



ECOTOURISM

What Is Ecotourism, and How Can It Help the Environment? **PG 6**



SPORTS

The Kenya Open Volleyball tournament 2022 **PG 17**



The Socio-Economic **Newspaper** with Anything & Everything from **Kenya**

PHOTO STORY

Africa's largest female Tusker, Dida, has died, Kenya Wildlife Service says. KWS made the announcement on Tuesday as they mourned the iconic tourist favourite which has resided in Tsavo East National Park for nearly seven decades. Dida is said to have succumbed to old age. "A matriarch has rested We are saddened by the death of Dida who was possibly Africa's largest female Tusker and a Matriarch residing in KWS Tsavo East National Park. She died from natural causes due to old age having lived a full life to about 60-65 years old," KWS stated.

IPOA meets the President



The IPOA Board met H. E. The President Dr. William S. Ruto at Statehouse Nairobi for discussions on how to enhance the police reforms initiative in Kenya through civilian oversight. The President expressed confidence in IPOA's ability to end extra judicial killings, "You are uniquely qualified to help us define a mechanism to stop this practice," he said. Amongst others, the Authority is strategizing to conduct a public inquiry into enforced disappearances and extrajudicial killings.

PHOTO: IPOA FB

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Pres. Ruto announces Sh2B for drought relief

(PCS)

President William Ruto today announced the Government has made a new allocation of Sh2 billion for food relief to counties affected by the severe drought in many parts of the country.

Speaking today while being installed as the Patron of the Kenya Red Cross Society at State House, Nairobi, President Ruto said the Government will also collaborate with development partners and the private sector to raise an additional Sh10 billion.

The allocation of the Sh2 billion comes after a previous allocation of Sh3.2 billion by the Government for the purchase of relief food.

“We are making available another Sh2 billion to support food distribution to the affected areas. We are working with development partners to raise another Sh10 billion to ensure no part of the country is unfairly affected by drought,” said the President.

The President said he was confident that the interventions being undertaken together with development partners and the private sector will save the lives of Kenyans in areas worst affected by the drought.

He said the Kenya Red Cross Society will continue playing an integral role in the efforts to mitigate the drought which has affected 20 of the 23 counties categorized as Arid and Semi-Arid Lands (ASAL).

President Ruto said KRCS will be allocated Sh260 million out of the Sh2 billion



targeted for the relief exercise. The society will additionally handle another Sh340 million which was pledged by the Kenya Private Sector Alliance and the Kenya Association of Manufacturers.

The President said the KRCS will use the Sh600 million to buy food from areas in the country that have food surplus such as Western, parts of the Rift Valley, and Nyandarua County among others.

Part of the new allocation will be channeled to support the animal offtake program through which the Government buys weak livestock from pastoralists. The President said half of the animals are slaughtered and the meat distributed to locals while the other half are taken to the Kenya Meat Commission

where their meat is canned for distribution to schools.

The Head of State also announced that Sh200 million will be allocated to the Kenya Wildlife Service to undertake water trucking for wildlife in Kenya’s national parks and reserves.

The Head of State said that even as the Government leads efforts to respond to the drought emergency, it remains focused on plans to ensure a constant and predictable food supply in the future.

He said predictability in the supply of food is being ensured through the provision of cheap fertilizer and seeds, and the construction of enough dams to support irrigation among several other measures.

The President said that the Government is also

determined to put in place robust measures to combat climate change, which is the root cause of the adverse weather patterns around the world.

Deputy President Rigathi Gachagua attended the event where the President was installed as Patron of KRCS. Also attending the event were KRCS Board Chair Geoffrey Koriri, Secretary General Dr. Asha Mohamed and officials of affiliate organizations of KRCS.

“I am mindful and highly appreciative of the important role played by the Kenya Red Cross, Regionally and Internationally. We are proud of the enhanced peer-to-peer support that you offer other National Societies in various thematic areas,” said President Ruto.

Ahadi Kenya partner with environmentalist to give solar jikos



Battle to conserve the environment has moved a notch higher with Ahadi Trust partnering with a local NGO, in effort to produce and distribute Sun Ray Jikos.

The first batch of jikos were distributed to eight cancer survivors women in Murang’a to allow them more time doing other household chores instead of searching for fire wood.

Ahadi Kenya Trust Executive Director Stanley Kamau spoke at Thika Greens Golf Course Resort, Gatanga where he and wife to Chief Minister Nominee Musalia Mudavadi, Mrs Tessie Musalia handed over the jikos’ to the cancer survivors.

They also launched training of the community social workers in making the jikos in order to lower the cost of production to get to more families in the remote areas.

The Sun Ray Jikos have been developed and designed by Environmentalist Prof Keziah Ngugi with support of Amos Chomba and John Gachuhi.

“The jikos can do well in all parts of the country, thus the

government in the famine relief food distribution should also ensure the families have where to prepare meals,” said Kamau.

Mrs Musalia pleaded with women to ensure they undergo cancer screening in efforts to know their status, pleading with men not to abandon their spouses after they are diagnosed with the disease.

“It is important that all females from the age of 16 attend cancer screenings. Also men should not be left behind as cancer is the leading killer,” said Musalia.

Ngugi said they have been working with experts in the improving of the jikos, focusing on ways to mitigate the effects of climatic change.

She said using the jikos’ will go a long way towards protecting the natural environment and thus reduce emissions in space.

“Keziah Sunray cookers will help the Kenyans citizens towards meeting the internationally accepted forest cover of above 15 percent,” she said.

The era of lawlessness will come to an end, President Ruto says

(PCS)

President William Ruto has said that Kenya’s security forces will defend the safety and security of Kenyans without using extrajudicial means.

While addressing the first Mashujaa Day celebrations under his Administration, the President said the era of lawlessness in many parts of the country, which has denied millions of Kenyans the opportunity to benefit from the country’s economic development, will come to an end following reforms being implemented by the Government in the security sector.

“There are parts of this



country where personal safety and security are precarious, and life expectancy is low. Poverty and the cost of living are high because markets and supply chains have been disrupted or threatened by insecurity. The well-being of residents is as paramount as that of every other citizen of Kenya,” said the President. “Criminals have held them

back, extinguishing or deferring far too many hopes and dreams as the rest of the country progresses. It is time for this lawlessness to stop for good. Our government has undertaken necessary personnel realignments in the security services to facilitate the rapid achievement of our objectives.”

He said his directives on

the financial autonomy of the National Police Service and reforms in the Directorate of Criminal Investigation will enable rapid achievement of national security strategic objectives. He said a professional police service does not have to use extrajudicial tactics or partisan agenda to fulfil the security goals of the country.

“We can efficiently and effectively suppress crime, monitor, disrupt and apprehend criminals without abducting, torturing, killing or causing citizens to disappear. It is time to retire these terrible tactics and professionalise our criminal justice system,” said President Ruto.

The President said his goal

to ensure the police maintains high professional standards and scrupulous adherence to the law informed his directive for the dissolution of a unit at the DCI that was called the special services squad.

At the international and regional scene, President Ruto said Kenya was a dependable partner that continues to contribute to global progress.

“In an increasingly interconnected world, our well-being depends on the engagement with our neighbours, continental fraternity and international partners. In all these arenas, Kenya has continued to be a dependable ally, faithful friend and effective partner, ever committed to win-

win bilateral as well as multilateral outcomes that achieve mutual gains for the benefit of humanity,” said the Head of State. He said Kenya continues to sustain its Pan-Africanist credentials and was committed to its obligations to meet the demands of fast-evolving global circumstances.

He added that Kenya is committed to the pursuit of trade to move forward Pan-African ideals and create shared prosperity.

President Ruto said Kenya is also committed to maintain strong strategic relations with key development partners the US, the UK, the EU, Middle Eastern nations and the Far East including China and Japan.

NEWS

DPA Kenya Ltd will develop the biggest rooftop solar project in Kenya for The Devki Group

DPA Kenya Ltd, co-owned by DPA (Distributed Power Africa) a key player in distributed renewable energy solutions and EDF (Électricité de France), the French multinational electric utility has signed an agreement with the Devki Group to provide renewable energy solutions for a factory based at Nairobi. In this agreement, DPA Kenya Ltd will first deploy a 4MWp rooftop solar plant at the Ruiru Devki steel manufacturing site.

The Devki Group is one of the largest manufacturers of Steel, Roofing Sheets and Cement in Kenya. With several factories spread across the country, the Devki Group's decision to switch to renewable energy will reduce their operating costs and carbon footprint. This solar rooftop project is a first-of-its-kind in Kenya and will generate 6.16 GWh of power per annum for Devki's operations.

DPA Kenya Ltd will execute the 4MWp project in Ruiru through a 20-year lease agreement with The



Devki Group Chairman Narendra Raval (2nd left), Distributed Power Africa (DPA) Kenya Limited CEO Norman Moyo (2nd right) and Electricite de France (EDF)'s senior vice-president in charge of the Middle East and Africa Valerie Levkov (right) listen to DPA Kenya Limited Managing Director Moncef Mettiji shortly before cutting a ribbon at Devki Steel Mills in Ruiru, Kiambu County on October 13, 2022 to symbolize commencement of the 4MW rooftop Solar plant. DPA has signed an agreement to provide 4MW renewable energy solutions for the steel factory.

Devki Group. The company will finance, design, deploy, operate and maintain this solar plant which is the first of other solar projects under study for The Devki Group.

DPA Kenya Ltd have been determined in engaging C&I (commercial and industrial) businesses in Kenya to adopt

hybrid solar energy and lithium battery technology for energy resilience, increased business efficiency and improved carbon footprints.

The signing ceremony took place on the 13th of October at Devki Riuru premises.

Mr. Narendra Raval, Executive Chairman of the

Devki Group of Companies stated "We are looking forward to making our operations sustainable to allow for greater efficiency, business continuity during power outages and cost savings."

Ms. Valérie Levkov, Senior VP Africa and Middle East at EDF stated, "EDF is pleased to be deeply involved in the biggest solar rooftop project in Kenya, applying the highest Health Social and Safety standards. This partnership represents an opportunity for EDF and DPA to deliver low-carbon energy solutions suitable for Devki needs, using Kenyan companies as sub-contractors."

Mr. Norman Moyo, CEO of DPA added: "DPA Kenya has met a huge success after only one and half year of activity and has become a major player with a wide range of industries and services sites in operation. Our objective is to meet our clients' needs with a tailor-made service and state-of-the-art offers. It is an inspiring example of our ambitions in Eastern and Southern Africa for our C&I clients."

