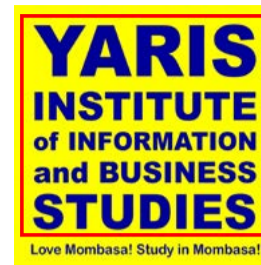




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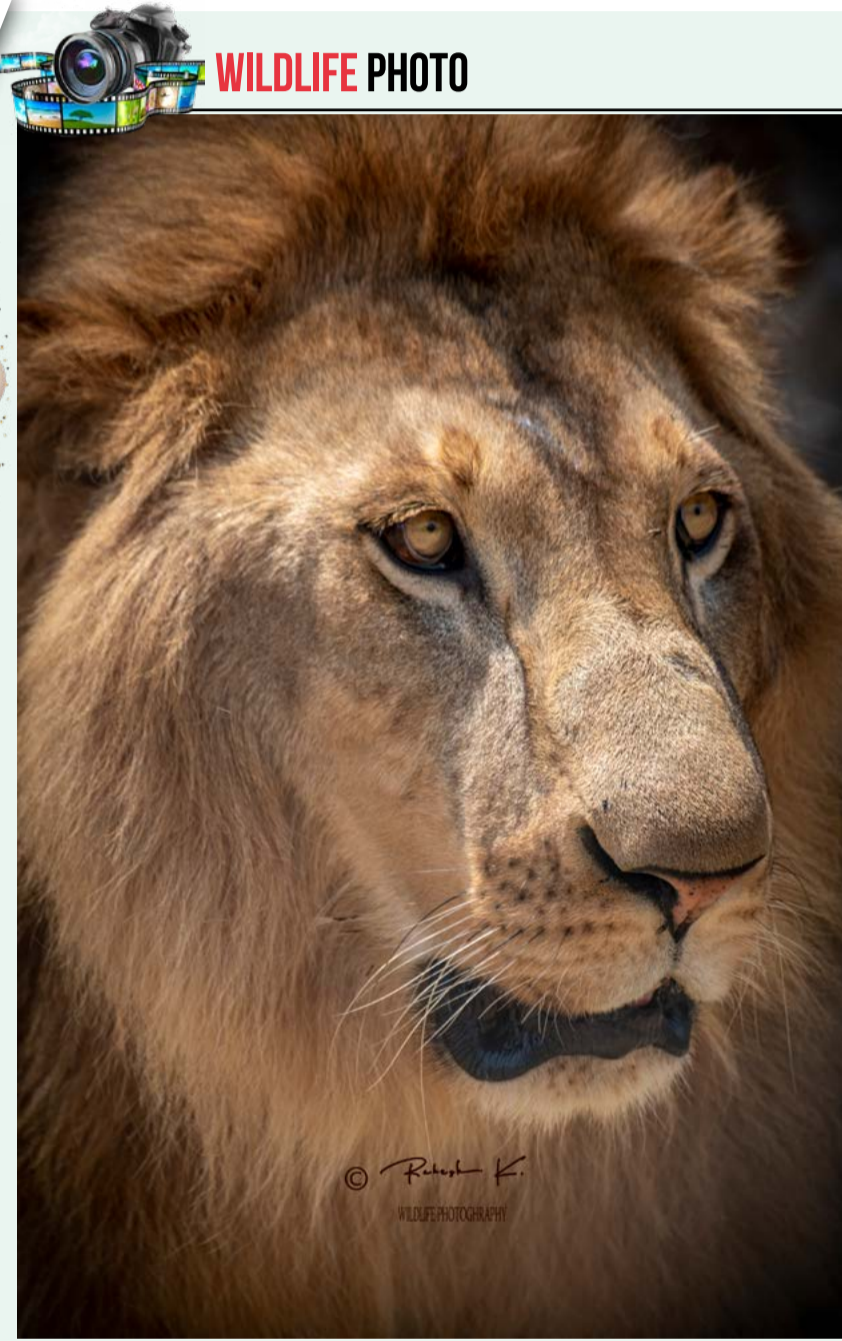
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## PHOTO STORY



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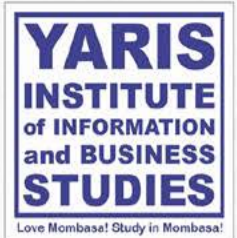
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## COAST REGION EMERGENCY CONTACTS

### MOMBASA COUNTY

Kenya Red Cross	- 0700395395
ST John's Hospital	- 0706777077
ST John's Hospital 2	- 0718422522
AAR Health	- 0729933559
AAR Health 2	- 0725225225
AAR Health 3	- 0734225225
CGM Fire Dept.	- 0738222555
County Control Room	- 0776922922
County Control Room 2	- 0707911911
Premier Hospital	- 0714400099
Mombasa Hospital	- 041-2312191
Mombasa Hospital 2	- 0733333655
Mombasa Hospital 3	- 0722203755
Agakhan Hospital	- 0415051000
Pandya Hospital	- 0722206424
Jocham Hospital	- 0722207664
Seiffee Foundation Clinic	- 0720730430
Coast Gen Makadara H.	- 0722207868
Bomu Hospital	- 0722574755
KPA Fire Dept	- 0710870000
Mewa Hospital	- 0716292798
Al Farooq Hospital	- 0787114455
Emer. Response	- 0203893522
KRCS Mr. Rajab	- 0721849088
KRC Mombasa	- 0703037040
KRC Mombasa 2	- 0703037041
KRC Mombasa 3	- 0725292000
KRCNational EOC	- 0728602502
Coast Diver Mr.Kyalo	- 0725 654192
Coast Guard	- 0707430108
Tudor Hospital	- 0788 959 626
Josmori	- 0700767664
Counselling Line	- 0800724540
Haki Africa	- 0755000555
Sayyida Fatima Hosp.	- 0729410016
Ganjoni Hospital	- 0768860000
Bomu Hosp Oldtown	- 0746980040
Nyali West hospital	- 0722917140
Bay leaf Hospital	- 0702249005
Bay leaf Hospital 2	- 0733249005
Memon Med Centre	- 0727872979
Memon Med Centre	- 0735872979
Msa Eye Hosp	- 0735727271
Msa Eye Hosp 2	- 0751340583
KPLC MAIN	- 97771
KRCNational EOC 2	- 1199

### KILIFI COUNTY

Kilifi Fire Dept.	- 0733550990
Disaster Emergency	- 0800730044
Khairat Clinic	- 0712403509
Khairat Clinic 2	- 0112003003
Khairat Clinic 3	- 0113003003
Pwani Clinic	- 0202622444
KRCS	- 0721681730
kilifi county. Shallo	- 0720678275
Kilifi Ambulance	- 0701184854
Kilifi Ambulance	- 1535
Kilifi EOC	- 1535

### KWALE COUNTY

Msambweni Hospital	- 0111781852
Diani Hospital	- 0700999999
Palm Hospital	- 0722410695
Kwale Fire Dept.	- 0710119191
Kinondo Hospital	- 0769364747
RCS Kwale	- 0720093019

### LAMU COUNTY

Emergency Operation	- 0714888889
King Fahd Hospital	- 0779783880

### TAITA TAVETA COUNTY

Taita Taveta Fire Dept.	- 0113087070
Taita Taveta Fire Dept. 2	- 0789712286
KRCS Taita Taveta	- 0790508925

### TANA RIVER COUNTY

Jaffa B. Jillo Fire Dept CFO	- 0721408854
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### COAST REGIONAL DMRT VOLUNTEERS

Rishi Arun Parikh	- 0722326245
Asaad Sumra	- 0731360005
Isaya Tulula	- 0721438342
Nicholas Songora	- 0712 747656
Imran Mughal	- 0720206999
Stacy Sululu	- 0727468056
Vincent Onyango	- 0702039222
Manpreet Singh	- 0731 112020
Trey D'Souza	- 0721772665

### NATIONAL GOVERNMENT HOTLINES

MIA	- 0726318515
JKIA	- 0206822111
KWS	- 0800597000
KWS 2	- 08002215566
KWS 3	- 0726610509
DCI	- 0800722203
NTSA	- 0709932000
NTSA 2	- 0709932300
NTSA 3	- 0797556354
KENHA	- 0204954000
KENHA 2	- 0700423606
KURA	- 0717105233
KURA 2	- 0202722222
Kenya Railways	- 0711777577
Kenya Navy	- 0725563844
ATPU hotline	- 0729999988
IPOA Mombasa	- 0799019998
EACC Mombasa	- 0710600308
EACC Mombasa 2	- 0710768706
National Police S.	- 0789999395
Kenya Coast Guard S.	- 0743430430
National Police S. 2	- 999
National Police S. 3	- 112



Errors, Omissions, Updates, Amends Accepted. Contact Mr. Rishi: 0722 326 245

**Let's Be Safe ! Kenya ni Kwanza !**  
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# Ruto launches Ksh10B Kwa Jomvu-Mariakani Road



The government will continue expanding infrastructure development because it is a key enabler of the country's economy, President William Ruto has said.

Speaking when he launched the 30km Kwa Jomvu-Mariakani Road that straddles Mombasa and Kilifi counties on Wednesday, the President said good infrastructure is critical to Kenya's prosperity.

The KSh10 billion investment is a partnership between the government and development partners and will open up the region and improve the local economy.

"The expansion of this carriageway will ease traffic congestion, enhancing the efficiency of the Port of Mombasa," he explained.

He pointed out that the road would also reinforce Kenya's position as the gateway to Eastern Africa, attract investment, and drive economic growth at the Coast.

Emphasising that the government's plan is to ensure that the transport sector plays its role in accelerating movement of people and

goods, President Ruto said this would support the economy and create abundant opportunities for citizens.

At the same time, the President Ruto launched the KSh2 billion Last Mile Connectivity Project for Kilifi County that will benefit 20,000 households.

Noting that Kilifi is among the fastest developing counties in the country, he said the Government is stabilising power transmission lines to ensure stable and reliable electricity in the county, consequently spurring economic growth through manufacturing and tourism sectors.

On land, President Ruto announced that he has tasked Senate Speaker Amason Kingi and Cabinet Secretaries Alice Wahome (Lands), Hassan Joho (Mining) and Salim Mvurya (Sports) with the responsibility of preparing a priority list of squatters to benefit from land that the government will soon acquire from absentee landlords.

"The land question is going to be sorted out because we have the land answer," he said.

The President also pledged to look into the tax dispute

between the Kenya Revenue Authority and Krystalline Salt Ltd, which threatens operations at the company in Malindi.

Once again, the President appealed to Kenyans to register with the Social Health Authority (SHA), saying the insurance cover will enable Kenyans to access medical care.

President Ruto noted that with more Kenyans registering, the government will have access to necessary data that will help in distributing medicines and medical equipment proportional to the local population.

"Registration will provide us with data that helps the government to understand the number Kenyans who are able to pay for SHA. Additionally, we will be able to identify the vulnerable and cater for their expenses," the President said.

While laying the foundation stone for Tezo Affordable Housing Project in Kilifi County, President Ruto said the government will transform the Coast, noting that region has been left behind for many years.

He pointed out that the

region has been despised, neglected and discriminated against over the years, but assured the residents that this will not be the case under his tenure.

"For many years, the Coast has been abandoned, discriminated against, despised and forgotten. By the will of God, this is the government that will transform the Coast, and the time is now," the President said.

