



# MaDaFu

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

Issue 037 / JULY 2022

Complimentary Distribution - Free

Registered at the G.P.O as a newspaper

## FREE BODA RIDE FOR VOTERS - ELDERLY AND LIVING WITH DISABILITY



3500 BODA BODA RIDERS TO OFFER FREE SERVICES TO ELDERLY AND THOSE LIVING WITH DISABILITY TO POLLING STATIONS IN MURANGA COUNTY

Ahadi Kenya Truist CEO Dr Stanley Kamau flags off over 3500 Boda Boda riders in Muranga County. The riders will offer free services on Tuesday August 9th, 2022 to the elderly and persons living with disability who are unable to reach their polling station to enable them to cast their votes. The flag off ceremony was held at Gitugi Ward in Mathiyo constituency on Sunday August 7th, 2020. PHOTO: ANDREW KILONZI

### PCAK MENTORSHIP PROGRAM



IPOA Commissioner Dr. Praxedes Tororey yesterday challenged the youth to uphold the rule of law and strive for excellence in their lives. Dr. Tororey was making her keynote address as Chief Guest during a graduation ceremony at PCEA St. Andrews, Nairobi for 25 mentees who had completed a mentorship programme by PCAK. Dr. Tororey also received a certificate of appreciation on behalf of IPOA which is a PCAK Partner. PCAK is a criminology professionals body. The Commissioner was received by the PCAK founding Chairperson Mr. Munene Mugambi who is also a Director at IPOA. Other partners in attendance included Mission Africa, IPOA, POLICARE of the NPS, the Calorina Central State University, the GIZ, Kirk TV and LoCEF Foundation.



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# President Kenyatta officially launches Nairobi Expressway and Eastern Bypass



(PSCU)

President Uhuru Kenyatta on Sunday officially launched Kenya's iconic Nairobi Expressway after months of successful public trial.

The President also commissioned the revamped Nairobi Eastern Bypass which includes five new major vehicular crossings and six-lane dual carriageways at the busy sections of the road.

Speaking after launching the mega projects, President Kenyatta emphasized that infrastructural development is key to opening up opportunities for Kenyans.

He expressed optimism that the expressway and the bypass road will significantly address the nightmare of traffic gridlocks in Nairobi estimated to cost the nation over Kshs 5 billion annually in lost productivity time and wasted fuel.

"Since we opened the road for public trials in April, it now takes between 15 and 24 minutes to drive from Mlolongo in Machakos County to Rironi in Kiambu County. Before the expressway, that journey would take at least three hours which is the equivalent of flying to Addis Ababa and back," President Kenyatta said.

The Head of State noted that in the short time the Nairobi Expressway has been open for trials, it has already proved its worth by ushering in an era of reduced travel time, increased

mobility, reduced congestion and enhanced productivity.

In this regard, President Kenyatta said the expressway has created a better business environment that will lead to more opportunities for the country's tourism, conferencing and hospitality sector that employs over 3 million Kenyans directly and another 6 million indirectly.

The President added that the expressway also guarantees better emergency response for all those in need of critical care and better commuter movement as well as relief for the main transport artery that serves Jomo Kenyatta International Airport.

"This singular project secures Nairobi's status as the region's capital and economic nerve centre and, therefore, strengthening Kenya's position as Eastern and Central Africa's commercial and diplomatic hub," he said.

He said his administration has invested extensively in infrastructure projects in line with the dream of the country's liberation heroes who envisioned a nation where the Government implements transformative development programmes and policies that boldly lay the foundation for achieving a better and prosperous Kenya for all.

"As correctly identified in our Vision 2030 blueprint, a solid and functional infrastructure is a key enabler to the realization of that national dream," President Kenyatta said.

The construction of the Nairobi Expressway complements the expansion of the James Gichuru Junction - Rironi Road and the Athi River - Machakos turnoff Road which are both adjacent to the expressway.

President Kenyatta said other initiatives that have reduced congestion in the capital city include the construction of the 97km-long ring of four bypasses around Nairobi, the expansion of Ngong Road and Outer-ring Road as well as the construction of several new link roads.

He observed that the Nairobi Expressway also ushers in a new model of executing public projects through the Public Private Partnership (PPP) model where a project is not financed through debt or Government funds.

"As the first PPP road project in Kenya, the Nairobi Expressway marks the Government's pivot towards leveraging private capital to bridge our infrastructural deficit," the President said.

The China Road and Bridge Corporation company, which designed, financed and built the expressway, will maintain and operate it during the project's concession period where it will recoup its investment by collecting toll charges from motorists using the expressway.

President Kenyatta said the investor will transfer the road to the Government at the end of the concession period.

"The contractor will also revamp

the parts of Mombasa Road, Uhuru Highway and Waiyaki Way that are adjacent to the expressway at no additional cost to taxpayers," President Kenyatta said.

On the Eastern Bypass, President Kenyatta said the road plays a major role in directing traffic away from Nairobi's Central Business District, reducing travel times in and around the city.

The Nairobi Eastern Bypass is a major transport artery that connects the Nairobi-Mombasa Highway with the Nairobi-Thika Highway; distributing traffic to the northern, eastern and southern precincts of the Nairobi Metropolitan Area, boosting connectivity within the Nairobi Metropolitan Area.

The President also pointed out that his administration has built more than 11,500 kms of new tarmac roads which have increased Kenya's paved roads network by more than 85% during his term in office.

"As a result of accelerated road development and maintenance, more than 70% of Kenyans can now access an all-weather road network within a radius of 2km of their homes," the President said.

President Kenyatta reiterated that the notable infrastructural development was achieved because of the peace and security that the country enjoys.

In this connection, the President cautioned Kenyans to be wary of political leaders peddling anger, hatred and lies instead of voicing their policies on what they will do for the electorate.

He urged Kenyans to avoid anything that may jeopardise peace and security in order for the country to remain on the development trajectory.

Speaking during the occasion, Transport CS James Macharia said the Kshs 70 billion Nairobi Expressway is the largest Private Public Partnership project in the entire, affirming the confidence investors have on President Kenyatta's leadership.

"If they didn't have confidence, this project would not have been possible. You (President Kenyatta) paid personal attention to the construction of this particular project. It was completed in a record 18 months ahead of the projected 36 months," said CS Macharia.

Chinese Ambassador to Kenya, Zhou Pingjian, said China and Kenya share profound friendship under the strategic guidance and personal attention of President Kenyatta and President Xi Jinping.

Noting that the brotherly relationship between the two countries has reached a new height unmatched in history, the Chinese Ambassador said his country appreciates Kenya's invaluable support whenever China's interests are concerned.

## President Kenyatta signs six parliamentary bills into law



(PSCU)

President Uhuru Kenyatta on Wednesday signed into law six parliamentary bills including Sustainable Water Management Bill, Irrigation (Amendment) and the Public Procurement and Asset Disposal (Amendment) Bill as well as Sacco Societies (Amendment) Bill, Children Bill and Community Groups Registration Bill, all of 2021.

The new Sustainable Waste Management Act establishes a robust legal and institutional framework for sustainable management of waste to ensure the realisation of the constitutional requirement on the right to a clean and healthy environment.

It provides mechanisms for policy, coordination and oversight of waste management, and promotion of a circular economy for green growth by, among other provisions, establishing the Waste Management Council whose mandate includes overseeing implementation of the national sustainable waste management strategy.

On its part, the Community Groups Registration Act establishes a framework for the registration and regulation of community groups on matters such as the amalgamation and merger of such groups.

The amended Children Act gives effect to Article 53 of the Constitution of Kenya by among other reforms, advancing the concept of 'best-interest of the child' as the paramount consideration in every matter or decision concerning a child.

Further, the new Children Act provides for parental responsibility and contains progressive provisions on the protection and care of children such as prioritization of family-based care through fostering, adoption, custody, maintenance, guardianship, kinship care, kafaalah among others.

The law therefore largely shifts the burden of child care to the state and the community, leaving room for the establishment of statutory childcare institutions by the Cabinet Secretary responsible for children affairs.

## PHOTO STORY



(L-R) Kenya Association of Manufacturers (KAM) Acting CEO Mr Tobias Alando hands over a membership certificate to General Manager Novozymes Kenya Ms Regina Karani. This signifies a new dawn for Novozymes as they tap into KAM membership in their pursuit to help manufacturers unlock sustainable business opportunities by harnessing the power of biological enzymes that support healthy living, reduce the cost of production and are safer for manufacturers, consumers and the environment.

## NEWS

# Cyprian Fernandes: The sweetest love letter

A friend of mine once sent me the note below. I often return to it when I am in the dumps. It is such a beautiful story I thought I might share it with you all.

Dear Cyprian,

My family and I thought that your email was so sincere and beautifully written. You summed up all that he represented so well. Many thanks for your kind words and sentiments from us all.

As you can imagine, having gone through losing your beloved Rufi, I am still in a daze after all that has happened and I just can't get motivated into doing anything. I feel so empty and miss him so much, especially with Christmas round the corner. Things you take for granted all come to mind now, like there is no one to greet you at the door or share a cup of tea when you get home. There is no one to tell you how nice you look or take care of or cook for.

I miss his warm and tender love, hugs and kisses, his smell, his lovely smile and our little chats at night. I smile sometimes and cry sometimes, mainly tears of joy when I remember all the little things he used to say and do that used to brighten up my day. The songs

that we used to love bring back memories and an ache in my heart at the same time. Thank God, we Christians have a hope in Jesus and His Promises so we will all meet again eternally someday. I look forward to that day.

I was indeed privileged and honoured to have had him for my husband, to walk proudly by his side and hold his hand (quite possessively, I might add). My parents loved him and always used to tell me what a nice tall handsome man he was. He boarded with my family in Kampala when he attended Secondary School and was practically raised by my mum. After that, he went to Cardiff, Wales and I went to the Royal College of Nairobi only to find ourselves teaching round the corner from each other on our return home and it was meant to be - our destiny.

I felt really proud to be his wife and I always used to let him know that he was my gift from God as I prayed so hard for him and wanted him with all my heart and soul and when all else was against us, God chose to give him to me. We had such a happy and beautiful life together (after going through hell and high waters with his family). Yes, St Jude, he would tease me. Through all



the tragedies and difficulties we faced, we managed to get through together always with God's help, that I never cease to praise and thank God for the life I have shared with this beautiful gentle loving man who I deeply loved and cherished all my life.

I am so blessed to have had his children who are a source of comfort and great help to me with snippets of their father coming through in each one of them and our grandchildren. I

used to ask him why he didn't pick someone pretty and tall like him and he would say, 'Don't you know good things come in small packages? Besides, I always wanted you, too.'

He would remind me of the times he would throw pebbles at me on our way to school (to get my attention he said) and I thought he hated me and how he would purposely kick me under the dinner table with his long legs or accidentally touch my

fingers whilst playing Carom - little things that meant a lot to us when we were growing up in an era when talking to boys was taboo. Secretly, I was glad he didn't have a good taste for women as he could have had anyone he wanted but he chose me - all thanks to St Jude.

What a funny kind of a day! Sorry, I got a bit carried away with my thoughts but it has helped to ease the ache in my heart that I have had all

afternoon. The passing away of another close friend threw me in the dumps again. I hope you'll understand and won't mind my foolishness.

I'll carry his heart in my heart always and I know his spirit will always be around us.

I hope you are doing OK and thanks once again for your lovely email. It was nice for the children to know what others thought of their father.

All the best and God Bless.

## Let's embrace peace and unity at all times, President Kenyatta urges Kenyans

(PSCU)

President Uhuru Kenyatta has urged Kenyans to embrace peace and unity at all times by shunning leaders whose main agenda is preaching divisive politics and hatred.

The President emphasized that Kenya will only continue on the development trajectory if honest leaders who stand for the truth take over from him not the "masters of doublespeak" who are driven by selfish motives.

"I want us to have leaders who will stand for justice. Let us go for leaders who are respectful and honest. The most important thing is for Kenyans to unite and uphold peace. Without peace and unity, the country will not achieve its development goals.

"My stand, right from the beginning, has always been seeking ways of uniting the country and entrenching peace," the President said.

President Kenyatta spoke on Wednesday after he commissioned the refurbished



Nakuru Railway Station and addressed residents.

"I thank Nakuru residents for living together peacefully. All Kenyan communities live here. We don't want to be divided, we should continue living and working together as Kenyans," President Kenyatta said.

He said, as a peace-loving leader, his desire is to leave

a country whose citizens live together peacefully regardless of their ethnic and religious background.

The Head of State said he has always been keen on ensuring inclusivity and equitable development across the country, saying it was unfortunate that the Building Bridges Initiative (BBI) that stood for those principles was shot down by deceitful politicians.

He reiterated his call to Kenyans to be keen and elect genuine leaders who will build on the country's progress instead of those who will run it down.

Saying he harbours no ill intentions against anyone, President Kenyatta regretted that some political leaders have chosen to peddle lies at the expense of promoting the welfare of Kenyans.

Nakuru Governor Lee Kinyanjui thanked President Kenyatta for his visionary leadership that has transformed Nakuru County through projects that have uplifted the lives of the residents.

