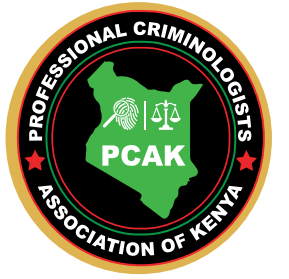




MaDaFu



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

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PCAK FUNDAY



The PCAK Funday was held on 15th July 2023 with an array of members and dignitaries who came together for a networking and friendship event. It was well attended and all Criminology Professionals made merry. Founding Chairman Mr. Munene Mugambi thanked all gathered at the event for making it a successful event. www.Pcak.site



Master Omari Mwawaka who suffers from CP received a wheelchair from the Lions Club of Mombasa Pwani presented to him by Madam Nuru - the Centre Admin on behalf of the Lions Club Senior Member & Medical Director - Dr. Mukesh Shah (ENT Doctor) and the entire Club Membership. This was made possible and coordinated by Mr. Rishi Arun Parikh - Chairman of NFUWU FOUNDATION, PCAK / LoCEF Coast Coordinator, Madafu Newspaper - Editor, Yaris Institute - Director. Looking from right to left are :- the Lions Centre's Admin Madam Nuru; Omari's Mother Mrs. Sauda Omari; Mr. Rishi Arun Parikh and Hon. Geoffrey Kamande Kariuki (aka K.K) the C.E.O / Founder / Admin - NFUWU FOUNDATION (Nothing For You without You) Master Omari will be assisted to study at a Special School in Mombasa; those wishing to assist him may contact Mr. Rishi for further. We thank the Lions Club of Pwani for the kind gesture and is always willing to assist the needy of our Society. God Bless!



WILDLIFE PHOTO

Photo by Harsh Patel



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Builders Duka's starts nationwide expansion

In a momentous move reflecting their continued success and commitment to excellence, Builders Duka, a leading name in the construction and building materials industry, has announced the opening of its new branch at a larger and strategically positioned facility at EBC Centre, along Kiambu Road. This move marks a significant milestone for the company, as it paves the way for further expansion and sets the stage for new branches across the nation.

Builders Duka, has rapidly become a frontrunner in the industry, renowned for providing innovative solutions and premium building materials to customers nationwide. Their growth trajectory has been nothing short of impressive, with a strong emphasis on quality, sustainability, and outstanding customer service.

"We are thrilled to unveil our plans for opening our new branch and expanding our footprint nationwide," stated Mr. Njama Wambugu, CEO of Builders Duka. "This move is a testament to our team's hard work and the unwavering support of our loyal customers. Our goal is not just growth, but to redefine the construction industry with our focus on green building and delivering top-notch products and customer service."

The new branch is part of an ambitious expansion strategy that includes the opening of several new branches across the country. The company aims to provide greater accessibility to its diverse range of products, and empowering more customers in their construction projects.

Joseph Njogu, a long-standing customer of Builders Duka, expressed enthusiasm



Builders Duka Chairman Njama Wambugu (3rd right) and Managing Director James Kimotho (2nd left) are joined by their staff in cutting a cake during the official opening of their showroom in Kiambu Road. The company prides itself on green building solutions while prioritizing environment conservation and sustainability.

for the company's growth: "Builders Duka has been my go-to source for construction materials. Their commitment to quality is unparalleled, and their eco-friendly products align with my vision for sustainable building practices. The news of their expansion across the country is incredibly exciting."

Builders Duka's is dedicated to environmental conservation and sustainable building practices and their commitment to offering eco-friendly products remains a central focus as they continue to grow.

"We believe in constructing a better future for our planet, and that starts with the choices we make in the building process," emphasized Mr. Mwangi Kimotho the company's Managing Director. "Builders Duka's commitment to green building and promoting eco-friendly options is our way of contributing to a healthier environment for generations to

come."

The company's reputation for providing top-quality products has been a driving force behind their growth. Ms. Kiptoo, a construction contractor who frequently sources materials from Builders Duka, praised their dedication to quality: "When I use Builders Duka's materials, I have peace of mind knowing that I'm working with the best. The uncompromised quality and reliability of their products ensure that I can deliver exceptional results to my clients, every single time. With Builders Duka as my trusted partner, I can confidently transform visions into reality, knowing that the foundation of success lies within the very materials I use."

Builders Duka's relentless focus on customer satisfaction has been the cornerstone of their success. Joseph, a long-time customer, shared his positive experiences: "The team at Builders Duka goes above and beyond to assist with my

construction projects. Their customer service is exceptional, and they always make sure I find the right products for my needs."

The grand opening event for Builders Duka's new branch was a resounding success, attracting a diverse audience that included the company's esteemed customers, valued partners, and enthusiastic staff members from various branches. The atmosphere was filled with excitement and anticipation as attendees celebrated the company's growth and unwavering commitment to providing top-quality products, promoting green building practices, and delivering exceptional customer service. With the support of their loyal customers and dedicated team, Builders Duka embarks on a promising journey of expansion, setting new standards in the construction industry while continuing to build a brighter, greener future for all.

HE Uhuru Kenyatta- Head of MONUSCO courtesy call



The Special Representative of the Secretary General of the UN in the Democratic Republic of Congo (DRC) and Head of MONUSCO, Ms. Bintou Keita and the head of political affairs, François Grignon, today paid a courtesy call on the Facilitator of the East African Community (EAC)-Led Nairobi Process H.E. President (Rtd.) Uhuru Kenyatta in Nairobi. They discussed the outcome of the Facilitator's consultative meeting held on 30th June 2023 at Ole Sereni Hotel, to deliberate on the cantonment matters in North Kivu. They also reflected on the progress so far achieved and the necessary steps needed towards the realization of lasting peace and stability in the eastern part of DRC.

Early start



Mr Sammy Chemwolo, a Court Assistant at Kabarnet Law Courts speaks to pupils of Kogorwonin Primary School about the Judiciary and the court during their educational tour of the station.

President Ruto Tanzania Visit

Skilled, productive and innovative workforce has the power to transform Africa. It is in the view of this that we are working with other countries and partners to design a sound plan that will consciously nurture and invest in competitive human capital that yields highest returns. Such a shift will sustainably accelerate the continent's economic growth.

During the Africa Heads of State Summit on Human Capital, hosted by President of Tanzania Samia Suluhu in Dar Es Salaam.

Presidents Lazarus Chakwera (Malawi), Julius Maada (Sierra Leone), Filipe Nyusi (Mozambique), Carlos Vila Nova (São Tomé and Príncipe), Andry Rajoelina (Madagascar), Prime Ministers Gervais Ndirakobuca (Burundi), Félix Moloua (Central African



Republic), Hamza Abdi Barre (Somalia), Vice Presidents Jessica Rose Epel Alupo (Uganda), Mutale Nalumango (Zambia), World Bank Regional Vice President for Eastern and Southern Africa Victoria Kwakwa, among others, were present.

Themed: "Accelerating Africa's Economic Growth: Boosting Youth Productivity by Improving Learning and Skills", the forum agreed to reactivate the timely investments in education and health to boost productivity, spur employment and unlock Africa's huge untapped economic potential.

VEHICLE MAINTENANCE

Car maintenance



By Mr. Rishi Arun Parikh

In Kenya; where the roads are not of a good standard in certain / many areas; Maintaining your motor vehicle properly is essential to ensure minimal breakdowns and extend its lifespan. Here are some tips to help you best maintain your vehicle to prevent avoidable downtime and long life for your vehicle.

1. Follow the Manufacturer's Maintenance Schedule: Refer to your vehicle's owner's manual and adhere to the manufacturer's recommended maintenance schedule. Regular maintenance is crucial for identifying potential issues early and keeping your vehicle in top condition. Yes, most second hand vehicles don't have them these days; but you may download a similar manual for guidance and knowledge.
2. Regularly Check Fluid Levels: Check and maintain proper levels of engine oil, coolant, transmission fluid, brake fluid, power steering fluid, and windshield washer fluid. Low or dirty fluids can lead to serious problems.
3. Change Oil and Filters Regularly: Regular oil changes are vital for the health of your engine. Also, replace air filters, fuel filters, and cabin air filters as recommended to ensure proper air intake and fuel efficiency. Due to the dusty conditions in Kenya; this is done more frequently!
4. Inspect Tires and Rotate Regularly: Check tire pressure and tread regularly, and rotate your tires as recommended. Properly



- inflated and well-maintained tires enhance fuel efficiency and improve safety.
5. Brake System Maintenance: Regularly inspect brake pads, brake discs, and brake fluid levels. Properly functioning brakes are crucial for your safety and the longevity of your vehicle.
 6. Battery Care: Check the battery regularly for corrosion and ensure secure connections. Replace the battery as recommended by the manufacturer to avoid unexpected breakdowns.
 7. Keep it Clean: Regularly wash and wax your vehicle to protect the paint and prevent corrosion. Clean the interior to maintain a pleasant driving environment and preserve the upholstery.
 8. Drive Responsibly: Avoid aggressive driving, rapid acceleration, and hard braking. Driving smoothly and responsibly can reduce wear and tear on the vehicle's components and improve fuel efficiency. Of course – Don't Drink and Drive! NTSA and

- NPS wako chonjo!
9. Address Warning Lights Promptly: If any warning lights appear on your dashboard, address the issue promptly by seeking professional help. Ignoring warning signs can lead to more significant problems. You may do a diagnostics report to quickly find issues.
 10. Use Quality Fuel: Choose reputable fuel stations and use the recommended fuel grade for your vehicle. Quality fuel can improve engine performance and efficiency. Don't fuel at unregistered and flimsy stations.
 11. Store Properly: If your vehicle will be parked for an extended period, take proper storage precautions, such as disconnecting the battery, inflating tires to the recommended pressure, and using a car cover.
 12. Find a Trusted Mechanic: Establish a good relationship with a reliable and experienced

mechanic. Regularly servicing your vehicle by a trusted professional ensures proper care and attention to potential issues. Like a Doctor that you don't change frequently; have a good relation with your mechanic who may even assist you in odd hours and odd places!