Deputy President Kithure Kindiki called for teamwork and unity among leaders in addressing challenges facing Kenyans.

"We should support the President in his efforts to unite all Kenyans for shared prosperity among all Kenyans," he said.

President Ruto also inspected construction works at the Mariakani Power Sub-Station, a critical infrastructure project that will enhance electricity supply in Kilifi County.

He later opened Mjambere Secondary School in Kisauni, Mombasa, and later inspected construction works on the Mombasa-Mtwapa and Mtwapa-Kilifi roads.

## PHOTO STORY

### President Ruto commissions last mile connectivity in Kwale



President William Ruto flags off K.B. Sangani & Sons trucks in Kwale County during the flag of contractors of the last mile connectivity in the county on Tuesday February 25, 2025. President William Ruto launched a Kshs. 1.44 billion Last Mile Connectivity project, an initiative that aims at expanding electricity access across Kwale county, benefitting approximately 12,707 households through 124 transformers.



President William Ruto is introduced by KPLC General Manager Infrastructure Eng. Kennedy Owino (centre) to a Director of K.B.Sanghani & Sons Mr. Ashwin Sanghani during the flag of the last mile connectivity project in Kwale County on Tuesday February 25, 2025. President William Ruto launched a Kshs. 1.44 billion Last Mile Connectivity project, an initiative that aims at expanding electricity access across Kwale county, benefitting approximately 12,707 households through 124 transformers.

## Free Eye Clinic



Muranga NCBA Branch Manager Benard Ngatia (in black t-Shirt), Ushiriki Wema Okoa Malaika Program Brand Ambassador Njoki Mambo (in red) and Ahadi Kenya Trust CEO Stanley Kamau (in hat) assist Esther Waitha try reading glasses during a free eye clinic and chronic diseases at Karung'e Primary school in Mathioya Constituency in Muranga County organized by Ushiriki Wema in partnership with Ahadi Kenya Trust, the bank, Lions sightfirst eye hospital and Chronic Diseases Society. Of the 756 locals attended, 527 received glasses and 22 were referred for surgery next week as those with chronic diseases received medicine.

## TOP NEWS

# Tourism investment boosts economic growth, says President Ruto

Tourism is Kenya's best bet to accelerate economic growth, President William Ruto has said.

The President pointed out that Kenya will continue to provide a conducive environment to market the country as a top tourist destination to spur foreign investment and stimulate economic growth.

He noted that the country's revenue from tourism increased to about KSh450 billion in 2024, saying the sector has created job opportunities for many Kenyans.

"We are investing in quality infrastructure, engaging



in strategic marketing and enriching offers and experiences to sustainably drive our tourism numbers," President Ruto said.

He explained that the country targets to welcome five million tourists by 2027 up from 2.4 million in 2024.

The President made the remarks when he welcomed cruise ship Norwegian Dawn at the Port of Mombasa on Sunday.

The 294-metre long passenger vessel had 2,200 tourists and more than 1,000 crew members on board.

President Ruto pointed out that Kenya has unique tourism features, adding that many countries in the world cannot match what the country offers.

He singled out the Kenyan Coast's pristine beaches, resourceful national parks and game reserves, physical features, and thriving cultures from various communities as some of the unique nature that makes the country the best tourists' destination in the world.

"I am proud to welcome visitors as we establish Kenya as a destination for tourism. I am told 800 of our guests have already left for Amboseli. This speaks to what tourism is doing to our country," President Ruto said.

The President went on: "Cruise ships were at an all-time high a few years ago, and

then we experienced a slow down. But last year, we had 6,500 visitors, while this year, we expect the number to rise as we expect another eight cruise ships to dock."

During the event, President Ruto interacted with tourists on board, shaking hands and taking selfies with them.

He was accompanied by Cabinet Secretaries Rebecca Miano (Tourism), Davis Chirchir (Transport) and Salim Mvurya (Sports), Mombasa Governor Abdulsamad Nassir and Kenya Ports Authority Managing Director William Ruto, among others.

The more than 2,000 passengers who disembarked on Sunday morning will enjoy a series of exciting excursions along the Kenyan coast, exploring the country's stunning beaches and wildlife parks.

The President urged the private sector to expand facilities to enhance the hospitality industry to cope up with the increasing number of tourists coming into the country.

Ms Miano said the number of tourists who docked on Sunday is the highest Kenya has received at once over the past 10 years.

"We are happy that cruise tourism is picking up and Kenya is emerging as the favourite destination of cruise ships," she said.

## The survival game – ditch the yugo, drive the Rolls-Royce (or get left behind)



By Hamza Alarakia

Jambo everybody! I hope you're doing well since the last article. Now, let's get into something real – **The TechBiz Talk** – a series where I break down how tech is the game-changer your business needs. No fluff, no theory – just real talk, practical solutions and a touch of TeChy's Tomato to keep it engaging. Let's dive in!

Kenyan business today is like a battlefield – those who play PUBG and COD mobile, understand the relevance, he-he. It is a survival of the fittest! Let's face it, there are two realities: those riding the tech wave, and those about to be crushed by it. Brutal? Maybe. True? 100%. If you're still running your biashara like it's the '60's, then, my friend, you're basically playing

Russian roulette with your revenue.

Technology isn't some distant future; it's NOW! While you're debating "hizi kamepita (computers) ni za maana au la," your competitors are using apps and online tools to snatch your customers, streamline operations, and increase profits. Remember how traditional taxi drivers ignored Uber and Bolt? Sadly, they're still struggling. Bottom line: if your business isn't evolving, it's flatlining.

Many businesses owners flex, "Hii biashara yangu imekuwa hivi kwa miaka kumi na bado iko." But let's be real – existing and thriving are two totally different games. If your business is just scraping by while others are booming, you're not winning; you're just delaying the inevitable.

Still clinging to manual methods? That's like choosing a Nokia 3310 while the world is on iPhones. While you're drowning in handwritten records, your competitors are managing walk-ins, deliveries, and re-orders with just a tap. Cashless payments are taking

over, online shopping is king and customers expect speed and convenience. In this digital age, if your business isn't visible online, it might as well not exist.

And then there's this classic excuse: "Technology is expensive; ni ya ma-corporate." Wrong! If Mama Mboga can accept M-Pesa and promote her business on WhatsApp or Telegram, why can't you?

Here's how to step-up your game:

**Boost Visibility:** Get your business on Google Maps – make it easy for customers to find you.

**Engage Digitally:** Use social media to market directly to your target customers.

**Modernize Sales:** Invest in a POS system – starter packs are affordable and will change how you do business. They are quite affordable and not as scary as you think. You can always upgrade to a higher version later.

**Streamline Payments:** Go cashless! Mobile payments = smooth transactions & real-time tracking.

These aren't "nice-to-haves"



– they're must-haves if you want to stay relevant. With the right digital tools, you're no longer guessing; you're making data-driven decisions.

Picture this: Uncle Jackie calls you for his usual order. You ask for a list. "But you already have it since day one nephew Roger, don't you? Or have you lost it again? Haiyaa!" Now, here, the trust is shaky. This guy is old, bwana. Imagine if he tells his wife, Mrs. Chan – who is on a girls' trip to China – that you're unreliable, you've lost a customer. Worse, Uncle Jackie might start his own shop and call it "Fuiyoh

Reliable Convenient Store!" Boom! You've created your own competition by simply refusing to embrace tech in terms of failing to digitize customer data. Kwisha maneno.

Business isn't sentimental; it's survival of the fittest. Customers don't care about your struggles or how long you've been around. They care about efficiency and convenience. Businesses that adapt, win, and those that resist, shut down.

Embracing innovation is a process, not a quick fix. But where do you see your

business in 5-10 years? This is just the beginning. In the next articles, we'll explore ways as to how technology is transforming Kenyan businesses, from cashless payments to smart inventory management, I'll guide you step by step.

So, are you rolling in a Rolls-Royce service, or are you stalling in a rusty Yugo? Your move – but remember, in this Kenyan market, only the smarter survive.

**TeChy's Tidbit:** Tech isn't a luxury – it's survival. Get online, go cashless and digitize your operations. The market rewards the bold, not the outdated.

**Next Up:** Cashless Transactions – Why Your Business Needs to Ditch the Cashbox.

Until then, support your local vendors, go digital (sio ile kitu), and KEEP READING MADAFU!

Got any thoughts? Hit me up at techamza@gmail.com for questions, consultations or just good ol' business banter.

**Technology Consultant & Business Strategist.**

# The human factor in success!



By Mr. Rishi Arun Parikh

In a world of hurry and hurry-scurry where competition and the need to succeed personally sometimes makes one do things in terms of manipulation, dishonesty, and ill will, to retain one's position, poise, and integrity is certainly not an easy thing to do. But it is possible to stay alive, if not thrive, in such an environment. This is a step-by-step analysis of how to navigate and retain your integrity and self-intact in a noxious environment:

## 1. Reaffirm Your Core Values and Principles

Find out who you are: The most important thing for survival and success in an unhealthy situation is to have a very clear idea of your values, principles, and goals. Since you know your values, your principles, and your life goals, then it will no longer be easy to yield to pressure by compromising or sliding into bad attitude. Live by your values: When you're stressed, remember your core values. If you're someone who honors truth, hard work, and generosity, you are less likely to fall into the trap of lying, manipulation, or put-downs. Example: When you are manipulated at work, you can choose to take the high road by focusing on your integrity, even if it means at a temporary price.

## 2. Emotional Regulation and Composure

Don't respond impulsively: Toxic situations tend to elicit emotional reactions, but responding out of anger, fear, or frustration can escalate the situation. Learn to regulate your emotions. Breathe deeply, back away, and give yourself time to respond rationally instead of responding impulsively. Practice mindfulness or meditation: These practices ground you, so you are not swept away by external chaos. Mindfulness on a daily basis might allow you to notice your emotional hot buttons and do something about them. Example: When a co-worker tries to undermine your contribution in a meeting, instead of reacting with anger, take a breath, collect your thoughts, and then respond calmly and factually.

## 3. Establish Clear Boundaries

Establish your professional and personal boundaries: Boundaries are needed for self-defense. You need to be clear about what is and is not acceptable behavior. If someone oversteps those boundaries, they need to be called out respectfully but firmly. Practice saying no: There are also instances when you need to say no to certain requests or demands, especially when they do not align with your values or bring you in the direction that you do not desire. Saying no is a work of self-respect and self-love. Example: In case someone from your workplace invites you to give credit to your work or cheat a client, say no diplomatically and reflect that

you strongly believe in being honest.

## 4. Keep a Low Profile and Choose Your Battles Wisely

Avoid unnecessary drama: Sometimes, the best method for survival in a toxic environment is to steer clear of fights and not get dragged into unimportant matters. Focus on your work and let other individuals deal with their own drama. Choose your battles: You don't have to win every battle. Select those battles which are important to you or impacting your objectives. In case someone is trying to play manipulative games with you or destroying your work, okay, it's acceptable to protect yourself, but don't engage in every negative thing that occurs within your life. Example: In an office where gossip and manipulation are rampant, you may concentrate on getting your work done, networking with similar-minded, supportive individuals, and staying out of unnecessary conflicts with toxic coworkers.