The Governor cited the refurbishment of the Nakuru Railway Station, the upgrading of Nakuru to city status and the ongoing construction of an international airport in Lanet, Nakuru city that will attract more investors.

On his part, Treasury Cabinet Secretary Ukur Yatani said President Kenyatta's focus on equitable development has stimulated economic growth across the country.

"The Nakuru-Kisumu railway line which has not been operational for close to 13 years is now restored and fully operational. The Nakuru Railway Station is one of the many refurbished areas under the 217 kilometres Nakuru-Kisumu meter gauge railway revitalization project," said CS Yatani.

The Cabinet Secretary expressed optimism that the refurbished railway station will restore Nakuru to its past glory.

Later, President Kenyatta chaired a meeting that was attended by leaders drawn from all Nakuru Sub-Counties led by Governor Kinyanjui.

### PHOTO STORY



Turkish Cooperation and Coordination Agency (TIKA) Country Director Eyup Yavuz Umuhu and Ahadi Kenya Trust CEO Dr Stanley Kamau when they handed over one of the 5 posho mills to Macharia Kamau, an official of one of the five youth and women self-help groups in Murang'a County that benefited from the donation on Saturday July 23rd 2022. The groups with a membership of 200 also received fifty-90Kg maize bags to start business, avocado seedlings and assorted food stuffs for each member.

# TIKA and AHADI Kenya Trust donates five posho mills

As the maize flour price rise continues to ravage households, the Turkish Cooperation and Coordination Agency (TIKA) has donated five posho mills to community groups in Murang'a county.

Representing the donation to the groups in Murang'a town, Tika County Director Mr Eyup Yavuz Umuhu said the donation of posho mills and avocado seedlings followed a plea made by Ahadi Executive Director Stanley Kamau, to support the community improve their living standards and nutrition.

"The posho mills will help the members make extra coins as well as getting flour of the best quality at affordable prices," said Umuhu during the handover ceremony.

In the past 10 years TIKA has supported more than 200 community groups with such projects, he added.

Kamau urged the group to effectively use the equipment donated by the Turkish agency and assist the less fortunate in the community get maize flour at cheaper price.

The equipment, he said, will also help in reducing the cost of the maize flour and ensure the residents get the best from their own farm produce.

He hit at the politicians accusing the government of the high cost of living without looking for a solution.

"The posho mill should help the persons with disability as well as the poor persons should they seek to have their maize processed and they have no money to pay for service," said Kamau.

He however warned the members against politicizing the project saying those who will



**Turkish Cooperation and Coordination Agency (TIKA) Country Director Eyup Yavuz Umuhu and Ahadi Kenya Trust CEO Dr Stanley Kamau cook Ugali meal with flour from posho mill during handing over of five flour making Machines to five youth and women self-help groups in Murang'a County on Saturday July 23rd 2022. Looking on is a member from the group Eunice Ndung'u aka "Mama Jiggers". The groups with a membership of 200 also received fifty-90Kg maize bags to start business, avocado seedlings and assorted food stuffs for each member.**

be caught will be disciplined. "It is a must that we ensure the project is meant to enrich the community and more so

support the less fortunate and not for political gains," said Kamau.

He added that during the elections, Kenyans are free to elect leaders of their choice to serve them in the next five years. A beneficiary Mr Macharia Kamau from Gitugi ward in Mathiyoa said the project would assist them earn money and improve nutrition of their family.

"Our posho mill will be situated at Karung'e market where it will be the first ever in the village. Residents have for decades walked a long distance to Gitugi market for the service," said Macharia.

Utility Majority of the members are those who recovered from Jigger infestation.

The Turkish agency this year donated fruit trees to community groups in Mathiyoa as part of empowering the community financially.

## PHOTO STORY

### CS EDUCATIONS OPENS MARYJOY JUNIOR SECONDARY IN MOMBASA COUNTY



**Education Cabinet Secretary Prof. George Magoha receives a flower bouquet from Maryjoy Primary School standard Seven Pupil Happiness Wanjohi during the official opening of the newly constructed Maryjoy Junior Secondary school in Bombolulu, Mombasa County. Looking on is the school Director Mary Waigi Wagari (right).**



**Education Cabinet Secretary Prof. George Magoha signs the visitors book at the newly constructed Maryjoy Junior Secondary school in Bombolulu, Mombasa County as the school Director Mary Waigi Wagari looks on shortly after he officially opened the school. The state of the art eco-and child friendly school with unique architectural design and the first of its kind at the coast will be admitting the first class seven in January, 2023.**

# Kenya and Seychelles sign 10 agreements to cement bilateral ties

(PSCU)

Kenya and Seychelles on Monday signed a record 10 agreements to cement the historical cordial diplomatic relations the two countries have enjoyed since they became independent.

President Uhuru Kenyatta and his host President Wavel Ramkalawan witnessed the signing of the pacts at State House, Victoria, in the Indian Ocean island nation of Seychelles.

Key among the agreements signed was one on cooperation in the blue economy sector which seeks to enhance capacity building and exchange of expertise in the governance aspects of the blue economy as well as bolster the circular economy and collaboration in the aquaculture sector.

Also signed was Memoranda

of Understanding (MOUs) for cooperation on peace, security and law enforcement at sea as well as maritime affairs.

Addressing the press after witnessing the signing of the agreements, President Kenyatta said he has resolved with his host President Ramkalawan to further cooperate on, among other areas, matters of peace and security especially on marine security.

"Seychelles is a leading champion of the blue economy. We have, in that regard, agreed to strengthen our collaboration in protecting and ensuring sustainable utilization of our ocean resources," President Kenyatta said.

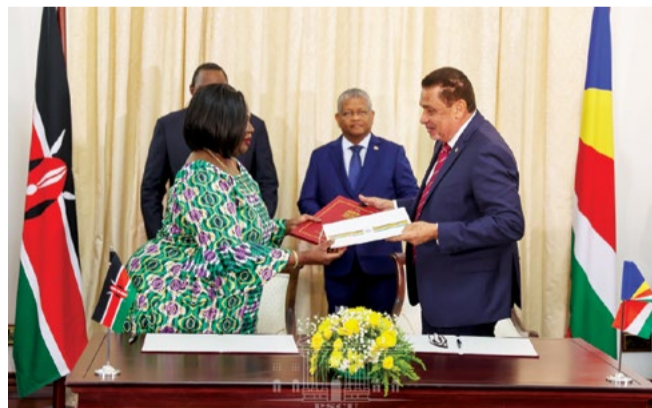
President Kenyatta commended the Joint Cooperation Committee (JCC) of the two nations for putting together the agreements that were signed which outlined the avenues to be explored to

enable Kenya and Seychelles to fully maximize and further solidify their existing ties.

On his part, President Ramkalawan said President Kenyatta's visit to Seychelles was significant to the two countries as it reaffirmed the multifaceted relations the two nations have enjoyed the years.

"Kenya and Seychelles had substantial bilateral cooperation in fields such as education, health, trade, agriculture, civil aviation as well as strong people-to-people ties even before the establishment of diplomatic relations on 10th January 1990," President Ramkalawan said.

He expressed gratitude to the Kenyan Government for its continued support to the socio-economic growth of Seychelles, saying currently there are 846 Kenyans living in the country, among them several expatriates in the education and health



sectors.

"I have expressed my gratitude to President Kenyatta for the assistance provided by the 50 Kenyan health workers who were recruited by the Ministry of Health in March 2020 following the outbreak of the Covid-19 pandemic. I have reiterated my appreciation

to him for the contribution of Kenyan teachers to our education system," President Ramkalawan said.

Fielding questions from the press, the two leaders said by working together, the two countries would create huge opportunities for their citizens especially in the blue economy

and tourism sectors.

Other bilateral pacts signed included a Defence Cooperation Agreement and another one on Mutual Legal Assistance in Criminal as well as MOUs on tourism development and bilateral cooperation in the areas of agriculture, livestock and cooperative sectors.

Also signed were MOUs on cooperation in the field of sports and promotion of partnership on gender equality and women economic empowerment.

President Kenyatta pointed out that with genuine and strong partnerships, Africa has the capacity to create a better future for its people.

Foreign Affairs Cabinet Secretary Ambassador Raychelle Omamo signed the agreements on the Kenyan side while Seychelles Foreign Affairs and Tourism Minister Sylvestre Radegonde signed on behalf of his country.

## OPINION

# Religion and Technology



By Dr. Arti Kotak

Religion - a great word which reinforces the groups of people of the entire planet to create a fundamental set of beliefs and practices which connect humanity to supernatural and spiritual element. This word is very powerful, then why has the discussion about religion been always remained controversial since centuries? Current scenario presents that it is connected with technology- a powerful word itself. Technology is the application of scientific knowledge in the practical human life. Religion is the practice to achieve spirituality and technology is also a kind of practice to accomplish scientific objectives. Now the question arises; are religion and technology connected to each other?

The Almighty God sent a very simple message regarding the religion that consisted just one line, 'Do good Karma and help the nature and the society' but when the message was received by human beings, a very complicated version of it came out and that simple religion was divided in many religions like, Hindu, Islam, Christian, Sikh, Buddhism, Jain, etc. People selected their departments and heads of the departments - Ishwar, Allah and Jesus; to please the heads, people started practice of religion which included fasting, worshipping the idols, temples, rivers, animals, trend of meditation is also in demand. Despite that practice, we didn't achieve success to

follow the real religion which is HUMANITY. Even in the medieval age (from 6th to 14th century), religion was found to leave its home. Then one source helped to rebuild the religion and the source was technology. It is mentioned in Genesis (first book of the Bible), relation between human and nature was reversed in the early 8th century. Day by day, technology started invading various fields; religion was one of them. Today in 21st century a new branch of religion has been emerged - 'New Age Spirituality' which promotes the development of a person's own power and intelligence. Human beings worship God but don't consider themselves less than God.

Today's generation wants to be the friend of God in the disguise of a devotee. They give their best to support the nature and society by seeking the help of God. They are mature and enlightened due to technology, they might not believe in idolatry but they stand by themselves, believe in themselves and help each other. 'New Age Spirituality' works on three doctrines: Man unified with man, Man unified with nature and Man unified with God. This age believes that their work is their God, duty is deity. Today, the practice of the religion has been changed; even dharmgurus are seem to use internet and many mobile apps to enhance religious knowledge for enlightenment of people. Good religious books and messages provide healthy thoughts which push people towards the practice of humanity which is the actual religion.

Today, one might not find hours for penance but with the help of internet, books, e-books and religious apps, he can acquire knowledge about the

epics and good messages for religious enhancement. Today, online God has been released from traditional doctrine to become everything to everyone. Many scientists and researchers work for the glory of the God and they are also provided scholarship by the religious institution which proves the connection between religion and technology in this century.

Technology, science and skills are not connected with the religion only in current time; we find their roots even in the ancient time; in the time of Jesus, Vedas, the Ramayana and the Mahabharata. According to Hindu mythology, the trinity Gods (Bramha, Vishnu and Mahesh) themselves used to give high technology as a boon to the devtas and asuras after their penance. Bramhastra by Bramha, Pashupatastra by Shiva, Kali and Adishakti, Varunastra by Varundev, Agneyastra by Agnidev are the illustrations which are considered today's antimatter weapons which can vanish the entire solar system in one shot. In the Ramayana, Shri Ram built the Setu bridge to Lanka to save his wife which has taken the form of civil engineering in current age. In the same epic, Ravan had Pushpak Viman which could appear and disappear and could fly at long distances with the power of its master. In 2013, researchers from university of Minnesota have designed a model of helicopter which runs by a pilot's thought. In the Mahabharata, Sanjay's divya drasti telecast the live commentary of the battle between Kauravas and Pandvas, today television has taken that form.

Today's incubator technology which helps the premature child to grow up resembles the



birth of Kauravas. Surrogacy resembles the birth of Balram. Controlling of astra from long distance is related to today's GPS. Mantras to unlock is related to password login. Dhanush and astras simulate today's missiles. Bramhastra is like today's nuclear bomb. In Rigveda, the birth of rishi Agastya resembles today's technology- test tube baby. Birth of Virbhadra (form of lord Shiva) resembles today's genetic technology. The prime minister of India- Narendra Modi made the headline in 2014 that today's technology has been derived from Vedic shashtras, vedic technology has been prefigured. Genetics and Plastic surgery is the prime examples of it.

First surgeon was the lord Shiva who transplanted an elephant's face on the Ganesha's body and a goat's face on Daksha's body. In fact, ancient people had more powerful technology and skills than today's.

In that time, Naradmuni and some Brahmarishis could travel from one place to another place just in a blink of an eye;

that teleport technology is not available yet in today's time. In the Ramayana, lord Hanuman jumped from India to Shri Lanka with two leaps, just touched the Mount Mandar to boost himself, this technology is far-fetched in prevailing time.

