**JAIN SOCIAL GROUP**
**ARRANGE DONATION FOR COVID 19 FIGHT to SCHOOLS**

Twenty Six Public Primary Schools have received Thermoguns and Oximeters from Jain Social Group in Partnership with Lord Mahavir Swami followers on Monday 14.12.2020 at Tawa Social Hall. The occasion was graced by The ACC Kiteta Division Ms Rahab Mathu assisted by the CSO Kiteta Zone Mr. Charles Kinya. All the 26 headteachers received the Gadgets for their respective schools.

The Acc thanked the Donor for their concern in ensuring that learners are safe. She encouraged headteachers to ensure that learners observe Covid_19 protocols. The Jain Jain Social group Chairman Mr. Bharat Parekh thanked the “Lord Mahavir Swami followers”, Leaders present in his message which was read on his behalf by Mr.Samson Nyamu of Kithuia Primary who was concerned with coordination.

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**WELCOME TO KENYA: CAKE MIXING AT THE TRAVELLERS BEACH HOTEL**

Travellers Beach Hotel in Mombasa North Coast Staff and guests, led by the Hotels Managing Director Mr. Nicky Dhanjal [second left] in a cake Mixing exercise in preparation for this coming Christmas and New year celebration, The Hotel GM Mr. Hillary siele was also present among other senior Managers.

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Fellow Kenyans,

As we come to the end of the Year 2020 and we usher in the New Year - 2021, my family and I are today delighted to convey our best wishes to all Kenyans at home and abroad.

Fellow Kenyans,

The dawn of a New Year is not just a calendar event that marks the passage of time. It symbolizes transition, renewed hope, new opportunities and limitless possibilities. A New Year brings with it the chance for rebirth, renewal as well as restoration.

But we cannot experience the ‘newness’ of a new year without a renewal of minds. I say so because you cannot seize the opportunities and limitless possibilities of 2021, if we are stuck in the mind-set of the old year 2020 and the previous years.

This year just ending has tested all of us immensely individually as well as collectively as a nation - it has tested us in ways we have never experienced before; we have experienced many individual as well as collective tragedies. But, it has also been one of numerous unsung hero as well as collective triumphs; for in the moment of adversity lay also the seeds of opportunity.

Fellow Kenyans,

As the pandemic spread across the world, our homes transformed into protective incubators capable of those that we love. Like returning to a mother’s womb, our walls became our shelters, our homes sheltering us from COVID-19; and we depended on this space for everything. Our homes became our places of worship, they became our schools, our places of work. The pandemic has no doubt stretched us and the way we orient our families and indeed the way we live.

Caught in the middle of this new year were children who missed the joy of the playground and the happiness they experience while learning together. They have been lying hard to adapt to the restricted way of living; while many have hard to adopt to the restricted business community was also caught up in the middle of this pandemic. Our security forces for their service and remark at how 2021 was a momentous year in our nation’s history.

As we close 2020, and indeed kinder, Kenya.

For in each and every Kenyan there is a hero in our eyes. I wish every Kenyan, whether at home or abroad, a blessed and indeed prosperous New Year. In 2021, we will as individual families, and as a People, cast aside the shackles of 2020. We will overcome the hurdles that were placed in our path in 2020 and start a new leap into the New Year, a year I believe will be one of limitless opportunities.

Again, I wish every Kenyan, whatever at home or abroad, a blessed and indeed prosperous New Year. In 2021, we will as individual families, and as a People, cast aside the shackles of 2020. We will overcome the hurdles that were placed in our path in 2020 and start a new leap into the New Year, a year I believe will be one of limitless opportunities.

And, YES it is true, we cannot wish away the woes of 2020, but if we change our perspective, there is no doubt that we can bounce back and bounce back better. I know that we cannot reverse our losses, but we can rebuild what we had before the onset of COVID-19.

But, fellow Kenyans, we must always remember that rebuilding requires a renewal of the mind and sheer boldness. Those who embrace the two virtues will, no doubt, prosper in 2021.

With the New Year, anticipated as the year of rebuilding, the year of re-taking lost territory and the year of bold decisions, we also call upon you, our fellow Kenyans, to also embrace it as the Year of the First Amendment.

As I said in my Madaraka Day as well as my Mushujua and Jamhuri Day addresses this year, the country is starting at a constitutional moment. And you all know that in a constitutional moment, the Soul of the Nation is constantly in turmoil. More so over elections and the perpetual quest for regime change.

The proposed First Amendment to our Constitution in 2021, I believe, is a bold path that seeks to lay the foundation for a more just, more inclusive, more equitable and more prosperous Kenya. It also seeks to make right our politics by eliminating “Winner Takes All” and replacing it with “We All Win”.

As we close 2020, and indeed on behalf of a grateful Nation, I wish to recognize and thank our security forces for their exemplary courage and sacrifice during the continued COVID-19 pandemic. Each and every one of them is a hero in our eyes.

Fellow Kenyans,

On the 4th of January 2021, all our Learners will resume their schooling, with in-person classes and this is from inception class, all the way to those offered by tertiary learning institutions. I wish them all well and I want to assure them and their parents, as well as their guardians that my Government will do everything in its power to ensure their health and safety remains our foremost consideration.

To every farmer, teacher, artisan, artist, to every worker and entrepreneur, to every innovator and to every investor; I wish to assure you that 2021 is the year of Building Back Better, building back better for opportunity, building back better for reclaiming lost ground, and for realizing greater growth as well as opportunity and possibility.

And so tonight, to all our children, I speak to you as a father; I speak to you as a grandfather. To our teenagers, hold yourself together. Gather the strength, the gifts, the talents and the energy within yourself; and harness it. Do not throw away your youth, your potential to the harrowing the wind. If you will remain focused, and true to yourself and to your values, you will indeed overcome. You will, indeed, rise, be better and build better.

Fellow Kenyans,

Just like our children, the business community was also caught up in the middle of this new normal. We have had more shut downs in business and less start-ups. But, I believe that this down-turn is an opportunity to re-imagine our business models and embrace innovation. Yes, indeed, I do believe that the year 2021 is the year of rebuilding.

Therefore, in the New Year - 2021, I urge every Kenyan to add the mind-set of the New Year in which to embrace the spirit of renewal and hope, possibilities, growth as well as triumph. For in each and every Kenyan lies unimaginable depth of greatness just waiting to come to the fore.

The New Year presents a unique opportunity in the life of our nation to re-imagine our society, bring back the family to the centre of our communities, and re-build a gentler, and indeed kinder, Kenya.

And, YES it is true, we cannot wish away the woes of 2020, but if we change our perspective, there is no doubt that we can bounce back and bounce back better. I know that we cannot reverse our losses, but we can rebuild what we had before the onset of COVID-19.

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As we close 2020, and indeed on behalf of a grateful Nation, I wish to recognize and thank our security forces for their service and remark at how 2021 was a momentous year in our nation’s history.

