



MaDaFu

The Socio-Economic Newspaper with Anything & Everything from Kenya

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ROTARY WORLD

BRIEF OVERVIEW ON ROTARY CLUB OF MOMBASA AND RECENT PROJECTS

About Rotary Club of Mombasa

The Rotary District 9212 comprises of Kenya, Ethiopia and South Sudan.

The Rotary movement was first initiated in Mombasa in 1943 by Charles Norman who was the then District Commissioner of Mombasa and Chairman of the Municipal Board of Mombasa. The Rotary Club of Mombasa was then established in 1944 and has been in existence since.

There are currently 62 members and 5 honorary members. The members are cherry-picked individuals of varying ages who are successful in their vocations, inducted with the goal of increasing the reach of the Club and allowing more opportunities for the Club to partner with various organizations and influential individuals in various sectors. We have Doctors, Lawyers, Businessmen, Millers, Accountants, Architects, IT Specialists and Managers among many other vocations represented. It is a diverse group of various faiths, colours and creeds.

Our Honorary members are

Hon. Hassan Ali Joho, Hon. Najib Balala, Miss Gina Din-Kariuki, Mr. Mohamed Jaffer and Mr. Ali Mohamed Islam.

Projects carried out in the last 3-6 months

In lieu of the COVID outbreak, the club has engaged in several projects to assist and appreciate those in the front line. At the peak of the pandemic, the club donated bags of dry foods to the County Government of Mombasa to distribute to residents of Mombasa, the Club participated in several frontline healthworker appreciation programs at various hospitals where frontliner workers were given dry food hampers as well as certificates of appreciation for risking their lives on a daily for citizens. These appreciation events were held at Coast Provincial General Hospital, Mombasa Hospital, Aga Khan Hospital, Pandya Memorial Hospital, MEWA Hospital and at Bomu Hospital. In line with the same, the club has had several COVID related Zoom meetings where members and others have been able to learn and ask questions to Doctors within Rotary on anything and everything COVID.



PCAK Founding Chairman's message



Since its inception, PCAK has stood by and advocated its slogan of "Crime Must Fall". This is demonstrated by having an all-inclusive and strong membership from the various government security agencies and experts in security from the private sector making it a strong and cohesive Association whose main mandate is advocacy on mitigation of all forms crimes in Kenya.

A Country having a crime free-society is a healthy and prosperous Nation. As PCAK, our approach is to interrogate and engage authorities on issues of crime from an informed angle

and while cultivating healthy relations as bridges that are necessary at various cross points.

We also remain committed to respecting personal opinions and validating collective official position on sensitive State security matters. Together, if we as Kenyans yearn for the above aspirations then we stand to be successful in achieving a crime-free society and a robust economic atmosphere that gives confidence to investors.

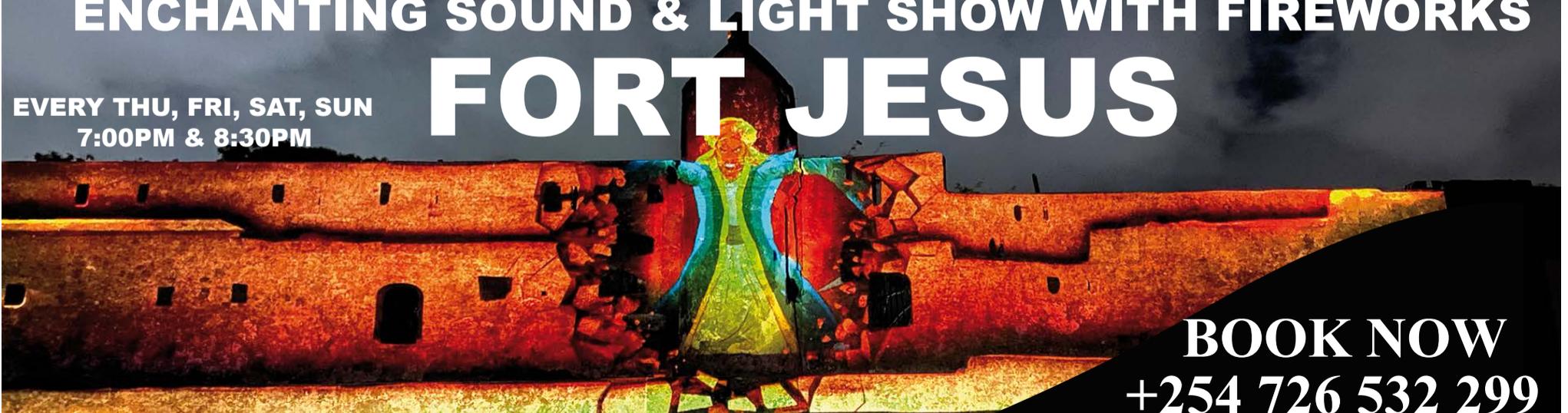
God Bless Us All, God Bless Kenya. #CrimeMustFall

Mr. Munene Mugambi, PCAK Founding Chairman.

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TOP NEWS

H.E PRESIDENT UHURU KENYATTA ENCOURAGES KENYANS TO EMULATE LORETO SISTERS' SELFLESS SERVICE

President Uhuru Kenyatta has commended the Loreto Sisters for a century of selfless service to humanity and outstanding contribution to Kenya's growth.

The President noted that through its Christian ministry and investments in education, social ministry and other acts of mercy, Loreto Sisters have transformed the lives of many people and made Kenya a better country.

"The contribution of Loreto Sisters in our nation is inked in their alumni, which include a President, bishops, scientists, leaders in government, academia, legal minds, captains of industry, entrepreneurs, sportsmen and women," the President said.

"Loreto's training has contributed immeasurably to the creative and performance arts, to politics, governance, religion and theology, environmental protection, community service, among many fields," he added.

The Head of State spoke Saturday at the Loreto Mary Ward Centre in Karen, Nairobi County when he joined Catholic Church faithful during a special mass held to commemorate 100 years of Loreto Eastern Africa Province.

President Kenyatta mentioned the late Nobel Laureate and environmentalist Professor Wangari Maathai, educationist Eddah Gachukia, Lady Justice Joyce Oluoch, Lady Justice Njoki Ndung'u, journalist Julie Gichuru and consultant Tina Njonjo as some of the prominent alumni of Loreto schools.

The six founders of Loreto Sisters arrived in Kenya from Ireland in 1921 and established the Loreto Eastern Africa Province which has been able to initiate 24 educational



institutions in three African countries, 21 in Kenya, two in Tanzania and one in Ghana.

The Irish Catholic Sisters were Dolores Stafford, Raphael Gordon, Borgia O' Shaughnessy, Catherine Beauvais, Francis Teresa Murphy and Sixtus Naughton.

As part of the centenary celebrations, the President announced Government's approval and support for the construction of a new Loreto School in Kilifi to accommodate 500 girls.

President Kenyatta, an

alumnus of Loreto Convent, Valley Road recalled his two years as a pupil of the then mixed primary school, saying the institution shaped him to be a person who values hard work and respect for others.

"As a child, having spent two years in Loreto, I was eager to learn. My childhood foundation gave me the spirit of hard work, honesty, duty to my country, respect for others and, most of all, the fear of God," the President said.

The President rallied the alumnus of Loreto schools to

establish an endowment fund and scholarship programme, and offered his personal donation of Kshs 10 million for the initiative. He said the endowment fund will assist less privileged children to access education at Loreto institutions.

Further, the Head of State challenged fellow alumnus to partner with Loreto Sisters in preserving the century old history of the institution and directed the Ministry of Lands to grant a title deed to Loreto Msongari.

"My humble request to the

Loreto Sisters is to preserve the history, icons, and artefacts of Loreto at Loreto Msongari. This way we will afford to give future generations the full breadth and perspective of the great story that is Loreto.

"To ensure that we do not have any interference or threat of disposal or alteration of this success, I hereby direct the Ministry of Lands & Physical Planning jointly with the Ministry of Sports, Culture & Heritage to ensure Msongari remains in the hands of the Loreto Sisters as a matter of

public and historical interest," the President directed.

Archbishop Philip Anyolo who conducted the homily called on Kenyans to emulate Loreto Sisters by giving genuine and good service to others so as to improve the society.

Loreto Eastern Africa Province Leader Sister Lucy Nderi also spoke at the special mass attended by Education CS Prof George Magoha, Comptroller of State House Kinuthia Mbugha and Head of Public Service Dr Joseph Kinyua among others.

Kenya is determined to conclude trade deal with the US, President Kenyatta says

PSCU

President Uhuru Kenyatta has reiterated Kenya's determination to conclude ongoing negotiations with the United States of America and sign a Free Trade Agreement (FTA).

The President gave the assurance Tuesday afternoon when he bade farewell to outgoing US Ambassador to Kenya, Kyle McCarter who paid him a courtesy visit at State House, Nairobi.

The Head of State said the FTA will build on the successes achieved under the African Growth and Opportunity Act (AGOA) by ushering in better and bigger trade opportunities and prospects for Kenya.

"We appreciate what has been



achieved through AGOA, but it is time we moved to much more closer trade arrangements that are mutually beneficial. We will not lose focus on concluding the FTA," the President said.

Kenya and the US launched trade negotiations on 8th July 2020 with the aim of crafting a comprehensive FTA that will serve as a model for similar pacts across Africa.

President Kenyatta thanked

the US Government for the support Kenya continues to receive in the security sector especially the fight against terrorism and the response against Covid-19.

On his part, Amb McCarter thanked President Kenyatta and the people of Kenya for making his two-year tour of duty in the country successful.

"I am a fortunate man to have served Kenya as US ambassador. I will be visiting Kenya from time to time and I hope I will be able to bring more investors," Amb McCarter told the President.

At the meeting, also attended by Head of Public Service Dr Joseph Kinyua and Foreign Affairs CS Amb Raychelle Omamo, the President wished the outgoing US envoy success in his future endeavors.

Kenya commits to fully implement global climate change adaptation agenda

PSCU

President Uhuru Kenyatta has affirmed Kenya's commitment to implementing global climate change adaptation initiatives.

At the same time, the President called for concerted global efforts in addressing climate change saying, like COVID-19, the challenge is a reality that the world must confront urgently.

"Kenya commits to implement the adaptation action agenda; but we can only succeed if we all, as a global community, collaborate in this noble endeavour," the President said. President Kenyatta spoke Monday evening at State House, Nairobi during a virtual high-

level session of the Climate Adaptation Summit 2021.

Several world leaders among them Prime Ministers Boris Johnson (UK), Narendra Modi (India), Evelyn Wever-Croes (Aruba) as well as United Nations Secretary General António Guterres and his predecessor Ban Ki-Moon attended the meeting hosted by Prime Minister Mark Rutte of The Netherlands.

President Kenyatta emphasized that by pulling together the world will emerge stronger and more resilient from the dangers posed by climate change. "Indeed, we can expect to reap the triple dividends of reducing emissions, spurring economic growth and delivering social and environmental benefits," President Kenyatta

said as he implored world leaders to rally behind efforts to upscale climate adaptation efforts. The President identified agriculture as a top priority in Africa's climate change adaptation agenda saying a large percentage of the continent's population rely on the sector for its survival.

He said African farmers must be given the tools, information and financial support to enable them to embrace sustainable agricultural practices, respond to changing weather patterns and maximise productivity of their farms

President Kenyatta told the summit that Kenya has upscaled its climate change adaptation efforts by mainstreaming the subject into its national development strategies.

LONG LASTING MARRIAGES?!



By AHLAM MANSUR.

It can be difficult to always be working hard for your relationship. However, you should know that it is also

incredibly rewarding.

