

KFS has reclaimed 57,000ha of forest land from private developers

By Wangari Njuguna

The Kenya Forest Service (KFS) has reclaimed 57,000 hectares of land which had been encroached by private developers in the public forests.

Chief conservator Julius Kamau said the KFS will ensure it reposses all the land which is in the hands of individuals even those who claim to have the land ownership documents.

Speaking during a tree planting exercise in Gate forest in Kigumo, Kamau said they reclaimed 14,000 in Mau Forest; 30, 000 in Samburu; 7, 000 in Mount Elgon; 2, 000 in Sosio and 254 hectares in Makunga forests.

"These are some of the areas we are rehabilitating because we want to have a healthy ecosystem especially for our water towers" he said.

"I will ensure no public forest land will be left in private hands and those who have any documents with



Kenya Forest Service chief conservator Julius Kamau during a tree planting exercise in Gatare forest in Kigumo Murang'a

CONTINUED TO PG 4



WILDLIFE PHOTO

Photo by vinisum



Agama Agama!

The word Agama is derived from West African dialect, meaning Lizard.

The way these lizards are so obviously conspicuous with their flamboyant colouration, one would assume that the Kenyan Agama lizards would be the most photogenic species out there in our savannah grasslands. Quite to the contrary, we tend to overlook these beautiful reptiles! What began as a cheetah photographic mission at the Tsavo East National Park, ended up with an adventurous take on the Rainbow Agama!

A dominant male will display vivid coloring; his body turns turquoise/dark blue, and the head, neck, and tail turn blood-orange! This hue is significant during the mating season. However, mostly a docile reptile, the dominant males does protect his domain with display of head bob and nods to ward off any presumed threats or uncertainty in his territory. Hence the Agamas continue to give us an unabashed all-African vision of lizards that greet us with push-up workouts!

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President Kenyatta launches accelerated national tree growing campaign

(PSCU)

President Uhuru Kenyatta today launched an accelerated national tree growing campaign with an assurance of Kenya's commitment to combating the challenges arising from climate change.

Speaking during the launch at a presidential roundtable meeting on the accelerated national tree growing campaign at State House Nairobi, President Kenyatta said that the bold actions taken by the Government towards increasing Kenya's forest cover are bearing fruits.

"We have increased our quality of seeds for seedlings production from 10 tonnes to 160 metric tonnes for the production of over 2 billion seedlings annually.

"I am happy to note that in today's meeting we are already embarking on the ambitious but fulfilling journey of increasing Kenya's forest cover to at least 30 percent by 2050," President Kenyatta said.

At the same time, the Head of State said Kenya has established a global tree-growing fund with the Multi-Partner Trust Fund.

He said the fund seeks to secure USD 45 million that will deliver over 1.2 billion high-quality seedlings, enact a robust innovative forestry finance scheme, strengthen forestry governance and roll out a robust tree growing campaign that will enable the country meet its climate change action commitments.

He appreciated the support of development partners such as the Government of Japan which has already provided its support of USD 2.6 million through UNDP.

While formally unveiling the United Nations Sustainable Tree Growing Fund, he appealed to global and local partners to support Kenya's efforts to undertake climate action that will ultimately save the globe from the perils of changing climate.

"This will follow up on the great commitments issued last year at the climate change Glasgow meeting where countries gave firm commitments to the forestry agenda. We are ready for the conservation business and we mean business," President Kenyatta said.

Saying Kenya has made tremendous progress towards reducing land degradation and desertification, President Kenyatta emphasized that the country will continue to cement its leadership on the renewable energy agenda.



"Using our domestic initiatives and resources, we have a green and clean electricity grid with over 94 percent of our electricity coming from the renewable sources of hydroelectric, geothermal, solar and wind energy," the President said.

He expressed satisfaction that Kenya is ranked 5th in geothermal energy production while its production wind and solar energy is constantly expanding, adding that the country is on course towards realizing a 100 percent clean grid by the year 2030.

He appreciated the support that has been provided to KEFRI to not only expand its seed production, processing and distribution infrastructure but also to develop innovative technologies to accelerate restoration of the degraded landscapes through aerial seeding using air planes, drones, and seed balls.

The President also noted that the Government has

demonstrated leadership by contributing to the global efforts that bequeathed to the world the Paris Agreement on Climate Change of 2015.

"To lead by example, Kenya has made ambitious commitments on greenhouse gas emissions, halting and reversing deforestation, biodiversity conservation, and land restoration," President Kenyatta said.

During the occasion, President Kenyatta unveiled the National Forest and Tree Cover report, the Bamboo Policy as well as the Kenya Water Towers Status report among other Key documents on environmental conservation.

In his remarks, Environment CS Keriako Tobiko disclosed that currently the country's forest cover is 8.8 percent while the tree cover stands at 12.13 percent and that the country has actually surpassed the target.

"This would not have happened without Your

Excellency's (President Kenyatta) remarkable unwavering support and leadership. It is the leadership that has given us energy, the strength and the passion and we are grateful," CS Tobiko said.

On his part, Treasury CS Ukur Yatani said coordinated partnerships are essential to mobilize sustainable finance from all sectors.

In a speech read by Principal Secretary Julius Muia, CS Yatani appreciated the UN for extending a grant amounting to USD 45 million (Kshs 5.2 billion) to support the UN joint programme for tree growing project in Kenya.

The roundtable meeting was also attended by members of the Kenya Private Sector Alliance (KEPSA), members of the diplomatic corps and development partners.

KEPSA CEO Carole Kariuki announced a Kshs 6 billion commitment from the private sector in support of the national tree growing campaign.

Other speakers included UN Country Resident Coordinator Stephen Jackson, UNDP's Resident Representative Walid Badawi and Japanese Ambassador to Kenya Ken Okaniwa.

Later, President Kenyatta flagged off the national tree seedlings distribution programme that targets a total of 4,800 schools countrywide, TVET institutions, colleges and universities, the National Prisons Service, regional development authorities and county government.

Israeli firm boosts local building construction professionals with series of capacity building workshops



Admir Kenya Director Ronald Ndegwa (left) flanked by Institution of Engineers of Kenya (IEK) First Vice President Eng Grace Kagundu and Admir Technologies Chief Executive Officer Mr Meir Taito (right) share a light moment at a recent capacity building workshop.

Israeli firm boosts local building construction professionals with series of capacity building workshops

...Admir Technologies to roll out geosynthetics training programs geared at facilitating project cost savings

05/05...A global building and construction solutions provider has stepped up its local capacity building initiatives to facilitate the adoption of geosynthetic solutions in roads and related infrastructure development.

Israeli headquartered Admir Technologies, a leading global provider of geotechnical and civil engineering solutions based on geosynthetics, has commenced local building and construction professionals' training and related capacity building in conjunction with the Architectural Association of Kenya (AAK).

Geo-synthetics are manufactured synthetic materials (i.e., made from polymers or hydrocarbon chains) that are used for a wide range of engineering applications. In infrastructure development, geo-synthetics, including geogrids and geotextiles, stabilize weak subgrade soils.

Speaking at the inaugural training workshop at a Nairobi hotel, Admir Technologies Chief Executive Officer Mr Meir Taito said the firm is investing more than Kshs 50million in the rollout of capacity building efforts geared at facilitating cost savings in the timely delivery of quality infrastructure projects.

The firm, he said, will undertake the capacity building efforts through its local subsidiary Admir Kenya with technical support from its continental office Admir Africa.

"At Admir Technologies, we provide quality geotechnical solutions using Geosynthetic products for various civil engineering applications. We are present in at least 6 African countries. By rolling out capacity building programs, we are actively sharing our more than 30years worth of technical expertise with local engineers and related project management peers on using Geosynthetic products," Taito said.

He explained that using Geosynthetic solutions in engineering projects such as roads, airport runways, railway lines, seaports, dams and retaining walls, reservoirs and waste landfills, stabilizing slopes, drainage, and many other applications has been technically proven and cost-effective.

At the workshop, local Engineering professionals led by the Institution of Engineers of Kenya (IEK) First Vice President Engineer Grace Kagundu were taken through training sessions touching on the construction of road bases with geocells, Tarmac reinforcement and Embankments and Retaining Walls construction. The delegates also heard first-hand accounts of the recent developments of the Hoima Road in Uganda and Mechanically Stabilized Earth (MSE) reinforced road projects in Ghana.

NEWS

Unselfish Affection

While the fondness of savages, which has been so often mistaken for affection, is thus seen to be foolish, unconscious, selfish, shallow, and transient, true affection is rational, conscious, unselfish, deep, and enduring. Being rational, it looks not to the enjoyment or comfort of the moment, but to future and enduring welfare, and therefore does not hesitate to punish folly or misdeeds in order to avert future illness or misfortune. Instead of being a mere instinctive impulse, liable to cease at any moment, like that of the California hen referred to, it is a conscious altruism, never faltering in its ethical sense of duty, utterly incapable of sacrificing another's comfort or well-being to its own. While fondness is found coexisting with cruelty and even with infanticide and cannibalism (as in those Australian mothers, who feed their children well and carry them when tired, but when a real test of altruism comes--during a famine--kill and eat them,[40] just as the men do their wives when they cease to be sensually attractive), affection is horrified at the mere suggestion of such a thing. No man into



whose love affection enters as an ingredient would ever injure his beloved merely to gratify himself. Crabb is utterly wrong when he writes that "love is more selfish in its nature than friendship; in indulging another it seeks its own, and when this is not to be obtained, it will change into the contrary passion of hatred." This is a definition of lust, not of love--a definition of the passion as known to the Greek Euripides, of whose lovers Benecke says (53): "If, or as soon as, they fail in achieving the gratification of their sensual desires, their 'love' immediately turns to hate. The idea of devotion or self-sacrifice for the good of the beloved person, as

distinct from one's own, is absolutely unknown. 'Love is irresistible,' they say, and, in obedience to its commands, they set down to reckon how they can satisfy themselves, at no matter what cost to the objects of their passion." How different this unaffectionate "love" from the love of which our poets sing! Shakspeare knew that absorbing affection is an ingredient of love: Beatrice loves Benedick "with an enraged affection," which is "past the infinite of the night." Rosalind does not know how many fathom deep she is in love: "It cannot be sounded; my affection hath an unknown bottom, like the Bay of Portugal." Dr. Abel has truly said

that "affection is love tested and purified in the fire of the intellect. It appears when, after the veil of fancy has dropped, a beloved one is seen in the natural beauty with various human limitations, and is still found worthy of the warmest regards. It comes slowly, but it endures; gives more than it takes and has a tinge of tender gratitude for a thousand kind actions and for the bestowal of enduring happiness. According to English ideas, a deep affection, through whose clear mirror the gold of the old love shimmers visibly, should be the fulfilment of marriage." Of romantic love affection obviously could not become an ingredient till minds were cultured, women esteemed, men made altruistic, and opportunities were given for youths and maidens to become acquainted with each other's minds and characters before marriage; as Dr. Abel says, affection "comes slowly--but it endures." The love of which affection forms an ingredient can never change to hatred, can never have any murderous impulses, as Schure and Goethe believed. It survives time and sensual charms, as Shakspeare knew: Love is not love Which alters when it alteration finds.

KFS has reclaimed 57,000 hactares of forest land from private developers

CONTINUED FROM PG 1

the imagination that they can give them legitimacy to claim the ownership of the land are deceiving themselves" added Kamau. The conservator said the KFS in collaboration with other partners is aiming at attaining 30 percent forest cover in the country pointing out currently it is at 8.83 percent. "We are close to attaining the 10 percent forest cover as per the directive from the government, but we still need to go higher to help tame climate change"he said. He pointed out that in an assessment done on the public forests back in 2019, 408,000 out of 2.5 million hactares were degraded, and KFS has been putting efforts to rehabilitate the affected areas adding that they have managed to restore 70,000 hactares.

"Our goal is to ensure all the degraded areas in the forest are covered and we are doing so by planting trees especially during the rainy season and am confident we shall manage"said Kamau. He said the KFS is working closely with eh Community Forest Associations which are compromised of the residents living near the forest to ensure this work is done. He however said protect the forests is not a sole responsibility by the government and the residents should also ensure the forests are protected. "We derive so many benefits from these forests and we should strive to protect them lest we suffer" he added. "Whatever conservation efforts we put today, is for the sake of the future generations because what we are experiencing now is as a result of environmental



degradation done years back" said Kamau. The conservator also KFS will be partnering with county government and other partners to plant more trees even in schools and private land. He said already there is a project dubbed Green Zones Development Support Project through which they are aiming to plant over 100 million trees.

PHOTO STORY



Ahadi Kenya Trust CEO Dr. Stanley Kamau and Because International Director of Programs Emily Alleu fit Gathige Primary school in Kandara Constituency in Muranga County standard 8 class pupils with shoes on Monday April 2nd 2022 shortly after the launch of a partnership by the two organization to distribute "The Shoes that grows" to school children countrywide. The locally manufactured shoes by the US NGO has adjustable Velcro on the side and a hook in front that makes it possible to adjust the size of the shoes length and width as the feet grow for a period of up to two years hence saving the parents burden of buying new shoes every year as children grow.



