



### LEARNING

Concept Based Inquiry  
- Learning  
PG 8



### SPORTS

Willy Watson trophy 2022  
PG 21



# MaDaFu

The Socio-Economic Newspaper with Anything & Everything from Kenya

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Staff of Malindi Little Angels Junior School in Malindi Town, Kilifi County join their former class 8 pupils in celebrating their performance shortly after the release of the results by the cabinet Secretary for Education. Fadhili Chara and Kioko Kemosi scored 411 and 400 Marks respectively.



Invited guests and staff at prideinn paradise beach Resort led by the hotels MD Mr. Hasnain Noorani [centre] and the GM Mr. James Rattos [second right] in a cake mixing exercise entitled Christmas in November in preparation for the fourth coming festive season. PHOTO BY TITUS MUSAU



### PHOTO STORY

## President Ruto buys Shoes of Umoja Rubber



A representative of the Umoja Rubber Products Ltd. Retail Department showcases Studeez School Shoes to H.E the President of Kenya, Dr William S. Ruto during the Grand Opening of The Imaara Mall in Nairobi. The school shoes are part of their wide collection of pure leather shoes that are 100% Made in Kenya.



The visiting His Divine Holiness Acharya of Maninagar Shree Swaminarayan Gadi Sansthan Gnan Mahodadhi Shree Jitendriyapriyadasji Swamiji Maharaj presents Ksh 500,000 cheque to the Kenya Society for the Deaf Children Chairman Francis Ng'ang'a (second right) and Trustee Joseph Githinji (right) for the needs of the deaf children at Shree Swaminarayan Siddhant Sajivan Mandal (temple) in Parklands Nairobi. With them is them are the temple trustee Velji Gorsiha (2nd left) Babu Sanghani (3rd right) Temple and Devotee Ashwin Sangani.



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# LG to train building professionals in innovative systems

**L**G Electronics has partnered with the University of Nairobi (UoN) to train engineers, architects, contractors and other building professionals in the latest Heating, Ventilation and Air Conditioning (HVAC) innovations.

The deal will see LG revamp its Engineering academy and rebrand its showroom as it eyes growth in sales of its innovative HVAC inverter technology, directly targeting professionals in the construction industry, while enhancing technical skills in the local market.

According to LG East Africa Managing Director, Sa Nyoung Kim, there is a large gap in the local market both in terms of awareness of the benefits of HVAC inverter technology and the skills needed to install and maintain equipment embedded with the technology.

“Enhanced awareness and training is crucial in increased adoption of this innovative technology in the local market. We have partnered with Industry players to strengthen our Business-to-Business (B2B) Academy to provide a platform to sharpen technical skills available locally to support the latest state-of-the-art range of air conditioners,” said Mr. Kim during the launch of the rebranded LG academy and



**L-R, LG Electronics Middle East and Africa Air Solutions Business Leader Yong Kim explains some of the latest LG Electronics air solutions technology to the University of Nairobi Department of Mechanical Engineering representative Dr Reuben Kivindu and LG East Africa Managing Director Sa Nyoung Kim during the launch of the LG B2B Academy and showroom. The two institutions have entered into a partnership that will see LG through the academy train building professionals such as engineers, architects and contractors on the latest Heating, Ventilation and Air Conditioning (HVAC) innovations.**

showroom in Nairobi.

The LG B2B Academy will offer training in industry-leading air conditioning technologies. Hundreds of trainees will benefit from courses offered at the academy ranging from installation, troubleshooting to full service.

LG is investing in building local capacity in installation and maintenance as it seeks to differentiate itself with a better customer experience. “It is our commitment to stop at nothing in ensuring our consumers are delighted with our ground-breaking indoor air

solutions in a residential and commercial environment. This includes training technicians involved in installation and maintenance of equipment to bring them up to speed with advanced appliances.”

Speaking at the launch ceremony, LG Middle East and



**L-R, LG Electronics Middle East and Africa Air Solutions Business Leader Yong Kim, University of Nairobi Department of Mechanical Engineering representative Dr Reuben Kivindu and LG East Africa Managing Director, Sa Nyoung Kim cut the ribbon signifying the launch of the LG B2B Academy and showroom.**

Africa General Manager Yong Kim, described the partnership with UoN as aimed at ensuring future engineers and architects are aligned with fast-evolving technologies and consumer needs.

“We look forward to the academy offering a long-lasting impact not only in Kenya but also the wider East African region. In addition, we want to make this showroom the ideal location to demonstrate to the customer the standards that LG works with both in the realms of products and craftsmanship,” said Mr. Yong.

He added that the rapidly growing demand for energy-saving technology in the East Africa region, and the fact that most African countries are flooded with outdated air conditioners, makes a strong case for training in the new technology.

The rebranded LG showroom

will be open Monday to Friday between 9.00 am and 4.00 pm and will showcase LG’s (HVAC) innovations ideal for residential, retail, public, corporate/government spaces, hospitals, hotels as well as learning institutions.

LG has also introduced a new cloud-based technology, TMS-BECON Cloud, to enable its customers monitor their LG air conditioners in real time. With this technology, LG can now offer troubleshooting support from its Nairobi office to all its sales sites within the East Africa region.

LG air conditioning systems are now embedded with inverter technology which immensely reduces energy consumption, making it ideal for price and environmentally-conscious consumers. With rising cost of energy, many consumers are switching to innovative appliances in a bid to trim their power bills.

## H.E (rtd) Pres. Uhuru Kenyatta calls for lasting solution to the disputes in DRC

**H**.E (Rtd) President Uhuru Kenyatta, Facilitator of the East African Community (EAC)-led Nairobi Peace Process has urged the participants at the Third Inter-Congolese dialogue process, to work towards finding lasting solutions to the disputes in the Eastern Democratic Republic of Congo (DRC).

Speaking at the ongoing Nairobi (III) consultative dialogue process at Safari Park Hotel, the EAC – Facilitator said solutions for the country’s conflicts can only originate from the citizens themselves, assuring them of East African Community’s

support towards restoration of peace in the nation.

“The EAC has joined hands to help DRC restore peace within the country and find lasting solutions to the over two decades-long conflict in Eastern DRC”, the facilitator said.

H.E (Rtd) President Uhuru Kenyatta commended the representatives of the armed groups who have so far agreed to ceasefire and pursue dialogue, urging them to forgive each other and live as one united people.

Recalling the period he visited Kinshasa and Goma, where the citizens expressed optimism about the Nairobi (III) process, the



former Head of State asked the Congolese to steer the process as the EAC provides a conducive environment for constructive consultations on the future of DRC.

He emphasised that the prosperity of the nation solely depends on their collective responsibility to reconcile and unite.

The EAC- Facilitator exceeded confidence in the ongoing process which has brought together, civil society groups, religious and community leaders from different parts of the DRC including Ituri, North Kivu, South Kivu, Goma, Maniema among others.

## NEWS

# How hand luggage allowances have shrunk – and the stingiest airlines in the sky



With baggage regulations getting both meaner and more confusing, we run the rule over 10 popular carriers. Many popular airlines have introduced minimalist rules that penalise even the lightest of travelers. Enticingly affordable flight tickets often hide an uncomfortable truth: bringing nothing more than the most humble of rucksacks on board might incur an extra fee, not included in that initially promising fare. The increasing complexity of cheap tickets has now extended to the contents of the overhead. Some might long for the glory days of being able to bring on their favourite leather suitcase without balancing it on the bathroom scales first; others just long for standardised measurements, which aren't currently in place across airlines. With the risk of higher fees and items being shoved in the hold, it pays to check the requirements for a specific carrier before flying. Read on to find out the rules for BA, Ryanair, Virgin and other carriers. Of course, regardless of your bag size, remember to



take out those lingering liquids and gels before boarding, and be wary of the limitations of 'smart luggage'.

## British Airways

BA, while mimicking low-

cost carriers in many respects, still has one of the most generous baggage allowances, and they often text passengers before busy flights offering to check luggage into the hold for free.

Hand baggage can weigh up to 23kg, and have a maximum length of 55cm (21 inches), a width of 40cm (15 inches) and a depth of 23cm (9 inches). This has to include wheels, handles, side pockets and any other

appendages, so make sure the whole bag is in accordance with these dimensions. If it's larger or heavier, there's the risk that it will have to be checked into the hold.

You can take an additional, smaller item on board too, like a laptop bag or a handbag. This can have a maximum size of 40 x 30 x 15cm.

## Virgin Atlantic

Virgin has a slightly smaller cabin bag allowance than BA. Hand luggage must be 56 x 36 x 23cm (or 22 x 19 x 14 inches) in size and weigh up to 10kg; those in Economy and Premium Economy can bring one item, while travellers in Upper Class can bring two as long as their combined weight doesn't exceed 16kg. Travellers must be able to put it in the overhead bin unaided. Small handbags or rucksacks can also be brought on as long as they don't contain items that could be fairly categorised as 'baggage'. Laptops need to fit into the hand luggage.

## Emirates

Both Economy and Premium Economy travellers

can bring on bags that don't exceed 55 x 38 x 20 cm (21 x 15 x 7 inches) in size, although economy passengers only get a paltry 7kg compared to Premium Economy's 10kg. In Business and First Class, travellers can take on a 7kg carry-on bag plus a briefcase, handbag or garment bag of the same weight. The briefcase may not exceed 45 x 35 x 20 cm (17 x 13 x 7 inches); the handbag may not exceed 55 x 38 x 20 cm (21 x 15 x 7 inches); the garment bag can be no more than 20 cm (7 inches) thick when folded.

## Qatar Airways

First and Business Class travellers can take two pieces of luggage on board, as long as the total weight doesn't exceed 15kg and the maximum dimensions of 50 x 37 x 25cm (19 x 14 x 10 inches) per bag. Economy customers are allowed a bag that weighs less than 7kg. Laptops need to fit within the hand luggage allowance, but items like a handbag, small briefcase or an infant's carrying basket are permissible as additional items.

## Maintain your sanity and security on social media



By Murithi Magiri

Hardly a day passes without someone on my timeline venting about their accounts having been hacked. When a social media account is compromised it invariably dents the owner's reputation, the hackers can go to any lengths to con money from your online friends ostensibly because you are caught up in some emergency. The fraudster will not stop there, they also change the email address you used to register the social media account making recovering the account a herculean task.