After all, if there is one thing that is worth fighting for in this world, it is true love. And if you are interested in making this love work, there are certain

rules that you should always be sure to follow.

1. Have shared goals and dreams that you can work for as a couple:

It's always nice whenever

you and your partner have something that you can work towards in your relationship. It shows that you aren't content with just living in the present, that you are both confident in the longevity of your love - and you always have each other's backs as you go through various trials and challenges in this life.

Having shared challenges can help bring the two of you together.

2. Always value physical intimacy in your relationship:

Intimacy is essentially the level of closeness that two people can share with one another and there are many levels to intimacy as well as forms and a lot of people put a lot of emphasis on emotional and spiritual intimacy - which is good.

However, it's also important to emphasize on physical intimacy in the relationship.

Remember it is something that separates lovers from friends.

3. Maintain open lines of communication at all times:

Communication is essence in any kind of relationship. That is why you and your spouse should always make it a point to prioritize communication.

When you are constantly communicating with one another, that means that you are making an effort to be on the same page. That means that you are always trying to act as a team so as to minimize friction in your relationship.

4. Focus on the positives in your relationship:

Throughout the course of your relationship, you are going to go through a few rough patches. You are going to have your fair share of rough times. And in those moments, you always have to try to maintain an optimistic outlook. You always have to try to stay positive in your love.

When you constantly make an effort to find reasons to smile, then the rough times become easier to bear.

5. Be prepared for change:

The way you are when you are just starting your marriage, isn't always going to stay the same. You are going to go through changes in your love. That is why you need to stay adaptable if you are going to survive these changes. Always learn to go with the flow and roll with the punches.

You find some people are finding it very difficult to adjust because they want everything to remain the same which isn't possible.

6. Always be willing to compromise:

You aren't always going to see eye to eye on things. You aren't always going to be on the same page.

Whenever you find yourself at a crossroads, it's always important that you meet each other halfway, to find a way to compromise in your relationship.

You won't always get your way - however, you can always do your part in sustaining your love.

Often times, people

don't want to compromise, whereby every marriage requires compromising at a certain point.

7. Apologize whenever you know that you're wrong:

Be humble enough to own up to whatever mistakes you might have in your relationship. You aren't always going to do the right thing. But that's not always a bad thing so as long as you own up to your wrongdoings and you actually apologize for them. Don't let your pride get in the way of love.

8. Never give up on your relationship:

Always remember that so long as the two of you are willing to fight for your relationship, there is no reason for why it should ever end. It should stay, in happiness, in love, in peace and in understanding.

Fight for your relationship and fight for your marriages without allowing a third party to intervene and dictate to you/ brainwash you.

9. Pray Together:

This should have been the first point but I wanted it to remain the last one. There is a famous saying which states that a couple who pray together, stays together. Prayers can do amazing and can work miracles.

Prayers alone isn't enough. You don't just pray and sit, you pray as you work towards achieving whatever it is that you want and here, it's achieving a beautiful and a happy marriage.

Beautiful marriages exist.

The rest are just normal ups and downs which happens in every relationship.

2021 - A NEW BEGINNING



By Atiya Mughal

Let us welcome the New Year with open arms and embrace it with joy as we hope for a brand new beginning. We are all aware that the year 2020 wasn't very productive or successful, but that doesn't mean this year will be the same. We just need to start looking at things in a whole different angle and make some changes in our lives by doing things a little differently or not at all. During this pandemic, a lot has changed, people have also changed so why not stop dwelling on the past that we

keep buried in our hearts and create a new life for ourselves?

Firstly, all the negativity needs to be removed and replaced with positivity.

Everything that you couldn't change in the year before - delete it from the mind's system and clear out the memory card, flush it all out. Let go and free yourself, cut ties with all toxic, negative minded people. Meet and interact with people who have the same interests as you do and don't let any demotivation get in the way.

Make daily routines, start a workout plan, set goals and work towards achieving them,

journal, get into a habit of eating healthy but allow the body to enjoy some junk food too at times, learn something new like a new language, dance, sing, do yoga, meditate, read, write, watch the cooking channels and bring out the chef in you. You would be surprised at what hidden talents you may have.

As you go about making the necessary changes in your lives, keep one thing in mind, 'Don't let anyone dim your shine.' Be happy and keep that smile on no matter what and always remember whatever you set your mind to do - it will definitely achieve.

PHOTO STORY

Dg visit Lions Club of Menengai

Lions Club of Menengai, Nakuru had the honour of hosting the District Governor and First Lady for his official meeting with the Club and it's members on Friday 22nd January 2021. The visit started with a Board meeting involving the District Governor and club members, after which we had some refreshments. During the meeting the Governor commended us for our ability to remain active in various different charity fields - for which we received 5 recognition certificates.

The Governor was very impressed with the Club's history and it's signature activities. He even promised to promote our Cookery book - purchasing 5 copies.

We then took the District Governor for a tour of one of our long term project. The children at "Njoro Girls Home" welcomed him and his spouse with open arms by singing them a welcome song. Both the DG and his wife spoke a few words of wisdom, and immediately after we distributed some juice and biscuits.



We then gave him a tour of the home and explained to him how it runs. He gave the care-taker a friendship banner and signed the visiting book. We were able to arrange for some planting material and in the home compound, we did a tree-planting activity.

Before leaving the home, the Girls gave him and his spouse hand-made presents, which they took their time to make. He was surrounded with so much joy and positivity.

It was a pleasure hosting him and we hope to meet him again soon.

NEWS



THE YEAR IS 2021 & E-COMMERCE IS THE NEW BUSINESS NORM

By Hussein Jiva
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The year 2021 is upon us and of the myriad of lessons the last calendar year taught us is the need for change; be versatile in our ways and embrace new opportunities, for rigidity could spell our demise.

The COVID-19 pandemic, which has thus far claimed over two million lives and affected over 95 million others globally, did not spare Kenya.

And the virus has brought Kenya's economy to its knees, with the Institute of Economic Affairs Kenya - on September 4th, 2020 - predicting a shrink in economy anywhere between 0.3% to approximately 5%. That makes for devastating reading.

However, every crisis presents with it an opportunity, as said by Alibaba Co-Founder, Jack Ma, while on his visit to Kenya in 2017. And true to his words, the opportunities that not only mitigated the effects of the pandemic on the global economy but saw it

tremendously accelerate itself within the business ecosystem was e-commerce.

The United Nations' trade and development body, UNCTAD, in April 2020, reported that e-commerce sales hit US\$ 25.6 trillion globally in 2018, up 8% from 2017, with digital solutions now fast threatening traditional business dynamics. Kenya's Citizen Digital further reported in January 2021, that a survey conducted by e-Marketer put e-commerce growth in the Middle East and Africa at 19.8%, behind only Central and

Eastern Europe at 21.5%. Closer home and Statista, a German company specializing in market and consumer data, projected the country's e-commerce space, already amongst the continent's most vibrant ecosystems, hitting US\$ 1.5 billion in 2021 and US\$ 2 billion by 2024, in an approximated market volume.

Therefore, it is arguably the world's most poorly-kept secret that the next frontier of business is online and if you haven't already embraced it, you risk becoming a business dinosaur.

PHOTO STORY

Peterson Njuguna appointed as the new GM of Nyali sun Africa beach hotel



Peterson Njuguna has been appointed as the Regional General Manager to Nyali Sun Africa Beach Hotel & Spa. And now doubles also as the a hotel Manager to the Sovereign Suites.Limuru. Peterson a very optimistic and seasoned Hotelier with a passion to register results wherever he steps is hopeful to steer the two historic coastal hotels to its competitive position. Having previously held Group Human resource Manager and Operations Manager of Sun Africa Hotels over 20 years and at Sovereign Suites for three years experience in hospitality coupled with training from Utalii college and Kenya School of Management gives him advantaged position to handle new challenges.

DEPRESSION & SELF - HELP TIPS

By Mohammed Kea

Take care of yourself In order to overcome depression, you have to take care of yourself. This includes following a healthy lifestyle, learning to manage stress, setting limits on what you're able to do, adopting healthy habits, and scheduling fun activities into your day. Aim for eight hours of sleep. Depression typically involves sleep problems. Whether you're sleeping too little or too much, your mood suffers. Get on a better sleep schedule by learning healthy sleep habits.

Expose yourself to a little sunlight every day. Lack of sunlight can make depression worse. Make sure you're getting enough. Take a short walk outdoors, have your coffee outside, enjoy an al fresco meal, people-watch on a park bench, or sit out in the garden. Aim for at least 15 minutes of sunlight a day to boost your mood. If you live somewhere with little winter sunshine, try using a light therapy box. Keep stress in check. Not only does stress prolong and worsen depression, but it can also trigger it. Figure out all the things in your life that stress you out.

Examples include: work overload, unsupportive

relationships, taking on too much, or health problems. Once you've identified your stressors, you can make a plan to avoid them or minimize their impact. Practice relaxation techniques. A daily relaxation practice can help relieve symptoms of depression, reduce stress, and boost feelings of joy and well-being. Try yoga, deep breathing, progressive muscle relaxation, or meditation.

Care for a pet. While nothing can replace the human connection, pets can bring joy and companionship into your life and help you feel less isolated. Caring for a pet can also get you outside of yourself and give you a sense of being needed—both powerful antidotes to depression. Do things you enjoy (or used to) While you can't force yourself to have fun or experience pleasure, you can choose to do things that you used to enjoy.

Pick up a former hobby or a sport you used to like. Express yourself creatively through music, art, or writing. Go out with friends. Take a day trip to a museum, the mountains, or the ballpark. Push yourself to do things, even when you don't feel like it. You might be surprised at how much better you feel once you're out in the world. Even if your depression doesn't lift immediately, you'll



gradually feel more upbeat and energetic as you make time for fun activities.

Develop a wellness toolbox Come up with a list of things that you can do for a quick mood boost. Include any strategies, activities, or skills that have helped in the past. The more "tools" for coping with depression, the better. Try and

implement a few of these ideas each day, even if you're feeling good. Spend some time in nature List what you like about yourself Read a good book Watch a funny movie or TV show Take a long, hot bath Take care of a few small tasks Play with a pet Talk to friends or family face-to-face Listen to music Do something spontaneous Depression

Donation



Lions District Governor Eng Joshat Muthumbi paid District Visit to Lions Club of Nakuru on 21st Jan 2021. President of Lions Club of Nakuru - Lion Ankit Kothary and members, welcomed Governor to Nakuru, and took Governor round the Lions Melvins schools which are our long term project, which was followed by donation of foodstuff to several old age homes, and finally Dinner for all. Lions District Governor acknowledged the work Lions Club of Nakuru have been doing since the covid pandemic struck, with hundreds of bursaries approved, food ration donation, donation of masks and sanitizers, planting 1600 trees, running of diabetic clinic to mention a few

When COVID19 happens

We have all heard... When poverty knocks at your door, love flies out of the window.

Well, when COVID knocks at it then all senses fly out - totally! It leaves you confused, scared, at a tethers end and more or less senseless, literally too - remember the sense of taste and smell disappear.

Why does this strange like you-don't-know-what-you-should do sort feeling set in then? Why do you feel lost within yourself or losing it altogether? It's like you know yourself but still don't; you want to be with your loved ones but can't; you want to eat but can't or can't stop (under and over eating have been reported by a good number of people). Well, with loss of appetite you can get lucky with your weight loss, if that's what you have been hoping for, for the last 5 years (yeah I know your little secret). But the tricky part is most of those who have always wanted to lose weight - well yeah you guessed it - they fall into those-who-couldn't-stop-eating category! So chin up either way, it's not a choice that you will make anyways! It's been made for you already.