May the God of ALL CREATION Bless you all at HOME and in the DIASPORA.

May He Bless our country Kenya and May He bring GOOD TIDINGS in the New Year.

I thank you.
*THE FUSED BULB*

A high-ranking senior executive had to retire, and so he shifted from his palatial home to the senior housing society, where he owned a flat. He considered himself “high and mighty, and we owned a flat. He considered himself “high and mighty, and never talked to anyone. Even so on, and the other elderly person used to listen to him quietly. After many days, when the big-shot retired executive continued to meet... . But every conversation was mostly a monologue with the retired executive harping on his pet topic, “Nobody can imagine the big past and high position” I held before retirement; I came here due to compulsions”; and so on, and the other elderly person used to listen to him quietly. After many days, when the big-shot retired executive opened his mouth and said, “After retirement, we are all like fused bulbs. It does not matter what a bulb’s wattage was, how much light or glitter it gave, after it gets fused”... they are all the same”.

He continued, “I have been living here for the last 5 years and have not told anyone that I was a ‘Member of the Parliament for two terms’. On your right, over there is ‘Ismailjee, who retired as National General Manager in Indian Railways.’

Over there is Patel Saheb, who was a ‘Major General in the Pakistani Army’. That person sitting on the bench in spotless white dress is Abhajdi, who was the chief of the “biggest chain of hospitals in Malaysia” before retirement. He hasn’t revealed it to anyone, not even to me, but I know.

“All us fused bulbs are now the same - whatever its wattage was - 0, 10, 40, 60, 100, 1000, 10 000 watts - it doesn’t matter now. Neither does it matter what type of bulb it was before it got fused - LED, CFL, Halogen, Incandescent, fluorescent, or decorative. And that, my friend, applies to you too. The day you understand this, you will find peace and tranquillity even in this senior housing society.”

“The rising sun as well as the setting sun are both beautiful and adorable. But, in reality, the rising sun gets more importance and adoration” , whereas the setting sun is not given the same reverence. It is better to understand this sooner than later.

Our ‘current designation, title and power are not permanent’. Hanging onto these sentiments only complicate our life when we lose them one day.

“Remember that when the game is over, the king and the pawn go back in the same box...”

PHOTO STORY

Celebrations for xmass and pray for new year with less fortunate

LCM was recently able to pay a visit to the “JIMIA WOMEN RESCUE CENTRE”, this organization rescues survivors of GBV and are currently working on an Empowerment and Mentorship program for young mothers and teenagers. They also do Capacity building, which involves: Psycho-education, Psycho-social support and Group therapy. We were able to distribute some food stuff, wheelchairs, masks, sweets and Sanitary material. We also celebrated a late Christmas and new year and definitely had lots of fun. The theme of this activity was “PLANT A SEED OF LOVE” - which is also their Motto. This activity took place in the presence of Lion Rani Ramchandani.

PHOTO STORY

Boxing day celebrations at Gioto

Today, on 26th December, I(President of LCM), visited Gioto - dumpsite of Nakuru, where hundreds of people survive on picking items from garbage. It has an assorted group of ages. I paid them a visit to provide for them some lunch, juices, sanitary (courtesy of donors) material, stationary, clothes, sweets and balloons to celebrate Christmas with them. We fed around 300 kids. We also cut some cake and spent some quality time with together. I’m glad to have given these individuals some validation today and bring smiles to their faces.

PHOTO STORY

Cake Mixing

Travellers Beach Hotel in Mombasa North Coast Staff and guests, led by the Hotels Managing Director Mr. Nicky Dhanjal [second left] in a cake mixing exercise in preparation for this coming Christmas and New year celebration. The Hotel GM Mr. Hillary siele was also present among other senior Managers.

PHOTO BY TITUS MUSAU

CAKE MIXING

Destiny Rescue Center founder Florence Muange receives a donation of dry foods from Nairobi County Woman Rep Esther Passaris at Nasra Estate in Nairobi. The children’s home was among 34 others earmarked by Passaris during the Christmas Caravan, an annual food driver funded by NGAAF and corporate sponsors.

PHOTO BY TITUS MUSAU
World leaders are preparing for a second and third wave of COVID-19 cases and are fine-tuning their lock down strategies which will be implemented late in 2020 and into 2021. Their planning involves the development of a new world economy, one that introduces medical fascism as a permanent way of life.

A Canadian whistle-blower came forward with the plans. The whistle-blower is on the Liberal Party of Canada's Strategic Planning Committee, which operates under the direction of Canada's Office of the Prime Minister (PMO).

The historic lock downs have engineered mass poverty and will continue to weaken people's bodily requirements. Making them more vulnerable to economic instability and eventually making them more desperate to accept the new world economy and its bodily requirements.

New World Economy Includes Universal Basic Income And Vaccination Requirements

The new world economy includes the introduction of a digital currency, a universal basic income, vaccine requirements for travel, and "The World Debt Reset Program." A continuous cycle of lock downs into 2021 will eventually lead to an international economic collapse. Governments worldwide will offer citizens an alluring way out by promising to eliminate all personal debt (mortgages, loans, credit cards, etc.)

In the U.S. this idea has already been implemented in 2020 through the Paycheck Protection Program (PPP) - a guaranteed loan program that forgives the debt if the borrower follows specific instructions. Under an impending economic collapse, any and all loans will be forgiven if the citizen agrees to participate in the "World Debt Reset Program, funded by the International Monetary Fund (IMF). In order to get all debts forgiven, citizens will have to forfeit ownership of any and all private property, accept a universal basic income, and enroll in the covid-19 and covid-21 vaccination schedule.

As the rolling lock downs and economic sanctions commence, citizens will be permitted all their previous freedoms to travel and gather in stadiums and public venues as long as they provide an ID showing they were inoculated with all the mandated covid-19 and covid-21 vaccinations.

The Canadian whistle-blower revealed that this vaccine ID will be referred to in Canada as Canada’s HealthPass.

The whistle-blower warns that world leaders in Australia, the US, the UK, Canada and New Zealand will push for a "complete and total secondary lock down much stricter than the first and second rolling phase restrictions." Those who refuse lock downs will be pushed in November 2020 through January 2021 by hyping up covid-19 testing and case counts.

2020 Lock Down Tyranny Is Just The Beginning Of A Much Larger Plan

The upcoming lock down plans are congruent with the "Great Reset" plan outlined by the World Economic Forum and Event 201, both funded and pushed by the Bill and Melinda Gates Foundation, which seeks worldwide compliance with vaccine experiments and genetic modification of humans. The Prime Minister’s National covid-19 Advisory Commission (established in lockstep in March 2020) is now advising and pushing the Canadian PMO and the Department of Prime Ministers and Cabinet in Canberra to carry out these totalitarian plans.

The whistle-blower said at least thirty percent of the committee members strongly oppose these plans but their voices are being drowned out. It has been made "very clear that nothing will stop the planned outcomes," said the whistle-blower.