By following these tips that I have gathered via experience and being proactive in maintaining your vehicle, you can minimize breakdowns, increase its longevity, and enjoy a safe and trouble-free driving experience for years to come. Remember that prevention and regular maintenance are key to keeping your car running smoothly. You may also get a good healthy resale value for a well maintained car! For Expert advice; you may engage Mr. Ravinder (Ravi) Singh of JASS Enterprises Ltd in Mombasa for full vehicle service, repair, overlanding modifications and maintenance

Madafu Newspaper, Editor



Pieces of no peace



By Mike Kiwo

In recent weeks we had political unrest in major towns of our country due to finance bill protest from the opposition side Azimio. While most people were complaining of the property damages and the effects of the economy, there was more damage on environment but most of us did not notice because we don't care much about it. With the burning of tires and property a lot of carbon dioxide was added into the atmosphere which increased green houses. These gases block sun rays from reaching the earth and raises the temperatures of the

planet. We need more plants and trees to balance but again our president lifted the ban on logging with good intentions which I think has more harm than good because poor implementation and poor enforcement of laws. When the government is strict on protestors destroying property they should also apply the same energy to protect the environment against unrests. As we all know that natural calamities fight back in a worse way, such as floods, prolonged draught e.t.c or measures to be put in place before one is licensed to have demonstration.

PHOTO STORY

KIE Bags 3 top awards at ASK Nakuru National Show



Deputy President Rigathi Gachagua (left) presents the trophy for the Best Microfinance Institution to Kenya Industrial Estates Chairperson the Board's Chairperson Lily Ng'ok (right) and Managing Director Dr. Parmain ole Narikae (centre) at the Nakuru National Trade Fair 2023 in Nakuru County on Friday July 14th, 2023. The parastatal was also awarded two other best position trophies.

PHOTO STORY

CS Environment Soipan Tuya at GSU TREES planting event



Environment Climate Change and Forestry Cabinet Secretary Soipan Tuya (centre), Prime Cabinet Secretary Musalia Mudavadi's spouse Tessie (left) and GSU Commandant Eliud Lagat (right) join GSU officers injured in the line of duty in planting Acacia seeds at National Police College Embakasi B Campus in Nairobi County on Saturday July 29th, 2023 during Ushiriki Wema tree Restoration in partnership with National Police Service. Over 3,000 trees were planted. The exercise is in line with President William Ruto's vision to plant 15 billion trees by the year 2023.

Kuzingatia Mazigira Yetu



Prime Cabinet Secretary Musalia Mudavadi's spouse Tessie plan plant trees at Administration Police Training College Embakasi-A Campus in Nairobi County on Saturday July 22st, 2023 through her Ushiriki Wema initiative. Over 3,000 trees were planted in partnership with KFS, NPS and others. The tree planting dubbed ' Kuzingatia Mazigira Yetu' was launched early this month in Kiganjo and is to cover all the NPS training colleges.

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Adlife Plaza, Kilimani **0705144366**
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HISTORY

Ganga Zumbi, the African freedom fighter

Ganga Zumbi, the African freedom fighter, Was born in Kongo in 1630, enslaved and shipped to Brazil to work as a plantation slave. Managed to escape, raised an army of enslaved Africans and founded his own kingdom of Palmares, with a palace and court.

Ganga's name must have come from "Nganga Nzambi" an expression meaning "God's priest" in Kikongo, language spoken in the Kongo empire.

Ganga Zumba was a hero & freedom fighter who was central to the history and modern-day struggle of the Brazilian Black Movement, having led an alliance of "independent settlements" called Quilombo dos Palmares.

An area located between the states of Alagoas and Pernambuco, in northeastern Brazil, Quilombo dos Palmares was founded by runaway Brazilian African captives in the late 16th century as resistance to European colonizers and enslavers.

About 10k to 20k fugitive slaves, native Brazilians and various outcast groups (such as Jews and Muslims), inhabited Palmares throughout the period. (Early 1600s — 1694)

The area became one of the first places, in the Americas, where Black captives found freedom. For almost a



hundred years, Black people in Quilombo fought against their oppressors, particularly the Portuguese who at that time

attempted to colonize Brazil. Zumba, as king of Quilombo, led these attacks against the oppressors & despite repeated

threats from the colonial authorities, Quilombo thrived as fugitive captive set up a collective economy based upon subsistence agriculture, trade, and communal land ownership.

Ganga's end came when attempting to establish a treaty with the Portuguese where the quilombo would no longer accept fugitive slaves or fight the Portuguese in exchange for permanent recognition of their land and freedom for those born in Palmares.

The condition was for the palmarinos to move elsewhere—the Cucau Valley. In the treaty, the Portuguese confirmed their acceptance of Zumba is the supreme leader of his people.

His nephew, Zumbi, the settlement's military leader, disapproved and staged a coup against him. He chose resistance to the Portuguese.

Ganga Zumba is poisoned later that year. The common belief is that it was by those siding with Zumbi. Those loyal to Ganga would move to the Cucau Valley to re-establish Palmares.

Unfortunately, they would be captured and placed back into slavery. To hold on to Palmares territory, Zumbi turned his revolt on the Portuguese.

Courtesy #ancientafricafb

Mr. Bean - The story of the man who never gave up on his dreams

Rowan Atkinson was born in a middle-class family and suffered terribly as a child because of his stuttering. He was also teased and bullied at school because of his looks. His bullies thought he looked like an alien. He was soon marked a strange and became a very shy, withdrawn kid who didn't have many friends, so he dived into science, one of his teachers said. There was nothing outstanding about him. I did not expect him to be a brilliant scientist, but he has proved everyone wrong. Admitted to Oxford University during his days, he started falling in love with acting but couldn't perform due to his speaking disorder. he got his master's degree in electrical engineering before appearing in any movie or TV show after getting his degree, he decided to pursue his dream and become an actor so he enrolled in a comedy group but again, his stammering got in the way.

A lot of TV shows rejected him, and he felt devastated but despite the many rejections. He never stopped believing in himself. He had a great passion for making people laugh and knew that he was very good at it. he started focusing more and more on his original comedy sketches and soon realized that he could speak fluently whenever he played some character. he found a way to overcome his stuttering



and his also used there is an inspiration for his acting. While studying for his master's Rowan Atkinson co-created the strange, surreal, and now speaking character known as Mr. Bean.

He had success with other shows, Mr. Bean made him globally famous and despite all the obstacles, he faced because of his looks and his speaking disorder, he proved that even without a heroic body or a Hollywood face, you can become one of the most loved and respected actors in the world. The motivational success story of Rowan Atkinson. It's so inspiring because it teaches is that to be successful in life, the most important things are passion, hard work, dedication and never giving up, because without caring about our feelings and weaknesses.

Moral of the story:

No one is born perfect. Don't be afraid. People can accomplish amazing things every day in spite of their weaknesses and failures. So go and do the best you can with the one life you've got.

Shubh Mantra : “Respect” Fostering a Harmonious Society

Respect is a fundamental value that lies at the core of human interactions. It is the cornerstone of building a harmonious and inclusive society. From our early childhood, we are taught the importance of showing respect to others, but its significance often extends beyond mere etiquette and manners. At its essence, respect is about recognizing the inherent worth and dignity of every individual, irrespective of their background, beliefs, or differences.

In the realm of personal relationships, respect serves as a powerful glue that binds people together. When we treat others with respect, we acknowledge their autonomy and their right to be themselves. Listening

to others' opinions with an open mind, considering their feelings, and refraining from judgment fosters an atmosphere of trust and understanding. In turn, this creates a positive environment where relationships can thrive and flourish.

In the workplace, respect is crucial for maintaining a healthy and productive atmosphere. Employees who feel respected are more likely to be engaged and motivated, leading to increased creativity and innovation. Respectful communication, regardless of hierarchies, allows for diverse ideas to be heard and valued, leading to better decision-making and problem-solving.

In a broader societal context, respect is the foundation for a tolerant and cohesive community. Embracing

diversity and treating all individuals with dignity paves the way for a society that celebrates its differences rather than fearing them. It is through respect that we break down barriers and build bridges between cultures, promoting empathy and compassion among fellow human beings.

Practicing respect also extends to the environment we inhabit. Respecting nature means recognizing our responsibility as stewards of the planet, preserving its resources for future generations. When we show respect for the environment, we acknowledge that all living beings have a right to coexist and flourish in a balanced ecosystem.