That's the funny bit with COVID-19, it chooses how it wants to affect its target. And it's very selective, moody, biased and sometimes actually threatening. Age is not a factor, neither is weight, having other underlying conditions yes can lead to someone having severe COVID-19, but it's not cast in stone. I have seen young, previously illness free lads stuck in hospital and dependent on oxygen for weeks on end. And then aged diabetic and



hypertensive adults get mild forms of the illness. So yeah - just chill, whichever way it chooses to go - you can't decide that what you can change is how you decide to psychologically react

to it!
The first thing that you need to understand - COVID-19 is not a Shame! How many times have we all had respiratory viral infections? More times than we

can ever count right? So what makes COVID-19 special or different then? Why do people to treat it like a state secret? The way COVID19 has been portrayed is what makes life more difficult,

and more so imagine how the virus feels - when it is graded worse than any Fear-factor episode :)

When COVID happens -

please trust me on this....
-call your dear ones and tell them
-speak to your friends and tell them
-ring your workmates and tell them,
-tell all and sundry
just stop short of announcing it in the newspaper!

That's it!
So why should you make your diagnosis known to those known to you?
Well acceptance is the first step to healing that's why ...

It will make you instantly feel better that's why...
It will automatically activate a support system that's why....

It will warn your colleagues/friends who were in touch with you to be watchful that's why...

If you do require oxygen then one of them will be able to reach you to the hospital that's why...

And if all this is not enough - people will pray for you and wish you well, that's why ... this in itself is reason enough, because prayers can move mountains!

Don't forget to tell one and all, agreed it's not exactly like your wedding announcement but it should come a close second...

I know life has to move on and rightly so, just remember that COVID19 is not over yet - so don't be like the ostrich who buries it's head in sand in the presence of eminent danger, you keep watching your distance, avoiding crowds and gatherings, washing hands and of course, wear those (I know you detest them) masks!

Parting shot - don't get upset with people, situations or COVID, they are all powerless without your reaction!

Dr Samira Osman
M.D, M.P.H

COVID-19 VS CLIMATE CRISIS: MOLEHILL VERSUS MOUNTAIN!

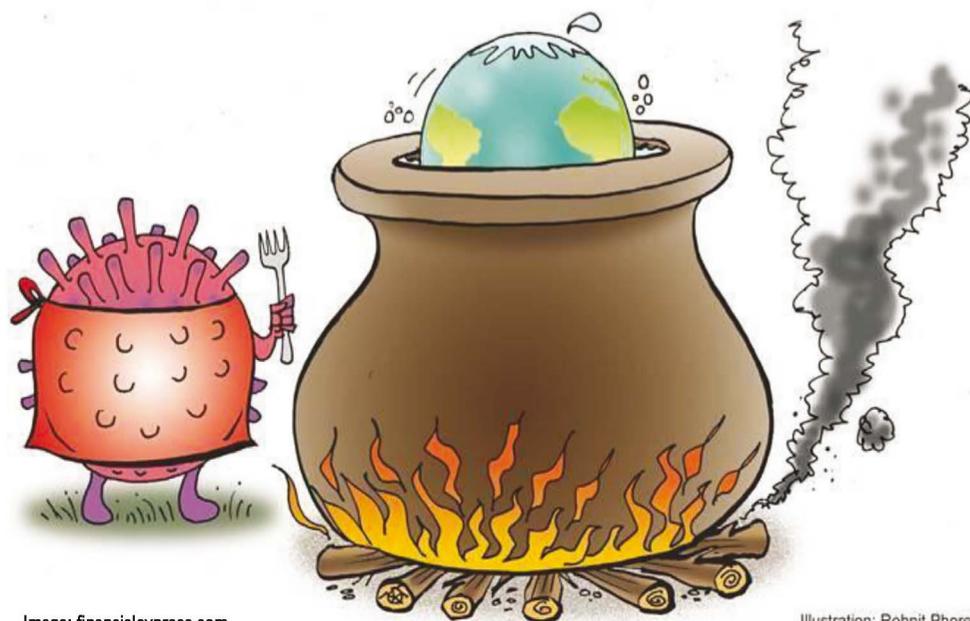


Image: financialexpress.com

Illustration: Rohnit Phore

By Duncan Gregory

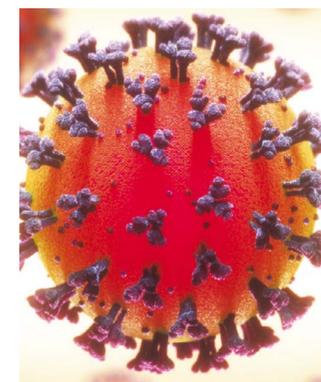
COVID-19 is a global catastrophe! Nobody of sane mind remains to argue that case. But how does it rate with other pending disasters? What for example, comes after Covid on President Biden's 'fix-it' list? Answer: The Climate Crisis!

Some would contend that climate-related concerns should be first on that list, but most people would not see it that way. Why is this so? The answer in short is human nature: we inhabit the present rather than think about the future. Covid-19 is acute pain, the running, potentially terminal illness, we really need to worry about.

What if media could link deaths caused by climate crisis directly to source: one day 10,000 die in Indonesian tsunami, the

next, 20,000 perish in Kenyan drought? It would be never-ending headline news! But while scientists have clear evidence, proving the correlation is not easy, due to the circuitous route from start point to end result: ... burning fossil fuels (coal/oil) in factories or cars, emits gases (chiefly carbon), forming a layer in Earth's atmosphere, increasing temperatures and unpredictable weather patterns, impacting on the phenomena we experience (such as Australia bushfires or Bengali floods).

By 2050, fatalities resulting from climate change could make today's deaths from Covid look like a drip in the bathtub.



In addition, an ever-heating climate will have devastating implications for the world around us: ... massive decline in flora and fauna species; dwindling food and water supplies; increased poverty; forced migration and torrid inter-ethnic relations, resulting in intra and inter-nation wars.

For future generations, tomorrow's climate crisis could be their Apocalypse Now!

But back to Biden. He understands that effective measures are urgently required to tackle this man-made crisis. He also realizes this presents a chance to steer our planet (and his administration) onto a better track, offering untold opportunities, such as green business and green jobs, and providing enormous benefits for our planet that redress those negative aspects listed above.

Not quite Utopia perhaps, but certainly better than The Apocalypse.

Most of us of course do not have the influence of presidents, but we can all help to tackle the climate crisis through individual actions at the local level (which will be the focus of next month's article by Duncan Gregory, in Madafu).

Coronavirus Puts Remote Work Security to the Test



By Murithi Magiri

As authorities worldwide grapple with the coronavirus pestilence and work to contain and try to keep it from spreading, the travel restrictions put in place are causing many organizations to rethink their operations. Rather than traveling to a region where their return flight might be at risk of being quarantined, many are turning to videoconferencing, file sync and share, and other remote work solutions to keep their businesses going. In China, where the disease started and where remote work policies are historically uncommon, the remote collaboration tool Zoom saw a single-day increase in downloads of 15%.

Remote work can certainly benefit a company, encouraging more collaboration and knowledge sharing. That's why its adoption has grown significantly in the last several years. In fact, the global enterprise file synchronization and sharing (EFSS) market is expected to reach \$24.4 billion by 2027, up from \$3.4 billion in 2018.

Indeed businesses need to implement secure file sync

and share technologies so that employees can work from home while also being able to access and transfer data in a manner that is both secure and safe. Not as a matter of luxury but of necessity.

What is file sync and share?

File sync and share technology is designed with the modern professional landscape in mind; a landscape where workforces rely on multiple devices and location flexibility in order to maximize productivity. File sync and share gives organizations the power to share files across multiple devices and with multiple people using file synchronization - allowing files to be stored in any approved data repository and accessed remotely by employees from any of their IT provisioned devices.

Security risks associated with remote work

Historically, remote work policies have been a sensitive topic for organizations. While some employers might fear that remote work creates a dip in employee performance, the larger concern is actually securing the proprietary and business-critical data modern companies rely on.

On a corporate network, IT teams can easily secure employee devices, but this becomes much more difficult to do once an employee accesses the system from outside the network. Outside of the corporate network, devices are easily susceptible to attacks from third parties and cybercriminals.

Attacking these unsecured endpoints can reveal the



employee's login credentials to cybercriminals so they can access the company's system, or even use ransomware to lock company data - I have encountered this pitfall many a times while on the beat.

Benefits of secure file sync and share

Solutions that are built to deliver secure file sync and share give organizations the flexibility to enable employee collaboration and productivity while giving the IT department control over the protection of company data. Here are some of

the ways that secure file sync and share technology protects and empowers businesses:

Secure File Sharing - It's well known that when a file sync and share solution isn't provided, employees will often resort to using their own personal devices and tools. Because these tools and devices exist outside of the control of IT departments, they're inherently not secure and put sensitive company data at risk. With secure file sync and share, employees can easily share and access company files while IT maintains the privacy and security of the data.

Easy Anywhere, Anytime Access - Organizations are beginning to see the workday less as a clock-in/clock-out office environment, and have adopted an environment that supports the various schedules and lifestyles of their employees. With secure file-sync and share, employees are no longer constrained to a single corporate-owned device to be productive.

Data Loss Prevention and Disaster Recovery - When corporate data is centrally stored, it's better protected against data leakage. This includes data lost to a cyberattack, employee error,

or a lost or stolen device. With an enterprise-grade file sync and share solution, sensitive corporate data is kept secure and protected.

Easy Collaboration - File sync and share services are adapting to not only protect company data but to aid in remote workplace collaboration. Some file sync and share tools now provide users with tools to preview and edit files in-browser, search and find specific company documents and versions, and keep all employees on the same version of a document.

Final thoughts

While global emergencies such as the coronavirus outbreak may highlight the benefits of having a secure remote work policy in place, the use of secure collaborative tools should be understood as part of a larger cultural shift. As more organizations adopt remote work policies, the IT teams, and MSPs that service these companies should adopt secure file sync and share solutions. Businesses need to implement secure file sync and share technologies that are both secure and safe. This comes to the fore and even more so, given that President Uhuru Kenyatta assented into law a Data Protection Bill last November which makes it mandatory for businesses to implement regulations set forth for compliance. Keep safe.

The writer is a Lead IT consultant at Magtech Solutions, <http://www.magtech.co.ke> Email: magtech@magtech.co.ke



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OF WOLVES, 2 CHERRIES AND A HARD HAT



By: Rudra Van Oxenberg

***WARNING - NOT FOR THE
FAINT HEARTED OR PERSONS
WITH FIXED OPINIONS***

Opinions on this article are mine obviously and don't necessarily reflect as the opinion of the publication.

Email: rudraox@yahoo.com

**2021 \ CHAPTER 1 \
ARE YOU READY FOR A
RELATIONSHIP?**

Hey there Madafu Family. I would like to take this opportunity to wish each and every one of you and your family a very happy 2021. Lets hope this year is MUCH better than the cursed 2020.

I would also like to thank my readers for their constant emails to me over the last year whilst many of you checked on me I got good feedback from my other readers on my previous articles.

With such an overwhelming

response to my article and so much love given to me by my readers, Madafu and I have agreed to do at least 10 articles for you this year. A writer can have several hundred sources of inspiration. But his true fuel comes from his audience - you. So thank you once again for the love fam.

Well last year we covered in depth over 2 chapters the art of breaking into a conversation with our female counterparts and a further chapter of doing this online. Many of you got instant success on Social media. Just remember the 3 major take outs from those articles.

1. Confidence is Key
2. Confidence is all that matters
3. Memorize number 1 and 2.

Now onto this year's first chapter. So you've been dating this lady for sometime and it's all roses and gold at the moment. The initial phase has been going so nice that you

literally feel like dancing in the traffic and distributing scones in the morning rain to random strangers - Yes some call it the butterfly effect. And its perfectly natural. But, just with like how it is with a brand new car, you are simply excited about this new chapter.

