

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

Issue 050 / AUGUST 2023

Complimentary Distribution - Free

Registered at the G.P.O as a Newspaper

AFRICA YOUTH CLIMATE ASSEMBLY



President William Samoei Ruto during the official opening of the Africa Youth Climate Assembly at KICC, Nairobi; Young people of Africa, have a crucial role to play today to shape leadership in the continent. Africa is emerging as the leader in driving the global shift towards climate action. Without Africa's entrepreneurial contributions, the world cannot achieve net-zero emissions by 2050. Africa has the capacity to expand its economy and prosperity while avoiding worsening the climate situation and, in fact, offering climate-smart solutions through the young people.

50th
Edition

Rakshabandhan



In Hinduism; A Sister ties a "Rakhi" (thread) on he Brother's wrist for blessings, protection and love. Here Mr. Wahinya a Church Pastor gets tied a Rakhi by a Sister from Brahma Kumari (BK) International from India. Mr. Wahinya promised to protect his new Sister for Life.



MWM Members dancing with a Mwakirunge Resident

RIVER CLEANUP

We are involved in activities along Ngong River. We do clean ups and planting of trees along the the river. Today we joined Safisha Saturday and other groups in cleaning one of the rivers draining into Ngong River. Kudos!



TOP NEWS

President Ruto says devolved roles to be transferred to Counties

President William Ruto has warned of stern action against officials who misuse public resources.

He said as much as the Government continues to support devolution in transforming lives of Kenyans, he will not have mercy on those who misuse funds.

President Ruto called on the need for prudent use of resources to initiate more development projects aimed at empowering the lives of ordinary Kenyans.

"As far as I can tell, it was never the spirit or intent of the people of Kenya to devolve corruption, mismanagement and malpractices to the counties," said President Ruto.

The Head of State regretted that many counties have evolved into notorious epicentres of wanton looting, with everyone, from governors and county executive to junior officers being implicated in a wild free-for all at the expense of essential service delivery.

"Many innocent Kenyans are victimized, underserved or altogether neglected on a daily basis because of this devolved criminality," he said

He cautioned that counties must not become drivers of scandal, incubators of graft or embezzlement hubs, saying the people of Kenya deserve better, and they must be rid of 'this reckless betrayal'.

"It will not be business as usual. We must liberate devolution from corruption," he said.

President Ruto made it clear that corruption will be treated at all levels of government as a high priority law enforcement



issue requiring expeditious and decisive response.

"Regardless of position, office or other status, any person implicated in the loss of public funds, whether in the national or devolved government, must encounter the punitive consequences of their actions in full," said Dr Ruto.

He asked the agencies concerned to move with speed and attend to the many cases of corruption that are festering in many counties.

President Ruto, at the same time, said ditigitalisation and automation remain solution to poor governance and

attainment of efficient service delivery.

"I therefore encourage you to embark on the journey of integrating digital solutions and ICT to service delivery and project implementation," said President Ruto.

The Head of State commended the many counties that have responded positively to his call of planting trees, as well as programmes and projects to restore depleted or degraded landscapes and ecosystems.

"Climate action and environmental conservations must be seen to be an integral

component of transformation. It is also an opportunity for inter-governmental cooperation," said Dr Ruto.

Senate Speaker Amason Kingi urged counties to ensure accountable and transparent use of resources.

"It's time counties explore innovative ways of creating income generating projects to avoid over reliance on the national government," said Mr Kingi.

Prime Cabinet Secretary Musalia Mudavadi said devolution has impacted the society positively by transforming lives of ordinary

people. "The only remaining focus is to tackle the problem of pending bills," said Mr Mudavadi.

Chairperson of the Council of Governors Anne Waiguru said devolution has transformed the lives of millions of Kenyans since its inception.

"As managers in our counties, we will endeavor to meet the aspirations of our people," said Ms Waiguru.

US Ambassador to Kenya Meg Whitman said Kenya was becoming the destination of choice for many because it's the most stable democracy in

the region. She said last year's General Election was free and fair, having confirmed by the Supreme Court.

"What I witnessed was nothing short of remarkable. Kenya held what many analysts and commentators say was free, fairest and most credible election in Kenyan history," she said.

She said the country remains gateway to not only East Africa wealth but also Africa as a whole that need to be exploited.

Ms Whitman praised the ongoing efforts eliminate corruption in the country.

He said it was impressive that there were positive efforts in the fight against corruption in Kenya.

"President Ruto has introduced firm measures to eliminate corruption that has led to sacking of top Government officials involved in the vice," said Ms Whitman.

She noted that the kind of tertiary education in Kenya has made it possible for the country to have the best workforce in the world.

Chair of the Devolution Donor Working Group Amb Ole Thonke said Devolution in Kenya has become a game changer in transforming lives of the people.

He said the timely dispatch of money to counties by the national government remains key to efficient and prompt service delivery.

"The move by President Ruto and his administration to send funds to counties at the right time must be applauded," he said.

Africa has a duty to make deliberate decisions to increase trade among its nations

President Ruto said African countries should eliminate barriers to trade in order for investors to exploit opportunities in the continent.

Speaking at the Joaquim Chissano International Conference Centre, Maputo, during the Mozambique-Kenya business investment forum, Dr Ruto said decisions must be made to promote intra-continental trade.

He argued that investors would not be able exploit the continent's potentiality if barriers hindering free movement of people and

goods were not eliminated.

"There is no longer just a Mozambican or Kenyan market, because countries are now integrated in the Common Market for Eastern and Southern Africa (Comesa)," said President Ruto.

He added: "I want to persuade the businesspeople here to look beyond our two countries and explore opportunities in the continent."

He said there is the desire and aspiration that the continent should create a common market free from obstacles if 'we have to prosper'.

The Head of State reiterated



the need to empower Pan-African Parliament to make Africa Union (AU) accountable

in its operations.

"We must have a strong body that can be the continent's

stand bearer on issues affecting the region," he said.

President Filipe Nyusi said there were opportunities for investments in the field of agro-processing, production of flowers and infrastructural development among other sectors. "We have improved our business environment for investments to thrive," said President Nyusi.

Meanwhile, President Ruto has assured Kenyans in diaspora that the Government will continue to carry out reforms aimed at improving service delivery.

He said efforts were being

made to ensure all Government services were moved to a digital platform to enable them access services online without necessarily visiting offices.

"When I took over last year, 320 Government services were being done online. But now we've 5,300 services online. Am sure by the end of this year, all services will be done online," he said.

Addressing Kenyans living in Mozambique in Maputo, on Friday evening, Dr Ruto said the issue of driving licenses that has been a challenge to them in Mozambique has been resolved.

President Ruto maintains the need for a barrier-free movement

Removal of visa requirements among African states, remains key to promotion of free flow of people and trade in the continent.

President William Ruto maintains the need for a barrier-free movement of people and goods in the region.

He said there was need for African leaders to free the continent of border chains, noting that even ‘those who colonized us have done away with visa requirements in their home countries’.

“Visa requirements, which were introduced by our friends, who created boundaries for us have abandoned it in their current locations. Surprisingly, the European Union (EU) has a single visa among its 27 member countries,” said President Ruto.

“But imagine, the people who created boundaries for us to have visa requirements, have abandoned the process in their home countries, simply because it has no meaning anymore. So, why should we continue implementing it?” asked President Ruto.

President Ruto said Kenya has lifted visa requirement for African countries to promote intra-continental trade.

He made the remarks on Thursday evening; during a banquet dinner hosted for



him at Ponta Vermelha Palace in Maputo, Mozambique by President Filipe Nyusi.

The Head of State is on a two-day state visit of the country.

At the same time, President Ruto, said the culture of violence should be discouraged by all means.

He emphasized on the need for African countries to embrace democratic ideals and desist from taking over power through undemocratic means.

“The same way we said no to colonialists who oppressed us, should be the same way we

to say no to those who want to take power through coups and undemocratic means in our African Continent,” said President Ruto.

President Ruto said Kenya and Mozambique would continue to collaborate in areas of mutual interest for the benefit of their citizens.

President Nyusi said Mozambique and Kenya have strong bonds, noting that the people of the two countries have many common characteristics.

He called on the need for the two countries to enhance

partnership aimed at uplifting the living standards of their people.

“We will continue to improve our economic and diplomatic ties for the mutual benefit of our people. We want our citizens to take advantage of the existing opportunities to improve their lives in these two great nations,” said President Nyusi.

Present were First Lady Rachel Ruto, Cabinet Secretaries Alfred Mutua (Foreign Affairs), Aden Duale (Defense) and Attorney General Justin Muturi among others.

Ahadi Kenya Trust Donations to elderly at Igare market



Ahadi Kenya Trust Chief Executive Officer Stanley Kamau shares a light moment with elderly women as they try popular children's ring dance at Igare market in Bobasi Constituency, Kisii County during the donation of assorted items to vulnerable people on Friday August 18, 2023. More than 200 vulnerable elderly women and men benefited from blanket, ankara and maize flour donations by Ahadi in partnership with Ushirika Wema Initiative. Dr. Kamau called for protection of elderly women against witchcraft stigmatization.



Ahadi Kenya Trust Chief Executive Officer Stanley Kamau interact with the elderly during the donation of assorted items to vulnerable people at Igare market in Bobasi Constituency, Kisii County on Friday August 18, 2023. More than 200 vulnerable elderly women and men benefited from blanket, ankara and maize flour donations by Ahadi in partnership with Ushirika Wema Initiative. Dr. Kamau called for protection of elderly women against witchcraft stigmatization.