The Canada’s Office of the Prime Minister has laid out the plan, which includes a secondary lock down by December 2020, that will implement restrictions on a rolling basis, beginning with major metropolitan areas and expanding outward. The media will project that daily covid-19 cases exceed testing capacity and must be curbed using a complete and total secondary lock down much stricter than the first and second rolling phase.

The unemployment program will be configured into a universal basic income program by the end of quarter one 2021. As the vaccines are rolled out, all viral shedding, mutations, and vaccine injuries will be blamed on a "third wave" which includes a higher mortality rate and higher rate of infection. Anyone who does not agree to the vaccines will be stripped of their right to travel freely and will either be detained in the isolation centers or monitored on home arrest until they agree to comply.

During this time, medical facilities will reach peak capacity, and government will enhance lock down restrictions, implementing a Third Lock Down by quarter two, 2021. Large inventory shortages, supply chain break down and economic instability is expected, as all individuals are put on a universal basic income program to curb hunger, homelessness and civil unrest. By quarter three, governments are expected to deploy military personnel to major metropolitan areas and roadways to create travel checkpoints. These tactics have already been tested out in 2020. Everyone who is dependent on these systems will be forced onto the HealthPass vaccination schedule. Anyone who disagrees will be deemed a "public health threat" or "enemy of the state."

The whistle-blower said that dissenters will not be tolerated. "Essentially we were told it was our duty to make sure we came up with a plan to ensure that would never happen. We were told it was in the individual’s best interest to participate."

"When several committee members pushed relentlessly to get an answer, we were told that those who refused would first live under the lock down restrictions indefinitely. Those who refuse ‘refused to participate’ in the debt forgiveness program ‘would be deemed a public safety risk and would be relocated into isolation facilities.’"

"Once in those facilities they were given two options, participate in the debt forgiveness program and be released, or stay indefinitely in the isolation facility under the classification of a serious public health risk and have all their assets seized."

Written by Lance D Johnson

Donation at Gongoni Village

Donation at Gongoni Village by Krystalline Salt Ltd (Kay Salt Ltd).

Donation at Gongoni Village by Kay Salt Ltd. 1182 residents of Gongoni Village, 20 kilometres away from Malindi were served with 12 kg. of Maize Meal, bale of salt to last them for over 6 months, packets for Omo for washing clothes, Herbal Soap and personal hygiene stuff. These generous donation was made possible by Krystalline Salt Works Ltd. (Kay Salt). The distribution was done by members of Shree Swaminarayan Vaatd Dham Mandir based in Gongoni.

The donation brought smiles to many homes of the villagers during these difficult times of the on going Covid 19 pandemic, which in turn help the villagers to celebrate Christmas with their families joyfully.

The beneficiaries thanked the donors with Good Health and Happiness in the years to come and wished that COVID-19, would come to an end soon.

Donation At Wamba

Shantibhai Shah along with his family members donated maize meal, sugar, salt, cooking fat and tea leaves at Wamba Nomadic Girls Child Rescue Centre to one of the conservancy (Namunnyak Conservancy). out of the 39 conservancies managed by North Rangelands Trust. Sister Resina welcomed the group at Wamba (Approx 400 Kilometers away from Nairobi ) and thanked HRSC for the timely donation received just before the festive season. There are about 50 rescued girls in the centre. They welcomed the group in a traditional way by dancing and singing songs.

SPREADING THE SEED OF LOVE is their motto.
COVID19- Pearls of wisdom

It’s been 9 months into the pandemic, and not that I consider myself an expert; but having nursed my husband 4 months ago through COVID19 and then myself 2 months later, plus relatives, friends and patients more than I can count on my fingers and toes; makes me feel so!

The rules in my COVID19 book:
1. Prevention is the only cure - the letter W is the best reminder. • Wear a mask, • Wash your hands, • Worship daily, • Worry less!
2. It can happen to anybody! So brace yourself and be ready - no one is above the law here! Not even royalty (they may not pay taxes but COVID is taxing).
3. COVID19 is a strange illness - it can present with the mildest of symptoms or sometimes nothing at all (asymptomatic), give you breathlessness like never before or even take your life, if it decides to come on full force. What determines how you suffer - the way your body will respond to the virus. And that God decides!
4. Loss (diminished sense) of smell or taste is 99.9% a sign of illness! So yeah it can be tied to COVID19 and some with a stroke as a first manifestation, others the not so classical; cough, fever and body aches, people presenting with classical COVID19- Pearls of wisdom

5. Having a positive mindset especially after testing positive, is the best thing you can do for yourself. Remember - the only way to take a positive result is positively
6. Breathing exercises are a must. They will build your lungs to be more resilient - time to start was yesterday, but now is not too late.
7. Most people who get COVID19 recover. And there is a high probability you are among them so stay positive (and I don’t mean test wise).
8. When the going gets tough, the tough gets going you are that tough. So keep going! COVID19 taught me to appreciate the daily mundane things in life, like the smell of coffee brewing (with the loss of smell you miss it so), like the school drop off routine, like the smile of a stranger (masks don’t allow us to see those), like the carefree hugs I gave mum (hugs and kisses are now weapons of war), like the late ride in town (curfew doesn’t allow it now), like the laughter at the friends get together, like the meeting at your workplace (without social distancing), like the trip to the market (when crowds was not a concern).
9. So many things have changed in life, but that in itself is the beauty of life, it’s ever changing. Appreciate it!
10. A simple pulse oximeter can be life saving - invest in it. Any oxygen saturation reading that goes below 94% calls for further intervention - don’t hesitate to call your doctor, even if you think you can breathe ok! Happy hypoxia is real - I have seen a patient walking comfortably with oxygen saturations of as low as 56%, and more than 80% of his lungs were infected.
11. Of course some things in life, like the smell of things in life, like the smell of you miss it so), like the school drop off routine, like the smile of a stranger (masks don’t allow us to see those), like the carefree hugs I gave mum (hugs and kisses are now weapons of war), like the late ride in town (curfew doesn’t allow it now), like the laughter at the friends get together, like the meeting at your workplace (without social distancing), like the trip to the market (when crowds was not a concern).
12. Stick to a daily routine and be gentle on yourself. Your body, mind and soul need to be in sync to fight the disease better, so nourish them well! Savor the beauty of life, it’s ever changing. Appreciate it!
13. COVID19 has touched everyone’s lives in one way or the other, and it is God’s way of showing us who is in control. Leave the helm of your ship in His capable hands and brace yourself for the storm or the calm....for this too shall pass.

Dr. Samira Osman MD, MPH

COAST 2020 DOGS SHOW

December 2020
Time for a young environmental leader to emerge from Kenya in 2021

In this article, Clean Up Kenya Founder and Patron, Betterman Simidi Musasia, makes a war cry to all young Kenyan environmentalists and declares 2021 as the year for the battle of the soul and heart of the Kenyan environment.