Do NOT confuse this feeling with you being "ready for a relationship". Allow me to happily slap that delusional feeling with these HARD FACT CHECKERS that you need to apply before getting down on that one knee (I am getting way ahead of myself here)

Many of us "guys" do random things like road trips, camping and the likes. But when it comes to something slightly more hands on, such as a family retreat for a weekend or a short but proper holiday with the mates, we always prepare ourselves.

However many many of you lot enter a long term relationship based on the initial feeling of happiness and go in totally

unprepared. Its like taking a machete to a machine gun fight. Do the odds. That's going in hoping for the best without actually putting in an ounce of effort of preparedness. You know during a quarrel when the lady tells us we all men are the same? Yes it refers to many other things too but definitely covers our lack of preparedness when entering these long term committed relationships. Many of you do it for the wrong reason (don't want to be alone, the girl is too good to let go, we need companionship etc) and you will fall face first on a concrete floor with this strategy. Even the bookies will give you odds of 1.01- if you want to wager on, I have a pal in Ireland who works with Bet365 and we can set this up.

So, how can we be sure we are prepared to enter into a long term relationship? Let us delve into these.

1. You have NO Plan B. No Exit Strategy.

If you get into a relationship and have an exit strategy pre planned, then you're not ready for a relationship homeboy. There comes a time in a relationship where you will say to yourself that I want OUT. But if you have boarded the ship without any exit plans you are going to stay put and charter on. Its just one of the norms of a relationship. The flashy rosy gold period ends eventually. Then its upto the two of you to work out of mundane quo to something better. But if you have an exit map in your pocket, you will bail at the first

sign of self conflict. So throw out the map and hop on board fellas.

2. Emotional Maturity Comes with Practice NOT Age

So, as a basic instinct carved into us a few millennials ago, we, men have several gifts but confronting emotions and dealing with these emotions are nowhere on our top 1000 skills. When we are confronted, we become aggressive. Instinctively. We will defend ourselves INSTEAD of LISTENING to our partner in order to come up with a fitting response. We need to be committed to WORKING on becoming better listeners and NOT going all gorilla mode on our partners by defending ourselves. That is why I have said, emotional maturity comes with PRACTICE NOT AGE. But Practice. As long as you can keep this in mind and tell yourself that you will communicate your feeling instead of using aggression/defense tactics, with time you will have mastered this critically important aspect of relationships. So be open with your partner and tell her this is what you want to embark on her. If she's Mrs. Right, she will have your back and help you navigate this massive road block efficiently. PRACTICE!! PRACTICE!! PRACTICE!!!!

This also covers another critical area - we could be problem solvers but the moment we are hit by confrontation, we forget to focus on the present roadblock and let our emotions foolishly navigate to the past issues or back to the basic blind

defending strategy. Focus on the present situation. Take a deep breath before you say something. If you need to cool off, tell her you're taking time off to cool down then go back and approach that issue and put it to BED.

3. AND THE MOST IMPORTANT - GETTING RID OF YOUR BAGGAGE

Many of us who have had a fair share at relationships have encountered total wrecks, damaged, psychotic perhaps or just plainly crazy women. Many of us have ended up getting hurt. Whilst its very important not to forget the lesson of that relationship, it is even more important to bring this damage, disappointment and hurt into the new relationship fellas. You have to get rid of that emotional baggage (a full chapter covering this will be unveiled) and begin your new relationship without any of the negativity or garbage from your previous haunting. I can say this with confidence. I dated a few who belong to the gene pool of witches. And yet here I am telling you NOT TO BRING YOUR PAST HAUNTING TO THE NEW RELATIONSHIP. It will end drastically too.

So, if you can master the above 3 then my friend you can set sail. If you cannot, just enjoy the mingling and dating and the rose and gold and stay off this course cause your boat will be torpedoed more often than not.

I would always love to hear your feedback, suggestions or well, abuse - do write to me on: rudraox@yahoo.com



© Meetal Mehta

The photo has been taken on the 23rd of Nairobi 2020 at Nairobi, Kenya.

The phase of the Moon is what is normally referred to as Waxing Gibbous, with the size or visibility being at 64.4%. We expect a full moon on the 30th November 2020, and the build up phases leading to a full Moon is what is usually referred to as Waxing Gibbous, whilst the phases leading to a New Moon is what is referred to as Waning Gibbous.

NEWS

National unity is a prerequisite for development, President Kenyatta

(PSCU)

President Uhuru Kenyatta has emphasized the importance of national unity, saying without it the country will not realize sustainable development.

The President said it was the quest for national unity that made him to choose to bring together all Kenyans through his handshake with former Prime Minister Raila Odinga after the election of 2017.

"That is why after we finished the election of 2017, there were two roads. One was to say I have been elected and I will rule and finish my term. I had the ability to do that.

"The second road was to look at how our nation was divided and decide to bring all Kenyans together. And if having a handshake and talking to our rivals will bring peace and unity which is the foundation of development, then let's follow that route," President Kenyatta said.

The President spoke Saturday at Mululu village in Vihiga County during the funeral service of Mama Hannah Atsianzale Mudavadi.

Mrs Mudavadi, who died at the age of 92 years, was the widow of the late Cabinet Minister Moses Budamba Mudavadi and mother to former Vice President Wycliffe Musalia Mudavadi who is also the Party Leader of the Amani National Congress.

The Head of State pointed out that when he and former Prime Minister Odinga decided to shelve their political rivalry to unite Kenyans, they did not intend to lock out other people from exercising their political freedoms.

"Our aim was only to bring all Kenyans together and that is where the foundation of BBI emerged...We said elections should never again be based on tribe but policies and good party manifestos that will bring all Kenyans together," President Kenyatta said.

He said no one will derail his efforts and commitment to unite the country and advised



politicians to be respectful and avoid utterances that could divide Kenyans.

"We want one strong united Kenya of 48 million people. That is the nation we seek, that is the nation we desire," the Head of State said.

Speaking at the funeral service attended a cross-section of political leaders, former Prime Minister Odinga scoffed at politicians bent on dividing Kenyans on tribal lines.

"Let us come together as Kenyans and talk as Kenyans. That is what will deliver the dreams of the founding fathers of our nation. That way, we will

be able to build a united Kenya where plenty is found within our borders.

"That is what we want and that is what my brother Uhuru Kenyatta and I stand for," Mr Odinga said.

Political party leaders Moses Wetangula (Ford Kenya), Kalonzo Musyoka (Wiper), Gideon Moi (KANU), Martha Karua (Narc-Kenya) and Peter Kenneth (Kenya National Congress) also spoke at the funeral service.

Vihiga Governor Dr Wilber Otlichilo announced that Sabatia Sub-County hospital will be renamed Mama Hannah

Mudavadi Sub-County hospital in honour of the departed Mudavadi matriarch.

Governors Charity Ngilu (Kitui), Prof Anyang Nyong'o (Kisumu), Sospeter Ojaamong (Busia) and Council of Governors Chairman who is also Kakamega Governor Wycliffe Oparanya, Sabatia MP Alfred Agoi and Vihiga Senator George Khaniri also spoke.

Others were Senators Johnson Sakaja (Nairobi), Cleophas Malala, Irungu Kang'ata (Murang'a), Senate Majority leader Samuel Poghiso and Senate Minority Leader James Orenge among others.

PHOTO STORY



Donation of face masks for students at a school in Kangemi through Good Hope Royalty Centre by Bunny Industries Limited, MaDaFu Newspaper & Yaris Institute Mombasa.



Lions Club of Nairobi Phoenix, Greater and Nakuru Menengai today celebrated a very important day in Lionism - The 142nd Birthday of The Founder, Melvin Jones.

To celebrate our Founder, the 3 clubs donated 6 wheel chairs to Cerebral Palsy children and food hampers to the Kibera Community. The Clubs also carried out a Free Diabetes and Vision Screening in conjunction with The Lions Sightfirst Eye Hospital for the recipients of the wheel chairs and their family members.

Our sincere appreciation to Club Presidents Lion Rani Ramchandani, Lion Mahesh Shah and Lion Tanvi Shah towards making this a successful donation activity.

The celebrations were attended by LCIF Trustee and GAT Area Leader PID. Dr. Manoj Shah, District Governor Eng. Josphat Muthumbi, 1st Vice District Governor Lion Dr. Zulfiker Mamujee and 2nd Vice District Governor Lion Shehzan Luhar and Lions Sightfirst Eye Hospital Chairman, Dr. Manilal Dodhia.

Congratulations to the Clubs and District 411A on the success of such a wonderful activity

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SALES, MARKETING & OPERATIONS

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IHC Republic Day Message

On behalf of the High Commission of India in Nairobi, I convey to all fellow Indians, Kenyans of Indian heritage and friends of India in Kenya greetings and warm good wishes on the happy occasion of the 72nd Republic Day of India.

It is extremely satisfying that the traditionally close and friendly relations between India and Kenya are developing from strength to strength into a robust partnership, covering diverse areas of human endeavour. We sincerely recognize the important role being played in this forward-looking process by the large Indian-origin community in Kenya. In the spirit of the diaspora's instinctive solidarity with India, we call upon the community in Kenya to actively participate in India's 'Atmanirbhar Bharat Abhiyan' (Self Reliant Indian Campaign), which is our Hon'ble Prime Minister's vision of a new India by the year 2022 when our country turns 75.

Wishing you all the best of health, happiness and success!



H.E. Dr. Paul the Indian High Commissioner to Kenya.

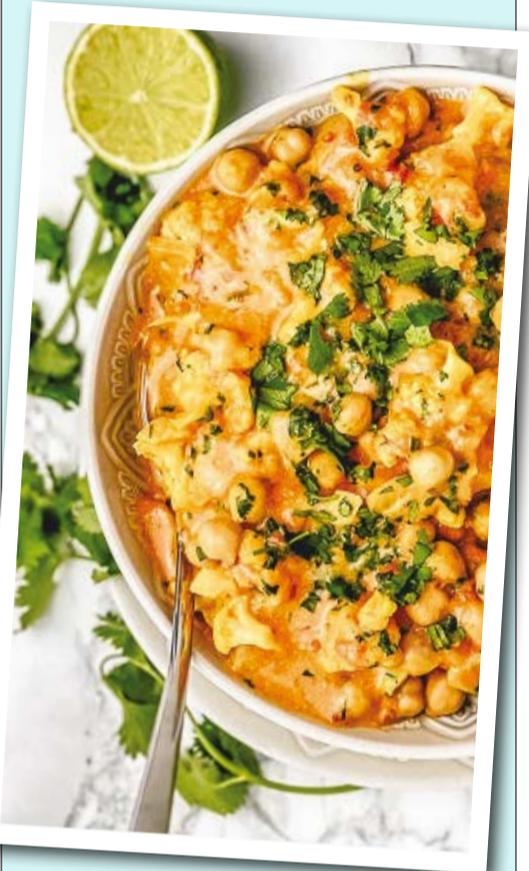
PHOTO STORY



HCK Nakuru chairman Shri Shailesh Sheth assisted in fumigating against covid, Lions School complex of Nursery, Primary and secondary classes to mitigate against spread of covid
Lions School chairman Shri Anil Walia thanked Chairman for the kind gesture

Recipe Corner

Vegetable & Chickpea Coconut Curry



By Mr. Satyen Shah

Preparation Time: 15 minutes
Cooking Time: 25 minutes
Serves: 4

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 tablespoon fresh ginger, minced
- 3 garlic cloves, minced
- 1 small head cauliflower, cut into bite-size florets
- 2 teaspoons chili powder
- 1 teaspoon ground coriander
- 3 tablespoons red curry paste
- 400 ml coconut milk
- 1 lime, halved
- 800 gms chickpeas, pre-boiled
- 1½ medium sized cups frozen peas
- Sea salt and freshly ground black pepper (to taste)

Preparation:

1. In a large saucepan, heat the olive oil over medium heat. Add the onion and bell pepper, and sauté until nearly tender, about 5 minutes. Add the ginger and garlic, and sauté until fragrant, about 1 minute.
2. Add the cauliflower and toss well to combine. Stir in the chili powder, coriander and red curry paste, and cook until the mixture begins to caramelize, about 1 minute.
3. Stir in the coconut milk and bring the mixture to a simmer over medium-low heat. Cover the saucepan and continue to simmer until the cauliflower is tender, 8 to 10 minutes.
4. Remove the lid and squeeze lime juice into the curry, stirring well to combine. Add the chickpeas and peas, season with salt and pepper, and bring the mixture back to a simmer.
5. Garnish with coriander
6. Serve with rice, naan or bread if desired.