The Government has intensified the upgrading of roads across the country to spur trade

President William Ruto said the move is aimed at creating the right environment for businesses to thrive.

He noted that modernised infrastructure means better earnings, more jobs and enhanced economic growth for the country.

He said Sh260 billion has been set aside for improvement of roads in the country.

President Ruto noted that MPs have approved the funds, saying rehabilitation of rural roads will open up agricultural areas.

He said infrastructure is critical to development, hence the huge investment in the sector.

President Ruto said the transport sector, and in particular roads, play a key role in facilitating marketing of agricultural produce as well as development of industries.

“Improvement of roads in rural areas will help farmers access markets for their farm produce,” said President Ruto.

The President spoke at Shamata shopping center in Ndaragwa, Nyandarua County, on Thursday, during the launch of the Maili Kumi-Subukia-Sipala-Shamata-Kaka-Kariamu road. The 50-kilometre road that will be done at a cost of Sh1.6 billion is expected to be completed in the next one and half years.

President Ruto cautioned that no delays in delivering



the projects on time will be tolerated.

He argued that delays in roads constructions deny the country the much needed accessibility and faster movement of people and goods in the development

process.

The Head of State, at the same time, asked county governments to ensure timely disbursement of fertilizers and seeds to farmers.

“We do not want to hear of situations where farmers have

failed to receive fertilizers or seeds on time during planting seasons,” he said.

Dr Ruto said once the national government disburses the commodities to counties, the latter should ensure farmers collected them in their nearest centres without incurring any transportation costs.

He said cartels in the distribution chain have been eliminated following the recent registration of farmers to benefit from subsidized farm inputs.

Deputy President Rigathi Gachagua said the Government was committed to serving Kenyans.

“President Ruto and his administration is committed

on service delivery to all Kenyans. That’s why we are launching this road and we will do more across the country as we promised,” said Mr Gachagua.

He urged leaders to serve the people instead of engaging in activities that add no value to the lives of the citizens.

Present were Cabinet Secretary Rebecca Miano (EAC and Regional Development), Governor Kiarie Badilisha (Nyandarua), MPs Dindi Nyoro (Kiharu), George Gachagua (Ndaragwa), John Methu (Nyandarua), Faith Githau (Women Rep, Nyandarua), Wanjiku Muia (Kipipiri), Mwangi Muchiri (OI Jororok), Zachary Kwenya (Kinangop) and David Kiharaho (OI Kalou).

NEWS

Faulu Bank empowers SMEs through innovative customer engagement forums

Faulu Microfinance bank kicked off the rollout of its revamped solutions to customers across the country ensuring that they fully understand and can harness the benefits of their new offerings.

The move is in line with the bank's new commitment to foster the growth of small and medium-sized enterprises (SMEs) even as it positions itself as a leading Traders Bank.

Speaking during a customer forum held in Nakuru, Faulu Bank Head of Business Growth, Justus Kittony noted that through these engagement forums, the bank aims to equip customers with the insights and solutions needed to navigate the financial landscape effectively and make their entrepreneurial aspirations a reality.

"At Faulu, we recognize the integral role that SMEs play in driving economic growth. To support their endeavours, we have been conducting a series of Customer Engagement forums to demystify our revamped solutions, empowering our customers with the financial tools they need to succeed. The key focus for this is to offer working capital loans, trade finance, SME loans, including asset finance, to facilitate the expansion and sustainability of these enterprises," said Mr. Kittony.

The forums, which have since been held in Nakuru, Kisumu, Machakos, Matuu and Eldoret, will be held in different parts of the country in the next five months.

In addition to addressing financial solutions, the forums will provide a platform for participants to gain invaluable financial education.

Customers present will also have an opportunity to engage with Faulu's experts on various topics related to business growth, ensuring they have the knowledge required to make informed



(Left) Faulu Head of Business Growth, Justus Kittony, Head of Branches Faith Kaithia engage Rev. Benson Muturi and Milka Wambui of WGCK Mountain of Glory Church during the bank's SME forum held in Nakuru to cascade the banks offering and equip business leaders with sound financial advice to enable them build resilience in their ventures.

decisions and maximize their potential. Last year, the bank conducted a thorough product rationalization exercise that saw it revamp its product offering in a strategic move to boost customer experience, offer convenience and tap into the available youthful customer base. The new products are categorized into three Customer Value propositions (CVPs) which include Biashara CVP, Blended Retail CVP, and Digital CVPs.

The Biashara Value proposition focuses on traders by offering them

tailor-made solutions such as pre-approved loan limits, especially for traders who deal in fast-moving goods. This is also an avenue for mobilizing affordable and sticky deposits as customers will be required to build their financial profile before accessing the facilities.

Blended Retail CVP targets salaried customers who own side businesses and hence the need to offer consolidated financial solutions for all their needs. Finally, the Digital value proposition that is pegged on the fact that the future of Banking is digital and

hence the capability will be a key enabler across all the business lines. The Bank is also looking at dispensing most of the micro loans digitally which will play a major role in recruitment of the youth to the Bank.

The forums showcase Faulu Bank's proactive approach to empowering SMEs and agribusinesses and showcase its dedication to driving economic development from the grassroots level. This solidifies its commitment to being a partner in its customers' growth journey.

Kenya ready to host The Africa Climate Summit



On behalf of H.E. President William Ruto, this evening Deputy President Rigathi Gachagua visited KICC to assess the progress of preparations of this venue that will host Africa Climate Summit and the world, on September 4th to 6th, 2023.

"Our President is ready to host the tens of Heads of State and Government and hundreds of delegates as we chart an Africa-centred approach to a sustainable environment that incorporates

Agenda 2030 of the United Nations and Agenda 2063 of the African Union." H.E. Rigathi Gachagua, EGH stated.

The time is ripe for Africa to redefine the Climate Action pathway; Kenya is ready to lead the Continent and the Globe in mitigating the impact of Climate Change.

DP was accompanied by Environment CS Soipan Tuyu, her Tourism counterpart Peninah Malonza, Chief of Staff and Head of Public Service Felix Koskei, among other officials.

PHOTO STORY

Cooking record



Kenyan Chef Maliha Mohammed on Monday morning surpassed the Guinness World Record for the longest home kitchen cooking marathon. The self-taught chef if certified by the Guinness World Record, she will be displacing American Rickey Lumpkin of California, who cooked for 68 hours, 30 minutes, 1 second in December 2018. The Kenyan chef blew past that record on Monday, 14 August 2023 clocking 68 hours 30 minutes 02 seconds.

The Chef who Targets a 90 hours cooking marathon has spent last 3 days showcasing her culinary skills, Let's Continue Support Chef Maliha. All foods prepared will be donated to street kids and orphanage homes.

Five cybersecurity tips suitable for everyday users

1- Strong, Unique Passwords: Always use complex passwords that are at least 12 characters long, combining uppercase, lowercase, numbers, and special symbols. Avoid using easily guessable information like birthdays or names. It's essential to have different passwords for each online account. Consider using a password manager to keep track of your passwords securely.

2-Enable Two-Factor Authentication (2FA): Activate 2FA on all accounts that offer it. This adds an extra layer of security by requiring two forms of identification before granting access. Even if a



hacker gets your password, they would still need another form of verification, such as a code sent to your phone, to access your account.

3-Beware of Phishing

Attacks: Be cautious about unsolicited communications asking for personal or sensitive

information. Always check the email address of the sender, avoid clicking on suspicious links, and never download attachments from unknown sources. If in doubt about the authenticity of a message, contact the company or person directly using a verified method, not the contact details in the suspicious message.

4-Regular Software Updates: Keep your operating system, software, and applications up to date. Software updates often contain patches for known security vulnerabilities. Set your devices to update

automatically where possible.

5-Use a Secure Network: Avoid using public Wi-Fi networks for confidential transactions or logging into important accounts. If you must use a public network, consider using a Virtual Private Network (VPN) to encrypt your connection and protect your data from potential eavesdroppers.

Remember, cybersecurity is not just about implementing tools but also about being aware and vigilant. Regularly educate yourself on the latest threats and best practices to stay safe online.

#BESAFE



CS Aisha Jumwa and Nairobi Women Rep Esther Passaris issue 22m shillings NGAAF cheques



Public Service, Gender and Affirmative Action CS Aisha Jumwa (centre) and Nairobi Women Rep Esther Passaris (right) with National Government Affirmative Action Fund (NGAAF) officials during disbursement of 22 M from NGAAF-Nairobi County to Nairobi County residence on Friday August 25th, 2023. at Komarock, Nairobi County. Passaris gave out bursary cheques worth 11.8 M shillings and another 11.M shillings to women groups for economic empowerment from the 17 constituencies in her county. From left: NGAAF Nairibi county Co-ordinator Charity Kanario, NGAAF CEO Roy Sasaka and Board Chairpersn Rachael Musyoki.



Public Service, Gender and Affirmative Action CS Aisha Jumwa (left) and Nairobi Women Rep Esther Passaris (2 right) with National Government Affirmative Action Fund (NGAAF) officials during disbursement of 22 M shilling from NGAAF Nairobi County to Nairobi County residence on Friday August 25th, 2023 at Komarock, Nairobi County.

SafeCon

Your safety is in safe hands...