Yet, despite its significance, respect can sometimes be



elusive in our fast-paced and polarized world. To cultivate a culture of respect, education

plays a pivotal role. Schools and communities must prioritize teaching empathy,

active listening, and conflict resolution skills from an early age. Furthermore, leading by example is crucial—parents, teachers, and leaders must model respectful behavior to inspire others to follow suit.

In conclusion, respect is a timeless virtue that transcends boundaries and unites us as human beings. It lays the groundwork for nurturing strong relationships, fostering productivity in the workplace, and creating a more inclusive and compassionate society. Embracing respect in our daily lives allows us to navigate the complexities of the world with grace, empathy, and understanding, ensuring a brighter and more interconnected future for all.

With Love,
Shubhrika

HCK capacity building fun day for senior citizens

The Hindu Council of Kenya, the Director of Capacity Building, Dr. Shaina Shah along with assistance from Mrs. Binduben Shah and other members of the sub-committee, Mr. Kanti Shah, Mr. Rajesh Shah, Mrs. Divyaben successfully organized a playful event for the Senior Citizens of the Society at the Hindu Council of Kenya on 1st July 2023. With the idea of bringing the Seniors together to play mindful and joyous games. The collaboration with Member Institutions successfully brought an ear-to-ear smile to the faces with the primary objective of helping them forget all the daily hassles and just lived in the moment.

The Seniors of the Communities have led their



lives catering to the smallest needs of the family and the surroundings, and it is now time to honor and repay their efforts by bringing a wide smile to their faces. The event incorporated several games



that helped them sharpen their aging memory and recreate their good old times by singing and dancing to the retro classics.

The event was a great success, with participants marking their presence and winning exciting prizes presented by the National Chairperson Mrs. Sujata Kotamraju and National General Secretary Mr. Surendra Bhatia, Mr. Rao, Mr. Rajesh Shah presented the prizes after which Lunch was served.

Joint Family Manenos



By Mr. Rishi Arun Parikh

Like in many African, Asian and Middle Eastern Countries; Joint / Large Families are common where a newly wedded lady makes the new family hers! It's not always a bed of roses though! Adjusting to a new joint family as a newly wedded lady or gent can be a significant transition, but with patience, understanding, and open communication, it is possible to foster cohesion and acceptance. Here are some expert tips on how to handle coexistence and fit into the dynamics of a new joint family derived from various couples and families who opened up about the challenges!

1. Observe and Listen: Take the time to observe how the family operates and interacts with each other. Listen actively to their conversations and understand their values, traditions, and expectations.

2. Respect the Elders: In a joint family, respect for elders is highly regarded. Show

deference to your in-laws and seek their advice and guidance when appropriate. Displaying respect will help build a positive impression and foster acceptance.

3. Build Relationships: Make an effort to build strong relationships with all family members, not just your spouse. Engage in conversations, participate in family activities, and show genuine interest in their lives.

4. Be Patient and Understanding: Adjusting to a new family dynamic takes time. Be patient with yourself and others as you navigate through this period of adaptation. Show understanding and empathy towards their perspectives and experiences.

5. Maintain Individuality: While fitting into the family is important, it is also essential to maintain your individuality. Pursue your interests and passions, and share your own family traditions to enrich the joint family experience.

6. Communicate Openly: Effective communication is the key to resolving misunderstandings and avoiding conflicts. Express your thoughts, feelings, and concerns openly, but also be receptive to feedback from others.

7. Contribute to Household Chores: Show your willingness to participate in household chores and responsibilities. Contributing to the family's daily



activities demonstrates your commitment to the well-being of the family as a whole.

8. Be Flexible and Adapt: Joint families often require compromise and flexibility. Be open to adapting to new routines, traditions, and ways of doing things. Embrace the differences and find a balance that works for everyone.

9. Avoid Comparisons: Refrain from comparing your new family to your natal family. Every family has its unique dynamics, and it's important to appreciate and embrace the uniqueness of your new family.

10. Seek Support from Your Spouse: Lean on your spouse for support during this adjustment period. They can provide insights into the family dynamics and act as a bridge between you and their family members.

11. Resolve Conflicts Gracefully: Conflicts may arise, but it's essential to address them with grace and maturity. Focus on finding solutions

rather than escalating disagreements.

12. Show Affection and Love: Demonstrate affection and love towards your spouse and other family members. Small gestures of care and thoughtfulness can go a long way in building strong relationships.

Remember, it's normal to face challenges in the beginning, but with a positive attitude, willingness to adapt, and a genuine desire to connect with your new family, you can foster cohesion, acceptance, and a loving bond with your joint family. Finally, learn to draw a line when your personal boundaries and safety is at risk. Seek external advice (but not manipulation) and protection if the situation demands. It is not worth sacrificing yourself for joint family continuation.

By Mr. Rishi Arun Parikh
Madafu Newspaper, Editor

PHOTO STORY

ELDOWAS



From left to right: Mr. Ugas Mohamed – Chairman of the Capital Markets Authority, Mr. Peter Biwott – MD of Eldoret Water and Sanitation Company (ELDOWAS), Mr. Donald Wangunyu –Chairman Kenya Association of Stockbrokers and Investment Banks (KASIB) and Mr. John Mwaniki - the KASIB Chief advisor during the MoU signing ceremony between KASIB and ELDOWAS that was held at the Mercure Hotel on 11th July 2023. The MoU signified the beginning of a partnership between the Association and County Governments that will open new channels for Kenyan water companies to raise money through the capital markets.

Amref flying doctors-AA kenya



L-R: AMREF Flying Doctors CEO Stephen Gitau Gifts Automobile Association of Kenya (AA Kenya) CEO Francis Theuri during a courtesy call meeting by AMREF at the AA Kenya Head Office in Nairobi. The two companies have entered into a partnership seeking to safeguard motorists and their families in the event of road accidents with an aim to reduce further injuries or fatalities recorded during accident evacuations.

SBM BANK MSA DINNER



SBM Bank CEO, Moezz Mir(right) presents a gift to Mr Shakil Khan (left) a businessman and SBM customer during a client appreciation dinner event aon 12th July at chef Gurpreet Singh Singh's ITZ Flavours Restaurant in Mombasa.

GOVERNANCE

Modern governance in Kenya



By Mr. Rishi Arun Parikh

As Kenyan Patriots; We ask ourselves; In the modern democratic world; with dynamic Citizens with various colorful mindsets; how can leaders expertly govern Kenya with minimal issues and maximum progress?

“...I, Mr. Rishi Arun Parikh would say – A Leading a modern democratic Country like Kenya with diverse citizenry perspectives and ensuring minimal issues while maximizing progress is a complex head shaking task. There is no one-size-fits-all approach, as our context and challenges are unique. However, several key principles can guide leaders in governing expertly...”

1. Inclusive Leadership: Embrace diversity and inclusion in decision-making processes. Listen to various viewpoints, engage with different stakeholders, and create an environment where people feel heard and valued.

2. Transparency and Accountability: Foster a culture of transparency in governance. Keep citizens informed about policies, actions, and their rationale. Hold public officials accountable for their actions, promoting a sense of responsibility and trust.

3. Evidence-Based Policy Making: Base decisions on reliable data and evidence rather than personal biases or political considerations. Utilize experts and research to inform policies and strategies.

4. Long-Term Vision: Set clear long-term goals



and develop strategic plans to achieve them. Avoid short-sighted, populist measures that may yield immediate gains but have negative consequences in the long run.

5. Collaboration and Compromise: Encourage collaboration among political parties and stakeholders. Find common ground and be willing to compromise to achieve collective progress.

6. Empowering Local Governance: Decentralize power and empower local governments to address regional issues more effectively, as they are often more in tune with local needs.

7. Investing in Education: Prioritize education and invest in the development of human capital. An educated and skilled population is essential for a country's progress and adaptability to changing circumstances.

8. Social and Economic Equality: Work towards reducing income inequality and providing equal opportunities for all citizens. This fosters social cohesion and stability.

9. Environmental Sustainability: Integrate sustainability into policies and economic planning. Recognize the importance of protecting the environment for future generations.

10. Respect for Rule of



Law: Uphold the rule of law and ensure that no one is above it. A fair and just legal system promotes trust in the government.

11. Infrastructure and Technology Development: Invest in infrastructure and leverage technology to improve efficiency, connectivity, and overall quality of life.

12. International Cooperation: Engage in constructive international relations, collaborating with other nations on global challenges such as climate change, pandemics, and security issues.

13. Constant Adaptation: Recognize that circumstances change rapidly, and leaders must be agile in adapting their strategies to address emerging challenges.

14. Public Engagement and Communication: Regularly communicate with the public, explaining

policies, seeking feedback, and clarifying misconceptions. Effective communication builds understanding and support.

15. Promote Civic Participation: Encourage civic participation and active citizenship, as an engaged population is vital for a thriving democracy. Empower Mashinani and show presence by making a difference for people to feel and not PR!

It's important to note that even with expert governance, no country can be completely free of issues or challenges. However, by following these above principles, leaders can create an environment conducive to progress and build a more resilient and prosperous nation. We say - Amen! Ameen! Thathastu!

Madafu Newspaper, Editor
Parliamentary Aspirant
Mvita 2017 & 2022.