You can save yourself the trouble and embarrassment by, firstly, ensuring that you have unique and strong

passwords, which includes numeric, alpha numeric and special characters, this makes it difficult for someone with mischievous intent to guess your password. As a rule of thumb avoid using your names or familiar places and identities like birthdate as your password. Secondly, take your security a level higher by setting up Multi-Factor Authentication (MFA), this ensures that each time you log into your account, you will be asked to enter a special code or simply confirm the login attempt. These codes are sent to your verified mobile numbers or can be generated by authenticator apps. This will help confirm that the user trying to access. This cuts-off a would-be hacker because obviously they don't have access to your phone.

Always keep tabs on the authorized apps to ensure you don't have intrusion from malicious apps. While surfing through the internet or social media, one comes across apps or services that ask for

permission to access your personal data or post on social media on your behalf. While some may be harmless, you need to go to your account settings often and review if any unauthorized apps have access.

Be careful of what you share online with other users. Hackers generally take advantage of our areas of most vulnerability by applying social engineering techniques where you get some seemingly innocent question from a 'legit' source that will lead them to your personal details. Most common ploys include masking themselves as being from a mobile company operator or a bank. As a precautionary measure, no reputable company will ask for passwords and PINs over the phone or using a phony link. Always check the address of the link that has been sent for legitimacy. In almost all cases the domain name will be altered but with some nuances of the legitimate



domain. Be cautious also and ensure you do not share confidential and personal information on social media.

Hackers sometimes painfully follow or befriend their victims before delivering

the killer punch. You always have the option to cut all virtual relations with other users by using the unfriend, unfollow, block and report features. Whenever someone is really troubling you, don't just block

them, use the report features to let the platform know that the person to save others from the same pain.

Make sure you download any apps from secure sources and that your devices are updated. The unspoken truth is that there are no free lunches on the internet. If you are getting anything free, either you are paying for it indirectly or it is spying on you and might compromise your online security. This includes a plethora of fun games and quizzes available on different social media platforms.

Lastly, remember you can always take legal recourse against fraudsters and hackers depending on your jurisdiction. In Kenya, the cybercrime act covers a wide range of offences. You can mop evidence by taking a screenshot of the entire PC or mobile screen with the time stamp and also ensuring you don't delete any IDs, messages and conversation with the fraudsters.

*The writer is the Lead IT Consultant at Magtech Solutions, solutions@magtech.co.ke*

# Being Prepared

**Sunday Story**

**C**an you sleep when the wind blows?" The following story is a superb metaphorical exposition of the level of preparedness.

Years ago, a farmer owned land along the Atlantic seacoast.

He constantly advertised for hired hands. Most people were reluctant to work on farms along the Atlantic.

They dreaded the awful storms that raged across the Atlantic, wreaking havoc on the buildings and crops. As the farmer interviewed applicants for the job, he received a steady stream of refusals.

Finally, a short, thin man, well past middle age, approached the farmer. 'Are you a good farm hand?' the farmer asked him.

'Well, I can sleep when the wind blows,' answered the little man.

Although puzzled by this answer, the farmer, desperate for help, hired him.

The little man worked well around the farm, busy from dawn to dusk, and the farmer felt satisfied with the man's work.

Then one night the wind howled loudly in from offshore.

Jumping out of bed, the farmer grabbed a lantern and rushed next door to the hired hand's sleeping quarters. He shook the little man and yelled, 'Get up! A storm is coming!

Tie things down before they blow away!' The little man rolled over in bed and

said firmly, 'No sir. I told you, I can sleep when the wind blows.'

Enraged by the response, the farmer was tempted to fire him on the spot. Instead, he hurried outside to prepare for the storm. To his amazement, he discovered that all of the haystacks had been covered with tarpaulins. The cows were in the barn, the chickens were in the coops, and the doors were barred. The shutters were tightly secured. Everything was tied down. Nothing could blow away. The farmer then understood what his hired hand meant, so he returned to his bed to also sleep while the wind blew.

**Reflection**

When you're prepared, spiritually, mentally, and physically, you have nothing

to fear. Can you sleep when the wind blows through your life?

The hired hand in the story was able to sleep because he had secured the farm against the storm.

The above story goes on to talk about trials and tribulations in life and if we do our best to understand, accept, and implement the principles learnt by us we will experience a deep sense of security, peace, and joy from within.

We will then be able to 'sleep when the wind blows.'



**PHOTO STORY**

## Christmas tree lighting for children living with disability



Tessie Musalia, wife of Chief Prime Cabinet Minister Musalia Mudavadi and Ahadi Kenya Trust CEO Stanley Kamau (in blue shirt) during the lighting of Christmas tree for children living with disability at Brookfield School, Karatina, Nyeri county on Monday 19th December 2022. . The duo also distributed assorted relief food to 150 families



Tessie Musalia, wife of Chief Prime Cabinet Minister Musalia Mudavadi and Ahadi Kenya Trust CEO Stanley Kamau (in blue shirt) feed children with christmas cake during the lighting of Christmas tree for children living with disability at Brookfield School, Karatina, Nyeri county on Monday 19th December 2022. . The duo also distributed assorted relief food to 150 families .

**TECH TALK WITH HAMZA**

## Zip Utilities



By Hamza Alarakia

**S**o, what is a zip utility? A Zip Utility is a tool that is used to compress and decompress files that are in a .zip format. Confused? Let me elaborate.

In an era where technology

is mostly depended on, we happen to have files stored on our computers, they can be work related or school related files. They can be in different formats, e.g., Word Documents, Spreadsheets, PDF Documents, pictures, videos, music, small databases or even setup files.

Now, let's say that you've got all of The Archie Library editions in pdf format and you want to send your copies to your cousin as he's a fan too, the best way for you to do that is send via email or via a file transfer service company. How, you ask? It is quite simple.

Create a folder at your preferred

location (documents,



downloads, desktop) and label it The Archie Library (in this case). Put all the comics in the folder. Right-click on that folder and select Send To and Compressed (Zipped) Folder and voila! You can then send the compressed file to your cousin.

Now, windows come with its own built-in compression utility but there are also various other free and paid software. While the common compressed file format is .zip, there are other known file types which are often used, namely - .rar, .7z, .tar.gz, and so and so forth. For these file types, you need special application such as WinRAR, WinZip, 7-Zip and

so on.

There are very many other files types and tools/utilities but we have looked at the most commonly used. With time, many will come and go but these ones, I bet you, are here to stay. Now, you know how to send your Madafu copies to your friend in Sri Lanka if he doesn't have access to all the files, eh?

Since we have covered the basics in what software you require in your new computer, feel free to ask what you would like us to look at next.

*Feel free to forward your comments and queries by writing to me at: techamza@gmail.com. I will gladly reply.*

DONATION

# Annual Friendship Day at the ECD School in Greenpark, Naivasha

The Aryan Youth Association organized its annual friendship day at the ECD School in Greenpark, Naivasha on the 10th of December 2022. The school cares and nurtures 45 abandoned children.

We took along items for donation that were generously donated by the Arya Pariwar and the members of the Children's Haven. These included clothing, books, toys, dry rations, Christmas hats and gift packs.

In customary fashion trees were planted by the Chairman General, Mr. Swarn B Varma and Chairman of Arya Samaj Nairobi, Dr. Y. P. Bansal as well as other members of Arya pariwar to mark the visit of AYA. A tree was also planted by Mrs. Shalini Sapra Dodhia, the Chairlady of the AYA.

The opening ceremony of the Gazebo, which materials were kindly provided by the Arya Samaj Nairobi, was done by the Chairman ASN and Chairlady AYA.

Members of the Childrens Haven and AYA members, Anjali Sethi, Diaan Panchal, Panav Mendiratta, Sanam Pal and Anmol Sethi, handed over the gifts and donations we brought along for the children. Mr. Deepak Bhardwaj and his



wife Mrs. Karuna Bhardwaj also handed out sweaters that they had brought along for donation.

It was heartwarming to see the children breaking out in big smiles. This filled our hearts and brought smiles to our faces too.



PHOTO STORY



Tessie Musalia, wife of Chief Prime Cabinet Minister Musalia Mudavadi and Ahadi Kenya Trust CEO Stanley Kamau (in blue shirt) use Pneumonia Charm kit to test , for Pneumonia at Brookfield School, Karatina, Nyeri county during the lighting of Christmas tree for children living with disability and distribution of assorted relief food for 100 families for these children. On Monday 19th December 2022.



Dr. Mohamed Teriaky [right], community Health delegate Africa CDC explains a point to Dr. Herilinda Temba, Principal Epidemiologist; PACT Initiative and RRTs coordinator, Africa CDC [second right] Dr. Salim ,Director primary Health care MOH ,Kenya and Mr. Thaddee Niyoyitungira,[left] Community Health System unit lead, Africa CDC during the opening of 5 days Africa CDC community health regional capacity workshop at Englishpoint Marina Mombasa. PHOTO BY TITUS MUSAU

## Mbagathi Hospital launches newly renovated Accident and Emergency Unit



Nairobi City county Directorate of Health Dr. Lucima Koyio (right) cuts a tape to launch the newly renovated Accident and Emergency department at Mbagathi Hospital. With her is the hospital Medical Superintendent Dr. Caren Emadau(left), Dr. Anne Mwikya Head of Department Accident and Emergency, Assistant professor of Emergency Medicine Dr. Benjamin Wachira (sec.right), during the launch of newly renovated Mbagathi Accident and Emergency. The renovation process and equipping of the facility was done in partnership with the Emergency Medicine Kenya Foundation (EMKF).

# Ahadi Kenya kicks off a festive season food distribution program targeting disadvantaged /disabled

Ahadi Kenya Trust CEO Dr. Stanley Kamau packaging assorted foodstuff for persons with disabilities for distribution in Isiolo County o 3rd Dec. More than 15,000 persons will benefit from the program this festive season.



## PHOTO STORY



The visiting His Divine Holiness Acharya of Maninagar Shree Swaminarayan Gadi Sansthan Gnan Mahodadhi Shree Jitendriyapriyadasji Swamiji Maharaj meets President William Ruto at Statehouse in Nairobi on 20th, December 2022 when he paid him a courtesy call to bless his office and the nation. The spiritual leader is in the country to attend the 70th anniversary of Shree Swaminarayan Siddhant Sajivan Mandal (temple) in Parklands Nairobi.

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## LEARNING

# Concept Based Inquiry - Learning

**What are concepts?** Concepts are abstract ideas that withstand the test of time and are not just meant for a particular group of people, area or time period, for example addition and multiplication in Mathematics while in English we have defining words.