In a nutshell, technology and its connection to religion or religious figures is not a new term but the forms of it has been continuing to change. The forms of technology and the Gods might change but faith and humanity should never die; that is the real religion and to practice that religion, if technology can be used as one of the sources, there is nothing wrong in it. In the time of Vedas, people used to worship Indradev, Varundev, Agnidev, Suryadev, slowly and gradually, we started worshipping the shatriyas- Lord Shri Krishna by following the hindu epic of Shri Bhagvad Geeta, time might take steps forward for the Vaishnavs - the businessmen who are very rich by money.

Money might be the new God in future. Then time might turn towards Shudras- for the true

hard workers. Thus, the forms of God and technology might continue to change. Today's God is technology.

Today's generation depicts, 'I pay for computer, and computer will pray for me.' They don't mind to be uplifted by the robotic priests and religious speakers. They are keen towards work, work and work. They practice meditation and also follow the E-God for the illumination of themselves and the society.

It has been mentioned in The Bhagvad Geeta, chapter-2, shlok -68

That means if one is able to control his senses, firmly achieves the established knowledge.

Prevailing world cannot be imagined without technology but the usage of it can be controlled by human intelligence.

Like a knife is used to cut an apple as well as to kill a person, in the same way that depends on us how we use the technology for religion. Controlling of senses will let us use the technology wisely and will prevent the technology to use us.

## INTERNATIONAL PRIMARY CURRICULUM (I.P.C)

By MM Shah

The International Primary Curriculum (IPC) is one of the fastest-growing curriculums in the world today. IPC is a comprehensive curriculum with a transparent learning process and specific learning goals for every subject, personal learning, and international-mindedness. IPC is now the curriculum choice for international and national schools in over 90 countries worldwide.

### What do children learn under the IPC?

IPC is designed to help children develop knowledge, skills, and understanding in each subject area while taking care of the learner's needs and abilities. The subject areas include Design and Technology, Health and wellbeing, History, Art, Music, PE, Society,



Geography, and Science.

### Thematic units of learning.

The curriculum subjects are taught through individual 'Units of Learning'.

IPC's thematic units are designed to appeal to the learner's interests and help them to learn more about the world around them. They see how subjects are independent and interdependent, enabling

them to see the big picture of their learning, make connections across different subjects, and talk about a topic from multiple perspectives. Every unit also includes an international aspect, to help children develop a sense of 'international mindedness'.

There are three 'mileposts' of learning, for children aged five to seven, seven to nine, and nine to eleven, which



correspond to Key Stage 1 (Years 1 and 2), lower Key Stage 2 (Years 3 and 4), and upper Key Stage 2 (Years 5 and 6) of the Pearson Education's iPrimary curriculum.

The MM Shah and MV Shah Academy in Mombasa is one of the few schools which offer a unique blended curriculum of IPC and iPrimary curriculums in an innovative learning environment. It has a well-

structured and deliberate approach to personalized teaching and learning of IPC which means the children are given the challenge, support, and opportunities to achieve exceptional learning experiences more than any other school.

### Personal goals

The aim of the Personal Learning Goals in IPC is to develop character and attitudes, in addition to knowledge, skills, and understanding. Students work towards the IPC's eight Personal Learning Goals, key qualities which help them develop emotionally and socially. These goals empower children to confidently state,

I am Adaptable, I am a Communicator, I am a Collaborator, I am Empathetic, I am Ethical, I am Resilient, I am Respectful, and I am a Thinker.

### Assessment.

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# We will assist Kenyans make the right choices in this election

(PSCU)

Religious leaders from across Central Kenya have committed to assist their followers to make right political choices during the August national polls, and to continue preaching the message of peace, love and unity during the electioneering period.

The spiritual leaders, drawn from the 21 Counties that make up Central Kenya region, made the assurance today at State House, Nairobi during a non-denominational worship and prayer service hosted by President Uhuru Kenyatta.

On his part, the President thanked the religious leaders for their steadfast and continued backing, noting that the progress achieved during his tenure was largely due to God's providence courtesy

of clergy's sustained divine intercession.

He emphasized the importance of peace, unity and cohesion during this electioneering period, and regretted that some politicians were engaging in deceitful, divisive and misleading campaigns.

"You have already introduced rebellion and you are roaming across the country saying you have been wronged. A deal is between two people. If I am wrong you are also wrong. You have no right to seek leadership by lying, insults and theft," the President said in reference to an unnamed politician.

Once again, the President counseled Kenyans to exercise their constitutional right by electing genuine and progressive leaders whose motivation is to build a strong



and united nation.

"We are on a journey which will not end here. We have made a lot of progress in terms of development. We have built several roads. We have issued title deeds to many Kenyans who are now proud owners of their parcels of land.

"We have connected

electricity to many homes besides ensuring 100 percent transition of our children from primary school to secondary school. We launched cash transfer program to cushion the elderly and put up modern health facilities to cater for Nairobi residents through NMS," the President

enumerated.

On his political choices, the President said Kenyans have an opportunity to elect leaders who have a proven track record of championing for the interests of all Kenyans rather than those who are only seeking leadership for personal gain.

"Despite the fact that we have never been on the same side politically with Martha, she is just and principled. It is better I follow someone who is principled. Who is just, truthful and led by the desire to serve people but not self," the President said in reference to Azimio La Umoja's presidential running-mate.

The Head of State reiterated his desire to bequeath his successor a united, cohesive and peaceful country, saying he is looking forward to his retirement, and that he had no intention of remaining in power

beyond August 9th.

"I don't want to remain in power as they allege. This is a difficult job, no sleep...this house is full of challenges and ten years for me is enough. I am waiting for 9th August," the President said.

The service which was conducted by Archbishop Jotham Karanja from Nyandarua County while the sermon was delivered by Bishop Samuel Muya from Nakuru County.

In his sermon, Bishop Muya attributed some of the challenges facing the Kenyan nation to the failure of the country's religious and spiritual leaders to strictly observe God's teachings.

"Our God is a God of order and is always against rebellion," Bishop Muya told the congregation.

# Wema Centre Mombasa, Book Launch



We published and launched the book 'Courage is a Calling: Saving Mombasa's Street Children' by Madam Lucy Yinda at Bahari Beach Hotel on Saturday, July 16th. Proceeds from the sales of this book will go to Wema Centre Trust.



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## NEWS

# ROTARY INSTALLATION RECAP



**N**akuru-based Philanthropist Rani Ramchandani was installed as the new President Rotary Club of Nakuru on July 16th 2022, Saturday.

Rani took over the mantle of leadership from Joab Okello who has served the club in the same capacity for the last one year.

Speaking during the handing over ceremony held at Melvin Jones Academy Hall, outgoing Rotary Club of Nakuru President Joab Okello highlighted various successful projects initiated during his regime.

They include water projects, free uniforms for vulnerable pupils and students, support of mobility equipment for persons living with disability in Malindi, Siaya, Nairobi, Kisii, Busia and Nyeri.

Others are blood donation initiatives, environment conservation activities as well as a solarization project at Barut's Soar Kenya Academy.

Okello on the new President Rotary Club of Nakuru Rani Ramchandani to ensure continued spirit of the club in service to humanity. "We have achieved a lot and touched many lives. I have no doubt that our new President will even do more and reach more" said Okello.

In her acceptance speech, Rani Ramchandani stated that the step was an honor to her and service to humanity. Her theme for the year is "Color the world with a smile" and we are sure that her



service will be laced by this motto.

She vowed to ensure that the resources available are well utilized to impact positively the lives of the many who at times feel are on the disadvantaged periphery of society.

"We will deliver to the best of our potential" said Rani in response to Rotary International's theme of the year - Imagine Rotary - "...let us imagine rotary and commit to being that imagination" she added.

The event was officiated by Rotary Club Rift valley and Western Region Coordinator Madam Janet Akech who urged the Rotarians not to leave

behind the Rotaracters. She drew attention to the fact that young generation was key in the Rotary Clubs.

"As part of the Rotary movement, we shall not leave the Rotaracters behind" she said.

The event was also attended by Kericho County Deputy Governor Lily Ngok who lauded Rani for the tremendous charity work that she has been doing without boundaries. She vowed to ensure that she will become a member of Rotary Club to contribute and serve better to our community. "I have known Rani for her good work and to emulate her good works towards vulnerable in

society, I personally will work hard to make sure I also become a member" she said.

Former Nakuru County Chief Executive Committee Member for Finance Dr. Peter Ketyenya also addressed during the ceremony. He urged for continued collaboration between Rotarians and other well-wishers for a better society. "We are hopeful that this partnership will go on for many years" he stated.

A cheque worth Ksh.5 million was also donated by the Rotary Club of Nakuru to Chairperson Board of Trustees Street Children Assistance Network Nakuru - SCANN, Mr. Shamsheer Gilani towards the support of the children.

The event also saw a new board installed for the year 2022/23:

- 1.Immediate Past President - Joab Okello
- 2.Vice President - James Yegon
- 3.Secretary - Alex Kibui
- 4.Club Admin - Ezekiel Wachira
- 5.Treasurer - Edward Wahome
- 6.Service Project Director - Agatha Mumo
- 7.New Generation Committee - Raymond Cheryot
- 8.T.R.F - Habib Pakar
- 9.Stewardship - Ajay Chandaria
- 10.Membership Director - Hitesh Pindoria

The club also celebrated the induction of new members:

- 1) Beatrice Nyambura
- 2) Ruth Ndungu
- 3) Dr. Christine Pengilly
- 4) Rahab Nungari

## Faulu Kicks-off countrywide Business Community Engagements, announces revamp of its trade finance solutions



**F**aulu Microfinance Bank kicked off countrywide Business Community Engagements aimed at supporting SMEs to build resilience in their businesses through access to financing from the bank.

This comes on the backdrop of the bank reviewing its Trade Finance Offering to offer competitive pricing, flexible collateral and to improve efficiency for the existing 7.4 million SMEs in the country through a quick turnaround time.

Speaking during the inaugural SME Forum held in Thika, Faulu Microfinance Managing Director, Apollo Njoroge said, "the significance of SMEs in the country's economy cannot be ignored. They play a pivotal role in job creation and contribute upto 8 per cent to the GDP. It is because of this that we saw it fit to diversify our portfolio as a bank and while at it revamp our trade finance solutions to facilitate both local and international trade and commerce options for our SMEs".

Some of the reviewed products include Bid bonds, Performance bonds, and Advance Payments Guarantees.

Among the key changes in these offerings include the introduction of unsecured limits for performance bonds and the consideration of concessionary commissions for agents on a case-to-case basis.

Despite their major contribution to economic development, SMEs face immense challenges such as access to finance, access to markets, access to information, access to technology, lack of management skills and unsupportive policies. These, notwithstanding a deposit portfolio of Ksh 577.6 billion and a loan book of Ksh.638.3 billion. Microfinance banks control at least 5 per cent or Ksh 33 billion of the SME portfolio in Kenya while commercial banks control 95% which is valued at Ksh.605 billion.

To reduce the risk exposure for the SMEs, Faulu, guided by its Faulu 3.0 philosophy of being part of a social and economic movement transforming lives and empowering all Kenyans will seek key partnerships with reputable underwriters.

The Business Community Engagement forums have already been executed in Thika and Nakuru, the regional forums have been scheduled to take place in six to ten counties until year end.

## PHOTO STORY



**Space & Style CEO and Centre for Corporate Governance (CCG) Alumni Network Founder Chairperson Winnie Ngumi (centre) consults with the CCG Alumni Chairman Francis Asunah (left) and Independent Policing Oversight Authority (IPOA) Commissioner, Praxedes Tororey during breakfast meeting on Friday July 22nd, 2022. The theme of the meeting was "Election, political leadership and good corporate governance" organized by The Centre for Corporate Governance**

## MADAFU NEWSPAPER

Madafu Newspaper is owned and Published by Madafu Publications Limited.

P. O. Box 80518 - 80100 GPO Mombasa.

Editor@madafu.biz  
Website: www.madafu.biz

For Advertisements, Articles, Notices, Distribution, Sales and General Inquiry you may contact the above address for now.  
Design by: Madafu Publications Team

Printed By: Nation Media Group Ltd - Nairobi

CONTRIBUTORS:  
Cover Photo / Event Photos by Various, Mr. Andrew Kilonzi & Mr. Titus Musau  
Mr. Nabil Sansool - Madafu Website Administrator

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# The Green-Eyed Monster



By Atiya Mughal

This monster is the worst you can cross paths with because it can destroy lives, friendships and relationships of all kinds. This monster is none other than - jealousy. It comes in various forms; strong, weak and doesn't consider politeness or respect. Many times we see the greatest friendships and bonds suddenly breaking up with no valid reason, but then you come to realize that it was this monster that corrupted someone's character.

So: what causes jealousy to arise?

"Comparison" - this is what stirs about some envious feelings which finally result

into jealousy. That is why we are always told "never compare you to anyone" but it is our human nature that somewhere deep within ourselves we do just that. Let's say someone who always travels due to work related reasons; posts pictures of them boarding a flight, dining somewhere, partying or a view from their hotel room, or they are dressed up for functions or posting various pictures as memories they are creating, then someone from their family/friends circle sees them, they suddenly start feeling bad and compare themselves. They wish it was them, that is already growing seeds of jealousy within this particular person, then anger grows and when these two people meet, the behavior and attitude becomes a hostile one. Even people's growing popularity and success causes jealousy which can make people do the most drastic things.