PHOTO STORY



Scratch Foundation Director of Outreach and Access Dr. Jarvis Bailey (right) from US and Scratch Team Member from China Tracey Tang (second right) interact with Kigwa Ridge School learners in Muthaiga. With them is Stem Impact Center staff Maxwell Kamau (left).



Scratch Foundation Director of Creative Learning Francisco Cervantes interact with Kigwa Ridge School year 4 learner Simon Chenge learner in Muthaiga, Nairobi County during their visit to the school to assess the school's coding lessons for the learners following the Cambridge IGCSE Curriculum. The school has formed a collaboration with the organization and Stem Impact Center to advance coding and robotics learning at the school.

Reduce downtime with a better backup strategy and solution



By Murithi Magiri

What if your business went down for hours, how much revenue will you lose? How soon are you able to recover?

Today's businesses tolerate less downtime, so a reliable backup and recovery process can help your company recover quickly from any kind of outage. The ever-evolving threats and risks such as malware, ransomware or even user error and hardware failures can bring your business's progress to a screeching halt – leading to devastating downtime costs that can put your company out of business.

Typically, businesses don't make enough time to create

an effective backup and recovery plan to mitigate costs of downtime. Designing, managing and administering in-house backup and data recovery solutions has become a challenge for even the most proficient IT experts. New business demands, the multitude of content sources, and different data formats add to the growing complexity of backup and recovery for businesses that are already difficult to manage. Most companies significantly underestimate how long it will take to get back online after an unplanned outage.

With the average cost of downtime being at least Kshs.1.2Million per hour across all industries and organizational sizes, businesses simply cannot afford the risk. On the other hand, businesses today bank on data availability for competitive advantage hence a downtime means profits to competitors. A company's brand and loyalty are also dented with incessant



downtimes and regaining it is a herculean task besides being a huge investment, we have seen this lately even with global brands like WhatsApp.

The key to moving your business forward with resilience and agility is better

planning and a good solution to backup and recovery. A good solution should offer reliable, monitored and managed backups, make sure your data is secured against malware and ransomware, ensure your data is compliant

with industry standards like GDPR and HIPAA. The solution should also be able to monitor and manage the backups, which includes integrity checks that ensures that the backed-up copy and the original are identical, it also

includes checking whether data is backed-up as per the schedule. At the same time also assure that data so backed-up can be rapidly and effectively be recovered.

In the modern IT landscape, a good solution might also have other add-ons tools like patch management to enable your IT teams ensure that applications are routinely updated for security.

Another useful add-on is remote access tools which enables IT teams to support and troubleshoot remote machines. If you put in the mix archiving and notarization you will have a fully integrated solution that keeps your data, secure and ensures your IT infrastructure is running efficiently for productivity and profitability.

The true cost of not having a good data backup recovery solution could be closing shop.

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

Diwali exhibition at SKLP Samaj

Shree Kutchi Leva Patel Samaj Mahila Mandal Mombasa hosted a Diwali 2022 art and craft exhibition/competition themed 'Going Green'. The theme of this years competition was using foliage. Everything that the participants exhibited had to be 100% made using plants foliage. The competitors exhibits where just outstanding and very well appreciated by Mombasa public at large. Amazing creativity was displayed in the art pieces beyond ones imagination.

The other highlight of this exhibition was Display Rangoli themed 'Buddham Sharam Gachami' created by 11 artists namely Bhanu Patel, Renuka Dabasia, Manjula Hirani, Sushila Halai, Dina Chhabadia, Bhavna Assani, Daxa Vekariya, Kanta Bhanderi, Vanita Varsani, Nalini Hirani. This Rangoli Art was coordinated by Vinubhai Patel.

Buddham Saranam Gacchami Mantra, Meaning and Benefits

Three Jewels of Buddhism are the Buddha, the Dharma and the Sangha and by reaching or by surrendering oneself to these three heals one from all sufferings and that journey starts with taking refuge in Buddha Dhamma Sangha.

Buddham saranam gacchami
I go to the Buddha for refuge.

Dhammam saranam gacchami
I go to the Dhamma for refuge

Sangham saranam gacchami
I go to the Sangha for refuge.

Benefits of Chanting Mantra

- Awakening the mind
- Freedom from Suffering
- Direct Connection with divine forces
- Remains in the present
- Helps to surrender before God and go to the higher self
- This mantra helps in meditation practice
- Followers of Buddhism don't acknowledge a supreme god or deity. They instead focus on achieving Meaning of Mantra

These words are not just for uttering, but for investigating, to go deep into their meaning. To meditate upon. Buddha means the one who takes us from Darkness to Light, towards wisdom. Towards higher consciousness towards



mindfulness. Dhamma is 'Here – and – Now', It is not taking enlightenment—a state of inner peace and wisdom. When followers reach this spiritual echelon, they're said to have experienced nirvana.

• The religion's founder, Buddha, is considered an extraordinary being, but not a god. The word Buddha means "enlightened."

• The path to enlightenment is attained by utilizing morality, meditation and wisdom. Buddhists often meditate because they believe it helps awaken truth.

• There are many philosophies and interpretations within Buddhism, making it a tolerant and evolving religion.

• Some scholars don't recognize Buddhism as an organized religion, but rather, a "way of life" or a "spiritual tradition."

• Buddhism encourages its people to avoid self-indulgence but also self-denial.

• Buddha's most important teachings, known as The Four Noble Truths, are essential to understanding the religion.

• Buddhists embrace the concepts of karma (the law of cause and effect) and reincarnation (the continuous cycle of rebirth).

• Followers of Buddhism can worship in temples or in their own homes.

• Buddhist monks, or bhikkhus, follow a strict code of conduct, which includes celibacy.

• There is no single Buddhist symbol, but a number of images have evolved that represent Buddhist beliefs, including the lotus flower, the eight-spoked dharma wheel, the Bodhi tree and the swastika (an ancient symbol whose name means "well-being" or "good fortune" in Sanskrit).



TOURISM

What Is Ecotourism, and How Can It Help the Environment?

By Lois Alter Mark

It's easier and more important than ever to be a responsible traveler. Here's what you need to know about ecotourism before booking your next trip.

With travel and the environment in the news so much lately, you've probably heard the word ecotourism tossed around—especially after stories about places ruined by tourism. As travelers become more aware of their effect on the planet and want to do their part to make a positive difference and live more sustainably, ecotourism has really taken off.

According to the Business Research Company, the global ecotourism market is expected to grow from \$157.76 billion in 2021 to \$185.43 billion in 2022, reaching a whopping \$299.03 billion in 2026. "Awareness of our negative impact on the environment is finally on the forefront of many people's minds," says Andréa Bernholtz, a sustainable travel and lifestyle expert. "Eco-sourced foods have become more mainstream, and during the pandemic, people rethought how they want to live their lives and reevaluated what's really important."

But what is ecotourism, exactly, and how is it different from sustainable travel? Is it about considering the

environmental impact of driving vs. flying and choosing eco-friendly cars? Is it about greenwashing? And just what is greenwashing, anyway? We asked environmental experts to help us understand ecotourism, why it's growing so quickly and what it means for the future of travel and our planet.

What is ecotourism?

An ecotourism definition isn't as hard to pin down as you might think. According to the International Ecotourism Society, ecotourism is defined as "responsible travel to natural areas that conserves the environment, sustains the well-being of the local people and involves interpretation and education." Simply put, it's travel that has a positive impact on a destination's ecology and economy.

What is the aim of ecotourism?

Although the ultimate aim of ecotourism is to protect a destination's environment and its people, there are a few specific principles that guide that goal. According to Bernholtz, these are the main pillars behind ecotourism:

- **Support conservation initiatives**
Because ecotourism is designed to safeguard the

integrity of a natural area's vulnerable ecosystem, it should allow visitors to experience the beauty of a destination without causing damage. Often, it also lets them participate in activities that benefit the environment. At the InterContinental Maldives Maamunagau Resort, for example, guests can join an in-house marine biologist to learn about the conservation work being done for manta rays and then swim alongside these gentle giants for a truly immersive experience. Travelers can also act as citizen scientists in places around the world, including national parks and dive sites, to help do research and collect data.

• **Build awareness**

To paraphrase Maya Angelou, "When we know better, we do better." Once we learn that our actions are actually harming someone or something, we can put a stop to them. Plus, human beings are more inclined to care about something when they're personally invested in it, which happens naturally when they visit a place and get to know the people who live there as individuals rather than a generic group.

As visitors learn about the

locals, they're motivated to do what they can to help these people and to spread the word about how others can too. "Ideally, they leave as new ambassadors who can tell others about the destination and teach them how to take care of it," says Chandra Wright, Director of Environmental & Educational Initiatives for the Lodge at Gulf State Park, a Hilton Hotel. This is how change happens.

• **Help local communities**

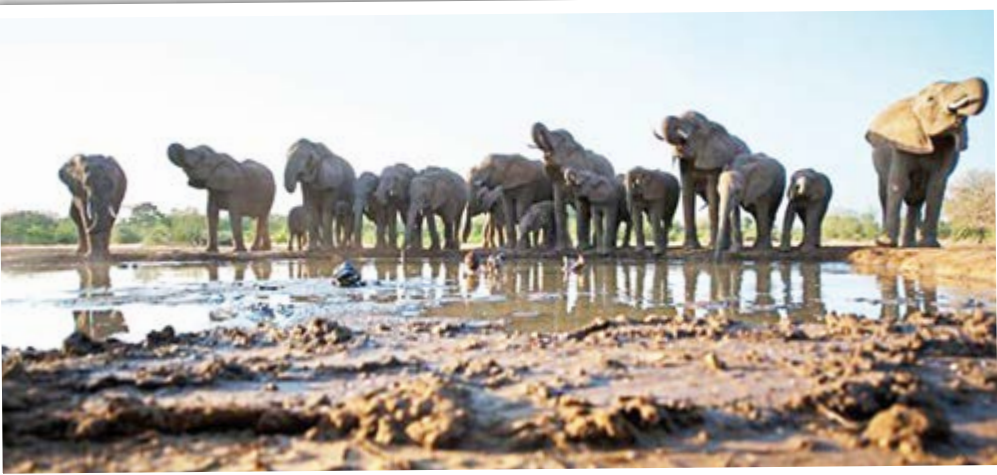
One of the key elements of ecotourism is helping local communities thrive. That can happen in a number of ways, all involving some type of financial aspect, from providing jobs to supporting local businesses. It is vital to care for the people who live in a destination—they are, ultimately, the stewards of that land. Just look at Venice, Italy, where overtourism has gotten

so out of hand that residents are leaving the city in droves.