Suppliers & Stockist of

ALWAYS BE READY WITH OUR SAFETY PRODUCTS AND TOOLS

3RD SHOP FROM MAKUPA CHEMIST,
NEXT TO AFRODRIP LTD,
OPPOSITE TOTAL PETROL STATION,
JOMO KENYATTA AVENUE, MOMBASA

0788292933 | 0724030434 SAFECONENT@GMAIL.COM

SAFECON ENT LTD

SAFECON.ENT.LTD



Caring for the Earth as a Spiritual Practice



By Ruth Wilson, Ph.D

When it comes to my relationship with the Earth, I sometimes ask, “Should I save it or savor it?” There’s no doubt that Earth is in need of saving, and I know I have a role to play in reversing the damage we, as humans, have done to the Earth. Yet, I also feel a need to spend time just basking in the beauty of nature. I find that walking through a forest, hiking in the mountains, or just watching a sunset nourishes me in profoundly satisfying ways. I call such experiences “soul-making” experiences; and by “soul-making,” I mean that which helps to shape the core of who I am and gives my life deeper meaning.

But, then I ask, “With the environment in a state of crises and the future of humanity at risk, shouldn’t our energies be spent on saving – versus

savoring – the natural world? How can we be concerned about soul-making when there are much larger issues needing our immediate attention?”

Fortunately, the message about needing to “save the environment” is out there, and many are taking heed. What may be equally important, however, is a message about the need to save ourselves – not just in terms of our physical well-being, but also in relation to our souls or spiritual well-being. If we need nature to nurture our souls, we’ll certainly want to spend some time just savoring the beauty of the natural world. But does this mean that we have to choose between saving or savoring the environment? Is this really an either/or proposition? I think not. Working to save the environment is important for the health of the planet—and ultimately ourselves -- but such work can also promote the well-being of our psychics and our souls, especially when saving the environment is motivated by a sense of caring.

Caring expands our souls and is critical to attaining our full potential as humans. We sometimes refer to reaching our potential as achieving self-actualization which—as

psychologists tell us—involves expanding our circle of concern beyond ourselves to include the larger community of humans. Aldo Leopold, in his articulation of “the land ethic,” proposed an even larger circle of concern. He called for enlarging the boundaries of community “to include soils, waters, plants, and animals, or collectively: the land.” Leopold believed that our relationship with nature should be based on an ethic of care versus coercion or fear. According to Leopold, this changes the role of humans from users and conquerors of the land-community to members and citizens of it.

When it comes to saving or savoring the environment, Leopold suggested that our ability to perceive beauty in the natural world may promote voluntary self-restraint for the sake of ecological sustainability. Taking this thought another step, it’s reasonable to see how savoring the beauty of nature can motivate us to care for nature and that the very act of caring will nurture our souls and make us more whole.

We might pass mandates to save the environment, but will this approach save our psyches and our souls? For the

holistic well-being of humans, we may need to focus—not just on the environment—but on our emotional and spiritual connections with the natural world. Once we enter into a caring relationship with the natural environment and give of ourselves to protect it, we’ll understand more fully the truth behind the sentiment that it’s in giving that we receive. We’ll also appreciate the fact that the land ethic isn’t just a mandate or a code of conduct to be followed. It may prove to be a soul solution, as well. In this sense, caring for the earth becomes a spiritual practice and a path to spiritual growth. Both saving and savoring the environment thus become soul-making experiences.

Ruth Wilson, Ph.D., is a retired educator who now works with the Children and Nature Network as curator of the Research Library.

She also devotes her time to writing and consulting, especially on issues relating to children and nature. Wilson has written several books and numerous articles on these and other topics relating to the way humans interact with the rest of the natural world.

Mr. Danny Denzongpa

Born as Tshering Phintso Denzongpa to a Nepali speaking Bhutia family in Yuksom, Sikkim, he did his schooling in Birla Vidya Mandir, Nainital and thereafter completed college coursework at St Joseph’s College, Darjeeling, in 1964. Denzongpa’s love of horses and horse-riding began at an early age, as his family was into horse breeding. He is also a painter, a writer and a sculptor.

He had an ambition to join the Indian Army and won the Best Cadet award from West Bengal and participated in the Republic Day parade. In an interview to The Times of India newspaper, he said that he had qualified for the Armed Forces Medical College, Pune, but withdrew admission to



join the Film and Television Institute of India (FTII), Pune. He decided to change his name to a simpler sounding “Danny”, on recommendation from his then-classmate Jaya Bhaduri, as his original name of Tshering Phintso Denzongpa was considered difficult for some to pronounce.

Ahadi Kenya CEO distributes blankets and foodstuff to the elderly



Ahadi Kenya CEO Stanley Kamau distributing blankets and assorted foodstuffs to the elderly at Igare market in Kisii County on Friday. Kamau cautioned the community against harming the elderly by branding them witches. More than 200 elderly and people with disabilities benefitted.

Kitui

Kitui Governor Dr. Julius Malombe, (EGH) earlier hosted the USAID officers led by Water & Sanitation specialist Mr. Martin Mulongo for a courtesy call meeting at his office.

The meeting discussed the USAID’s funded STAWI project, a five-year USAID STAWI activity working alongside county governments across

the northern and southeastern counties of Kitui, Makueni, Taita Taveta, Garissa, Isiolo, Marsabit, Samburu, Turkana and Wajir to advance water security for social, economic, and environmental needs.

STAWI is helping to reverse historic neglect and enabling the GOK and USAID to achieve their ambitious objectives for inclusive economic growth while building resilience to the region’s unique shocks and stresses.

The 3 day meeting in Kitui is about co-creation, which

is synchronisation of the water strategy/plans with the development partners to execute together seamlessly.

The county water strategy is premised on the 3 pillars of water sources optimization, Infrastructure for reticulation and management & Governance Sustainably, rhyming with STAWI four 4 objectives of ensuring sustainable water solutions delivery.

In his remarks, Governor Malombe committed to be remembered as the Governor during whose tenure Kitui



established sustainable measures that would solve water management challenges in the water companies (KIMWASCO and KITWASCO) and also in the management of rural water projects.

Also present during the meeting was the County Minister for Water and Irrigation Peter Nkunda, CECM for Energy, Environment/Climate Change, Forestry, Natural and Mineral resources John Mwendandu and Chief Officer Water Nathan Vungu.

Kenya's unemployment paradox

By Kelvin Nyamache

In recent times, the escalating unemployment rate in Kenya has sparked concern among analysts and conscientious citizens alike. The ramifications of this growing issue, including the surge in rural-urban migration, an upswing in mortality rates, a surge in criminal activities, brain drain, the rise of prostitution and child trafficking, increased admissions to psychiatric hospitals, reduced payroll tax contributions, and even the emergence of insurgency, have woven themselves into the very fabric of Kenyan society.

As this complex problem festers, a plethora of solutions have been proposed at various junctures. Among these suggestions are streamlining the civil service, implementing an effective family planning system, bolstering youth empowerment initiatives, providing enhanced support to small and medium-sized enterprises (SMEs), promoting agricultural mechanisation, nurturing industrial development and infrastructure, refining school curricula to emphasize practical skills, achieving a

harmonious blend of local and expatriate labour in contracting work, and fostering a spirit of self-discovery and creativity among the nation's youth.

However, a closer examination reveals a counterintuitive reality - a shortage of skilled workers. One can't help but ponder why a nation with a police force numbering less than 250,000 officers tasked with safeguarding a populace of approximately 60 million is grappling with unemployment. This situation, it appears, is a puzzle that could be addressed by redeploying just a fraction of those police personnel into sectors facing manpower shortages. Even though Kenya is home to a large pool of unemployed graduates, particularly those with degrees in education and related fields, the education sector still cries out for a stronger numerical force of teachers.

Remarkably, over 7,000 Kenyan doctors have sought employment abroad, with many seeking opportunities in Europe, Saudi Arabia, and beyond. This puzzling trend reveals a gaping disparity - while we lament the shortage of doctors in Kenyan hospitals, a substantial number of qualified medical

professionals from the country are contributing to healthcare systems elsewhere. Such a paradox!

Harking back to the village life of yore, Agricultural Extension workers once played an integral role in educating farmers about innovative agricultural techniques. Today, their presence is felt less frequently and with diminished vigour. Engaging a state director from the Ministry of Agriculture on this matter yielded a simple truth: insufficient manpower impedes the continuation of effective agricultural extension programmes. Given the pivotal role agriculture plays in ensuring food security and national development, the alarming unemployment rate in Kenya demands an end to the lamentation of inadequate manpower.

An insidious issue plaguing Kenya's civil service is the presence of "ghost" workers, individuals who exist only on paper but drain resources and exacerbate unemployment. Addressing this concern requires concerted efforts from both national and county governments to eradicate these phantom employees. By identifying and purging these "ghosts," the path will

be cleared for genuinely qualified graduates and young individuals to secure meaningful employment. It's astonishing that sectors like Kenya Customs, the military, and immigration are grappling with staff shortages while an ostensibly high 14 per cent unemployment rate persists.

In view of these alarming contradictions, the onus falls on various tiers of government to act promptly and resolve this paradox. The repercussions of inaction are already gnawing at the foundations of the national economy. In the face of such an imperative, it is only fitting for Kenyan society to channel its energy into addressing this challenge head-on. After all, it is in the darkest of hours that the brightest solutions are often conceived.