PHOTO STORY

SIKH FESTIVALS

COURTESY OF EAST AFRICAN SIKHS FB – HARDEEP DEOL



COURTESY OF EAST AFRICAN SIKHS FB – HARDEEP DEOL



MADAFU NEWSPAPER KENYA VALUED OUTLETS:

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SALES, MARKETING & OPERATIONS
Mr. Rishi Arun Parikh, Mr. Nabil Sansool, Mr. Dietmar Roselier

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Exclusive dealership agreement with regional leasing firm

The regional leasing firm Vehicle and Equipment Leasing Limited (VAELL) has signed an auto dealership agreement with Iranian firm ZAMYAD Company at the state house Nairobi Kenya, to accelerate cater to the increasing demand of vehicles to boost sales rates. This distribution agreement is an exclusive agreement for the first year and the continuation of the exclusiveness of this agreement is on condition that the distributor succeeds in ordering and selling 1000 units of various models of vehicles otherwise this agreement will not be terminated but the exclusiveness will be negotiated. The signing ceremony will be between the president of Kenya Dr William Ruto, and the president of Iran Ebrahim Rais. The regional managing director of Regional Lessor, Mr. Paul Njeru, and the president and vice chairperson of the board of ZAMYAD company Mr. Seyed Mohsen Mortazavi will be present.

This comes two months after the two firms signed another cooperation agreement . The Kenyan Iranian ambassador attached in Kenya Dr. Jafar Barmaki, played a key role in the agreement.

ZAMYAD is a vehicle dealership in various models including the Nissan Abi or Nissan it is also known as blue



pickups, also pickup 3d models among many others. Currently, ZAMYAD has operations in Iran, Russia, and Iraq and is now set to operate in Kenya. ZAMYAD is launching its operation in Kenya as they eye the other African countries, it has already recorded success by selling more than 750,000 units across four countries. ZAMYAD is an award-winning company and has acquired various awards including, Champion of the automotive industry among many others while VAELL on the other hand as also acquired several awards including pacesetters in solar and electric vehicles also VAELL has scoped more than 14 awards in different categories in the motor industry.

“The ZAMYAD dealership is to support operations within East Africa that is Kenya, Uganda, Tanzania, Rwanda Burundi,

and Zambia. The ZAMYAD pickups are the most powerful pickup and will help many Kenyans, especially in the rural areas because these are the area where most agricultural activities take place. These vehicles are all-terrain and will help a lot, especially during the rainy season.” Said Mr. Paul Njeru.

According to the vice chairperson of the board of ZAMYAD company Mr. Seyed Mohsen Mortazavi, the ZAMYAD pickups are very affordable, and cost-effective because they can use both gas and petrol. This makes the vehicles environmentally friendly because they utilize greener energy to reduce carbon emissions. We look forward to working together with VAELL and hope for a fruitful partnership between our two countries that is Iran and Kenya.

About ZAMYAD Company, A company legally registered and incorporated under the laws of the Islamic Republic of Iran, having its registered office at Km 15th of Karaj old road, Tehran, Iran (hereinafter referred to as “ZAMYAD”), duly represented by Mr. Seyed Mohsen Mortazavi as Managing Director and member of the board of directors and Mr. Siamak Khosravi as member of the board of directors and Zamyad executive vice president and Mr. Hasan Nonejad as member of the board. (Hereinafter referred to as “Company”)

ABOUT VAELL Vehicle and Equipment Leasing Limited (VAELL) is the market leader in asset leasing, maintenance and consulting in Eastern and Central Africa region. It has presence in the auto mobile, healthcare, mining, agricultural, telecommunication, construction, gas and oil sector. It has managed to diversify and expand its portfolio by offering customized solutions to suit every client's requirement and need. VAELL, the leading provider of integrated leasing services for a broad range of moveable assets and machinery across the region, has geographical coverage with fully fledged subsidiaries in Uganda, Rwanda, Tanzania and Zambia.

The extinct aborigines of east africa -1000 bc -1 AD

The original inhabitants of the Kenyan capital Nairobi and central Highlands were the Athi, Gumba and Yaaku people who are largely now extinct (see photo)

This was due to the Aborigines intermarriage, assimilation and absorption with the immigrant Bantu from West Africa and the Maasai from Sudan (1000 BC-1AD).

In turn, the Bantu-present day Kikūyū, Embu and Meru people-and Maasai were violently displaced by British colonialists in 1902, as the Europeans preferred the cool climate of the region for



settlement. Courtesy #ancient african history

Facts about Akans and Bonos

Akans migrated from the old Ghana Empire in clans or in groups or families and not tribe or ethnicity.

2. Bono was the first Akan Kingdom/State to be established in present day Ghana called Bonoman.

3. Bono is Akan Piesie (first born).

4. Bonos are the pioneers and cradle of Akan Culture and its



civilization. 5. Other Akan groups migrated from Bono to found their own states. Africa in 15th Century. Map of Africa Circa 1453 AD. - Source: TimeMaps

Donation of dry rations to lions club MSA Pwani new century, mji wa salama orphanage & Mrs Cheddar

Lions Charity wing on Monday 24th July 2023 donated dry rations including wheat flour, maize flour, oil & rice to 2 organizations & one needy lady. These are:

1) Our Sister Club Lions Club of Mombasa Pwani New Century Orphanage in Mtepeni,

2) Mji wa salama orphanage. This is an institutional care centre under the Child Welfare Society of Kenya which was started in 1970. It caters for orphans, abandoned neglected children of jailed parents, abused children both defilement/battered cases, HIV and Immigrants. The home



depends entirely on donations from well-wishers for its upkeep and recurrent expenditure. It now caters for over 200 children.

3) Mrs. Cheddar a needy lady whose husband lost his job when the company was shut down,



LIONS CLUB OF MOMBASA PWANI DONATION RATIONS TO WATO LIONS CLUB MSA PWANI NEW CENTURY, MJI WASALAMA CHEDDARSALAMA ORPHANAGE & MRS CHEDDAR

The Lions Club of Mombasa Pwani Charity Wing will "Arise" & "Serve" where there is a "need". Lion Lady Prithy Rathod & Lion Arti Nagori Lions Charity Wing Convenors 2023/2024



KWS Beetle

Did you know Africa has a group of animals known as the "Small Five"? Surprisingly, they share names with the renowned 'Big Five' animals! The Small Five might not be

as iconic as the Big Five, but they play essential roles in their respective ecosystems and offer unique opportunities for wildlife enthusiasts to appreciate Africa's biodiversity. Can you name any of the small five animals? #ZuruKenyaParks

SAFETY

Personal Safety



By Mr. Rishi Arun Parikh

Ensuring personal safety and security in the modern dynamic and reactive world requires a proactive and multi-faceted approach. While no strategy can guarantee absolute safety, following expert advice can significantly reduce risks and enhance your security:

- 1. Risk Awareness and Assessment: Stay informed about the security situation in your area and when traveling. Assess potential risks and vulnerabilities specific to your lifestyle and location.
- 2. Physical Security Measures: Implement physical security measures at home, such as installing robust locks, security cameras, and alarm systems. Ensure doors and windows are secure.
- 3. Cybersecurity Awareness: Protect your digital presence by using strong and unique passwords, enabling two-factor authentication, and being cautious with sharing personal information online.
- 4. Travel Safety Precautions: When traveling, research your destination and be aware of local customs and potential risks. Avoid high-crime areas and maintain a low profile.
- 5. Emergency Preparedness: Have an emergency plan in place for various scenarios, including natural disasters, medical emergencies, and civil unrest. Know evacuation routes and emergency contacts.



- 6. Situational Awareness: Be vigilant and aware of your surroundings at all times. Avoid distractions like excessive smartphone use when walking or driving.
- 7. Trust Your Instincts: If a situation feels uncomfortable or unsafe, trust your instincts and take appropriate action to remove yourself from potential danger.
- 8. Financial Security: Safeguard your financial information and avoid discussing sensitive financial matters in public or with strangers.
- 9. Social Media Privacy: Be cautious about sharing your location and personal information on social media, as it could make you a target for criminals.
- 10. Physical Self-Defense:

- Consider learning basic self-defense techniques to protect yourself in case of an attack. This can boost your confidence and preparedness.
- 11. Travel Documents and Copies: Keep your travel documents secure and have copies of important identification and contact information in case of loss or theft.
- 12. Avoid Risky Behaviors: Stay away from drugs, excessive alcohol, and other risky behaviors that may make you vulnerable to exploitation or harm.
- 13. Trusted Contacts: Maintain a network of trusted friends, family, or colleagues who know your whereabouts and can be contacted in case of an emergency.
- 14. Community

Engagement: Be an active member of your community. Strong communities tend to look out for each other and can provide support during challenging times.

15. Continuous Learning: Stay up-to-date on safety and security best practices, as the world evolves rapidly, and new risks may emerge.

Remember that security is a shared responsibility, and being proactive is key. While it's essential to take steps to protect yourself, seeking professional advice and guidance from security experts or law enforcement agencies can also provide valuable insights and support in enhancing your personal safety and security.