• **Educate**

Education is the foundation for everything, and when it comes to ecotourism, that includes visitors and locals alike. We know that visitors need to learn how their actions impact a destination, but so do the people who live there. A great example is Thailand, where residents are being shown how they can





make a living by turning their performing elephant businesses into elephant sanctuaries. As travelers stop supporting elephant shows and rides because of the abuse these animals endure, they make a conscious decision to spend their money on businesses that help elephants instead. This is a win all around—especially for the elephants, who are on the list of Critically Endangered species. With education, we have the power to enact real change.

• **Respect**

Respect is tied to awareness and education and is vital for the empowerment of local people, especially Indigenous groups. Ecotourism is all about showcasing their culture authentically rather than turning it into a theme park. This ensures that their traditions live on, the people are valued for who they are, and myths and stereotypes are dispelled.

How does ecotourism help the environment?

Ecotourism helps ensure that a destination's biodiversity and ecosystems remain

protected. For example, because Costa Rica's rainforest is such a huge draw for visitors, residents work hard to keep it safe rather than deforest it for short-term gains. The money brought into their economy by ecotourism provides, literally, a more sustainable way for their communities and the rainforest itself to thrive. Plus, this is what could happen if the rainforest disappeared.

How does ecotourism help local communities?

As Bernholtz previously pointed out, the idea of helping local communities is so important, it's actually one of the principles behind ecotourism. Besides protecting their environment, ecotourism provides jobs for residents, bringing money into areas that may have previously been overlooked. With a better economy, communities become safer, cleaner and healthier.

How does ecotourism benefit travelers?

Being a responsible traveler makes for a much more satisfying and authentic experience. Instead of simply visiting tourist attractions and

eating at chain restaurants, you get to immerse yourself in a local culture and really get to know the people who live there. It enriches your own life and opens your mind to new ideas. It reminds you that you're a citizen of the world and that it's up to all of us to take care of the planet we call home.

"Ecotourism is an amazing way to discover the world," says Wright. "So much of our daily lives is scripted and manufactured. Nature is full of wonder everywhere you look. Being able to get out in a natural area that is protected and largely undeveloped offers a chance to connect with flora and fauna you may never see anywhere else. Just be sure to leave it as you found it—or better—for future explorers to discover."

Experiencing ecotourism can change your outlook and also make you more eco-conscious, which is great for the environment. "People get inspired to make positive changes and share those changes in their everyday life, continuing the positive impact," says Bernholtz. That could entail things like using reusable water bottles or

changing the narrative on climate change on a large scale, like these social media activists.

Can ecotourism harm the environment?

Unfortunately, if travelers don't follow all its major principles, there can also be a dark side to ecotourism. In fact, according to Wright, "without explaining and educating visitors about what makes a place special, how seemingly minor things can have a huge negative impact and how they can help ensure the resource remains undisturbed for the long term, [visitors] are more likely to do harm."

If ecotourism isn't properly regulated, it can damage the ecosystems it's meant to protect. Fragile plants and vegetation may be trampled on, garbage may be left behind and overused trails may result in soil erosion. Also, too many visitors may cause stress to wildlife, disturbing the animals' natural routines and habitats, displacing them or causing them to change their behavior or get used to humans.

The best ecotourism destinations

There are so many amazing ecotourism destinations, where nature is the star of the show and both residents and visitors alike are determined to protect it. Some of the best in the world include Costa Rica, the Galapagos Islands, Antarctica, Belize, Iceland, Norway and Kenya. All these eco-friendly countries are rich with natural beauty and people working to keep it that way. They're also known for their conservation efforts and wealth of national parks and protected areas.

Closer to home, Alaska and coastal Alabama are ideal ecotourism destinations. They're places where you can hike, bike and boat through stunning landscapes while viewing wildlife in its natural habitats. Events like the annual Coastal Alabama Birdfest even give visitors the opportunity to get involved by helping to collect measurements and place identifying bands on birds' legs so researchers can identify and track them.

What are some ecotourism examples?

According to Wright, ecotourism activities in these areas can include bird watching, wildlife viewing, nature photography, exploring unique flora, cycling, hiking, kayaking, canoeing and scuba diving. Depending on the destination, you can also take classes from local artists, eat sustainably at restaurants that utilize ingredients from local farmers, attend local music or heritage festivals, and work as a volunteer on a conservation project.

"But," warns Wright, "these activities aren't guaranteed to be ecotourism. [Do] your homework to make sure the practices and principles in place are appropriate for leaving a light impact."

Check hotel websites to see what they're doing for sustainability, and research a destination's priorities. Are they focused on helping local communities and the environment, or are they touting corporations and chains? If information isn't readily available, that's a red flag. And if any place promotes touching non-domesticated animals, stay away.

How can you experience ecotourism responsibly?

If you're excited to answer the question, "What is ecotourism?" yourself, here are some tips from Bernholtz and Wright on how to do it right:

- Listen to guides and signs, and stay on clearly marked trails to avoid damaging vegetation. If something says "don't touch," don't touch it!
- Take only memories and photos. Don't take rocks, plants or any part of nature as a souvenir.
- Leave only footprints. Take your trash with you, and pick up any other litter you come across. Give back by leaving an area cleaner and nicer than you found it.
- Support local artists and businesses. Make sure tourism money stays in the community.

Ecotourism vs. sustainable tourism

You may find people using the terms "ecotourism" and "sustainable tourism" interchangeably, but although both have an end goal of helping the environment, there is one major difference.

"Ecotourism is all about getting out in nature and conserving the natural resources of a specific area, so it doesn't really apply in urban, big-city environments," explains Wright. "Sustainable travel, on the other hand, is broader and includes everything from eliminating single-use plastics to reducing energy consumption to water conservation to recycling. You should be a sustainable traveler wherever you go."

For other ideas on how to live more sustainably, check out our stories on how fast fashion is hurting the environment and which sustainable brands you should consider instead.



OPINION

The Sky Gets Dark Slowly

Zhou Daxin's latest novel, "The Sky Gets Dark Slowly". It is a sensitive exploration of old age and the complex, hidden emotional worlds of the elderly in a rapidly ageing population.

In it he writes, "...Many elderly speak as though they know everything, but of old age they are in fact as ignorant as children. Many elderly are in fact, completely unprepared for what they are to face when it comes to getting old and the road that lies ahead of them.

"In the time between a person turning 60 years old, as they begin to age, right until all the lights go out and the sky gets dark, there are some situations to keep in mind, so that you will be prepared for what is to come, and you will not panic.

ONE. The people by your side will only continue to grow smaller in number. People in your parents' and grandmothers' generation have largely all left, whilst many of your peers will find it increasingly harder to look after themselves, and the younger generations will all be busy with their own lives. Even your wife or husband may depart earlier than you, or what you would expect, and then might come days of emptiness. You will have to learn how to live alone, and to enjoy and embrace solitude.

TWO. Society will care less and less for you. No matter how glorious your previous career was or how famous you were, ageing will always transform you into a regular old man and old lady. The spotlight no longer shines on you, and you have to learn to contend with standing quietly in one corner, to appreciate the hubbub and views that come after you, and you must overcome the urge to be envious or grumble.

THREE. The road ahead will be rocky and full of precarity.



Fractures, cardio-vascular blockages, brain atrophy, cancer...these are all possible guests that could pay you a visit any time, and you will not be able to turn them away. You will have to live with illness and ailments, to view them as friends, even; do not fantasize about stable, quiet days without any trouble in your body. Maintaining a positive mentality and getting appropriate, adequate exercise is your duty, and you have to encourage yourself to keep at it consistently.

FOUR. Prepare for bed-bound life, a return to the infant state. Our mothers brought us into this world on a bed, and after a journey of twists and turns and a life of struggle, we return to our starting point - the bed -and to the state of having to be looked after by others. The only difference being, where we once had our mothers to care for us, when we prepare to leave, we may not have our kin to look after us.

Even if we have kin, their care may never be close to that of your mother's; you will more likely than not, be cared for by nursing staff who bear zero relation to you, wearing smiles on their face all whilst carrying weariness and boredom in their hearts. Lay still and don't be difficult; remember to be grateful.

FIVE. There will be many swindlers and scammers along the way. Many of them know that the elderly have lots of savings, and will endlessly be thinking of ways to cheat them of their money

through scam phone calls, text messages, mail, food and product samples, get-rich-quick schemes, products for longevity or enlightenment... basically, all they want is to get all the money. Beware, and be careful, hold your money close to you. A fool and his money are soon parted, so spend your pennies wisely.

Before the sky gets dark, the last stretches of life's journey will gradually get dimmer and dimmer, naturally it will be harder to see the path ahead that you are treading towards, and it will be harder to keep going forward. As such, upon turning 60, it would do us all well to see life for what it is, to cherish what we have, to enjoy life whilst we can, and to not take on society's troubles or your children's and grandchildren's affairs for yourself. Stay humble, don't act superior on account of your own age and talk down to others - this will hurt yourself as much as it will hurt others. As we get older, all the better should we be able to understand what respect is and what it counts for. In these latter days of your lives, you have to understand what it means, to let go of your attachments, to mentally prepare yourself. The way of nature is the way of life; go with its flow, and live with equanimity.

For all of us, a nice read, very beautiful, very true!

Hardly the day started and ... it is already six o'clock in the evening.

Barely arrived on Monday and it's already Friday.

... and the month is almost over.

... and the year is almost up.

... and already 50 or 60 or 70 years of our lives have passed.

... and we realize that it is too late to go back...

So...Let's try to take full advantage of the time we have left ...

Let's not stop looking for activities that we like...

Let's put color in our grayness...

Let's smile at the little things in life that put balm in our hearts.

And yet, we must continue to enjoy serenely the time that remains.

Let's try to eliminate the 'after'...

I'll do it after...

I'll say it after...

I will think about it after...

We leave everything for 'later' as if 'after' was ours.

Because what we do not understand is that:

after, the coffee cools...

after, priorities change...

after, the charm is broken...

after, health passes...

after, the children grow up...

after, the parents get older...

after, the promises are forgotten...

after, the day becomes the night...

after, life ends...

And all that 'after', we find it's often too late...

So... leave nothing for 'later'...

Because in always waiting for later, we can lose the best moments,

the best experiences,

the best friends,

the best family...

The day is today...The moment is now...

We are no longer at the age where we can afford to postpone until tomorrow what needs to be done right away.

So let's see if you'll have time to read this message and then share it.

Or maybe you'll leave it for... 'later'...

And you will not share it "ever" ...

Even share with those who are not yet 'seniors'.

Stay well and be happy always....