**What is concept based inquiry - learning in school?** This is a learning process that engages students by making real-world connections through exploration and high-level questioning. It is an approach to learning that encourages students to engage in problem-solving and experiential learning.

**Why concept based inquiry -learning?** There are a number of tangible reasons why this method of learning should be applied in teaching and learning. This is simply because it is driven by research that is learner-centered.

The learner who is exposed to this kind of learning tends to fully own it and apply it in their day to day life. For example, in English, descriptive writing on adverse weather conditions, learners will research on the same and come up with different compositions on floods, drought and other disasters. This will enable the learner have a broader perspective on natural disasters.

**How can a school facilitate concept based inquiry-learning?**

Any learning institution that yearns to offer educational standards that matches the needs of the global trends will have to do the following to facilitate this approach;

**Use of question and statement stem:** Sometimes students do not know the mechanisms or patterns of



inquiry therefore statement stems can act as training wheels to help get students moving in the direction of sustained, authentic inquiry. Always reward cognitive abilities by encouraging students to dwell on a topic or extend inquiry even when hitting dead-ends, the assignment is over or they are not sure where to go next. Consider some kind of inquiry-driven grading where you adjust grading processes to accommodate this unique approach to learning.

After thorough and keen analysis of the approach, MM Shah and MV Shah Academy School embraced this approach, trained all the teaching staff on it so that they are armed with it. The realities of the successes that come by this method of teaching has so far found its roots in this school where it is being implemented and infused in the teaching and learning of all the learning areas across all the grades. Here learners are the major partakers in learning, whereas the teacher

is just a facilitator especially with the CBC in place.

Teachers usually engage learners in learning activities such as sorting and grading in Mathematics where learners are given items of different values then they get to grade them according to different values in order to learn concepts of ascending and descending order of numbers. In Science it is applied in the study of concepts such as the circulatory system and how it works where they create sketches on computers and research on the parts of the circulatory systems and their functions. In English lessons learners are given tasks to read novels and story books as they evaluate different elements of the book, including styles of writing, character traits, plot and the theme. For Social Studies in topics like Government of Kenya, learners do research on different songs and cultures and association of people in different parts of the world then they present as they get to identify with certain cultures and systems

of governments. These are just but a few examples of the application of this approach. As a result of this, learners have been able to acquire the core competencies as they present different concepts in the lessons; very exciting and fantastic sessions. Feedbacks from learners' piece of work have also proven its application worthy for it works wonders as realized in the results.

With the sufficient and efficient ultra-modern facilities that the school prides in, the application of concept based inquiry learning has been made so easy for both the learners and the teachers. It should be noted that the beauty of a school implementing this approach will always manifest itself in the success of the learner who has been taught through it. Actually this method of learning forms the nerve center of content delivery as the school takes pride in the endeared school motto 'Always progressing'.

*Authored and Compiled by; Mr. Ogada.*

## PHOTO STORY

## Christmas celebration



International guests at prideinn paradise shanzu serves themselves with delicacies during the Christmas dinner the hotel hosted for its local international guests. The MD of prideinn group of hotels Mr. Hasnain Noorani was among hundreds of guests who attended the celebration.



The GM of prideinn paradise shanzu Mr James Rattos [center] leads other senior Managers in entertaining guests during the Christmas dinner the hotel hosted for its local international guests. The MD of prideinn group of hotels Mr. Hasnain Noorani was among hundreds of guests who attended the celebration. PHOTOS BY TITUS MUSAU

## Christmas tree lighting ceremony



Voyager Beach Resort operations Manager [ Cruise commander] Mr. Sammy Maende [centre] assisted by the hotel guests children Lights the Christmas tree to mark this years festive season , The ceremony was attended by local and international guests

PHOTO BY TITUS MUSAU

## MADAFU NEWSPAPER

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**EDITOR:** Mr. Rishi Arun Parikh  
Head Office: K. T. Plaza, Haile Selassie Avenue, Mombasa, Kenya. P. O. Box 80518 - 80100 GPO. **Nairobi Office:** Mr. Satyen Shah & Mr. Rushil Shah of Bunny Industries Ltd

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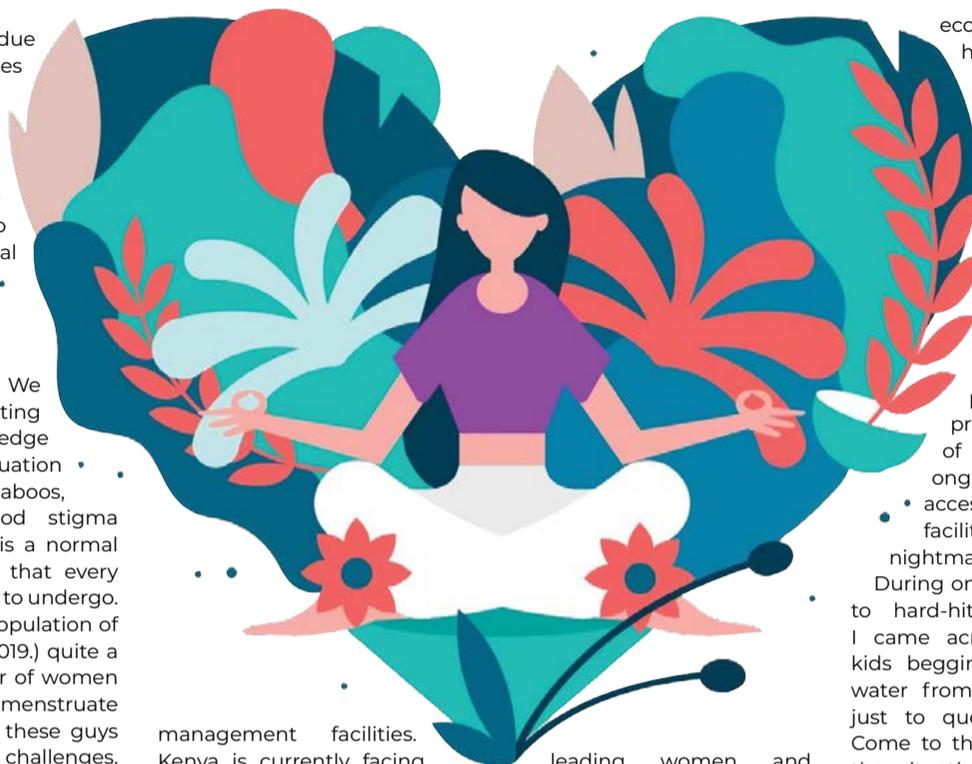
# Women and Girls in Complex Crisis



By NADHIFA JAMA

When we say women and girls face compounded crisis this is what we mean, Majority of the women from marginalized communities lack access to sanitary products and safe sanitation facilities, face discrimination and stigma, and lack knowledge about how to manage their periods safely and hygienically. These problems are compounded by poverty, which can make it difficult for women and girls to afford sanitary products and access clean water for washing. In addition, many girls in Kenya drop out of school when they

reach puberty due to a lack of facilities and support, which can further limit their future opportunities. We still have a long way to go with the Menstrual Health and Hygiene Management issue in the country. We still have existing gaps in knowledge about menstruation compounded by taboos, myths, and period stigma yet menstruation is a normal biological process that every healthy female has to undergo. With a female population of 24,014,716 (KNBS,2019.) quite a significant number of women and girls in Kenya menstruate every month, and these guys face so many challenges. The urgent need right now especially in post-C-19 is menstrual health and hygiene



management facilities. Kenya is currently facing a drought and hunger crisis across the country, this brings a

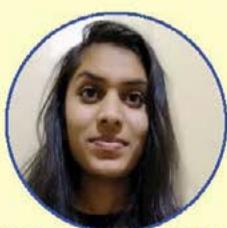
pona a complex situation leading women and girls from marginalized communities to face a compounded crisis. The harsh

economic situations have made sanitary products and food become competing needs, and as you understand. Nobody wants to go hungry to bed simply because she used limited resources to purchase sanitary products instead of food. With the ongoing drought, access to wash facilities is also another nightmare. During one of my road trips to hard-hit drought areas, I came across women and kids begging for a drop of water from passing by cars just to quench their thirst. Come to think of it. If this is the situation, then how are menstruating women and girls cleaning themselves

during their menses? We still face inadequate water and safe spaces for drying and disposing of menstrual waste. Quite sad, we need to address the root causes of this through climate action. Yeah, I understand it's a journey of a thousand miles and we've just begun our baby steps. The call to action for Kenyan policymakers on realizing Menstrual health and hygiene management is to ensure that all girls and women have access to affordable, quality menstrual products and education on how to use them properly. In addition, policymakers should advocate for better sanitation facilities in schools and workplaces, and provide awareness-raising campaigns on the importance of menstrual health and hygiene, and support women-led enterprises that produce and distribute menstrual products. **Founder Big and Bold Sister Talks.**



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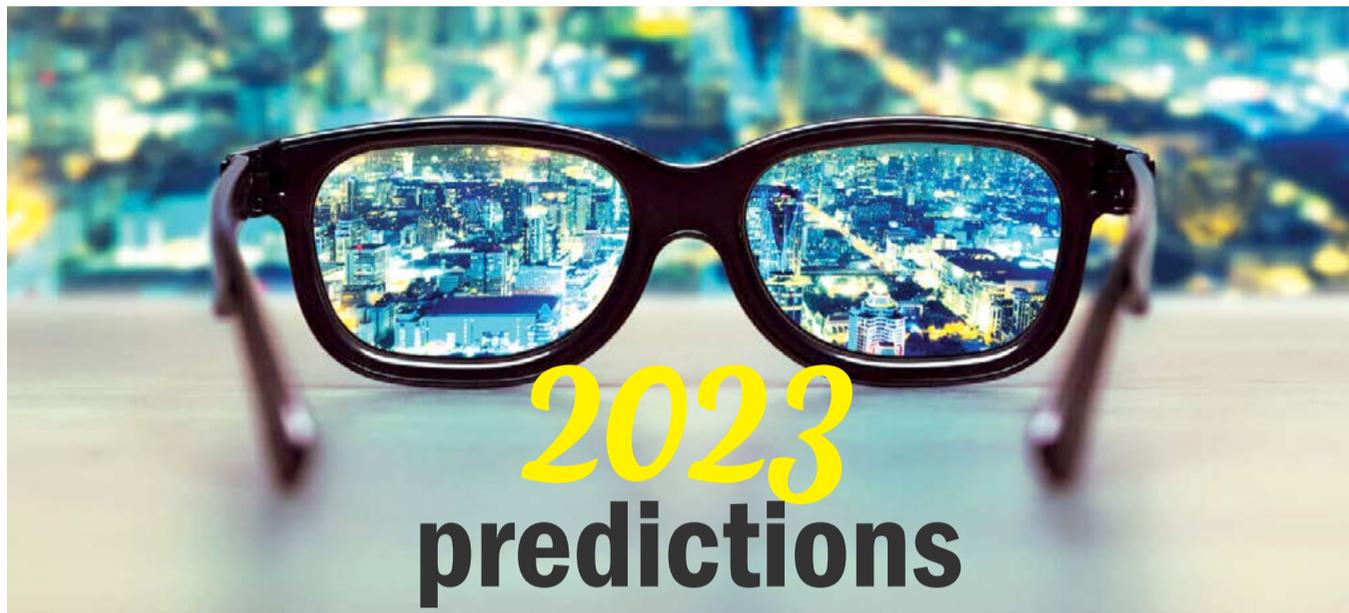


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## PREDICTIONS



By Goldie Bhatt

**S**hree Ganeshay Namah  
**Aries-**  
Overall- Help from friends, Monetarily gain, New business venture, weight gain, Sleep apena and lot more.