Madafu Newspaper, Editor

Uncle Musa



After living in the United States for 40 years and at the age of 70, Uncle Musa finally relocated to Salagie, The Gambia this year to live in his 5-bedroom house which took him 10 years to complete.

Now in Gambia and in his house, Uncle Musa lives in the living room of the house downstairs while his caretaker lives upstairs in his huge master bedroom.

This is because Uncle Musa cannot climb the stairs without the help of another person.

Even with help, it takes him 10 minutes to make the climb.

As such, Uncle Musa has decided to stay downstairs in the living room as all 5 bedrooms are upstairs.

The house has a living room, toilet and kitchen downstairs; 3 rooms on the first floor and another 2 rooms (including the master bedroom) on the second/last floor.

This is surely not how Uncle Musa anticipated his retirement.

But that is the reality of his journey.

This will be the life of many other Africans living abroad and building mansions back home.

In fact, if you are building a dream house for yourself to live in and the house is not ready

by the time you attain the age of 50, forget about it!

Uncle Musa virtually wasted 40 years of his life doing menial jobs abroad, hoping to go and retire back home in his mansion and enjoy life.

But, now he has no life to enjoy and someone else is sleeping in his master bedroom.

Like most aged persons, Uncle Musa is not even able to enjoy a bottle of Malt at his age because it will shoot up his blood sugar level.

Yet, he said he was working hard all his life in order to enjoy life, which includes eating and drinking the finest foods and drinks, when he retires.

Now, he is only able to eat fruit and vegetable salads - and even that, without dressing!

He cannot even eat any of the fine meats out there without his cholesterol sending warning signs.

That is the life of Uncle Musa in retirement?

This will be the story of more than half of us.

The best thing to do is to take mini-retirements now and enjoy the luxuries of life now that you still have the strength to do so!

We must all learn a lesson from the story of Uncle Musa.

Copied from Ibrahim Sarr.

Mwalimu

An old man meets a young man who asks: "Do you remember me?" And the old man says no. Then the young man tells him he was his student, And the teacher asks: "What do you do, what do you do in life?" The young man answers: "Well, I became a teacher." "ah, how good, like me?" Asks the old man. "Well, yes. In fact, I became a teacher because you inspired me to be like you." The old man, curious, asks the young man at what time

he decided to become a teacher. And the young man tells him the following story: "One day, a friend of mine, also a student, came in with a nice new watch, and I decided I wanted it. I stole it, I took it out of his pocket. Shortly after, my friend noticed the his watch was missing and immediately complained to our teacher, who was you. Then you addressed the class saying, 'This student's watch was stolen during classes today. Whoever stole it, please return it.' I didn't give it back because I



didn't want to.

You closed the door and told us all to stand up and form a circle. You were going to search our pockets one by one until the watch was found.

However, you told us to close our eyes, because you would only look for his watch if we all had our eyes closed.

We did as instructed.

You went from pocket to pocket, and when you went through my pocket, you found the watch and took it. You kept searching everyone's pockets, and when you were done you said 'open your eyes. We have the watch.'

You didn't tell on me and you never mentioned the episode. You never said who stole the watch either. That day you saved my dignity forever. It was

the most shameful day of my life. But this is also the day I decided not to become a thief, a bad person, etc. You never said anything, nor did you even scold me or take me aside to give me a moral lesson.

I received your message clearly. Thanks to you, I understood what a real educator needs to do. Do you remember this episode, professor?

The old professor answered, 'Yes, I remember the situation with the stolen watch, which I was looking for in everyone's pocket. I didn't remember you, because I also closed my eyes while looking.' This is the essence of teaching:

If to correct you must humiliate; you don't know how to teach "

The Newly Adopted Counselor

By Tonny Samwah

My attention was drawn to a tweet this week on the socials where a young lady enquired from a friend about where she could get great counselling services, to her surprise and with full confidence the friend referred her to his 'pedi' for 'kishash' as they call it instead. Demeaning as it may be, a majority of the replies to that tweet, of course mostly being the young adults found amusement from the response. Loads of questions hit my mind on the state of our nation in regards to the social upbringing and adaptation of these future adults; is this it? Is this where we are? Are drugs a place to find solace? Are these the new adults? What is it then for the future generation?

A lot has been said about social maladjustment and how out societies have helped fight the fight against drugs, you may need to read that twice. There are loads of reasons that lead individuals to drugs, however, it is still baffling how a larger percentage of a generation can be drug dependent. In the older societies, drugs were believed to be a thing for the depressed, poor and individual who

beyond control. These days, young individuals inclusive of those who enjoy the finer things in life abuse drugs like it's a prescription from some supernatural entity. It has become a norm, a flex, one that if you're not associated with then you're referred to as old school. Lots of 20-year-olds think their lives are 'lit' just because they smoke and drink daily. Knowingly and with full disregard and ignorance, these young individuals waste their productive phase of life all in the name of sherehe. It's okay to have fun, there's nothing absolutely wrong with that. Nevertheless, we've to be responsible enough not to jinx the greater future with instant gratifications.

Our social discipline structure has deteriorated with time and from generation to generation. The fact that the 'Jayden' generation or Gen-Z as recently coined, enjoys much more freedom than '90s kids also tells a lot about the surging numbers in regards to drugs and substance abuse. Tertiary institutions and higher places of learning have done little to solve the situation as they have become new drug dens. As a matter of fact, most drug initiations for teenagers



happen at during this stage of life, when there's absence of proper guardianship and sense of freedom to make own decision.

Nevertheless, not all individuals go into drugs for fun related reasons, statistically, the most challenging age group is between ages 18 and 24, this is because at this point an individual's coping mechanisms aren't fully developed to handle most situations. It's marred with a lot of trials and errors and navigations to try to find direction and purpose for one's life. However, in some individuals, this can go further into their late 20s or even early thirties. The pressure to do something meaningful with your life, to be someone important, to be something coupled with the sight of others making great moves sometimes becomes unbearable. From rejection in job application to lack of sense of financial security to unsuccessful relationships leads majority of these young

individuals to drugs. But then, according to Mwine Isaac Norman, this is the age when you learn a lot about life, if you can hack through this stage of life the only hard moment in your life would be loss of your parents.

A good student of Robert K. Merton's Strain Theory will tell you of individual's various adaptation mechanisms to life strains and the societal pressures put on young shoulders to succeed. Many a time the coping mechanisms are pleasant especially when the individual feels they lack support from their resulting environments. It's thus important to have social mechanisms and structures to support young individuals to save them from over-dependency on drugs, reduce the rates of suicides, and depression-related cases.

"It's okay to have fun, there's nothing absolutely wrong with that. Nevertheless, we've to be responsible enough not to jinx the greater future with instant gratifications."

PHOTO STORY

Ahadi Kenya Trust Maragwa MP donation



Maragwa MP, Mary Wamaua and Ahadi Kenya Trust CEO Stanley kamau distribute blankets and food stuff to thousands of elderly and Persons living with disabilities in Igikiro village, Maragwa constituency, muranga. The project aims at support the vulnerable groups during this cold season. More than 3,000 Persons benefitted

Why was Narada Muni a Bachelor?

By Paresh Morjaria

According to a myth, once Narada Muni's meditation could not be disturbed even by Kamdev, the god of love. Narada Muni overheard someone say that this made him bigger than even Lord Shiva, since Kamdev had managed to disturb Shiva and his meditation was disturbed by him. This comment went to Narada's head and he started believing that he was superior to Lord Shiva.

Since Lord Vishnu was concerned of his favourite disciple's pride and arrogance, he decided to teach Narada a lesson in humility. Vishnu requested his consort, Goddess Lakshmi to take the human form of Srimati, the beautiful daughter, of King



Ambarish. During one such visit to the King Ambarish's palace, Narada saw Srimati and instantly fell in love with her and expressed his desire to marry Srimati. King Ambarish though did not prefer the match, could not say anything

to Narada. So he agreed to host a swayamwara and let Srimati choose her husband.

Narada immediately went to Lord Shiva and asked him as to what should he do, so that Srimati selected him. Shiva said that if he could look as handsome as Vishnu, then, Srimati might notice him and for this he should meet Vishnu himself. Narada went to Vishnu and requested that he look as good as Vishnu to enable Srimati select him. Vishnu smiled and decided to play a trick on Narada.

On the day of the swayamvara, Narada got a monkey-face, without his realising this. When Srimati came with a garland in her hand, she saw no Narada Muni but a monkey-faced man. However, next to him was a

handsome man calling her out. Srimati immediately garlanded him and before anybody could realise, both Srimati and the handsome man (who was none other than Lord Vishnu) had vanished in thin air.

When Narada saw his reflection in water, he was angry and felt cheated. He then cursed Vishnu that a time would come, when he too would have to be separated from his love, and at that time, it would be a monkey, whose help he would have to take to get his love back! I will spare you all the story of Ramayana!

However, Narada had also learnt his lesson and since then he shed all his pride and arrogance and decided to remain unmarried. Because of this episode, Narada Muni is also referred to as Kapi-Vaktra or monkey-faced.

CINEMA

Movie Outline

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.





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Knowing the right person to work with

A hurricane was brewing, and the eye of the storm seemed to be swirling around me and my boss. I looked on at the AGM, as he commanded his disciples. For the first time – and to his bewilderment - they revolted, discarding the yoke that had been around their necks for years.