Jealousy can be in any kind of form, sometimes it can be very deep-which can cause problems and as you know "jealousy



kills". In such cases the person jealous can go through drastic measures to make sure they can destroy you completely. This is usually witnessed when you see someone encountering various issues with their successful businesses and there is no real explanation to what really happened. This type of jealousy can put someone into the worst situation ever.

The other kind of jealousy is where you can actually see it

on people's faces when one is being praised, appreciated or when something nice is done for them. You will usually notice someone very close to you or maybe even a co-worker's facial expression changes and then they change toward you. These kinds of jealousy can be confronted and erased. If you have a heart to heart talk and make them see their own value. This will also save you. Another form of jealousy is between the

people who love each other, be it family or lovers. This will always be there and is listed as a healthy kind of jealousy because it will show the true love and dedication for a certain person, although at times even this jealousy; if it crosses its limit, it can be very poisonous.

There is no specific remedy or exercise that can be followed to avoid being jealous of someone or dealing with a jealous person. But for the jealous feelings not

to affect you; you can busy your mind and try new things, exercise your body to help the mind and heart as well, which will divert your focus onto something more constructive rather than focusing on other people's lives. And for the jealous people around you, just set them free, cut all ties with them. Pray and wish them well. Protect yourself and your space.

I say: "A busy mind is immune to jealousy, so build your mind as strong as you can."

# Tourism

By: Dr. Sam Ikwaye, Ph.D

I refer refer to the article appearing in the Business Daily 4th July, 2022 titled "Taxman to collect tourism levy in ministry reform" on page16. The gist of the article is the push by the Cabinet Secretary Ministry of Tourism & Wildlife to transfer the Tourism Fund (TF) function of collection of tourism levy to Kenya Revenue Authority (KRA). Further to this, TF has clarified that it received communication from the Head of public service in which it was advised to initiate discussions with KRA to establish the possibility of KRA collecting tourism levy on its behalf. In the process, a technical committee consisting of the Department of Tourism, KRA and TF was constituted to deliberate on the proposal by the CS Tourism & Wildlife which is ongoing. I am happy to note that TF has swiftly confirmed that they continue to carry out their mandate of collecting the tourism

levy as per the Law. Meanwhile, as an industry we take note of the following:

Previous Attempt to Transfer the Functions Failed: The move to transfer the function of levy collection is not new. Previously, attempts have been made to transfer the function to KRA unsuccessfully. The first attempt took place on 1st October 1999 but was reversed a few months later by Parliament. In reversing the transfer, Parliament noted that not only did the anticipated efficiency and forecasted increased realization of tourism levy (tourism development levy then) failed but rather there was a drop in collection. The second attempt was made on 1st October 2001. Sector stakeholders however persuaded against the same whilst appreciating sector benefits anticipated. Will it be third time successful?

Conflict in Legislation: As a function of TF, tourism levy collection is premised on a sector specific Act of parliament that mandates the organisation to collect the levy

among other national objectives. A transfer of the function to another entity should be mandated by an amendment of the same Act. A consideration to have the requisite amendment made by parliament with public participation is thus necessary before actualization of the proposal. In the absence of the necessary legislation there shall be conflict with statutes that guide KRA. How will this be possible yet the 12 th Parliament is on its way out? Why not wait for the 13 th Parliament?

Rights & Obligations of Levy Stakeholders: Over the years, TF and related stakeholder(s) have managed the rights and obligations of tourism levy agents in accordance with applicable provisions in the sector specific Law as the levy collection is undertaken. Mechanisms to leverage on the obligations of a tourism levy agent to the benefit of both revenue collection objectives and regulatory framework as desired are in place. What mechanisms are being put in place to ensure the rights and obligations of sector stakeholders are guaranteed?

Self Service Automated Portal: Recently, TF sensitized levy agents about

introduction of an innovative and self-serving portal that is customized to aid the collection of tourism levy by TF in accordance with its mandate and enabled by sector specific laws. Coincidentally, it has been established that KRA also uses a similar revenue management system. Seriously, what new value is this arrangement bringing on board or is there something we are not being told?

Lack of Parastatal Leadership: It is in the public domain that a majority of tourism sector parastatals lack substantive leadership. A good number of the parastatals, TF included do not have in place either a substantive CEO, Board or both, the tenure of the previous office holders having expired and the process of having a new leadership in place yet to be initiated/completed. In the absence of a substantive leadership, who is responsible for making the all-important policy decisions the Ministry is proposing?

As sector stakeholders, we deserve better than this. The arrangement just does not add up. Particularly, we question the timing and urgency with which tourism sector parastatals are

being tossed around casually and with no input from stakeholders. It is a basic requirement of the constitution that robust public participation accompanies any shift in policy in public sector entities and tourism sector is not an exception. Henceforth we call on the Ministry of Tourism and Wildlife to put their act together and follow due process. Unless there is something they want to hide

in these shifts, let all the reorganizations be put on hold until after elections. Then and with everyone sober and the new Parliament in place, let all stakeholder be involved in discussions that are meant to make the industry work for all of us.

Tourism industry deserves better than the haphazard and urgent push by whoever it is to amend its operations through the

back door. This is not asking for too much.



## HISTORY

# A piece of colonial Kenyan

By Mr. Cyprian Fernandes

**K**ENYA COLONY, or, as it used to be called, British East Africa, is a tropical possession of the British Empire situated right on the Equator. Topographically it may be divided into three main sections. The northernmost of these, consisting largely of desert and unproductive soil, may be ignored for the purposes of this discussion; the value of the Colony both actual and prospective lies in the south between the island of Mombassa on the Indian Ocean and the shores of Lake Victoria Nyanza. The second main section consists of the actual sea coast (including Mombasa) and its immediate hinterland. As we go westward from the coast we pass through this low lying belt into the third section, which gradually rises until it becomes a high tableland at an average elevation of some 5,000 feet. It falls again to the shores of the great lake, though by no means to sea level. Nairobi, the capital, is between 5,000 and 6,000 feet above the sea.

Out of Kenya's total area of some 246,000 square miles this elevated tableland covers roughly about 50,000, though it has never been accurately surveyed. Its existence is of the highest importance to the present question, for it is only the "White Highlands," as it has come to be called, that makes European colonization at all possible. From this point of view the position is not unlike that in India where what may be called the agricultural settlers, the tea and coffee and rubber planters who alone own lands of any extent, are confined to the more elevated slopes.

In the latter half of the nineteenth century, chiefly owing to the enterprise of explorers, British trade began to be attracted to East Africa, but no attempt was made at first either to administer the country or to establish a colony. But when Germany put in an appearance in the eighties it became necessary to define the respective spheres of influence. Kenya Colony was allotted to the British. The island of Mombassa together with a strip of the coast extending inland for ten miles remained under the Sultan of Zanzibar, but in 1890 a British Protectorate was declared there and the administration is now carried on in conformity with British ideas. As happened in India, a trading company whose original object was only profits was driven by the force of circumstances to undertake the administration of the country. The commercial enterprise however did not prosper. The company found itself in difficulties and in 1895 reluctantly surrendered its charter to the British Foreign Office. The colony remained under Foreign Office control

until 1908 when it was handed over to the Colonial Office as being more naturally within that department's province. By the Colonial Office it has been administered ever since, and Whitehall retains the ultimate control. The Governor is the agent of the Colonial Office and in all major matters must take his orders thence. He is assisted by executive and legislative councils, but to all intents and purposes they are advisory bodies, the former being the machinery for carrying out the Colonial Office policy and the decisions of the latter being subject to the veto of the ultimate authority.

The coming of Indians and other Asiatics to Mombassa and the coast dates back several centuries. They came purely as traders, very rarely penetrated into the interior and made no attempt either to interfere with the indigenous systems of government or to undertake the moral or the economic education of the African inhabitants. Indirectly, however, they served a useful purpose, not only by bringing to the people the simple commodities of which they stood in need but also by introducing to them the methods of a higher civilization, though naturally enough they themselves were not slow to take advantage of their superior intelligence to become rich at the expense of the natives.

In 1896 the British Government began to build the Uganda railway with a view to opening up the interior, and for this purpose they imported large numbers of Indians, at first mainly unskilled laborers, then, as the railway progressed, clerks, since the enormous cost put European labor out of court and the African was thought to be too primitive to undertake the work. The foreigner, both white and brown, began to penetrate into the remoter parts, the white man to farm on the large scale, the brown to carry on his traditional employment of money lending and petty trade, or, if he were an artisan, to supply general needs when the railway was finished. The lower ranks of the railway itself were, and still are, staffed by Indians. The result of this expansion is that at the last census the European population numbered 9,561; the Asiatic about 30,000, of whom 22,822 were Indians; while the native Africans were estimated at from two and a half to three millions.

The Indians have shown a tendency to date what they call their troubles from the assumption of responsibility by the Colonial Office. This, however, was a mere coincidence. It happened to synchronize with the extraordinary outburst of nationalist activity in India which took place in 1907. It was also about this time that the Indian question in South Africa came prominently into notice. A new

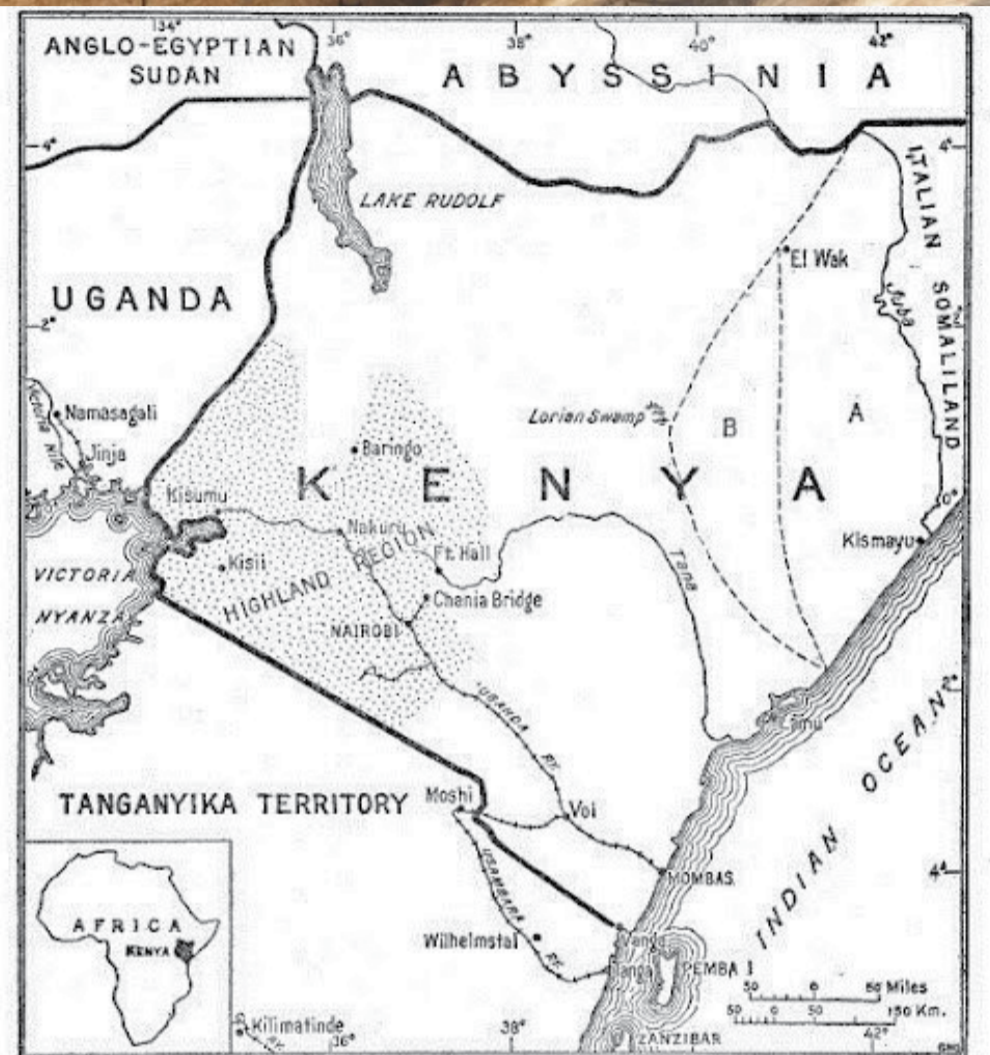
spirit had arisen in India. The Indian had begun to question the hitherto unquestioned superiority of the white man and his claim to domination. The slogan of the extreme party was self-government and as a corollary the political equality of the races, not only in India but in overseas dominions where Indians were to be found.