## 5. Build and Maintain a Supportive Network

Surround yourself with positive, supportive individuals: Negative individuals will bring you down, but positive individuals will build you up. Surround yourself with individuals who hold your values and who can be there for emotional support when it is tough. Find a guide and mentor: Having a person who is more experienced to lead you through challenging moments can help you stay focused and not fall into traps. A mentor will also be able to give you practical advice on how to handle tricky situations with toxic people. Example: If you are dealing with office politics, find a person at work whom you trust and can advise you on how to navigate the politics without losing your integrity.

## 6. Protect Your Emotional and Mental Well-being

Take regular breaks and indulge: A toxic setup can

exhaust you, so recharging is of the essence. Take a break, exercise often, sleep well, and enjoy activities that ease your mind and de-stress you. Call in the professional if necessary: If the toxic environment is causing a lot of emotional distress, speak to a counselor or a therapist. In certain circumstances, merely speaking to an expert will bring you some clarity and a means to cope.

Example: After a tough day at work dealing with manipulation and backstabbing, make time out to unwind with a de-stressing hobby, spend time with loved ones, or practice some mindfulness exercises to reboot and renew your mind.

## 7. Maintain Your Focus on Your Long-Term Vision

Don't lose sight of your goals: Regardless of whether you encounter obstacles or toxic people, maintain your focus on the long-term vision. Keep in mind that other people's toxic behavior is temporary and does not define your future. Turn adversity into opportunities for growth: Instead of allowing negative circumstances to get the best of you, use them as opportunities to grow. Every time you face adversity and stick to your values, you become stronger. Example: When a colleague tries to sabotage your project, turn the experience around and use it as an opportunity to

practice your skills, prove your capability, and show your integrity and work ethic.

## 8. Document Your Work and Interactions

Keep a record: Wherever you are working in bad conditions where people lie, manipulate, or steal your ideas, it is necessary to document your work progress, achievements, and any abusive interactions you are exposed to. It can be safety for you in time of need legally and professionally and can even serve as a marker for your achievements if anyone tries to steal your work. Example: Document email conversations and meetings in which important decisions or actions were taken, particularly if they relate to projects or team efforts that may be challenged later.

## 9. Refrain from Dealing with Toxic People

Recognize toxic people: Toxic people usually attempt to manipulate, undermine, or sabotage others. Recognizing the warning signs of toxic behavior can protect you. These behaviors are constant complaining,

backstabbing,

gossiping, excessive self-centeredness, and gas lighting. Minimize your contact with them: Wherever possible, avoid toxic people or limit your contact with them to brief encounters. You don't have to enter into their drama. In some instances, it is better to opt out so that you will not be pulled into their poison. Example: Where there is someone in the workplace who is constantly talking about people negatively or gossiping, do not participate in such talks and switch the conversation to something positive.

## Conclusion

Surviving and flourishing in a toxic environment is challenging but not impossible. The key is to remain attached to your values, set boundaries, remain emotionally grounded, and build a good support network. Always keep your long-term objectives in mind and never let other people's bad behavior discourage you. By being devoted to your integrity, remaining calm, and keeping yourself busy with self-care, you can survive toxic environments without losing your peace of mind. Learn to ignore stupidity; zero reactions as it instigates a reaction. Learn to walk away! Majority of the developed Countries Citizens practice such behavior. Even if one falls; they walk past you!

Madafu Newspaper  
Editor



## ELECTIONS

# Elections galore 2027



By Mr. Rishi Arun Parikh

**W**inning an election is indeed one of the hardest challenges for any candidate, especially in countries where political life is intense, competitive, and sometimes marked by manipulation, misinformation, and social cleavages. Kenya is a very good example of how elections can at the same time be a festive celebration of democracy and a moment of tremendous challenges, including political machinations, manipulation, and the strategic imperative to navigate plural voters and political forces. The history of elections in Kenya has seen numerous instances where candidates have employed winning strategies, sometimes blending traditional and modern campaign techniques to emerge victorious. The 2022 general election, for example, demonstrated the application of alliances, voter mobilization, social media influence, and ethnic voting in shaping the electoral outcome. What follows is a detailed analysis of how one can approach winning an election in Kenya, with a particular reference to the 2027 elections, drawing from past examples and statistical evidence.

## Determinants of Electoral Victory in Kenya

### 1. Ethnic and Regional Coalitions

- **Ethnic Voting Patterns:** Kenyan politics is extremely ethnicized. What this means is that certain regions or communities vote en-bloc, and in most instances, they vote for individuals who are members of their ethnic group or hail from their regions and pledge to bring them their demands. In past elections, such as in 2007, 2013, and 2017, ethnic loyalty has been a significant consideration.

- **Strategic Alliances:** Cultivating strategic alliances across different ethnic groups

may play a significant role in rallying cross-cutting support. In the 2022 election, President William Ruto, for instance, struck a big alliance deal with influential political leaders representing diverse regions, such as Hon. Kalonzo Musyoka (Wiper Party) and Hon. Moses Wetangula (Ford Kenya), even as he banked on the Rift Valley and Central Kenya strongholds. President Ruto's "hustler" message resonated with the middle and lower class across all these territories, especially where his message of economic empowerment resonated with the aspirations of the voters. - **Example:** Former President Uhuru Kenyatta and his then deputy President William Ruto formed a formidable political alliance in 2013, uniting the Kikuyu and Kalenjin communities and registering a victory, even though both of them had the International Criminal Court (ICC) case hanging over their heads. This alliance showed the power of ethnic unity against adversity.

### Plan for 2027: A candidate should:

Identify strategic voting blocs based on ethnic groupings and localities.

- **Form alliances with key leaders or opinion shapers** within these groups to secure their support.

- **Address ethnic grievances** by making targeted promises that are germane to their unique needs (i.e., land issues, local infrastructure, and employment).

### 2. Voter Mobilization

- **Grassroots Engagement** - Winning an election requires vigorous engagement with voters. This would mean reaching people not just in urban centers but also in rural areas, where voting apathy is generally high. Successful candidates in past elections have employed grassroots strategies, including door-to-door campaigns, rallies, and community engagements.

- **Social Media Mobilization:** With the era of digitization, social media has emerged as a key platform for reaching out to voters, particularly the youth. The 2022 polls saw an intense exploitation of social media platforms like Twitter, Facebook, and TikTok. President Ruto's

campaign effectively exploited social media in conveying his message, mobilizing supporters, and neutralizing opposition narratives, a move that worked especially well with the youth voters.

- **Example:** The Orange Democratic Movement (ODM) of Hon. Raila Odinga in 2007 took huge strides by leveraging grassroots mobilization, particularly the youth vote, despite the contested election result. His party established a strong local foothold through the "Orange" movement that later gave him a very large base to work from.

### Plan for 2027:

- **Establish a solid grassroots organization,** especially in rural areas.

- **Be in frequent, face-to-face contact with voters** in the locality so that they feel heard and valued.

- **Invest in an extensive social media campaign** to connect with younger, technologically active voters who will be the ones to influence the 2027 elections.

### 3. Message Framing and Communication

- **Clear, Relatable Message:** The candidate's message should be simple, relatable, and address the immediate concerns of the voters. President William Ruto's "hustler" movement, for example, appealed directly to the economically oppressed, with a promise of a better life through a bottom-up economic approach. His message was simple: he would empower ordinary Kenyans and reduce the dominance of elites over the country's wealth.

- **Use of Symbolism and Slogans:** Slogans, colors, and symbols that are catchy can be utilized to mobilize support. Hon. Raila Odinga's "Agwambo" persona, or Uhuru Kenyatta's evocation of the "Jubilee" movement, were symbols that had resonance with their constituencies and consolidated their political messages.

- **Example:** The 2013 and 2017 campaigns of President Uhuru and President Ruto were typically marked by the use of symbols and rhetoric on unity, development, and promising a good future for all Kenyans, which attracted most of the



citizens.

### Plan for 2027:

- **Develop a concise, straightforward, and powerful message** that speaks directly to voters' concerns (e.g., job creation, economic empowerment, and healthcare).

- **Use effective symbolism, branding, and messaging** that strongly connects with the voters at an emotional level and makes the candidate stand out in a crowded field.

### 4. Electoral Integrity and Voter Education

- **Election Transparency:** The credibility of the electoral process is imperative. In Kenya, past elections have been marred by allegations of rigging and abuse of the electoral process, particularly the 2007 election. Ensuring a transparent, credible process is necessary to winning the confidence of voters.

- **Voter Education:** Many Kenyan voters, especially rural Kenya, may not be well informed about the electoral process or the implication of their vote. Voter education initiatives during the 2017 elections played a crucial role in informing voters on the use of biometric voter registration and the new election technology. Poor education and awareness could lead to disenfranchisement or nullification of votes.

### 2027 Plan:

- **Invest in programs** that will educate individuals on the voting process, electoral laws, and the importance of their vote.

- **Ensure that the election campaign is centered on transparency,** with clear promises to follow the electoral process and its enhancement.

### 5. Good Political Machinery and Finance

- **Political Machinery:** One must build a strong, efficient political machine. This entails putting together a group of dedicated individuals for different campaign

activities, such as outreach, logistics, media relations, and information gathering.

- **Finance:** Successful campaigns require large amounts of money to fund advertising, rallies, transport, and other costs. While some of this funding comes from party members or supporters, candidates tend to seek contributions from wealthy individuals or business interests.

- **Example:** President William Ruto's 2022 campaign was well-funded, not just by his supporters but also by leveraging his economic networks. Although he had to deal with opposition claims of illicit funding, the effective deployment of his resources were seen in his media presence, rallies, and logistics.

### Plan for 2027:

- **Build a robust political infrastructure** early on, connecting with local leaders, volunteers, and influencers.

- **Establish and enact clear fundraising strategies** within the provisions of election laws.

- **Utilize data analysis** in voter targeting and optimizing campaign spending for the best results.

### 6. Debates and Public Engagement

- **Public Debates:** Public debates in the Kenyan context are a significant determinant of perceptions. Those candidates who top the debates are seen as more competent and able to lead the country. President William Ruto's ability to argue his points and counter Hon. Raila Odinga's claims during the 2022 debates was a game-changer in the election.

- **Media Engagement:** Good relations with local and international media need to be developed to be able to communicate your message to the widest possible audience.

### 2027 Plan:

- **Actively participate** in town halls and public forums, presenting a confident, knowledgeable, and

charismatic persona.

- **Build good media relations,** with the aim of securing fair coverage and good media exposure throughout the campaign.

### 2027 Election Action Plan

#### 1. Early Campaign Preparations:

- **Get ready for the 2027 election** by identifying the key allies, influencers, and political stakeholders early and making alliances. Spadework will have to take place early.

- **Set up local offices** and conduct extensive grassroots mobilization to engage with the voters well before the actual campaign period.

#### 2. Digital Strategy:

- **Leverage social media** for outreach, advertising, and interaction with young voters. Create online-specific campaigns, prioritizing TikTok, Twitter, and Facebook.

#### 3. Focus on Local Issues:

- **Make sure the candidate addresses issues** that concern the people at the local level, such as access to clean water, electricity, employment opportunities, healthcare, and infrastructure.

#### 4. Sustain High Voter Engagement:

- **Organize rallies, town halls,** and meetings to continue engaging with voters at all times. Building personal rapport with voters in target constituencies will be key to long-term loyalty.