Ahadi Kenya Trust CEO Dr. Stanley Kamau and Because International Director of Programs Emily Alleu with Gathige Primary school in Kandara Constituency in Muranga County standard 8 class pupils shortly after distributing shoes to them during the launch a partnership by the two organization to distribute "The Shoes that grows" to school children countrywide. The locally manufactured shoes by the US NGO has adjustable Velcro on the side and a hook in front that makes it possible to adjust the size of the shoes length and width as the feet grow for a period of up to two years hence saving the parents burden of buying new shoes every year as children grow.

CHANGE THE WAY YOU SEE

<i>I don't have crow's feet, I have happy happy memories of laughing with friends until the tears flowed.</i>	<i>I am not fat, I bear the evidence of a life filled with abundance, blessings and good times.</i>
<i>I don't have frown lines, I have the marks of my frustration and confusion, which I battled through, smiling in the end.</i>	<i>I am not just forgetful, I have a mind so full of stories, memories and moments... there is scarce room to hold much else.</i>
<i>I am not going grey, I have shimmering highlights of wisdom, dashed throughout my silver hair.</i>	<i>I am not old, I am blessed, with a life of great length, something not everyone can say.</i>
<i>I don't have scars, I have symbols of the strength I was able to find, when life got tough.</i>	<i>Don't change the way you look my friend, change the way you see,</i>
<i>I don't have stretch marks, I have the marks of growth and the marks of motherhood. My womanly evolution.</i>	<i>Change the way you see.</i> <i>Donna Ashworth.</i>

TOP 10 LONGEST-RANGE ELECTRIC CARS OF 2022

What range anxiety? **W**HEN buying a new battery-electric car, a long range between charges is perhaps top of the list of requirements (rightly or wrongly).

At the time of the original Nissan Leaf's launch 10 years ago, the car makers dabbling with pure-electric models were trying to convince us that its official range of 109 miles between charges (less than that in the real world) was more than enough for most drivers.

In a way, it was true — research from 2008, published in the Society of Motor Manufacturers and Traders' 2011 Electric Car Guide, showed that the average individual journey length in the UK was 8.6 miles and the average total daily distance travelled was 25 miles, while more than 80% of motorists across Europe drove less than 63 miles in a typical day.

It's an argument made by some car makers still — Mazda says it about the MX-30, which has a range of just 124 miles, and Honda insists the same about the Honda e, which is similarly range-challenged, with just 137 miles between charges.

Aside from being adequate for most journeys, the arguments for smaller batteries are that they're cheaper, thereby making EVs more affordable to buy, and lighter, which makes them better to drive. The Mini Electric is a perfect example of this philosophy.

And yet "range anxiety" (the fear of running out of charge) is a major talking point, with many commentators asking: "But what happens if I want to drive from London to Scotland?". Although journeys of that distance aren't common, a long road trip — say for a family holiday — once or twice a year isn't out of the question for many households.

Elon Musk, the founder of Tesla, was one of the few electric car advocates arguing a decade ago that drivers shouldn't just put up with a range of 100 miles or less. He knew that if the tech was going to take off, drivers would need electric cars capable of travelling at least three times as far as the Leaf. He had introduced the Roadster in 2008, which could travel 244 miles according to the American test cycle, and then the Model S (more than 300 miles) in 2012.

So what are the electric cars with the longest range between charges in 2022? Read on for the top 10, some of which are due

soon in the UK but others are already on sale.

1. Lucid Air Grand Touring: 517 miles



The Air Grand Touring is the longest-range version of Lucid's rather handsome saloon, which is a direct competitor to the Tesla Model S — in fact, Peter Rawlinson, the company's CEO, was the Model S' chief engineer.

And it's evident that Elon Musk sees the Air's potential to steal some of the Model S' sales. Soon after the Air was announced with a maximum range of 517 miles and a drag coefficient of 0.21 — claimed to be the best of any production car — Tesla came out with the Model S Plaid, which made incremental improvements: a 520-mile range and a drag coefficient of 0.208.

The Air is expected to arrive in the UK later this year, and one thing's for certain: these Californian EV brands are sure to bring out the best in one another.

2. Mercedes EQS 450+: 478 miles



Like its competitors from Tesla and Lucid, Mercedes relies on aerodynamics to do a lot of the heavy lifting for its new electric flagship. It has a drag coefficient of 0.201, 0.007cd less than that of the Model S Plaid, which alongside a massive 108kWh battery pack enables an extremely impressive 478 mile range. And it does all that while packing the same level of quiet German luxury as the S-Class limousine.

A trio of high-resolution screens dominate the fascia inside, which Mercedes calls the Hyperscreen. The EQS is available with rear-

wheel steering to increase its manoeuvrability at slower speeds and the car can automatically close its doors when you sit into it.

3. Tesla Model S Long Range: 412 miles



The entry-level model of Tesla's grand tourer might not have the (probably literally) eye-popping acceleration of the Plaid, but it's the only variant available for less than a six-figure sum, and it comes with sufficiently long range to do that much-discussed London to Edinburgh trip. It can also come with an adequately rapid 0-60mph of 3.1 seconds (as fast as a Lamborghini Urus, and faster than a Ferrari GTC4 Lusso).

4. Mercedes EQE 350: 394 miles



Where the Mercedes EQS is the company's electric equivalent to the flagship S-Class saloon, so the EQE is to the E-Class. Both of Mercedes's long-range electric models are based on the same 'EVA2' architecture, though the EQE uses a smaller — 90kWh — battery.

Both the EQE and EQS employ a similar formula, with the emphasis on efficiency rather than just big batteries (though those help). As such, the EQE gets similar sleek, cab-forward styling to better optimise airflow, increasing overall efficiency. The net result in the single-motor 288bhp EQE 350 version is up to 394 miles (WLTP) between charges. As with the EQS, it's not just about performance figures, as the luxurious, high-tech cabin promises to be a rather nice place to spend time.

5. Tesla Model S Plaid: 390 miles



We're aware that this list is becoming somewhat monotonous, but the fact that Tesla has appeared four times in the top ten longest-range cars is just testament to how far ahead of the pack the company is. The Model S Plaid trades some range for extra performance with three motors giving it a 200mph top speed.

In fact, Nikkei, a business publication in Asia, found after taking apart a Model 3 that Tesla's electronics (i.e. its drivetrain and autonomous driving tech) is "at least six years" ahead of traditional car makers like VW and Toyota. No wonder it's the world's most valuable car company.

6. BMW iX xDrive50: 373 miles



The announcement of the BMW iX was overshadowed somewhat by the red-blooded anger about its looks, which have proved, to put it mildly, polarising. However, beneath the skin is a seriously impressive drivetrain, with 380 miles promised between charges thanks to a 105.2kWh battery pack and two electric motors delivering a combined 516bhp.

This is one car where it's really worth looking beyond the exterior as not only is the interior a rather lovely place to be, but it's also a surprisingly good drive considering its 2.5-tonne mass. DC charging at up to 200kW is also useful. For those who can do without the xDrive50's price tag, there's the xDrive40 with a smaller 76.6kWh battery and a range of up to 257 miles.

7. Ford Mustang Mach E Extended Range RWD: 370 miles



Some may say that the Mustang Mach-E is a Mustang in name alone — it's an SUV and won't be able to muster the V8 growl for which the car has become known during its nearly 60-year history.

However, Ford's electric pony car has proven as fun and lively to drive as it is practical, and the ability to do 370 miles between charges in the extended-range model is notably useful for long-distance drives. With prices for the Mustang Mach E starting from just over £47,000, that's a lot of range for this price bracket.

8. BMW i4 eDrive40: 365 miles



The BMW is an electric 4 Series Gran Coupé and, like the iX, is a really competent electric car. Its 81.5kWh battery pack gives it an official range of up to 365 miles in the entry-level eDrive40, which is an impressive figure.

Making a few more headlines though is the i4 M50, the first electric car given the BMW Motorsport division treatment. It may only have 318 miles of range, but if performance is more important, it develops 536bhp enabling it to get from 0-62mph in 3.9 seconds. The i4 is a fine car in whichever guise.

9. Tesla Model 3 Long Range: 360 miles



Research from 2008, published in the Society of Motor Manufacturers and Traders' 2011 Electric Car Guide, showed that the average individual journey length in the UK was 8.6 miles and the average total daily distance travelled was 25 miles, while more than 80% of motorists across Europe drove less than 63 miles in a typical day

The longest-range edition of Tesla's entry-level model has a bigger range than that of the Model X SUV, and is nearly £37,000 cheaper. Of course, it's not as big, but it's still pretty roomy inside for a compact saloon — no doubt one of the reasons that it was the UK's second best-selling car in 2021, shockingly beating perennial favourites such as the Ford Fiesta, Focus and Volkswagen Golf.

Last year's figures represented a terrific performance for Tesla, a success driven mostly by the Model 3, indicating that the company has really hit on the right EV recipe to appeal to the majority of buyers. Early 2022 figures already indicate another strong year in store, with the Model 3 and newly-launched Model Y both among the top-ten best-sellers so far.

10. Tesla Model X Long Range Plus: 348 miles



You're probably getting bored of seeing the word Tesla in this list, but the point we made earlier stands — Tesla is simply unbeatable when it comes to making the best range electric cars.

The Model X SUV is Tesla's entry into the increasingly competitive electric SUV sector (it will be joined by the smaller, more affordable Model Y later this year) and it comes with some pretty impressive stats across the Long Range and Performance variants.

PLACES

Sikh Temple Makindu

Sikh Temple in Makindu is located about 100 Miles from Nairobi on the main Nairobi Mombasa Road. It was built in 1926 by the Sikhs who were working on the construction of the railway line from Coast to Lake Victoria. When the railway line was completed in 1902, Makindu played a prominent role as a service point. The steam engines use to get refuelled here and get water stored. There was a railway workshop also. It was a small town with many Asians. It is believed those early Sikhs would gather under a tree near the railway station every weekend to offer their prayers, their desire to establish a Gurdwara was seen as establishing a church by their bosses and original rulers. The British not only gave green light but also gave the Sikhs a piece of land near the station. The Sikhs were more than happy and together with their non-Sikh fellows, suppliers, contractors and rich community members laid the foundation of Makindu Sikh Temple. Among the founder

fathers of the Temple were Bhai Tara Singh Ahluwalia, a shed master at Makindu and Bhai L. Das, commonly known as S. Teja Singh, who was a guard with the Railways, performed the opening ceremony of the Temple. The Sikh Temple Makindu continued to serve the public for many years. However, in the late 40s, following the Second World War, it became ineffective. With technological changes, the steam locomotive gave way to diesel engines; thus reducing Makindu importance as a refuelling and water station. Even the Sikhs living at Makindu left the place. closing the Temple and leaving an African called 'Gawalo' as caretaker. A window was, however, left open so that travelers between Nairobi and Mombasa could stop and pay their respects to Sri Guru Granth Sahib through the opening. In the early 50s a fire broke out

and destroyed the main temple building, leaving only the Sri Guru Granth Sahib intact. At another time a plague of white ants attacked the buildings, but again Sri Guru Granth Sahib remained untouched. Then one day Gawalo saw a miracle. He went and told a Sikh farmer in the area, known as Dhanna Singh that he had seen some Sikhs on horseback riding from the sky down towards the Temple. Gawalo saw a painting of Sri Guru Gobind Singh Ji at Dhanna Singh's place and said he saw a person like that come down from the sky on a horse back. Dhanna Singh came to Nairobi and related Gawalo's story to other Sikhs. The community was shaken by Gawalo's story and felt the urge to do something to revive the Temple. At the same time in the late 50s, but quite independently, Sant Baba Puran Singh Ji. Resident in Kericho, also received some divine message

from Waheguru that the Makindu Temple had been left unattended for months. Now people travelling to Mombasa or back would visit this place without any cast and creed. They pay homage to the Almighty and have food in the Langar Hall. It is generally believed that those who do prayers in front of Guru Granth Sahib, the Almighty acknowledges their prayers. In turn people all over the world, especially England, US. Australia, Dubai and surrounding African countries like Tanzania, Uganda come and do Akhand Paths. For them we have well furnished rooms with hot and cold water facilities. For the local community we are running a hospital just across the road and organize Dental Camp twice a month. In camps we do general checkup and treatment of eyes and in certain case do cataract operations in the operation theatre. Likewise, we have in, house facilities for dental checkups and denture removals etc. Wahe Guru, Wahe Guru, Wahe Guru.



PHOTO STORY

International Nurses Day Celebration



(L-R) Caroline Nekesa-Marketing & Customer Experience Manager, Josephine Adoli - Medical Services Manager, Sienna Nduku - Supervisor Provider Network, and Nancy Muriithi - Supervisor Care Management cut a cake in celebration of AAR Insurance nurses during the International Nurses Day



(L-R) Caroline Nekesa-Marketing & Customer Experience Manager, handover a gift hamper to Josephine Adoli - Medical Services Manager in recognition of the excellent service offered by AAR Insurance nurses during the celebration of International Nurses Day.