The writer, Kelvin Nyamache, is an inspirational speaker, an author, teacher and a Life Coach. He is a highly-rated inspirational Speaker. Kelvin works with individuals, groups, churches, schools and organisations to amplify their authenticity and empower them to become better versions of themselves. Book him for your next event. He can be reached on +254798889510

PHOTO STORY

95Th music festival in Nyeri County



Malindi little Angels Junior School in Kilifi County presents a choral verse "The Viper" by Muhoma Reuben during the day 3 of 95th Kenya Music Festivals at Dedan Kimathi University of Technology in Nyeri County on Sunday August 13th, 2023. The class 1038H is a special composition of the English verse on theme: presentation of choral verse on Counter violence extremism (CVT) and counter terrorism (CT) for primary school. This year's theme is nurturing talent for innovation and national development.

Nairobi NGAAF 100M shillings safe house inspection



Public Service, Gender and Affirmative Action CS Aisha Jumwa (right) and Nairobi Women Rep Esther Passaris during their inspection of the National Government Affirmative Action Fund (NGAAF) safe House that is under construction in Nairobi County. With them is the Quantity Surveyor Moses Kimani (left), The regional Work officer-Nairobi State Department for public works. The 100 million facility has a capacity of 102 and will serve as a safe house for victims of gender based violence (GBV) as well as rehabilitation centre for drug addicts. There are 54 safe houses spread in 18 counties countrywide and the government only owns two as the rest are privately owned.

SBM Bank staff plant trees in Nairobi National Park



Sbm Bank staff carry Acacia tree seedlings for planting at the Nairobi National Park during an event themed 'Bring back the green in the park'. The activity is aimed at greening the park as part of the environmental conservation efforts to ensure the healthy ecosystem within the park. The bank staff in partnership with Rotaract club of karura and mishono Apparel participated in the environmental conservation exercise thereby staying true to their sustainability agenda to aspire for a smarter tomorrow.

EDUCATION

The Future of Education



By Mr. Rishi Arun Parikh

Predicting the exact future of education systems is challenging, but there are several trends and possibilities that have been emerging and may shape the evolution of education from the present to the future. Keep in mind that these are speculative ideas and not certainties.

1. Personalized Learning: Education is likely to become more personalized and adaptive to individual student needs. With advancements in technology and data analytics, educational platforms can track students' progress and tailor learning experiences to their strengths, weaknesses, and learning styles.

2. Online and Blended Learning: Online education and blended learning (a mix of online and in-person instruction) will likely continue to grow. This provides flexibility in terms of when and where learning takes place, catering to students' diverse schedules and circumstances.

3. EdTech Integration: Technology will play a crucial role in education, integrating virtual reality, augmented reality, artificial intelligence, and interactive simulations to enhance learning experiences. This could lead to more engaging and immersive learning environments.

4. Lifelong Learning and Upskilling: The traditional model of education followed by a single career might give way to a lifelong learning approach. As the job market



evolves rapidly, individuals will need to continuously update their skills and knowledge to remain competitive.

5. Global and Cross-Cultural Education: With increased connectivity, education is likely to become more global and interconnected. Students might collaborate on projects with peers from different countries, fostering cross-cultural understanding and collaboration skills.

6. Focus on Skills over Content: While knowledge will remain important, the emphasis might shift toward teaching critical thinking, problem-solving, creativity, emotional intelligence, and other skills that are valuable in a rapidly changing world.

7. Assessment and Credentialing Changes: Traditional exams might become less prevalent as continuous assessment methods and project-based evaluations gain prominence. Additionally, digital badges

and microcredentials might become more recognized forms of validation.

8. Teacher's Evolving Role: The role of the teacher could shift from being the primary source of information to that of a facilitator, mentor, and guide. Teachers might focus more on individualized support and fostering a love for learning.

9. Education Accessibility: As technology spreads, access to quality education might become more equitable. Online resources and platforms could help bridge educational gaps between different socioeconomic groups and regions.

10. Environmental Focus: Education systems might place more emphasis on environmental awareness, sustainability, and global challenges like climate change. These topics could become integral parts of curricula.

11. Decentralized Learning:

Traditional classrooms might give way to decentralized learning environments where students learn from various sources, including online courses, community resources, and experiential learning opportunities.

12. Ethical and Social Considerations: As technology plays a larger role, discussions about data privacy, digital citizenship, and the ethical use of AI in education will become more important.

It's important to note that while these trends offer insights into potential changes, the future of education will be shaped by a complex interplay of technological advancements, cultural shifts, economic factors, and societal values. The pace and direction of change will likely vary across different regions and educational institutions

*Madafu Newspaper, Editor
Parliamentary Aspirant
Mvita 2017 & 2022.*

PHOTO STORY

Lions EyeCamp @ MWA



Lions Medical Eye Hospital held a free outreach eye camp sponsored by Mombasa Women's Association on 22nd July 2023 under the chairmanship of Mrs Shadhna Doshi. Total of 410 patients were screened out of which 28 were selected for cataract surgeries which were performed by doctors at Lions Medical Centre.



MADAFU NEWSPAPER KENYA VALUED OUTLETS:

NAIROBI: Parklands and Westlands: Anga Cinema (Diamond Plaza 2) Ashapura Sweet Mart (Kirima Shopping, 5th Parklands) Bajrang (Sky Mall) Bhagwanji Sweet & Farsan (3rd Parklands Kusi Lane) Kumar Brothers (Diamond Plaza) Microcity (Sarit Centre) Onn The Way Supermarket (all branches) Sona Shoppe (Wesgate Shopping Mall) Taste of China (3rd Parklands) INDUSTRIAL AREA: Bunnly Industries Limited (Dakar Road) LANGATA: Sona Shoppe (Galleria Shopping Mall) KAREN: Sona Shoppe (Karen Crossroads) NAKURU: Hyrax General Supplies (Biashara Avenue) Rani Ramchandani Rift Agencies Insurance Ltd c/o Purvi KITALE: Milli Hardware Ltd Main Road ELDORET: Kenya Jalaram Co Ltd – opp CBK VOI: Abbas Aluminum Supplies MOMBASA: Blue Room Restaurants Nyalil Cinemax Nyalil Centre – DKL Umoja Rubber Shoes Shops	Nyalil – Chandarana Supermarket Quickmart Bandari Supermarket Naivas Likoni Mall Supermarket Yaris Institute – Haile Selassie Avenue Mombasa Afrigas – Nyerere Avenue Hakimi Stationaries – Moi Avenue AudioAsh Coolers – opp Sapphire Hotel Various Hospitals & News Vendors Hand Delivery via Newspaper Vendors KISUMU: Western Emporium DIANI: Palm Beach Hospital Aasan Solutions Auditors Moiz Supermarket Various Restaurants & Hotels Chandarana Supermarket MALINDI: Uzima Training Centre – CBD Various Hotels & Restaurants NEW DISTRIBUTION SOON: MERU EMBU LAMU MACHAKOS LOOKING FOR NEW OUTLETS IN: TURKANA ISIOLO NAROK <small>Kindly contact the Editor – Mr. Rishi Arun Parikh on editor@madafu.biz for interest to distribute Madafu Newspaper Copies!</small>
--	---

MADAFU NEWSPAPER

Madafu Newspaper is owned and Published by Madafu Publications Limited.

P. O. Box 80518 - 80100 GPO Mombasa.

Editor@madafu.biz
Website: www.madafu.biz

For Advertisements, Articles, Notices, Distribution, Sales and General Inquiry you may contact the above address for now.
Design by: Madafu Publications Team

Printed By: Nation Media Group Ltd - Nairobi

CONTRIBUTORS:
Cover Photo / Event Photos by
Various, Mr. Andrew Kilonzi & Mr. Titus Musau
Mr. Nabil Sansool - Madafu Website Administrator

Madafu Publications Ltd. is the leading provider of event and lifestyle information in Kenya. Through our Newspaper and Website, we provide the most comprehensive and accurate information about what's happening around Kenya in sports, nightlife, music, theatre, movies, the arts, kids events and more. We also provide business listings, movie reviews and updates. To advertise with us, Email: editor@madafu.biz Madafu Publications Ltd. P. O. Box 80518 - GPO 80100, Mombasa, Kenya.
visit our Updated Website: www.madafu.biz

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

EDITOR: Mr. Rishi Arun Parikh
Head Office: K. T. Plaza, Haile Selassie Avenue, Mombasa, Kenya. P. O. Box 80518 - 80100 GPO. **Nairobi Office:** Mr. Satyen Shah & Mr. Rushil Shah of Bunny Industries Ltd

All Advertisements are accepted subject to the Madafu Publications Ltd Terms and Conditions and Guidelines. The Publisher cannot be held responsible for the accuracy of the information contained in the Advertisements and does not enter into disputes on behalf of third parties.

Food Security in Kenya



By Mr. Rishi Arun Parikh

Ensuring food security requires a holistic approach that combines sustainable agricultural practices, technological innovation, policy reforms, and community engagement. Kenya is known as the Food Basket due to her rich soils and optimally temperate climate. Kenyans are hardworking in farms and have a burning desire to be self-sustaining and gain commercially out of the extra produce. Kenya has a Parastatal for each and every scenario present to a farmer; All that needs to happen fortunately is synergy and cohesion between the independent Parastatals! KARLO (Kenya Agricultural Livestock Research Organization – former KARI) and NIA (National Irrigation Board / Authority) are two entities that may elevate the current challenge of Food deficit in Kenya if they work together! Karlo researches into new best methods of Farming while NIA prepares to supply water source management to the irrigation schemes of need. Politics sways all the above real life possibilities into oblivion by making sure the status quo is maintained!