PHOTO STORY

Diwali luncheon for the senior members of the community



From left: Dr Shaina Shah, Mrs Bindu Shah, Mrs. Mina Shah, Mrs. Shobhna Shah, Mr Kanti Shah, Mr. Hasmukh Shah, Mr. Ramesh Shah and Mr. Jinit Shah



The Sponsors, Mrs. Neeta Vipul Shah and Mr. Vipul Shah during the Diya Lighting Ceremony.



The Senior Members of the Community being served Lunch.

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SALES, MARKETING & OPERATIONS
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Competency Based Curriculum

What exactly makes the Competency Based Curriculum (CBC) stand out? What makes it different from the former curriculum?

CBC focuses on learning for understanding, not just for good performance but the purpose of being able to implement what has been learnt in class to everyday life. It emphasises what the learner is expected to do rather than what they are expected to know for the sake of good marks. This curriculum was specifically developed to cater for the 21st century learner who is an innovator, a communicator, a critical thinker, a collaborator, is financially and economically literate and is a self-directed learner.

Unlike the former 8-4-4 curriculum, this curriculum brings a change of emphasis from the teacher centred method of teaching, to focusing on the learners, by learning in groups, research work, and project work, among others. It is not just memorizing facts, but also developing the ability and capacity to do something well. Such competences include communication, collaboration, digital literacy, problem –solving and critical thinking. CBC works against the misguided assumption that knowing facts is evidence of deeper understanding.



Let us take an example. When Grade 5 pupils do a project in ICT they are exposed to working with digital gadgets to develop their e-portfolios, working apps like calculators, use Microsoft publisher to come up with certificates, brochures and power point presentation among other skills. The knowledge and experiences gained in such a learning activity are beneficial not just for assessment but also for the development of skills that go beyond the context of the unit and can later be used in life for entrepreneurship. When

pupils learn about recycling and reusing different material in the home setup, they are able to apply that knowledge in their daily lives such as for innovative gardening where they use old sacks, torn trousers, leaking jerricans and sufurias or do drip irrigation using plastic bottles. In principle, CBC is a curriculum developed to focus on the learner's needs as well as cater for the changing needs of the society we live in. The teachers in this curriculum are equipped to recognise learners' abilities and use different methods to encourage

participation in the learning process including learners with disabilities. Teaching and learning methods emphasised in delivery of the content include: research work, group discussions, peer to peer learning, inquiry based learning etc. Assessment in CBC is quite detailed due to the competencies and values that the pupils are required to develop as they learn in each strand. In this curriculum the assessment process starts from the introduction of a particular strand - to gauge the perception pupils have

of the strand, next it is done as learning goes on, and finally after the completion of the strand. With this kind of assessment, the child's understanding is gauged at every level. Gone are the days when a child is considered poor academically. The aim of CBC is to instil and equip all learners with relevant and useable life skills.

What is parental involvement?

Parental (and guardian) involvement is a situation where parents directly take part in the education of their children, not just by paying school fees but by being part and parcel of the learning process.

CBC works efficiently with involvement of the 3 major parties - pupil, parent & teacher. The parent is considered an integral part in the learning process of the child.

Parental participation in education promotes good discipline and behaviour in a learner. It is a motivator to the child to apply the skills learnt in their daily lives and it promotes better communication between parents and teachers. Through this involvement, a parent gets to develop an appreciation for the challenges the child faces during learning and can be a part of the solution.

How can schools facilitate progress of CBC?

Schools in our country can facilitate the progress of CBC by providing the necessary facilities needed, make learning activities more hands-on within the schools rather than sending all projects to be done from home and encourage proper advance planning by the teachers.

When a school has good infrastructure and well-trained personnel like is the case with M M Shah and M V Shah Academy, then the parents and the community at large are confident and assured of proper implementation of CBC.

The school stands out as a shining star among others because of the investment it has put in to ensure it has well equipped laboratories, home science rooms, agriculture patches, IT enabled classrooms, co-curricular facilities and above all a team of qualified staff who are well exposed to the Competency Based Curriculum.

The school has organised for outdoor activities like swimming galas, art fair, spelling bee competitions among others.

This push to give special attention to extra-curricular activities is a way of nurturing talents and gifts as well as good performance all round.

The main driving force of the school is to always progress in bringing up an all-rounded child.

The author is by MM SHAH / MV SHAH

PHOTO STORY

Tourism high season begins



Leopard beach hotel return clients Mr.Surender Main and his wife Balbir from Glasgow city in Scotland, UK are being served with a welcome drink by the Hotel's Restaurant Manager Ms Sophia Ogembo [left] on arrival at the Hotel for three weeks holiday during a reception to mark the beginning of this year's high tourism season. PHOTO BY TITUS MUSAU



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NEWS

Asante FSG (EA) LTD joins Solv Kenya platform to provide affordable credit to MSMEs

Asante Financial Services (EA) Limited is pleased to announce its partnership with Solv Kenya, a member company of Standard Chartered Banking Group, which is a platform that empowers micro, small and medium enterprises (MSMEs) through access to affordable credit, by providing much-needed just-in-time financing to MSMEs in Kenya.

With over 10 million MSMEs in Kenya, this partnership will help bridge the gap for many of these businesses who face unique challenges in obtaining formal and competitively priced credit. This partnership will help reduce the financial burden on MSMEs, thereby promoting growth, jobs and sustainability while boosting the Kenyan economy.

Solv Kenya is a B2B Marketplace backed by SC Ventures, Standard Chartered's Innovation fintech investment and ventures arm. The full stack platform is committed to empowering businesses through provision of access to new markets as well as resolve operational challenges and most importantly connect these MSMEs to financial service providers.

Asante Financial Services EA Limited has been supporting MSMEs in Kenya since 2018 and has committed a credit line of over KES1B for the pilot phase of this partnership.

According to the World Bank, the annual SME credit gap in Sub Saharan Africa is about US\$330Billion. MSMEs have a significant impact on the economies of most



Asante Financial Services East Africa CEO, George Maingi (left), Solv Kenya's CEO Sheila Kimani (center) and Asante Financial Services Group CMO, Njambi Mahinda, take a moment for a quick photo in celebration of Asante Financial Services East Africa being the pioneer credit provision partner on the Solv Kenya Platform. The platform extends affordable credit to to empower MSMEs in Kenya.

countries, especially emerging markets, representing 90% of all businesses, 66% of all jobs created and 50% of the world's GDP. That does not suffice to create the much-desired inclusion and it is through partnerships such as these that we are able to bridge this gap and empower the growing businesses. Through this platform, MSMEs will benefit from alternative credit scoring and therefore ease of access to much needed working capital that will be provided by Asante FSG.

Asante FSG is at the forefront of facilitating

inclusive economic growth in Africa through the provision of much needed financial services to growing businesses in the continent.

George Maingi Asante Financial Services East Africa CEO "We are excited to be a part of this partnership and look forward to working with Solv Kenya to empower Kenyan businesses by unlocking their potential. Asante FSG is driven by its passion to see to the growth of the MSME sector in Africa. It is through strategic partnerships such as this one with SOLV Kenya that we are able to extend our reach to

the MSME and build them through affordable credit"

Sheila Kimani, Solv Kenya's CEO: ""We are very excited to go to market with our various partners in a much bigger way now following a successful pilot of our initial product, Supply Chain Financing, which has seen over 3,800 MSMEs and more than 10 multinational companies participating and engaging on the platform in ways that have altered the course of MSME business in Kenya. We are looking at signing up 10,000 businesses by the end of this year.""

SBM Bank officially opens the Diamond Plaza Branch

SBM Bank (Kenya) Deputy CEO Jotham Mutoka (left), Chief Operating Officer Amrit Gayan (right) Director Consumer Banking Beth Muthui (2nd left) and SBM Diamond Plaza Branch Manager Millicent Luseno (2nd right) are joined by their customers in cutting tape to officially open the newly refurbished branch in Parklands Nairobi on Wednesday October 19th, 2022.



PHOTO STORY

World Travel Awards



The General Manager - Leopard Beach Resort and Spa in Diani Mombasa south Mr. Kioko Musyoki [right]- accompanied by the Hotels Residences Manager Ms. Joan ndung'u [left] receives world travel Award on behalf of the hotel for being Africa's leading hotel residences from Mr. Graham Cook Founder [World Travel Awards] during ceremony held at KICC



Cabinet Secretary Trade, Investment and Industry Moses Kuria, is shown locally manufactured Asili roofing tiles and affordable light gauge steel structures at the KAM Changamka Shopping Festival at K.I.C.C during the official opening ceremony by MD & C.E.O Space and Style , Winnie Ngumi . Space an style runs a fundi empowerment program dubbed 'Fundu Maalum' as a capacity building initiative in the construction sector.



Space and Style MD & C.E.O Winnie Ngumi presents a token of appreciation to George Omondi, a roofing customer during the Customer Service Week. The company is celebrating 20 years since inception. This year's theme was Sustaining Customer Inclusion . The company was rewarding customers across all branches .

Tyre Burst

You are on the move and suddenly, you have a Tyre Burst! What do you do?

Step 1: Watch your speed

The lower your speed the better chance you have of surviving this incident. Excessive speed combined with a blow out could quickly cause you to lose control of your vehicle so try your best to stick to the speed limit in general, especially if you're already worried about your tyres.

Step 2: Do not slam on the brakes

Our natural instinct in the event of an accident or car issue is to slam on the brakes and stop immediately. However, in this case it is the absolutely worst thing you could possibly do. It will throw

the vehicle off balance, send you into a spin, or simply cause you to lose control completely and roll.

Step 3: Do not release the accelerator suddenly.

Ideally, you should begin to slow down but you must do this slowly. The deceleration force caused by the burst tyre will cause your car to slow down rapidly so it is best to maintain your speed and then gradually ease off.

Step 4: Keep the vehicle going straight ahead

You need to focus on your steering to ensure that you continue travelling straight in order to avoid any collisions following the blowout.

Your car will swerve in the direction of the blowout but you should be able to remain in control.



Step 5: Do not over correct

When you first feel the swerve of your car after the blowout, it may be tempting to panic and turn the steering wheel hard in the other direction. Unfortunately, this will only make the loss of control more likely. Rather do your best to keep it straight as detailed in the previous step.

Step 6: Let your vehicle coast to a stop

Let your vehicle come to a gradual stop, using engine braking if necessary. Ensure it is safe for you and your car to stop there before stopping and once you have come to a complete standstill turn on your emergency or hazard lights.

If you take these 6 steps seriously and happen to remember them in an emergency, you should be able to survive a blowout unscathed.