TECH TALK WITH HAMZA

PDF DOCUMENTS AND PDF READERS

You're applying for a job and you've been told to submit your C.V. / resume online or there is an important document that you would like to submit to the authorities to facilitate some pending operations for your business, for example. For that, you need to submit those documents in a PDF format. What is a PDF document, you ask? In layman's terms, a PDF document is basically a type of document, just like a word or excel document. The main idea of having such a

document is that it is protected from any form of modification or intrusion without one's consent, meaning that one can only view it. There are specific applications to read such documents that are called PDF Readers. There are very many available in the market today but the most commonly known and used PDF reader is the Adobe Acrobat Reader DC, or like how we Kenyans like to say... 'adoberida', he-he. Adobe Reader is a freemium application, meaning, its basic operations, like reading and viewing, is not chargeable



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readers out there but you need to go with what suits you best. You can even use Google Drive or any (latest) web browser to view PDF documents but the feel isn't quite as subtle as opening it on

a PDF reader you know. Let me let you in on a little secret. PDF documents are great for online articles, printing, designing, simply because they use, what is called, a lossless compression process to maintain quality and key information. Let me make some sense... Printed material like magazines and newspapers have text and images (articles) arranged methodically, right? Like you can follow a story about the current fashion trend on page fifteen which is continued on page sixteen because it couldn't fit on the previous page, correct? Its specific arrangement is due to the printed hard copy format. The main reason is that this type of structure is difficult to follow on-screen because of the scrolling and zooming that we love doing (guilty, I know), plus having one article printed on one page doesn't make

sense and is quite costly and inefficient. On hard copy, you can barely see that minute detail on that great pair of shoes that your eyes caught but on soft copy you can, as long as the image provided was clear and in high definition and is retained the same way for soft copy publishing. Personally, I prefer the look and feel of paper against my fingers for obvious reasons but hey, let's conserve the trees, forests, woods, etc. and have a eco-friendly environment for ourselves and future generations. Let's go digital! In the next article, we will look at BROWSERS. Feel free to forward your comments and queries by writing to me at: techamza@gmail.com. I will gladly reply. Hamza Alarakia. Freelance IT Specialist.

30 Best Pieces of Career Advice No One Ever Told You

By Indeed Editorial Team

There is a great deal to learn when it comes to pursuing and excelling in your career. Whether you are employed in your lifelong career or just starting on your career path, it can be helpful to read and listen to career advice. Helpful career advice can be used right away, inspire you to do something else or be kept in the back of your mind for another day when you truly need it.

In this article, we provide you with the 30 best pieces of career advice to motivate and inspire you to do your best and be your best in the workplace and beyond.

30 best pieces of career advice no one ever told you

As you continue developing in your career, you will probably come into contact with many pieces of career advice. It is helpful to think of career advice like feedback. You can read some pieces of advice and confirm what you do well and what you should continue to develop. Here are our best pieces of career advice no one ever told you:

1. Venture outside of your comfort zone.
2. View every person you meet as a door that may lead you to a new opportunity.
3. Show up early.
4. Think of yourself as a lifelong learner.
5. Every year, deeply consider your career path.
6. Search for the value in feedback or criticism.
7. Cultivate perseverance.
8. Do what you say you'll do.
9. Ask the important questions.
10. Don't be afraid to speak up.
11. Dress for the job you want.
12. Find a job you enjoy.
13. Say yes to the things that scare you.
14. Set realistic goals.
15. Let go of perfection.
16. Remember that a job doesn't give your life meaning.
17. Every job will have unexpected inconveniences.
18. There is opportunity in chaos.
19. Find a mentor, and be a mentor.
20. Work harder than those around you.
21. If you need help, ask for it.
22. Use your strengths.
23. Be willing to sacrifice some things to build the career you want.
24. Live your life, not someone else's.
25. Follow your effort.
26. Don't settle.
27. Be confident, yet humble.
28. Embrace failure.
29. Use your intuition.
30. Be a team player.
1. Venture outside of your



comfort zone

When you try new things, you prepare yourself for your next role. You may consider taking on new and difficult tasks that you aren't comfortable with to expand your skill set.

2. View every person you meet as a door that may lead you to a new opportunity

You never know how a person can add to your life professionally or personally if you don't give them a chance. Your job may be a for-now job, but that doesn't mean that the connections you make with the people there won't be forever. It is best to view each person as valuable and worthy of your time and consideration.

3. Show up early

Even if you become jaded in your position at your job, do your best to show up early and ready to complete your assigned tasks. Each job you will have is important for building your career and character. Employers will appreciate and notice your effort, and you will continue to stay on good terms if you display your eagerness to work by showing up early.

4. Think of yourself as a lifelong learner

You can continue to learn no matter what stage of your career you are in. When you learn continuously, you can gain more skills and become flexible and adaptable in your career path. Possessing a willingness to learn is an attribute that is highly valued in today's workforce.

5. Every year or so, deeply consider your career path

About once a year, you should go out and refresh your network, check out new opportunities and conduct salary comparisons. It is easier to make strategic career decisions when you have real data to compare to the benefits of your current job. It is important to know where you stand in your industry. You may also consider sharpening your knowledge of new industry trends each year

to remain competitive in the job market if you should ever choose to or need to leave your current workplace.

6. Search for the value in feedback or criticism

Each piece of feedback you receive can be used to help you grow and further develop in your career. Try not to focus on the method of delivery or the person providing you with the feedback. Instead, you should do your best to avoid getting upset and take the value out of the message you are receiving and move on.

7. Cultivate perseverance

You may not enter a job and become a top performer right away. It is important that you continue to persevere and develop so that you can reach your career goals and become a top performer. For instance, if you are a writer and an editor continuously rejects the pitches you give for your article ideas, you may try refining and developing your ideas and re-pitch them to the same editor or a different editor.

8. Do what you say you'll do

It is essential that you match your words with your actions. Employers appreciate employees they can trust and depend on. If you tell your leader you can finish a project by a certain date, then you should take the necessary steps to finish the project accordingly. Relationships are essential to any business, and without trust, a relationship cannot be cultivated. Once you become accountable, you will notice that you attract those who you can also count on.

9. Ask the important questions

Many successful professionals have become successful because they ask important questions. You should maintain a curious disposition and ask questions. Asking questions will build your knowledge and contribute to your learning process and development.

You may also consider asking questions about things that are not directly related to your job title if you think it could help you gain a better understanding of your organization as a whole.

10. Don't be afraid to speak up

Meetings are meant for employees to share their thoughts and ideas on important topics that affect the business. If you have an idea or if you have a reason to believe an idea shouldn't be implemented, then you should mention it in a professional way with accurate data to back up your claims. You may also request a face-to-face meeting with a supervisor if you need to discuss a sensitive matter or ask for advice. When you participate and speak up, employers will notice that you care about your job and take it seriously.

11. Dress for the job you want

Dressing for the job you want goes beyond the clothes you choose to wear. It includes the way you present yourself overall, such as your attitude, the way you address people at work and how you adorn yourself physically. These items will reflect how important your job is to you.

12. Find a job you enjoy

When you enjoy the work you're doing and the people you work with, you'll find that time passes effortlessly. It may take a while to find a job that is a good fit for you, but it is worth the search. Once you find a job that you enjoy, you will be willing to contribute more and work will likely feel less burdensome.

13. Say yes to the things that scare you

Opportunities do not come along as often as you may think. If you are afraid of an opportunity, it may be a good idea to try it at the very least. This will help you build confidence, and most often you will find that you can do the things you think you cannot do.

14. Set realistic goals

Setting goals will help to keep you motivated throughout your career. You should set periodic goals that are achievable and reward yourself when you do meet the goals you set.

15. Let go of perfection

Once you give up on trying to be perfect, you allow yourself the opportunity to be good.

16. Remember that a job doesn't give your life meaning

A job that you enjoy can contribute to giving your life meaning, but it is not the only thing in life you can draw meaning and inspiration from. You have to decide what is important to you and build a full life that contributes to meaning. Meaning can be many things to many people, it depends on how you choose to define it.

17. Every job will have unexpected inconveniences

All jobs have minor to major inconveniences that may cause you some frustration. Try not to give up, and begin to view these unexpected inconveniences as temporary as you continue to do your best at your job despite these inconveniences.

18. There is opportunity in chaos

Many of your major career opportunities will come from moments where you were able to make a difference. The best way to make a difference may come from stepping into a position that requires you to clean up the chaos. This will likely bring attention to your skills and expertise.

19. Find a mentor, and be a mentor

Having a mentor and being a mentor can give you valuable insight and help increase your visibility in the industry. It will likely help you along your career path if you ask your mentor to introduce you to individuals that are currently working in the industry you are interested in. When you begin to mentor, you can introduce your mentee to others.

20. Work harder than those around you

Good work ethic commands respect. This doesn't necessarily suggest that you should be the first one at work in the morning or the last one to leave work at night. However, you should cultivate habits that can contribute to your performance and put in more time and effort than those around you. Doing so will show your dedication and result in respect from your peers and leaders.

21. If you need help, ask for it

There will likely be certain tasks or projects you must complete at your workplace that you may not understand. It is best to ask questions to clarify, rather than make unnecessary mistakes. This way you save time and ensure that you can complete the task or project successfully the first time.

22. Use your strengths

By putting your focus on those things that you are strongest at, over time you will become an expert at it. By outsourcing your weaknesses to others who excel in those areas, you'll be able to

cover those weaknesses better than you could have otherwise. Trying to be great at everything could be spreading yourself thin and keeping you from reaching your full potential in your strongest areas.

23. Be willing to sacrifice some things to build the career you want

You may have to sacrifice time and money to build the career you want. This may include taking extra classes, pursuing internships and other things. It will not always be easy to choose work over fun, but it is worth the effort to obtain the career of your choice.

24. Live your life, not someone else's

Stay true to yourself and to what you want and need. Your path will not be the same as someone else's, and that's fine. While it is good to have role models to help shape you, you should continue to focus on what makes you unique. This will make you more memorable and distinguish you from your peers.

25. Follow your effort

Your passions may not always be the things you choose to put your time and effort into. Not everything is worth putting effort into. The best way to find your passion and success in life is to follow your effort.

26. Don't settle

It is never too late to pursue the career path you want. You can have a job that you want and that motivates you. Do not settle for less than what you want or deserve. Persistence will lead you to the opportunities you have been eagerly pursuing.

27. Be confident, yet humble

Confidence can lead to productivity at work. It is important to develop your confidence to effectively communicate your ideas in the workplace. Remain humble, and always accept that you will not always be the one who knows the most.

28. Embrace failure

Failure can help you figure out ways that don't work. It can also help you to move forward and learn from your experiences. Failure is just as valuable if not more valuable than success. Continue to be willing to start over or move on if something doesn't work out.

29. Use your intuition

Your gut or intuition often has the answer. Try listening to it to guide your decisions. If something feels right, like changing jobs, making a career transition or finding a new circle of friends, trust it. Use it as a foundation that you can always rely on in moments of doubt.

30. Be a team player

Working with a team and collaborating with other employees is a central part of most jobs. Do your best to work with the team instead of against the team. Many great things can be accomplished by working well with your teammates and often it is essential for the success of a business.

OPINION

HAPPY BIRTHDAY

By Dr. Arti Kotak Triklani

Happy Birthday is the mirror of Happy Anniversary with life. Birthday wishes always seem to flourish the delighted feelings of a reveler. Dowry of cake, chocolates, gifts are free with the bride (birthday wishes), rather they are more eye-catching and overtake the bride to seek merrymaker's attention. These birthdays rotate with the shrinkage of a year but equally smart not to follow the zigzag road to add a year of maturity. The colorful candles which cost more than a cake are the

loyal missionaries to point out the growing age. The new trend of compulsory celebrating these birthdays in a typical way flock the sheep and lambs in one lane. It is found easier for a shepherd to follow the same beat and align them in a queue; no worries to explore different avenues as the different ways would push the shepherd towards the exploration of advance directions but 80% of shepherds are fine with the typical common route. Well, the charm of new experiences on the birthday would bring the

natural glow on face; no need to put on any make-up then. These experiences might take the help of grey hair, wrinkles of face and imperfect figure if the path of yoga has not been paved and the cake has always watered your mouth on all birthdays. A toddler has to do nothing with his/her birthday celebration but father seems to be more excited to spend his matured FD which would give him the priority to prove himself a financially strong hotdog in the streets of his office and mother is badly in need of an 'off button' to

control her hysteria as she doesn't want to let the opportunity go in vain of flaunting her saree after pregnancy. Well, year five is a good fit to get attracted towards the dowry of the bride which are balloons, gifts, a costly cake, a fascinating party. The parents are busy keeping their eyes on the guests' attire but the little ones' sharp eyes are just on the hands which carry the gifts. Their hands are more active to receive the gifts but have equally deaf ears to

listen to the wishes. They are smart enough to make their lips spontaneous to say 'Thank you' for the gifts without listening the goody-goody wishes - happy birthday little one, champ, etc. They just hell with these wishes. These teenagers are intoxicated with the flavor of their teenage. They are busy with celebrating their birthdays with champagne, cakes, food, long drives, disco and bars. They celebrate their teenage in the form of a birthday celebration. But after 30, each body has a mind of its own. Is the body and mind really satisfied after repeating the history of thirty years? Same tedious birthday celebrations with parties, cakes, gifts and uploading the monotonous pictures with funny pauses on Watsapp and Instagram just to complete the formality of social media or may be to assure the face book friends that the grand birth party has taken place. On the top of it, the birthday party of this age may cost the bill of a doctor due to over eating of a cake full of icing. Actual fun is little far from a new experience on that day. The experience could be self-realization, donating your same birthday cake to needy ones, planting a tree, watching Sherlock Holmes, reading Thomas Hardy or to be with yourself - just yourself. These occurrences are not to feel the vacant places of social media but turn towards the real fun. It sounds to be a perfect celebration for this age as this age is about to reach over the hill so it would begin to pick up the speed of self-realization.