Written by: Betterman Simidi Musasia, Founder and Patron, Clean Up Kenya

This article is a call for action to all young environmentalists across Kenya. Especially those who are in their twenties. The year 2021 is for you. It does not matter whether you have a degree or live in a big town or a slum. In the coming year, you can accept the challenge and begin on a path of leadership to ensure our environment is protected as required by the constitution.

I am aware many of you are already doing great work in small or big ways. Some of you already work in great difficulty at own expense in communities. Many of you I have met. Like John Kihika, who works in Ngong to help stop children from accessing the dumpsite. I applaud the great works of your hands.

However, your efforts are hardly enough. If you continue on the same trajectory, the government, industry and some non-governmental organizations will continue to make fools out of your honest toil. On one hand, they will use you to endorse their nefarious environmental Public Relations stunts, and on the other, they will pamper your ego with token pronouncements of progress, while failing to provide a comprehensive path to ensure our environment is protected as required by the law.

The Conformist Trap

To be able to fight the machinations of government, industries and greenwashing NGOs against conservation progress, you will need to resist the temptation to align yourself with the current narrative or engage in environmental PR gimmicks. These will not help your cause.

In the last couple of years, we have seen these stunts emerging from Europe, some sponsored by entities whose agenda is unknown, and being copied by young environmentalists all over the world, including a 12-year-old girl holding a placard every Friday outside a given parliament to ask authorities to do something for the climate. I have got news for you. These antics, however well-meaning will not move the established order. You might get invited to a public event and take a picture with a Cabinet Secretary as part of the charade, and that is all. In 2019, for example, the local media reported a case of a young teenager who invited Nairobians to picket outside our parliament for climate action. No one showed up except only herself and the government did not pay much attention.

Another way you can fall into the conformist trap is as evidenced in the case of the fig tree in Westlands, Nairobi. Earmarked for cutting to pave way for an extended highway, many environmentalists both young and old, trooped to Westlands in 2020 to take pictures of the tree with signs asking the government to spare it. Soon afterwards, the government took notice, and we started hearing some nonsensical plans of uprooting the tree and replanting it somewhere else. Sadly, some environmentalists went online to herald this as a great idea.

But then we have a President who understands the value of PR. In a presidential decree unheard of in any other part of the world, Uhuru Kenyatta ordered the tree be preserved. Even CNN joined other media houses both local and international in celebrating the announcement.

On their website, CNN wrote: "Kenya’s President Uhuru Kenyatta has issued a decree to save a much-loved century-old fig tree from being cut down to make way for a Chinese-funded highway in the capital Nairobi. The presidential decree described the tree, the height of a four-storey building, as a ‘beacon of Kenya’s cultural and ecological heritage.’"

Let me tell you why this is bullshit.

In 2019, we walked for about two kilometres from Nyayo Roundabout to Capital Centre in Nairobi. We were accompanied by an irate environmental officer from Nairobi County who had overseen the growth of some trees along the highway a few years back. We counted about 15 stumps. The trees had been illegally felled at different times so that billboards could either be erected or be better seen by motorists. Unfortunately, none of these trees or thousands more felled every year to expand our infrastructure have been saved by a presidential decree.

The truth of the matter is trees will continue to be felled in our cities as we expand our roads to make the towns more motorable. What Nairobi and all our urban centres need is a comprehensive green urban plan, that will be to provide green spaces with captivating flora and fauna that excite and renew. There is no reason why grabbed public lands cannot be reclaimed or newer ones purchased in every constituency so that we can establish public parks with captivating flora and fauna that excite and renew.

It is also sad to note that it took an order of President Kenyatta for single-use plastics to be banned in our protected ecosystems in July 2020, or for a moratorium to be placed on logging after an expose on the destruction of forests at the complicity of some state officers. Yet we have a Ministry of Environment and Forestry and constitutionally funded state agencies which have huge environmental mandates. To the credit of President Uhuru Kenyatta, he has launched several national cleanup campaigns should also know that when vehicles get stuck in traffic jams for hours, this hardly helps the environment in terms of carbon footprint.

This article is a call for action to all young environmentalists across Kenya to ensure our environment is protected as required by the constitution.
which have hardly taken off due to the incompetence of some state agencies.

Opportunities for youth-led advocacy

I have not heard any young environmentalists take a radical step of asking the government to reclaim Serena Hotel, Railway Club, All Saints Cathedral, among others, which sit on the Uhuru Park belt as compensation for what will be hived off to expand Uhuru Highway. In fact, the same government has gone ahead to build a bus terminus on the park belt while you all were busy making needless noise about the Westlands fig tree. Now imagine what the smoke from these buses will do to those seeking fresh air at the iconic park. Would Wangari Maathai approve of such nonsense?

In 2021, young environmentalists, don’t become Public Relations collaborators with the government and industry to destroy the environment. Celebrate progressive efforts like Michuki Park when they come. But then quickly ask those in authority to do more. Michuki Park is an example of a government hell-bent on pursuing a Public Relations policy with the environment. The park is part of the ecosystem of a totally degraded Nairobi River and a failing waste management infrastructure. It sits only less than one kilometre from the over 30 kilometres of the black river. Every year, we hear of multi-agency government plans to reclaim the river, the blueprints of which are never published. We see utamatias being made to polluters by those who wield the stick. And then we see the river become dirtier! The river has simply become a national scandal, gobbling billions of shillings in the name of cleaning with no clear path to sustainable cleanliness. In some countries having a river pass through a city is something to be proud of, with property along the river being some of the most expensive. Here in Kenya, Nairobi River is the people’s sewerage line.

There is also another issue, that of Dandora - a dumpsite to Nairobi. In 2017, a senior member of Clean Up Kenya asked the then Cabinet Secretary for Environment, Prof. Judi Wakhungu, at a public forum at UN Environment in Nairobi, what the government was doing about the dumpsite. The Minister simply told us to read the constitution, indicating that waste management is a devolved function. Shortly afterwards, I posed the same question to the powers that be at City Hall. One senior officer informed me that the cost of moving the dumpsite was estimated to be about 30 billion Kenya Shillings, which was more than the funds the national government had disbursed to the county that year. This is a classic example of denying responsibility and civil servants taking environmentalists for a textbook-run around.

That’s why we need courageous young women and men to emerge in 2021 to lead the way in demanding the government and industry to conserve the environment through progressive policies and deliberate actions.

Youth can turn clicktivism into a force for good

As we have already seen at Clean Up Kenya, tools like social media can help young people advance the cause of the environment. In August and September 2020, young people in our stable helped ran a disruptive social media campaign titled #PlasticPandemicKenya which led to PETCO Kenya blocking these people. You probably know someone in this country who has to walk for over five kilometres to get water because of environmental degradation. You get the idea.

Professor Wangari Maathai when she decided to work with communities to advance their environmental rights, even for someone with a PhD, she hardly knew what these terms meant. If you doubt me, read her admission in a biography, Unbowed. Your work must connect with communities and the environment in an honest and actual manner.