Gordon was an interesting study in ideology, obtuse survival tactics, and narcissism, all rolled together to consume everything and everyone he touched. It was his organization! He was president, secretary, and treasurer, combined. His puppet committee bent to his

every wish. At that AGM, it all disintegrated, as the puppets began to see through their emperor's invisible apparel, ending in ludicrous fashion, with Gordon chasing wayward committee members down the street! Soon after, I began to separate my affairs from this dreadful character. He

pursued me with never-ending zeal, and it took two years to fend off the assaults. With time, I came to recognize this much-too-common trait amongst smaller charitable organisations the world over: to be controlled and operated – somewhat illegally - by one person. Years later in Kenya, I had to contend with



something similar (but that's a story for another day).

Following the decision to split, I found a new associate, and jointly we managed to break away from Gordon's clutches. John was a formidable character, whom at first even Gordon was hesitant to confront (though he soon overcame those inhibitions and resumed normal transmission, making life as uncomfortable for both of us as possible).

I had spotted John at a local community meeting, reporting back on alleged improper dealings by one of Gordon's offshoot organisations. The people involved had experienced

the same abuse I was now suffering: not a nice process to withstand. In his report, John treated the case with disdain, rising to the occasion with sincerity and grace: hallmarks of his style.

After a glittering career, my newfound partner had taken early retirement, but now coaxed by me to re-enter the fray, put his considerable efforts and influence into our new venture. I introduced him to the field of Global Education in Britain, and soon - in characteristic style - he'd risen to become the (unpaid) head person. I will remain forever in awe of his profound knowledge and ways of working.

John was well known for two traits: he didn't do detail (as they say) and he didn't suffer fools. Thus, in my work alongside him, I was the one to make sure all the fine points were in place, and I needed

to know my facts. Once I got those two things straight, we turned into a great team, well able to tackle common challenges from opposing angles, resulting in long-lasting solutions.

He joined me in both Kenya and India, to help deliver major conferences, and along the way introduced me to the rather posh Farmer's Club in Whitehall, and Lord Tyler, over coffee during a parliamentary break. He was honoured with an OBE, and had he lived longer, could well have been knighted. Sadly, that was not to be: John died at 72, still a comparatively young man, with a lot to give.

Choosing one's colleagues can be a tricky business, but in the end I got it right!

Duncan Gregory
www.whittlingourniche.com

Mombasa Walk Movement



22nd July 2023 is the Standard Chart Bank Walk with MWM Flagoff. We are breaking a sweat at the Mombasa Walk Movement led by our Board of Directors Chairperson, Kellen Kariuki and our Head of Corporate Affairs, Brand & Marketing Joyce Kibe. MWM Chairman Mr. Major Idris with the flag and Mombasa County Senator Hon. Faki.



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INVASION

The evasive bird causing havoc in Coast



By Mr. Rishi Arun Parikh

The Indian house crow, (Corvus splendens), also known as the Indian greynecked, Ceylon or Colombo crow has become a big menace in the entire Coast region. Its population has now grown beyond tolerable levels, and has spread in all Coast counties. It has also been spotted as far as Sultan Hamud in Makeni

County. The bird is not indigenous to East Africa. It is originally from India and was brought to Zanzibar in 1891, purposely for rubbish control. It arrived in Kenya around 1947 and has since become a notorious invasive pest. It has no known natural predators and therefore its population will continue to increase if measures will not be taken to control it. It is relatively not a big bird. Its size is about 16 inches in length and a bit slimmer. The forehead, crown, throat and upper breast are a richly glossed black, whilst the neck and breast are a lighter grey-brown in colour. The wings, tail and legs are black.

The crows usually nest on trees close to human habitation, mostly within towns and busy streets; which also serve as their roosting sites. They fly in the morning to forage for food within or far away from their roosting areas and then return in the evening. They prefer tall trees with dense crowns that are separated from other trees. The roost sites may often be enclosed by tall buildings. The birds lay between 3 to 5 eggs in a typical stick nest. As an invasive species, it has spread all over, both in urban and rural areas of the region. It is flexible, very adaptable and



lives in any area, associated with humans. House crows are omnivorous feeding on refuse, small reptiles and mammals, and other animals such as insects and other small invertebrates, eggs, nestlings, grain and fruits.

to be kept indoors or inside mosquito nets to protect them from being taken away. Some native small bird species might become extinct since the crows attack their nets and eat eggs and nestlings. Farmers have also complained of destruction of fruit and grain crops by the Indian house crow. The birds pose a health risk to the public. They spend time scavenging in garbage, including dead carcasses and are likely to pick disease causing pathogens, and spreading them to human inhabited areas. They are highly opportunistic birds and given their omnivorous diet, they can survive on nearly anything that is edible. However, there is a light at the end of the tunnel. The government through the Pest Control Products Board (PCPB) has temporarily registered an avicide called Starlicide, which will be used in management of the Indian house crow. Successful trials were done in Ukunda and Diani area by a company called Little Kenya Garden Limited, under strict supervision and monitoring by PCPB. Once treatment is done, the birds die slowly within 12 -24 hours at their roosting sites only and are safely collected for proper disposal. The county governments of Mombasa, Kwale, Kilifi, Taita Taveta, Tana River and Lamu, should jointly partner with Kenya Wildlife Services (KWS) and Little Kenya Gardens, to pool resources together and have a combined management program to eradicate the crows.

Madafu Newspaper, Editor

Sea turtle Conservation...

A turtle symbolises determination, persistence, patience and understanding. It is slow moving on Earth but incredibly fast and agile in water. It teaches us to be grounded in moments of disturbance and Chaos. A Convoy of saloon cars follow each other from Mombasa to Mtwapa and further to Jumba. Excitement is rising. Yes it's the Friends of Fort Jesus (FFJ) Field Day Trip to Jumba Beach Turtle site and Jumba Ruins on 27 May 2023. What is this Group : FRIENDS OF FORT JESUS all about. I quote "it was set up in 1978 to support Museums and monuments in the Coast Province and in particular Fort Jesus. It also promotes Conservation and awareness in Natural History, Geography, anthropology and history of the Coast." by Marlene Reid. Now back to our trip. On reaching Jumba Turtles site is run by Mr. Roger Jessop and Yvonne Warner, we were given a warm welcome and introduced to Sea turtle conservation. It was a very informative introduction. Apparently from May to October it is Nesting season for the Sea turtle. Egg laying and hatching after approximately 60 days. At the site they also make and sell beautiful artifacts which you will see in the pictures. Mr. Roger Jessop then took us to the Jumba beach to see a nest of Sea turtle. It was awesome to see the tiny hatchlings. Small innocent hatchlings would wriggle down the beach at high tide and off to a long journey into the high seas



and hopefully when grown up return to Jumba beach to nest. Each adult sea turtle is tagged and record kept of it's nesting and tentative date of hatching. It takes approximately 60 days for an egg to hatch. Nests are concealed from potential predators and night patrol on duty to guard the females coming out to lay their eggs. On release, the hatchlings are counted and guided into the Sea under the watching eyes of Roger Yvonne and their Team plus volunteers who are Sea turtle conservation enthusiasts. It was a very educational trip. It opened our eyes to how one can assist in

sea turtle conservation. Information is Shared to those who wish to receive updates on Sea turtle releases on WhatsApp. Once again a big thank you to Roger, Yvonne and Team for a wonderful work they are doing for Sea Turtle conservation. In the late morning, the FFJ group took a tour of the Jumba Ruins. It is a famous settlement at the Coast under the museums of Kenya. Sea Turtle wisdom: Travel at your own pace. Stay calm under pressure. Trust the flow. Be comfortable in your own shell. Enjoy time alone. Keep moving forward.

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SUSTAINABLE CHANGE



Emma’s View (A newborn babe with 2020 vision)

Emma was born six weeks premature on 31st December 2019. Her arrival coincided with the dawn of Covid-19. By the time she'd reached her due-by-date, the corona virus was rampant in China and beyond.

In her first twelve months Emma witnessed a world in turmoil; some places handled the virus better than others: South Korea compared to Brazil, for example. She felt the difference reflected leadership attitudes. She also noted that a focus on the pandemic meant other critical longer-term issues, such as climate change, were neglected.

Emma wondered why this was so? if a problem was created by humankind, surely it should be fixed by humankind, not left to grow like an infected sore. Some leaders, she noted, could fix things; New Zealand's Jacinda Ardern for example, appeared amazingly positive, and able to identify remedial actions for key challenges.

However, she saw that many leaders, in both government and private sectors, appeared hell-bent on ramping up, rather than scaling down challenges. She looked ahead to the world of 2100, when she would reach the age of 80; it promised to be a rough ride!

Emma concluded she must become directly involved, to help develop a more positive pathway. She noted an old Chinese proverb:

"If you don't change direction, you'll end up where you're going."

"Exactly," she thought.

Emma read of good people with brilliant ideas. Amongst them was historian Yuval Noah Harari, who identified three huge obstacles facing the 21st Century: Nuclear War, Climate Change and Artificial Intelligence. There was also



a teenager; a young lady with incredible foresight and unshakeable resolve to bring about sustainable change: a



schoolgirl known as Greta, who had succeeded in putting one of Harari's major challenges, Climate Change, into the spotlight, for all to consider and act on.