PHOTO STORY



Hindu Council of Nakuru, handed several cartons of handwash sanitizers to Ministry of Social Development on 9.1.2021



Kutub Gulamabbas Kenya International Cricket Umpire from Mombasa is seen receiving the cricket tie and a cricket book from the Veteran Subhash Modi Kenya International Cricket Umpire. The Book is on one of the finest and the best former England's cricket Umpire Dickie Bird. Both Kutub Gulamabbas and Subhash Modi met on Saturday the 2nd. January, 2021 at the Nairobi Sarit Centre.



TOP NEWS

REVIEW OF THE COVID-19 CONTAINMENT MEASURES



During the Sixth (6th) Extraordinary Session of the National and County Governments Summit held on the 4th of November, 2020; His Excellency the President announced a raft of containment measures to stem the spread of the novel Coronavirus Disease, as part of His Excellency's Thirteenth [13th] Presidential Address on the Coronavirus.

The revised Containment measures, developed following consultations with the leadership of the County Governments, are set to lapse today Sunday, the 3rd January, 2021.

NOW THEREFORE, and following His Excellency's consideration of the recommendations of both the National Security Advisory Committee and the National Emergency Response Committee, the Head of State has noted the following:

I. That whereas our national positivity rate continues to decline, the Coronavirus pandemic remains a threat to our health and to our livelihoods;

II. That over the last 24 hours 124 new Covid-19 cases were confirmed, out of a sample size of 2,855 tested. The tests conducted so far now stand at 1,055,691;

III. That whereas no Covid-19 fatalities were reported over the last twenty-four hours; 1,685 of our compatriots have thus far regrettably succumbed to the disease;

IV. That in recognition of the State's solemn duty to guarantee the safety and wellbeing of all children, as all learning institutions and schools fully re-open; and

V. That aware of the possibilities of increased cases of transmission of the Covid-19 disease during this period.

REASONS WHEREFORE, and conscious of the compelling need for an enhanced public

health environment to facilitate the re-opening of all schools, it is hereby notified that His Excellency the President has set his hand and seal to the requisite instruments and issued the following revised Containment Measures:

I. That the nationwide curfew is extended up to 12th March, 2021;

II. That the nationwide curfew will continue to be enforced between 10.00 pm and 04.00 am daily;

III. That whereas the general directions governing religious gatherings shall remain unchanged, any indoor religious gathering other than for the purpose of a wedding or funeral, shall be conducted in accordance with the guidelines issued by the Inter Faith Council and with all other applicable Ministry of Health guidelines and protocols remaining in force;

IV. That all forms of public events and gatherings which may act as 'super spreader' events for COVID-19, including political and roadside gatherings/meetings, shall remain suspended for the next 60 days; with the exception of funerals /burials and weddings, which shall only be conducted with prior approval and with the number of persons being capped at a maximum of 150 persons, and only if the particular venue can accommodate that number of persons while adhering to all applicable guidelines and protocols;

V. That all overnight vigils or events of any kind shall remain prohibited;

VI. That all isolation facilities in the Country shall continue to be maintained at a high state of preparedness through continuous capacity building of healthcare workers, provision of adequate Personal Protective Equipment (PPE) for healthcare workers, and the

continuous implementation of Infection Prevention and Control measures;

VII. That the County Governments shall enhance investment in piped and portable oxygen capacity in all isolation and critical care treatment facilities for the management of severe Covid-19 cases;

VIII. That Teachers and other Staff who are aged 58 years or above, or who have pre-existing conditions, shall deliver on their duties through remote means or by holding their classes/lessons in open spaces with natural flow of air;

IX. That all Passengers in public and private vehicles must wear masks and maintain hand hygiene at all times while within the motor vehicle; and all public service vehicles shall observe a strict 60% maximum carrying capacity limit;

X. That all schools shall ensure that they have adequate hand-washing stations corresponding to their student population, in line with the guidelines issued by the Ministry of Health and the

Ministry of Education; schools experiencing water problems must ensure that there is adequate availability of hand sanitizers for both the students and the teachers;

XI. That all non-essential visits to schools by parents and guardians are prohibited and should only be allowed in exceptional circumstances - in fidelity with the guidelines issued by the Ministry of Education; with all visitors to schools being registered in the school records and being subject to all infection prevention protocols;

XII. That all Teachers and Students shall wear appropriate facemasks when on the school premises or within school transport, in addition to strictly applying hand-hygiene and physical spacing;

XIII. That all extra-

curricular activities such as sports, drama, music and prize giving days, involving more than one school remain prohibited for the next 90 days; and all exchange visits between schools shall remain prohibited for the same period;

XIV. That the Principal/Headteacher of every school shall maintain a register of all sick pupils/students or teachers, and immediately inform the County Health Department of all instances of moderate to severe illness; and

XV. That the County Health Departments are directed to carry out routine surveillance for COVID-19 and other public health problems in all schools; including random sampling of pupils, teachers, and ancillary staff.

His Excellency the President reiterates that the success of our national endeavour to flatten the COVID-19 curve is dependent on individual and communal behaviour. All Kenyans are reminded that the easing of containment measures is informed by epidemiological models and

statistics that are the result of the extent to which individuals and communities adhere to COVID-19 preventative guidelines and protocols.

In that regard, the Head of State has urged all Kenyans to continue observing the guidelines and protocols issued by the Ministry of Health; which include the proper wearing of facemasks, physical and social distancing, regular washing of hands with soap and water or the frequent use of appropriate sanitizers, and the regular cleaning and disinfecting of frequently touched surfaces.

JOSEPH K. KINYUA, EGH
HEAD OF THE PUBLIC SERVICE

PHOTO STORY



Nyali Sun Africa Beach Hotel senior Managers Led by the GM Mr. Peterson Njuguna [second right] line up to sample newly introduced entrecote denote steak paired with 4 spring of fresh rosemary and double brandy reduction served with fondante patate recipes, being prepared by chef Vivian Banda [left] in readiness for this coming valentine celebration. The recipe will be served during the valentine dinner on 14th February.



Faulu Bank Managing Director Apollo Njoroge (Left) hands over face masks to Leah Makori (centre), a class eight pupil at AIC Girls Boarding Primary School, Kajiado and the school headmistress Catherine Kipury. The Bank has rolled-out a campaign to sensitize the public on the need to continue observing health measures aimed at preventing the spread of Covid-19. Over 150,000 face masks will be distributed in 150 primary schools across the country.



Faulu Bank Managing Director Apollo Njoroge (Right) is joined by Kajiado County Deputy Governor Moshisho Martine to launch a campaign supported by the Bank to sensitize the public on the need to continue observing health measures aimed at preventing the spread of Covid-19. As part of the campaign, over 150,000 face masks will be distributed in 150 primary schools across the country.

PHOTO STORY



Pwani Oil senior Executive Anthony Odeo (Right) hands over handwashing units and Detrex soap to Kiserian Adventist Primary School pupils led by their deputy headteacher Jackson Muange (Centre) and Lynn Orenda, a member of the board. Pwani Oil donated as part of the company's ongoing efforts to assist vulnerable members of society to keep their hands clean as the country fights the Covid-19 pandemic.



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RELIGION

A CONVERSATION WITH GOD

By Mr. Paresh Morjaria

It was one of the worst days of my life. I got mugged, got dumped by my girlfriend and lost my job all in one day. Totally dejected and nearly broke I decided to walk home instead of taking the bus and was walking dejectedly through a dusty by-lane when my foot hit something hard making me wince in pain. I picked up the offending object and found myself holding an old fashioned dusty oil lamp. To cut the long story short I did an Aladdin and rubbed the lamp, out came the genie and asked me to make three wishes. After thinking long and hard I wished for the ability to see anytime in the future I wished.

From that moment my life changed beyond imagination. I first hit upon the casinos. I knew all the winning numbers at the roulette before the ball had even begun its spin. I knew all the winning numbers of lotteries horses and football pools. I won everything and soon was an extremely rich man. I gained worldwide fame as the luckiest man a live. People would flock the casinos or the race tracks I attended and placed their bets to match mine and win big. At first they suspected me of fraud but after thorough investigations soon cleared me. I kept up my merry ways till I got fed up of winning. Ultimately I got sick of winning money, and with money no longer being a need; I slowed down on my gambling considerably.

I had foreseen of my whole life so I knew about my wife and children much before I got married. I knew what my kids would grow up to be and even when and how they would die. I even knew that I was to die of a heart attack at the age of 42 and so on that day I checked into intensive care unit of the best hospital in the world cheated death with the help of the best surgeons money could buy. With so much pre-knowledge even destiny did not stand a chance against me. I had it all and did it all. I went round the world on several occasions. I massive homes all over the world and drove the best cars. I had planes, yachts and helicopters and everything else you could think of. I even took a trip to the International Space Station. I rubbed shoulders with many a President and Hollywood stars. I had affairs with the most beautiful and desired women on the planet. I sought and got everything with my powers but for some reason my heart still ached for real happiness. Ironically, amid all this affluence lived a heart as unhappy as the one on that dusty alley, eons ago!

I tossed and turned in bed as I pondered on my predicament and then suddenly my mind turned to God. As I prayed I felt more and more restless until I could bear the anguish no more. My heart needed some answers and I knew exactly where to find them, but not how to get there. It

is then that I remembered I had two more wishes and summoned the genie.

"I want to have a conversation with the almighty God and that's my second wish!" I yelled.

"I cannot do that please ask me for anything else." replied the genie

"I have made my wish so you to either fulfil it or be in your incarceration for the rest of your life for I have no other desire left"

The genie stared at me in utter contempt before it disappeared. It was back in five minutes and told me that he had been granted permission to fulfil my wish. He snapped a finger and the next thing I was floating in a massive space. It was like a massive room with no walls, floor or ceiling within the eyeshot, yet you could feel them all. I felt utter peace and tranquillity I had never felt before I stood there marvelling. I felt like my soul was being bathed and massaged in soothing warm water. Yet it was the colors which had me gasping. I was surrounded by colors which I had never imagined existed. I can only describe them as colors that caressed my heart with sheer ecstasy. At that time I knew I was in presence of God

"Well son? What is it that you wanted to talk to me about?" boomed a voice

"Is that you God?"

"Yes, my son, it is I"

"Where are you? How come I cannot see you?"

"I am invisible to those who don't wish to see me yet visible to those who do. I am in every human, animal, bird, insect, flower, mountain, ocean, lake and everything else you can think of, yet you can't see me? I am your father and I am your mother. I am your child and I am the genie. I am part of everything you see and everything you don't. I am everywhere if you wish to see me and I am nowhere if you don't. I was with you on the beach and I was with you when you lost your job!"