Here's a comprehensive strategy to initiate now in order to guarantee food security in the future:

1. Sustainable Agriculture:

- Promote agro-ecological practices that prioritize soil health, biodiversity, and natural resource conservation.
- Encourage crop diversification and rotation to enhance soil fertility and resilience against pests and diseases.
- Invest in precision agriculture technologies to optimize resource use and reduce waste.

2. Climate Resilience:

- Develop and adopt climate-resilient crop varieties that can withstand extreme weather events.
- Implement water-efficient irrigation systems and drought-resistant farming techniques.
- Foster agroforestry to enhance ecosystem services, such as carbon sequestration and soil conservation.



3. Technological Innovation:

- Embrace precision farming technologies, including sensors, drones, and data analytics, to optimize resource allocation and reduce environmental impact.
- Invest in research and development of biotechnology for improved crop yield, disease resistance, and nutritional content.

4. Food Loss and Waste Reduction:

- Implement efficient post-harvest management practices to reduce food losses during storage, transportation, and distribution.
- Raise awareness about the importance of reducing food waste at the consumer level.

5. Access to Resources:

- Ensure smallholder farmers have access to credit, quality seeds, fertilizers, and modern agricultural equipment.
- Strengthen land tenure rights to encourage long-term investments in sustainable farming practices.

6. Education and Training:

- Provide farmers with training on modern agricultural techniques, climate-smart practices, and integrated pest management.
- Educate consumers about nutrition, sustainable diets, and the value of supporting local food systems.

7. Policy and Governance:

- Develop and enforce policies that support sustainable agriculture, protect natural resources, and promote fair trade practices.

- Create incentives for farmers to adopt environmentally friendly practices through subsidies and grants.

8. Investment in Research:

- Allocate funding for agricultural research focused on developing resilient crops, improving soil health, and enhancing agricultural productivity.

9. Urban Agriculture and Local Food Systems:

- Encourage urban agriculture and community gardens to enhance local food production and reduce the carbon footprint of food transportation.
- Support farmers' markets and direct-to-consumer sales to strengthen local food systems.

10. Global Collaboration:

- Collaborate with international organizations, governments, and NGOs to address global food security challenges.
- Share best practices, technologies, and knowledge across borders to promote sustainable food systems.

11. Water Management:

- Implement efficient water management practices, such as rainwater harvesting and drip irrigation, to conserve water resources. Water Dams, Water Pans, Boreholes, Tapping Lakes & Deep Water Aquifers.

12 Food Security Monitoring:

- Establish robust systems for monitoring food security and nutritional status, enabling timely interventions.
- Initiating these actions now will lay the foundation for a food-secure future. It's

essential to involve a diverse range of stakeholders, including governments, farmers, researchers, industry leaders, and communities, to create a comprehensive and collaborative approach to food security.

Facts: Did you know leaf colour denotes plant health – bright dark green is healthy and yellow is weak and infected? Did you know White Flies like Sugar and infect crops to feed on the sugars in soil? Did you know the best day to plant seeds based on full or new moons? Did you know tilling of land kill the important bacteria used to grow crops? Did you know flooding of soil drown the bacteria used to grow crops? Did you know the gradient of a farm is critical in distribution of water and minerals? Did you know animal dung and urine are critical for soil health? Did you know caustic soda is used in soil to strengthen plant stems for vertical growth? Did you know that a soil temperature of 35 degrees and more is not conducive to plant growth? Why are our large scale planting schemes not producing adequate yield for national self-sustenance and export? Did you know that Virgin land needs a year of soil regeneration to have a successful crop harvest? For the last 60 years of independence; latest technology, labour incentives and farming budgets – Why hasn't Kenya been successful in being self-sustaining? Farming is the next frontier, if you know, you know!

Madafu Newspaper - Editor editor@madafu.biz

PHOTO STORY

Kigwa Ridge WRO Competition



Kigwa Ridge School Head Teacher Victor Omondi (right), year 5 learners Francis Njuguna (2nd left) and Leon Koech who emerged 3rd position in the Regional World Robot Olympiad (WRO) in Nairobi (August 11 -12th 2023) receive their trophy from Sister Margaret Lydia Principal St. Maria Goretti School. The pair will fly the Kenyan flag in the international edition of WRO in South Africa in September 2023.

Green Energy CGM TUKTUK Meeting



Glad to report that on Friday the 11th of August 2023 at 2:30pm, Auto Truck team, Tuk Tuk Operators Network, Solar Tyne USA, Mombasa County Government inter-ministerial team and NTSA head office converge in Mombasa to lay ground for the great migration to e-mobility. CECM Water, Natural Resources and Climate Change Madam Emmily Ouko chaired the meeting.

History

Sir Henry Rawlinson copies (and later translates) the rock inscription known as the 'Darius Monument' (Rock of Behistun in Iran) from the Babylonian, Persian and Elamite scripts found there.

The Behistun Inscription (also Bisotun, Bistun or Bisutun; Persian: Old Persian: Bagastana, meaning "the place of god") is a multilingual inscription and large rock relief on a cliff at Mount Behistun in the Kermanshah Province of Iran, near the city of Kermanshah in western Iran, established by Darius the Great (r. 522–486 BC). Authored by Darius the Great sometime between his coronation as king of the Persian Empire in the summer of 522 BC



and his death in autumn of 486 BC, the inscription begins with a brief autobiography of Darius, including his ancestry and lineage. Courtesy Internet FB Golden Age of Travel.

HUMAN INFRASTRUCTURE

Unveiling Kenya's vital need for human infrastructure



By Kelvin Nyamache

Nestled within the intricate web of challenges Kenya faces lies a profound dilemma—one that demands our utmost attention—the challenge of human infrastructure. While discussions surrounding infrastructure often gravitate towards the tangible, the physical, and the concrete, there exists a voice, often unheard—a plea to nurture the very essence of our society, the human framework. Regrettably, our singular focus on physical infrastructure has inadvertently propelled us towards a state of decay, where the roots of our society are at risk of withering away. The pursuit of ambitious

physical infrastructure is laudable, yet it necessitates parallel investment in human development. The delicate interplay between the tangible and the human bestows enduring value upon the structures we erect. However, a retrospective examination of Kenya's journey reveals an unfortunate truth—the human element has been overshadowed, bearing unfavorable consequences for our nation. The repercussions are dire; our nation finds itself hemorrhaging due to the neglect of human infrastructure—an issue of monumental significance that we can no longer afford to disregard. Beyond the numerical data, beyond the vast landscapes and productive fields, lies the true heartbeat of a nation—its people. The character and caliber of individuals that Kenya nurtures stand as the ultimate measure of our nation's greatness. The ultimate testament lies not in the grandeur of our physical achievements, but

in the collective potential and achievements of our people. It's imperative to internalize the notion that at the core of everything lies the people—the ultimate resource of any land. A nation's journey of development is intricately interwoven with the progress and growth of its citizens. By empowering individuals, we sow the seeds for the upliftment of entire communities, paving the way for a prosperous nation. Yet, Kenya's trajectory took a divergent path; the human element was relegated to the periphery. As a consequence, our reality mirrors the metaphorical "broken pencil syndrome," where the wisdom of the elder generation outweighs that of their youthful counterparts. This inequality lays bare a pressing challenge—generational succession. Sadly, the emerging generation grapples with dysfunctionality, rendering them educated but ill-equipped to translate knowledge into practical skills. Their educational

journey culminates in modest achievements—a graduation that signifies an inability to craft coherent letters or comprehend the nuances of literature. This generation metamorphoses into functional illiterates, embodying a directionless demographic amidst a backdrop of deteriorating social contracts and a complex array of afflictions. Amidst the maelstrom of challenges that confront us, a ray of hope emerges—a clarion call that echoes General Marshall's visionary approach. Delving into history, we encounter General George C. Marshall's conception of the Marshall Plan. In the aftermath of World War II's devastation, this visionary plan advocated substantial investment in reconstructing Europe's decimated infrastructure. The unanimous approval of this plan paved the way for the United States to allocate over 10 billion dollars towards rejuvenating Europe from the ashes of war. Echoing the sentiment of Kenya's current



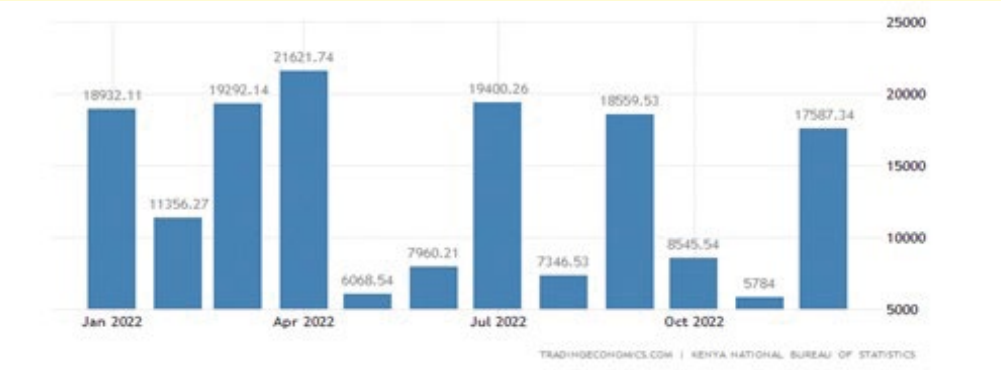
plight, we find ourselves standing at a crossroads—a juncture that demands the formulation of a Kenyan Marshall Plan to expedite the advancement of human infrastructure. In grappling with our challenges, it's imperative to acknowledge that our central issue doesn't solely stem from power shortages, deteriorating roads, security concerns, or even the omnipresent bodaboda riders. The core of our dilemma lies in the undernourished state of our human infrastructure. Thus, a clarion call reverberates—let us craft a comprehensive strategy to accelerate the evolution of our human potential. As we traverse the labyrinthine path of Kenya's aspirations, we must grasp the significance of nurturing our human capital. Just as the United States catalyzed Europe's revival through the Marshall Plan, Kenya beckons for an equivalent strategy to mend the social

fabric. The canvas of Kenya's future stands ready, awaiting the deft strokes of a Kenyan Marshall Plan—a resolute commitment to invigorate human infrastructure, nurture inquiring minds, cultivate adept hands, and ignite a transformative wave that uplifts all facets of society. Thus, as we embark upon this voyage, let us engrave in our consciousness that a nation's strength emanates not solely from imposing physical structures, but from the prowess of its people—the intangible infrastructure upon which tangible progress is constructed. Let Kenya's narrative transcend the struggles of the past, evolving into a triumphant saga—a testament to a populace that embraced the challenge of human infrastructure with unwavering resolve, ultimately paving the path to an era of unparalleled development and prosperity.