Emma identified with Greta's straight forward call to action; to replace the much too often lauded values of untruth and greed, by their preferred opposites, truth and trust.

Our young girl with extra-sensory vision, hung on the words of astronaut Scott Kelly, after he had seen earthrise from space:

"Absolutely breathtaking. Like someone took the most brilliant blue paint and painted a mural right in front of my eyes. I knew I would never, ever see anything as beautiful as planet Earth again."

But she was confused. Why then, did people continue to spoil this beautiful blue planet?

After more studies, Emma agreed with Yuval Harari, that the world's challenges could be met, if people worked within well-defined frameworks, to develop multilateral and non-partisan approaches to the planet's major concerns. Most importantly, the methods should be issue-driven, not money-focused. This was where she wanted to be, helping to bridge the gap between Harari's theory and Greta's practical action: to dance alongside Greta, helping to build sustainable solutions. Even perhaps to become the next Greta!

At that very moment she was disturbed by her mum, who seemed intent on changing her nappy. Such a bore, when she held all these grand thoughts in her mind.

"Well, at least I'm glad to have sorted it out," Emma thought to herself, as she sat in her high-chair doing more research. "I just need my afternoon siesta, then I can

start more detailed planning when I wake."

PHOTO STORY



Sea turtle Jumba Ruins

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WILL

Importance of writing your Will



By Mr. Rishi Arun Parikh

In Kenya and around the World; having a will is indeed crucial for the continuity of family assets and to safeguard family money for the next generations. Let me explain its importance and the benefits it provides:

1. Asset Distribution as per Your Wishes: A will allows you to specify exactly how you want your assets to be distributed among your heirs. Without a will, your assets may be distributed according to the intestacy laws of your country or state, which might not align with your preferences and wishes.

2. Avoiding Family Disputes: Clear instructions in a will can help prevent disagreements among family members over who should receive what. Such disputes can lead to bitter conflicts and even legal battles, which can deplete the value of the estate and strain family relationships.

3. Minimizing Taxes and Expenses: A well-drafted will can take advantage of tax-saving strategies, reducing the tax burden on your estate. Additionally, a will can minimize legal and administrative expenses associated with the distribution of assets.

4. Appointing Guardianship: If you have minor children, a will allows you to appoint guardians to take care of them in the event of your passing. This ensures that your children are raised by someone you trust and not appointed by the court.

5. Protecting Vulnerable Beneficiaries: A will can establish trusts for beneficiaries who may be unable to manage money on their own, such as young children, disabled individuals, or spendthrift family members. This protects their interests and ensures the assets are managed responsibly.

6. Preserving Family Businesses: If your family owns a business, a will can dictate how the business will be passed down and managed. This helps maintain the continuity of the business and prevents it from being sold off or mismanaged due to unclear ownership.

7. Avoiding State Distribution Laws: In the absence of a will, your assets may end up with

distant relatives or even the state if no heirs are found. By having a will, you retain control over who receives your assets and prevent them from passing to unintended beneficiaries.

8. Flexibility to Update: A will allows you to update and revise your estate plan as circumstances change, such as marriage, divorce, birth of children, or significant changes in your financial situation.

9. Peace of Mind: Creating a will ensures that your family's future is well planned and protected. This peace of mind can be invaluable, knowing that you've taken care of your loved ones and provided for their financial security.

To ensure your will is legally valid and comprehensive, it is advisable to consult an estate planning attorney or lawyer. They can help tailor the will to your specific needs and ensure it adheres to the legal requirements of your jurisdiction. Remember that a will is just one part of a comprehensive estate plan, so it's wise to consider other important documents like trusts, powers of attorney, and advance healthcare directives to fully protect your family's interests.

When a wealthy person with numerous assets fails to create a will, there can be several serious repercussions for their estate and their family. Some of the key consequences include:

1. Intestacy Laws: Without a will, the distribution of the estate will be governed by intestacy laws in the relevant jurisdiction. These laws vary from place to place but generally prioritize distributing assets among close family members. However, this may not align with the individual's wishes or intentions for asset distribution.

2. Family Disputes and Estrangement: Intestacy can lead to disputes and disagreements among surviving family members over how the assets should be divided. This can cause rifts and strained relationships among heirs, leading to long-lasting family tensions.

3. Lack of Asset Control: Creating a will allows the individual to maintain control over how their assets are distributed. Without a will, control shifts to the legal system and the state, potentially resulting in unintended beneficiaries receiving a share of the estate.

4. Higher Estate Taxes: Intestacy may lead to increased estate taxes as there



won't be any estate planning strategies in place to minimize tax liabilities. This can result in a significant reduction in the value of the estate that could have otherwise been preserved for the family.

5. Loss of Family Businesses: For wealthy individuals who own businesses, dying intestate can lead to complications in the management and distribution of the business. It may need to be sold or divided, potentially affecting its continuity and value.

6. Potential Heir Challenges: In the absence of a will, distant relatives or individuals claiming to be relatives may come forward to stake a claim on the estate, leading to legal challenges and further delaying the distribution process.

7. Guardianship Issues: If there are minor children involved, dying without a will can result in the court appointing guardianship without knowing the deceased's preferences. This can lead to uncertainty about who will care for the children.

8. Unintended Beneficiaries: Without clear instructions, assets may pass to unintended beneficiaries, such as ex-spouses, distant

relatives, or even charitable organizations that the deceased might not have preferred.

9. Time-Consuming and Costly Probate Process: The absence of a will can result in a more complex and time-consuming probate process, leading to higher legal and administrative expenses. This can further reduce the overall value of the estate.

10. No Provisions for

Special Needs or Charitable Giving: Without a will, there are no provisions for establishing trusts to support family members with special needs or for leaving charitable donations, which may have been important to the deceased.

In conclusion, not having a will can lead to a range of legal, financial, and emotional issues for both the estate and the surviving family members.

To avoid these serious repercussions, it's essential for wealthy individuals to create a comprehensive estate plan, including a will, to ensure that their assets are distributed according to their wishes and that their loved ones are taken care of after their passing.

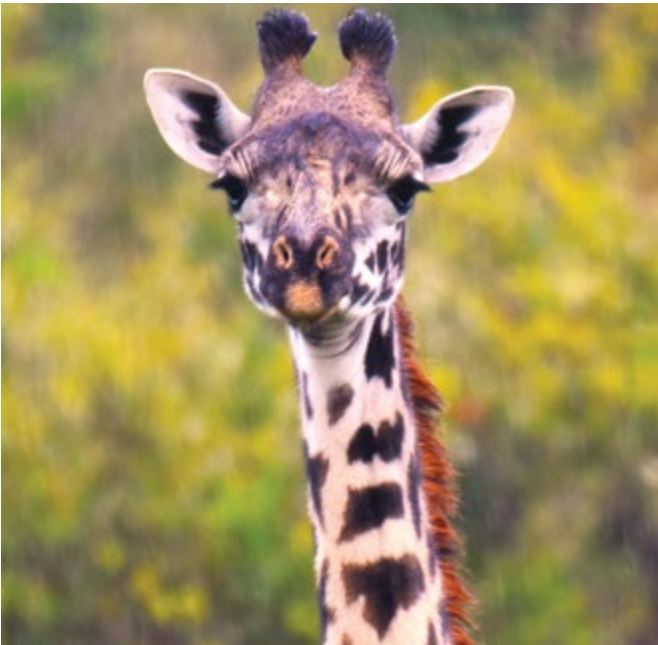
Many Family Asset wrangles are not settled even after three generations of feuding in Courts!

Madafu Newspaper, Editor

PHOTO STORY



Accompanying The President Hon. William Samoei Ruto for the Official Opening of ACK St. Thomas Girls Secondary, Awarding Citizenship to Pemba Community and Issuing Title deeds at Karisa Maitha Stadium, Kilifi North Constituency.



Overcoming vaccine hesitancy



By Antony Omutanyi

The internet has reduced the world to a village, resulting in the spread of folklore regarding the covid19 vaccine. The majority of the population is reluctant to take the vaccine due to myths spread around it. Social media platforms have contributed immensely to the spread of misinformation about the vaccine, which has caused many people to fear it and be reluctant to take it. Even though there is a lot of scientific evidence proving the safety of the vaccine, the myths are still being spread far and wide, leading to vaccine hesitancy.

The Agakhan Foundation, in collaboration with the Ministry of Public Health, has combated the spread of false information about the covid19

vaccine in Mombasa County. In Nyali sub-county, there was a significant portion of the population hesitant to receive the COVID-19 vaccine. The local health authorities recognized the urgent need to address this issue and embarked on a communication campaign to educate and dispel fear among residents.

They decided to approach the community by organizing town hall meetings and inviting medical experts and community leaders to share accurate information about vaccines. This allowed them to dispel any misinformation and address any concerns people had about the vaccines. It also provided an opportunity for the community to ask questions and learn more about the safety and efficacy of the vaccines.

During these meetings, the health authorities emphasized the safety and efficacy of the vaccines. They addressed concerns about side effects, long-term effects, and vaccine development speed. They also discussed the importance of

following the recommended vaccination schedule and taking necessary precautions, such as wearing masks and social distancing, even after being vaccinated. They also outlined the plans for distribution and administration of the vaccines.

