Drande	Bulk Gypsum	11/04	MOMBASA
22	Bentley 1	Palm Oil	11/04	MOMBASA
23	Jolly Oro	Containers	11/04	LAMU
24	Nara	Containers	11/04	MOMBASA
25	MSC Sky II	Containers	11/04	MOMBASA
26	Seaspan New Delhi	Containers	12/04	MOMBASA
27	MSC Tuxpan V	Containers	12/04	MOMBASA
28	Zanzibar Express	Containers	12/04	MOMBASA
29	Gulf Barakah	Containers	12/04	MOMBASA
30	Bow Aquarius	Base Oil	12/04	MOMBASA
31	Ithomi	Steel Coils	12/04	MOMBASA
32	Calista Star	Bulk Wheat	13/04	MOMBASA
33	Atahualpa	Base Oil	13/04	MOMBASA
34	MV Tonsberg	Containers	13/04	LAMU
35	EF Olivia	Containers	13/04	MOMBASA
36	Awie Salama 15	Containers	13/04	MOMBASA
37	CMA CGM Suez	Containers	14/04	LAMU
38	Apageon	Bulk Fertilizer	14/04	MOMBASA
39	Cathy Ocean	General Cargo	14/04	MOMBASA
40	Garnet Leaders	Cars	14/04	MOMBASA
41	Celsius Edinburg	Containers	14/04	MOMBASA
42	Jolly Oro	Containers	14/04	MOMBASA
43	Jolly Bianco	Containers	15/04	MOMBASA
44	Tonsberg	Containers	16/04	MOMBASA
45	Lobivia	Containers	18/04	MOMBASA
46	GFS Ranna	Containers	18/04	MOMBASA



MARCH 2026

# Chairman's Cup 2026: Faster, Stronger, Elite



**C**hairman's cup championship Mombasa — April 4-5, 2026.

The chairman's cup 2026, held at the Aga Khan International school MSA, (whose theme was kicking drugs out of Mombasa county) delivered a technically solid and structurally efficient edition, confirming its position as a key event within the MCTA county/National calendar.

Across two days of competition, athletes competed in cadet, junior, and senior categories, with cash awards, bursaries & ranking points at stake in all classifications. The event brought together a high number of participants and maintained a consistent competitive rhythm throughout all sessions.

One of the defining aspects of this edition was the improved competition flow. Matches progressed with reduced downtime, allowing for a more continuous schedule and demanding a higher level of physical and tactical consistency from athletes. This translated into bouts with increased tempo, sharper exchanges, and more sustained pressure phases.

From a performance standpoint, the team standings reflected both depth and efficiency. Team Regionals defended their first place with a balanced medal distribution (6 gold, 2 silver, 2 bronze), demonstrating consistency across multiple weight categories. Police followed in second position (5 gold, 1 silver, 2 bronze), standing out for its volume of podium finishes and overall team depth. Kenya Navy, in third place (3 gold, 4 silver), showed a more selective but highly effective performance, particularly in key divisions.

**Special thanks to the sponsors;**

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- Antoren Investments
- MZ Radiators MSA LTD
- Sports Hub Kenya
- Kenya Taekwondo Federation
- AVL International

**Team standings snr:**



- Team Regional - NRB
- Kenya police - NRB
- KDF Be - MSA

**Team standings jnr:**

- Coast high kicks - Kilifi
- Desert Cobras - Thatakanithi
- Home Talent - MSA

**Team standings scl:**

- Bright academy - MSA
- Blade warriors - Voi
- Geostine academy - NRB

# CINEMA

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

WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC
<b>Tuesdays</b> Safari Inn Shanzu Serena Rd Maranda & Band 11 Palms Kwachocha Malindi Kaka Brayo & Tamu Music Band <b>Wednesdays</b> Sky Lounge Bamburi Julio Diatos with Big Band <b>Thursdays</b> Kusini Tavern Kilifi The Muziki Band <b>Fridays</b> English Point Marina Live Band Fridays with Solitaire The Band JJJ 20 Lounge Bombolulu Utamaduni Band Club Legend 2.0 Mtwapa Rhumba Mature with Ricky Mulolo & Idologia Musica	<b>Fridays</b> Safari Inn Shanzu Serena Rd Jambo Africa Band English Point Marina Solitaire The Band Live On Stage <b>Saturdays</b> Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band <b>Club Country Mtwapa</b> Mugithi Night Live with Man Kamaa   DJ Smith <b>Sundays</b> The New Bigtree Bamburi Beach La Festa Sunday with Mombasa Roots Band Mingles Lounge Nyali Live Band Sunday with Evergreen Trio band   Njeri'oke	<b>Sundays</b> Copacabana Beach Bar & Restaurant Diani Beach Tamasha Band Live <b>Leisure Lounge Mombasa</b> Country Music with Savannah   Joe The Gypsy Cowbo <b>Club Mios Bamburi Mtwambo</b> Bango Sundays with Manu Bayaz & Msenangu The Band <b>Tapas Gold Nyali</b> Mombasa Roots Band <b>FAIRS &amp; EXPOS</b> 25 & 26   04 Mama Ngina Waterfront Mombasa Mombasa Tourism & Culture Expo 2026 www.whats-on-mombasa.com

**MOMBASA TOURISM & CULTURE EXPO 2026**  
 25TH & 26TH APRIL FROM 10AM - 10PM  
 DAILY ACTIVITIES:  
 Corporates / SME Sales & Exhibition | Food Bazaar | Cultural Acts | Children Funfair | Live Football Watch Party | Talanta Dance Show  
 Venue: MAMA NGINA WATERFRONT  
 For more info call 0789 443 223.