The war gave a great impetus to this movement and Indians could point with pride to their great contribution to the Allied armies and to their great sacrifices for the Allied cause. There was, however, another reason for this intensification of nationalist feeling. British leaders were never weary of proclaiming the doctrines of self-determination and the rights of the weaker nations. Indians, always quick to seize upon western catchwords but slow to appreciate their practical application, utilized these doctrines to the full. These considerations are amply sufficient to account for the new-born grievances of the Indians in Kenya without charging the Colonial Office with sins of partiality.

Thus the essence of the present question is the Indian demand for political equality. The points in dispute are in the main four:

1. The reservation of the Highlands for Europeans.
2. Commercial and residential segregation in towns.
3. The franchise.
4. The restriction of immigration.

In 1908 Lord Elgin, then Colonial Secretary, decided that the Highlands must be reserved for European settlement and entirely closed to Asiatics, who could find an outlet for their activities in the lower regions which were unsuitable to Europeans. This decision was affirmed by Lord Milner in a despatch dated May, 1920, and again by Winston Churchill in a speech at an East African dinner in London in 1922. Unfortunately the wording of Lord Elgin's despatch left room for argument. In the course of it he said: "It is not consonant with the views of His Majesty's Government to impose legal restrictions on any particular section of the community, but as a matter of administrative convenience, grants should not be made to Indians in the upland areas." The Indians, backed by the Government of India, argue that the decision was confined to the original grant and not to subsequent transfers. The point is perhaps arguable as a question of verbal interpretation but there is little doubt that the intention was to bar Asiatics absolutely. Lord Elgin can scarcely have meant to nullify his own orders by admitting Asiatics to gradual, and perhaps ultimately to preponderant, possession in the Highlands. At



KENYA COLONY

In article 13 of the Pact of London, Great Britain and France promised to cede territory to Italy in compensation for colonial gains they might make by the treaty of peace. In fulfilment of this, Great Britain has expressed a willingness to cede to Italy the portion of Kenya marked A on the above map. The Italians, however, have asked for more. They have reduced an earlier more extensive claim and now demand in addition only the territory marked B.

any rate, the European has given the widest interpretation to the order and on the strength of it he has established himself in the Highlands in full confidence that his children will grow up in European traditions, uncontaminated by any Asiatic influence.

The underlying motive in the matter of commercial and residential segregation was the same as in the reservation of the Highlands for Europeans. The Indians in East Africa are not drawn from a very high class. They are largely Mohammedan traders from Bombay, but there are also a good many who come from lower strata as well as a certain number who conform to European ideas of comfort and sanitation. It was long ago pointed out that commercial segregation--the confinement of Indian houses of business to their own quarter--was both impracticable and illogical, since European houses also employ Indian clerks and deal with the native races. The stigma of segregation thus fell only on the Indian heads of firms and in their case it was uncalled

for. Happily these arguments have prevailed and commercial segregation is no longer pressed. As for residential segregation the Indian argued that he does not ordinarily want to live cheek by jowl with the European but that where he has adopted European customs he ought not to be compulsorily relegated to the Indian quarter. He contended that for all practical purposes drastic municipal laws and a stringent control of sanitation could achieve all that was desired. This was of course no answer to the European settlers' fear of Asiatic influence upon the growing generation, but the fear was after all based upon a theory which is never likely to have much effect in practice. It assumed that the Indian of the lower middle class is really anxious to intrude, whereas it is more than probable that he would be extremely uncomfortable if he tried to enter the European preserves.

The basic motive for the Indian agitation on these two points is that they entail a stigma of inferiority. It is impossible to overrate the

extreme sensitiveness of the Indian in all matters of dignity. He will contest a point of honor to a degree which the more practical European mind considers irrational. Much of the misunderstanding is indeed due to the western inability to appreciate this attitude of mind. It is of no use to tell an Indian that such an ordinance will be a dead letter or that it has only been enacted to guard against improbable contingencies. He is conscious that its very existence brands him as an inferior. He may say that his exclusion from the Highlands is a hindrance to his legitimate prosperity. He has himself proclaimed that he is not anxious to invade the European quarter. Actually, in both cases what he really resents is the racial disqualification.

Although Indians profess to regard the question of the Highlands as crucial, it seemed for some time as though these two points of dispute might be adjusted by compromise. The Indian, it was hoped, might be persuaded to accept without loss of dignity the accomplished fact of reservation. The European

# history: NFD sliced from Somalia



might waive the point of residential segregation, trusting to the safeguards already mentioned. This, it will be seen, was the solution adopted. But the problem lies much deeper and finds its practical expression in the remaining two points of dispute.

Before proceeding to the details of the franchise and immigration questions it will be convenient to set out clearly the conflict of principle which has governed the whole controversy. In 1921 the Imperial Conference passed a Resolution which is so important that it must be quoted in full:

The Conference, while reaffirming the resolution of the Imperial Conference of 1918 that each community of the British Commonwealth should enjoy complete control of the composition of its own population by means of restriction of immigration from any of the other communities, recognizes that there is an incongruity between the position of India as an equal member of the British Empire and the existence of disabilities upon Indians lawfully domiciled in some other parts of the Empire. The Conference accordingly is of the opinion that in the interests of the solidarity of the British Commonwealth it is desirable that the rights of such Indians to citizenship should be recognized.[i]

The Indians not unnaturally regarded this Resolution as a triumph for their fight for equality, for if the "rights of Indians to citizenship" do not connote equality what is the meaning of the phrase? That the mother country cannot interfere in the concerns of the self-governing Dominions they are willing to admit, but they point out that the question of Kenya is for the mother country herself and that she is bound to honor her own signature. To the contention of the white settlers that each community is entitled to "enjoy complete control of immigration from any of the other communities" they reply that the handful of white settlers

in Kenya is not and cannot claim to be the arbiters of the destinies of the whole colony. To the Indian therefore the question is of vital importance. For if the principle of British citizenship, promised by the Resolution, is not to be conceded to him there, what is to prevent all the other Crown Colonies from following the example? And if they should do so, of what practical value are those high sounding phrases such as "an equal member of the British Empire" and "the rights to citizenship?"

Against this contention of the Indians has to be set an opposing principle regarding the kind of government that is best for the natives. It is quite probable that the implications of the Resolution were not fully realized at the time of its adoption and that the case of a colony inhabited by three distinct races, where the black population outnumbered the brown and the white together by about fifteen to two, was not appreciated. At any rate it became the main plank in the platform of the Europeans in Kenya that the country must be governed primarily in the interests of the African native, that it cannot be governed jointly by two differing civilizations, and that therefore the Europeans to whom the Africans entrusted their future and who by experience and tradition are obviously better fitted for the task must continue to act alone. The Indian replies that he is a necessary factor in the uplift of the Africans. He is brought into closer touch with them, he has admittedly done useful work in this direction and will continue to do it, and his simpler habits and the conditions of his own native climate permit him to go where no European can venture.

The argument regarding the welfare of the African native has been stressed by both sides, but to tell the truth it savors of the ad captandum species. It is very doubtful whether either side is quite sincere in its championship of the African cause, with the exception of the missionaries who naturally favor

their own creed and their own civilization. It is impossible to resist the impression that the white settler is using the African largely in order to fortify his claim to racial superiority or that the Indian is really concerned only with political equality and with profits. The real question at issue came to be this: Is a British colony to be governed by white men who represent the mother country or is the responsibility to be shared with the Indian who is recognized as an equal partner in the Empire? The difference is sharply accentuated by the fact that India's own position is anomalous. She is the only large Dominion within the British Empire which possesses a high civilization and yet is not white. One feels instinctively that if the Indian community in Kenya were Australian or Canadian, no such difficulty as the present would ever have arisen.

Bearing these general considerations in mind, we may now turn to the thorny question of the franchise. The Legislative Council of Kenya originally consisted of eighteen officials, eleven elected Europeans and two nominated Indians. The nomination of the last named was changed to election after Lord Milner's despatch of 1920; but in 1921 there was a reversion to nomination, the number simultaneously being increased to four. This proceeding was, however, considered inadequate, and in 1923 the program called from its authors the Wood-Winterton Scheme was put forward. Though its text was never published,[ii] it included the following proposals:

1. A common electoral roll so arranged as to enfranchise about 10 per cent of the Indian population.
2. An arrangement of constituencies which would give elected Europeans a majority of 7 to 4.
3. Some kind of municipal franchise not defined.
4. No embargo on immigration.
5. The Highlands to be left to the Europeans and the principle

of segregation to be abandoned.

The Europeans instantly took fire. They held indignation meetings and passed a violent resolution which though couched in carefully chosen language did not conceal their resolve to resort if need be to armed force to resist the proposals--a move which showed how far they were actuated by zeal for the African native, since it can hardly be supposed that altruism would call forth the extreme of armed rebellion in its support. The impelling motive was fear for the future. A proposal which maintained the official majority and which guaranteed a further majority of European representatives might be satisfactory enough, but it was coupled with unrestricted immigration and with a common electoral register. Rightly or wrongly the white man foresaw a large influx of Indians, a fair proportion of whom would come upon the electoral register. Rightly or wrongly they feared that the Asiatics would through the preponderance of numbers alone tend to dominate state policy, if not through their representatives at least through the electorate to whom white candidates as well as brown must appeal. And there was another fear lurking behind. They had seen concessions made to agitation in Ireland and in India. What guarantee was there that further concessions would not be made to Indian demands in East Africa and that some day the white majority would not be put on terms of equality with the brown or even turned into a minority?

The Indians were at first inclined to accept the proposals which, indeed, went a considerable way towards meeting their demands except in the matter of the Highlands, but the violence of the settlers stiffened their attitude and induced them to take their stand upon the original claim of equality in all respects. Feeling ran very high. The white settlers produced charges of cowardice in the war and worse; the Indians indulged in wild language of meeting force with force; and the only result of these irrelevancies was to engender further heat. It was at this crisis that the Government resolved to invite both parties to a conference in the street atmosphere of Downing Street.

Now although the welfare of the African may have been put into the discussion by both parties from motives not entirely altruistic, it evidently must be consideration of paramount importance to the Colonial Office. To them the interests of brown and white are and have to be subordinate to the interests of the native inhabitants. The idea was comparatively new but, new or not, it had been fully recognized that the primitive peoples were not to be simply

regarded either as potential labor or as potential prey for the foreigner. But behind the details of the dispute, behind the arguments of the disputants, behind even the welfare of the African, there loomed up the ever insistent question as to whether the British can consent to share the control of a Crown Colony with any other race, and especially with an Asiatic race which, far from governing other peoples, has not yet given proof of ability to govern itself.

These questions have now been answered by the Colonial Office in the manner that was to be expected. The Government, they say, "regard themselves as exercising a trust on behalf of the African population and they are unable to delegate or share this trust. . . . It is the mission of Great Britain to work continuously for the training and education of the Africans towards a higher intellectual, moral and economic level." It is therefore in their opinion essential that this duty of trusteeship shall be carried out by the Secretary of State and the agents of the Imperial Government "and by them alone." These words are very significant. They establish an important principle in the government of Crown Colonies, wherever Indians or other non-indigenous peoples are to be found. They indicate clearly the intention of the British Government to retain control in all such Colonies. And they go further than this. For they distinctly imply that now and for a long time to come there shall be no advance towards the ideal of democratic self-government by a handful of Europeans, which the white settlers of Kenya had so ardently desired. The government of a Crown Colony must henceforth be carried on in the paramount interests of the native inhabitants, and it is assumed that no one is so well fitted to judge of these interests as the Imperial Government and its local agents.

The decision of the Colonial Office represents an honest attempt to reconcile the two opposing principles aforesaid. The details of the settlement may be summarized thus:

1. A communal franchise; five elected Indians and eleven Europeans. The official majority in the Councils to be maintained.
2. Immigration to remain under present regulations but the question to be reexamined from the standpoint of the economic interests of the African native.
3. Reservation of the Highlands for Europeans.
4. Abandonment of segregation of any kind.

Thus an attempt was made to meet the claims of Indians by enlarging the number of representatives and by reintroducing the principle of election, at the same time retaining the ultimate control of all general questions in the

hands of Europeans. Franchise by community instead of a common register was meant further to safeguard a European policy in native interests, but the result of the settlement was to concede to Indians much less than they had demanded.

Looking back, we can now see that two cardinal mistakes were made in the past. It probably could not have been foreseen that the importation of Indians to build and eventually to work the Uganda railway would have the effect of bringing about a crisis. But the grant of a franchise of any kind to a fraction of the population in a young Colony argued an unimaginative statesmanship. It indicated an inability to see that democracy is conditioned by circumstances and that to introduce democratic institutions into such a Colony as Kenya is to make a mockery of the principle.

It aroused in the minds of the settlers quite exaggerated hopes for the future. On the other hand it never occurred to any one that the time was coming when India would insist on taking her stand along side of the other Dominions, though as the franchise was only introduced in 1920 the repercussions from India might have been anticipated.

The settlement has had the usual fate of compromises. It has not satisfied either party. The Europeans have accepted it as a working hypothesis but with a note of sullen resignation.

They are disappointed because it puts off to an indefinite date, if not altogether, their cherished ideal of self-government and they regard with some suspicion the abandonment of segregation. They recognize, however, that the decision of the Cabinet is final and accept it in the Anglo-Saxon spirit of respect for authority.