They also provided personal testimonies from community members who had already received the vaccine and experienced no adverse effects. By providing these testimonies, the health authorities hoped to demonstrate that the vaccines were safe, as well as to build trust within the community that the vaccine was an effective way to prevent the spread of the virus.

To further personalize the message, they collaborated with local physicians and nurses from Coast General Hospital and Jocham hospital. They shared their experiences administering the vaccine and the positive impact they witnessed. For instance, one of the physicians shared a story of a 93-year-old man who was the first in his family to



receive the vaccine and how his entire family was moved to tears when he was done. These healthcare professionals addressed the concerns of hesitant individuals on a more personal level, building trust and fostering open dialogue. They were able to provide specific information about the vaccine and answer questions about its safety and efficacy. They also assured people that the vaccine was available to them free of charge and without any restrictions. The move saw a surge in covid19

vaccine taking in Nyali Sub County. Mama Halima Mohamed is among the people who took the vaccine after receiving assurances of her safety from the physicians and nurses. She said she was avoiding it due to the lies she heard concerning the vaccine. In general a total of 210 people have been vaccinated only this month as compared to the last month where only 78 people were vaccinated.

The increase in the number of people taking the vaccine is a positive sign that more people

are being informed about the safety and effectiveness of the vaccine. This demonstrates that more people are willing to receive the vaccine despite the lies they have heard, indicating that truthful information is being spread and leading to a more informed public. The health workers are also doing a great job of spreading awareness and providing correct information regarding the vaccine. This is likely to result in even higher numbers of people taking the vaccine in the coming months.



Bowling

By Vishal Shah

Kenya Team to AST Namibia

Preparations started way back in March 2023 to select a Men's and Women's team to represent Kenya. Trials were held at the Nairobi Club on Two weekends. One weekend involved each participant play Singles Games amongst each other. And the second weekend involved Skill drills where the Bowlers ability to play various situations is tested. We had 14 Men and 12 Ladies competing for a slot in the team to represent Kenya. 5 men and 5 ladies would be participating in all the 4 Disciplines namely Singles, Pairs, Trips and Fours . Skills are very essential when competing at International level. Once the singles games and skill drills are done then Selection Committee will compile past performances results and then the Top 5 from both Men and Women are Selected for Kenya. This year we had Cephas Kimwaki, Joseph Kitosi, Anwar Hamada, Kjellan and Igege. Ladies team include Essie Ndungu, Eunice Mbugua, Jedida Maina, Celestine Masila and Fridah Mwangi. Team training session started 3 times a week at Nairobi Club Bowls Section. The Kenya Team left for Windhoek in two batches. Men's Team Manager Mr Andrew Jones and Ladies



Bronze Medal Winner

team Manager Beatrice trained the teams very well. We won a Bronze Medal in the Men's Singles Championship with Cephas Kimwaki and a Silver in the ladies Trips

with Celestine Masila, Eunice Mbugua and Fridah Mwangi. Congratulations to them for making Kenya Proud.

Photo Courtesy: Namibian / Vishal Shah

Anthony Joshua v Robert Helenius: Briton wins with one-punch knockout in round seven



The 33-year-old Briton - who was jeered by fans during the bout - landed nothing of note until a huge right to the jaw ended Helenius' night.

The win - Joshua's first stoppage victory in two-and-a-half years - sets up a blockbuster fight with American Deontay Wilder in January.

"It's a fickle sport, you've got to be real about this industry and not get caught up. I've done my job tonight," Joshua told BBC Radio 5 live.

When asked in the ring

about the potential fight with Wilder, Joshua joked: "My back's gone, is there a doctor in here? I want to carry this heavyweight division to the top."

After the knockout, an emotionally charged and smiling Joshua climbed out of the ring, high-fived fans and shared a beer with Irish mixed martial arts star Conor McGregor.

Helenius needed oxygen after the heavy knockdown, but recovered and left the ring unassisted after congratulating Joshua.

England midfielder Jude Bellingham scored on his Real Madrid debut



The 20-year-old, who joined the Spanish giants for £88.5m from Borussia Dortmund this summer, got Real's second when he volleyed in from close range.

He is the first English player to score in a competitive game for Real since David Beckham in 2007.

Rodrygo had opened the scoring with a near-post finish at San Mames.

In an impressive performance, Bellingham caught the eye early in

the second half with a run from deep inside his own half, skipping between two Athletic players before racing to the edge of their box.

Bellingham played in all four of Real's pre-season friendlies, scoring in a 2-0 win over Manchester United in Texas.

Former England and Manchester United midfielder Beckham also scored on his league debut for Real in 2003.

Real were runners-up in La Liga last season, finishing 10 points behind Barcelona.

CLASSIFIEDS

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WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	POOL TOURNAMENT
Tuesdays Club Zero 4 Moi Avenue Ginspired Tuesdays with Faces Of Africa Band Safari Inn Shanzu Serena Rd Live Band Evening with Maranda & Band	Fridays Apollo Club Changamwe Ohangla Fridays with Achieng Nyarongo Kahama Hotel Bamburi Kahama Fun Day with Dr Neon Band Divas Lounge Bamburi Rhumba Nostalgia with Ambro La Musica Band Standard Grill Mtwapa Rhumba Night with Ricky Mulolo & Idologia Musica Band	Saturdays Apollo Club Changamwe Ohangla Saturdays with Mtu Saba Standard Grill Mtwapa Rhumba Night with Ricky Mulolo & Idologia Musica Band Sundays Divas Lounge Bamburi Rhumba Sundays with Ambro La Musica Band Maasai Bars And Restaurant Jambo Africa Band Oasis Beach Bar & Restaurant Vumisha Groove Band Mama Africa Lounge and Restaurant Shanzu Rhumba Sundays with Ricky Mulolo & Idolodia Musica Band	Sundays The New Big Tree Bamburi Beach La Festa Sunday with Mombasa Roots Band DJ Ronyle MC Chapatizo DJ Prince SHOCASE / LIVE EVENTS Saturday 12 08 Reef Hotel Nyali The Foundation Album Launch Samba Arena Bamburi Ohangla Night with Amiso Twango Live ART EVENTS & EXPOS up to 25 08 Alliance Française de Mombasa African Arts Triple Heritage - Art Exhibition	25 & 26 08 Mingles Lounge Nyali Mingles Mega Tournament KIDS 14 to 25 08 Alliance Française de Mombasa French & Tech Bootcamp Sunday 20 08 Glory Holiday Resort Nyali Galah Kids Show DANCE Saturday 12 08 Mombasa Continental Resort Shanzu Serena Rd Kizomba Rhumba Social - Semba Salsa Bachata Afro Lingala

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SHOWCASE / LIVE EVENTS	SHOWCASE / LIVE EVENTS	MOTOR SPORTS	FASHION & BEAUTY	MUSICAL
Friday 11 08 Sk8City Diamond Plaza The Blogg Party Saturday 12 08 Hodari Club Lavington Rawcoustic Ed. #5 with Tugi Mlamba Njoki & Newman Owor Jack Muguna Purple Kanga Mwana Wa Muziki with Juma Tutu Kidawa Tutu Nyota Ndogo The Mist Westlands Misty Jugle IV with Chef P 7 Dusks Basthma Moozert MC Brango Kadawa Young Black Duke Of Hazard Balter Sensei Karen Country Club Karenites All Black Party Alliance Française de Nairobi Dhoad Gypsies Of Rajasthan	Saturday 19 08 The Winning Post Ngong Racecourse Tyler Icu Sunday 20 08 Cheche Bookshop & Cafe Cheche Sessions with Abeneko & The Positive Mind Saturday 26 08 Uhuru Gardens Sababisha Festival - Shenseea Live In Kenya Saturday 29 07 COMEDY Saturday 26 08 The Junction Mall Ngong Rd Because You Said So Down To Earth	Sunday 20 08 Machakos People's Park Betika Rally Cross SPORTS 12 & 13 08 RFUEA Grounds Rugby - Christie 7s 2023 FESTIVAL Saturday 08 07 Rowallan Scouts Camp Dawa Sesh Festival - Sound Therapy Body Art Art Therapy Movement Therapy Thursday 29 07 Almasi Gardens Thika Drip And Drill Festival	Saturday 26 08 Mövenpick Hotel Sanaa - Kenyan Fashion Curated By Connie Aluoch ENVIRONMENT / SHOWCASE Saturday 26 08 Emara Olesereni Miss Earth Kenya 2023 STANDUP STORYTELLING Friday 25 08 Kenya National Theatre Zanzi Madness MUSICAL 18 to 20 08 Alliance Française de Nairobi Meetings	25 to 27 08 Nairobi Academy Preparatory and Secondary School Matumaini FAIRS & EXPOS 25 to 27 08 The Sarit Expo Centre Interiors Reimagined 2023: Kitchen & Bathroom Expo Edition CARS Saturday 26 08 Ngong Racecourse The Auto Trade-In Motor Show - Showcasing the newest cars and vehicle technology by the best dealers in the country

HEALTH

BODY CARE

TOURISM

SOON AVAILABLE

Tourist Map and Guide of Mombasa County

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SHOES

EDUCATION

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