PHOTO STORY

Vrda 1 opens in Mombasa



The leader of success team of VRDA 1- Global company Mr. Ahmed A.kaley [left] takes invited guests through the company services during the opening of its operations in Mombasa, Kenya. The company which is a master of business entrepreneur is found in 45 countries in world
PHOTO BY TITUS MUSAU



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CELEBRATION

Diwali Fair 2022

The Special Programs Committee, under the Shree Visa Oshwal Community, Nairobi hosted the Annual Diwali Fair 2022 at the Oshwal Centre Halls on the 8th, 9th and 10th October 2022 after a break of 2 years due to the pandemic.

The Diwali Fair has an aim of promoting home based businesses and empowering individuals to become self-sufficient and financially independent.

The Diwali Fair 2022 was planned for two days but due to public demand, it was extended for one more day.

An event of this magnitude requires over 4 months of planning, logistics, marketing, commitment and dedication, which was exemplarily shown by the dynamic team of the Special Programs Committee, which was headed by Mr. Satyan Shah under the support and guidance of the Chairman, Mr. Jinit Shah, Office Bearers and Managing Committee of Shree Visa Oshwal Community, Nairobi. The Opening Ceremony



was held on Saturday, 8th October at 9AM and the Diwali Fair 2022 was officially opened by Mr. Dinesh Dhanani, Trustee of VOC, Mr. Suresh Patel,



Vice Chairman of HCK and Mrs. Sujata Kotamraju, Hon. Secretary of HCK along with other high level dignitaries from various communities,

sponsors, media partners and well-wishers.

Within a few hours of the start of the Diwali Fair, the Oshwal Centre had already become a busy hive of visitors who made the most of this opportunity and had their fill of Mithaai, scrumptious savouries, yummy chocolates, jewelry, clothes, pickles, mukhwaas, cakes, health and beauty products, giftware and decorative items, and exotic plants.

There were two Special Needs stalls with its beautifully crafted gift items lovingly made by the special children of Oshwal Academy Nairobi and Sparsh Kenya respectively.

The Sponsors of the Diwali Fair 2022 were given a space in the C&P Lobby and Sumaria Court to showcase their products and services.

The doors to the fair closed at 5PM on Monday, 10th October bringing an end to yet another very successful fair with a visitor turn-out of over 18000+ people spread over a span of 3 days.

The participants were very happy with how the fair was organized and are already waiting for next year's Annual Diwali Fair

PHOTO STORY

Kenya Police Training



Congratulations SP Boniface Otieno of NPS and IPA Member.

Kenya completes training at Windsor Golf Hotel & County Club. Global Road Safety Leadership Course (RPELC) is sponsored by IFRC and spearheaded by GRSP, JHU and coordinates with BIGRS already working in selected cities around the world. The course targets senior officers and leaders from enforcement and policing agencies leading to admission to Global Road Policing Network (GRPN). The 38 participants drawn from Romania, Namibia, Uganda, Ghana, Ethiopia and Kenya including Mombasa County have comparatively discussed key issues in road safety and resolved to embrace "Safe System" concept approach going forward. Global Road-Crash related injuries and fatalities must be tackled by all of us. IPA Kenya Congratulate our IPA Member Otieno for this achievement.

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A magic morning on Mtwapa Creek

Mtwapa Creek snakes inland from the Indian Ocean, its tides rising and falling dramatically from moon to moon. I walk there most mornings, to enliven the spirit and exercise the limbs, in the cool of the day.



Mangroves abound here: one of the most valuable plants known to humankind. I love their comradery as they cluster together, working like a community against the many woes that man can inflict. Not aloof, like the spreading tamarind or the tall coconut palms, just a down-to-earth, get-on-with-the-job kind of species, that hardly anyone seems to appreciate or value.

I admire the way my friend the mangrove reminds me of a frog: brown, yellow and green, happy under or above water. The beautifully symmetrical bush you see, stands up proud above the sand, surrounded by a multitude of air-suckers, but when the tide is high this same fragile beauty can be totally submerged.

Looking back towards the river mouth, the white and grey clouds scud across the sky, hinting of rain in the later afternoon, but for the moment, sunny with shady intervals is the order of the day.

When the tide is out, the underwater rocks show their hidden charms, while the knee roots of the mangroves, tall and alert, breathe in the air that sustains the tree above.

My dog is also alert to the fauna around, mostly the countless crabs which inhabit the mangrove underwater environment, then can be found burrowed deep in the sand.

When the shore becomes dry.
the tangle of leaves and roots



make it almost impossible in places to walk through the thicket to the water; though there are mysterious tracks through the undergrowth, which seem to talk of others that have been before. Occasionally, it's possible to meet larger adversaries, in reality quite harmless, just curious as to who is coming along to disturb their territory. The camels often sleep on the sand at night, depending on the tide, but are gone an hour

or two after dawn. Sometimes though, it's possible to find them relaxing later in the day. These camels have come all the way from Somalia. They graze and sleep around Mtwapa Creek during the night, then are led off by their Somali drivers to work the beaches during the day. It's not unusual to be startled by camel's eyes in the headlight glare, shining like cat's eyes in the dark.



Walking on, I spot another magnificent example of the mangrove root habitat, which, when submerged, provides such a glorious playground for the multitude of tropical fish. Higher up the beach are fishermen's nets and ropes, lying on an upturned fishing boat. Local fishermen are here every day. Their traditional boats have been hollowed out from baobab trees which grow along the banks of the creek. They fish the river and sometimes out to sea (which comes with its very own dangers in rough waters: two men drowning, a few days after this photo was taken). But the river environment is quite safe; the nets strung out

in a long line, or U-shape, to catch the fish as they ride back with the tide. The fisherfolk spend a lot of time between the actual fishing expeditions, cleaning and mending their nets, ready for the next time out on the water. Nets snagged on rocks or underwater debris, require constant renovation, to ensure the fish ensnared cannot escape. Out on the water it's usually two to a boat, but sometimes more, even at times solo. These men are quite poor, and every fish caught means a little extra money. A fisherman/woman's existence the world over reflects the rhythm of life, responding to seasons and

tides. The Kenyan coast is no different. They depend on a healthy ecology to maintain the fish stocks, and the riverside mangrove forest is an integral part of that. Coming across a boat in flames one morning, I wondered why a serviceable vessel should be fueling a bonfire. But then it was explained to me that the fire, lit with dried leaves which had fallen from trees nearby, was an easy and effective way to get rid of any growth or dirt on the outer side of the hull. The extremely hard baobab wood is not affected at all, but after its 'service' the boat will travel more smoothly through the water. I walk on and see a piece of massive driftwood masquerading as a person reclining on the beach. Light is the element that makes this area so magical. Light, shade and colour might be a better description. The sun's rays bounce off the mangrove leaves, the rocks, and the driftwood man lying on the sand. The effect is to give an added quality of beauty to these features that surround me. I reach the place I've named Rock and Roots. This is about as far as I go along the river on most days: a great place to sit and take in the beautiful surroundings. My dog also likes to swim in the water here ... and dig for crabs of course. I don't see the point really, she just plays with anything that emerges, until it homes its way back to water, terrified! From here too, I can look back to see the morning sun glistening on the waters of the river mouth. I have to say, it's quite exhilarating! So, we wander back, skirting the Leaning Baobab, then on past the fisherfolk still mending their nets. Finally, we reach The Marina, for a well-earned rest and as is the custom, share a delicious mahamri and chai, while chatting with Kassim, the caretaker. All three of us look out across the water to those magnificent, industrious mangroves.

Duncan Gregory
www.whittlingourniche.com

HEALTH

Healthcare professionals commit to ethical collaboration in delivery of health and medical services

A first for the continent as twenty umbrella associations representing medical practitioners, pharmaceutical industry, patients, and public health join forces to strengthen professional integrity and accountability and protect patients' rights

Healthcare professionals across the sector will from now henceforth observe a higher degree of ethics in discharging their work to achieve better patient care standards.

This follows the signing of a collective agreement by seventeen umbrella institutions representing more than 100,000 healthcare professionals including physicians, pharmacists, community health workers, dentists, hospital owners, nurses, public health officials and pathologists.

Known as the Kenya Consensus Framework for Multi-Stakeholder Ethical Collaboration in Health Sectors, the signing of the agreement marks a major milestone in the country's healthcare delivery since it is the first time in the history of the practice that the various professionals have decided to collaborate to deliver better patient care by being accountable to each other in the way they do their work.

The organizations at the frontline of advocating for ethical collaboration include Kenya Association of Pharmaceutical Industry, Kenya Medical Association, Kenya Healthcare Federation, Pharmaceutical Society of Kenya, and Non-Communicable Diseases Alliance Kenya.

Other organizations that have signed the framework include Kenya Association of Muslim Medical Professionals, Kenya Health Professionals Society, Medical Technology Industry Association of



Officials of the Kenya Association of Pharmaceutical industry, one of the signatories to the Kenya Consensus Framework for Multi-stakeholder Ethical Collaboration in Health Sectors, with the Poisons and Pharmacy Board Corporate Affairs Director Dr Jacinta Wasike during the inauguration of the partnership, bringing together 17 umbrella associations. From left, Collins Kotonya, Vinod Gudpt, Dr Winnie Nganga, Dr Jacinta Wasike, Dr Francis Karanja, Dr Evah Amwayi, Dr Lilian Ngaruiya, and Maria Leshamta.

Kenya, Hospital Pharmacists Association of Kenya, Rural Hospitals Association of Kenya, Community Health Services and Development Officers Association, Ecumenical Pharmaceutical Network, National Nurses Association of Kenya, Association of Public Health Officers, Kenya Association of Clinical Pathologists and Regulatory Affairs Professionals Society.

Pharmacy and Poisons Board Director for Corporate Affairs Dr Jacinta Wasika commended the consensus framework as a great development for the sector. "As a regulator we support this new development and are affirming our commitment to playing our role in ensuring that patient safety remains at the very heart of every decision and activity within the medical field in Kenya", she said.

Dr. Winnie Ng'ang'a. Chairperson of the Kenya Association of Pharmaceutical Industry (KAPI) said during the ceremony in Nairobi that with the consensus framework in place, Kenya becomes the first in Africa and the 13th country internationally to do so, signaling the healthcare practitioners adherence to global best practice.

"In this new agreement, we have all committed to check each other's ethical practice by adopting a value-based code of conduct as opposed to a rules-based code as has



Kenya Association of Pharmaceutical Industry officials Collins Kotonya and Maria Leshamta display the Kenya Consensus Framework signed by 17 umbrella associations representing medical, pharmaceutical and patient welfare professionals. The associations will work closely in advancing ethical collaboration in the healthcare sector. This is a first for the continent, and Kenya becomes the 13th country globally to adopt the standard.

previously been the case," said Dr. Ng'ang'a.