The Indians in the Colony have as yet given no sign; much will depend on the establishment of good relations between the races on the spot.

But in India a storm arose on the heels of the settlement. Its terms were denounced in unmeasured terms by all shades of native opinion.

The Legislative Assembly talked of retaliation; the National Congress threatened a boycott of British goods. Protest meetings were held in Bombay and elsewhere. The decision was considered "utterly subversive of the principles of equality within the British Commonwealth." It established "the dangerous and intolerable principle of white domination." Last, and most important of all, India was called upon to withdraw from the British Empire Exhibition now being organized and the Indian delegates to the Imperial Conference were urged to raise the question there and to withdraw if they should fail to obtain redress.

WILDLIFE PHOTO

# WILDLIFE PHOTO

Those piercing eyes by Nadir Salyani



Lilac breasted Roller. Maasai Mara by Jennifer Wiley



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# Ending poverty and hunger for all persons with disabilities



The 2030 Agenda for Sustainable Development and its 17 SDGs provide a powerful framework to guide local communities, countries and the international community toward the achievement of disability-inclusive development.

The 2030 Agenda pledges to leave no one behind, including persons with disabilities and other disadvantaged groups, and recognizes disability as a cross-cutting issue to be considered in the implementation of all of its goals. The Agenda also includes seven targets and 11 indicators explicitly referencing persons with disabilities, covering access to education and employment, availability of schools that are sensitive to students with disabilities, inclusion and empowerment of persons with disabilities, accessible transport, accessible public and green spaces, and building the capacity of countries to disaggregate data by disability.

Persons with disabilities are more likely to live in poverty than persons without disabilities due to barriers in society such as discrimination, limited access to education and employment and lack of inclusion in livelihood



and other social programmes.

National data on income poverty disaggregated by disability remain scarce. Regarding food security, in developed countries, available data shows that the average percentage of persons with disabilities who are unable to afford a meal with protein every second day is almost double that of persons without disabilities.

More women with disabilities than men with disabilities are in such a situation, and the gender gap between women and men in terms of access to meals with protein is wider among persons with disabilities. In developing countries, data shows that

persons with disabilities and their households are more likely to not always have food to eat, than persons without disabilities and their households.

While financial inclusion can help persons with disabilities out of poverty, access to financial services such as banks remains restricted by the lack of physical and virtual accessibility of these services. In some countries, persons with disabilities find that more than 30 per cent of banks are not accessible.

Social protection programmes for persons with disabilities, which can be vital in facilitating an escape from poverty, have been adopted in many countries.

At least 168 countries have disability schemes that provide periodic cash benefits to persons with disabilities, while lump-sum benefits are provided in 11 countries.

In half of the countries with periodic benefits, these benefits cover mainly workers and their families in the formal economy, excluding children with disabilities and persons with disabilities who have not had the opportunity to contribute to social insurance for a sufficient period to be eligible for benefits. In 87 other countries however, schemes are fully or partially financed through taxes and have improved coverage.

In only one third of these countries, schemes cover all persons with assessed disabilities regardless of their income status. In the rest of the countries, programmes cover only persons or households whose economic means fall below a certain threshold.

Despite their existence, many persons with disabilities are not able to access social protection. In some countries, more than 80 per cent of persons with disabilities who need welfare services cannot receive them.

## PHOTO STORY



Fashion is a form of self-expression and autonomy at a period and given places. Over the last couple of years fashion has kept on changing where designers, stylist and brands are coming up with new ideas in the market everyday making it competitive as any other field.

Graham Gachie a 21 year old fashion stylist in Gachie town a fashion icon one could tell by the he dresses. He was first introduced to fashion by his cousin who's also a fashion stylist they used to go and thrift second hand clothes locally known as "Mutumba" then they would go and sell them. In the

process he started making some money and also his customer really appreciate his art of styling which really inspired him to strive for more. He also has a side job that he does, he is an employee at O'fallon butchery where he sells Mutura he works there so as to raise money and start his own styling business.

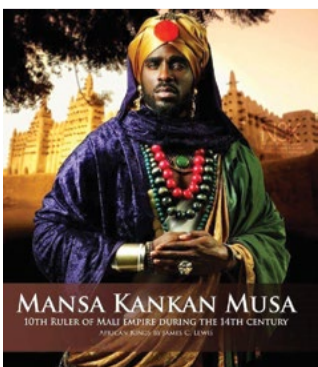
To him styling is an art that is rapidly changing, where new trends immerge everyday and as a creative if not careful you are usually caught in a position where you are competing with your colleges, he urges other creative to Collaborate together. Making people look beautiful is what strives him.



SBM Bank Senior Manager Elite and Diaspora Banking Sukesha Dabholkar (left) presents token of appreciation to bank's client in Mombasa, Coast Cables Ltd Managing Director Atul Shah (centre) during SBM Kenya and SBM India Private Wealth dinner event at LTZ Flavours Restaurant in Mombasa on Friday July 29th, 2022. Looking on is SBM India Relation Director, SBM Private Wealth Neha Sharma.



Sukesha Dabholkar (right) presents token of appreciation to bank's client in Mombasa, Coast Cables Ltd Managing Director Atul Shah (left) during SBM Kenya and SBM India Private Wealth dinner event



## Mansa Musa

Mansa Musa was a wealthy West African ruler who ruled a massive portion of the continent in the 14th century. According to researchers, Musa is considered to be the wealthiest person in

history. Estimated to have been born in the year 1280 or so, Musa Keita I rose to lead the Mali Empire after the disappearance of his predecessor, Abubakari Keita II, presumably at sea.

Taking the title Mansa, which roughly translates to "King,"

Musa began his 25-year rule in the year 1312. The sprawling lands that he controlled also contained portions of modern-day Gambia, Senegal, Burkina Faso, Nigeria and other nations.

On a Pilgrimage to Mecca in 1324 AD, Mansa Musa brought so much gold with him that his visit resulted in the collapse of gold prices in Egypt (kemet) & Arabia. It took 12 years for the economies of the region to normalize.

## SHORT STORIES

# Best Short Stories



## THE POINT OF HONOR

A young lieutenant was passed by a private, who failed to salute. The lieutenant called him back, and said sternly:

"You did not salute me. For this you will immediately salute two hundred times."

At this moment the General came up.

"What's all this?" he exclaimed, seeing the poor private about to begin.

The lieutenant explained.

"This ignoramus failed to salute me, and as a punishment, I am making him salute two hundred times."

"Quite right," replied the General, smiling. "But do not forget, sir, that upon each occasion you are to salute in return."

## ALWAYS GET THE FACTS

It is never wise to jump to conclusions. Always wait until the evidence is all in.

A Jersey man of a benevolent turn of mind encountered a small boy in his neighborhood who gave evidence of having emerged but lately from a severe battle.

"I am sorry," said the man, "to see that you have a black eye, Sammy."

Whereupon Sammy retorted:

"You go home and be sorry for your own little boy—he's got two!"

## CAN THIS BE TRUE?

A certain Irishman was taken prisoner by the Huns. While he was standing alone, waiting to be assigned to his prison, or whatever fate awaited him, the Kaiser came up.

"Hello," said the Kaiser. "Who have we here?"

"I'm an Irishman, your honor."

Then he winked solemnly.

"Oi say," he continued. "We didn't do a thing to you Germans, did we? Eh, old chap?"

The Kaiser was horrified. Calling an orderly he said to him: "Take this blasphemer away and put a German uniform on him, and then bring him back."

Shortly the Irishman was returned, in a full German uniform.

"Well," said the Kaiser, "maybe you feel better now. How is it?"

Pat grabbed him by the arm, and leaning over, whispered:

"Oi say, we gave them Irish Hell, didn't we?"

## NEW SERVANT-GIRL STORY

The wife of a successful young literary man had hired a buxom Dutch girl to do the housework. Several weeks passed and from seeing her master constantly about the house, the girl received an erroneous impression.

"Ogscuse me, Mrs. Blank," she said to her mistress one day, "but I like to say somedings."

"Well, Rena?"

The girl blushed, fumbled with her apron, and then replied, "Vell, you pay me four tollars a veek--"

"Yes, and I really can't pay you any more."

"It's not dot," responded the girl; "but I be villing to take tree tollars till--till your husband gets vork."

## HE WAS BROAD MINDED

Even married life does not affect some people unpleasantly, or take away the fine spirit of their charity.

A certain factory-owner tells of an old employee who came into the office and asked for a day off.

"I guess we can manage it, Pete," says the boss, "tho we are

mighty short-handed these days.

What do you want to get off for?"

"Ay vant to get married," blushed Pete, who is by way of being a Scandinavian.

"Married? Why, look here-- it was only a couple of months ago that you wanted to get off because your wifewas dead!"

"Yas, ay gess so."

"And you want to get married again, with your wife only two months dead?"

"Yas. Ay ain't ban hold no grudge long."

## MISSED HIS CHANCE

Before introducing Lieutenant de Tesson, aide to General Joffre, and Colonel Fabry, the "Blue Devil of

France," Chairman Spencer, of the St. Louis entertainment committee, at the M.A.A. breakfast told this anecdote:

"In Washington Lieutenant de Tesson was approached by a pretty American girl, who said: 'And did you kill a German soldier?'"

"Yes," he replied.

"With what hand did you do it?" she inquired.

"With this right hand," he said.

"And then the pretty American girl seized his right hand and kissed it. Colonel Fabry stood near by. He

strolled over and said to Lieutenant de Tesson:

"Heavens, man, why didn't you tell her that you bit him to death?"

## GREAT RELIEF IN HEAVEN

The following story is from the *Libre Belgique*, the anonymous periodical secretly published in Brussels, and

which the utmost vigilance of the German authorities has been unable to suppress.

Once upon a time Doctor Bethman-Holweg went up to heaven. The pearly gates were shut, but he began to

push his way through in the usual German fashion. St. Peter rushed out of his lodge, much annoyed at the commotion.

"Hi, there, who are you?" he demanded.

"I am Doctor Von Bethman-Holweg, the imperial chancellor," was the haughty reply.

"Well, you don't seem to be dead; what are you doing around here?"

"I want to see God."

"Sorry," replied St. Peter, "but I don't think you can see him today; in fact, he's not very well."

"Ah, I'm distressed to hear that," said the chancellor somewhat more politely. "What seems to be the trouble?"

"We don't quite know, but we are afraid it is a case of exaggerated ego," answered St. Peter. "He keeps

walking up and down, occasionally striking his chest with his clenched fist, and muttering to himself: 'I am the kaiser! I am the kaiser!'"

"Dear me! that is really very sad," said the chancellor in a still kindlier tone. "Now I happen to be the bearer of

a communication from my imperial master; perhaps it might cheer him up to hear it."

"What is it?"

"Why, the emperor has just issued a decree, providing that in future he shall have the use of the nobiliary

particle; from henceforth he will have the right to call himself 'Von Gott.'"

"Step right in, your excellency," interrupted St. Peter. "I am very sure the new Graf will be much gratified to

learn of the honor done him. Third door to the right. Mind the step. Thank you."



## Nothing Is More Important Than Being Happy



By Atiya Mughal

We often run after everything in life that just isn't all that important like people, materialistic things, fame and power. But we forget the most important thing of all and it isn't even materialistic. We do this because we want to show the world how powerful and connected we are to big names and brands, how well known we are to almost everybody around us, how we can own all these expensive gadgets, but when we look at ourselves in the mirror, what do we see? An empty, sad, broken and tired individual who has killed him/herself for things that won't matter in a year's time.

There is no happiness, joy or excitement in one's life anymore.

Nothing small brings any good feeling, all because we are too busy trying to "make it big" in the world to "show people" that we are capable. The real bitter truth is that nobody cares about you or what you are achieving because the world is a selfish place. If you want to accomplish or achieve anything in life; go ahead - just do it! But stop chasing the wrong kind of people and stuff. Plan and start small, keep working hard and do what feels right. But always keep it simple and stay humble.

In the rat race towards your goals don't forget the biggest factor is "true internal happiness" without this you will just be a hollow human being who is just slaving him/herself and not stopping to enjoy the smallest things in life. If you are truly happy, then nothing is difficult for you to achieve. It all comes to you very easily and you won't even feel overworked or overwhelmed. That is because you are in the flow, just flowing with each moment. Set aside time for just being in joy with yourself; discover what you are really capable of doing. Find your calling and work on it, meet people who bring the best in you to the surface. Avoid negative and petty minded individuals.

Because being happy is more important than being known or being up there. When you are really happy internally; you are already up there amongst the happy people and that is real success.

## Ensuring healthy lives and promoting well-being for all persons with disabilities

The 2030 Agenda for Sustainable Development and its 17 SDGs provide a powerful framework to guide local communities, countries and the international community toward the achievement of disability-inclusive development.

The 2030 Agenda pledges to leave no one behind, including persons with disabilities and other disadvantaged groups, and recognizes disability as a cross-cutting issue to be considered in the implementation of all of its goals.