A call to action - let the spirit of Wangari abide with you

Young environmentalists, more than ever, Kenya needs another Wangari Maathai to rise. But remember Wangari was not a conformist. She did not take crap for someone with a PhD, she hardly knew what these terms meant. If you doubt me, read her admission in a biography, Unbowed. Your work must connect with communities and the environment in an honest and actual manner.

About the author

Betterman is a sustainable public sanitation advocate and a pollution control evangelist. In 2015, after becoming extremely tired of seeing all the trash in Kenyan neighbourhoods and hearing the authorities fake promises to clean the mess, he sold his trucking business and established Clean Up Kenya. Today, the organization is a leading national sustainable public sanitation advocacy brand. In September 2020, he stepped down as Clean Up Kenya Chief Executive Officer and currently serves as Founder and Patron.
The International Day of Persons with Disabilities (IDPD) is annually observed on 3 December to promote the full and equal participation of persons with disabilities and to take action for the inclusion of Persons with Disabilities (PWDs) in all aspects of society and development. IDPD mobilizes support for critical issues relating to the inclusion of Persons with Disabilities, promotes awareness-raising about disability issues and draws attention to the benefits of an inclusive and accessible society for all. UN agencies, civil society organizations, academic institutions and the private sector are encouraged to support IDPD by collaborating with organizations for People with Disabilities to arrange events and sponsor the occasion.

This year, the International Day of Persons with Disabilities will be commemorated throughout the world with the theme “Building Back Better: toward a disability-inclusive, accessible and sustainable post COVID-19 World.”...by and for persons with disabilities.”

People with disabilities are disproportionately affected by the health, social and economic consequences of the global COVID-19 pandemic. In this context, this year’s theme emphasizes the importance of strengthening our collective efforts for universal access to essential services, including immediate health and social protection, education, digital infrastructure, accessible information, employment and other socio-cultural opportunities in order to ensure that persons with disabilities are not left behind in times of crisis and beyond. WHO estimates that more than one billion people — about 15% of the world’s population — experience some form of disability. This figure is predicted to rise given population aging and an increase in the prevalence of noncommunicable diseases. While disability correlates with disadvantage, not all people with disabilities are equally disadvantaged. Much depends on the context in which they live, and whether or not they have equal access to health, education and employment, among others.

With PWDs now focussing and making headway on a number of initiatives which should further care them in the landmark World of post Covid-19 PWDs...have garnered commitment of participate to help governments build comprehensive service delivery to cushion it on post Covid19 era by developing a strong multidisciplinary approach which will see and speak to government to expand financing mechanisms to cater for social protection, enhance health care and information systems and revitalize PWDs ventures, all in an attempt to meet the ever-increasing demand on services for PWDs at this crucial moment.

During the COVID-19 pandemic, isolation, disconnect, disrupted routines and diminished services have greatly impacted the lives and mental well-being of people with disabilities right around the world. The COVID-19 pandemic highlighted the vulnerability of invisible disabilities, as well as these potentially detrimental and immediately apparent impacts to mental health, is crucial as the world continues to fight against the virus.

The Covid19 setbacks on PWDs socio-economic consequences could have impact on their independence, employability, and inclusion with the COVID-19 pandemic, in the first half-year of its existence, has affected the lives of most people on Earth in one way or another. It is the first truly global pandemic in modern times and each of us has been forced to grapple with its effects, both individually and collectively. The negative societal effects COVID-19 has wrought all over the world have, in many cases, been even more profound when viewed through the lens of Persons with Disabilities and these impacts have been aggravated even further in countries dealing on meeting daily sustenance.

Persons with disabilities living in poverty raged areas already deal with increased health challenges, exacerbated threats to their security (food, health, physical, social etc), and societal marginalization that negatively impacts nearly every facet of their lives. In some cases, that marginalization comes from misconceptions that disability is somehow contagious and should be shunned; more frequently, though, it is the result of the broad assumption that Persons with Disabilities must be cared for and kept in restricted environments for their “protection” robbing them of basic dignity and the fundamental opportunity to explore and realize their personal potential.

With the onset of the Covid19 pandemic and its attendant social restrictions — persons with disabilities in these fragile contexts are at risk of being pushed even further to the periphery of their communities, potentially negating any progress that had been made. While there are certainly very legitimate COVID-related health concerns upfront — Persons with Disabilities — particularly those with physical disabilities that affect the immune system, lung function or other related factors that can put them at higher risk for serious complications.

Persons with disabilities must receive information about infection mitigating tips, public restriction plans, and the services offered, in a diversity of accessible formats with use of accessible technologies.

Additional protective measures must be taken for people with certain types of impairment. Rapid awareness raising and training of personnel involved in the response are essential. All preventive and response plans must be inclusive of and accessible to Persons with Disabilities.

No disability-based institutionalization and abandonment is acceptable. During quarantine, support services, personal assistance, physical and communication accessibility must be ensured. Measures of public restrictions must consider persons with disabilities on an equal basis with others.

Persons with disabilities in need of health services due to COVID19 must not be deprioritized on the ground of their disability. ODPs can and should play a key role in raising awareness of persons with disabilities and their families.

OPDs can and should play a key role in advocating for disability inclusive response to the COVID19 crisis.

Wilperson Kirui
PWDs policy analyst and developer
JAIN SOCIAL GROUP NAIROBI MEETS H.E. COMMISSIONER OF INDIA

On 19th November, 2020 the Jain Social Group Nairobi met H.E. Indian High Commissioner to Kenya, Dr. Virander Kumar Paul and his gracious Lady, Dr. Rachel Virander Kumar Paul at India House.

Mr. Bharat Parekh, Chairman introduced the Jain Social Group Nairobi Trustees and Committee Members present during the meeting, briefed the H.E. about the activities of the Group to help the less fortunate members of the Society at large such as Children’s Heart Operations, Cataract and Cornea transplant, followed by the Vice Chairman, Mr. Rajesh Shah spoke about the association with several other organizations, the latest being the Vitro Retina treatment for Patients.

This was concluded by the Trustee, Mr. Motichand Dodhia who gave further details of the Group activities from beginning the Group’s initiation like the Group’s initiation like.

Mr. Motichand Dodhia, Mr. Rajesh Shah and his gracious Lady, Dr. Rachel Virander Kumar Paul.

Looking are Mr. Motichand Dodhia, Mr. Rajesh Shah and Mrs. Shaina Shah

1 - Jain Social Group Nairobi Trustees and Managing Committee Members with H.E. High Commissioner, Dr. Virander Kumar Paul and his gracious Lady Dr. Rachel Virander Kumar Paul.

2 - Mr. Bharat Parekh presenting a Token to H.E. High Commissioner, Dr. Virander Kumar Paul.

3 - Mr. Bharat Parekh presenting the Jain Social Group Souvenir to H.E. High Commissioner, Dr. Virander Kumar Paul.