"I now know that this is true, but why did you just stand by and let all those things happen?"

"My son I made humans in my image thus you are part of me. I am your father. Like a father I know each and every one of you. Do you remember guiding your son as he was growing up? You had different designs for each son depending on his ability and talent. You knew in which position each of them would find happiness, because you had the advantage of experience and thus knew the path ahead. Sometimes they rebelled because they thought they knew better, much like you did on the beach that afternoon. As a father, I knew the right path for you. A father will always give his child more than the child deserves and so did I to you, however I could not overrule your destiny. All I can do is to give you strength when you need it most or give you a hand when you are about to drown but in the end each of you must carry their cross, that's the way of life"



"Thank you God" I said, "But please tell me why I was unhappy then and why am I still unhappy now, after having it all?"

"My son, you have the same folly as every other human. You seek happiness is found in material gain. Think for a minute which picture makes your heart smile. Was it the first time you sat behind the wheel your new Mercedes or the first time you held your baby? Man continues to believe that ultimate happiness is in material wealth. And yet he never seems to have enough. He begs for one car I bless him with two to make him happy but his greed is endless. He must have more cars, more houses and more money, not realizing that he has only one body thus he can drive only one car or live under one roof at one time. The rest of what he accumulates is just for show or counting. He is busy accumulating all the showpieces he thinks will satisfy him, until suddenly he realizes that important things like family and friends have passed him in his materialistic trance. By then all his money cannot reverse time for him to make atones for his mistakes. You have only body and your needs are very limited so as long as you have enough to fulfil that, you will find happiness."

"I understand O Father, but why is there so much restlessness on earth despite of it being replete with all we need?"

My son, it is nature of man to be restless. As I said before I know my each and every child on

earth and to each one I allocate his own "hill" on which I know he will find will maximum peace and comfort, but as man looks beyond at other hills he feels that the one in the yonder is more desirable and strives to attain it and like a father, giving into a stubborn child I help him in his endeavour. For sometime he will be very joyful till he starts finding faults with it and then tries to look further at other hills in the yonder. He will move from hill to hill till he realizes that the first one was the best. Do you remember the first time you desired the Rolls Royce and how you craved for one. Initially you got thrilled and could not contain your happiness but it lasted only a few weeks till you craved for a Ferrari. Well son at the end you're realized that all in all there was not much difference between the pick-up truck you drove first and all the rest of the luxury cars you acquired later because both of them got you to your destination. The difference was that with the Pick-up truck you could drive it of park it without much care because even if you scratched it or lost it, the pain would be minimal compared to the more expensive ones.

"Surely that can't be the only reason for so much misery?"

"You are right. The other thing that keeps mankind away from peace of heart is his nature of one-up-man ship. Man will always try and out-do his fellow man. "My car is better than yours" or "My children are better

then yours" is his motto. Man has even gone to the extent of competing over religions. This is the reason for some much conflict on earth. Don't they realize that there is only on God? Me! I am the only religion but different religions know me by different names. I had to appear to various people in various ways because everyone cannot be taught in one standard way. I have to adopt different ways to teach the same message according to their understanding and environment. Man has still not understood that despite my various ways of teaching, my message is same in every religion. Perhaps the biggest proof that I am the creator is that all the humans appear the same. All of you have your eyes, ears, noses etc in the same places. If there were two or more Gods, the people of each religion would have differed from each other. The concept of a creation of any two individuals cannot be the same. For example, just like the designer of Toyota and Nissan have different views of what their creation should look like, one God would have thought that ears would be more useful on top of the head and eyes should have better uses on the ears as they can see all-round. The other would have of course had different view. More importantly the parts of Nissan cannot fit Toyota and vice versa. All of you have been designed the same as other and as you know your organs match and can be transplanted, so you must realize

that there is indeed only one creator. All this is very clear to a thinking man yet mankind will have strife over such matters, just to prove that his religion is better than the next!"

I was stunned into silence as the logic of it all struck me. It was all there and all so clear yet I could not see it. I felt peace descend upon me for the first time in years and I said

"O Father, thank you very much for clearing a lot of things for me. I have now understood completely and have only one more request"

"Speak my son!"

"I want you to return my powers of foreseeing the future!"

"Why?"

"I thought I would find happiness with that but I found that I lost interest in life because at every point I knew what was coming. It's like getting a Christmas present and knowing exactly what was in it. There is not excitement and fun in that so I wish to live normally."

"Well I must warn you that as soon as I withdraw your powers, you will have to die because as per your destiny, you have already cheated your death more than once so your account is already overdrawn"

"That is a new experience to me, for I have always been in credit in every bank in the world" I smiled, "So be it!"

Well, I never learnt my lesson on earth but you, my friend, still have time. Do it while you are still on earth before it is too late because time is ticking...

SEE THE HOSTILITY BEHIND THE FRIENDLY FACADE



The Law of Aggression

On the surface, the people around you appear so polite and civilized. But beneath the mask, they are all inevitably dealing with frustrations. They have a need to influence people and gain power over circumstances. Feeling blocked in their endeavours, they often try to assert themselves in manipulative ways that catch you by surprise. And then there are those whose need for power and impatient to obtain it are greater than others. They turn particularly aggressive, getting their way by intimidating people,

being relentless and willing to do almost anything.

You must transform yourself into a superior observer of people's unsatisfied aggressive desires, paying extra attention to the chronic aggressors and passive aggressors in our midst. You must recognise the signs - the past patterns of behavior, the obsessive need to control everything in their environment - that indicate the dangerous types. They depend on making you emotional - afraid, angry - and unable to think straight.

Do not give them this power. When it comes to your own aggressive energy, learn to tame and channel it for productive purposes - standing up for yourself, attacking problems with relentless energy, realizing great ambitions.

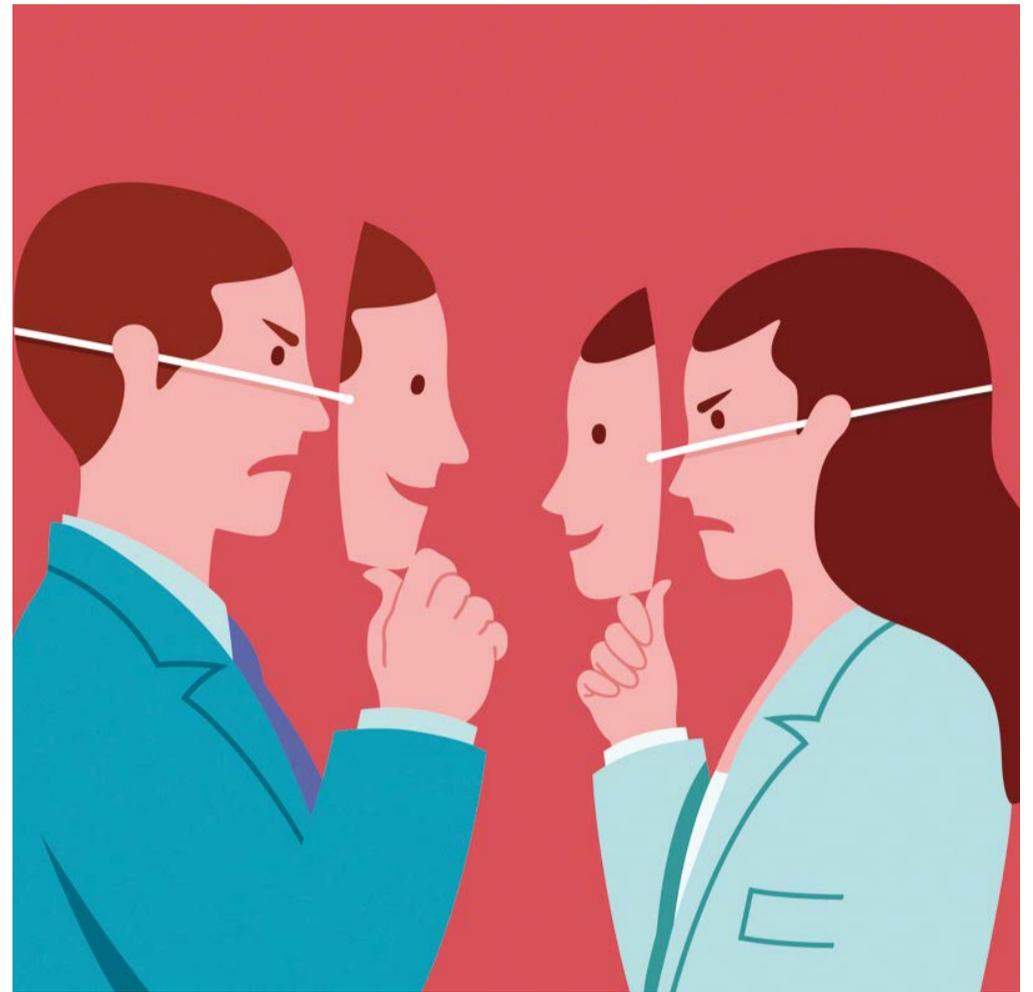
Primitive Aggressors have very short fuses. If someone triggers in the feelings of inferiority or weakness, they explode. They lack any self control, and so they tend to not get very far in life, inevitably hurting and bullying too many people.

Sophisticated Aggressors are

much trickier. They rise to top positions and can stay there because they know how to cloak their maneuvers, to present an distracting facade, and to play upon people's emotions. They know that most people don't like confrontation or long struggles, and so they can intimidate and wear people down. They depend on our docility as much as on their own aggression.

You can recognise them by one simple sign: they get to where they are going primarily through their aggressive energy, not through their particular talents. They value amassing power more than the quality of their work. They do what is necessary to secure their position and crash any kind of competition or challenge. They do not like to share power.

See through their narrative and their shrewd attempts at distraction. They will often present themselves as holier-than-thou or as victims of other people's malice. The louder they proclaim their convictions, the more certain you can be they're hiding something. Be aware



that they can sometimes seem charming and charismatic. Do not be mesmerized by such appearances. Look at their patterns of behavior.

If they have taken from people in the past, they will continue to do so in the present. Never

bring on such types as partners, no matter how friendly and charming they might seem. They like to piggyback on your hard work, then wrest control. Your realistic appraisal of their actual strength and their aggressive intentions is your best defense.

Extract from The Laws of Human Nature by Robert Greene. All rights Reserved.

#TheLawsOfHumanNature

Extracted by Mwachere Shuma

PHOTO STORY



David Muhoro, Transport Manager at Siginton Global Logistics is shown features of one of the 10 brand new Siginton trucks by Benson Mutiso a driver at the logistics company. Siginton Global Logistics acquired new trucks to boost its fleet capacity and meet increased customer demands for efficient cargo transportation.



David Muhoro (L), Transport Manager at Siginton Global Logistics hands over truck keys to Benjamin Nzoka (R) a driver at the firm to commence truck operations with the 10 brand new trucks acquired by the logistics company looking on is Benard Maghanga Safety Officer. Siginton acquired the additional trucks to boost fleet capacity and meet increased customer demands for efficient cargo transportation.

TOP NEWS

GOOGLE UNVEILS A 10 MILLION DOLLAR GRANT TO SUPPORT KENYA'S POST COVID-19 RECOVERY

PSCU

American technology giant Google has announced a 10 million US dollar package to support Kenya's post Covid-19 recovery efforts.

The announcement was made Wednesday evening by the Google's Chief Executive Officer Sundar Pichai during a virtual meeting with President Uhuru Kenyatta on the sidelines of a public discussion on digital transformation in Africa organised by the Corporate Council on Africa (CCA).