Among the values in the framework agreement include reducing incidences of conflict of interest such as discouraging the use of gifts to promote prescription level medicines, a move that is expected to eliminate the perception of influence of doctors by pharmaceutical practitioners.

Echoing her sentiments, Andrew Blasi, an expert with the International Federation of Pharmaceutical Manufacturers and Associations (IFPMA) celebrated the signing of the consensus framework, noting that strict adherence to the ethics and integrity codes of practice is at the core of patient

centered care, at the heart of innovation that underpinned by trust between many interdependent stakeholders.

"Ethics and integrity are at the core of the trust capital generator that is vital to patients having confidence in their care, to healthcare professionals, governments and regulators," he added.

Blasi explained that the consensus framework presents an opportunity to address both current and future healthcare sector challenges beyond checking the conduct of individuals and organizations into areas such as technology and biology.

Dental Health

Early Childhood Caries



Introduction
Early childhood caries (ECC) is defined as the presence of decayed, missing (due to caries) or filled tooth surfaces in any primary (deciduous) tooth in a child less than 6 years. In children younger than 3 years of age, any sign of smooth surface decay is indicative of severe ECC.

ECC is one of the most prevalent disease in children worldwide. ECC does not only affect children's oral health, but also their general health. Not only does ECC cause oral pain and enamel defects, but it also causes problems with eating and speaking. Premature loss of primary dentition often leads to orthodontic problems.

This pathology has different terminologies such as rampant caries, nursing bottle decay indicating that feeding habits play a significant role as a risk indicator in caries development of infants and young children.

Signs of ECC

Due to the early appearance, typical localization and rapid destruction of the enamel of the tooth, ECC often appears in caries resistant regions. It initially appears as a white spot lesion on the anterior part of the tooth as a result of enamel decalcification. Within a short period, it progresses and damages the entire tooth surface. This damage increases the risk of plaque accumulation and eventually causes further tooth damage. In severe cases, the dentin part of the tooth gets affected and all that remains are roots of these teeth.

Causes of ECC

ECC occurs when liquids and foods contain sugar, such as milk and juice, are left in a child's mouth for a long period. Bacteria consume the sugar and use it to produce acids

which destroy a child's tooth over time.

Complications and consequences

- Early crown destruction leaving the roots inside.
- Inflammation and infection on the gums arising from the infected roots.
- Swelling and infection of surrounding tissues such as the lips.
- Painful teeth.
- General symptoms such as pain, fever and loss of appetite of the child.
- Dental eruption disorders of the permanent teeth.
- Children with ECC have poor aesthetics and will have difficulty in pronunciation of some letters.

Treatment and prevention

A smaller cavity in a child's tooth may be treatable with a simple dental filling whereas deeper cavities may require pediatric pulp therapy or even extraction.

ECC can be prevented in several ways;

- Avoid giving a bottle filled with milk, formula, juice or other sweet liquids, when putting a child to bed.
- Adopt a healthy balanced diet and limit sugary snacks and drinks for your child.
- Gum pads of newborns should be cleaned with a soft toothbrush or a soft cloth.
- Avoid dipping pacifier in any sweetened liquid.
- Informing and educating expectant mothers on prevention of ECC.

Maintaining primary dentition in a healthy condition is important for the wellbeing of a child.

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

**For enquiries:
luvayhamid@hotmail.com**

Global Gujaratis fair India



Proud moment for Kenya Chetna Desai - Chairperson Giants Group Twiga, Vice Chairperson Hindu Council of Kenya, Trustee Navnat Vanik Mahajan and Member Vanik Vaishnav Mahajan Attending Pravasi Gujarati Parv 2022 in Ahmedabad
Pravasi Gujarati Parv is the biggest gathering of Global Gujaratis from across India and 20+ overseas countries



British High Commission Diwali

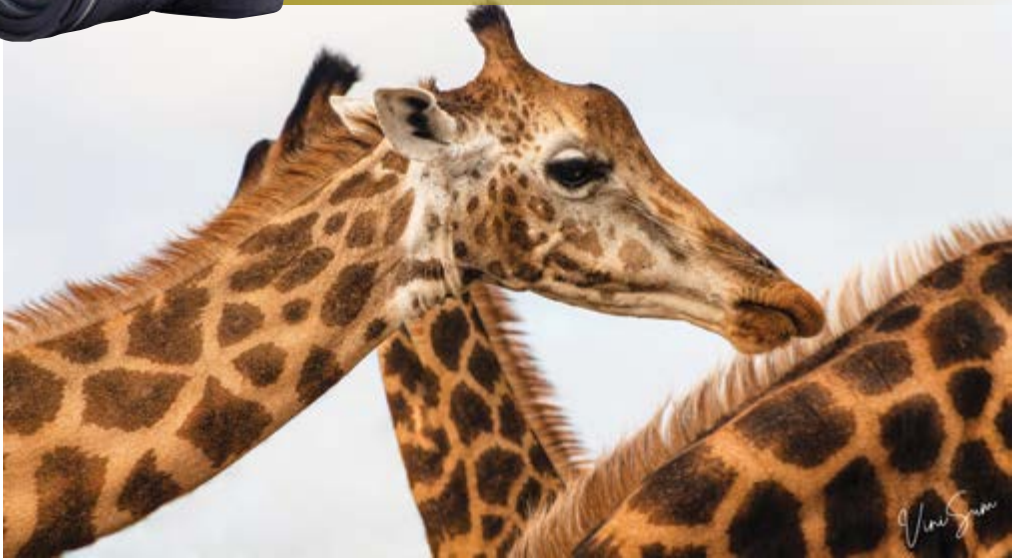


British High Commission with Hindu Council of Kenya organised a Grand Diwali Celebration on 21st October 2022 at the British High Commission residence



WILDLIFE PHOTO

By Vini Sumaria



Giraffe's tongue

Giraffe's tongue is one of the most interesting and unique organ in the animal kingdom. Though it is often described as being "black", it is actually a very dark blue/purple. The blueish colour is due to the presence of pigment-containing cells called melanocytes. Some wildlife experts believe the melanin content serves a good purpose; since giraffes forage for food, up to 12 hours each day, the tongue's dark pigmentation might protect it from exposure to the Sun's harmful rays, thereby preventing sunburn!

The tongues are incredibly long, measuring between 18 and 20 inches (45-50 cm). This length allows the Giraffe to reach leaves and buds high up in the Acacia trees, which other animals may not have access to. It's also prehensile, meaning that it can grasp and hold onto objects; the tongue is coated in a sticky saliva that helps to keep leaves from slipping out of the Giraffe's mouth and it also features a thick, tough layer that protects it from being cut by the Acacia thorns. Despite these impressive abilities, a giraffe's tongue is vulnerable to the thorny diet, however its extra-thick saliva has antiseptic properties that help it to heal quickly!

NB: I chose to photograph these tall titans at the Nguuni Nature Sanctuary. Situated off the Nguu Tatu Hills, in close proximity to



Bamburi Cement Factory, this sanctuary is home to a variety of animals, including giraffes, elands, ostriches, antelope, oryx and avi-fauna. Immersing yourself in this natural Acacia woodland and discovering families of Giraffes that trek to the picnic area for feeding during sunset hours, is an experience not to be missed!

Vini Sumaria
[instagram.com/vinisum](https://www.instagram.com/vinisum)

Disclaimer: Views and visuals expressed are my own @vinisum

Jain Social Group Nairobi supports third camp for Cerebral Palsy Children's Surgeries

Jain Social Group in collaboration with M. P. Shah Hospital Nairobi organised the third surgery camp for Cerebral Palsy Children from 11th to 13rd October 2022. The surgeons for the camp were Dr Taral Nagada from India and Dr M Y Modi, Dr Neeraj Krishna and the anaesthetists were Dr Roshni Ajmera and Dr Shailesh Shah. All doctors gave Honorary Service. Mr. Rajesh Shah, Chairman of the Group thanked all Doctors for their Honorary Service and M P Shah Hospital for subsidarised charges. Mr. Motichand Dodhia, Chairman of Trustees and Dr. Shaina Shah, Hon Secretary of the Group visited all patients. Bharat Parekh, Groups Project Convener promised to continue such camps in future.

A number of children were examined, and five children were selected for surgery from The Dear Foundation Kenya, Maisnga sub-county



of Machakos County. Jain Social Group has been supporting this home since 2016 for the Physiotherapy of their 50 children.

TOTO'S CORNER



Fun & EDUCATIVE

November

STORYTIME



The Musical Donkey

Udata, a thin donkey who was starved by his owner, a local fisherman, went in search of food with his friend, a jackal. They wandered around the village in the middle of the night until they found a cucumber field. Almost all night they feasted on cucumbers and decided to pay a visit to the cucumber field every night. Udata eventually began to look much healthier and was able to pick up more load.

One day, after an appetizing cucumber meal, the donkey insisted on singing. Knowing that this was foolish, the jackal advised him not to but the stubborn donkey refused to listen to his friend. Even when the jackal told the donkey that his voice wasn't exactly sweet, Udata dismissed his comment – thinking that the jackal was jealous. He told the jackal that he was happy, and there's nothing wrong in expressing one's happiness. Once again, the jackal warned him of his foolish behaviour and told him he would bring trouble upon himself by disturbing the guards. However, the foolish donkey would not stop.

When the donkey started to sing, the jackal jumped over the other side of the fence for his own safety. On hearing the loud braying noise made by the donkey, the guard awoke from sleep. When he spotted Udata, the guard beat him without mercy. Once he was done, the donkey could barely move. He wished he listened to his friend's advice. He somehow dragged his limp body out of the field, where the jackal had been waiting for him. His friend had a sympathetic look on his face as he said, "I told you so."

Moral of the story:

Think before you act. Always think about your actions. They can lead you to more bad than good.



Never Settle for Less than You Can Be. Challenge yourself to come out of your comfort zone from time to time. Give your best and go for the best always. Be self-confident in what you are and what you are capable of and deserve.

MATHS PUZZLE ANSWER: 13, 8, 7 AND 16

Moonylit's November. Only one more month to the end of this year. Are you as excited as we are? November is one of our of the greatest months of the year. SO much to celebrate. So mark these dates!

4th: Use Your Common Sense Day & Candy Day

7th: International Cancer Day

9th: World Freedom Day, World

Adoption Day, Go to an Art Museum Day

10th: Forget-Me-Not Day, Vanilla Cupcake Day, International Accounting Day, World Science Day for Peace and Development

13th: World Kindness Day

14th: Loosen Up, Lighten Up Day, World Diabetes Day.

15th: I Love to Write Day, Recycling Day, Clean Out the Fridge Day

18th: International Stand Up to Bullying Day

19th: Equal Opportunity Day, Have a Bad Day Day.