A LITTLE BIT ABOUT

Khush Shah is the Grandson of Late Ajeet Chhaganal Shab and Rekha Shah and Chhotubhai Dasani and Sarlaben Dasani. Son of Dilan and Dee Shah now living in Perth, Western Australia.

Khush Shah moved to Perth Australia at young age of 18 months from Kenya with his parents. Little did anyone know that this step was going to open up a world of opportunities for this little man who could only converse in Gujrati.

At the age of 12 he got accepted to Rossmoyne High School for the Gifted and Talented Education (GATE) program, where he started his journey to learning Mandarin as a second language. When asked why he wanted to study Mandarin at the interview, his reply was simple and to the point: I need to learn the language that will help me to communicate with people where almost 80% of the world goods are made so that I can someday use it for my business.

Khush strongly believes his teachers at Rossmoyne ignited the passion and love for the language. Over the last 3 years that he has been learning Chinese he has been participating in the local competitions and has always made his class proud.

In 2019 he went to China on a school tour which helped him understand the culture and polish his speaking skills.

2020 THE BIG YEAR

No not in terms of COVID- Khush changed schools! He is now studying at WA’s top high school- Perth Modern and carried on his passion for Mandarin. He decided to take part in the global 2020 Chinese Bridge (Hanyu Qiao) Language competition. This is the largest Chinese proficiency competition in the world. Due to the covid restrictions of travelling these events were delivered online for the first time, as opposed to being done in China, with new processes being developed to assess a written test Chinese speech and cultural performance by contestants in different locations across four states. The winners compete for the opportunity to represent Australia in the global finals and win University scholarships in China.

On 24th Aug, 12 high school students from the ACT, NT, SA & WA took to zoom to show off their Chinese skills. That wasn’t challenging enough, they also completed written pre-test, video test in Chinese and submitted videos demonstrating their talents at Chinese singing dancing, cooking tea art and calligraphy. Khush was placed second in this regional competition.

The regional competition gave him a chance to represent Australia at the Oceania level where he took away the Champion of Oceania title. The gruelling three month long competition which involved 148 students from 100 countries saw Khush crowned as the top third in the international arena at a young age of only 13 years. Khush has won a full scholarship to a Chinese University of his choice.

Khush and his family attributes his winning to his Chinese teacher at Perth Modern and The Confucius Institute of WA - Zheng Fu and Vae Zhao who worked round the clock to train him. This would not be possible without their continuous support.

KHUSH'S MOTTO:

Don’t wish for it- work for it

Just a Glance

Wonder at times about life and end up cursing, abusing and calling it unfair. We also tend to say things like, ‘life truly sucks’ or ‘life is hard when things don’t go our way. But have we ever wondered why we say such negative things towards life? Have we ever sat down to think what the positive things are? Probably not. We should start looking at positive things more since this year hasn’t been all that inspiring, but guess what? You made it till the end and you are stronger than ever.

Things aren’t as bad as we think or feel, in fact life is very beautiful, but it all depends on how we feel. For example if we are miserable deep inside and things keep going wrong for us, we will see everything as bad, if things are going well, we will see everything as good. But let this not be the case, we should not think that way at all. Yes some days will be good and some bad, we will have joy as well as misery but that is a part of life. Learn to accept things as they are. When we have a bad day, it will be bad for a couple of hours and not our whole life right? So then why should we let those couple of bad hours fill our hearts and minds with negativity? Instead we should just let those hours pass and make ourselves happy even if it is with something as tiny as treating ourselves to some chocolate and ice cream. That will definitely lift the mood.

Listening to our favorite music also helps the bad day blues vanish, or drop a text/whatsapp message to someone close to you and have a good laugh. But don’t stay miserable the whole day. Sometimes people spoil our mood and situations too, but that shouldn’t stop you from being a cheerful person. As for the situations, these will change and never stay the same forever, so don’t let them pull you down. If someone spoils your day, say this to yourself, ‘they are responsible for their own behavior and not mine and therefore I will not allow them to ruin my beautiful day and my cheery self’ repeat this several times and you will start feeling much better.

We must face problems in life so as to build ourselves for the best. A life without ups and downs isn’t really life because you will not know your strengths and weaknesses. And you will not even be pushed toward your dreams if you never faced any problems. Sometimes these problems come as blessings. So don’t fret, instead embrace them happily as they will open greater opportunities for you.

Always remember being happy or being miserable, and how you go about in life is your own decision. So make the decision that you will always be happy and make your life worth it. Because through struggles, a new, improved and a better you is born.

“Life isn’t unfair at all. Just change the way you feel towards it and you will witness the magic.”
HRSC Charity Continues Construction Work in Schools across Kenya

The Hindu Religious and Service Centre (HRSC) completed the construction of Kitchen and Food Store at Uvaini Primary School, which is in Wamunyu District of Machakos County. HRSC continues with their tremendous work for society. The construction was sponsored by Shri Digamber Jain Mumukshu Mandal who are celebrating 40 years of completion of Jain Mandir in Nairobi. Over the last years, HRSC has constructed four model kitchens & stores in schools, the latest of which is completed in Wamunyu Division of Machakos County Kenya. The photos represent the Happy Students and Kitchen Staff members, Kitchen and store are included with Eco Zikos, Chimney and Wash Basin. The new kitchen will help to provide a Fresh and Hot Meal which will improve the health and welfare of the students. These model kitchens coupled with the training on food safety and quality, will go a long way to ensuring that children enjoy healthy, safe and nutritious school meals. HRSC building safe and Hygiene Kitchen & store, so that children can focus on their learning and future.

The Climate Change Resilient Agribusiness for Tomorrow (CRAFT) Senior Business Advisor Alphonce Muriu (right) listen to Koppert Biological Systems Technical Assistant Martin Murithi (right) explain how Aflasafe, a biological fungicide for control of production of aflatoxin is used during the launch of distribution of free 80 tonnes of the fungicide to 14,000 Kenya Breweries(KBL) sorghum growing farmers in Tharaka Nithi County at Mukothima Ward in Tharaka Nithi County on December 18th, 2020. With him is Sorghum Pioneer Agencies Director Beatrice Munyi (2nd left) and Quinam Investment Ltd CEO Nancy Mwangi

Ahadi Kenya trust CEO Dr Stanley Kamau Presents three bull for Christmas celebration by 200 mechanics in both Kiriani and Kagema constituencies in Muranga county. Kamau also donated bales of maize flour for the party. Kamau urged those living in town to consider sending money to their loved ones in upcountry to help reduce the spread of Covid 19 and observe the ministry of Health protocols.

Nairobi County Woman Rep Esther Passaris flags off her annual food drive dubbed the Nairobi Christmas Caravan at Calvary Covenant Centre, Embakasi Central. The caravan distributed an assortment of dry foods including rice, beans, cooking oil to 34 institutions for orphaned children, children with disabilities and the elderly.
PHOTO STORY

Nairobi County Woman Rep Esther Passaris serves food to homeless children at the John Michuki Memorial Park in Nairobi during a Fun Day organised for street families to celebrate the festive season.