From paperworks to pillars: The saga of building permits

By Stacy Muthoni Ngugi.

Kenya's construction Sector Flourishes: Building Permits Surge by 17,587.34 KES Million in December 2022, Tripples November, yet Hurdles Prevail. (figure 1) Kenya's construction sector is witnessing a remarkable upswing, with building permits surging to a staggering 17,587.34 KES million in December 2022, tripling the figures from November (Figure 1). However, despite this positive trend according to last year's KNBS statistics, challenges still persist in the uphill journey of obtaining a building permit. These hurdles have left many contractors unable to secure the necessary permits, a critical requirement for housing development in the country. The path to obtaining these permits is riddled with complexities such as high submission costs, partial



design examinations, and inadequate checks. Numerous issues besiege the permit acquisition process, from improper siting of building materials to the use of unapproved drawings. The consequences ripple through unauthorized demolitions, floods, and encroachment on waterways. This predicament often escalates into conflicts between developers and authorities, impeding progress. You need to meet the following requirements for you

to get a construction permit. First Approved architectural drawings. The Architect is statutorily required to come up with a design that meets local authority building standards and submit to the relevant bodies for approval. There are several documents that are needed when submitting architectural drawings. These are: Copy of Survey plan- A survey plan is got from Survey of Kenya in Ruaraka, off Thika Road, Copy of Land rates clearance certificate, Proof of land ownership (Copy of title),

Change of user (original) Secondly Approved structural drawings, A Structural Engineer designs the structure aspects of a building. Once the architectural drawings have been approved, then, you are required to submit Structural Drawings for Approval. Having satisfied the requirements of the local authority, you are required to register your project before works commence on site Project Registration –once you have received a construction permit, you are

required to register the project with the National Construction Authority (NCA). Registration of a project is guided by National Construction Authority Regulations. Requirements for project Registration by NCA: NCA registration form- NCA fees have since been abolished, approved architectural plans, Structural plans, Nema approvals, Contract agreement-commonly known as the Green Book), Quantity Surveyors, Architects and the Engineer's practicing certificates. Here, you will get a compliance certificate Thirdly an Approved NEMA Report Every Development has both positive and negative implications on the environment. This is why it is imperative that the implications of implementing a project are well understood and documented. Once, the effects of a project are identified, mitigation plans are put in place in a NEMA Report. A licensed environmental

Expert prepares a NEMA Report and submits it for approval. And lastly a sign board should be put up. The documents needed above are a must have on site and local authorities will always interfere with your work by stopping any further construction in the event that you don't have any of them. Clients who are not conversant with construction requirements should not worry as the consultants will always advise on what needs to be done. In addition to the above, Clients need to be aware of other developments coming up in the construction industry in terms of regulations. In conclusion, while Kenya's construction sector thrives, challenges persist in the realm of building permits. Navigating this landscape requires adherence to meticulous requirements and an embrace of technology-driven solutions. By doing so, the construction industry can continue its upward trajectory while fostering better collaboration between developers and authorities.

Kulula Airline

Kulula is a low-cost South-African airline that doesn't take itself too seriously. What a pity Kulula doesn't fly internationally - we should support them if only for their humour:

On a Kulula flight , (there is no assigned seating, you just sit where you want), passengers were apparently having a hard time choosing their seats, when a flight attendant announced, "People, people, we're not picking out furniture here, find a seat and get in it!"

On another flight with a very "senior" flight attendant crew, the pilot said, "Ladies & gentlemen, we've reached cruising altitude and will be turning down the cabin lights. This is for your comfort and to enhance the appearance of your flight attendants."

And from the pilot during his welcome message:

"Kulula Airlines is pleased to announce that we have some of the best flight attendants in the industry. Unfortunately, none of them are on this flight!"

From a Kulula employee:

"Welcome aboard Kulula 271 to Port Elizabeth. To operate your seat belt, insert the metal tab into the buckle, and pull tight. It works just like every other seat belt; and, if you don't know how to operate one, you probably shouldn't be out in public unsupervised."

"In the event of a sudden loss of cabin pressure, masks will descend from the ceiling. Stop screaming, grab the mask, and pull it over your face. If you have a small child



traveling with you, secure your mask before assisting with theirs. If you are traveling with more than one small child, pick your favorite.

"Your seat cushions can be used for flotation; and in the event of an emergency water landing, please paddle to shore and take them with our compliments."

"There may be 50 ways to leave your lover, but there are only 4 ways out of this airplane"

"Thank you for flying Kulula . We hope you enjoyed giving us the business as much as we enjoyed taking you for a ride."

As the plane landed and was coming to a stop at Durban Airport, a lone voice came over the loudspeaker:

"Whoa, big fella. WHOA!"

"As you exit the plane, make sure to gather all of your belongings. Anything left behind will be distributed evenly among the flight

attendants. Please do not leave children or spouses."

Heard on Kulula 255 just after a very hard landing in Cape Town: The flight attendant came on the intercom and said, "That was quite a bump and I know what you all are thinking. I'm here to tell you it wasn't the airline's fault, it wasn't the pilot's fault, it wasn't the flight attendant's fault, it was the asphalt."

Overheard on a Kulula flight into Cape Town, on a particularly windy and bumpy day: During the final approach, the Captain really had to fight it. After an extremely hard landing, the Flight Attendant said, "Ladies and Gentlemen, welcome to The Mother City. Please remain in your seats with your seat belts fastened while the Captain taxis what's left of our airplane to the gate!"

Another flight attendant's comment on a less than

perfect landing: "We ask you to please remain seated as Captain Kangaroo bounces us to the terminal"

An airline pilot wrote that on this particular flight he had hammered his ship into the runway really hard. The airline had a policy which required the first officer to stand at the door while the passengers exited, smile, and give them a "Thanks for flying our airline". He said that, in light of his bad landing, he had a hard time looking the passengers in the eye, thinking that someone would have a smart comment.

Finally, everyone had got off except for a little old lady walking with a cane.

She said, "Sir, do you mind if I ask you a question?"

"Why, no Ma'am," said the pilot. "What is it?"

The little old lady said, "Did we land, or were we shot down?"

PHOTO STORY

Builders Duka embarks on Country wide Fundi Pro Training program



Builders Duka Limited (BDL) Managing Director James Kimotho (left) and Saint-Gobain Kenya Commercial Manager Christopher Mulera (Centre) award certificate to a professional house painter Winfred Safari after a one-day "Fundu Pro" training workshop for over 50 building and construction industry professionals organized by the two organization at the newly opened BDL showroom in Kiambu Road on Wednesday (August 31, 2023). The workshop aimed at equipping builders with the latest building trends and techniques, ensuring precision and top-notch workmanship.



Builders Duka Limited (BDL) Managing Director James Kimotho (left) and Saint-Gobain Kenya Sales Executive Manager Mercydehlah Anjichi (Centre) award certificate to a professional roofing contractor Kagea Jackson after a one-day "Fundu Pro" training workshop for over 50 building and construction industry professionals organized by the two organization at the newly opened BDL showroom in Kiambu Road on Wednesday (August 31, 2023).



Builders Duka Limited (BDL) Managing Director James Kimotho (Cente) explain the advantage of Light Gauge Steel roofing over wood to builders during a one-day "Fundu Pro" training workshop for over 50 building and construction industry professionals his company in partnership with Saint-Gobain Kenya at the newly opened BDL showroom in Kiambu Road on Wednesday (August 31, 2023). The workshop aimed at equipping builders with the latest building trends and techniques, ensuring precision and top-notch workmanship.

KPA

In the tranquil embrace of the Port of Mombasa, history unfolded this afternoon as we welcomed the illustrious Cabinet Secretary for Roads, Transport and Public Works Onesimus Kipchumba Murkomen, to witness the majestic event of unloading the second Ship-to-Shore Gantry crane (STS).

As the sun cast a silky glow upon the waterfront, we stood together, amid the cool caress of the August breeze, converging to witness the crescendo of our unwavering commitment to progress in regional port operations.

These new cranes, like modern titans of innovation, have rewritten the rules of efficiency, ascending our capabilities to new heights.

With an awe-inspiring hoisting speed of 80 meters



per second and an ability to lift a staggering 65 tons, these giants represent a leap into a new era.

A recollection of yesteryears brings to mind the three STS that found their home at berth number 22—a living testament

to our strategic acumen and foresight.