20th: Absurdity Day, Universal Children's Day, Beautiful Day

21st: World Hello Day, False Confession Day, Pumpkin Pie Day

22nd: Start Your Own Country Day, Go For a Ride Day, Stop the Violence Day

24th: Celebrate Your Unique Talent Day, Evolution Day

26th: Small Business, Cake Day

28th: French Toast Day

30th: Stay At Home Because You Are Well Day

Weird but True!

Humans share 90% of our DNA with cats! (creepy!)

Cats can't taste anything that is sweet. (really?)

Bees are found everywhere in the world except Antarctica.

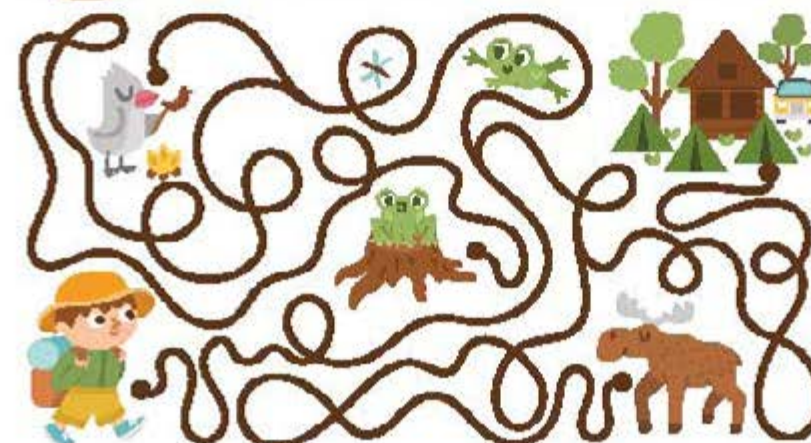
Only male toads croak! (can you believe it?)

It takes about 50 licks to finish just one scoop of ice cream. (slurp 50 times?? wow!)



PUZZLE TIME

Help the boy get to the campsite

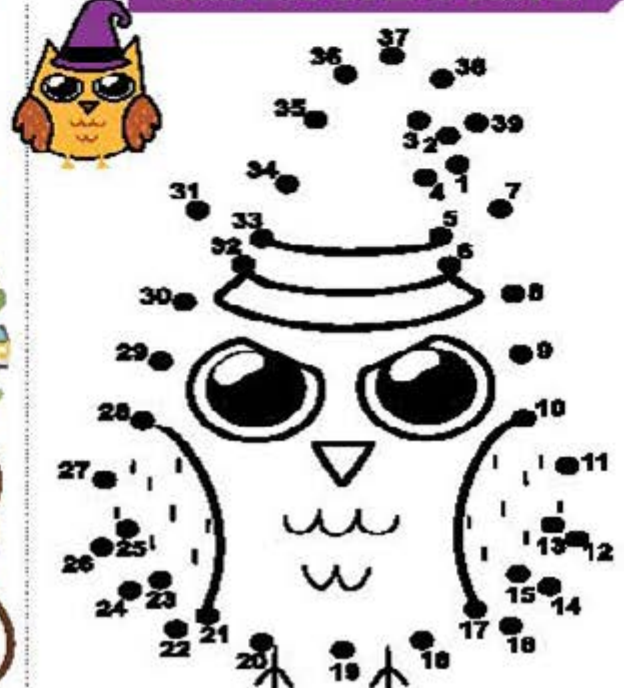


FIND 20 HIDDEN OBJECTS in the picture



SPOT 10 DIFFERENCES

Join the dots & colour



TOP 10 FACTS ABOUT AFRICA

1. It is the second largest continent of the world
2. There are 54 countries in Africa
3. Africa has the world's largest desert – sort of (Sahara)
4. It is home to the world's longest river. (The Nile)
5. 1.2 billion people live in Africa
6. There are over 200 different languages spoken in Africa. (Arabic is the most spoken language)
7. Africa is home to the world's oldest university (University of Karuein-Morocco)
8. The world's largest, tallest and fastest animals come from Africa
9. Africa is a home to the largest wildlife immigration on earth
10. Africa took part in the shortest war ever recorded in history

MATHS PUZZLE

Which 4 numbers will complete this addition puzzle?

The right answer is hidden somewhere on this page. see if you can find it

6	+		=	14
+		+		+
	+	9	=	
=		=		=
	+	17	=	30

The Kenya Open Volleyball tournament 2022

The Kenya Open Volleyball tournament 2022 took place at the Muslim Youth Volleyball club Mombasa from October 3rd to October 9th 2022. 26 teams participated in a hard fought tournament that saw top teams exit in the group stage. Both teams and spectators enjoyed delicious foods from various stalls. All games during the tournament were aired live on YouTube so all supporters and volleyball enthusiasts were able to enjoy the games from far and away.

The opening ceremony took place at the Muslim Youth Volleyball club and was graced by the Senator of Mombasa Mr. Mohammed Faki and MCA of Tudor Mr. Sameer Bhaloo.



The Aga Khan Band group of Mombasa opened the trophy procession followed by speeches by the Chairman and Vice Chairman of Muslim Youth volleyball club Mr. Abdul Shakur and Mr. Sikander Pasta, thereafter by the Honorable

Senator and MCA. The official opening was done by cake cutting, and the first serve by the two honorable guests.

A total of 44 group games were played between Oct 3rd and Oct 8th thereafter, the round of 16 and quarter finals

took place on Saturday from 8pm till 6am on Sunday. The semi-finals between Muslim Youth Orange and Muslim Youth Red and Nairobi Muslim Green and Memons was hard fought, seeing the grand final being played between Nairobi Muslim Green and Muslim Youth Red ready to fight for the championship. The finals on Sunday October 9th played as a best of 3 sets saw Nairobi Muslim Green emerge as the Kenya Open Volleyball 2022 champions by winning in straight 2 sets. Congratulations to both finalists for a hard fought journey to the finals.

The tournament ended with a closing ceremony at the Muslim Bhadala Hall where various awards were handed



out to all participating teams, volunteers and organizing committee. Winner's trophies were awarded to Nairobi Muslim Green and Runners Up trophies to Muslim Youth Red followed by a grand dinner.

The organizing committee would like to thank all the sponsors, teams, volunteers and partner clubs Muslim Bhadala, Cutchi Leva and Cutchi United for all their support and ground use.



The SALE

HOME TO ALL LEADING SPORTS BRAND NAMES

- Nairobi CBD (33 Moi Avenue)
- Sarit Centre (Westlands)
- Yaya Centre (Hurlingham)
- The Village Market (Gigiri)
- Garden City Mall (Thika Road)
- The Hub (Karen)
- Mombasa CBD (Faza Street)
- City Mall (Nyali)
- Likoni Mall (Mombasa)



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SPORTS

Bowling at the coast

The Covid Pandemic had cast a shadow over the lawn bowling fraternity for good part of the last two years. 2020 and 2021 were very low key for Bowling due to Government directives to control the spread of Covid.

But in 2022 the restrictions were relaxed due to the low infection rate and all roads lead to the Coveted Coast Open 2022 played at the Mombasa Sports Club.

Easter 2022 from 15th April to 18th April 2022 was a beehive of activities. Preparation started way back in February 2022 by getting the Green to our very best level for the Battle of the Mighty Bowlers.

Notices went out to the member clubs to register bowlers for the two championship namely Coast



Open Pairs and Fours. At the close of registration on 9th April 2022 we had a bumper

number of entries. 20 Pairs and 11 Fours. It was definitely over subscribed and extra work for the Completions Secretary. Mr Andrew Jones. His experience in this role is simply outstanding. He came up with a format of play which ensured a smooth play throughout the 4 Days.

We are now on the 15th April the first day of the competition. Ali Jeneby our Bowling Captain welcomed all to Mombasa. And the. Handed over the bowling green to the Kenya Bowling Federation to conduct the competition.

Coast Open comprises if two championship namely Pairs and Fours. Competitive bowling was witnessed over the four days. The preliminary rounds on Friday and Saturday were played throughout the day and also in floodlights.

Quarters on Sunday saw the Giants battling it on the Green.

The Finals of the Fours was between Team Andrew Jones and Team Cephas Kimwaki. Team Andrew Jones captured the Fours Gold for the 6th time. Runners up Team Cephas Kimwaki had Shobha and Vijay Bij from Mombasa. Silver Medal came to Mombasa.

Finals of the pairs was played on Monday 18th April 2022 between Team Cephas and Team C Mathenge. Winners were team Cephas and Team Mathenge runners up.

Closing ceremony followed where our KBF Chairman Mr Musembi was present to give away the medals and trophies.

A big thank you to all Bowlers for participating and making it a success

Till next time.

Good Bowling.

KIB Interbank Sports 2022



SBM Human Resource Director Jackie Ogonji (with specks on his forehead centre) leads the bank staff in celebration after they were awarded the trophy for the best team spirit by the central Bank Governor Patrick Njoroge during Kenya Institute of Bankers (KIB) Interbank Sports at Kenya School of Monetary Studies on saturday October 29th, 2022. The event was co-sponsored by Standard Group, Safaricom and African Data Centre among others.