Shivpurana illustrates the best example of birthday celebration with the head cutting story of Lord Ganesha. It was Ganesha's happiest birthday not because he got the new head of an elephant but he got rid of his egoism and had an amazing experience of altruism. Bhagvad Geeta reveals the reasons of human beings' existence. Five percent of self-realization is enough on each birthday to make it the happiest birthday.

THE HINDU GOD OF LOVE



Quite as artificial and unsentimental as the notions of the Hindoos concerning the symptoms of love is their conception of their god of love, Kama, the husband of Lust. His bow is made of sugar-cane, its string a row of bees, and his arrow-tips are red flower-buds. Spring is his bosom friend, and he rides on a parrot or the sea-monster Makara. He is also called Ananga--the bodiless--because Siwa once burned him up with the fire that flashed from his third eye for disturbing him in his devotions by awakening in him love for Parvati. Sakuntala's lover wails that Kama's arrows are "not flowers, but hard as diamond." Agnimitra declares that the Creator made his beloved "the poison-steeped arrow of the God of Love;" and again, he says: "The softest and the sharpest things are united in you, O Kama." Urvashi's royal lover complains that his "heart is pierced by Kama's arrow," and in *Malati and Madhava* we are told that "a cruel god no doubt is Kama;" while No. 329 of *Ilala's* love-poems declares: "The arrows of Kama are most diverse in their effects--though made of flowers, very hard; though not coming into direct contact, insufferably hot; and though piercing, yet causing delight." Our familiarity with Greek and Roman literature has made us so accustomed to the idea of a Cupid awakening love by shooting arrows that we fail to realize how entirely fanciful, not to say whimsical, this conceit is. It would

be odd, indeed, if the Hindoo poets had happened on the same fancy as the Greeks of their own accord; but there is no reason to suppose that they did. Kama is one of the later gods of the Indian Pantheon, and there is every reason to believe that the Hindoos borrowed him from the Greeks, as the Romans did. In *Sakuntala* (27) there is a reference to the Greek women who form the king's body-guard; in *Urvashi* (70) to a slave of Greek descent; and there are many things in the Hindoo drama that betray Greek influence. Besides being artificial and borrowed, Kama is entirely sensual. Kama means "gratification of the senses," [281] and of all the epithets bestowed on their god of love by the Hindoos none rises distinctly above sensual ideas. Dowson (147) has collated these epithets; they are: "the beautiful," "the inflamer," "lustful," "desirous," "the happy," "the gay, or wanton," "delude," "the lamp of honey, or of spring," "the bewilderer," "the crackling fire," "the stalk of passion," "the weapon of beauty," "the voluptuary," "remembrance," "fire," "the handsome." [282] The same disregard of sentimental, devotional, and altruistic elements is shown in the Ten Stages of Love-Sickness as conceived by the Hindoos: (1) desire; (2) thinking of her (his) beauty; (3) reminiscent reverie; (4) boasting of her (his) excellence; (5) excitement; (6) lamentations; (7) distraction; (8) illness; (9) insensibility; (10) death. [283]

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Visit of Shree Dwarkesh at HCK



Hindu Council of Kenya proudly hosted Vaishnavacharya H. H. 108 Goswami Dhwarekshlal Mahodaya Shree (J. J. Shree) on Sunday, 15th May 2022 at Hindu Bhavan during the Sobha Yatra (Procession) to mark the Celebration of 108 Shri Yamunaji Lotiji Utsav & Shri Yamunaji Gungan Mahotsav. The procession commenced from 3rd Parklands Shree Vallabhdham Haveli and proceeded to 4th Parklands Shree Nutanbhavan Nandalay Haveli. During the procession the members of Hindu Council of Kenya served the Water to the followers. It was a very divine moment for all.

HCK Chairman Eng. Kamal Gupta, Trustee Shri Pravinchandra Dodhia & HCK Sampark Team Member Ravi Shah along with other Managing Committee Members offered Mala and Tilak to H.H. J.J. Shri. The ceremony was also witnessed by Chairman of Shree Vallabhdham Haveli Shri Shashibhai Kanani and other Pusthimargiya Vaishnav Members.



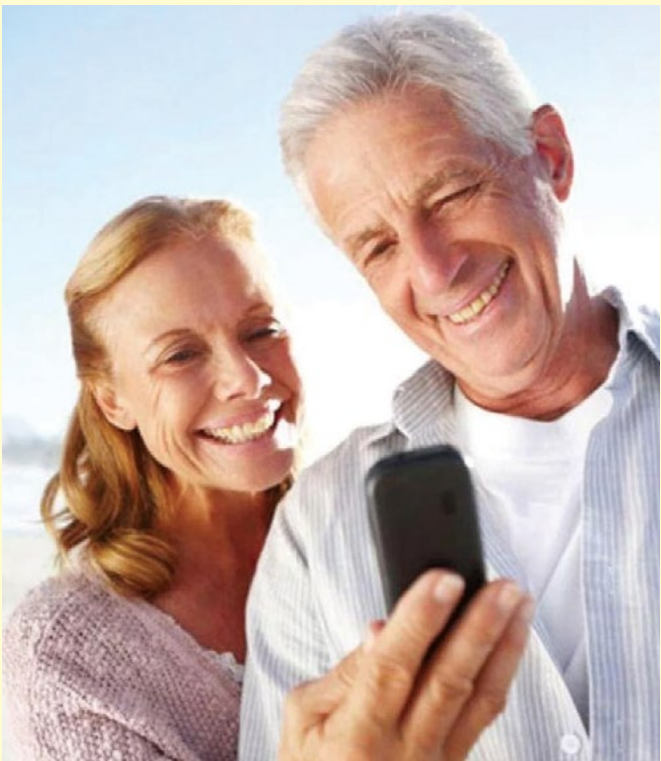
PHOTO STORY



Kakuzi staffers Grace Njeru (left) Elizabeth Wanjiru and Michelle Wanjiku (right) display a range of Kakuzi retail products. Kakuzi Plc has activated a strategic plan to accelerate and enhance shareholder returns by diversifying the variety of produce delivered to both the domestic and international markets.



Nandi deputy governor Dr. Yulita Mitei takes the stage to start off the official launch of the Nandi County Data Desk with CEC Finance & Economic Planning Alfred Lagat (left) and Open Institute Executive Director Al Kags. The County Data Desk will provide a central location where county data can be accessed by the public to track county progress and performance.



BEST BRAINS

The director of the George Washington University School of Medicine argues that the brain of an older person is much more practical than is commonly believed. At this age, the interaction of the right and left hemispheres of the brain becomes harmonious, which expands our creative possibilities. That is why among people over 60 years of age you can find many personalities who have just started their creative activities.

Of course, the brain is no longer as fast as it was in youth. However, it gains in flexibility. Therefore, with age, we are more likely to make the right decisions and are less exposed to negative emotions. The peak of human intellectual activity occurs around the age of 70, when the brain begins to function at full strength.

Over time, the amount of myelin in the brain increases, a substance that facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities increase by 300% compared to the average.

Also interesting is the fact that after 60 years, a person can use 2 hemispheres at the same time. This allows you to solve much more complex problems.

Professor Monchi Uri, from the University of Montreal, believes that the old man's brain chooses the path that consumes less energy, eliminates the unnecessary and leaves only the right options to solve the problem. A study was conducted involving different age groups. Young people were very confused when passing the tests, while those over 60 years of age made the right decisions.

Now, let's look at the characteristics of the brain between the ages of 60 and 80. They are really pink.

CHARACTERISTICS OF THE BRAIN OF AN ELDERLY PERSON.

1. Neurons in the brain do



not die, as everyone around you says. The connections between them simply disappear if one does not engage in mental work.

2. Distraction and forgetfulness arise due to an overabundance of information. Therefore, it is not necessary for you to concentrate your whole life on unnecessary trifles.

3. From the age of 60, a person, when making decisions, does not use one hemisphere at the same time, like young people, but both.

4. Conclusion: if a person leads a healthy lifestyle, moves, has viable physical activity and is fully mentally active, intellectual abilities do NOT decrease with age, they simply GROW, reaching a peak at the age of 80-90 years.

So do not be afraid of old age. Strive to develop intellectually. Learn new crafts, make music, learn to play musical instruments, paint pictures! Dance! Take an interest in life, meet and communicate with friends, plan for the future, travel as best you can. Do not forget to go to shops, cafes, shows. Don't shut up alone, it's destructive to anyone. Live with the thought: all good things are still ahead of me!

SOURCE: New England Journal of Medicine. Pass this information on to your family and friends in their 60s, 70s and 80s so they can be proud of their age.

HISTORY

Mombasa’s Oldest Sikh Family

OBEROI FAMILY



History

The Oberoi Family can trace its roots to Rawalpindi in the bazar safran , the home they lived in belonged to them as documents show that the Mahala or area lived in is stated as UBEROI. with Bulaqi Singh the eldest son of Diwan Singh Dunichand and grandson of Makhan chand. It is known that Diwan Singh DUNichand Bulaqi Singh Diwan Singh Dunichand (born , 30th August 1897) changed names twice in his life time from BULAQUI SINGH DEVANCHAND UBEROI to OBHRAI and Later Oberoi . He moved to Kenya as a soldier during the Great war i.e. WW1 in the queens infantry but being one of the only Sikhs of his time that could read , write and communicate eloquently in English , Urdu and Gurmuki he was assigned and worked as a Senior Transport Core Clerk / store keeper in the British East African Army.

(Above first Gold medal was awarded to him by the sikh community of Mombasa for his unrelenting service [To date 26-11-2018 he is the only person to ever receive this honor]. The rest are his war medals engraved on the side with his name , rank and service number).

His name appears on the Mombasa Gurudwaras first deed of trust document and it is known that he would attend the services early every morning throughout the year except on the day of election as he always chose to remain neutral and wanted no accolades for service to the community.

After the war ended he was called upon again by the crowns service and for King George the fifth he would once again serve in the army this time in 1919 on the North West Frontier in Afghanistan.

Bulaqi Singh returned to India but had his heart set on returning to Mombasa on arrival in British East India he married Mrs. Ram Kaur (born 10th August 1906) from Sukhon and whose father is known only as Jiwan Singh.She is said to have come from a posh background where everything was always proper neat and clean , she is also said to have come from reasonable wealth and that is why she married Bulaqi Singh by now a man also



of means but humility.

He returned to his adopted home where he then joined the Colonial Municipal Council of Mombasa in the post of store Keeper where he was paid very well and respected even more.

Bulaqui Singh was awarded a gold medal by the Mombasa Sikh Community for services rendered to the community during the building of the original MwembeTayari Temple.

Bulaqui Singh and RAM Kaur had Three sons and a daughter ;Kuldip Singh Oberoi, Inderjeet Singh Oberoi , Dhanwant Kaur Oberoi and Amarjeet Singh Oberoi

Kuldip Singh Obhari(Oberoi) Deceased 25th May 2014 --- Married to Balbir Kaur Oberoi (Lamba) Deceased 1992 . Two Children;

Jaswinder Singh Oberoi ---Married to Manvinder Kaur Oberoi (Mehta) Children ; Ishpal Singh Oberoi ---Married to Upinder Kaur Saimbi and Jasmeet Singh Oberoi

Inderpal Kaur Obhrai (Arora) ---Married to Surjit Singh Arora .Child ;Sundeep Singh Arora.

Kuldip Singh Oberoi Began work at an early age after his education in Rawalpindi and at Alidina Visram High School in Mombasa .

An interesting story of his younger days is that when he was leaving Rawalpindi for Mombasa he missed the ship he was supposed to be on and had to board a vessel a week later to Mombasa. The vessel he was initially meant to be on was sunk by the Japanese in the Bay of Bengal and his parents thought they'd lost their son until his



At the time of his death after two months from health related complications Mr. Kuldip Singh Oberoi was the oldest Mombasa born Sikh to have been born and lived in Mombasa for a continuous period of 83 years throughout this period he had been an astute businessman making wise investments but always remaining cautious. He was a dedicated member of the Mombasa Sikh community building and donating several utilities to the Mombasa Gurudwara.

message arrived from Bombay.