2023 years will bring tremendous opportunity for Arian with over all good health and family life however life comes with bundle you may get worried with illusion and which takes you sleep; further more you are going to be FAT hence control your food habit.

Overall they will enjoy this year and all the best.

**Taurus**

Overall- Hustling with friends with lovers, Married, Engagement, Stable Job or career, average health.

2023 will make you career oriented and bhard working which you were never ever before, unnecessary yourself will indulge with arguments with family and lovers, you may get trapped in relation which may not gives you happy end. Please do take care of your health as minor health issue trouble you on and off.

This year will teach you how to work in career and makes you hard worker and don't be self centric...

**Gemini**

Overall-Career..Career and Friends again Career may be love.. may be good destiny or may face bad destiny.

2023 woshh will roller coaster in terms of height of career, you will be in and out busy with your job or business or people who are not working for them this year will get job and make you learn how work done in real life. Boy or Girl- your estrogens or testosterone

will be in jet speed, you make new loves or call them off.

This year will be joyful but all months are not same, don't use much logic... cheers

**Cancer**

Overall- Property, health, luck, career, family

2023, cancerian in a way dam lucky as there will chance for you to make fixed assets, unexpected gain or you will get money which you have not earned but this is not always or through of year may be once or twice you may get chance.

you guys are emotional yet hardworking but entire this year you start beliving in luck or destiny, take care of family dispute and job or business will be in mint condition hence no worries.

You gonna get money ....

Try to be selfish

**Leo**

Overall- Interaction with many people, Relationships, trips, health maintenance and a lot more

2023- You enhance your skill to deal with many people, you and yourself invite trouble in marriage life however also believe people having bad marriage life this year will be healer for them. Unmarried individual may get chances to be mingle. You may spend some time to for your health to get it in better shape, please take care of your food chart and avoid alcohol and tobacco as much as you can.

You will be people person this year, chances to get mingle and spend time to repair your health.

A sudden change in your life which you have not expected.

**Virgo**

Unexpected again and loss, conflicts and victories but not all the times, weight gain, arguments with business and life partners, health maintenance.

2023- you will be the wisest person of the year, people can seek your advice and you gonna get them on correct way. I can see any unexpected

income or loss may happen this year. Over wiseness may not be appreciated at your work and with your life partner. Avoid junk and sweet which make you gain weight. Avoid booz and tobacco this year.

Makes you perfectionist yet don't be fussy, avoid quarrels you may never know will end up long term loss, high chances to get hafty paid jobs, business people are going to inclined towards self confidence and this year you may feel like to work hard.

Focus on others warefare and see good things are in your bag.

**Libra**

Busy with Creative works, inclined towards life partner, pick quarrels by your own, Unexpected help from friends.

2023 would be average without much gain or loss, you will pick/got creative kind of work in business or job. Do not do much argument in any kind of relationship and I bet end of year you will be in benefit. September onwards health would be good and you can see your gaining weight. Chances are there for you to travel.

You gonna be creative....

**Scorpio**

Focus on domestic happiness, property, parents, beloved. Unwanted quarrels.

2023 your focus more into your own property/ies, a sudden change of your parents health. House move is seen, June and july- take care of your health. Overall finance would be more than average. This year try to forgive 3 people whom you hate most and see miracle end of the year.

Don't be worrier do more creative to gain peace in life.

**Sagittarius**

Siblings, travels, property/ies, love and relationship.

2023- your focus would be more into siblings, adventure and travels. This year would be average without much ups and downs however this year will makes you busy with your

parents, property and love and relationship. Financial gain is prominent.

Relax, chill and help others.

**Capricorn**

Financial stability, travels, siblings, property

2023- will proved to be so fortunate in terms of drastic change, nature will scared you what happen in your life however end of it you will gonna win and get good financial stability. Mainly your time will consume thinking your finance, family and travels. Take care of your parents health. Over all you will enjoy throughout journey.

Do invest at good place, enjoy you travelling and call me for drink...

**Aquarius**

Drastic change which you realize its for good, great confidence, stable finance and travels.

2023 will comes to boost your confidence, your finance will be now on track and you overcome with unwated expenditure which you have been facing for last 2 years. Your focus is more or less like capriron which would be travel, family and property

Boss- work hard be honest and you will enjoy fruits of this for many years.

**Pieces**

Help from strangers, unwated expenditure, weight gain and family.

2023- comes with unwated expenditure however you will get help from stranger and people from past birth. Your own speech proved to be enemy this year, do not be wise and say what your soul says. Overall ups and downs are there however you will enjoy ride of 2023

Dont be too much wise, use your soul power.

whatsapp- +91 89805 08969

Email- bhatt.goldie@gmail.com

-Goldie Bhatt

## PHOTO STORY



The CEO ISACA Kenya Chapter Mr. Preston Odera [right] present a gift to Ms Linah Ayebei [left] after completing cybersecurity hands on training held at Englishpoint Marina Mombasa. The participants were drawn from different organization country wide. Looking on is cyber security expert Mr. Evans kahuthu [centre]. PHOTO BY TITUS MUSAU



Ugandan ,consular General high commissioner, Mombasa , Mr. Paul Makumbya [centre] assisted by chair KNCCI kwale chapter Mr. Salim mwayogwe [left], chair KCTA Mr. victor shitakha [ second left] GM Baobab Beach Resort Mr. Jeff Mukolwe [second right] and CEO KCTA Mr. Julius Owino cuts a cake to celebrate the newly formed partnership between Diani Tourism and Ugandan Tourism held at Baobab beach resort & spa. PHOTO BY TITUS MUSAU



Tessie Musalia, wife of Chief Prime Cabinet Minister Musalia Mudavadi and Ahadi Kenya Trust CEO Stanley Kamau (in blue shirt) distribute assorted relief food to persons living with disability in Isiolo County on December Saturday 3rd, 2022 during the launch of mass registration of persons living with disability, distribution of relief food and handover of wheelchairs and other walking aids the County marked the United Nations International Day for persons with disability. This Year's theme was: Trans-formative solutions for inclusive development: the role of innovation in fueling an accessible and equitable world.

# A Small article about a Big fact of Life

By Madafu Correspondent

A lady (85), is thinking of leaving Mumbai and shifting to a senior citizens colony near \*Pune\*.

Her husband passed away many years ago. She educated and married her three daughters who are now US citizens. The lady has travelled to US many a times. \*She normally lived six months there, two months with each in turn, and six months here - But not possible for any of them to take her in for good.\* The other day, she disclosed her plan to settle for assisted living in an old age home here and that she had no intention to go back to US for the usual reasons - not very easy for the children.

\*One feels very sorry for her life in Sunset years\*.

In this context, please read the article below.

\*Relocating to Nursing Home\*

This is an article on the internet that has caused many to reflect over their own lives. \*The author is a retired writer\*, and she expressed her emotions when she was about to go to a nursing home. ( in Western Countries,

Retirement Homes or Old age Homes are called Nursing Homes.)

\*I'm going to a nursing home - I have to.\*

When life gets to where you are no longer able to take care of yourself completely, your children are busy at work and have to take care of their children and have no time to take care of you, this seems to be the only way out.

The nursing home is in good condition, with clean single rooms equipped with simple and practical electrical appliances. All kinds of entertainment facilities are complete, the food is fairly delicious, the service is also very good. The environment is also very beautiful, but the price is not very cheap.

Albeit, my pension is able to support this. But I have my own house. If I sell it, then money is not a problem. I can spend it on retirement, and the rest will be left as an inheritance for my children.

The children understand very well : "your money and your property should be enjoyed by you, don't worry about us."

\*Now I have to consider preparing to go to a nursing home.\*

As the saying goes : \*Breaking a household is an

Heartache\* - which refers to many things. Boxes, bags, cabinets, and drawers are filled with all kinds of daily necessities : clothings for all weathers and beddings for all seasons.

\*I like to collect\*. I have collected a lot of stamps. I have also hundreds of purple clay tea pots. There are many small collections, and such small items as pendants of emerald and walnut amber, and two small yellow croakers.

I am specially fond of books. The bookshelves on the wall are full.

There are also dozens of bottles of good foreign wine.

There are full sets of household appliances; various cooking utensils, pots and pans, rice, oil, salt, noodles, flou,spices, various seasonings, in fact the kitchen is so full.

\*There are also dozens and dozens of photo albums..... Full of Old memories!\*

Looking at these house full of things, I'm worried!

\*The nursing home has only one room\* with a cabinet, a table, a bed, a sofa, a refrigerator, a washing machine, a TV, an induction cooker and a microwave oven -- all the things \*I will really ever need\*.

\*There is no place to

store the wealth that I have accumulated throughout my life\*.

At this moment, I suddenly feel that my so-called wealth is superfluous, and it doesn't belong to me anymore .

I just take a look at it, play with it, use it. It actually belongs to this world.

\*Whose palace was that ?\*

\*The Emperor thought it belonged to him, but today it belongs to the people and society\*.

You look at these, you play with these, you use these, but you can't take them with you in death.

I really want to donate the things in my house, but I can't get it done. To deal with it has now become a problem.