By incorporating a strategic plan that incorporates historical insights, modern approaches, and a sharp understanding of the political terrain, candidates hoping to thrive in Kenya's 2027 elections will be better able to avoid the pitfalls of manipulation, competition, and social cleavages.

A wise old staunch voter in Kenya once said to me whilst I was campaigning for the 2022 Mvita Parliamentary Seat - "... Even if you Win the Election; You will lose...!"

# DECISION-MAKING

# The power of decision-making



## Giants Group Twiga & Vanik Vaishnav Mahajan - donation library books-shoes & mathematical sets



**6 Schools around Makindu benefitted from donations of Library Books and Mathematical Sets 950 students in 5 schools were given Shoes Thanks to our Library Books donors Priya Parekh of UK , Harsha Girish Shah , K P Shah , Mukesh V Shah & Gandhi Family of UK Thanks to the donors of Shoes Umoja Shoes and Rashmibhai Chandaria of Mombasa Thanks to Premchandbhai Foundation for the Mathematical Sets 4 Fruit trees were planted at each school in memory of The persons in whose memory the Library Books were Donated Thanks to Makindu Temple and Mr Sokhi for the accommodation Our Journey of Service to Promote National Literacy and Reading Culture**



By Fahmi Basalim  
Founder EMOTIVE

“You are the only problem you will ever have and you are the only solution. Change is inevitable, personal growth is always a personal decision.” I am fascinated by Bob Proctor’s famous and profound quote on one of the most powerful tools of progressive living. It takes tact and skill to make well informed choices that offer solutions to challenges in life. Decision-making is simply the process of making a choice by understanding the problem through information gathering and assessment.

The strategies of decision-making include conceptual, directive, analytical and behavioral. It is imperative for any aspiring leader to learn how to make best decisions without hesitation. The outcome of which is notable progress and efficiency which will set him apart from his peers. The art of decision making is priceless yet underrated. It has overwhelming influence on personal income, health and

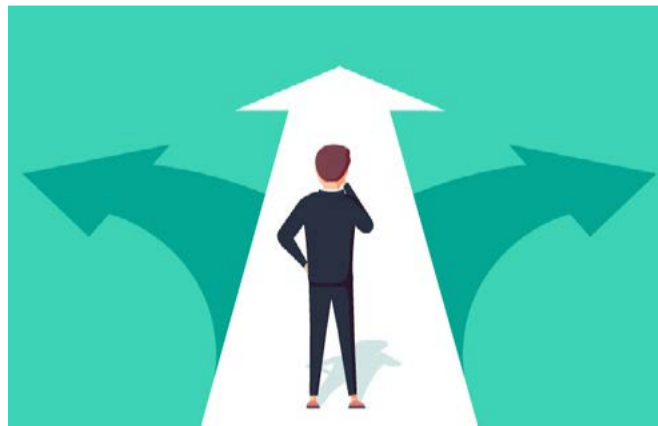
social wellbeing.

Furthermore, good decisions positively impact on business, family and relationships. Great feats in human history have been achieved by those who made big sacrifices and took considerable risks.

The overriding question is why are we not equipped with decision-making tools in learning institutions? Schools are devoid of this vital element in their educational curriculum. It is even baffling that corporate training and human resource programs bypass this fundamental mental activity. Development of such an important trait is paramount in preparing young minds for greater responsibilities ahead.

On the other hand, it does not take rocket science to induce and cultivate such talent within you. It is through self-consciousness and discipline that the skill is nurtured. Once mastered and implemented, it has the propensity to restore order and eliminate conflict in your life. The fact is no one sees you making decisions yet results evidently speak volumes.

The absence of credible decision-making abilities has dire consequences on judgement and execution. Indecision brings about ambivalence which adversely affects productivity and causes disintegration. This



is supported by a basic and universal law “create or disintegrate”. One has to be resolute and unwavering in life’s buffet of choices. Good or bad, decisions impact people’s lives and have far reaching ramifications. Proficient decision makers have common traits of strong self-image and esteem. They are not afraid to make errors and are prompt to shrug off failure.

Many decision makers come from equally enabling environments. However, some people aptly develop the skill at a later stage in life. The secret of making timely decisions lie in the cardinal principle “Decide right where you are with whatever you have got”. There are other articulate skills that add spice to life. Thinking is one of them as it is synonymous with great minds that exude talent and wisdom. We should seldom confine ourselves to

fate and circumstance. Our vision of the future should not be swayed by the opinion of others. Winning is actually a decision made by astute and determined individuals. Advance decision-making invigorate our senses and ensure limitless possibilities.

We can follow in the footsteps of great decision-makers like William James and Thomas Edison. They made credible marks in the annals of history. The choice to follow in the footsteps of iconic decision-makers rests with you and me. We have the capacity to succeed beyond expectations should we make the right choices that positively impact on self and society. The ability to make informed decisions in a timely manner is a greater power in itself. In the basket of choices, learn how to make your intelligent pick to eventually harness your full potential.

## EDUCATION

# 100 young leaders in Kenya call on G20 to invest more in education

“It is possible to end the global education crisis,” was the powerful clarion call by 100 young leaders in education attending a conference in Nairobi, Kenya, today.

They are now calling on the G20 nations to pay more attention to the global education crisis and invest more resources in improving universal access to learning, especially during early childhood, to break the vicious cycle of endemic poverty and inequality.

Young education advocates from all over Kenya attended the conference, Theirworld Young Leaders in Education Summit. The summit aims to ensure that every child has the best start in life, a safe place to learn and the ability to acquire skills for the future.

## Unlocking big change in education

The summit was organised by Theirworld, a global charity dedicated to ending the current crisis in education and unleashing the potential of the next generation. It brought together 100 Global Youth Ambassadors active in Kenya to strengthen their leadership, campaigning and advocacy skills.

Participants at the summit

shared stories about their experiences championing education at the community level and the challenges they face.

“The Theirworld Young Leaders in Education Summit is a rare opportunity for young education advocates from diverse backgrounds to come together and discuss how we can make an impact. By sharing knowledge and strategies, we can return to our communities better equipped to push meaningful change,” said Njeri Muthoni, Global Youth Ambassador. “When young advocates unite, incredible things can happen.”

Theirworld President, Justin van Fleet, said, “Youth leadership in Africa and around the world has never been more important. As this summit shows, young people are a driving force for change in their communities and beyond. But to fully unlock the potential of the next generation, every young person must have the best start in life and access to quality education.”

Janet Mbugua, media personality, TV host, author and actress, concluded the summit by telling the youth advocates, “Your voices matter. Now is the time for African youth to shape the future they want and which



**Dr. Ibrahim Bello (Nigeria) and Winnie Njeri (Kenya) peruse a document during the Theirworld Global Youth Ambassadors Summit in Nairobi on Wednesday. They called on the G20 nations to increase their investment in early childhood education.**

every young person deserves.”

## Pivotal moment for Africa

With the African Union's inclusion in the G20 and South Africa holding the G20 presidency, 2025 marks a pivotal moment for Africa. As the continent faces significant challenges - one-third of its population lives in extreme poverty, and nearly 90% of children cannot read - a rapidly growing youth demographic is poised to shape its future, with 42% of the global youth population and 75% of Africans under 35 by 2030.

Addressing education is crucial to ensuring sustainable development and

opportunities for the next generation.

This week, the Global Youth Ambassadors have been working on an open letter to G20 ministers, urging them to prioritise early childhood as South Africa assumes the G20 presidency.

“The early years lay the foundation for a child's future, yet millions miss out on the critical care and learning they need,” said Ibrahim Bello, Global Youth Ambassador. “This is a pivotal moment for African Union representatives to lead the way on early childhood globally - making real impact on poverty and inequality as a result.”

## MOTIVATION CORNER

## Ten traits of mentally strong people



**By Fahmi Basalim  
Founder EMOTIVE**

1. They stay happy and don't waste energy on things they can't control.
2. They celebrate other people's success and don't resent their achievements.
3. They do not procrastinate

and finish tasks.

4. They move on and don't waste time feeling sorry for themselves.

5. They are kind, fair and unafraid to speak up.

6. They listen more and talk less.

7. They embrace changes and welcome challenges.

8. They are willing to take calculated risks.

9. They derive happiness from helping others.

10. They learn from the past, live in the present and plan for the future.

## PHOTO STORY

## KWS celebrates World Wildlife Day



**WWD celebrated at Kisite Mpunguti Marine Park by KWS Wardens, KWS Hon Wardens, School Children and Residents.**



### MADAFU NEWSPAPER KENYA VALUED OUTLETS:

#### NAIROBI:

**Parklands and Westlands:**  
Anga Cinema (Diamond Plaza 2)  
Ashapura Sweet Mart (Kirima Shopping, 5th Parklands)  
Bajrang (Sky Mall)  
Bhagwanji Sweet & Farsan (3rd Parklands Kusi Lane)  
Kumar Brothers (Diamond Plaza)  
Microcity (Sarit Centre)  
Onn The Way Supermarket (all branches)  
Sona Shoppe (Wesgate Shopping Mall)  
Taste of China (3rd Parklands)

#### INDUSTRIAL AREA:

Bunny Industries Limited (Dakar Road)

#### LANGATA:

Sona Shoppe (Galleria Shopping Mall)

#### KAREN:

Sona Shoppe (Karen Crossroads)

#### NAKURU:

Hyrax General Supplies (Biashara Avenue)  
Rani Ramchandani  
Rift Agencies Insurance Ltd c/o Purvi

#### KITALE:

Milli Hardware Ltd Main Road

#### ELDORET:

Kenya Jalaram Co Ltd - opp CBK

#### VOI:

Abbas Aluminum Supplies

#### MOMBASA:

Blue Room Restaurants  
Nyalii Cinemax  
Nyalii Centre - DKL  
Umoja Rubber Shoes Shops

Nyalii - Chandarana Supermarket  
Quickmart Bandari Supermarket  
Naivas Likoni Mall Supermarket  
Yaris Institute - Haile Selassie Avenue  
Mombasa Afrigas - Nyerere Avenue  
Hakimi Stationaries - Moi Avenue  
AudioAsh Coolers - opp Sapphire Hotel  
Various Hospitals & News Vendors  
Hand Delivery via Newspaper Vendors

#### KISUMU:

Western Emporium

#### DIANI:

Palm Beach Hospital  
Aasan Solutions Auditors  
Moiz Supermarket  
Various Restaurants & Hotels  
Chandarana Supermarket

#### MALINDI:

Uzima Training Centre - CBD  
Various Hotels & Restaurants

#### NEW DISTRIBUTION SOON:

**MERU**  
**EMBU**  
**LAMU**  
**MACHAKOS**

#### LOOKING FOR NEW OUTLETS IN:

**TURKANA**  
**ISIOLO**  
**NAROK**

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# Long-Term Impact and Expansion

By Mariam Mansoor

**S**chool gardens have emerged as a powerful tool for enhancing education, fostering environmental stewardship, and promoting community well-being. As the concept grows in popularity, educators, policymakers, and community leaders are beginning to explore how these gardens can evolve to create lasting impacts and benefit larger populations. Here, we examine the potential long-term benefits of school gardens and strategies for scaling them up to reach more schools and communities.

## 1. Educational Enrichment

School gardens are living classrooms, offering students hands-on learning experiences in science, math, and even art. Over time, these gardens can help cultivate critical thinking, problem-solving, and teamwork skills. Studies show that experiential learning improves retention and engagement, fostering a love for learning that lasts a lifetime.