A while later when he returned to Kenya and got married he followed his pregnant wife to Nairobi at the age of 19 he got his first formal job working for the Mobil Corporation (vacuum oil) in Nairobi. He stayed here for a short while before going to Uganda for a few months and later returning to Nairobi picking his wife and returning with their daughter to Mombasa.

Once back in Mombasa he got a job at the Municipal council for another short tenure after

which he started driving a lorry transporting ballast from quarries with his youngest brother Amarjit to sites and eventually saving enough for a grocery store in Ganjoni area of Mombasa at the Kandhari Mansion in 1966 there is a gazette notice to the closure and sale of this store on 21st Mar 1960. He then started a tour firm known as Kilimanjaro tour and safaris where he put his life savings into and was conned by partners whom he sued and the firm ceased to exist on 16thSept 1966.

He restarted the business with taxis and ran a successful growing entity with runs at the port of Mombasa and quickly grew his fleet.

Jaswinder Singh Oberoi joined his Father Kuldip in business at a very early age in a small alley way by the Famous Mombasa Tusks he helped his father, starting as a driver , going on safaris and delivering many mini mokes for which they were famous, the business grew to even greater heights and greater achievements were made. Kuldips Touring Company being the oldest tour and car hire firm, owing one of the largest private fully owned fleet of vehicles Kuldips became a brand name in Mombasa and was /is very well known all over Kenya and many parts of the world.

In 1963 Kenya was declared independent from Britain; the family like many others decided to leave Kenya during the asian exodus for the United Kingdom, leaving Kuldip Singh Oberoi by now a successful businessman his wife and family in Kenya.

At the time of his death after two months from health related complications Mr. Kuldip Singh Oberoi was the oldest Mombasa born Sikh to have been born and lived in Mombasa for a continuous period of 83 years throughout this period he had been an astute businessman making wise investments but always remaining cautious. He was a dedicated member of the Mombasa Sikh community building and donating several utilities to the Mombasa Gurudwara.

An old Baobab tree on the Malindi beach front bears the names of KULDIP and BALBIR.

Jaswinder Married Manvinder Kaur Mehta , Daughter of Hardev and Harcharan Kaur Mehta on 3rd August 1980. With the help of his wife the family had more manpower , newer ideas and expertise and , the family run business diversified in 1985 with the purchase of a piece of land and started Indiana Beach Apartments in Bamburi Mombasa.

Jaswinder and Manvinder have two sons -Ishpal Singh Oberoi (Born 14th January 1983) & Jasmeet Singh Oberoi (Born 26th March 1984).

Today the Oberoi Family is the oldest Sikh family still resident in Mombasa with 5 generations having settled and calling the city home.

On 25th April 2022 the services of the family and of Bulaqi Singh were immortalized in form of a plaque and exhibit at the Taita museum with great honours given to them by the Indian High commission.

Faulu Launches New Contactless Cards With 3D Security Features



(L-R), Faulu Microfinance MD Apollo Njoroge, Head of Retail Rose Kimani and Head of Operations Paul Githinji showcase the new Contactless VISA Card With 3D Security.

Faulu Microfinance bank has launched its new contactless card which now allows its users to tap and pay on the go.

The card was rolled out today and is available to all the bank account holders in Classic and Platinum variants.

Giving his remarks on the launch of the new cards, Faulu Bank Microfinance Managing Director Apollo Njoroge said, “The contactless card provides a fast and convenient way to make transactions as it does away with the hustle of looking for hard cash. Besides, with the innovative 3D Security Features embedded into it, it comes with added security, making it safe and secure while still enjoying the benefits of a regular card”.

The Faulu Visa Debit card can be activated at any Faulu branch or at any Faulu ATM countrywide. Once active, customers can make ATM withdrawals of up to Ksh.35,000 for Classic cards and up to Ksh.70,000 for Platinum cards. In addition, users can swipe up to Ksh.70,000 for the Classic cards and up to Ksh.200,000 at all the Visa Branded Merchants for Platinum cards.

The 3-D Secure is hailed for its fraud detection intelligence and acceleration of digital transactions with a fast and secure authentication. It allows information sharing for merchants to send a unique number of transactions that allows the user to authenticate customers more accurately without asking for a static

password or slowing down any transactions.

Unlike the regular cards which users swipe or insert to transact, contactless Debit cards only need you to place your card within a few inches of a contactless-enabled payment terminal and the payment information will be transferred. The card has an embedded chip, emitting electromagnetic waves that connects to the terminal. Placing the card within a few inches of the payment terminal will initiate the payment in a second or two.

The new cards’ 3D Secure feature allows users to safely shop online on e-commerce platforms like; Jumia, Glovo, Kilimall, Alibaba, Amazon, AliExpress-bay etc. For services, users can make payments to platforms such as Netflix, Amazon Fire Stick, Google, Apple etc. The safety of these online transactions has been enhanced by sending a One Time Pin (OTP) to the customer’s registered mobile number before completing the transaction.

“The beauty of using the Faulu Visa Card is that there is no extra charge to the shoppers who use it in all Visa Branded outlets worldwide like Supermarkets, Hotels, Restaurants, and Petrol Stations among others,” said Njoroge

Card users can access cash at Faulu ATMs, Verve / Pesa-point ATMs and at any Visa branded ATMs locally and abroad.

The bank has a customer base of over 400,000 customers.

PHOTO STORY



On 5th February musical dreams launched its 4th music video Aaye Haaye at lemon lounge. The song is sang by Shiva Bliss,directed by Cosy Boss .Sayka Sparrow was the heroine of the video. The event had over 50 people including Dj Imran Chaudry,Abhishek Rana of MacCoffee,Gerson from CSI brokers and Fardin Khan from health ministry The video is released on YouTube . In the same event Rahul Bhavan also announced first movie of Kenya with songs COFFEE SHOP the shooting will start in April and expected in December release.

Politics and its Influence on Population

Politics is a hidden dark force that controls apparently for the good of the population through supposed justified manipulation smartly managed by smiley faced and hand waving politicians. We have basic commodity price hikes and scarcity at the time like fuel, milk, flour etc.; how do we expect a common man to make ends meet? What options is the current economic atmosphere giving him in order to survive? What will he do if he can't afford basic commodities? It's not rocket science that crime and being manipulated by politicians then becomes the only options to look up to! This cuts across the entire fabric of our society that includes; the lower business community

sector, transport sector, security personnel etc. Economic challenges in the security sector is one of the reasons if not the main, for the suicide cases. When a man who has a family cannot provide for his family, that is the deepest and painful scar a man can live with; societal and personal pressure to maintain an image of success and stature forces drastic measures upon himself and we then see what we see in the news. When fuel and gas Prices are taxed and hiked beyond the buying capacity of the common man he will resort to charcoal use; resulting to catastrophic

environmental degradation that we are seeing and experiencing currently! The lack of rains and drought are indirect or direct consequences of environmental and forest cover depletion in Kenya! Tsavo East, Abadare Mountain Range, Kitui, Isiolo, North Eastern frontier is balding of forest cover as we speak due to excessive firewood harvesting. The natural forest fires add to the already critical problem!

Selfless patriotic leadership is very critical in the success of any society or country, when governance and legislation is done correctly in the interest of the common man and the entire citizenry; then the final

outcome is a progressive and vibrant society! Kenya is again at a critical point in life where the right practices have to be adopted and implemented the soonest so as to reap the good benefits in the coming future. We urge the Authorities and various government ministries to heed the silent cries of the common man and swerve Kenya in the right direction before irreversible and long term damage is done. We send out a humble and passionate plea to contain the situation the best we can in the critical time available. Politics and self-interests cannot give one the mileage that true patriotism will...it's about the name and not the money!

RISHI ARUN PARIKH
PCAK Director of
Communications,
Professional
Criminologists Association
of Kenya.
#CrimeMustFall



MAMBASANI YA ZAMANI



PHOTO STORY

POP UP MARKET



Tactive Consulting Senior Partner Kotsanai Matereke (left) , SBM Bank Senior Manager Women Markets Abdia Dabaso (second left) , GIZ Integration Consulting team leader Rene Lenssen and consultant Caroline Mwazi cut a ribbon to officially open a one day pop up market at The Werks Lavington in Nairobi on Saturday April 30th sponsored by the three organizations. The aim of the event was to create an opportunity for business to gain visibility, network and generate sales.



Kenya Association of Manufacturers Chairperson Flora Mutahi (right) and SBM Bank Senior Manager Women Markets Abdia Dabaso (centre) talk to Tyre Art Kenya by Shi Sales Representative Carol Muchai when they toured the stand during a one day pop up market at The Werks Lavington in Nairobi on Saturday April 30th sponsored by the bank, Tactive Consulting and GIZ Integration Consulting. The aim of the event was to create an opportunity for business to gain visibility, network and generate sales.



Tactive Consulting Senior Partner Kotsanai Matereke (right) , SBM Bank Senior Manager Women Markets Abdia Dabaso (second right) and GIZ Integration Consulting team leader Rene Lenssen listen to an exhibitor during a one day pop up market at The Werks Lavinton in Nairobi on Saturday April 30th sponsored by the three organizations. The aim of the event was to create an opportunity for business to gain visibility, network and generate sales.

NEWS



PHOTO STORY



Mombasa Womens Association (MWA) recently visited the Little Sisters of the Poor where they donated biscuits and a cheque to the home.

WATCH MOVIES

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Bamburi Cement, IFC Partner to Boost supply Opportunities for Women-owned SMEs



Bamburi Cement Managing Director Seddiq Hassani (Right) with IFC Country Manager Amena Arif during the signing of the IFC Sourcing2Equal (S2E) gender program agreement aimed at increasing procurement opportunities for women-owned enterprises (WSME) at Bamburi Cement Nairobi Grinding Plant.

To boost the participation of women in the Kenyan supply chain, Bamburi Cement PLC today partnered with International Finance Corporation (IFC) on a gender program that support the company increase procurement opportunities for women-owned enterprises in Kenya.

Bamburi Cement has made three commitments under the partnership; to develop and implement a gender-inclusive sourcing strategy, collect gender disaggregated procurement data, and invest in a targeted supplier outreach program that will raise awareness on procurement opportunities at the company among women-owned businesses.

Through the supplier outreach program, Bamburi Cement will hold business match-making events and pitching lessons to empower women-owned small and medium enterprises (WSMEs) to participate actively in procurement.

In addition, Bamburi Cement will conduct awareness and advocacy activities to help promote the business case for sourcing from women-owned businesses. The partnership will help Bamburi Cement diversify its supply chain and support WSMEs to offer competitive products and services and provide them with the skills to

meet procurement requirements in the private sector.

Speaking on the partnership agreement, Bamburi Cement Managing Director, Seddiq Hassani said, “Our commitment to gender equity encompasses more than just our internal targets to ensure the women in Bamburi can full achieve their career goals and grow to their fullest potential while meeting their personal life goals.

Our commitment to ensuring Sustainable and Ethical business operations, means that Gender equity is a key part of our Sustainable Procurement Agenda. This partnership with IFC is a key part of this delivery”.

Amena Arif, IFC Country Manager for Kenya, also addressed stakeholders of the program saying, “IFC is working with Bamburi Cement and the other partners in the Sourcing2Equal program to support women-owned businesses to increase their participation in corporate procurement. By helping businesses to work with more women-owned SMEs and supporting women entrepreneurs to be procurement ready, we can break down barriers and support more small businesses to grow.”

According to a 2021 survey conducted in Kenya by IFC, 33 percent of SMEs are owned by women and contribute up to 20

percent of the Gross Domestic Product (GDP).

In addition, 41 percent of Women-owned Small Medium Enterprises (WSMEs) are credit constrained. As a result, these businesses perform poorly and even close down due to lack of information on potential business opportunities in the private sector.

On the other hand, private companies lack formal programs to advance gender equality in their supply chains such as training and collecting gender disaggregating data to determine how many of their suppliers are women-led enterprises.

The S2E program is expected to see ten private companies tap into the vast SME sector. It will pull together WSMEs and corporates for business generation through procurement readiness training by local and international experts and capacity building for corporates to institutionalize gender-inclusive sourcing strategies.

This program is a realization that there is a huge gender gap in access to procurement contracts and WSMEs continue to face challenges while navigating complex corporate value chains. “Supporting WSMEs to access private contracts will promote healthy competition and change the view that the construction sector is male dominated,” Seddiq Hassani added.

PHOTO STORY



MWA also visited the Mabati Technical Training Institute (MTTI) and presented a cheque to the Institute. This is in recognition for the skills that are offered to the disadvantaged young women and men. This will assist them to acquire skills that will enable them to sustainability.

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STORY

Roger Moore: James Bond

As an seven year old in about 1983, in the days before First Class Lounges at airports, I was with my grandad in Nice Airport and saw Roger Moore sitting at the departure gate, reading a paper. I told my grandad I'd just seen James Bond and asked if we could go over so I could get his autograph. My grandad had no idea who James Bond or Roger Moore were, so we walked over and he popped me in front of Roger Moore, with the words "my grandson says you're famous. Can you sign this?"