Very few children and grandchildren can appreciate what I have collected. I can imagine what it will be like when my children and grandchildren face with these painstakingly accumulated treasures of mine : all the clothes and bedding will be thrown away; dozens of precious photos will be destroyed; books will be sold as scrap. Collections ? If you are not interested, you will dispose of them.

The mahogany furniture is not practical and will be sold at



a low price.

Facing the mountain of clothes, I only picked a few favourites; I only kept a set of pots and pans for kitchen supplies, a few books that are worth reading; a handful of teapots for tea.

Bring along my ID card, senior citizen certificate, health insurance card, household register, and of course a bank card. \*Enough!\*

\*That's all - my total belongings that I can carry\*.

I'm gone.

I bid farewell to my neighbours, I knelt down at the door and bowed three times \*and gave this home back to the world\*.

\*Yes!\*

FINALLY in Life, you can only sleep in one bed, only live in one room. Any more of it, is merely a burden !

Having lived a lifetime, people finally understand : " We don't really need much."

Don't be shackled by superfluous things to be happy!

It's ridiculous to compete for fame and fortune, and even more futile to accumulate - \*Life is no more than a bed in a room.\*

\*For we people over 60 years old, shouldn't we think carefully about how to take the last journey in life?\*

\*Let go of fantasies and baggage, and of those things that can't be eaten, worn, used, nor that can be carried to a Nursing Home or to the Heaven.\*

\* START SHEDDING YOUR ATTACHMENTS NOW, & BE HAPPY WHEN THE TIME COMES \*

## PHOTO STORY



President William Ruto alongside Joshua Oigara Chief Executive, Stanbic Bank and Pauline Mbayah, Head, Stanbic Foundation at Stanbic's Imaara Mall branch having a discussion about Stanbic Bank's plan to disburse Kshs. 50 Billion over the next 3 years through the catalytic fund, DADA Women proposition and broader SMEs funding during the mall official opening on Tuesday December 19th, 2020



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HISTORY

# Worlds tallest man

The world's tallest man ever to live in history was Robert Wadlow. Measured at 8 feet and 11 inches made him one of the fewest people to be featured in the Guinness books.

Known as "The Alton Giant," he was born in Alton, Illinois, on February 12, 1918. He lived for 22 years before dying on July 15, 1940, due to overlooking medical conditions caused by the overactive pituitary gland.

Robert Wadlow's record-breaking height and as the tallest man in history has captured the attention of locals and around the world. Take a glimpse at his early life, attaining celebrity status, the cause of his demise, and what he did during his short life span.

Courtesy 1935.



PHOTO STORY

## Rt. Hon Patricia Scotland KC Courtesy call



This afternoon Rt. Hon Patricia Scotland KC, Secretary General of the Commonwealth and her delegation, paid a courtesy call to former President Uhuru Kenyatta at his Uhuru Kenyatta Institute Offices in Nairobi.

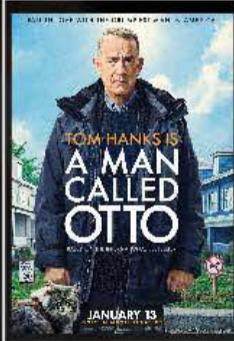
During the meeting Rt. Hon Scotland congratulated the former President and the people of Kenya for the peaceful elections and orderly transition to the 5th administration: She further lauded the Former President for embracing his role as Special Peace Envoy for the conflicts in Ethiopia and the Eastern DRC and expressed the full support of her office and that of the Commonwealth towards the ongoing efforts to silence the guns and to bring lasting peace and dignity to the peoples of the troubled regions.

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# Minis came in a range of models

*So there we were, burbling clockwise around New Zealand's southern isle, in a tiny white mini – the vehicle type - packed with camping gear and cookstoves, plus a large case stuffed with minis – the tiny skirt type - that my partner loved to flaunt! We had reached our most southerly point, one of the wettest places on Earth.*

Leaving our little white rocket at the Manapour Wharf, in the far South-West land of The Sounds - the fjord country of the southern hemisphere - we ferried across Lake Manapour, then zig-zagged with a busload of tourists, up and over the mountain, from there dropping down into Doubtful Sound, the largest of these Ice Age coastal inlets. It was late in the afternoon when we returned to the jetty, after cruising one of the most spectacular estuaries in the world, its walls rising out of the blue-black waters like sky-high perpendicular ramparts heading for the heavens!

The summer was a particularly hot one, and with the heat came the flies, midges and mosquitos: anything airborne with six legs ready to attack in multiple assault numbers, which could at times be cloud-size! This was a factor we had forgotten which came back to haunt us when we decided not to go back with the throng, but to stay on to face whatever might arise alone ... or at least as a two-some.

An hour later, with the



oncoming dusk, we discovered the sandflies. They swarmed in their millions and descended as miniscule, but ferocious vampires. With little protection other than New Zealand's industrial strength insect repellent - which I discovered rendered you blind for an hour or two if it went anywhere near

the eye - we stumbled on the only other human being who appeared to exist on that part of the planet, now that the day-visit tourists had departed.

Victor's small yacht was anchored not far from the shore, in waist-deep water, and following a few waves and coo-ees from my partner in her



best camouflage mini (to fool the sandflies) we waded out and clambered aboard. He was a weather-worn, but none-the-less intriguing guy, originally from Split on the Yugoslav coast, but now taking time to discover the backwaters of New Zealand. Appreciative of the company he produced a mammoth bottle of Plum Brandy, the consumption of which he declared would keep the sandflies at bay. With that admirable goal in mind, we sat on deck drinking and talking into the night, retreating to his tiny cabin below when the bottle finally gave up its final tot.

I hate to think what could have ensued if we had been left to our own devices on the docks of Doubtful Sound. The imagination conjures up New Zealand news sheets - with images of bloody bones picked bare by the sandflies - inwardly gloating at the stupidity of two young Aussies who chose to go it alone, and as a result succumbed to the Perils of The Sound; while Australia's parliament held a special Sandfly Session, to discuss sanctions against their antipodean cousins, for not protecting the welfare of Australia's youth. In the end, I fear it may have mushroomed into cross-Tasman war!

**Duncan Gregory**  
[www.whittlingourniche.com](http://www.whittlingourniche.com)

## PHOTO STORY



The visiting His Divine Holiness Acharya of Maninagar Shree Swaminarayan Gadi Sansthan Gnan Mahodadhi Shree Jitendriyapriyadasji Swamiji Maharaj presents Ksh 340,000 cheque from the Shree Swaminarayan Siddhant Sajivan Mandal (temple) in Parklands Nairobi to the CEO of Big Life Foundation Dr. Benson Leyian (in white shirt right) at Kimana Gate Amboseli National Park. With them are the temple members.

## Mbagathi hospital launches their emergency department



Staff training at the emergency department at the hospital

PEACE

# The Third Inter-Congolese Consultations of the Nairobi Peace Process



H.E. (Rtd) Uhuru Kenyatta, Facilitator of the East African Community (EAC)-led Nairobi Peace Process addresses participants at the ongoing Third Inter-Congolese Consultations of the Nairobi Peace Process, the political track, Nairobi III at Safari Park Hotel, Nairobi County.



H.E. (Rtd) Uhuru Kenyatta, Amb. Macharia Kamau (L) and Prof. Serge Tshibangu of the Democratic Republic of Congo (R) at the start of the ongoing Third Inter-Congolese Consultations of the Nairobi Peace Process, the political track, Nairobi III at Safari Park Hotel, Nairobi County.



Prof. Serge Tshibangu of the Democratic Republic of Congo (R) addresses participants.



Amb. Macharia Kamau, Special envoy to the EAC facilitator addresses participants.

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# Points to ponder

By Paresh Morjaria

They say marriages are made in heaven and I quite agree with this line of thought but what they don't tell you is that you have to live through them here on earth and therein lies the biggest problem. While I won't go into in-depth analysis into the pros and cons of marriage I do want to dwell on one phenomenon which I found really intriguing.

Marriages between a couple starts off with really good intentions as two hearts decide to love and cherish each other for better or worse throughout their lives but the problems start when one of the couple's career-graph takes and upward trajectory. Invariably the marriage is then doomed and in my humble observation this is a dead cert. The reason behind it, I discovered is that when one spouse starts flourishing he/she starts associating with people from a higher echelon of the society who have been more successful. Of course after spending time hob-knobbing with a society with such level of affluence and sophistication and in most cases higher intellect, the other half at home starts looking more and more like a damp squib. The conversations which once stimulated both of them is now only enjoyed by one. At some point the more successful spouse starts losing respect for her mate and once the respect goes, the marriage

is doomed because one can respect another without loving him but there can never be love without respect. Invariably the more successful spouse will drift away and try find happiness elsewhere. I have actually observed many a couple go this route both locally and internationally. Of the top of my head, the Jim Carrey would be the biggest example of this syndrome. You need to Google his first marriage and see what I mean.

Being good looking is great but like everything in life there is a downside to it too. Surprised? Read on! When one is young and good looking, one gets used to turning heads and getting admiring looks wherever they go. Suitors are aplenty and available at a snap of a finger. Being much sought after becomes a routine and is taken for granted until you hit the forties and for the luckier ones fifties. One suddenly finds that heads are no longer turning and those admiring eyes have all been confined to history. Initially one just shrugs his/her shoulder and figures that a bit of a weight loss and a bit of hair dye will be enough to put you back on the perch. Unfortunately ageing doesn't have mercy on anyone and however hard you try it shows on your face. After toiling at the gym and spending a fortune at the salon, it begins to slowly dawn on one that one is now just a has-been and nothing will bring back your head-turning days back. At this point one gets into a depression and either goes

into binge eating and drinking or just mop around looking like the a very sad sloth. The funny thing is that even a person who once was as significant as a cockroach stares at you for a extra millisecond, you feel like a winner. It takes a few years, depending on ones mental make up, to come to terms with, accept it and to move on. So if you are a good looking person you need to thank me for the forewarning!