## 2. Improved Health and Nutrition

Gardening instills healthy eating habits as students gain a deeper appreciation for fresh, nutritious foods. By learning to grow fruits, vegetables, and herbs, children develop a stronger connection to their food sources, which can lead to healthier dietary choices. In



the long term, this knowledge may reduce rates of obesity and diet-related illnesses in communities.

## 3. Environmental Awareness

School gardens teach sustainability practices, such as composting, water conservation, and organic gardening. These lessons empower students to become environmentally conscious citizens. Over generations, this could significantly influence community attitudes toward environmental protection.

## 4. Social and Emotional Development

Tending to a garden fosters patience, responsibility, and

resilience. The inclusive nature of school gardens can also help bridge social divides, creating a sense of belonging and mutual respect among students.

## 5. Community Integration

As gardens expand, they often serve as community hubs. Parents, teachers, and local organizations can collaborate on garden projects, strengthening the social fabric and fostering a sense of shared purpose.

## Scaling Up School Gardens

To maximize the impact of school gardens, it's essential to focus on strategies for expansion and sustainability. Here's how this vision can become a reality:

## 1. Policy Support and Funding

Governments and local authorities can prioritize school gardens by integrating them into educational policies and curricula. Allocating funds for garden infrastructure, tools, and training programs ensures these initiatives thrive. Partnerships with private organizations and NGOs such as The SOL Foundation can also provide resources and expertise.

## 2. Teacher Training and Support

Scaling up school gardens requires investing in teacher training programs. Educators equipped with the knowledge

to manage gardens and incorporate them into lesson plans are critical to long-term success. Peer mentorship and workshops can further enhance their confidence and capabilities.

## 3. Community Partnerships

Collaborations with local farmers, horticulturists, and environmental groups can provide valuable guidance and resources. Community engagement also encourages long-term commitment to the garden's success, with parents and local businesses playing active roles.

## 4. Technology Integration

Digital tools can revolutionize the way school gardens operate. Apps for tracking plant growth, virtual gardening workshops, and online seed exchanges can make gardens more accessible and engaging. Technology can also facilitate data collection for measuring impact and refining approaches.

## 5. Expanding Beyond Schools

By scaling school gardens to include neighboring communities, the benefits can extend far beyond the classroom. Community garden networks can share resources, host workshops, and even contribute to local food systems. This expansion creates a ripple effect, reaching families and fostering food security.

## 6. Sustainability Measures

Ensuring the longevity of school gardens means adopting sustainable practices like rainwater harvesting, solar-powered irrigation, and native plant use. Gardens designed with minimal environmental impact and low maintenance requirements are more likely to succeed over time.

## The Vision Ahead

The future of school gardens is bright, with the potential to transform not only schools but entire communities. As these green spaces grow, they can become catalysts for educational innovation, environmental sustainability, and social change. By nurturing young minds and fostering community connections, school gardens plant the seeds for a healthier, more sustainable future.

The challenge now is to scale these initiatives while maintaining their core values of inclusivity, education, and sustainability. With the right support and vision, school gardens can become a universal symbol of growth, resilience, and hope for generations to come.

At The SOL Foundation, we recognize the transformative power of school gardens in shaping healthier, more self-sufficient communities. Through our programs and partnerships, we support schools in developing sustainable garden initiatives that not only provide fresh food but also serve as vital educational tools. By partnering with us, organizations and individuals can make a meaningful impact by sponsoring garden projects, providing training, or contributing resources that help schools and communities flourish.

When you sponsor a school garden through The SOL Foundation, you're not just supporting a single initiative—you're investing in a sustainable future. Our partners benefit from increased community engagement, visibility, and the fulfillment of making a lasting difference in children's lives. Together, we can cultivate a world where every child has access to green spaces that nourish both the body and mind.

# RENOVATIONS

# Jain Social Group Nairobi renovates one more School

**A** grand opening took place on 16th February 2024 at Katikomu Primary School by Donors and Members of Jain Social Group of five classrooms renovated by the Group. The Board of Management of Katikomu School had in June 2024 approached and requested Jain Social Group to renovate a wing of 5 Classrooms which were in bad condition and negatively effecting the studying by students. Jain Social Group agreed to provide full funding for the cost of the renovation of the wing and for a Water Harvesting system, including storage tanks.

in his remarks at the inaugural function, the Area MCA Hon Darius Mainga thanked Jain Social Group for the renovation of the fifth School in Makueni County. He reminded the gathering that the Group has been distributing UJI daily to the more than 17000 students of 70 schools in the area. Two weeks ago, Jain Social Group had donated Educational material for about Sh. 6,000,000 whereby 3300 students benefited.

The CSO Mr. Rapheal Kimuyu thanked Jain Social Group for its charity activities in the county and passed on thank you messages from the



BEFORE RENOVATION



AFTER RENOVATION

County Director and Deputy Director for Education. The Head Teacher of Katikomu School Mr. Paulus Mathuva shared his happiness and thanked all donors and members of the Jain Social Group for the support they have given to the school. He said in the renovated classrooms the students will now be able to study safely and in an enabling environment. The Water storage and harvesting will increase

cleanliness and sanitation in the school. Jain Social Group Chairman Mr. Rajesh Shah thanked the all Donors for their support and the Management Committee and Trustees for their support in carrying the Charity work in the Makueni County. He thanked the MCA and the CSO for supporting Jain Social Group to carry out its charity work in the area. Mr Shah urged the students to study well for a better tomorrow. He emphasized on



Environmental awareness and requested the children to keep the environment at school and at home clean and to dispose off waste properly.

## PHOTO STORY

### MahaShivratri Celebrations at the New Shiv Temple



## Jain Social Group donates 28 wheelchairs at TAWA

**O**n Sunday, 16th February at Tawa sub-county Hospital Jain Social Group donated 28 wheelchairs to e beneficiaries from Kisau and Kiteta Zones of Makueni County. This wheelchair donation drive was sponsored by Mr. Premchandbhai Shah of Nairobi. During the presentation Mr. Premchandbhai wished better health to the beneficiaries. 19 Beneficiaries collected their wheelchairs and they blessed the donor and Jain Social Group. They expressed their happiness and



a number of them had tears in their eyes. Nine wheelchairs were handed over to relatives of beneficiaries as due to their health conditions they could not travel. The area MCA Hon

Darius Mainga thanked Jain Social Group for its second wheelchair donation drive within 2 months. Tawa Hospital Doctors, KMTC students and local community leaders thanked JSG for their

kind work. Jain Social Group Chairman Mr. Rajesh Shah thanked Donor, Tawa hospital staff and local leaders for their support and promised to continue similar work to support the needy.



DONATIONS

# Giants Group Twiga & Vanik Vaishnav Mahajan Continue Library Books Project



Journey Of Service to Promote Literacy and Reading Culture continues. Five Schools in Trans Nzoia County benefitted from this donation. Trans Nzoia Governor HE George Natembeya along with the Chairman of George Natembeya Foundation Professor Dr Nangole thanked the institutions led by Chetna Desai Tejal Desai and Mukesh Desai for the generous donation amounting to KShs 2 million. Chairperson Giants Twiga Chetna Desai thanked the Governor and the Foundation Chairman for their support and pledged to support another 10 schools with Library Books. The presentation was done in Kitale at the Foundation office where Headteachers from all the 5 schools were presented the books, after which the schools were visited. Journey of Service Continues. Next stop Makindu.



## 3 Groups of people you should understand as a leader

**1. The Bull Runner.**  
These are people who resist correction and thrive on confrontation. Even when you try to help or guide them, they often fight back. They are usually self-centered and unwilling to grow.

- Traits of Bull Runners:**
- They complain and argue frequently.
  - They focus on themselves, often ignoring others' needs.
  - They may be strong and creative but lack the social skills to work well with others.

Skill without character is meaningless. While their strength can be useful, their resistance to growth often

limits their potential. Learn to set boundaries with such individuals.

**2. The Horse Runner.**  
Horse Runners are dependable, effective, and loyal. They are always ready to support and sacrifice for you, even though they may not appear physically strong. They are rare and highly valuable.

- Traits of Horse Runners:**
- They are simple yet highly reliable.
  - They thrive on trust and consistency.
  - Their humility and service may make them easy to overlook.

Be careful not to take these

people for granted. Like horses in a city filled with vehicles, they stand out for their reliability and uniqueness. Nurture their loyalty and value their contributions.

**3. The Sheep Runner.**  
These are people who are passionate about growth but lack direction. They are highly flexible and willing to learn, but they need guidance and mentorship to thrive.

- Traits of Sheep Runners:**
- They are submissive and eager to grow.
  - They need strong leadership to develop their potential.
  - They are quick to follow but require clarity and

encouragement.  
Don't exploit their submission. Instead, invest in their development, nurture their courage, and provide mentorship. With your guidance, they can achieve remarkable growth.

- Key Takeaway!**  
Each group has its strengths and weaknesses. A wise leader understands how to handle all three:
- Guide the bull without being drawn into their fights.
  - Appreciate the horse without taking them for granted.
  - Mentor the sheep to help them find their path.

# MENTAL HEALTH

# The Science Behind Gardening and Mental Health



By Mariam Mansoor

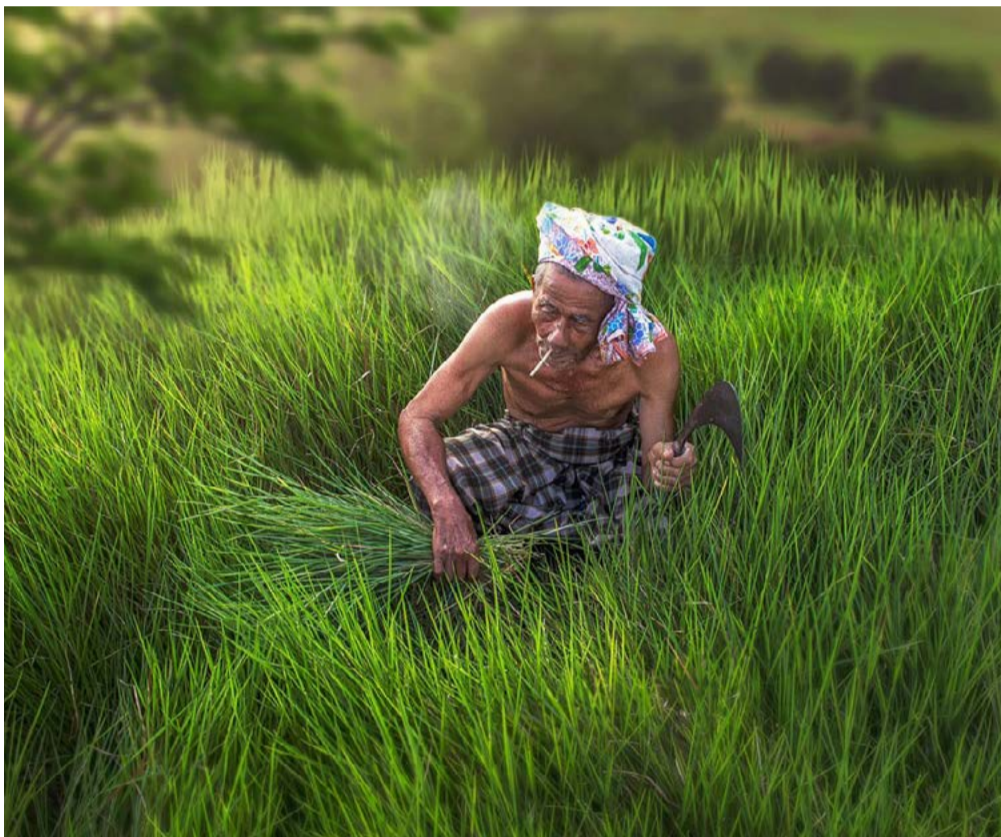
**G**ardening has long been recognized as a therapeutic activity, offering a sense of peace, purpose, and connection to nature. But beyond its emotional benefits, research shows that gardening actively supports brain health, particularly in preventing and managing conditions like Alzheimer's disease, depression, and anxiety.