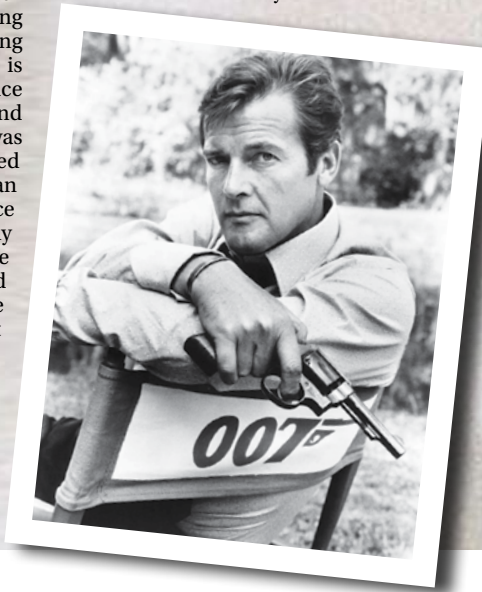
As charming as you'd expect, Roger asks my name and duly signs the back of my plane ticket, a fulsome note full of best wishes. I'm ecstatic, but as we head back to our seats, I glance down at the signature. It's hard to decipher it but it definitely doesn't say 'James Bond'. My grandad looks at it, half figures out it says 'Roger Moore' - I have absolutely no idea who that

is, and my hearts sinks. I tell my grandad he's signed it wrong, that he's put someone else's name - so my grandad heads back to Roger Moore, holding the ticket which he's only just signed.

I remember staying by our seats and my grandad saying "he says you've signed the wrong name. He says your name is James Bond." Roger Moore's face crinkled up with realisation and he beckoned me over. When I was by his knee, he leant over, looked from side to side, raised an eyebrow and in a hushed voice said to me, "I have to sign my name as 'Roger Moore' because otherwise...Blofeld might find out I was here." He asked me not to tell anyone that I'd just seen James Bond, and he thanked me for keeping his secret. I went back to our seats, my nerves absolutely jangling with delight. My grandad asked me if he'd signed 'James Bond.' No, I said. I'd got it wrong. I was

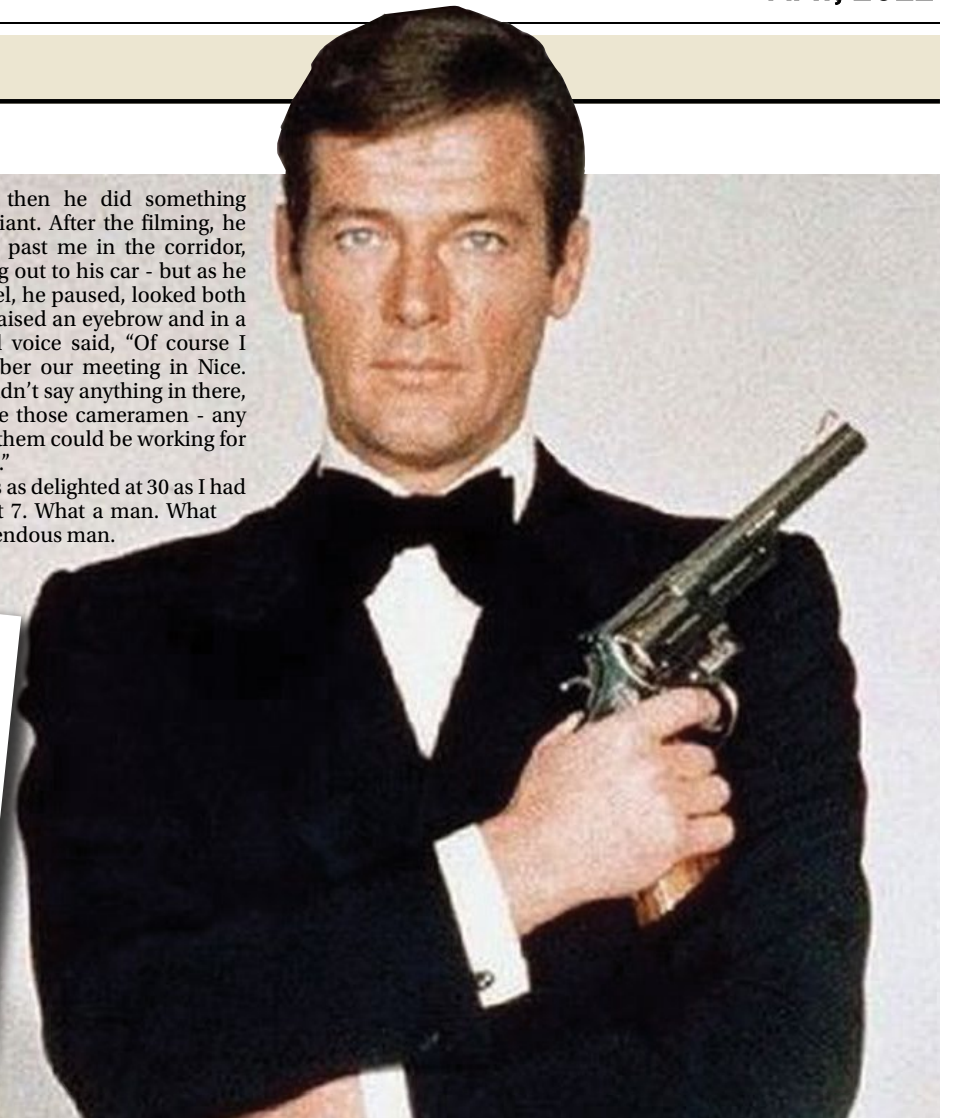
working with James Bond now.

Many, many years later, I was working as a scriptwriter on a recording that involved UNICEF, and Roger Moore was doing a piece to camera as an ambassador. He was completely lovely and while the cameramen were setting up, I told him in passing the story of when I met him in Nice Airport. He was happy to hear it, and he had a chuckle and said "Well, I don't remember but I'm glad you got to meet James Bond." So that was lovely.



And then he did something so brilliant. After the filming, he walked past me in the corridor, heading out to his car - but as he got level, he paused, looked both ways, raised an eyebrow and in a hushed voice said, "Of course I remember our meeting in Nice. But I didn't say anything in there, because those cameramen - any one of them could be working for Blofeld."

I was as delighted at 30 as I had been at 7. What a man. What a tremendous man.



Fairness, Trust and Krauss Maffei

It was the year 1946. Germany stood devastated by the Second World War. The Allies had won the war, and many German cities, including Munich, had been severely damaged by the British Royal Air Force. Munich, the picturesque capital of the Bavarian region of Germany, and centre of the country's diesel engine production, had suffered as many as 74 air-raids. More than half the entire city had been damaged or destroyed.

On one gloomy morning that year, at the Munich Railway station, stood the Directors of Krauss Maffei, the reputed German engineering Company. They were waiting for the arrival of their guests from India. Founded in 1838, Krauss Maffei was a leading maker of locomotives of various types, and an engineering company with a formidable reputation. Unfortunately, the Company now stood devastated by the World War, since their factories had been destroyed by the Allied Forces.

The guests from India got down from their train. They were Directors from the Tata Group in India. If you had been there, you would have seen JRD Tata, the young, tall, lanky Chairman of the Group, get off the train. And accompanying him was a forty-year old engineer, Sumant Moolgaonkar, representing TELCO (now Tata Motors). They had come to Munich for discussions with Krauss Maffei, regarding the manufacture of locomotives in India. What they found, instead, were scenes of destruction and ruin.

The Germans requested the



Indians to take some of their unemployed engineers to India, along with their families, and provide them jobs and shelter. The Directors of Krauss Maffei are reported to have told the Tata Directors - "They are very skilled people. They will do whatever you ask them if you take care of them. They can also teach your people."

This would have to be done

without a formal contract, because the British, who were still ruling India, had forbidden Indian Companies from having any contracts with German Corporations, during those times of the World War. But this request was urgent, and compelling. Because in that year, with factories lying destroyed, unemployment in Germany was rampant, and the then German

currency, the Reichsmark, had become almost worthless.

The Tata Directors agreed to this request, and assured the Germans that their people would be well looked after. The German engineers from Krauss Maffei then came to India, and they were provided good jobs and housing by the Tata Group. They were well taken care of, and they also rendered great service

to Tata Motors. In 1945, Tata Motors had signed an agreement with the Indian Railways for manufacture of steam locomotives, and this is where the German engineers provided valuable technical expertise. They helped the Company manufacture locomotives, which were amongst the Company's very first products.

In 1947, India became independent. In the 1950s, Tata Motors moved on to manufacture trucks in collaboration with Daimler Benz. Many years had now passed since that fateful meeting at the Munich Railway Station. Germany had substantially recovered from the ravages of the war, and the reconstruction effort had borne great fruit. In one of these happier years, the Board of Directors of Krauss Maffei was surprised to suddenly receive a letter from India.

This letter was from the Tata Group. It offered grateful thanks for the services of the German engineers, and it contained an offer of compensation to Krauss Maffei for the skills which had been transferred by the Germans to Tata Motors. Krauss Maffei was surprised, even taken aback at this offer. There was no legal contract, and therefore no obligation for the Tata Group to pay any compensation. In fact, I think, neither did this expectation exist, because the Tata Group had helped by providing jobs and shelter to the otherwise unemployed German engineers, during those dark days. So, the Germans were astonished, as they read the Tata letter.

This story was narrated many, many years later, in the 1970s, by Directors of Krauss Maffei, to Arun Maira, then a senior Director of Tata Motors. Arun Maira is one of India's most respected and distinguished

business thinkers today. In a thoughtful article that he wrote for the Economic Times in 2005 (thank you, Mr. Maira, for this wonderful piece), he recollects how two elderly German gentlemen met him as part of a business transaction in Malaysia, jumped up, shook his hands, and wanted to express their deepest gratitude to him. They then narrated to him this fascinating story, which, they said, is now part of their Company's folklore.

One interesting and unexpected sidelight of this story occurred when Tata Motors was asked to provide a legally binding financial guarantee in the 1970s, but this was rendered very difficult because of the Indian Government's regulations at that time. This matter was taken up to German bankers, who said that a guarantee on a Tata letterhead, signed by the Chairman, was more valuable than any banker's guarantee.

I do not know what exact thoughts ran through the minds of Tata Directors in the 1950s before they sent that letter to Krauss Maffei, offering compensation where none was agreed upon or expected. But I think the Tata Group did this because it was the right thing to do.

The right thing to do is never defined by formal agreements or legal contracts alone. Neither is it defined by the expectations that others have of us. What is right is defined by our own high expectations of ourselves, by the culture of fairness and trust that we wish to establish.

Are we being truly fair to the people and the Companies we work with? We always know, if we listen deeply enough to our inner voice, whether we are being totally fair and right. The Krauss Maffei story holds such a beautiful lesson for all of us.

SUSTAINABILITY



Kenya ranks high on renewable energies, but we could do much more

In terms of world rankings, most people know about our marathon runners, but not so many are aware that Kenya competes with the best in terms of renewable energies, standing alongside Sweden, Uruguay and Morocco as a world leader. All aim to derive 100% of electrical power from renewable sources within the next decade or two

With a large land area and variety of choices, Kenya is well-endowed with renewable energies. For years, hydropower has been a major source, generated chiefly by waters flowing from Mt Kenya, while in recent decades geothermal power from the Rift Valley has played a prominent role. More currently, energy generated from wind and solar has come to the fore, including the enormous Turkana wind farm.

But if our goal is to become more sustainable in an overall sense, then moving towards renewables is not the complete answer; we need to think and act according to a wider frame. For example, our systems of transporting people could be geared more towards rapid transport for tens of thousands, rather than multiple vehicles for individuals (or small numbers) ... with of course, the electrical power required derived from renewables

Across the world it's possible to find many excellent examples of schemes not dependent on roads or cars, which move massive numbers of people in and out of large cities on a daily basis. London's spiderweb network dates from the 1860s (and is still expanding), the Paris Metro from the early 1900s and Singapore's MRT from 1970. All over the world - New York or Rio, Melbourne or Beijing - we see variations on the same rapid-transit theme.

Malaysia's Kuala Lumpur provides an interesting contrast to Nairobi. With independence coming for both in 1963, the two capitals have grown to populations of more than 5 million, but today 'KL' has a rapid-transit system covering over 300 kms, while Nairobi still relies on outdated buses and builds more roads for cars and trucks. Imagine if a low cost, light rail ran from Githurai on



one side, to Athi River on the other, what a difference that could make; or on the coast from Mtwapa, through Kisauni to Mombasa centre!

Thus joined-up thinking at the macro level is of paramount importance, but it's also vital to act in a sustainable way at the household level too: solar panels for electricity, recycling waste wherever possible and reducing our overall use of plastics are all good practices. A few years ago, Kenya took a giant step forward by banning plastic bags, but today we still see single-use hard plastics sold in huge quantities, as water and food containers.

Kenya is seen as a frontrunner in terms of renewable energies, and due to its stance on plastic bags, but to become a true powerhouse of Sustainable Change we need to incorporate many other elements into the broader picture. Then, as for its elite marathon runners, Kenya can become one of the undisputed world leaders!