You are exactly where Allah wants you to be right now. Every experience. Every trial. Every emotion is part of His divine plan. The pens have been lifted and the ink has dried.

YOUR SAFETY IS A PRIORITY

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FOLLOWING MOH KENYA GUIDELINES

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There are many instances in life when we feel stuck. In such situations going back is not an option and there doesn’t seem to be any way forward. Many of us might start questioning Allah for putting us in the situation. I always find myself going back to the story of Musa (AS) when things get difficult for me. Just imagine Musa’s turmoil at that moment where he must have felt so hopeless and Bani Israel never stopped blaming him. But then Musa did come around and he stroke the ground with his staff saying: “Nay, verily! My Lord is with me. He will guide me.”

( 26: 62)

And the sea parted making a way for him and Bani Israel to walk through escaping the Pharaoh’s army behind. Isn’t the story so powerful! Reflecting on it reminds me of the times I have (metaphorically) crossed seas and it makes me deeply grateful for Allah’s wisdom in all His plans.

The story has taught me no matter whatever crisis comes our way, faith rescues and provides relief. And you know what else I have learnt?

I have learnt that the danger is not in the situation we get stuck in. But the real danger is in lacking faith and trust and complete reliance on Allah that perhaps I feel stuck here right now but He is paving another better way for me.

What I am getting at? Allah doesn’t put us in a trial to trouble us. But in fact, it is to test us. And what else is this life really about? To pass the tests to a better eternal life ahead. He sends trials our way to make us pure of all the things that cover our hearts.

Through trials we learn to let go off of things that don’t really matter. Don’t turn back on your troubles like Musa didn’t plead to Pharaoh to spare him. But instead turn upward and ask for His help. To anyone who is feeling stuck in life: have the faith in His plan. If you don’t have faith, you will remain stuck and nothing in life will ever make sense.

In having the faith, try and move forward and witness the sea part as your worries lift.

Imarika Sacco Chairman Renson Ndoro (left) and CEO Daniel Masha present shopping vouchers to their Malaika Junior savings account holders highest savers recognition and awards ceremony.
Jamuhuri day celebrations with less fortunes

With different organisations, on 12th December, once again LCM donated 5 wheelchairs (Health care ltd) to those who need them, 25 food hampers (Subati flowers group) to needy families, more than 30 dignity packs Giant group of Twiga) to needy girls. We also celebrated xmas party and Jamhuri day with the less fortunate children and Nakuru officials at Hyrax museum hill, Nakuru. In shared snacks with them n enjoyed entertainment.

Kenya Revenue Authority (KRA) Commissioner-General Mr Githii Mburu (left) flanked by KRA Deputy Commissioner - Marketing and Communication Ms Grace Wandera (centre) receiving a Public Relations Society of Kenya (PRSK) Excellence Awards Trophy from PRSK Council Member Mr Alfred Ng'ang'a (right) at KRA Headquarters. KRA picked the award in the 2020 PRSK Awards Gala Ceremony for their Always On Campaign entered in the Internal Communications category.
LIONS CLUB OF MOMBASA PWANI

Celebrates World Service Day FRIDAY, 23RD OCTOBER 2020 FROM 1.30P.M. AT KIBARANI GROUNDS, MOMBASA

BY FEEDING OVER 48,000 PEOPLE
Sponsored by LION BHADRESH SHAH, MR. HASMUKH PATEL & MOMBASA CEMENT to a tune of kshs 10million
Lions Club of Mombasa Pwani carried out its largest food distribution programme sponsored by Lion Bhadresh Shah, Mr. Hasmukh Patel & Mombasa Cement.

In his thank you address, Lion President Shaahid Sheikh thanked Lion Bhadresh Shah for bringing this historical food ration programme to the Club as part of its activities for the World Service Day.

Over 48,000 people were distributed ration packages which includes bread, maize meal, biscuits and juice to last for a week.

The activity was attended by many Lions and volunteers who assisted.

In commemoration of this event, Lion Bhadresh Shah on behalf of Mombasa Cement presented a LION SCULPTURE which will be put on display at the Lions Medical Centre in Mombasa.

PHOTO STORY

NGAAF TABLE BANKING CEREMONY

L-R NGAAF Coordinator Charity Kanario, Nairobi Woman Rep Esther Passaris and NGAAF Committee Chairperson Jared Aming’a in Embakasi Central, Nairobi County during the disbursement of Ksh20M worth of table banking grants to registered community-based organisations comprising women, youth and PWDs.

Kenyan Union of the Blind secretary Nicholas Sabwa (R) receives a cheque from Nairobi County Woman Rep Esther Passaris in Embakasi Central, Nairobi County during a ceremony where Kshs20M worth of grants from the National Government Affirmative Action Fund (NGAAF) were issued to youth, women and PWDs groups.

Nyeri Deputy Governor Dr Caroline Wanjiru Karugu and Ahadi Kenya Trust CEO Stanley Kamau distribute foodstuffs to People with disability at Ragati in Mathiraq constituency during celebration of International Day of Persons with Disability.

Kamau called on communities and religious groups to rally up parents with children with disabilities to register them to get help from the government and avoid stigmatisation.
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Outgoing Ugandan Ambassador

The outgoing representative of the consulate of the republic of Uganda Ambassador Katureebe Tayebwa [right] receives a gift from the Resident Manager of the Leopard Beach resort in Mombasa South Ms. Joan Ndung’u when she and the Hotels GM Mr. Kioko Musyoki [left] paid a courtesy call at the consulate offices in Mombasa. Amb. Katureebe has been very instrumental in developing tourism between the hotel and the Ugandan Market.

PWANI OIL

Pwani Oil Brand Manager George Mwasaru hands-over samples of the company’s new Detrex Citronella soap to Kenya Progressive Nurses Association (KPNA) officials (L-R) Triza Ileri, National Secretary, National Chairman Michael Nyongesa, and Vice Secretary Julius Nyambaka. The mosquito-repelling soap has received an endorsement from KPNA.

Today, on 18th December, LCM visited Kabarak (sobe) special kids group. And was able to distribute 2 wheelchairs (courtesy of donors). Specifications: Cerebral Palsy (for a 8 year old) and a children wheelchair (for a 16 year old). We also distributed 15 food hampers and other items like: Sanitary material, masks, and diapers. This activity took place in the presence of Lion Rani and Lion Sheyana.
Overview

Thumb sucking is a common habit among children. This habit is a natural reflex that can be seen in the womb during development. This reflex gives the baby comfort. As the baby grows, this habit may help them to feel secure and happy. It can also be soothing and can help induce sleep.