CINEMA

PHOTO STORY

Centenary Celebrations at Allidina Visram High School, Mombasa

Allidina Visram High School, the renowned secondary school, is 100 years old now. The Centenary Celebrations have been organised in grand style by the Celebrations Committee as well as by the school, staff and students.

You are all Welcome! Ex-Allidinians, settled overseas are going to attend in large numbers and we expect most of those residing in Kenya will also be attending. To meet one's classmates or childhood friends, after decades of losing touch, is of therapeutic benefit. All the past memories, as youths return and in the process one feels youthful and rejuvenated. One begins to feel much younger and healthier and indirectly it helps in achieving a longer lifespan.



Allidina Visram School

Those overseas Ex-Allidinians, attending, can show their families round Mombasa and the school and relive their youth. They can also go on Safaris. Currently, the Air Fares and Hotel Tariffs are much cheaper. So, a Golden Opportunity - Not to be missed! It is a WIN/WIN situation. One meets other Ex-Allidinians and it can be an aid in Business, Profession, Investment and also assists in planning for the future of children and grandchildren.



The Faster Option!

WANT TO SURF SMOOTHLY
WITHOUT BUFFERING?



 www.fibrelink.co.ke

 +254 704691414

[CONTACT US](#)



FORTHCOMING ATTRACTIONS





THE CREATOR



WATCH
MOVIES
The right way!
ON THE BIG SCREEN WITH GREAT SOUND
AND FEASTING ON TASTY SNACKS!

BUY YOUR TICKETS ONLINE
www.nyalicinemax.com





LIKE & FOLLOW US
[@nyalicinemax](#)



0780 533 539 0786 470 007
0742 631 044

MUSICAL EXPERIENCE



Singapore's Sensational Singer, Hemina Shah

Nairobi's experienced an unforgettable musical experience as the renowned Singapore-based singer, Hemina Shah, graced the stage in Nairobi for a captivating 2 live performances this month. The first event was organized by the Oshwal Senior Social Community and was a musical enchantment and cultural fusion. This performance took place on Sunday, 6th August, at the esteemed Dinesh & Mahesh Chandaria Auditorium within the iconic Oshwal Centre.

Dr. Shaina Shah, Mrs. Bindu Shah with the Senior Social Committee of Visa Oshwal Community organized a full-house sold-out event and an audience of 1200 plus people at the Oshwal Centre, the two and a half hour concert extended to the auditorium's large foyer too where the onstage action was projected live onto a large screen for others to view. The artist took the audience through a musical journey of Devotional songs from her newly released albums, Bollywood classics from the 60's and 70's along with her popular Afrobeats releases. The audience was filled with tears and joy as the singer soulfully connected with them with her mesmerizing vocals.

Due to popular demand, another event was organized by Dr. Shaina Shah, Mr. Satyan Shah and Mr. Manish Ajmera of the Jain Social Group at the Jain Bhavan on 13th August. Over 600 people attended the concert and Hemina delivered another unforgettable show leaving the audience spellbound once again with the crowd singing and dancing along with her throughout the whole evening. The High Commissioner of India, Nairobi was one of the chief guests who attended the two hour concert.

Known for her unique

Indian-Afrobeat collaborations with various African artists, Hemina has been making waves in the global music scene. In 2022, Hemina made headlines as she unveiled the groundbreaking Hindi-Afrobeat song 'Temperature,' featuring Nigerian Artist GCN. The release garnered widespread attention and earned her prominent features on BBC World News and Nigeria's largest news channel, 'Channels Television, pioneering a brand new music genre, 'The Indian Afrobeat.'

Following this triumph, Hemina continued to captivate hearts with more hit Indian-Afrobeat songs, including the catchy tracks 'Oyi' and 'Gold,' featuring the immensely talented Nigerian artist and producer, Femkeyz from Lagos, Nigeria. In this recent captivating song just released in July 2023, Hemina beautifully portrays the persona of a 'gold digger' while passionately singing about the allure of gold, jewels, and the joy of shopping, emphasizing their significance in winning a girl's heart. With its infectious rhythm and vibrant melodies, "GOLD" has already won the hearts of music enthusiasts worldwide. Femkeyz's stellar performance in the song adds a delightful touch, expressing his willingness to give all his gold and treasures to the woman he loves.

Not only a musical prodigy, but Hemina also proved to be a compassionate soul during the challenging times of the Covid-19 pandemic. She dedicated her efforts to create devotional songs for the community and conducted multiple live streaming prayer sessions for families who had lost their loved ones. Her dedication to fostering global unity and cultural harmony was further evident when she collaborated with artists from around the world, skillfully fusing Indian lyrics



with various genres of music, culminating in the release of the "Lockdown Album" on YouTube.

Apart from her fusion music, Hemina has also released two highly popular devotional albums titled 'Devotion' and 'Aatma,' resonating deeply with communities across the globe. The 'Aatma' album was thoughtfully produced for the global Oshwal communities and made accessible as a free download from the Visa Oshwal Community website and the Oshwal Association of the UK's website, exemplifying her commitment to community outreach and cultural preservation.

Notably, Hemina's enchanting lead vocals were featured in a trailblazing World-wide Cola-Cola advert aired in all Spanish-speaking countries in 2004, further elevating her status as an international sensation. Hemina's musical prowess extends to various remix albums, with her song 'Tumhi Meri Mandir' claiming the top spot on the Asian charts for several weeks in the UK back in 2006, a testament to her widespread popularity and enduring influence.

From timeless Bollywood classics to the latest chart-toppers, Hemina's incredible vocal range continues to captivate audiences of all ages, transcending borders and bridging cultures.



Beyond her musical achievements, Hemina remains deeply connected to her roots and familial ties. Coming from a musical family, Hemina started singing and performing at the age of seven. Hailing from a heritage-rich musical family, she is the daughter of Rekhaben and Ashwinbhai Devchand Dodhia from London and daughter-in-law to Mina and Ajit Premchand Shah in Nairobi, of Slush Coffee World.

About Hemina Shah:
Hemina Shah is a Singapore-based musical sensation known for her groundbreaking Indian-Afrobeat collaborations with renowned African artists. With a profound dedication to fostering unity and harmony through music, Hemina has garnered international acclaim with her chart-topping singles and albums.

Shubh Mantra - The Power of Confidence



Confidence is a remarkable trait that has the ability to transform individuals, enabling them to overcome challenges, pursue their dreams, and achieve greatness. It's like a driving force that propels people forward, helping them break free from self-doubt and uncertainty. Confidence isn't just a state of mind; it's a tool that can open doors and lead to countless opportunities.

Imagine the story of Sarah, a young woman who had always dreamed of becoming a public speaker. However, she often found herself grappling with self-doubt, questioning whether her ideas were worth sharing and whether she could truly captivate an audience. Her lack of confidence held her back, relegating her to the shadows of her aspirations.

One day, Sarah decided she had had enough. She recognized that her self-doubt was the only thing standing between her and her dreams. She began working on building her confidence by taking small steps. She enrolled in a public speaking course, where she learned techniques to improve her communication skills. She practiced speaking in front of a mirror, gradually shifting to practicing in front of friends and family. With each step, her confidence grew stronger.

As her confidence blossomed, Sarah's transformation became evident. She started speaking at local events and workshops. Her eloquence and self-assuredness caught the attention of a renowned conference organizer. Invited to speak at a major industry event, she faced her biggest challenge yet. However, armed with the newfound confidence she had nurtured, Sarah took the stage and delivered a

captivating talk that left the audience inspired and moved.

Sarah's journey highlights the incredible impact that confidence can have on an individual's life. It's not about being arrogant or pretending to know everything; rather, it's about believing in oneself and one's abilities. Confidence enables you to embrace your strengths while acknowledging your weaknesses, fostering an authentic self-assuredness that attracts others and creates a positive ripple effect.

Here are a few key takeaways on how to cultivate confidence:

Self-Awareness: Understand your strengths and areas for improvement. Embrace your uniqueness and use it to your advantage.

Positive Self-Talk: Replace self-doubt with encouraging thoughts. Challenge negative beliefs and remind yourself of past achievements.

Preparation: The more you know and practice, the more confident you'll feel. Preparation builds a solid foundation for self-assurance.

Facing Fear: Step out of your comfort zone. Facing your fears gradually diminishes their power over you.

Mindfulness: Stay present in the moment and focus on your successes rather than fixating on potential failures.

Confidence is a journey, not an overnight transformation. It requires dedication, self-reflection, and patience. But as Sarah's story illustrates, the rewards are immeasurable. So, whether you aspire to be a public speaker, excel in your career, or achieve personal goals, remember that confidence is your greatest ally on the path to success.

With Love - Shubhrika

FINANCES

Managing Finances



By Mr. Rishi Arun Parikh

In Kenya today, managing finances requires a combination of timeless principles and adapting to modern tools and challenges. Here's to help you manage your finances effectively through my experience in various fields over the years... and still adapting!

1. Set Clear Financial Goals:

Define short-term and long-term financial goals. Whether it's saving for a vacation, buying a home, or retiring comfortably, having specific goals helps you stay focused and motivated.

2. Create a Budget:

Develop a detailed budget that tracks your income and expenses. Categorize expenses and allocate funds for essentials, savings, investments, and discretionary spending. Use tools like budgeting apps to help automate this process. You may use Spreadsheets / Accounting Programs.

3. Live Below Your Means:

Avoid overspending by practicing frugality and living within or below your means. This provides a safety net for unexpected expenses and helps you save and invest for the future. As they say; A Shilling in your Pocket is a Shilling...? Rent / Mortgage, Medical, School Fees are the main overheads of every household in Kenya – Preplan the same to lower figures and sources.