CCA is a Washington DC based trade association focusing on strengthening trade and commercial ties between the United States of America and African economies.

In addition to the 10 million dollar package, which includes 3 million to support small businesses, 5 million for Kenyan start ups and 2 million for charity, Mr Pichai announced several other investments lined up by his organization for Kenya.

Mr Pichai said his company will expand its Google for Startups Accelerator program this year by supporting 100,000 businesses and 15,000



developers in Kenya.

In the education sector, the American technology giant will train 29,000 students and 1,800 teachers on remote learning

using its Google Classroom platform.

President Kenyatta welcomed the post Covid-19 recovery support from Google and thanked the company for working closely with the Kenyan Government in driving digital transformation across the country in the 13 years of its operations in Kenya.

"Thank you and your team for being very close collaborators with Kenya over the years. We started our journey some almost two decades ago to try and start moving into the digital world.

"You have been a good part of that journey. A journey that has enabled many Kenyans through the use of technology and digitization to access financial services, knowledge and to enhance their business capacities," the President told Mr Pichai.

He said Kenya's digital transformation supported by partners such as Google over the years has seen the country rise to become "one of the start up capitals of the African continent."

During the public discussion moderated by Kenyan international media icon and former CNN journalist Zain Verjee, the President said Kenya is aggressively expanding internet connectivity across the country and investing in skills development to enable young Kenyans to benefit from employment opportunities created by the digital revolution.

The President said his administration is rolling out the Competency Based Curriculum (CBC) to give Science, Technology, Engineering and Mathematics (STEM) subjects

the prominence needed to move Kenya from a nation reliant on agriculture to an economy powered by technology.

Moving forward, President Kenyatta said Kenya's priority is translating the expanding internet connectivity in the country into tangible economic benefits for her people.

He said the country will achieve this ambition by linking the Small and Medium Enterprises (SMEs) with the high potential and expansive global markets.

"True growth in Kenya is going to be led by SMEs and we need to be able to tool them. One area I would like us to work a lot more together is in the area of supporting our SMEs," the President said.

The Head of State said his administration was keen on expanding market opportunities for Kenyan businesses through the ongoing Free Trade Agreement (FTA) negotiations with the United States of America and other multilateral platforms such as the African Continental Free Trade Area (AfCFTA).

On his part, Mr Pichai said the Covid-19 pandemic had accelerated digital growth in Africa and assured President Kenyatta that Google will continue partnering with African Governments in the delivery of technology solutions.

ICT CS Joseph Mucheru, a former Google employee, attended the meetings alongside his Foreign Affairs counterpart Raychelle Omamo. State House Chief of Staff Nzioka Waita, his deputy incharge of Strategy Mrs Ruth Kagia and ICT PS Jerome Ochieng were also present.

Dental Health: Oral Hygiene Care and Maintenance

DENTAL HEALTH: Dry Mouth



Introduction

Dry mouth, also called xerostomia, is a condition that results from a decreased volume of saliva in the mouth. Xerostomia can make it difficult to speak, eat and digest food and can lead to malnutrition. Extreme dry mouth and salivary dysfunction can produce anxiety, mouth and throat disorders and can impair a person's quality of life.

Benefits of saliva

Saliva is the mouth's primary defense against tooth decay and maintains the health of the soft and hard tissues in the mouth. The lubricating properties of saliva provide comfort and help protect the oral tissues against ulcers, sores and other frictional movements that accompany normal functions such as eating and speaking. Saliva neutralizes acids and helps defend against bacterial, viral or fungal threats. Saliva is an essential contributor to a person's ability to taste.

What causes dry mouth?

1) Medications: Certain medications have dry mouth as a side effect. Such drugs include those used to treat depression, high blood pressure and anxiety as well as antihistamines, decongestants and muscle relaxants.

2) Ageing: Dryness of the mouth increases with age. Contributing factors include use of certain medications, inadequate nutrition and having long term health problems.

3) Cancer therapy: Chemotherapeutic drugs can change the nature of saliva and the amount produced. This can be temporary with normal salivary flow returning after treatment is completed. Radiation treatment around the head and neck region can damage the salivary glands thereby causing a significant decrease in the production of saliva.

4) Nerve damage: An injury or surgery that cause nerve damage to the head and neck region can result in dry mouth.

5) Other health conditions: Dry mouth can result due to certain health conditions such as diabetes, stroke, yeast

infection in your mouth, Alzheimer's disease or due to autoimmune diseases such as Sjogren's syndrome. Snoring and mouth breathing can contribute to a dry mouth.

6) Tobacco and alcohol use: Such lifestyle habits increase dry mouth symptoms.

7) Recreational drug use: Drugs such as methamphetamine causes severe dry mouth.

Symptoms associated with dry mouth

Some of the common symptoms include

- A sticky, dry feeling in the mouth
- Frequent thirst
- A dry feeling the throat
- Bad breath
- Difficulty in chewing, tasting, speaking and swallowing
- Dry of grooved tongue
- Dry corners of the mouth and cracked lips

Some of the complications arising from dry mouth include:

- Increase plaque, tooth decay and gum disease
- Yeast infections (Oral thrush)
- Mouth sores
- Poor nutrition due to difficulty in chewing and swallowing

Treatment

Dry mouth can be treated by identifying and the treating the underlying cause. Certain medications may be prescribed to stimulate salivary production. Artificial salivary substitutes may be used to reduce the dryness in the mouth. Home remedies such as drinking plenty of water, chewing sugar free chewing gums, breathing through your nose, use of a fluoride toothpaste, use of a room vaporizer to add moisture to the bedroom and moisturizing your lips can reduce the dryness in the mouth. Avoid products such as alcohol and tobacco as they will worsen the symptoms of dry mouth.

One can expect a very good prognosis by visiting a dentist regularly as this will aid in the correct management of dry mouth and its complications.

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

For enquiries: luwayhamid@hotmail.com

MESSAGE OF APPRECIATION



Shashi D'Silva

6th MAY 1950 - 12th JAN 2021

As it would be impossible to reach out to each and every person individually, we would like to sincerely thank everyone for the many calls, messages and personal visits during our time of grief. It is testament to the person Shashi was, touching many lives with her genuine love, compassion and loyalty.

We would also like to express our heartfelt gratitude to all family and friends who were present with us and provided comfort, love and support during Shashi's illness and the difficult days that followed her passing.

May her soul rest in everlasting peace.

Tony D'Silva and family

Om Shanti Om Shanti Om Shanti



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TOURISM

TOURISM 2021 OUTLOOK

By Mr. Ishpal Singh Oberoi

The eve of 2021 was quiet for all Kenyans with few calling in the new year at house parties all be it in small numbers, most called it an early night and were tucked away in bed before the clocks turned 12.

The dawn of 2021 though came with a much anticipated promise of a magical elixir in form of a vaccine for Covid-19.

A magic bullet for tourism and it's related industries i.e travel, leisure and entertainment the beginning of 2021 was not going to be instead the beginning of 2021 saw a large majority of staff who reappeared on the employment scene after many months of being returned home for indefinite periods sent back home once again. Employers in the industry were faced with exorbitant taxes in the form of single business permits, liquor licences, tourism regulatory authority licences, osher permits and a compulsion to have to pay



advance taxes to run vehicles.

At the moment more than 260,000 people on the Coast are out of work, tourism related businesses are operating partially with almost all being unable to pay debts incurred in

2020.

This has added on pressures to all along the supply chain from simple vegetable suppliers to suppliers of toiletries and transportation services. Many hotels including many properties

not honouring payments terms and heaping suppliers unpaid for more than a year.

The already burdened by debt and working on very meagre margin establishments on the Coast have also been surprised by being slapped with huge increases in the cost of electricity which virtually wipes out any buffer created during the festive December and Christmas seasons.

with Europe and the majority of the western world looking at a vaccinated population by the end of the 1st half of 2021. The future of travel does not seem to have much positivity prior to this survival for another 6 months with no real funds or cash flow seems dire for businesses and very hard for most employers to understand but in all truth the tax levies and nationalized industries rates remain very hard to work with on the Coast.

We once had nearly 50 flights arriving weekly, we now have just one and this too is not full. Pre covid flights and arrivals were already beginning to wane with Mombasa receiving no more than 12 charters a week.

We once commanded great rates but have stagnated at the same dollar rate for over

20years as expenses have risen exponentially.

The bargaining power of the customer and source market suppliers has turned Mombasa especially into a chap product without the ability to revamp, renew or better itself.

Watamu and Diani have benefitted slightly from Mombasas fall from grace with the counties having far less dense population and cleaner, airier, more leisure friendly sceneries and environments as well as being far easier and cheaper to work in comparison to mombasa

Were it not for business tourists the goodwill of the Kenyan people and the frustration caused by Covid 19 lockdowns the coast may not have such an excellent December.

In wildlife parks such as Tsavo nature and wildlife / flora and fauna have flourished with the latter of the due of moving wheels radios and the lights of the lodges.

Animals in huge number are being reported and vegetation is doing extremely well too.

It is at this hour that true lovers of nature like the Tsavo trust in hoardes are out cleaning the highway and animal corridors so

that nature prevails.

The likes of Jiten Malde have gathered donations and put in a concerted effort spending time money and energy in the protection of nature.

If tourism is to ever recover it's sustainability is paramount and also it's ingenuity with prohibitive obstacles it will be a difficult sell and this is why the Kenyan Coast has failed to attract a real international large hotel chain after the exit of Intercontinental Mombasa.

Another blaming reality is that definitely need scheduled flights into Moi Airport from international destination. The fact that even KQ doesn't have a direct International flight into the destination is a fares sorry state of affairs.

A lot can be done to ensure 2021 is the eve of a new dawn for tourism at the coast but a radical change in policies, taxation, training and revision of oppressive rates needs addressing or we will be fighting a never ending battle singing the same saga that has been raging for decades.

PS: -the article is the opinion of the writer and not necessarily that of the organization or body that he chairs or runs.

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ENTERTAINMENT



JOKES!!!

STOLEN

WEDDING IN ENGLAND:

Invited : 60
Present at the church: 60
Present at the reception: 58

Gifts: 58
Missing Items: 0

WEDDING IN AMERICA
Invited: 100
Present at the church: 80
Present at the reception: 70
Gifts: 65
Missing Items: 0

WEDDING IN KENYA:
Invited: 500
Present at the church: 65
Present at the reception: 1348
Pledges - 4,000,000 m.
Paid pledges- 120,000
Gifts: 15
Envelopes: 300
Content in Envelopes: 7000 shillings.

Missing items: 43 phones:-
324 spoons,
1 cake knife,
One photographer's camera missing.
Girlfriend gone with another guest.
Boyfriend looking for his girlfriend.
Girlfriend looking for her boyfriend,
Remaining gifts missing,
4 people fighting outside,
50 chairs broken,
5 tables broken,
3 decoration curtains missing.
Groom's mother slaps bride.

The change begins with you!

Before I buy my girlfriend a christmas gift this year, is any of you guys out there seeing her also?

It would be much cheaper if we go half!

Dear Santa, all I want is a fat bank account and a skinny body. Please don't mix it up again like last year!

I'm thinking about staying home tonight and watching a movie with my girlfriend. Can somebody please recommend a good girlfriend?

Wife sent a message to her husband:

Wife: Don't forget to buy the groceries from the list I sent you. Ohh, and by the way, Zainab says hi to you...

Husband: Who is Zainab?
Wife: Nobody...I was just making sure that you read my message...

Abs are great... But have you tried donuts?

Your family tree must be a cactus...
Because everyone on it is a prick

The fact that i make sense when i lie, doesn't mean you call me a "licence"

So I asked this lady what her son had scored in his KCPE exam...

She counter asked me why I had never asked about his school fees!!