Side effects of thumb sucking

Many children stop sucking their thumbs on their own. However, vigorous thumb sucking can cause misalignment of your child’s permanent teeth and can affect the jaw or the shape and roof of the mouth. Thumb sucking may also expose your child to dirt, bacteria and viruses. Possible side effect of prolonged thumb sucking include:

1) Open bite: This is a type of dental malocclusion where the top and bottom front teeth become directed outward. This means that the front teeth do not touch when your child’s mouth is closed completely.
2) Overbite: This type of dental malocclusion is when the top teeth completely cover the bottom teeth when your child’s mouth is closed. Overbite malocclusion can affect the shape of the face and the smile as well.
3) Skin problems: Children who suck their thumbs for a prolonged period can have skin problems. The skin around the thumb can become vulnerable to injuries and may crack or bleed making them prone to infections.
4) Speech impediments: Since thumb sucking affects the development of the teeth, jaw and palate, this habit can change the way your child speaks. It may cause lisping and other speech impediments including an inability to pronounce certain sounds.
5) Social issues: Older children who suck their thumbs in public may become a target of ridicule at the hands of their peers.

How can you stop thumb sucking habit?

1) Notice your child’s thumb sucking triggers. Some children suck their thumb when they are bored, tired, anxious or hungry. Engage them in an activity that uses their hands.
2) Use positive reinforcement. Praise your child or provide small rewards such as stickers or an extra bedtime story.
3) Offer gentle reminders. Don’t scold, criticize or ridicule your child. Calmly tell them to stop.
4) Ask your dentist to have a chat with your child. They would be informed on the damage caused by thumb sucking and advised how to stop the habit.
5) Use of thumb shields. Various types of thumb guards can remind a child not to suck their thumb.
6) Use of an orthodontic appliance. These are removable and non-removable orthodontic appliances that can be used to disrupt your child’s thumb sucking habit. Your dentist can advise you on the best appliance for your child.

Conclusion

As parents there are a myriad of concerns when it comes to your children. Thumb sucking is one of the habits that can jeopardize proper development. Regular dental check-ups can assist in identification of the habit and intervention at the right time.

Dr. Luvay Hamid
Dental & Implant Surgeon at Royal Crown Dental Care (Mombasa) 
For enquirers: luvayhamid@hotmail.com
Mombasa & Coast Event Guide November / December 2020 - presented by wh@ts on mombasa

NIGHTLIFE & ENTERTAINMENT

Tuesdays
Samba Sports Bar Bamburi
Urban Thursday with DJ Geeps Jakabkak

Anuba Lounge Nyali
Throwback Thursdays with Beatmap | Clizzow | Mejia

Danka Lounge Mtwapa
Love & Reggae Vibe with Seleka Adam

Mint Lounge Bamburi
Throwback Thursday with DJ Moha001

Derrick’s Beach Bar Mtwapa
Cocktail Thursdays

Club Mabeshte Malindi
Kool | Miss Wanda | DJ Paulffifame

Club Hypnotica Nyali
Miss Bamburi Night with BM Shaxx

De Coffee Pub Kilifi
Ladies Night with DJ Evi 254

Club The Space Bamburi
Ladies Night with DJ Ksllin

Mint Lounge Bamburi
Ladies Night Out with DJ Beatmapp

Anuba Lounge Nyali
MVP Ladies Night Cocktail Party with DJ Sheba

Sheba Lounge Nyali
Hypnotica Bar & Restaurant Nyali

Club The Scene Mtwapa
Tuesdays

Selecta Syl | MC Vosty

Ital Jamdown Reggae Sundays with Arche MC

K1 Klubhouse
Tuesdays

Midweek Reggae Party

Wednesdays

Rhum Bar

Rhumba Thursdays with TBM Band Gogosimo Band Live

Craic Lounge

Rhumba Du Congo Thursdays

Gogosimo Band Live

Lounge 254

Rhumba Thursdays with TBW Band

Dagoo The Artist Bar & Venue The Dagooj

Mama Ashanti

Live Band

Airport Lounge

Rhumba Saturdays with TBW Band

Fahari Point

Kanda King Live

Sundays

K1 Klubhouse

The Untamed Band 3 to pm

Dagoo The Artist Bar & Venue The Dagooj

Festivals

Sat 12 | 12

Carnivore Car Boot Sale

Carnivore Car Boot Sale 9 am to 3 pm

All events without warranty!
Our Kenyan coast is a tropical paradise stained by the scourge of plastics, brought in by the tide and discarded by tourists: a local reflection of a global epidemic. This plastic menace has grown over recent decades to become the eyesore and environmental hazard we see today. It reflects an alarming increase in single-use plastics - bottles, containers, cups and straws - with little planning for collection and recycling.

In response, Yul Wenger, owner of Yul’s Aquadrom on Bamburi Beach, has set out to show what his business can do to help tackle this plastic plague, by approaching the challenge from both ends: minimizing the use of plastics, while attempting to recycle the rubbish that’s already there.

When Yul’s started 30 years ago, it was a small business with plastic tables and meals for less than a dollar! Nowadays it’s the ‘go-to’ place on the North Coast providing a range of fine foods. Yul acknowledges his successful enterprise is part of the plastics problem. Thus, his response.

At the input end single-use plastic has been scrapped, in favour of recyclable or biodegradable items: drinks only available in glass, with ice-cream cups and straws made from paper or corn starch. It’s taken time to re-organise, but Yul is convinced that the future of his restaurant - and the environment it relies on - is dependent on such actions. At the other extreme our environmentally conscious owner has built a rubbish collection unit and introduced an inspirational scheme, whereby patrons take a wicker basket to fill with rubbish and on return (with a full bag) receive a free ice-cream. What a great way to create awareness!

These brilliant ideas need replication, so I ask about the response from businesses along the beachfront. “Not great,” he replies. “They’re interested in making money, not saving the environment. But if each hotel or restaurant had a litter collection unit - perhaps one every 100 metres - it could make an enormous difference.” I began to think about teenager, Greta Thunberg, pushing for environmental action on a global scale, while here in Kenya Yul is doing the same at the local level. Each striving to help bring about a more sustainable world. Yul, like Greta, is a change-maker, and Kenya can only benefit from his example. Heike and Yul Wenger with their new litter collection unit.

**Saving the Beaches of Kenya**

*By Duncan Gregory*

Do whatever you do with intensity and this is exactly what the momma leopard was doing. We came across this mother leopard and her cub sitting so vigilantly high up on a rock just scouting her surroundings. In this image you can see the intensity in her eyes. You can see that she is so focused and protective of her cub. When I photograph wildlife I like to capture the emotion behind my subject. This image was shot in Samburu National Reserve, Kenya.

**Intensity**

Intensity can be seen in the eyes of the mother leopard as she scours her surroundings. The cub is sitting high up on a rock with its mother. The image captures the intensity and focus of the mother on her cub.

**Bond of Brothers**

It was my last day on safari and I was having no luck in photographing the big cats and finally the skies opened up and I came across these two male lions coming towards each other. It was such a surreal moment for me. I was able to photograph two magnificent kings greeting each other. Big cats display a lot of emotion and you can see that captured in one of the brothers faces. Their bond is quite strong.

This image was shot at Mara North Conservancy, Kenya.
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