The Agenda also includes seven targets and 11 indicators explicitly referencing persons with disabilities, covering access to education and employment, availability of schools that are sensitive to students with disabilities, inclusion and empowerment of persons with disabilities, accessible transport,

accessible public and green spaces, and building the capacity of countries to disaggregate data by disability.

Persons with disabilities generally have more health-care needs than others - both standard needs and needs linked to impairments - and are therefore more vulnerable to the impact of low quality or inaccessible health-care services than others. Compared to persons without disabilities, persons with disabilities are more likely to have poor health: among 43 countries, 42 per cent of persons with disabilities versus 6 per cent of persons without disabilities perceive their health as poor. Further, women with disabilities are more likely to report poorer health than men with disabilities.

In some countries, less than 20 per cent of persons with

disabilities report poor health, while in others more than 70 per cent of persons with disabilities report the same. The number of persons with disabilities who report poor health tends to be higher in countries with lower gross domestic product per capita, suggesting that increased availability of financial resources may provide the accessible health, basic and community services needed to achieve better health.

Access to health-care services remains a challenge for persons with disabilities, who are more than three times as likely

to be unable to get health care when they need it. Access to rehabilitation services is also a challenge. In some countries, more than 50 per cent of persons with disabilities have an unmet need for these services. Lack of financial



resources, lack of access to and accessibility of medical facilities and transport, as well as inadequate training of health personnel to accommodate persons with disabilities remain major challenges. Some countries have endeavoured to reform legal and policy frameworks and/or to address access to health-care services directly, including through antidiscrimination laws related to the health sector, disability laws or policy plans, and laws that guarantee access to health care for persons with specific health conditions (e.g. spinal cord injury) or specific populations (e.g. veterans). Although many of these laws are general and do not target disability-specific barriers, six countries have explicit laws that guarantee access to health care for persons with disabilities.

TRAVELLING

# 'Country roads, take me home...'

I had never been to Canberra before, and this was a fleeting visit. Arriving on the early Monday politician's express, I taxied from the airport to pick up the truck, as arranged. It was all ready, fully loaded with tractor and machinery.



By ten o'clock my six-wheeled friend and I were on our way, following an 800-kilometre cross-country trail back to Adelaide. I had obtained the requisite truck license some months before, but in truth I hadn't driven any truck, large or small, very far at all. Handling this 10-ton monster by myself, on totally unfamiliar roads, proved initially quite a challenge, but by the time we stopped for the night

at a mid-way point Motel, the big brute and I were beginning to know and respect each other.

After an hour on the road the next day, I spotted a couple hitchhiking up ahead. It was illegal to carry unauthorized passengers in a government vehicle, so I kept on trucking, passing with a wave. Having second thoughts - their company would relieve the boredom of the bitumen, stretching out to the distant horizon - I pulled onto the dirt fringe. I saw the pair running towards me in the side mirror; packs bouncing, one carrying a guitar.

"Hey there," the guy said, breathing heavily as he looked up at me. "We're heading for The Riverland. Can you take us?"

"We'd appreciate it," He continued. "We can even sing you songs in exchange." With this he smiled, and the young, rather petite lady at his side, began to laugh. I was won over.

"What the hell," I thought. (I'd been on their end of the bargain many times, a few years before in Europe). "OK, you've got



yourself a deal," I yelled over the clatter of the engine. "Welcome aboard."

They clambered into the cabin, the girl perching on top of the central engine housing. It was the start of a friendship that would last two or three glorious weeks, during which I would come to master a number of new guitar chords.

The odd thing about the guy, was that with his long blond wavy locks and round glasses, he was a double for John Denver, the popular American country star of the day. And a little later



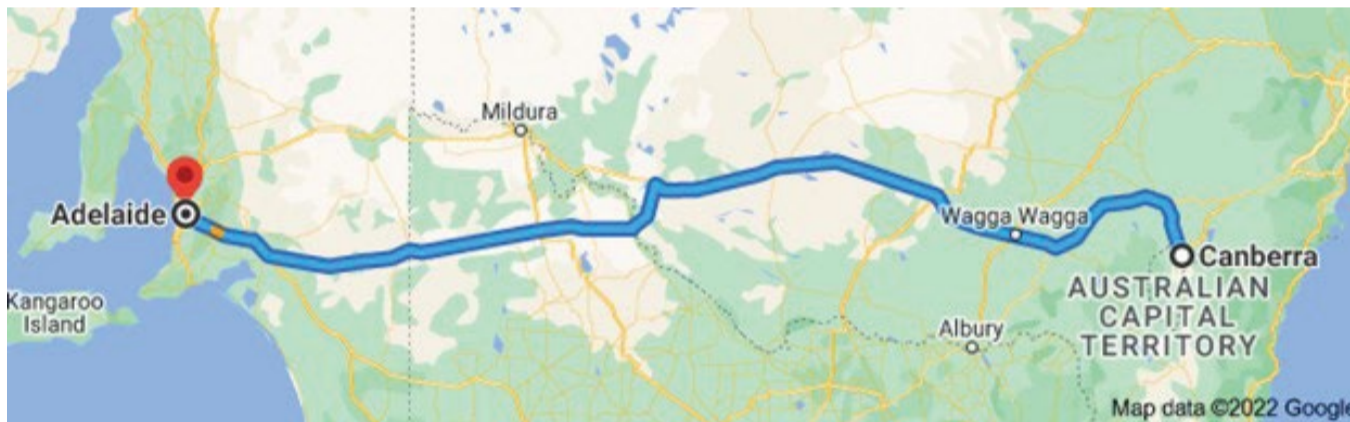
when he pulled the guitar out and began to sing, I really did begin to think it wasn't a look-alike, but the real thing, 'down Under' on some sort of incognito tour.

The four or five hours run, down into Adelaide, resembled a country music concert for truckers; His partner had a wonderfully melodic voice, harmonizing perfectly with young John, and together they did a mean interpretation of The Carpenters.

As we bowled on through The Riverland, I invited them

to come back to stay. With the boot on the other foot, I recalled something very similar happening to my wife and I when travelling through Germany: an architect taking us off the autobahn and home to ice-cold Cinzanos. As we parked the mini-juggernaut outside my house, I was hoping desperately that my partner - remembering that time - would be okay with me returning the favour.

Duncan Gregory  
www.whittlingourniche.com



# My Gateway to India

Returning to India grew to be a second homecoming. Touchdown was always Mumbai, which for a decade or two I knew as Bombay. Each time, as the aircraft powered forward, dipping towards the runway, those glimpses of a hazy, undulating terrain would return to my porthole view. In reality, it was the most extreme lifestyle interface one could imagine: high-tech aeroplanes gliding in over squalid slums. Neither existence could touch the other ... and one certainly did not want to!



The airport I once knew didn't change much. Repeated sightings only managed to rekindle trademark memories: a sort of trophy-stand without trophies, waterfall without water, grubby windows and featureless walls. Rising above everything, the most indelible memory was the aroma: a unique concoction of heavy air and spicy foods, rolled together as one. It was an element which lingered, unforgettable. Over time I grew to love this glorious mix of ingredients in my Gateway to India recipe.



Immigration invariably presented those same long queues, streaming back from

battered counters. The opening of a new desk set off a stampede for

the fresh line; perhaps an analogy of Indian life itself: a scramble for

the best way forward.

Then came the untold vagaries of baggage collection, with seemingly useless dockets to hold, before final, and thankful release. On one occasion I was to meet a friend who worked in customs, thus after emerging from the immigration scrum, I began asking various badged personnel if Lakshmi was around; only to receive rather probing stares, as if questioning my intent. Was I buttering them up, in order to slip my cocaine laden bags between their legs?

Over the years, the streets outside the airport remained unaltered: a stretch of narrow road with shops and small-scale industries on either side, busy into the early morning hours (often the time I would arrive). But whether by day or night, the air was always saturated with an inbuilt variety of sub-tropical flavours, including culinary delights, industrial pollutants, vehicular fumes, monsoon rains, roadside rubbish and animal discards, plus a humidity that hung like a wet blanket in the endless heat!

Doomsayers would declare that living in Mumbai equalled inhaling twenty cigarettes a day, which on reflection seemed an



underestimation. Once, static in horrendous traffic, with window down and three-inch battered bus exhaust blasting toxic fumes into my face, I had visions of collapse through dire need of oxygen. Yet, winding the window up tempted an equally bitter end; asphyxiation from heat exhaustion: Mumbai's Catch-22!

If I could leap from my plane on touchdown, then clamber over the airport's perimeter fence, it would take ten minutes to reach my destination, a suburb called Kalina. As it was, the circular route took an hour, which returned me to the point

where I could glimpse the tall tails of those gleaming aircraft, from the other side of the social divide; moving slowly and serenely above the rusty border wall, like ostriches gliding along behind the tall grass of an African Savannah. The extraordinary juxtaposition often led me to reconsider the inequities of this over-populated city - which I returned to on a regular basis - and the wider world we all share.

Duncan Gregory  
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HEALTH

**WILDLIFE PHOTO**

Photo by Jenny Wiley



*Jenny Wiley 2022*

Jenny Wiley



**Dental Health**



**Tongue-tie**

**Introduction**

**T**ongue tie (also known as ankyloglossia) is a congenital condition (the child is born with it) in which a child's tongue remains attached to the floor (bottom) of his or her mouth. This condition limits their tongue movements and happens when the thin band of tissue (also called the frenulum) connecting the tongue and the floor of the mouth is shorter than normal. It could be too short and tight or attached way up near the tip of the tongue.

Ankyloglossia has been associated with difficulties in speech, breastfeeding and general dental health. It mostly affects infants and younger children.

**Symptoms**

Tongue tie may cause the following symptoms in infants;

- Difficulty latching when breastfeeding.
- Breastfeeding for extended periods of time
- Constant hunger.
- Trouble gaining weight.
- A clicking sound when child is feeding.

In younger children, tongue tie symptoms may include;

- Speech impairments.
- Swallowing difficulties.
- Difficulty moving the tongue toward the roof of the mouth or from side to side.
- Difficulty playing a wind instrument.

Breastfeeding mothers may also have symptoms related to an infant tongue tie such as;

- Cracked or sore nipples.
- Pain when nursing.
- Insufficient milk supply.
- Inflammation or infection of the breast.

**Types of tongue tie**

There are different types of tongue ties depending on where it is attached to the tongue;

1) Type I: the frenulum is thin

and elastic and is attached to the tip of the tongue. It anchors the tongue behind the lower teeth.

2) Type II: the frenulum is thin and elastic and it is attached 2-4mm from the tip of the tongue to the floor of the mouth.

3) Type III: the frenulum is thick and stiffened. It is attached on the middle of the tongue to the floor of the mouth.

4) Type IV: the frenulum is posterior or not visible. A thick band of fibers can be felt under the tongue.

**Treatment**

Infants and young children who have tongue tie but do not have problems with feeding, swallowing or speaking may not need treatment. In such cases, tongue tie may not be severe enough to cause any noticeable symptoms.

If the tongue tie is causing symptoms, then a simple surgical procedure is performed where the frenulum is relieved from the tongue. The procedure is normally painless for infants. However, anesthesia may be required for the younger children.

**Complications**

If tongue tie is left untreated, it may lead to the following complications;

- Dental problems like tooth decay, swollen gums and a gap between the lower two front teeth.
- Gagging or choking when eating solid foods.
- Trouble with pronunciation of certain alphabets.

Tongue tie cannot be prevented, however, early diagnosis and treatment are key to a child's successful recovery.

Tongue tie cannot be prevented, however, early diagnosis and treatment are key to a child's successful recovery.

**Dr. Luvay Hamid**  
**Dental & Implant Surgeon**  
**at Royal Crown Dental Care**  
**(Mombasa)**  
**For enquiries:**  
**luvayhamid@hotmail.com**



STORYTIME

THE Angry Boy



There was once a young boy who had problem controlling his temper.

When he became angry, he would just say anything that came to his mind without thinking and hurt alot of people. His parents were so sad about this and no matter how they tried, it kept getting worse.

One day after serious thinking, his father gave him a bag of nails and a hammer and said, "Every time you get angry, hammer one nail into the fence in our backyard".

The first few days the boy hammered so many nails that he emptied half the bag. Over the weeks, the number of nails he hammered to the fence reduced and gradually, his temper was much in control. Then came a day when he didn't lose his temper at all. His father asked him to remove one nail each day that he manages not to lose his temper.

Finally, on the day the child was removing the last nail, his father says, "You have done well, boy. But do you see the holes in the wall? The fence is never going to be the same, even after repainting. Likewise, when you say mean things in anger, you will leave a scar in the person's mind, as the nails did to the fence".

MORAL OF THE STORY

Anger is a dangerous weapon like a knife. When you put a knife in a man and draw it out, the wound heals but the scar remains.

JOKES

- \*\*What do you call a noodle that is fake?-An im-pasta
- \*\*Why do all witches wear black?So you can't tell which witch is which.
- \*\*What candy is always running late to things?Choco-late
- \*\*What did the zero say to the eight? Nice belt!