The relation between a daughter and her father is relatively straight forward. He is her first love and will remain so for the rest of her life even if he is a drunken sot. The husbands of this earth suffer due to this syndrome. They could be the male version of mother Teresa they are they are always be second best to her dad! The relationship between a son and his dad is a bit more complicated. A son normally goes through three phases in relation with is dad. In the first 12/15 years of his life his dad is the hero of his life. He is the strongest, cleverest and bravest person in his life. That lasts until he goes to high school and starts meeting with his friends dad's who are a bit more affluent or flamboyant than his dad. At this point the son starts analyzing his dad with other dads and their ways. This is the time that he enters the second phase of his relationship which is "my dad is an idiot"( putting it very mildly indeed) There is nothing a dad can do to fix this but to ride it out. As the son grows he becomes more



critical with every situations and the way his dad tackles it because he knows he could have done better if he was in power. This phase goes on for quite a time until the son starts making his own living and gets married. At this point he starts encountering issues that were similar to the ones his dad met and he suddenly realizes that his dad was not such an idiot after all. Once he gets his own kids he realizes most of the decisions his dad took when he was a kid were

not so wrong after all and at this point he goes to the third and final phase of his relationship which I call "My dad is not so bad after all!"  
Food for thought: Humans strive to be civilized because it is the norm of life. Think about this, you cannot say the things that are really in your heart like the verbal barrage of choicest abuses you would love to your boss, or tell the truth when one posts their photo on face book and asks

your opinion. Basically you are restricted in many things that you would love to do in the name of being civilized. Here is a poser, an animal can eat, drink, sleep, empty its bowels or kidneys any time and anywhere it feels like. It can even have as many affairs as it wants without being the toast of the society in a negative way. Animals are never ruled by time rather they rule time. Who in your opinion leads a happier life?

## PHOTO STORY

### Mombasa-Little Star Academy KCPE Celebration



Fourteen year old Joel Maina from Little Stars academy in Mombasa County is carried shoulder high by his teachers as they celebrate with all smiles after he received his KCPE results where obtained 403 marks. The school had thirty one candidates wh ssat for their final class eight examination.  
Fourteen year old Joel Maina from Little Stars academy in Mombasa County is carried shoulder high by his teachers as they celebrate with all smiles after he received his KCPE results where obtained 403 marks. The school had thirty one candidates wh ssat for their final class eight examination.

NEWS

PHOTO STORY



The president of skal club kenya coast 2022/2023 Ms Effie Fernades [left] is being served with delicacies during the clubs AGM/ Christmas dinner held at sarova whitesands beach hotel, attended by all members and tourism stakeholders among other guests.  
PHOTO BY TITUS MUSAU

# Old Mutual Rolls Out Alternative investments, Targets Pension schemes



(L-R) Africa Infrastructure Investment Manager (AIIM) John Kimotho shares a light moment with Old Mutual Investment Group (OMIG) Managing Director Anthony Mwithiga during a partnership signing between Old Mutual and AIIM that led to the unveiling of an Infrastructure Fund targeting local corporate clients seeking to diversify their investment and gain long-term returns. This is part of OMIG's blueprint for its Alternative Investment portfolio, a non-traditional channel for investment which includes Private Equity, Venture Capital, Hedge Funds, Art and Antiques, Derivatives, and Commodities among others.

## PCAK Criminology Graduation



Bachelor of Arts in Criminology, Criminal Justice and Public Safety @Karatina University

### Matrusanstha Shree Lohana Mahaparishad International Awards 2022

#### Best Raghuvanshi Adventurer Award



This award is presented to

**Shri Subhash Ranchhoddas Modi, Nairobi, Kenya.**

Shri Subhashbhai Modi is a Cricket umpire and sports icon of Kenya. He worked with Ogilvy & Mather for nearly 40 years, a feat that led to him being honoured with the William E. Phillips Eagle Award and thereafter Commemorative Award for his service. After having retired in 2005, he was re-called back to work with Ogilvy & Mather as a Consultant.

Subhashbhai took up umpiring since 1980 after being an active cricketer earlier. He represented the International Cricket Council (ICC Umpires Panel for Affiliates and Associates) from 2006 to 2010 thereafter which retired and became the Match Referee for ICC Africa Region. The Kenya Cricket Umpires and Scorers Association has honoured him with the Green & Gold Badge for his exemplary services.

Subhashbhai is also a former Kenya National Cricket Team Selector. He has umpired in 22 official One Day International (ODI) and nine T20 International matches. He has served the Rift Valley Sports Club Cricket Section for nearly three decades as a player, umpire, administrator, and public relations officer. He is an honorary member of Rift Valley Sports Club and Kenya Kongonis Cricket Club and a life member of Kanbis Sports Club.

After an illustrious career spanning four decades including key tournaments of ICC Trophy (1994), Commonwealth Games in Malaysia (1998), ICC World Cup (1999) in England, & ICC Knockout Championship in Kenya in 2000, Subhashbhai retired from umpiring in 2021.

For his extraordinary contribution in the field of sports, Shree Lohana Mahaparishad is proud to honour Shri Subhash Ranchhoddas Modi with the Best Raghuvanshi Adventurer Award 2022.

**Sponsored By:  
Shri Prafulbhai Sejpal Parivar (Coonor)**

PHOTO STORY



Natalie Kasisi from Maryjoy Primary School is carried shoulder high by teachers and fellow pupils as they celebrate with all smiles where she scored 415 marks after this year's KCPE. results were announced. The school had more than ten pupils who scored above 400 marks.



Susan Nthoki Kioko, 13, (centre), a former pupil of Tumaini Spire Junior School who scored 406 marks in this year KCPE exam celebrate with her mum Janet Musyoki (left) and her sister Ashley Nini at Shunjaa Mall, Kayole in Nairobi county following the release of the exams results.



Efy Kesis (left), Natalie Kasisi (second left) and Naila Nyatichi (right) from Maryjoy Primary School are joined by the school director Mary Waigi (second right) with all smiles as they display their marks for this year's KCPE.. The school had more than ten pupils who scored above 400 marks.



Efy Kesis (left), Natalie Kasisi (second left) and Naila Nyatichi (right) from Maryjoy Primary School are joined by the school director Mary Waigi (second right) with all smiles as they display their marks for this year's KCPE.. The school had more than ten pupils who scored above 400 marks.





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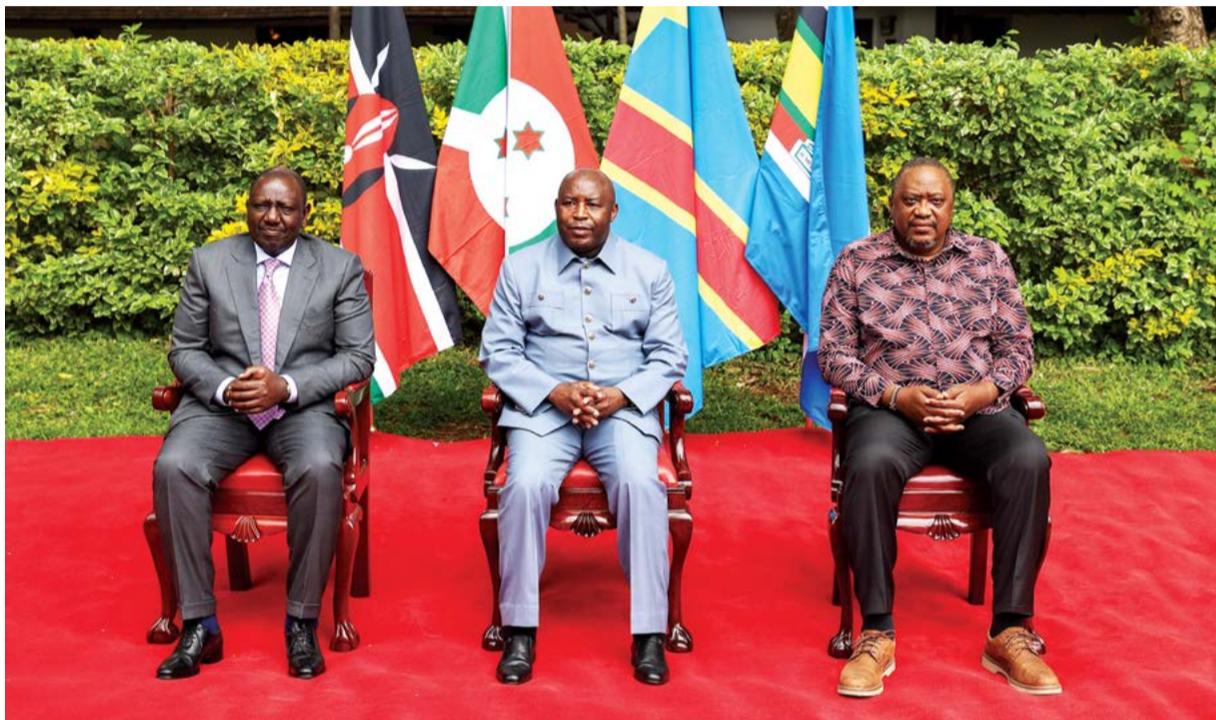
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4. Web development



## HEALTH

# The 3rd Inter-Congolese Consultations of the Nairobi Peace Process



H.E (Rtd) Uhuru Kenyatta, Facilitator of the East African Community (EAC)-led Nairobi Peace Process, General Évariste Ndayishimiye, President of Burundi and President William Ruto at the Third Inter-Congolese Consultations of the Nairobi Peace Process, the political track, Nairobi III at Safari Park Hotel, Nairobi County.



H.E (Rtd) Uhuru Kenyatta, Facilitator of the East African Community (EAC)-led Nairobi Peace Process, General Évariste Ndayishimiye, President of Burundi and President William Ruto at the Third Inter-Congolese Consultations of the Nairobi Peace Process, the political track, Nairobi III at Safari Park Hotel, Nairobi County.



## Dental Health

### Pregnancy and Dental Care



#### Introduction

Pregnant women are susceptible to a wide range of oral health conditions that could be harmful to their own health as well as that of the baby. There are many myths about the safety of dental care during pregnancy. As a result, pregnant women tend to receive less dental care. Dental care is much more important during pregnancy, breastfeeding and menopause.

#### Common oral problems in Pregnancy

1) Gingivitis (inflammation of the gums) is one of the most common diseases seen in pregnancy. Tissues undergo various changes because the placenta produces higher levels of certain hormones. During this period, excessive sensitivity to irritants occurs in the gingiva. Gingivitis can further progress to periodontitis which is more destructive. Thorough oral hygiene measures are recommended.

2) Loose teeth; the periodontal ligament that holds the tooth to the bone can get affected due to the hormonal changes. This condition may be temporary if the tooth is not associated with any periodontal diseases.

3) Caries; pregnant women are at a higher risk of developing tooth decay. Limiting sugary foods and use of a fluoridated toothpaste can help prevent dental caries.