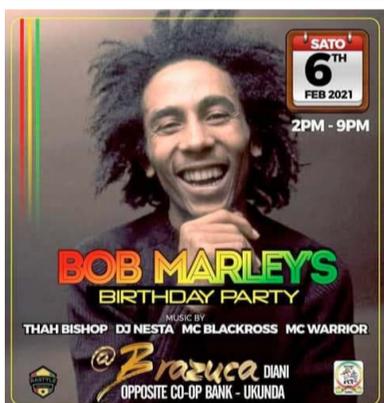
My wife asked me to take her to one of those restaurants where they make the food right in front of you.

So I took her to Subway and thats how the fight started!

Mombasa & Coast Event Guide February 2021 - presented by wh@t's on mombasa

| NIGHTLIFE & ENTERTAINMENT |
|--|
| Tuesdays Hypnotica Bar & Restaurant Nyali Wet & Pool Party with DJ Hans DJ James Naira Banking Mint Lounge Bamburi Captain Affairs with Benz The Captain |
| Wednesdays Anuba Lounge Nyali Ladies Night Out with DJ Beatmapp Mint Lounge Bamburi Ladies Night with DJ Kslin Club Zero 4 Moi Avenue Girls & Cocktails with DJ Jackie |
| Thursdays Mint Lounge Bamburi Throwback Thursday with DJ Moha001 Club Zero 4 Moi Avenue Uptown Reggae Thursday with Dr Fred MC Blackrose DJ Mems Hypnotica Bar & Restaurant Nyali Bum Bum Thursday with BM Shaxxy |
| Fridays Mint Lounge Bamburi Ultimate Friday with DJ Kslin DJ Moha001 Moonshine Beach Bar Nyali Moonshine Signature with DJ Delph |
| Saturdays Topaz Bar Tudor Saturday Vibes with DJ Lenium Club Zero 4 Moi Avenue Saturday CBD Chronicles with DJ Mems DJ Sammy Blez Mint Lounge Bamburi DJ Teekay Connect |

| NIGHTLIFE & ENTERTAINMENT |
|--|
| Sundays Mint Lounge Bambury DJ Kalonje Sunday Brunch 2 pm Mint Lounge Bamburi DJ Teekay Connect Saturday 8 am Club Zero 4 Moi Avenue 165 Sunday with DJ Mems Sammy Blez |
| KARAOKE |
| Mondays Club Zero Zero 4 Moi Avenue Corporate Mondays Karaoke with DJ Eddirah DJ Mems Sonu Ment and Carter |
| Sundays Topaz Bar Sundowner Karaoke with DJ Rahj Njeri |



| LIVE MUSIC |
|---|
| Tuesdays Sheba Lounge Nyali Tuesday Night Live Band Safari Inn Shanzu Tuesday Band Night with Maranda & Band Divas Lounge Bamburi Ambro La Musica Band |
| Thursdays Char-Coma Bamburi Ricky Mulolo & Idologia Musica Travellers Beach Hotel & Club Mombasa Roots Band |
| Fridays Safari Inn Shanzu Friday Night Band with Jambo Africa Band New Club The Place Bamburi Ricky Mulolo & Idologia Musica Band |
| Saturdays Englishpoint Marina Swahili Jazz |
| Sundays Divas Lounge Bamburi Rhumba Sundays with Ambro La Muzika Mingles Lounge Nyali Sunday Live Band with The Twin Star Band Moonshine Beach Bar Nyali Generation Band |

whats-on-nairobi.com

All events without warranty!

| VALENTINES |
|--|
| Saturday 13th February Travellers Beach Hotel & Club Valentine's Eve Laughter Under The Stars - Valentine's Eve Dinner with Eric Omondi Bidi Badu Restaurant Diani House Of Love Diani Waqanda Restaurant & Lounge Changamwe Valentine's Eve Retreat with Saneipei Tande Twin Star Yohan Santosh |
| Sunday 14th February Moonshine Beach Bar Nyali Lovers Paradise Valentines Weekend |
| MOVIE NIGHT |
| Saturday 13 02 Piri Pirie's Bar & Restaurant Diani Beach Movie Night: My Big Fat Greek Wedding 3.30 pm |

| NIGHTLIFE & ENTERTAINMENT |
|---|
| Saturday 06 02 Brazuca Diani Bob Marley's Birthday Party with Tha Bishop DJ Nesta MC Blackcross MC Warrior Divas Lounge Bamburi Solit Saturday with DL Lyta DJ Sammy DJ Babz |
| LIVE MUSIC |
| Saturday 12 02 New Cheers Bamburi Mugithi Night with Samidoh 4 pm |
| Saturday 12 02 Samba Bistro Bamburi Emma Jalamo Special Appearance Waqanda Restaurant & Lounge Valentine's Eve Treat with Saneipei Tande & The Live Band |
| CAMPING / PARTY |
| 20 & 21 02 Nguuni Nature Sanctuary Nguuni Mbuzi Party |

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Nairobi Event Guide February 2021 - presented by wh@ts on nairobi

| MARKET / SHOPPING |
|--|
| 01 to 14 02 Westgate Shopping Mall Valentines Festival |
| 12 to 14 02 The Hub Karen The Hub Karen Valentine's Market |
| Saturday 13 02 Tamambo Karen Blixen Valentines Market |
| Thursdays (from 14 02) Spinners Web Spinners Web Farmer's Market |
| Fridays Village Market Rooftop Friday Maasai Market |
| Fridays & Saturdays Two Rivers Mall Maasai Market Weekend |
| Sundays K1 Klubhouse K1 Sunday Flea Market |
| OPEN AIR |
| Saturday 06 02 Muze Club Westlands Muze Open Air with Juls Blinky Bill Hiribae Vidza Papz Jo Kisila |

| LIVE MUSIC |
|--|
| Saturday 27 02 Captain's Terrace Restaurant Nyatitronik by Makadem ft. Areke Simla |
| Wednesdays Summers Bar Rhumba Night with Qlassic Band Blackyz Lounge Rhumba Du Congo Whiskey River Lounge Country Music Wednesdays with Steve Rogers & The Highway Band |
| Thursdays Alfajiri Kilimani Grill Weavers Band |
| Fridays Dolce Vip Lounge Country Music with Sir Elvis Geco Cafe Unplugged Sax Appeal Mawimbi Seafood Restaurant The Gogosimo Band |
| Saturdays K1 Klubhouse The Untamed Band Airport Lounge Rhuma Saturdays with TBM Band |

| FESTIVAL |
|---|
| Saturday 12 12 Arboretum Gardens Self-Care In The Dark Festival |
| FUN & FAMILY |
| Saturdays The Carnivore Sunday At The Carnivore |
| ART EVENTS & EXHIBS |
| Saturday 13 02 Osota Lodge Ongata Rongai Brushes & Wine with Coster Ojwang |
| Saturdays Talisman Restaurant Art Exhibition Hussein Halfawi |
| BOWLING |
| Daily Village Market The Village Bowl |
| EAT & DRINK |
| 12 to 14 02 Multiple Venues Nairobi Burger Week |

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FESTIVAL

| **Sunday 07 | 02** The Waterfront Karen Thrift Social Summer Fest |
| **11 to 14 | 02** Westgate Shopping Mall Chocolate, Wine and Cheese Fest |

| NIGHTLIFE & ENTERTAINMENT |
|---|
| Thursday 04 02 Redwine Lounge Reggae Thursdays with DJ Mikal B MC Kaparo 254 MC D Majail |
| Saturday 06 02 Tin Tin Restaurant @ K.I.C.C Loveride with Tess Waka |
| Saturday 13 02 Diamond Plaza Valentine Special with Reekado Banks |

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1 x Remote Control
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totos corner

with Kendi Kimathi

BACK TO SCHOOL EDITION



STORYTIME

The little but brave Frog



A colony of frogs was traveling across a forest in search of a pond. While hopping around, two frogs fell into a deep pit. The other frogs gathered around the pit and expressed their concerns over the situation.

As the two frogs tried to jump out of the deep pit, the other frogs discouraged them by saying how impossible it is to jump out. The two frogs choose to ignore the demotivating words of others and decided to jump out of the pit. They tried very hard and put in all their efforts to come out of the pit while the frogs watching from the top told them to give up. Eventually, one among them was influenced by the other frogs and died as it gave up on the struggle to come out of the pit. The other frog continued to jump as hard as it could.

After a long and hard struggle, it finally came out of the pit alive. Other frogs were surprised and asked how it managed to come up in spite of them telling it to give up. The frog explained that it was deaf and assumed that everyone was cheering for it.

MORAL OF THE STORY

People's words have a significant impact on our lives. But it is important as to how we take them and allow them to influence our life.

Original Story by HARSHITA MAKVANA
SEPTEMBER 12, 2019

It's been a long time since the last time you went to school and played with your friends. And you missed your classroom, your teachers...Alot!Great.and school is fun.Right?

We at Madafu are equally happy that you are no longer contained in your homes and you can go on with your learning activities and we are hoping that we will have a fulfilling year ahead and we will continue having fun together at Toto's corner!

Here is our short compilation of what to remember everyday to keep yourself your family and your classmates safe.



AVOID CLOSE CONTACT



AVOID TOUCHING FACE



STAY AT HOME



WEAR FACEMASK



WASH YOUR HANDS FREQUENTLY



EAT HEALTHY FOOD

Find 7 differences



Amazing Maze



Help the mouse to find the cheese



Why?

Why are things the way they are?

Why do grandmas have wrinkles?

Skin grows and stretches as you grow from baby size to adult. When you are an adult for a while, skin stops growing and stretching. It gets a little tired and less elastic.



Why do baby teeth fall out?

There is only room for 20 kid-size teeth in your kid-size mouth. As you grow bigger, these teeth get pushed out as your bigger grown-up teeth grow up. Grown ups have 32 big teeth.



Why do I have a belly button?

Every living thing that grew inside a mother has a belly button. It once led to a tube that brought the baby food from the mother to the baby. After birth the tube is cut off and it shrivels up and leaves a scar.



Why are people different colours?

All skin colours come from melanin. Your body makes melanin to protect your skin from burning in the sun. Kids whose ancestors came from sunny places are born with more melanin and those that came from less sunny places have less melanin.



Did you know? fun animal facts!

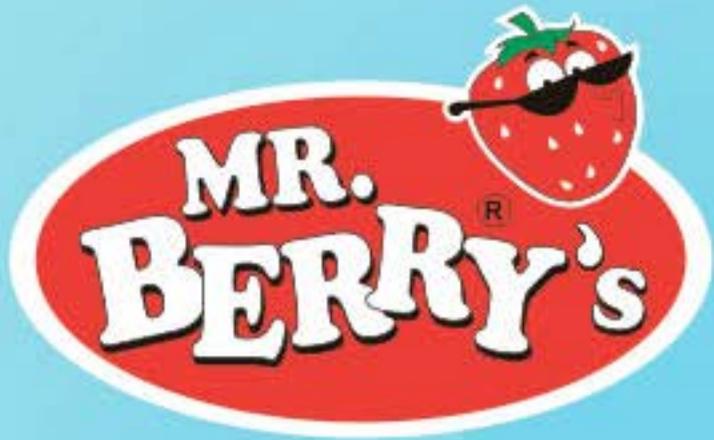
- Cat urine glows under a black-light.
- Goats have rectangular pupils in their eyes.
- A fox uses its tail to communicate with other foxes.
- A snail can sleep for three years at a time.
- An octopus has three hearts.



CROSSWORD ANIMALS



ACROSS 1.Polar bear 4.Snake DOWN 1.Pig 2.Cat 3.Rat 4.Sheep 5.Bee



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