## 1. Gardening and Alzheimer's Disease

Alzheimer's disease is a progressive neurological disorder that affects memory, thinking, and behavior. While there is no cure, research suggests that engaging in mentally and physically stimulating activities—like gardening—can help slow cognitive decline and enhance quality of life.

- Encourages Brain Activity – Gardening requires planning, problem-solving, and memory recall, which help stimulate cognitive function.

- Reduces Stress Hormones – Chronic stress is linked to faster cognitive decline. Gardening



lowers cortisol levels, helping protect brain cells.

- Promotes Physical Exercise – Movement increases blood flow to the brain, reducing the risk of dementia and

supporting overall brain health.

- Stimulates the Senses – The colors, textures, and smells of plants engage multiple senses, which helps maintain

neural connections and enhances memory retention.

## 2. Gardening as Therapy for Depression and Anxiety

The simple act of tending to

plants can be deeply healing for those struggling with depression and anxiety. Here's why:

- Boosts Mood with Serotonin – Gardening increases serotonin (the "happiness hormone"), which helps regulate mood and combat depression.

- Provides a Sense of Purpose – Watching plants grow and flourish fosters a sense of achievement and fulfillment.

- Creates Mindfulness and Relaxation – Focusing on the present moment while gardening reduces anxious thoughts and promotes calmness.

- Encourages Social Interaction – Community gardens and group gardening activities help reduce isolation, a major factor in mental health decline.

## 3. Gardening and Suicide Prevention

Gardening offers a hopeful and grounding experience for those facing suicidal thoughts. Studies show that:

- Nature-Based Therapy reduces suicidal ideation by improving emotional regulation.

- Being Outdoors Increases Vitamin D, which plays a crucial role in mood stabilization.

- Gardening Creates a Routine, helping individuals find stability and structure in difficult times.

## How The SOL Foundation Supports Gardening for Mental Well-being

At The SOL Foundation, we recognize the power of gardening as a tool for healing, empowerment, and community building. Through our school and community garden initiatives, we aim to:

- Integrate therapeutic gardening programs into schools and community centers.

- Support mental health awareness by promoting gardening as a stress-relief activity.

- Encourage intergenerational gardening projects to connect the elderly, youth and children, fostering learning and companionship.

Our commitment to #SOLEmpowerment includes addressing mental health challenges in sustainable ways, and gardening plays a key role in that mission.

## The Lost Persian Army of Cambyses II

**5**0,000 Men Swallowed by the Desert

One of the greatest mysteries of the ancient world is the disappearance of the Persian army of Cambyses II around 524 BCE. According to historical accounts, the army—numbering 50,000 men—was sent on a mission by Cambyses II, the son of Cyrus the Great, to destroy the Oracle of Amun in the Siwa Oasis of Egypt. However, the entire force mysteriously vanished in the vast desert, never reaching its destination.

The Greek historian Herodotus (c. 484–425 BCE) provides the earliest recorded version of this event. He wrote that the Persian army

marched out from Thebes (modern-day Luxor) into the vast Western Desert. After several days of travel, they reached an open stretch of sand when suddenly, a massive sandstorm erupted. Herodotus claimed that the storm was so powerful it completely buried all 50,000 soldiers, leaving no survivors.

For centuries, scholars and archaeologists have debated whether the story is fact or fiction. Some dismissed it as an exaggeration or mythical storytelling, while others believed that a large Persian force could not have simply disappeared without a trace. Several theories have emerged:

- Buried by a Sandstorm – Some scholars believe that

a cataclysmic sandstorm, a known phenomenon in the Sahara, could have engulfed the army. If the storm lasted long enough, it could have buried the soldiers under meters of sand, preserving their remains.

- Defeated in Battle – An alternative theory suggests that the army may have been ambushed and slaughtered by an enemy force, such as Egyptian rebels or local desert tribes. The story of the sandstorm may have been created as propaganda to explain the army's disappearance.

- Lost Due to Navigation Errors – The Western Desert of Egypt is vast and treacherous, with little access to water. If the army had become disoriented

and lost its way, it could have perished from dehydration and starvation.

In 2009, archaeologists working near Siwa discovered human bones, Persian-style weapons, and arrowheads buried beneath the sand. This discovery lent credibility to the idea that Cambyses' army may have perished in the desert. Some researchers believe that a combination of environmental disasters and military defeat led to its downfall.

Despite new findings, the true fate of the lost Persian army remains a mystery. Whether buried beneath the dunes, massacred in an ambush, or lost due to miscalculation, the disappearance of 50,000 soldiers without a trace continues to be one of the most intriguing and haunting enigmas of the ancient world.



# National Jigger Awareness Day 2025



Ahadi Kenya Trust CEO Stanley Kamau watch as a Jigger survivors couple Peter Ngugi and his wife Alice Wairimu milk their cow, when he visited ten families in Gaichanjiru village Kandara sub-County that his organization empowered with Dairy cow, chicken rearing project and avocado farming as they commemorated the annual March 3rd National Jigger Awareness Day in Muranga County. This year's theme was: Breaking the chains of jigger infestation, empowering communities for a healthier future.



Ahadi Kenya Trust CEO Stanley Kamau join a Jigger survivors couple Peter Ngugi and his wife Alice Wairimu feed their chicken, when he visited ten families in Gaichanjiru village in Kandara -County that his organization empowered with Dairy cow, chicken rearing project and avocado farming as they commemorated the annual March 3rd National Jigger Awareness Day in Muranga County. This year's theme was: Breaking the chains of jigger infestation, empowering communities for a healthier future.

## Humans

**H**umanity came close to extinction 800,000 years ago. Only 1,280 of our ancestors survived.

A recent study published in Science suggests that a catastrophic “ancestral bottleneck” reduced the global population to just 1,280 breeding individuals, wiping out 98.7% of the early human lineage.

This population crash, lasting about 117,000 years, likely resulted from extreme climate shifts, prolonged droughts, and dwindling food sources.

Using a groundbreaking genetic analysis method called FitCoal, researchers analyzed modern human genomes to trace this dramatic decline, potentially explaining a gap in the African and Eurasian fossil record.

Despite the near-extinction, this bottleneck may have played a crucial role in shaping



**Around 800,000 years ago, something took out 99% of all human life**

modern humans. Scientists believe it contributed to a key evolutionary event—chromosome fusion—which may have set Homo sapiens apart from earlier hominin species, including Neanderthals and Denisovans. The study raises intriguing questions about how this

small population survived, possibly through early fire use and adaptive intelligence. Understanding this ancient crisis helps scientists piece together the story of human evolution and the resilience that allowed our species to thrive against all odds.

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## INVESTMENTS

# Nyanza Investment Conference 2025



The Nyanza International Investment Conference 2025 kicked off at the Ciala Resort in Kisumu, with Deputy Chief of Staff in the Executive Office of the President, Mr. Eliud Owalo, delivering a keynote address that called for urgent and strategic investments to unlock the region's vast economic potential.

Mr. Owalo, speaking before a distinguished audience that included Deputy President Professor Kithure Kindiki - who represented President Dr. William Ruto - cabinet secretaries, governors, principal secretaries, development partners, investors, and stakeholders, painted a compelling picture of Nyanza's challenges and opportunities, calling for an end to decades of economic neglect and political marginalization.

Mr. Owalo said that Nyanza, with its abundant natural resources, resilient people, and strategic location, has been left behind due to historical economic neglect.

He emphasized that despite boasting a highly skilled workforce, vast agricultural resources, and Africa's largest freshwater lake, Nyanza still struggles with high poverty levels, youth unemployment, and inadequate infrastructure.

He revealed stark statistics that illustrate the region's economic struggles, noting

that 40% of the population lives in abject poverty, while Nyanza counties contribute only 9.3% to Kenya's manufacturing sector, with each of the six counties having an average Gross County product of 1.5%.

Additionally, critical sectors such as agriculture and health infrastructure remain severely underdeveloped.

"Nyanza has a problem that has lingered for far too long. We have spent 61 years talking about transformation, but today, we must move beyond words to action," Mr. Owalo said.

Mr. Owalo called for a complete rethinking of Lake Victoria's role in the region's economy.

He highlighted the lake's potential as a gateway to regional trade, an engine for fish processing, and a hub for tourism.

He urged stakeholders to invest in lake transport, value addition in fish processing, and the modernization of processing plants.

"The Lake Victoria Ring Road is a game-changer that will connect communities, boost regional trade, and open up our tourism sector," he stated.

Mr. Owalo outlined several priority investment areas that can transform the region's economic landscape.

**These include:**

- Agriculture: Modernizing Ahero and West Kano Irrigation Schemes to increase rice production, reviving



cotton farming to feed the textile industry, and expanding sugar production following the enactment of the Sugar Act 2024.

- Manufacturing and Industrialization: Establishing processing plants for fish, hides, coffee, and sweet potatoes to create employment and increase value addition.

- Mining: Unlocking the potential of Macalder mines in Migori, which hold significant gold, copper, and zinc reserves, through strategic investment.

Mr. Owalo's address emphasized infrastructure as the foundation for economic growth, citing the Standard Gauge Railway (SGR) extension to Kisumu, Malaba, and Isiolo by 2027 as a game-changer for trade and logistics.

Mr. Owalo also identified the 60 MW Sondu Miriu hydroelectric plant, Koru-Soin dam, and the planned 120 MW Magwagwa Multipurpose Dam in Nyamira county as transformative projects that will provide clean energy and water for irrigation, industry, livestock and domestic use.

Mr. Owalo issued a powerful call to action to investors,

development partners, and government stakeholders, urging them to seize the immense opportunities in Nyanza.

"The time for talking is over. Now is the time for action. Nyanza's future must be defined by economic transformation, not political rhetoric. Investors, donors, and the diaspora - you hold the key to unlocking Nyanza's potential," he said.

He reassured investors that the Kenya Kwanza administration is committed to inclusivity and economic-driven development, stating that the government will foster investment-friendly policies to support growth.

"This conference is not just a gathering of ideas; it is the birthplace of action. The investments and partnerships formed here will define the future of generations to come," said Mr. Owalo.

With bold strategies laid out and a call for collective action, the Nyanza International Investment Conference 2025 marks the beginning of what could be a transformative economic journey for the region.

## PHOTO STORY

## Kenyan cadets to benefit from a world-class maritime training programme established by Maersk and Kenya Ports Authority



Kenyan cadets at the launch of a fully funded 12-month sea-time training programme by A.P. Moller - Maersk in partnership with the Kenya Ports Authority. The initiative aims to develop Kenya's maritime sector and boost the Blue Economy.