And wouldn't this be a big leap forward for Mombasa: solar powered tuktuks? No noise; no pollution!

Have a sustainable day.

Duncan Gregory
duncangregory@whittlingourniche.com



PHOTO STORY



In 1898 Sultan Seyyid Hammoud ibn Mohammed, the Sultan of Zanzibar was invited to inspect the work on the railway. He took the train from Mombasa up to the temporary railhead camp where the railway had so far reached. To commemorate the occasion, the camp was named Sultan Hamud. To date, the town retains this misspelt version of his name.



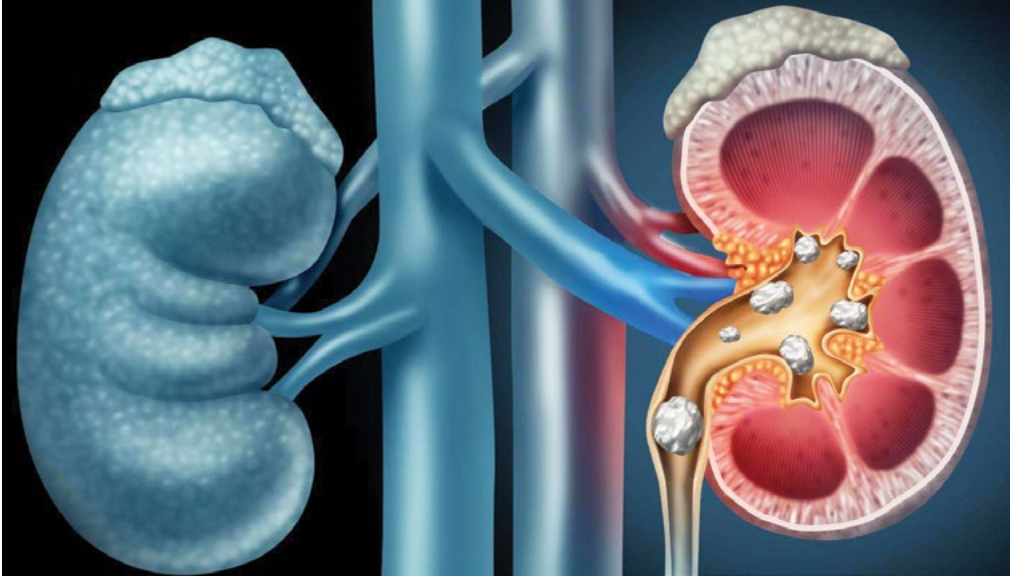
Sailing along the coast required knowledge of currents and the land. However, crossing the ocean required the expertise of a navigator or "mu'allim" who could calculate routes according to the stars.

More than forty of the writings of the famed 15th century navigator and pilot Ibn Majid have survived. His Al Sufaliyya centers on sailing from western India to the east African coast and islands, Zanzibar, Kilwa, the Comoros, Madagascar, and Sofala, where gold, people, and copper were brought from inland Zimbabwe.

HEALTH

How To Prevent Kidney Stones

Passing a kidney stone is one of the most painful things you can do – apart from Childbirth. Now a new study published this week in Mayo clinic proceedings suggests that they're becoming more common. Part of the increase is down to the way doctors monitor stones –they used a CT scan. Rarely before, but the rise in the technology meant they found the stones easier. It's not all down to the tests though. Kidney stones can develop in anyone-and in one or both kidneys, but what actually causes them? They're quite common, with about three in 20 men and up to two in 20women developing them at some point. Most often people aged 30 to 60 are affected by them.



SYMPTOMS
Kidney stones, medically known as nephrolithiasis, cause severe pain, also known as renal colic. Small stones can go undetected but they can be passed out when you pee, according to the NHS. It's common for a stone to block part of the urinary system. If you're suffering from a blockage, you'll have severe pain in the abdomen or groin it can sometimes cause a urinary tract infection (UTI). Half the people who have kidney stones will experience them again within five years of having them.

LOOK OUT FOR THE SYMPTOMS
• Aches in your lower back, sometimes in the groin-men can have a pain in their testicles and scrotum
• Periods of intense pain in the back or side of your abdomen
• Feeling restless
• Nausea

- Needing to urinate more
- Pain when you urinate
- Blood in your urine

WHAT CAUSES KIDNEY STONES?
Waste products in the blood can occasionally form crystals that collect inside the kidney. Over time they build up and form hard stone like lumps. If you're taking some types of medication or if you have a condition that raises levels of certain substances in your urine it can also raise the risk. The rise in kidney stones-mostly calcium stones-is down to change in diet. Stones are helped along by diets high in fat, sugar and salt.

WHAT TO WATCH OUT FOR
• Calcium
• Ammonia
• Uric acid a waste product produced when the body breaks down food to use as energy
• Cysteine-an amino acid that helps to build protein

YOU ARE AT RISK IF YOU
• Eat a high –protein, low – fibre diet
• Have a family history of kidney stones
• Have had several kidney or urinary infections
• Have only one working kidney
• Have had an intestinal bypass

MEDICATION THAT MAKES ITS MORE LIKELY
• ASPIRINI
• ANTACIDS
• DIURETICS (used to reduce fluid build-up)
• CERTAIN ANTIBIOTICS
• CERTAIN ANTIRETROVIRAL MEDICATION (used to treat HIV)
• CERTAIN ANTI-EPILEPTIC MEDICATION

HOW TO GET RID OF THEM
Smaller stones will pass when you go to the toilet in your

Urine. Larger stones may need breaking up. Doctors use an ultrasound or laser energy to do this, but sometimes key hole surgery is needed to remove the largest Stones.

EATING RIGHT
If your stone is caused by too much calcium you need to Reduce the amount of oxalates in your diet. They prevent Calcium being absorbed into your body

FOODS THAT CONTAIN OXALATES ARE;
• LEEK
• BEETROOT
• CHOCOLATE
• BERRIES
• CERERY
• PARSELY
• ASPARAGUS
• ALMONDS, PEANUTS AND CAHEWNUTS
• SOY PRODUCTS
• GRAINS, SUCH AS OARMEAL ,WHEAT GERN AND WHOLE -WHEAT

Dental Health

Smoking & Oral Health



Introduction

It is well known that smoking contributes to the development of lung cancer and cardiovascular disease. However, there is strong evidence that it also has a considerable influence on oral health. The oral effects of smoking range from harmless staining of the teeth and dental restorations to serious diseases such as oral cancer. Pipes and cigars do lead to oral health problems similar to cigarettes. The use of pipes and cigars can both cause loss of teeth in equal measures. Smokeless tobacco contain other chemicals that have been shown to increase the risk of oral cancer of the throat and esophagus. In fact, chewing tobacco contains higher levels of nicotine making it harder to quit than cigarettes.

Smoking e-cigarettes (also known as vaping) may seem less harmful than smoking regular cigarettes. However, when you vape, you inhale harmful substances that can cause inflammation in the mouth, leading to gum disease and other oral health problems.

Symptoms associated with smoking
1) Bad breath
2) Tooth discoloration; nicotine and tar in tobacco can stain teeth. Teeth may stain yellow initially and in the long run, the color may change to brown.
3) Inflammation of the openings of minor salivary glands.
4) Increase buildup of plaque and tartar on the teeth.
5) Increased risk of leukoplakia or white patches inside the mouth; these normally appear on the floor of the mouth.

Smokeless tobacco induces wrinkled changes in the oral mucosa at the site where the quid is placed.
6) Increased risk of developing gum diseases; smoking and other products affect the attachment of bone and soft tissue to your teeth. Smoking interferes with the normal function of gingival (gum) tissue cells. This interference makes smokers more susceptible to periodontal infections.
7) Delayed healing process following tooth extraction, periodontal treatment or oral surgery.
8) Lower survival rates of dental implant procedures; the tissues surrounding the implant are normally affected by the tobacco smoke. This can eventually lead to the loss of the dental implant.
9) Increased risk of developing oral cancer; mouth cancer in people who smoke mostly occurs on the side of the tongue, the floor of the mouth and lips.

Conclusion

Studies have shown that smokers are six times more likely to develop oral cancers than non-smokers. Quitting smoking can greatly reduce serious risks to your general and oral health. It lowers the risk of a heart attack, stroke or cancer. Smoking cessation classes and support groups are often used in tandem with drug therapy. The benefits of quitting smoking start within minutes and last a lifetime.

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

PHOTO STORY



AAR Insurance Kenya Chief Operations Officer Mercy Ndegwa (left) is joined by the company's General Manager, Human Resource Peter Gakinya during a tree planting exercise in Ngong Forest organized by the Association of Kenya Insurers (AKI). Over 2,200 trees were planted during the exercise which brought together players in the insurance industry.



AAR Insurance Kenya Managing Director Nixon Shigoli (right) and Moses Kakoa, Provider Network Management Administrator during a clean-up and tree planting exercise dubbed the 'Upper Hill Green Project' organized recently by the Upper Hill District Association.

PHOTO STORY



Tree Planting 2022: Jubilant Siginon Group staff celebrate the successful planting of 500 mangrove seedlings in Mikindani, Mombasa. The transport & logistics company has adopted a site in Mikindani dedicated to mangrove tree planting to enhance community wellness and conserve the environment. PHOTOS BY TITUS MUSAU



Siginon Group Safety Manager, Tarus Kipchirchir (R) receives a certificate of participation from Evelyn Omondi of big ship program coordinator, following a mangrove tree planting exercise in Mikindani, Mombasa by the staff. The transport and logistics company has embraced environment conservation projects to enhance community wellness and conserve the environment.

RAYMOND FITZJON DEMISE

Deepest condolences to the family and friends of conservationist Sir Anthony Raymond Fitzjohn OBE, who 333 closely with George Adamson at Kora National Park in Tana River County.

Famous for his documentaries such as The Leopards of Kora and To Walk with Lions, which were inspired by his lifelong passion for wildlife conservation efforts in East Africa. His love and passion for wildlife and especially lions just like the late George Adamson will be never forgotten.

He contributed towards wildlife conservation and education throughout his life.

Sunrise 7th July 1945

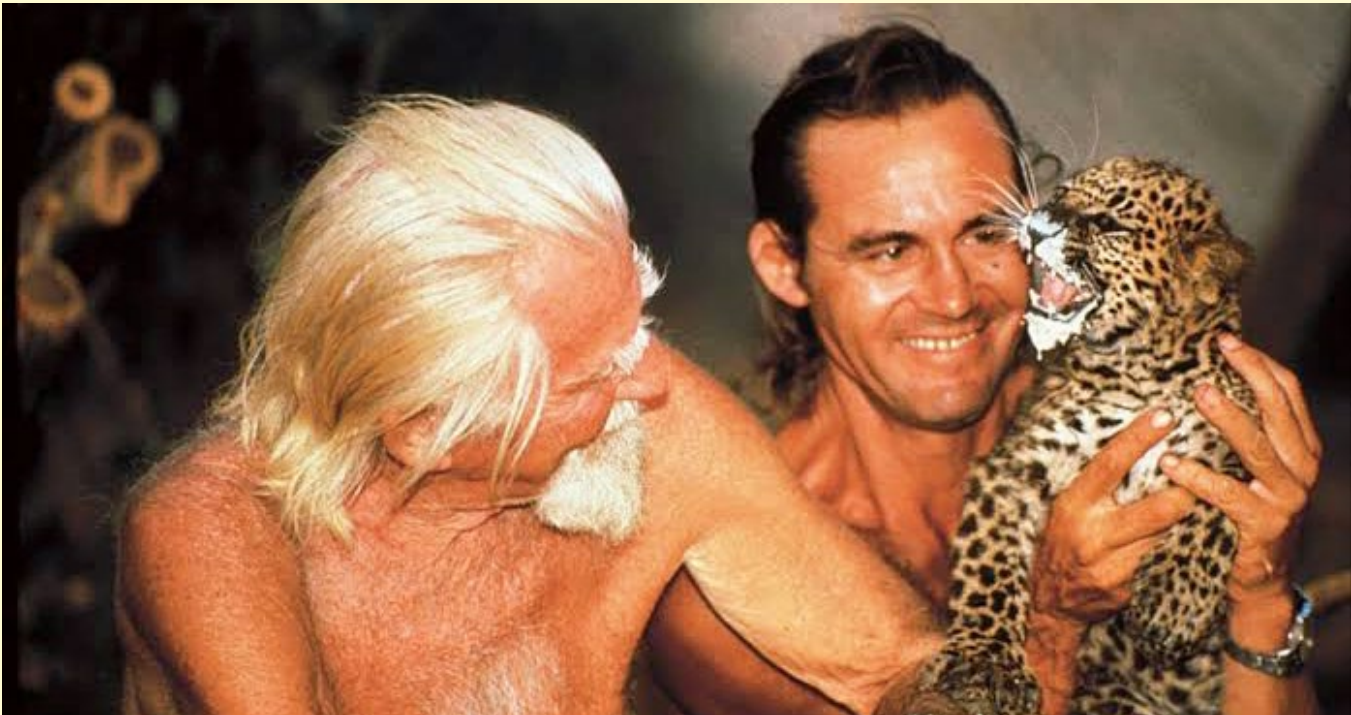
Sunset 24th May 2022

His rhino sanctuary and the programme for breeding and releasing endangered African wild dogs saw him awarded the prestigious Order of the British Empire by the Queen of England.