4) Pregnancy soft tissue hypertrophy; these occur in less than 5% of pregnancies. They are typically located near the gingiva and tend to bleed more often. Sometimes they are also located on the tongue, the palate and the inner part of the cheeks. They tend to recede after pregnancy. Surgical removal is indicated if there is interference with chewing or does not resolve after delivery.

5) Enamel defects; during pregnancy, the oral cavity is exposed to gastric acid due to the upward pressure of the uterus. This causes an acid reflux in the oral cavity and can lead to erosion of the enamel. Management strategies aim to reduce oral acid exposure through dietary and lifestyle changes and medications.

#### dental health during pregnancy depends on the following factors:

- Some expectant mothers may have cravings for certain foods and oral hygiene measures are neglected after consuming such foods.
- Vomiting during the first few months of pregnancy increases an acidic environment in the mouth thereby affecting the teeth.
- Studies have shown that during pregnancy, saliva flow decreases thereby making teeth more susceptible to caries.
- Expectant mothers may neglect their own oral health while they are dealing with the health of the baby.

#### Smoking and Alcohol consumption

Smoking negatively affects oral health, especially the gums. Due to the anemic effect of smoking, wounds in the mouth may recover slowly and spontaneous bleeding can occur. This indirectly affects the developing baby. Excessive alcohol consumption during pregnancy has teratogenic effects to the developing fetus. This may also include dental anomalies in the newborn.

#### Dental treatments during pregnancy

Routine dental treatment could be postponed. However, dental treatment is necessitated if symptoms arise during pregnancy. Extractions and root canal treatment can also be performed during pregnancy.

Dental x-rays can only be done during pregnancy if it's absolutely necessary. The use of lead aprons and thyroid shields are mandatory. Advances in technology have made x-rays much safer nowadays.

All in all, it should be kept in mind that neglecting oral and dental health during pregnancy does not only cause dental problems but can also cause premature birth, low infant birth weight and pre-eclampsia.

I take this opportunity to wish all our readers Merry Christmas and a Happy New Year!

**Dr. Luvay Hamid**  
Dental & Implant Surgeon  
at Royal Crown Dental Care  
(Mombasa)

For enquiries: [luvayhamid@hotmail.com](mailto:luvayhamid@hotmail.com)

The deterioration of oral and

# Turtle hatching event



The CS for tourism Ms Penninah Malonza [second right] is received by the MD of prideinn group of hotels Mr., Hasnain Noorani [fourth left] on arrival at prideinn paradise shanzu for a turtles hatching event. She was accompanied by KWS officials among other invited guests. PHOTO BY TITUS MUSAU

## PHOTO STORY



The Golden Jubilee celebration has been awesome and on behalf of all of us; we wish to thank all those who were able to grace the Holy mass. Congratulations our dear celebrant Fr. Zacchaeus Muriangi for this wonderful milestone. You're truly an initiator of positive change by service to humanity / God in diverse aspects. We remain inspired. Congratulatory on your 50 years anniversary celebration of priest hood. We will definitely pay a courtesy visit soon to pass our appropriate congratulations. All those in attendance be blessed



## PHOTO STORY



SBM BANK from the CEO Mr.Moezz Mir (left) presents the bank's Super star award to the bank's Consumer Banking Products Manager Emmanuel Agunda during the staff party at Parklands Sports Club on Saturday. Mr. Agunda received the prestigious employee recognition award for being instrumental in the growth of consumer Banking assets growth in the calendar year.



SBM BANK from the CEO Mr.Moezz Mir (left) presents the bank's Super star award to the bank's Collins Rono Manager Branch Operations during the staff party at Parklands Sports Club on Saturday. Mr. Rono received the prestigious employee recognition award for being customer centric in the calendar year.

## PHOTO STORY



The president of Fumathoka foundation Mr, Klaus Dieter Kindle [second left] from Liechtenstein ,Europe assisted by the director of operations of fumathotha Academy in Majaoni Mombasa north Mr, Furaha Charo [second right] , Head teacher Mr. Ndinya Evans [left] and teacher Priscillah Nyaboke, in a cake cutting to celebrate the Establishment 19th Anniversary



The president of Fumathoka foundation Mr, Klaus Dieter Kindle [right ] from Liechtenstein ,Europe is assisted by the director of operations of fumathotha Academy in Majaoni Mombasa north, Mr., Furaha Charo [left ] in serving the pupils with food.

TOTOS CORNER



# Madafu

wishes you

## Happy Holidays



Do you get sick and tired of wondering asking 'what are we doing today?' It's a long holiday and we are really happy and up for good times with our friends and family. Here are some few ideas you could use!

**B**uild, craft, paint or cook  
With so many tools at home, old newspapers, strings, glue and scissors there is so much you can do. Along with your siblings or friends. Try to make some fun cards or toys with all those empty juice cartons or plastic bottles. Check out 5-Minute Crafts YouTube channel

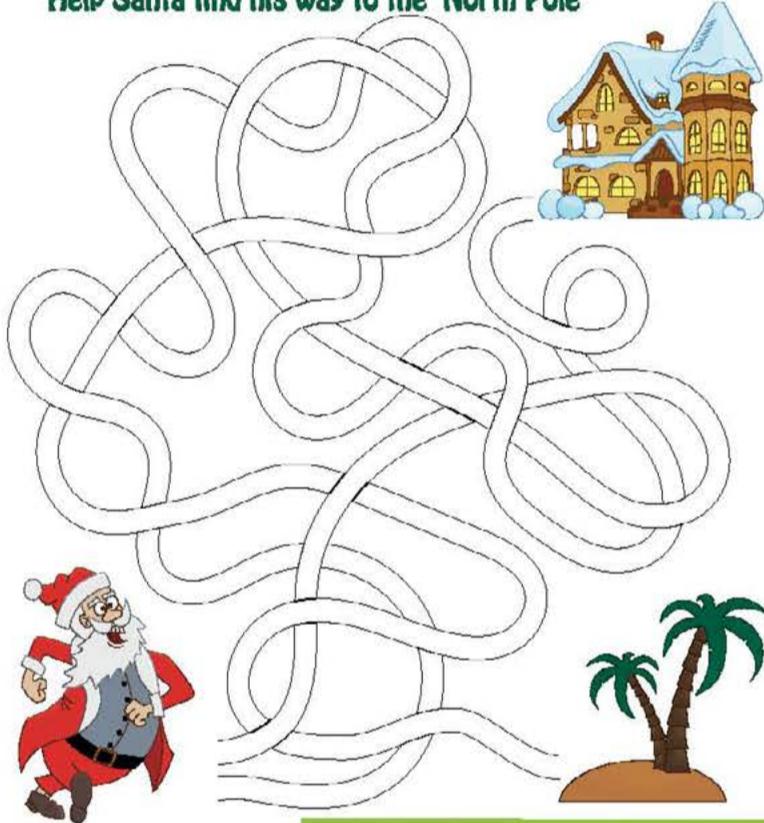
**O**utside play  
Playing outside will give you the chance to explore the natural environment and have adventures. Outdoor play will keep you healthy, you can express yourself, build your self-confidence and make new friends. Outdoor play can also mean more mess - and more mess often means more fun!

**R**ead a book  
Nothing will make you smarter, creative and sharper than reading a book. It could be a story book, an old magazine or a book full of amazing facts. A book will build your word bank, teach you new things and will also take your imagination to places you haven't been to!

**E**arn money  
Is there something that you can do around the house and get some money? Talk to your parents about chores that you can do and get paid. Offer to baby-sit or clean or cut grass or water the garden if you have one. It's a lot more fun to save up buy your own stuff! What do you think?

**D**o something for others  
Anyone you know who needs some helping hand? Could be a friend who has a lot to do at home, or struggling to learn a subject that you are good at. Is there an orphanage or a home for the elderly in your neighbourhood? They could always use your help even if it's just reading a story. Maybe an animal hospice nearby.

Help Santa find his way to the North Pole

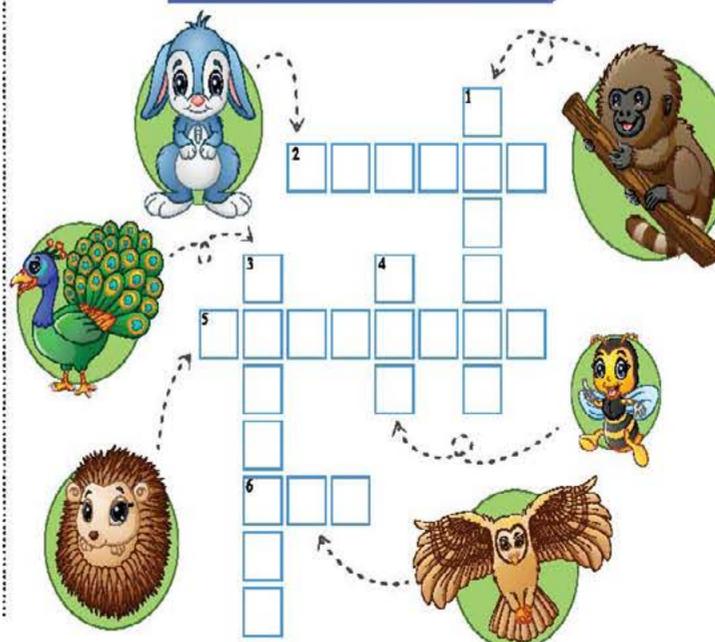


### Christmas Word Search

S	N	O	S	N	O	W	M	A	N	U	D	W	A	
L	E	I	C	T	B	L	W	I	N	T	C	E	I	G
E	R	T	H	R	R	I	E	W	T	W	H	E	N	I
I	O	W	R	E	A	T	H	P	R	G	R	R	M	N
G	L	E	I	T	P	G	A	R	N	H	R	T	E	G
H	W	Q	S	N	R	T	R	E	E	T	N	I	A	E
S	A	N	T	A	E	N	W	S	D	S	U	N	W	R
M	F	S	M	U	S	S	Z	E	D	E	E	S	A	B
E	K	L	A	M	E	C	E	N	B	G	W	N	E	R
R	L	E	S	E	W	I	N	T	E	R	I	O	L	E
B	E	G	W	S	I	R	D	S	L	I	N	W	L	A
E	S	H	I	N	N	S	E	N	R	N	C	S	Y	D
L	I	O	M	H	O	L	L	Y	L	G	D	A	H	E
L	T	R	E	C	H	M	A	R	L	I	G	H	T	S
S	N	O	W	F	L	A	K	E	S	G	I	N	G	D

- SNOWFLAKES
- SNOW BELLS
- HOLLY
- CHRISTMAS PRESENTS
- TREE
- LIGHTS
- SANTA WREATH
- DEER
- GINGERBREAD SNOWMAN
- WINTER SLEIGH

### ANIMAL WORD PUZZLE



### Find Your Elf name

- FIND THE FIRST LETTER OF YOUR NAME
  - FIND THE MONTH YOU WERE BORN
- |           |             |      |                |
|-----------|-------------|------|----------------|
| A Sparkle | N Noel      | JAN  | Sugarberry     |
| B Jingle  | O Swirly    | FEB  | McGiggles      |
| C Happy   | P Dizzy     | MAR  | Muffin Tin     |
| D Snowy   | Q Minty     | APR  | Pickle Pants   |
| E Tinsel  | R Cranberry | MAY  | Plumbottom     |
| F Inly    | S Crinkle   | JUN  | Sneakbottom    |
| G Bumble  | T Poppy     | JUL  | Cinnabuns      |
| H Cosmo   | U Tookoo    | AUG  | Snazzyhead     |
| I Twizzle | V Merry     | SEPT | Monkey Berry   |
| J JoJo    | W Tinker    | OCT  | Iwinkle Toes   |
| K Pinky   | X Pepper    | NOV  | Ginger Pants   |
| L Twirly  | Y Glitter   | DEC  | Bright Buttons |
| M Zippy   | Z Wiggles   |      |                |



Mr. Benson on the mat.