L-R - Capt. William K. Ruto (AFNI), Managing Director, Kenya Ports Authority, Oliver Bunting, Acting Area Managing Director, Maersk, and HE. Abdulsamad Sheriff Nassir, Mombasa Governor pose with Ruth Komen, one the cadet candidates during the launch of a comprehensive maritime training programme aimed at developing Kenya's maritime sector and supporting the country's Blue Economy.

# Car Treasure Hunt

**O**n 9th February 2025, a well-attended Car Treasure Hunt organized by NCRRA Committee Member, Hita Shah & assisted by Ali Taib (Hon. Chairman), Hon. Secretary & Riten Shah (NCRRA Member) which commenced at the Nyali Cinemax Complex which had 20 vehicles participating.

The event attracted teams from both Nyali & Mombasa Island courtesy of MaDaFu Newspaper's advertisement of our association's event on their platforms. Both members and non-members which had very little ones & senior participants had a great time testing their knowledge hunting for "treasures" along various roads within Nyali! Also thanks to Mzuri Sweets Ltd for their thoughtful donation of 60 Goodie bags as an additional incentive to participate & strive for victory.

Look out for more social events coming up later this year! If you have any ideas to contribute for any social events, please let us know. This is all about community spirit, building & cementing relationships with neighbours & strengthening our association to help in its mandate.



## PHOTO STORY



Spokesperson Kanze Dena Mararo during the Press briefing on the Status of the Nairobi Peace Process held at the office of the 4th President of the Republic of Kenya in Nairobi.

## SBM Bank Malindi Clients' Appreciation Party At Billionaire Resort & Retreat



SBM Bank Kenya CEO, Bhartesh Shah (2nd left) and Malindi Branch Relationship Manager Haji Said (left) in conversation with Maria Saliola and Italo Mariani during a customer appreciation dinner at Billionaire Resort & Retreat in Malindi on Friday February 21st, 2025 where the bank launched its new Legacy Plus account that offers preferential interest for customers above 50 years old.



SBM Bank Kenya CEO, Bhartesh Shah (left) and Malindi Branch Relationship Manager Haji Said (centre) with the Malindi business community during a customer appreciation dinner at Billionaire Resort & Retreat in Malindi on Friday February 21st, 2025 in which the bank launched its new Legacy Plus account that offers preferential interest for customers in their 50's. From left the clients are: Nadia Fabrizi, Giuseppe Battista and Gaetano Angel.

# ENVIRONMENT

# Team Environment Kenya - TEK

**O**ur Site Visit to the Ngong Hills in the Company of Our CLIMATE ACTION, PEACE and Environmental Ambassador Champ. Ferdinand Omanyala was a Great Success.

We had great and Awesome time of At least Three Hours Enjoying the Beauty of Gods Creation.

As a Team Member he Commented to Adopt 5 Acres of the 15 Acre's Allocated to Us by the Kenya Forest Service for restore and rehabilitation.

On his Area we shall establish a green space by planting indigenous and fruit trees, creating a recreational park, and installing essential infrastructure including fencing and a borehole for community and wildlife.

Starting soon we shall have Periodic Tree-Planting (Growing) Expeditions for the next 3 to 5 - 10 years in honor of notable individuals in sports, media entertainment etc with plaques on respective trees and locations, turning the area into a living museum.

The project calls on philanthropists, celebrities, and partners to join us in



combating CLIMATE CHANGE and building a lasting legacy of environmental stewardship of greening Kenya. Reach Out Now!!!!... \_"Let Us Go Green,

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## Ramadhan Mubarak!



**A**s we begin this blessed month, may Allah (SWT) accept our fasts, prayers, and good deeds. May this be a time of reflection, mercy, and unity for our community. Let us support one another, share

kindness, and strengthen our faith.

Wishing you and your families a peaceful and spiritually fulfilling Ramadhan. In Sha Allah, may we emerge from this month with renewed hearts and increased blessings.

**Ramadhan Kareem!**

## Ramadhan



**Do Good. Ramadhan Goodies for the Kipini Madarassa Childrens Home near Hola via the Centre Head Mama Sheila. Blessings and Thanks to Mzuri Sweets Ltd for the tasty Kings Cakes and Mombasa Cement Limited, Nyumba Cement and Sahajanand School Mombasa for the Refreshing Juices!**

## Ipoa tree planting at Tharaka-Nithi



**Nyakomitah Advocates for Stronger Police-Community Relations.** IPOA Commissioner Kenwilliams Nyakomitah emphasized the need for stronger police-community relations to enhance policing during a ceremony in Tharaka Nithi County on February 28, 2025. The event marked the commissioning of an educational center in honour of the late Mwalimu Robert Mugambi, father to DDIMPS, Munene Mugambi. ADR Meru, Michael Kimatu also sensitised the community on IPOA's role, while Commissioner Nyakomitah donated IEC materials, including the book 'Referee of a Dirty Game' by IPOA Chairperson Ahmed Issack Hassan. He also planted a tree, contributing to President Ruto's 15 billion tree initiative. The event attracted community members, serving and retired police officers.





# Port Position

Berth No.	Ship Name	Types Of Cargo	Date of Arrival	Expected Date of Departure
3	The Wise	Bulk Wheat	26/02	04/03
4	Sasebo Green	Bulk Wheat	26/02	05/03
5	Langeo OG	Containers	28/02	28/02
7	Astro Propus	Bulk Fertilizer	23/02	06/03
8	Artic Tern	Palm Oil	19/02	N/A
9	Theodore	Gypsum	20/02	04/03
10	Veruda	Gypsum	22/02	02/03
11	Sea Pioneer	Steel Products	26/02	28/02
12	Noore Mustafa	General Cargo	25/02	28/02
14	Eternal Ace	Cars	27/02	28/02
16	Kota Sempa	Containers	20/02	28/02
17	Interasia Momt	Containers	27/02	02/03
18	MSC Mattina	Containers	27/02	02/03
20	Petra 11	Containers	26/02	01/03
21	Ren Jian 8	Containers	26/02	28/02
22	Xing Haung PU	Containers	24/02	02/03
KOT 2:2	Proteteus Harvonne	Mogas	27/02	N/A

## Expected Vessels for week 24<sup>th</sup>February to 02<sup>nd</sup> March2025

	Ship Name	Types Of Cargo	Date of Arrival
1	AMU 1	Containers	28/02
2	AMU 2	Containers	28/02
3	Zanzibar Express	Containers	28/02
4	Alpha Kirawira	Containers	28/02
5	Riva Wind	Bulk Coal	28/02
6	Kontich	Butane	29/02
7	PS Pelican	Jet A 1	01/03
8	Celsius Edinburg	Containers	01/03
9	MSC Langsar	Containers	02/03
10	Calandra	Containers	02/03
11	Maersk Cabo Verde	Containers	02/03
12	Arcola	Steel Product	02/03

## Hope



Written by Safia Mohamed Bashir

*Some minimal phrases that are weighty.  
There's light at the end of the tunnel,  
I shall do it tomorrow,  
A to-do list for the next day,  
When I grow up I want to be a \_\_\_\_\_,  
This Easter we shall go to \_\_\_\_\_,  
And one day I will go for pilgrimage,  
I shall achieve the target,  
I can do it,  
It will rain,  
The smile that comes on seeing a rose bud no words, just an expression.*

In anticipation of good, the little promises and words of encouragement. An optimistic desire, a wish for a dream come true, a raging eagerness to achieve something, an added effort, an extra mile put in, a feeling of expectation, a yearning, a longing, a belief in fulfillment, an aspiration for the better. All these.... Sums up to just a small four lettered word - HOPE.

However small this word seems to be - if collaborated with faith and a little effort can make the path easier and better.

Will do it tomorrow, a thought at night; when one drifts off to sleep, having no idea what may happen the next second, but a light of hope that yes I will wake up in the morning.

The ambitious child who wants to be a pilot, doctor or engineer when he grows up. The word when ... very ambiguous here because who knows how long this child will leave - but there is a ray of hope. He will be a pilot and fly high, be a doctor and treat the sick, he will fulfill his dream.

The many months ahead of planning a vacation, someone's going ushago, another planning for a holiday to Mombasa while still someone somewhere more fortunate enough going to the city of gold, city of attraction, city of holidays - Dubai. Who knows what may happen next minute - but there is anticipation and hope of a fun filled trip hence the planning.

A whole to-do list is outlined

for the next day; goals drafted for the week, months and year to come.

Looking forward to festivals, birthdays and anniversaries.

Based on what? What guarantee is there that we shall live till then... no guarantee; there's just an optimistic desire, a hope that says yes, we shall see those days.

When a mountain climber starts his ascending journey, his aspiration is to reach the summit. And it's this hope that gives him the courage to take the first step. Step by step as he moves; his hard work, his faith and his hope grows stronger. Hope that he will reach the summit of the mountain and see the view from there.

We pray and supplicate; in anticipation and hope of getting our prayers answered. There's a strong desire of getting what we want, hence we pray harder.

We know anything could happen within a split of a second, a car accident, someone could suffer a stroke, someone could just fall off the stairs.. anything ...

Nevertheless we still hold on to that streak of hope; hope for something better; hope for the best.

It's an aspect of religion not to despair; not to think negative, not to be sad. Instead we should look for a positive aspect in all our tests, trials and tribulations; have faith and have hope. Yes the good shall prevail and all will be well. As the famous quote - Everything will be okay in the end. If it's not okay, it's not the end."



FEB 2025

## 'We need more Brunos' - Fernandes 'steps up all the time' for Man Utd



**M**anchester United head coach Ruben Amorim feels the club would not be in their current mess if they had more players like Bruno Fernandes.

The United captain led from the front in the 1-1 draw with Arsenal at Old Trafford.

Arsenal boss Mikel Arteta admitted the Portuguese was "too clever for us and the referee" for the way he manipulated the positioning of his first-half free-kick to give him a better chance to put United in front.

The ball was measured as being 11.2 yards away from the wall after the match, rather than the 10 yards the rules state it should be.

Ex-Newcastle goalkeeper Shay Given told BBC Match of the Day: "It was really good execution, but yes the wall was too far back.

"Maybe the referee just

miscounted it, but it gives Bruno that advantage. With the ball being 11 yards away, Bruno can hit it with more pace."

Former United skipper Roy Keane might not be a fan of Fernandes given the manner in which the Irishman spoke of Fernandes on The Overlap podcast last week.

But Amorim wishes he had a few more like him.

"We need more Brunos, that is clear," he said.

"It's not just the quality and the character. He makes some mistakes but he is so decisive with and without the ball.

"He steps up all the time. He can show some frustration in some moments that can hurt him more than everyone. I understand that. He wants to win.

"But he is always available, can play in different positions and when we need a goal and an assist he is always there."

Fernandes is now United's top Premier League goalscorer this season with seven. His 12 in all competitions also puts him at the head of United's scoring charts.

But it doesn't end there.

In a United side that is 14th in the table, Fernandes has 14 goal involvements in the league. Unsurprisingly, that is more than anyone else.

But only Amad has more than Marcus Rashford's five, which underlines how important the 30-year-old has been in keeping United away from getting in real trouble at the bottom of the table.