FIFA WORLD CUP FIXTURES - 2022

GROUP A

QATAR

20th Nov - 16:00

SENEGAL

21st Nov - 16:00

NETHERLANDS

21st Nov - 16:00

NETHERLANDS

25th Nov - 16:00

ECUADOR

25th Nov - 16:00

QATAR

29th Nov - 15:00

SENEGAL

29th Nov - 15:00

NETHERLANDS

29th Nov - 15:00

GROUP B

ENGLAND

21st Nov - 13:00

USA

21st Nov - 19:00

WALES

21st Nov - 19:00

ENGLAND

25th Nov - 19:00

USA

25th Nov - 19:00

WALES

25th Nov - 19:00

ENGLAND

29th Nov - 19:00

USA

29th Nov - 19:00

WALES

29th Nov - 19:00

GROUP C

ARGENTINA

22nd Nov - 10:00

MEXICO

22nd Nov - 16:00

SAUDI ARABIA

22nd Nov - 16:00

ARGENTINA

26th Nov - 19:00

MEXICO

26th Nov - 19:00

SAUDI ARABIA

26th Nov - 19:00

ARGENTINA

30th Nov - 19:00

MEXICO

30th Nov - 19:00

SAUDI ARABIA

30th Nov - 19:00

GROUP D

DENMARK

22nd Nov - 13:00

FRANCE

22nd Nov - 19:00

AUSTRALIA

22nd Nov - 19:00

FRANCE

26th Nov - 16:00

DENMARK

26th Nov - 16:00

AUSTRALIA

26th Nov - 16:00

TUNISIA

30th Nov - 15:00

FRANCE

30th Nov - 15:00

AUSTRALIA

30th Nov - 15:00

GROUP E

GERMANY

23rd Nov - 13:00

SPAIN

23rd Nov - 16:00

COSTA RICA

23rd Nov - 16:00

GERMANY

27th Nov - 10:00

SPAIN

27th Nov - 10:00

COSTA RICA

27th Nov - 10:00

GERMANY

1st Dec - 19:00

SPAIN

1st Dec - 19:00

COSTA RICA

1st Dec - 19:00

GROUP F

BELGIUM

23rd Nov - 19:00

MOROCCO

23rd Nov - 10:00

CROATIA

23rd Nov - 10:00

BELGIUM

27th Nov - 13:00

MOROCCO

27th Nov - 13:00

CROATIA

27th Nov - 13:00

BELGIUM

1st Dec - 15:00

MOROCCO

1st Dec - 15:00

CROATIA

1st Dec - 15:00

GROUP G

BRAZIL

24th Nov - 19:00

SWITZERLAND

24th Nov - 10:00

CAMEROON

24th Nov - 10:00

BRAZIL

28th Nov - 16:00

SWITZERLAND

28th Nov - 16:00

CAMEROON

28th Nov - 16:00

BRAZIL

2nd Dec - 19:00

SWITZERLAND

2nd Dec - 19:00

CAMEROON

2nd Dec - 19:00

GROUP H

PORTUGAL

24th Nov - 16:00

URUGUAY

24th Nov - 13:00

S. KOREA

24th Nov - 13:00

PORTUGAL

28th Nov - 13:00

URUGUAY

28th Nov - 13:00

S. KOREA

28th Nov - 13:00

PORTUGAL

2nd Dec - 15:00

URUGUAY

2nd Dec - 15:00

S. KOREA

2nd Dec - 15:00

ROUND OF 16

MATCH 49 - 3 rd Dec - 15:00

GROUP A WINNER

GROUP B RUNNER UP

ROUND OF 16

MATCH 50 - 3 rd Dec - 19:00

GROUP C WINNER

GROUP D RUNNER UP

ROUND OF 16

MATCH 53 - 5th Dec - 15:00

GROUP E WINNER

GROUP F RUNNER UP

ROUND OF 16

MATCH 54 - 5th Dec - 19:00

GROUP G WINNER

GROUP H RUNNER UP

ROUND OF 16

MATCH 51 - 4th Dec - 15:00

GROUP D WINNER

GROUP C RUNNER UP

ROUND OF 16

MATCH 52 - 4th Dec - 19:00

GROUP F WINNER

GROUP E RUNNER UP

ROUND OF 16

MATCH 55 - 6th Dec - 15:00

GROUP F WINNER

GROUP E RUNNER UP

ROUND OF 16

MATCH 56 - 6th Dec - 19:00

GROUP G WINNER

GROUP H RUNNER UP

QUARTER-FINAL

MATCH 57 - 9th Dec - 19:00

MATCH 57 WINNER

MATCH 57 WINNER

QUARTER-FINAL

MATCH 58 - 9th Dec - 15:00

MATCH 58 WINNER

MATCH 58 WINNER

QUARTER-FINAL

MATCH 59 - 10th Dec - 19:00

MATCH 59 WINNER

MATCH 59 WINNER

QUARTER-FINAL

MATCH 60 - 10th Dec - 15:00

MATCH 60 WINNER

MATCH 60 WINNER

SEMI-FINAL

MATCH 61 - 13th Dec - 19:00

MATCH 61 WINNER

MATCH 61 WINNER

THE FINAL

18th Dec - 15:00

MATCH 62 WINNER

MATCH 62 WINNER

SEMI-FINAL

MATCH 62 - 14th Dec - 19:00

MATCH 62 WINNER

MATCH 62 WINNER

CLASSIFIEDS

wh@ts on mombasa & coast november 2022 - all data without warranty - www.whats-on-mombasa.com

WEEKLY LIVE MUSIC

Mondays
Maasai Beach Bar
Kwi Kwi Band with Candie
Tuesdays
Safari Inn Shanzu Serena Rd
Live Band Evening
Kingston Beach Lounge
Rhumba Tuesdays with Ricky Mulolo
Wednesdays
Tandoori International Club Diani
Ricky Mulolo & Idologia Musica Band
Maasai Beach Bar
Jambo Africa
Yacht Lounge Mtwapa
Live Music Wednesday with Foa The Band | DJ Evy
Sky Lounge Bamburi
Amitie Musica
Apollo Club Changamwe
Rhumba Wednesdays with Banamitie Musica

WEEKLY LIVE MUSIC

Thursdays
Kusini Tavern
Afro Simba
Maasai Beach Bar
Generation Band
The New Big Tree Bamburi
Ricky Mulolo & Idologia Musica Band
Fridays
Standard Grill Mtwapa
Rhumba Night with Ricky Mulolo & Idologia Musica Band
Maasai Koroga
Sail Wind Band
Safari Inn Shanzu Serena Rd
Live Band Evening
Saturdays
Maasai Utange
Ricky Mulolo & Idologia Musica Band
Sundays
Oasis Beach Bar & Restaurant
Tashingas The Band

WEEKLY LIVE MUSIC

Sundays
Maasai Beach Bar
Jambo Africa
Divas Lounge Bamburi
Rhumba After Work with Ambro La Musica
Apollo Club Changamwe
Ohangla Party with Mtu7saba | Wuod Seme
Oasis Beach Bar & Restaurant
Tashingas The Band
Maasai Beach Bar
Jambo Africa



WEEKLY LIVE MUSIC



SPORTS

Saturday 12 | 11
Safari Beach Hotel
Diani Beach Junior 7s

SHOWCASE / LIVE ENTERTAINMENT

Saturday 19 | 11
New Cheers Bamburi
Emma Jalamo | Cheers Band
The New Big Tree Bamburi Beach
Coast Afro Latin 1 Year Anniversary
Beach Salsa Party
Saturday 26 | 11
The Tamarind Dhow
Shipie Viquee & Burning Bush Band

CONFERENCE

24 to 26 | 11
Sarova Whitesands
The 7th Kenya International Cancer Conference

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SHOWCASE / LIVE EVENTS

Thursday 10 | 11
Laikiana Resort And Lodges
Kishé & The Moodbleats
Friday 11 | 11
Nairobi Street Kitchen
Elysium with Drømmer | Shi B2b | Euggy | Ryan Freeston | Sunnman | Knvl
Saturday 12 | 11
Trademark Hotel
The Pool Party with DJ Savi | The Arkitekt | DJ Uv
Sunday 13 | 11
A.S.K Jamhuri Showground
Fancy Fingers | Fadhilee | Polaris
Machakos Kenyatta Stadium
Sauti Za Shukurani with Rose Muhando | Gurdain Angel | Jabidi | Ali Mukwama | John Mbaka | Stella Mengele | Basil | John K | Kasolo & many more ...
Tuesday 15 | 11
Ballpoint Social Club Village Market
Mkavita

SHOWCASE / LIVE EVENTS

Saturday 19 | 11
Kastemil Gardens
Beats N Drips 1st Anniversary
Monday 21 | 11
K1 Klubhouse Parklands
Faith Kimani
Tuesday 22 | 11
Ballpoint Social Club Village Market
Trisha Grey
Laikiana Resort And Lodges
Ernest Ziro
Friday 25 | 11
Nairobi Cinema
Eddie Butita's Laughs & Jazz with Rhythmic Band | Kasmuel McOure & Magnificent Jazz Acts | YY Comedian | Chipukeezy | Dr. King'ori | Doug Mutai | Nasra | Ciku Waitthaka
Thursday 29 | 09
Ballpoint Social Club Village Market
Aneya

FASHION & BEAUTY

12 & 13 | 11
Braeburn Theatre Gitanga Road
Nairobi Orchestra with Mozart's Horn Concerto No. 2, Shaka Marko's Arrangement, Beethoven in Kenya and Tchaikovsky's Powerful Symphony No. 6

MARKET

Saturday 19 | 11
Capital Centre
Hand Crafted Market - Market Of Africans For Africans

FAIRS & EXPOS

Saturday 19 | 11
Raddison Blue Hotel Upperhill
The Luxury Weeding Showcase

SPORT

Saurday 12 | 11
Arena One
Football Academies Tournament

Dance Theatre

25 to 27 | 11
Dance Centre
The Nutcracker 2022

CHARITY

Saturday 12 | 11
Hidden Gardens Karen
Strokes & Sips Rainbow Charity Challenge

FASHION & BEAUTY

25 & 26 | 11
Sarit Expo Centre
Nairobi Fashion Week Season IV Summer / Spring

CARS

Sunday 27 | 11
Space X Inside Stedmark Gardens
Tuner Festival - Upbeat Automotive Experience

THEATRE

17 to 19 | 11
Roslyn Academy Auditorium
radium Girls
18 to 20 | 11
Kenya National Theatre Main Auditorium
Mulongo „ The Bad Omen Of Firstborn Twins“
25 & 26 | 11
Peponi Preparatory School Auditorium
Speak Their Names - An original Play by Silvia Cassini
25 to 27 | 11
Braeburn Schools Gitanga Road
Braeburn Players Presents Robinson Crusoe and The Pirates

Convention

19 & 20 | 11
Dance Centre
Nairobi Comic Convention

HEALTH



CBD RELIEF CREAM - PAIN RELIEF!
Produced from wealthy marijuana extract. It effectively resists inflammation, calms the surface, is helping scale back pain in muscle, back, knees and elbows, relieves stiffness, reduces inflammation, and relieves joint pain, fibra omyalgia and carpal tunnel pain. @450 sh
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HOUSEHOLD



Spray Mop with 360 degree Handle Mop
2.500,00 KES

USED CARS



WELLNESS



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6 X 10 ml piece Set in Gift Box

HOUSEHOLD



3d Kitchen Mats 2.000,00 KES
Tap on the photo and scroll right to view more photos of the product.
2pcs in a set. Sizes: Big size 40 by 120 cm; Small size 40 by 60 cm

INTERIOR



INTERIOR



Round Glass Table with Spiral Stand 7.000,00 KES. TDimensions: Diameter 78cm, Height 43cm
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INTERIOR



Yoga Twisting Disc Plate
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**Available at Mr. Berry's candy shop, CityMall Nyali and The Sarit Nairobi.
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**Toffee & Co. Flavours Available:
Coconut, Peanut, Chocolate, Caramel, Milk, Coffee, Butterscotch**

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