## Willy Watson trophy 2022



By Vishal Surendra Shah

The last Kenya Bowling Federation KBF tournament of the year is the Willy Watson trophy. It is licensed to Limuru Country Club Bowls Section. This year due to the Limuru Country Club Green not to competition standard, the Tournament was hosted by Karen Country Club Bowls Section. It was played in 26th and 27th November 2022. It is a 2 Woods Mixed Pairs event also known as the Divorced Pairs Competition. It is names after

a very prominent Bowler who is still alive in his 90's.

This year we had 13 Pairs taking part. The formate if play is Round Robin. Hence each team to play 12 Games over the Two Days. This makes the schedule very tight so play had to be restricted to 15 Ends or 45 Minutes. We played 7 Rounds on Day 1 and 6 Rounds on Day 2.

We had 3 Bowlers namely Anwar Hamada, Athman Mohamed and Vishal Shah participating from Mombasa Sports Club Bowls Section.

On Saturday 26 November 2022 Bowlers started trickling in at the Karen Green. Early birds were busy doing roll ups to familiarize themselves with the Green.

KBF Vice Chairman Pio Munyigi was present to start off the registration process. The Entry fees are very important as no Bowler will be allowed to play if he / she has not paid the entry fee.



Winners Joseph Kitosi and Deborah

Play commenced at 9.30 am. Since it's 2 Woods Pairs, play is slow as every delivery has to be precise and accurate.

Andrew Jones our Competitions Secretary was officiating the Tournament. And he was the Umpire for the Tournament Incase judgement had to be made.

Our star Bowler from Mombasa, Anwar Hamada had paired up with Eunice Mbugua. She was representing Kenya at the recently concluded Commonwealth Games in Birmingham.

Joseph Kitosi and Deborah were the overall winners and Runner up we're Jedidah and Chris...

At the closing ceremony Limuru Country Club Bowls Section Captain Mussa was present to give away the Prizes and the Floating Trophy.

All in all it was a fun filled weekend. Till next year

Good Bowling and Happy New Year 2023.



# The SALE

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- The Hub (Karen)
- Mombasa CBD (Faza Street)
- City Mall (Nyalii)
- Likoni Mall (Mombasa)



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SPORTS

# F1 car weight now on the edge of being a safety issue

The new ground-effects cars that were finally introduced for the 2022 season are the heaviest in the championship's history at 798kg.

That figure is actually 3kg up on the minimum weight target number for F1's latest rules reset, but this was increased to incorporate the metal floor stays several teams ran throughout last season to improve their problems with porpoising, as well as because several standard parts came in heavier than expected when produced for the teams.

Car weight was also a major issue in terms of performance in 2022 at all teams bar Alfa Romeo – which hit the minimum weight target ahead of last season



– as they struggled to get down to the limit due to the heavier standard parts and having to design their new machines with the heavier 18-inch wheels and new safety structure additions in mind.

The high weight total was a big factor in many driver

complaints about the new cars, which performed as expected in high-speed turns due to their underfloor aerodynamic surfaces but struggled with understeer in slow corners – a problem exacerbated by Pirelli's 2022 front tyre design.

Speaking to Autosport

regarding his thoughts on the handling of F1's latest ground-effects machines, Russell said there are "a lot of positives to take from this regulation change" and also outlined his thoughts on how the high and seemingly ever rising weight figure could soon become problematic

## Omanyala 100M Champ Plants Trees at TEK Event



Champ. Ferdie Planting His #Birthday Tree... With the help of KFS Officer @tek\_kenya 100M Sprint Champ, Mr. Ferdinand Omanyala planting Trees.



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# Novak Djokovic wins in Adelaide his 92nd title after defeating Sebastian Korda

Serbian tennis player Novak Djokovic defeated American Sebastian Korda (6-7(8), 7-6(3), 6-4) in the final of the ATP 250 hard court tournament in Adelaide (Australia) on Sunday, winning his 92nd singles title.

The world number five had to recover from an adverse first set, in which he succumbed in the tie-break, and even neutralized a match point of his opponent at 5-6 in the second set.

However, the reigning ATP Finals champion managed to equalize the match in the tie-break and got a break in the tenth game of the third set to close the match after three hours and 11 minutes of play.

In this way, Djokovic



becomes the fourth player with the most singles titles in the history of the ATP circuit (92), equaling Spaniard Rafa

Nadal (92). Only Ivan Lendl (94), Roger Federer (103) and Jimmy Connors (109) are ahead of him.

# Man United continue discussions with Burnley over Wout Weghorst loan

Manchester United are continuing discussions with Burnley over a loan move for striker Wout Weghorst.

The Dutch international is currently on loan at Besiktas and that deal, which included an £8.5million buy option, would have to be cancelled first with the Turkish club wanting compensation.

Weghorst told Besiktas he wished to join United prior to scoring in their victory over Kasimpasa on Saturday, which Weghorst scored in.

Besiktas are now targeting Vincent Aboubakar, who has been released by Al Nassr after they signed Cristiano Ronaldo last week.



Saudi League rules state that clubs can only register up to eight foreign players per squad, any Akboubakar was sacrificed so the Portugal forward could join.

His availability has now alerted former side Besiktas and the Turkish side could bring the Cameroon captain back to the club, where he's had two previous spells.

Weghorst has scored nine goals in 18 games for Besiktas this season, including on Saturday, where he waved to supporters seemingly signalling a farewell from the club.

The 30-year-old is keen for a second crack at the Premier League after scoring only twice in 20 games following his move to Turf Moor in January 2022.

## wh@ts on mombasa & coast january 2023

### WEEKLY LIVE MUSIC

- Mondays**  
Maasai Beach  
Kwi Kwi Band with Candie
- Tuesdays**  
Safari Inn Shanzu Serena Rd  
Band Night with maranda & Band
- Wednesdays**  
Tandoori International Club Diani  
Ricky Mulolo & Idologia Musica Band  
Apollo Club Changamwe  
Rhumba Wednesdays with Banamitie Musica
- Thursdays**  
Kusini Tavern  
Afro Simba
- Fridays**  
Standard Grill Mtwapa  
Rhumba Night with Ricky Mulolo & Idologia Musica Band  
Safari Inn Shanzu Serena Rd  
Live Band Evening
- Saturdays**  
Oasis Beach Bar Diani Beach Rd  
Vumisha Groove Band

### ARTS

- Until 15 | 01**  
Nomad At The Sands  
Out Of Africa Exhibition
- Until 20 | 01**  
Peponi Hotel Lamu  
Art Exhibition Neighboring Lands by Tabitha Wa Thuku
- SHOWCASE / LIVE EVENTS**
- Saturday 21 | 01**  
New Big Tree Bamburi Beach  
Happy New Year Beach Salsa Party



## wh@ts on nairobi & surroundings january 2023 - alle vents without warranty

### SHOWCASE / LIVE EVENTS

- Tuesday 10 | 01**  
Ballpoint Social Club Village Market  
Zjime
- Tuesday 10 | 01**  
Ballpoint Social Club Village Market  
Cynthia Thira
- Friday 13 | 01**  
The Mall Basement  
Nyaokabi | KMRU
- Saturday 14 | 01**  
La Cascada Sports Bar & Gardens  
Karibu Samidoh At The Waterfall
- Tuesday 17 | 01**  
Ballpoint Social Club Village Market  
Checkmate Mido
- Friday 20 | 01**  
The Mall Basement  
Karé | Ras Lyon Hart
- Friday 27 | 01**  
The Mall Basement  
Bernt Isak
- 27 & 28 | 01**  
Goethe-Institut Nairobi Auditorium  
Jua Kali | Jared Onyango | Lea Pischke

### SHOWCASE / LIVE EVENTS

- Saturday 28 | 01**  
Nairobi Cinema  
The Munenes Live Recording
- Tuesday 31 | 01**  
Ballpoint Social Club Village Market  
Joy Musicq
- Tuesday 31 | 01**  
Ballpoint Social Club Village Market  
artysCulture The Band
- Tuesday 31 | 01**  
Ballpoint Social Club Village Market  
Ndung'u
- Tuesday 31 | 01**  
Ballpoint Social Club Village Market  
The Moodbeats
- FILMSCREENING**
- 06 to 31 | 01**  
Unseen Nairobi  
The Territory
- TALK**
- Tuesday 17 | 01**  
Goethe-Institut Nairobi Library  
Meet The Author Urs Mannhart

### THEATRE

- 14 & 15 | 01**  
Kenya National Theatre  
The Island

### CONCERT

- Saturday 28 | 01**  
Nairobi Central SDA Church Maxwell  
Polepole: A Concert for the imperfect

### ART EVENTS & EXHIBS

- from 27 | 01**  
Banana Hill  
Madaraja Art Exhibition

### FAIRS & EXPOS

- 16 to 19 | 01**  
Trademark Hotel Village Market  
AGS Africa 2023

### FOOD & CULTURE

- Saturday 29 | 01**  
Trademark Hotel Village Market  
The Sunday Braai - Where South & West African Foot Meets

## WATCHES



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