Since he made his United debut in February 2020, only Liverpool's Mohamed Salah (177) and Tottenham's Son Heung-min (124) have been involved in more goals than Fernandes (109).

It is clear Amorim needs Fernandes in the short and medium term as he looks to

improve results, while at the same time making United a more attractive team to watch.

The home side had 31.8% possession against Arsenal, continuing a theme that has continued since Jose Mourinho's time at the club where their best results are achieved when they play on the counter-attack.

On a day when United fans protested in huge numbers against the club's ownership, Amorim is desperate to change that.

"When you coach Manchester United, you cannot play too much like that," he told Sky Sports. "You have to try to win the game.

"This club will never die. That is clear. This is a big business and maybe all the fans in this league sometimes feel it is harder to go to the games and pay for tickets.

"We want to give them a lot of effort. In the future, we will not play like that."

## Woods to miss Players Championship at Sawgrass



**T**wo-time winner Tiger Woods will miss next week's Players Championship at TPC Sawgrass, the PGA Tour has said.

The 15-time major champion also missed the Genesis Invitational in February following the death of his mother that month.

And while Woods competed in a TGL event on Monday night, with his Jupiter Links GC being eliminated, in an interview this week he hinted he would not play in the PGA Tour's flagship event.

"This is the third time I've touched a club since my mom passed so I haven't really gotten into it," Woods, 49, told Sports Illustrated, external.

"My heart is really not into practising right now. I've had so many other things to do with the Tour and trying to do other things.

"Once I start probably

feeling a little bit better and start getting into it, I'll start looking at the schedule."

This will be the sixth consecutive year Woods has not featured in an event that has been dubbed the fifth major and regarded as one of the most prestigious in golf.

The 144-man field will contain 48 of the top 50 in the world rankings, with number one Scottie Scheffler aiming to become the first golfer to win the Players for a third time since Jack Nicklaus in 1978.

Players had been given until Friday afternoon to commit to the event which takes between 13-16 March.

Woods has not participated in a PGA Tour event since last year's Open at Royal Troon in July and had his sixth back procedure in 10 years in September.

It is the last year Woods is exempt from the tournament through his Masters victory in 2019.

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WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	EXHIBITION	THEATRE
<b>Tuesdays</b> Safari Inn Shanzu Serena Rd Maranda & Band	<b>Thursdays</b> New Cheers Bamburi Live Band	<b>Sundays</b> New Cheers Bamburi Live Band	<b>27   02 to 26   03</b> Mackinnon Market Mombasa Mombasa Diaries Photography Exhibition	<b>21 to 23   03</b> Little Theatre Club Mombasa Elements by John Sibi Okumu
<b>Wednesdays</b> New Cheers Bamburi Quavers Band Live Moonshine Beach Bar & Nightclub Nyali Ladies Night with Jambo Africa Band Sky Lounge Bamburi Julio Diatos with	<b>Fridays</b> New Cheers Bamburi Live Band Sizzlers Steakhouse Diani Beach Rd Mugithi Rhumba & Country Live with JP Muriuki   Monica Apollo Club Changamwe Ohangla Night with Achieng Nyarongo	<b>Moonshine Beach Bar &amp; Nightclub Nyali</b> Sunday Live Band with Generation Band Kusini Tavern The Muziki Band Tapas Gold Nyali Band Sundays Mombasa Roots Band	<b>SHOWCASE LIVE ACTS</b> <b>Sunday 09   03</b> Phorpal Lounge Ukunda Elisha Toto Live <b>Saturday 15   03</b> Nomad Beach Bar Diani Beach Live Music with Kevon Munyi	<b>DOGS</b> <b>Sunday 09   03</b> Safari Beach Hotel Diani KSPCA Diani Dog Show
<b>Thursdays</b> Kusini Tavern Kilifi The Muziki Band Mingles Lounge Bamburi Mugithi Explosion with Symo Ka Waithera   DJ Icon Safari Inn Shanzu Serena Rd Jambo Africa Band	<b>Saturdays</b> Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band Summit Grill Vok Ricky Mulolo with Idologia Musica International Band New Cheers Bamburi Live Band	<b>The New Big Tree Bamburi Beach</b> La Festa Sunday with Mombasa Roots Band   Ronyle   Chapatizo   Prince Amar Soul Breeze Beach Resort Diani Tashingas The Band	<b>Serena Beach Resort Shanzu</b> 3-Day Leadership and Management Development Program	<b>SHOPPING</b> <b>Saturday 22   03</b> Mikaye Restaurant Links Rd Nyali Mikaye Night Market
<b>www.whats-on-mombasa.com</b>			<b>FAIRS &amp; EXPOS</b> <b>Saturday 15   03</b> Serena Beach Resort Shanzu International Schools Fair	

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SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	SPORTS / TRIATHLON	CONCERT	ART EVENTS / EXHIBS
<b>Saturday 15   03</b> Moov Café & Bistro Live & Sip Muze Club Westlands Anjunadeep Nairobi with Afu   Braxton   Cimelius SA   Karyenda Soul   OneDown	<b>Saturday 29   03</b> Rosedale Gardens Kilimani 80s and 90s Brunch Party II with DJ Me Supafly   DJ Maurice   DJ Forest Jain Bhavan Loresho Love and Money Festival	<b>Sunday 30   03</b> KCB Leadership Karen Karen Open Triathlon 3rd Edition	<b>15 &amp; 16   03</b> Visa Oshwal Auditorium Parklands Romance In The Keys by Nairobi Orchestra	<b>09   03 to 20   04</b> Redhill Gallery Beasts & Petals - Exhib by Mwass Githiji Kenya
<b>Sunday 16   03</b> Kenya National Theatre Main Auditorium Musical Winds Of Aeolus	<b>Sunday 30   03</b> Kenya Technical Trainers College Caribbean Carnival EA	<b>SPORTS / BOXING</b> <b>Saturday 22   03</b> Nairobi Charter Hall Thunderstorm with Denzel   Madonga	<b>Sunday 16   03</b> Braeside School Muthangari Road Symphony Orchestra In Concert	<b>30 to 23   03</b> Village Market Art In The Open - Women In Art Edition
<b>Saturday 22   03</b> Shelter KE Westlands Undertow XII with Iriny Destroyed   CanW3Sleep   Petrika	<b>TRIVIA</b> <b>Saturday 29   03</b> Bar'Dayez Bistro Mithiithi Rd For The Love Of Trivia	<b>Friday 28   03</b> Ba 69 Runda Lord Of The Ringz Fight Night	<b>Sunday 23   03</b> Kenya National Theatre Amazing Love Concert with The Kenya East Territorial Band   The All Saints Cathedral Choir	<b>18   01 to 17   03</b> Banana Hill Gallery David Kogoi: Beauts Of Africa II
<b>Sunday 23   03</b> Rosedale Gardens Kilimani Jazz RNB & Friend	<b>SUMMIT</b> <b>21 to 23   03</b> Trademark Hotel What Women Want Summit 3.0	<b>POETRY SLAM</b> <b>Friday 21   03</b> Alliance Française Nairobi What Doesn't Kill You by Slim Shaka & Norman Mosoti	<b>WOMEN</b> <b>08 &amp; 15 &amp; 22   03</b> Ballpoint Social Club Coffee, Cocktails & Conversations - Celebrating International Women's Month	<b>14   02 to 16   03</b> National Museum of Kenya 'Dynamics of Heritage' by Cartoon Joseph
<b>www.whats-on-nairobi.com</b>			<b>BALL</b> <b>Saturday 15   03</b> Matteo's Italian Restaurant Ngong Rd Annual Masquerade Ball	

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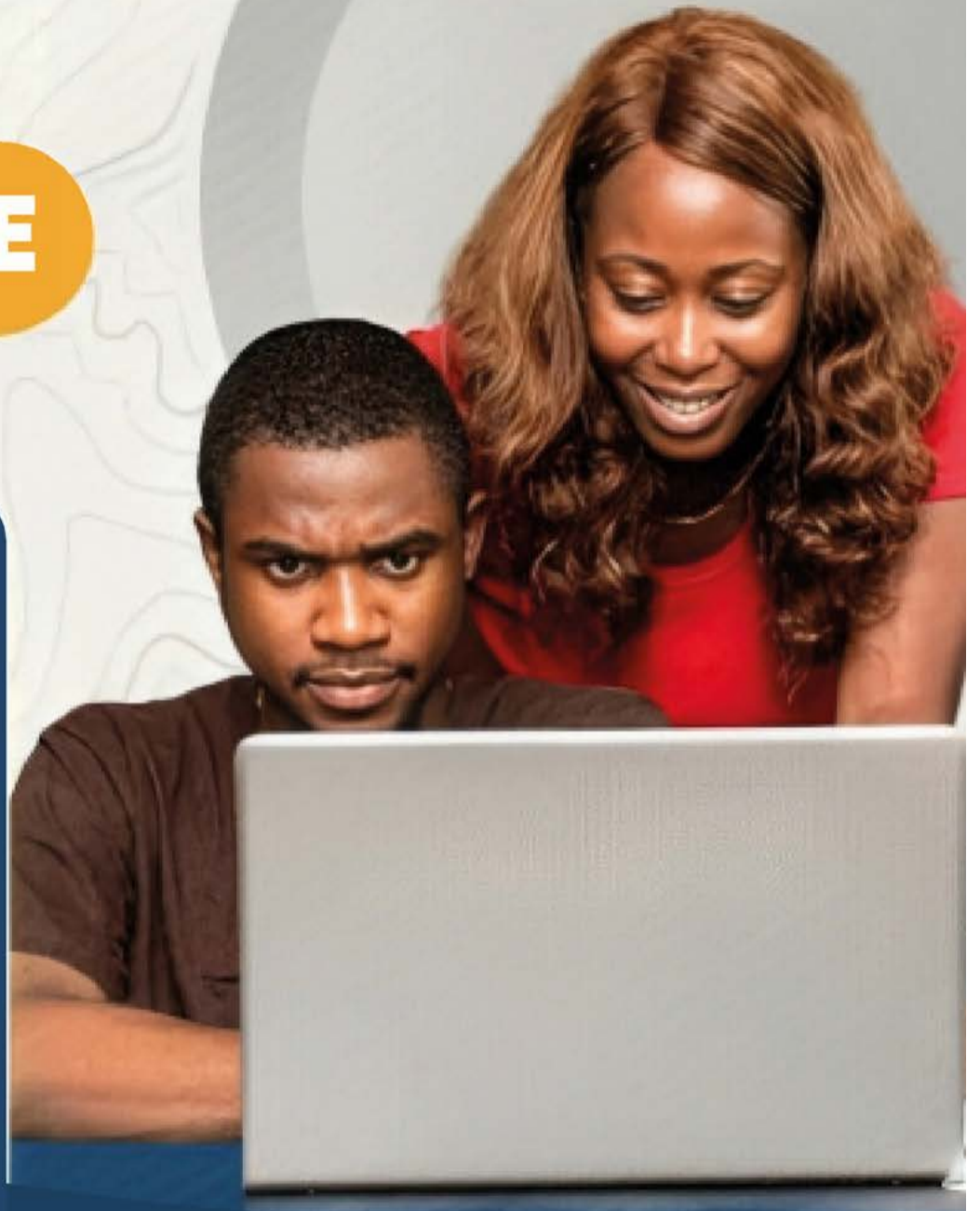
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