August What a month! Amazing facts

There are some pretty fascinating holidays spread throughout August which are celebrated in different parts of the world. This month has some peculiar food days; National Goat Cheese Month, National Panini Month, Peach Month, and Sandwich Month...

- Aug.1: World Scout Scarf Day
- Aug. 1-7: International Clown Week
- Aug. 3: National Watermelon Day
- Aug. 5 is National Underwear Day
- Aug. 10: National Lazy Day.
- Aug. 11: is Mountain Day
- Aug. 16: National Roller Coaster Day
- Aug. 20: World Honeybee & World Mosquito Day
- Aug 28: National Bow Tie Day!



ABOUT KENYA Amazing-facts

Wow!Bet you didn't know that there is a whole bunch of fun facts about our country Kenya



- 1 Wangari Maathai, a Kenyan, was the First African Woman to Win a Nobel Peace Prize back in 2004. She was a renowned Kenyan social, environmental and political activist.
- 2 Around 54 -60 language varieties are spoken in Kenya!Can you try and name them?Ask your parents to help?
- 3 The Wildebeest Migration, is one of the "Seven New Wonders of the World"; there's no other place on the planet that has a movement of animals as enormous as the wildebeest migration, with more than two million animals migrating from the Serengeti National Park in Tanzania.
- 4 Did you know that Jambo is the most widely-used greeting? .
- 5 Lake Turkana is the world's largest desert lake
- 6 Agriculture is a vital part of Kenya's economy. Coffee is recognised as one of the most valued exports in the country, while flowers and tea are also important products too.
- 7 Kenya has 50 national parks and reserves. Do you know them?Try and name them.
- 8 The Great Rift Valley was formed more than 25 million years ago. WOW!
- 9 Mount Kenya is the second-highest mountain in Africa

Tongue Twister

Mister Matt mastered math matters, or maybe math that matters mastered Mister Matt?

Riddles

- 1.What has hands and a face, but can't hold anything or smile?
- 2.It belongs to you, but your friends use it more. What is it?
3. If you don't keep me, I'll break. What am I?
- 4.I have a tail and a head, but no body. What am I?
5. What 2 things can you never eat for breakfast?

Answers: 1. Clock, 2. your name  
3. promise, 4. coin 5.lunch and dinner

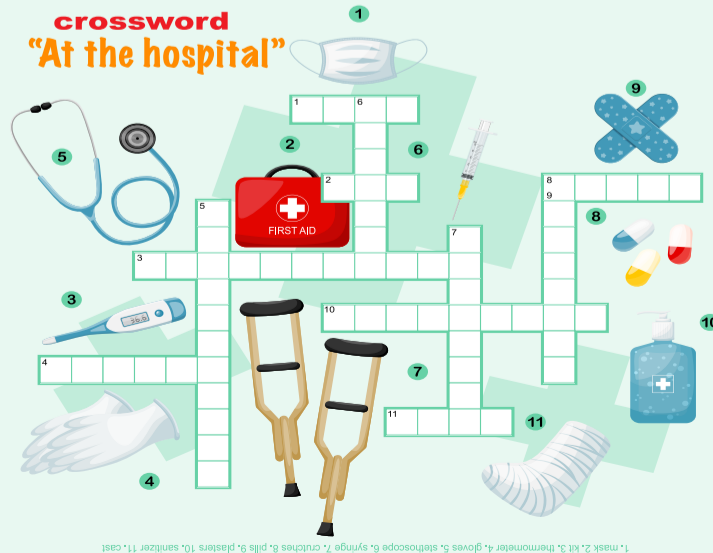
Help Ali and Sophia get to school before they are late



JOIN the dots and Colour



crossword "At the hospital"



SUDOKU

2	3	4	1
3	4	1	2

Fill in the missing numbers.  
\* The numbers 1, 2, 3 and 4 must occur only once in each column.  
\*The numbers 1, 2, 3 and 4 must occur only once in each row.  
\*Fill the grid using only logic.  
\* No guessing is allowed!

# SPORTS

JULY, 2022



## Ferdinand Omanyala's 100m triumph the 'perfect race'

Ferdinand Omanyala says winning the 100m title at the Commonwealth Games was the "perfect race" that he has "always been dreaming of".

The 26-year-old clocked 10.02 seconds to claim gold in Birmingham on Wednesday, beating defending champion Akani Simbine by 0.11 seconds.

Omanyala becomes the first Kenyan to win the Commonwealth crown, adding to the continental triumph he recorded in Mauritius in June when he saw off South Africa's Simbine in a photo-finish.

"This was the goal we had since the start of the year - to win the African Championships and the Commonwealth Games," Omanyala told BBC Sport.

"We have achieved what we said, so we thank God for this. I am sure it will have a lot of impact, because I'll be training knowing that I'm Commonwealth and African champion.

"This is a big motivation. We are adding more accolades to my success," Omanyala's success come after disappointment at the World Championships in Eugene, where he failed to make the final after arriving late in the United States because of visa delays.

However, he says he forgot about that experience "after days".

"It is all about just moving forwards and using setbacks as stepping stones," he added. "You have to pick up yourself. Everything happens for a reason." In June, Omanyala became just the second Kenyan to be crowned African champion over 100m, emulating 1990 winner



Joseph Gikonyo, and expects more sprinters to emerge from the east African country on the back of his triumphs.

"There is so much talent in Kenya, it's just that they never saw anybody ahead of them that has been sprinting.

"With my success, there are going to be so many sprinters coming. You saw one of our guys [Samwel Imeta] get to the semi-

finals. Next time we'll all be in the final," he rallied.

Ghana's Benjamin Azamati finished agonisingly outside the medals, coming fourth just 0.02s behind bronze medallist Yupun Abeykoon of Sri Lanka, while Cameroon's Emmanuel Esem crossed the line in seventh.

Elsewhere on day six in Birmingham, Cameroon's Junior Periclex Ngadja Nyabeyeu

won gold in the men's 109kg weightlifting to give his nation its first medal of the Games.

Ngadja Nyabeyeu lifted a combined 361kg over his snatch and clean and jerk to seal his place on the top of the podium.

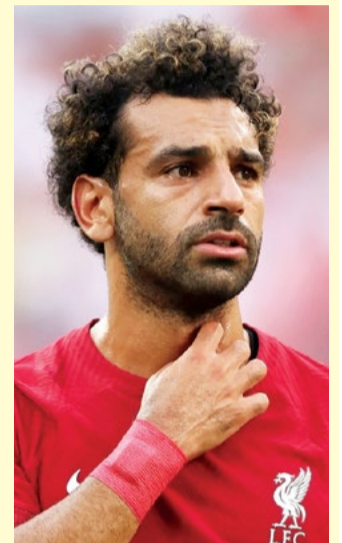
Meanwhile, Nigerian duo Rosemary Chukwuma and Nzubechi Grace Nwokocha were fourth and fifth respectively in the women's 100m final.

## Fulham 2-2 Liverpool: Jurgen Klopp says 'performance felt like a defeat'

Mohamed Salah spared Liverpool's embarrassment with a late equaliser as last season's runners-up were held to a 2-2 draw at newly promoted Fulham in their Premier League opener; Aleksandar Mitrovic scores both goals for hosts as Darwin Nunez opens his Premier League account.

Jurgen Klopp admitted Liverpool's performance in the 2-2 draw with Fulham on the opening weekend of the Premier League season "was a defeat", with the best aspect of the day being the result.

Fulham have proven difficult opponents for Klopp's side in recent years - the Cottagers now unbeaten in their last three top-flight meetings - and Liverpool had to come from behind twice



to cancel out two goals from Aleksandar Mitrovic.

## Man Utd captain says Erik ten Hag has brought 'energy' and 'positive vibes' ahead of new season

Harry Maguire says Erik ten Hag has brought "energy" and "positive vibes" to Manchester United and insists retaining the captaincy has given him "a lot of confidence".

Ten Hag has enjoyed an impressive start to his new job since replacing interim coach Ralf Rangnick at the end of last season, with United's 4-0 thrashing of Liverpool during pre-season the standout result of his short reign so far.

"Ten Hag has brought a lot of energy, a lot of positive vibes and the lads have bought into it really well up to now.

"It was only pre-season but we're fit and ready to go. We're looking forward to the season."

During the summer, it was obvious the tenets Ten Hag had been drilling into his players - sharper reaction, surety in transition, confidence on the ball and cohesion without it - had been taken on board.

The 52-year-old will demand a significant improvement on the last campaign - when United recorded their lowest points tally in the Premier League era - and Maguire insists the fans deserve better.

"This club's all about winning trophies. From where we were last season we've got to look at huge improvement," Maguire said.

"Last year was nowhere near acceptable for this club. We got knocked out of cups early, we didn't give our fans anything to look forward to.

"We've got to make sure we're in these competitions for large parts of the season and come March time we're still playing



in these major competitions and major games.

"Last season, in the last two or three months, we were playing Saturday, Saturday, Saturday and this club is not used to that and shouldn't be doing that.

"We were out of every cup and didn't perform well in the league. We've got to look for a major improvement in performances and give our fans something to be excited about.

"You can always find excuses in everyday life and we've just got to look at ourselves. As individuals, we didn't perform well enough and the team ultimately didn't perform well enough collectively."

# Teenager Jackline Chepkoech Sets New Record in Birmingham, Bags Kenya's Second Gold

Jackline Chepkoech clinched Kenya's second gold medal at the 2022 Commonwealth Games in Birmingham.

Chepkoech clocked a new Games Record-breaking time of 9:15.19 to clinch the women's 3000-meter steeplechase title on Friday night, August 5.

Chepkoech was Kenya's representative in the race after Celliphine Chespol suffered an injury sidelining her from competing.

The 2021 World Under-20 Champion earned her first senior victory, competing only in her second senior event.

The 18-year-old showed dominance against the Olympic Champion, Peruth Chemutai, of Uganda who took silver.

This was Kenya's second gold in Birmingham, with the first coming from Africa's fastest man Ferdinand Omanyala in the 100m final.

Chepkoech received congratulatory messages from

many Kenyan leaders who praised her for being a good ambassador.

"From World Junior Champion to gold at the Commonwealth Games. Our very own Jackline Chepkoech has inspired the whole nation to dream big and pursue greatness - for victory is always around the corner. We are beyond proud. Congratulations," Martha Karua stated.

"Fantastic run in the 3000m by Jackline Chepkoech beating a talented field to bag Kenya our second Gold medal. Keep running and keep inspiring our youth. The entire nation is proud of you. Kudos," Raila Odinga noted.

"Congratulations Jackline Chepkoech for clinching Kenya's second gold in the Women's Steeplechase at the Commonwealth games. You are a true champion and wonderful ambassador of our nation," Deputy President William Ruto noted.



## wh@ts on mombasa & coast august 2022

### WEEKLY LIVE MUSIC

**Wednesdays**  
**Bandoori International Club Diani**  
 Ricky Mulolo & Idologia Musica Band  
**Apollo Club Changamwe**  
 Rhumba Wednesdays with Banamitie Musica

### Thursdays

**Cusini Tavern**  
 Echo Band

### Fridays

**Standard Grill Mtwapa**  
 Rhumba Night with Ricky Mulolo & Idologia Musica Band

### Sundays

**New Big Tree Beach Resort Bamburi**  
 Show Time Sundays with Mombasa Roots Band

### Maasai Beach Bar

Iambo Africa

### Jivas Lounge Bamburi

Rhumba After Work with Ambro La Musica

## All Data without Warranty

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### SHOWCASE

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## wh@ts on nairobi & surroundings august 2022

### SHOWCASE / LIVE EVENTS

**Saturday 13 | 08**  
**Egesa Villa**  
 Okoth Jarapogi  
**Saturday 20 | 08**  
**La Cascada Sports Bar & Gardens**  
 Samidoh Live At The Waterfalls

### Monday 22 | 08

**K1 Klubhouse**  
 The Kahawas

### Thursday 25 | 08

**Laikiana Resort Dagoretti Corner**  
 Nasibi

### Monday 29 | 08

**K1 Klubhouse**  
 Kamoré

### Saturday 30 | 08

**Laikiana Resort Dagoretti Corner**  
 Matwicesax

### ART EVENTS & EXHIBS

**Until 28 | 08**  
**Alliance Française**  
 Sarakasi Za Siasa - Exhibition by Joseph Bertiers  
**01 to 31 | 08**  
**Redhill Art Gallery**  
 Mystics  
**Until 21 | 08**  
**One Off Contemporary Art Gallery**  
 Mixed Exhibition: 'Leaves of Life' by Olivia Pendergast, Mark Lecchini, Myrna van der Veen, Fitsum Berhe, Dennis Muraguri, Anthony Okello, James Mbuthia & Yoni Waite

### MOTORSPORTS

**Saturday 27 | 08**  
**WRC Service Park Naivasha**  
 Head to Head Motorkhana Circuit Racing - DELTA MOTORSPORTS PRESENTS a knockout competition where Kenya's greatest tarmac drivers battle side by side, through a series of head-to-head races.

## HOUSEHOLD



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### HOUSEHOLD

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