Fitzjohn believes that Adamson was murdered by design to stop his conservation work, which had gained global approval, because some people were benefiting from a chaotic Kora.

Fitzjohn and Adamson reintroduced more than 30 lions and 10 leopards into the wild. And despite its remote setting, the project received many visitors.

May his soul rest in peace.



Wilson Airport had the pleasure of playing host to Mack Rutherford, a sixteen year old on a quest to become the youngest person to fly around the world solo. Mack, who has British and Belgian nationality, started his journey near the Bulgarian capital Sofia in March and is looking to clinch a Guinness World record currently held by compatriot Travis Ludlow, who was 18 when he completed a circumnavigation last year. "I'm hoping, with this journey, to inspire young people to follow their dreams," Rutherford said after clambering out of his two-seater single prop ultralight aircraft, at Wilson Airport.

Keep it up Mack!



Siginon Group Managers comprising of (L-R) Evalyn Odongo, Amrin Noor, Elaine Mathangani and Dr. Fred Nyawade, goes over the training modules for the Siginon Group Managers accelerated leadership training held in Mombasa. PHOTO BY TITUS MUSAU

Pres. Uhuru congratulates inaugural Nairobi city marathon winners

(PSCU)

President Uhuru Kenyatta on Sunday commended winners and participants in the inaugural Nairobi City Marathon for making the event a great success.

The President said the marathon, dubbed Uhuru Classic, marks the beginning of putting the country's capital city on the international map as a destination for one of the greatest marathons globally.

"Kenya, as you all know has always been known as the home of champions. But today we are not just the home of champions, we are also attracting champions from across the globe to come and participate with us in various sporting events," President Kenyatta said.

The President spoke at the Nyayo National Stadium in Nairobi County after presenting prizes to winners at the end of the inaugural marathon whose route mostly covered the newly constructed Nairobi Expressway.

The marathon attracted over 10,000 participants in the four categories of 42 km marathon, 21 Km half marathon, 10 Km race and 5 Km fun race in which First Lady Margaret Kenyatta participated.

At the same time, the Head of State announced that the Nairobi Expressway will be opened to the public for use on a trial basis this coming Saturday.

President Kenyatta pointed out that Kenya's position as one of the best sporting destinations in the world is buoyed by its renowned athletics talents and the infrastructure the Government has put in place.

"Yesterday, we were in Kasarani stadium at the Kipchoke Keino Classic which attracted world and Olympic champions, again because of the infrastructure that we have developed.

"We are very hopeful and we are indeed well prepared that in 2025 we will have the pride and pleasure of hosting the first world athletics championship to be held on the African continent," President Kenyatta said.

Apart from athletics, President Kenyatta expressed satisfaction that Kenya is increasingly becoming a destination for hosting other sports.

"And it is not just in athletics where we have begun to slowly attract the international attention. In a few weeks time, we will be hosting the second edition of the East African Safari Rally. Kenya is now on the map and has also been part of the



European tour in the golf circuit. Our rugby players are also making us proud – both men and women," the President said.

Sports Cabinet Secretary Dr Amina Mohamed said the Uhuru Classic Nairobi City Marathon has thrust Nairobi City into the league of world famous destinations of city marathons such as New York, Tokyo,

Chicago and Berlin cities.

"Today Your Excellency is a very special day for our country and for the African continent with the successful hosting of the inaugural edition of the Uhuru Classic Nairobi City Marathon.

It is the first in our country, the first in our continent and the first in most of the Southern Hemisphere," the Cabinet Secretary said.

She thanked First Lady Margaret Kenyatta for her support, guidance and accepting to participate in the marathon adding that Kenyans admired her commitment and support to sports in the country.

"Your Excellency, I speak for many Kenyans when I say they all admire your fitness, your passion for sports and are always excited to watch you running. You have motivated many to start running," said CS Amina.

On his part, the President of Athletics Kenya, Lt. General (Rtd) Jackson Tuwei, thanked President Kenyatta for supporting the marathon.

He described it as the highest paying marathon in Africa in which the first 20 winners of the 42 kilometres full marathon and the first six in the 21 kilometres Half Marathon received prizes.

Present were Cabinet Secretaries James Macharia and Margaret Kobia, Inspector General of Police Hillary Mutiyambai and Sports Principal Secretary Joe Okudo among other senior Government officials.

Kenya past cricketers reunion second edition 2022



Left to right: Tariq Iqbal (Vice Chairman), Sandip Shah (Hon. Secretary /Treasurer), Rajabali (Chairman), Subhash Modi (Hon. Co-Ordinator/PRO) and Jasbir Singh. (Committee Member)
Not in the photo Committee Members:- Edward Tito Odumbe, Alfred Boy Njuguna and Bharat Ghelani (Overseas Liaison Officer)

Our first reunion function was held successfully in 2018 at Nairobi gymkhana (lords of Kenya) we had to postpone our second edition of our function due to covid situation.

We would be failing in our duties if we did not thank all our sponsors, all who have bought the cards, persons and all those who have helped us to make our function a reality again. Our special thanks appreciations go to our hearty, caring & respectful sponsors namely -

Ms. Jackie Janmohamed (platinum sponsorship)

Mr. Mayur Shah (gold sponsorship)

Mr. Nitin Shah (silver sponsorship)

Mr. Bipin Vora (silver sponsorship)

Mr. Trilok /Mmr. Jay Vvaria (silver sponsorship)

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Mr. Kalpesh Solanki (silver sponsorship)

Mr. Manoj Patel (bronze sponsorship)

Mr. Deepak Shah (bronze sponsorship)

Mr. Pradeep Patel (bronze sponsorship)

All these sponsors deserve appreciations for their wonderful gestures. .

Mr. Balkrishan (Bali) Raval & his crew member , being our official/video photographers. Mr. Tariq Iqbal will conduct master of ceremony as Mr. David Waters mbe is not available due to his prior commitments. Mr. Sandip Shah will be in charge of the awards and momentoes.

Harshad Patel former Kenya, Ngara sports club & premier club(UK) & Bharat Ghelani (liaison officer and a well known social personality from UK) will be attending the function from UK. Many dignitaries, sporting & personalities, officials, cricketers, umpires &

well wishers of the noble game of cricket will be attending the cricketing function. According to the chairman & former international cricketer, Mr. Rajabali, he is excited for the second edition and indeed a great honour for him and the organising committee to organise this prestigious function. Tariq Iqbal former Kenya and Swamibapa captain confirmed that he is proud to be part of the organising committee which organised the first edition in a grand style and also on a successful note. The second edition will surely miss the presence of former Kenya cricketing icon late Jawahir Shah and another cricketing personality late Naeem Butt. Both of them attended the first edition of the kenya past cricketers reunion at Nairobi gymkhana. Sandip Shah former vice chairman of Nnairobi gymkhana and a former official of NPCA was delighted to say that this second edition is very well patronised and the organising committee has been working hard for the past two years. It will be a great honour for all of us to meet so many dignitaries & sporting personalities during the much awaited cricketing function.

The management organising committee under the chairmanship of Mr. Rajab Ali , ably supported by Mr. Tariq Iqbal (vice chairman) Mr. Sandip Shah (Hon. Secretary/ treasurer), Mr. Subhash Modi (Hon. Co ordinator/pro), committee members - Mr. Tito Edward Odumbe, Mr. Alfred Boy Njuguna, Mr. Jasbir Singh, Mr. Bharat Ghelani (oveseas liasion officer) who all have worked on voluntary basis and had spent endless hours planning & making all the arrangements.

Subhash Modi
Hon. Coordinator/pro
Second edition - past kenya cricketers reunion 2022

CLASSIFIEDS

Mombasa & Coast Event Guide June 2022 - presented by wh@t's on mombasa

WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY KARAOKE	SHOWCASE
Tuesdays afari Inn Shanzu Serena laranda & Band	Fridays Standard Grill Mtwapa Rhumba Night with Ricky Mulolo & Idologia Musica Band	Sundays New Big Tree Bamburi Mombasa Roots Band	Wednesdays New Big Tree Beach Resort Bamburi Vava Voom Karaoke Competition with Njeri	Saturday 25 06 Nomad Beach Bar & Restaurant Diani Beach Jazz By The Beach with The Afro Phonist Burning Bush Band Je'netik Kheed
Tednesdays acht Lounge Mtwapa humba with Ambro La Musica Band	Saturdays Oasis Beach Bar & Restaurant Ukunda Adam & The Band	Kahama Hotel Bamburi Neon The Band	Kusini Tavern Kilifi Karaoke Wednesday with DJ Tee One	FESTIVAL / FAIR
lub The Place Bamburi ew African Sounds Band	Shakatak Beer Garden & Restaurant Diani Beach Live Band Saturdays	WEEKLY KARAOKE	Wednesdays Sol Sureño Diani Karaoke Wednesday with Kowa The Great DJ Kibz	17 to 19 06 Shree Navnat Vanik Mahajan Mwembe Tayari Road Cottafe Fair & Anand Bazaar Food Festival
andoori International Club Diani icky Mulolo & Idologia Musica Band	Sundays Moonshine Beach Bar Nyali Chill Out Sunday with Foa The Band	Mondays Club Zero 4 Moi Avenue Corporate Mondays Karaoke & Talent Showcase with DJ Mems Soniment Rencia & Kowa The Great	Rooftop Lounge Shanzu Joly Karaoke Wednesday	
hursdays usini Tavern cho Band	Oasis Beach Bar & Restaurant Ukunda Tashingas The Band	New Eagle Nest Mtwapa Karaoke	Saturdays Qua Bruce Restaurant Diani Beach Karaoke Party	
ombasa Railways Garden & etaurant icky Mulolo & Idologia Musica Band	Club Mabeshte Malindi Sikzan Vibes Sound Band	Tapas Cielo Nyali Karaoke Mondays	The Moorings Mtwapa Karaoke	
ridays afari Inn Shanzu Serena ve Music Night		Tuesdays New Cheers Bamburi Karaoke with Soni & Kowa	Kenya Bay Beach Hotel Karaoke Party	

Nairobi & Surroundings Event Guide June 2022 - presented by wh@ts on nairobi

HOWCASE / LIVE EVENTS	SHOPPING	BRANDING	THEATRE	ART EVENTS & EXHIBS
aturday 04 06 airobi Street Kitchen he Hanye - Episode 2 with DJ Protege DJ Hypnotiq	25 & 26 06 Marula Manor Karen The Wedding Festival	Saturday 11 06 The Carnivore Mr & Miss YMS Kenya 2022/2023	Friday 03 06 Sarakasi Dome Hell's Advocate - Theatrical Stage Play	Until 11 06 Circle Art Gallery Fictions: A Group Exhibition
ankara Garden luze Open Air Sonic Garden Edition ith SGVO Nitefreak Idd Aziz Afu nchan Hiribae Dylan-S L.A. Dave æ. M. Vidza Xan Woods	EAT & DRINK	FUNDRAISER	BOXING	Until 12 06 Red Hill Art Gallery Exhibition: Mystics by samuel Ashanti Githinji
uesday 07 06 alkana Resort Dagoretti Corner ike Tuesday with Wayah	04 & 05 06 The Village Market Food Court Italian Food & Wine Festival	Saturday 04 06 Carnivore Grounds The Cake Festival	Saturday 18 06 Kenyatta University Amphitheatre Light weight 10MMA Bouts - hosted by Eric Omondi	DANCE PERFORMANCE
aturday 11 06 entmere Gardens Tigon lblack Festival with J President Black IC Sherburn	25 & 26 06 Marula Manor Karen The Rose Wine Festival	CONCERT	COMEDY	Sunday 12 06 Kenya National Theatre Dance Centre Kenya's Anniversary Gala
All Events without Warranty	Thursday 30 06 Braeburn Garden Estate Theatre Jameson Drink Party Test Event	Saturday 25 06 Ngong Racecourse Gospel Music Festl	Saturday 04 06 Braeburn Theatre Gitanga Road Because You Said So - Theme: Just Look Like A Champion Poster	FAIRS & EXPOS
CLASSIFIEDS	YOUTH INITIATIVE EVENT	EAT & DRINK / BOOKS	Find more event details on www.whats-on-mombasa.comy	Friday 24 06 Radisson Blue Hotel Upper Hill Africa Facility Management Network & FMCE Conference And Exhibition
	Saturday 25 06 Nairobi Cinema Mr And Miss Tranquility Kenya	Saturday 04 06 The Trademark Hotel Books & Wine		

PERFUMES

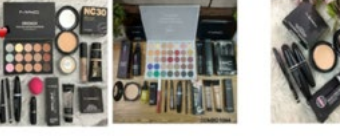


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FAIR / FESTIVAL



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All Events without Warranty

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