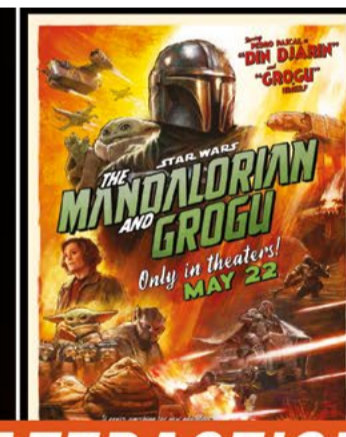
NIGHTLIFE & ENTERTAINMENT	EDUCATION
<b>Sunday 12   04</b> Walenisi Akamba Arts Changamwe Live Performance by Kativui Mweenne <b>Saturday 18   04</b> Nomad Beach Bar And Restaurant Diani Beach Live Music with Esther Moraa <b>Saturday 25   04</b> Nomad Beach Bar And Restaurant Diani Beach Live Music with ChuChu JJC Bar & Restaurant Gede Mike And Athman Birthday Party with DJ Moscato   DJ Master Jay	<b>From Monday 13   04</b> Alliance Française de Mombasa New French Classes

## wh@ts on nairobi & surroundings - event guide APRIL 2026 - all data without warranty - www.whats-on-nairobi.com

SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	BOWLING	CONCERT	GAMES	FASHION & BEAUTY
<b>Wednesday 15   04</b> Goalhub Kitengela Matafu + Afterparty <b>Friday 17   04</b> Nairobi Street Kitchen La Renaissance <b>Saturday 18   04</b> The Beer District Delta Towers Sip Ling & Vibe African Originals HQ Spectrum Business Park TRAP Ped Vulture Soave Social Club Social Club HipHop Vibes by X The DJ Muze Club Westlands Uhuru Muziki with Hola Jefe   Jean   Mukobi   Aweko brian   House Of Payne   Sozi Deep   Punnydropper   Iborian KODA Nairobi Kenrail Towers Group Therapy Nairobi	<b>Saturday 25   04</b> Kenya Railway Museum The Groove Hangout KODA Nairobi Kenrail Towers KODA Presents Miishu   Leo Gira Kiambu Valley Gardens Incredible And Friends <b>Thursday 30   04</b> The Alchemist Westlands Cosmic Currents with Sesi Sir.Loin   Panik   Evan Rhodes   Vidza   Big Nyagz   Shangataatu   Nowisgood   Afrhrs Ufungamano House (Christian Student Leadership Centre) Rigga Live Masshouse Ngong Racecourse Zakes Bantwini   Euggy   Surad KODA Nairobi Kenrail Towers KODA Presents Naya nights: Kitty Amor & Tefo Fox	<b>Friday 17   04</b> Village Bowl MSF Bowling Challenge <b>Sunday 19   04</b> Kenya National Theatre The Kenya Conservative Of Music. End Of Term Concert	<b>Sunday 19   04</b> Bao Box Mathenge Drive Game Social	<b>Sunday 19   04</b> Bao Box Mathenge Drive Game Social	<b>Saturday 18   04</b> Sarit Expo Centre Jazz & Fashion Experience www.whats-on-nairobi.com

MOTOR SPORTS	EAT & DRINK & FASHION	HORSE RACING	EAT & DRINK & FASHION
<b>Saturday 18   04</b> Kasarani Sports Stadium RX-Fest April 2026 <b>Saturday 18   04</b> AXA Sports Bar & Grill Twende Tuk Tuk Challenge	<b>Thursday 30   04</b> Nairobi National Park Safari Runway-Fashion Show	<b>Sunday 19   04</b> Ngong Race Course and Golf Park 2026 Kenya Derby	<b>Saturday 25   04</b> Karel T-Lounge Village Market A Sensory Overture

FILM PREMIERE	WOMEN	FAIRS & EXPOS	THEATRE
<b>Wednesday 22   04</b> Kenya Cultural Centre Enchanted Bloom - Red Carpet Premiere	<b>Saturday 18   04</b> Ballpoint Social Club Village Market Coffee , Cocktails and Conversations - Step Into Your Light	<b>Tuesday 28   04</b> Argyle Grand Hotel Nairobi Airport Mice: Kenya Mining Investment Conference & Expo	<b>Saturday 25   04</b> Alliance Française On The Uselessness Of A Professor by Dr. Fred Mbogo



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