4. Build an Emergency Fund:

Set aside 3-6 months' worth of living expenses in an easily accessible savings account (if possible). This fund acts as a financial cushion



during emergencies like medical bills or job loss.

5. Manage Debt Wisely:

Prioritize paying off high-interest debt, such as credit card balances. Use strategies like the "debt snowball" or "debt avalanche" method to efficiently eliminate debt.

6. Invest for the Future:

Start investing early to take advantage of compound interest. Diversify your investments across different asset classes, such as stocks, bonds, real estate, and mutual funds, based on your risk tolerance and goals.

7. Retirement Planning:

Contribute regularly to retirement accounts. Take advantage of employer matching contributions and consider consulting a financial advisor for personalized retirement planning. Many local Insurance companies offer such.

8. Automate Savings and Investments:

Set up automatic transfers to savings and investment accounts. This ensures consistency and discipline in building wealth over time. It's also called fixed recurring entries that Banks

offer.

9. Educate Yourself:

Stay informed about personal finance topics. Read books, follow reputable financial blogs, and consider attending seminars to enhance your financial knowledge.

10. Avoid Lifestyle Inflation:

As your income increases, resist the temptation to significantly increase your spending. Instead, allocate the additional funds to savings, investments, and debt reduction.

11. Review and Adjust Regularly:

Reassess your financial situation periodically. Adjust your budget, goals, and investment strategies as needed to stay aligned with your evolving circumstances.

12. Protect Your Assets:

Ensure you have adequate insurance coverage, including health, home, auto, and life insurance. This safeguards your financial well-being in case of unexpected events.

13. Minimize Impulse Spending:

Practice mindful spending by differentiating between wants and needs. Avoid making impulsive purchases and give yourself time to consider the necessity

of each expense.

14. Use Technology to Your Advantage:

Utilize personal finance apps and tools to track expenses, set budgets, and monitor your financial progress. Many apps also offer investment tracking and retirement planning features.

15. Seek Professional Advice When Needed:

If you're unsure about complex financial matters or need tailored guidance, consult with a certified financial planner or advisor who can provide personalized recommendations. Auditors may advise on such.

Remember that financial management is an ongoing process. By combining these principles with a willingness to adapt to new trends and technologies, you can successfully navigate the challenges of managing your finances in the modern world. If Kenya is hard; Earth is harder!

Madafu Newspaper - Editor
editor@madafu.biz

PHOTO STORY



On 28th August 2023, Jain Social Group, Nairobi delivered UJI, Sufurias, Jugs, Mugs etc to 45 schools. Daily UJI will be served to more than 11,000 pupils. Chairman of Trustees Mr. Motichandbhai Dodhia, Projects Convener Mr. Bharat Parekh from Jain Social Group as well as Kirit Sanghrajka and Chetan Sanghrajka of Shrimad Rajchandra Love and Care visited various schools who benefits from this project.

PHOTO STORY



Check out this 3,000-year-old wooden toe prosthetic discovered on an Egyptian Mummy. Researchers think the toe is one of the world's oldest prosthetic devices.

New research found that the wooden toe was refitted several times. Based on the meticulous construction of the ancient prosthesis, the researchers determined the wearer — a priest's daughter — wanted the toe to look natural and be comfortable to wear. The Early Iron Age prosthesis was found in a tomb cut into the older burial chapel at the graveyard hill of Sheikh Abd el-Qurna, west of Luxor, Egypt
Source Internet

Chandarana
foodplus
more than just food

WELCOME

Back
TO
SCHOOL

 FREE
PARKING



Shop With Ease This Back To School Season And Enjoy
Free Parking In Our **Nyali, Changamwe** And **Diani** Branch

SUSTAINABLE CHANGE

Russia's war in Ukraine sponsors more renewable energies for Europe

To date, Vladimir Putin, the Russian leader, has managed to unify both NATO and Europe in their combined stance to oppose his blatant aggression and misguided thinking. The war has resulted in massively increased defence spending by the West, and a total change in direction for Germany, along with Sweden and Finland joining the NATO fraternity.

This outcome must be the very opposite to Putin's aims, when he invaded Ukraine in early 2022, hoping to pull the errant nation back into the Russian fold. It had worked pretty well in 2014, with Crimea, as the West turned a blind eye, so why not the whole of the country?

Another result of the war has been to galvanise European resolve to move as rapidly as possible away from fossil fuels, towards renewable energies, such as those generated from hydro, solar, wind, wave, and geothermal sources. Nuclear has come back into the mix for some countries, as (even with inherent risks) it can offer a preferred option to oil and gas. The sudden reduction of fuel imports from Russia has underpinned this more rapid transition to alternative energies, with the main aim of achieving carbon emission reductions, to support ambitious climate objectives, over the next twenty-five years.

I predicted these changes to Europe's energy strategy in an earlier column ('Putin's Ukraine war could mean more Sustainable Change') written soon after the war began. At the time, it was a blinkered attempt to put some positive spin on the war, where all seemed hopelessly negative. But now, a year or so later this move to alternative energies by Europe as a massive economic block, has become reality, and is gaining traction.

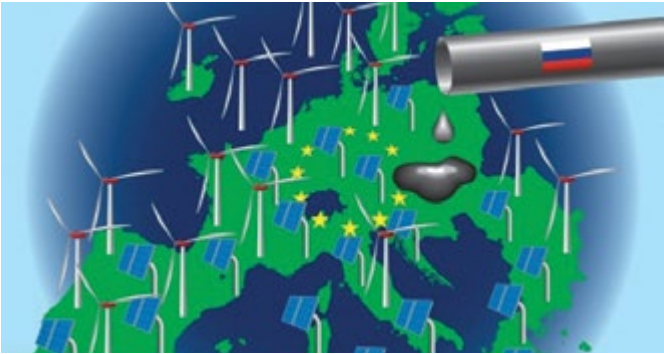
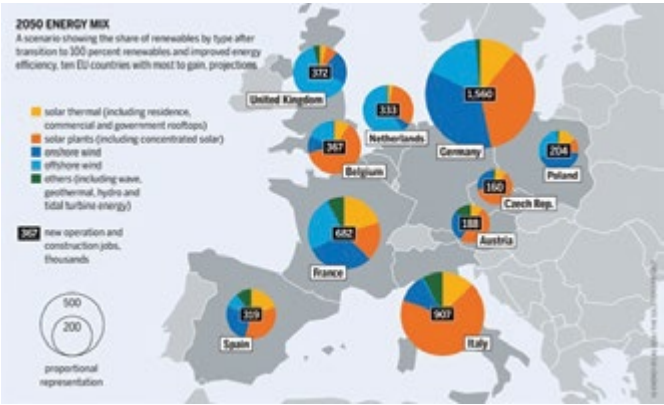
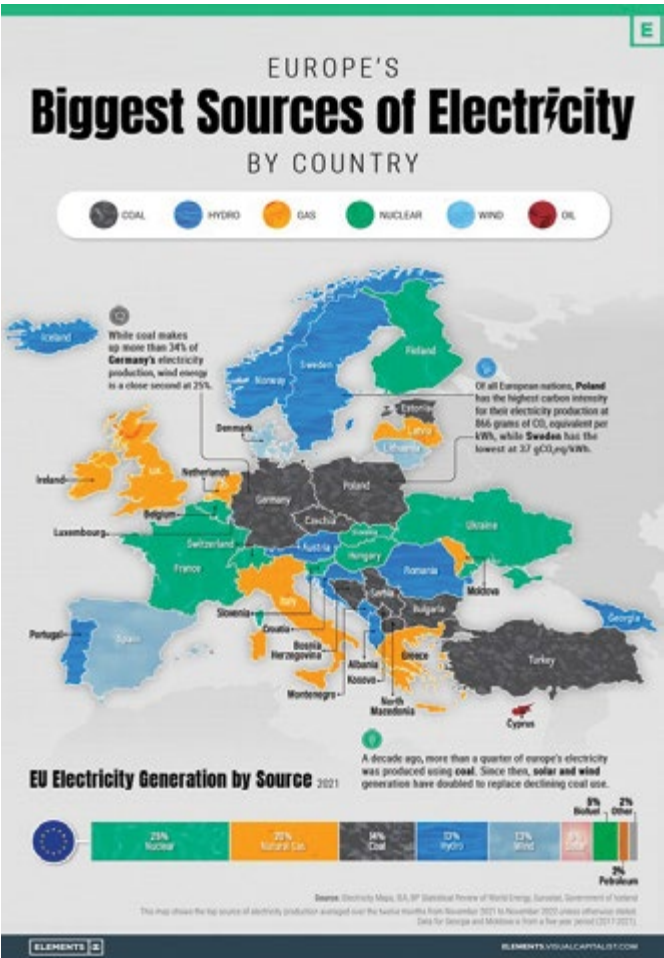
Energy from renewables across the 27-member European Union, currently stands at 22% (encompassing a wide range from 13% in Ireland to 63% in Sweden); with energy generated from

biomass forming the largest part of the mix. But to achieve energy security while meeting carbon goals, the EU needs to accelerate its transition to green energy, to meet targets of 55% reduction of carbon emissions by 2030, and net-zero by 2050. Within these overall goals, the 2030 target for renewables was recently increased from 40% to 45% in response to the Russian invasion, and is particularly dependent on increasing offshore wind and rooftop solar. European climate chief Frans Timmermans stated: "Russia's weaponising of energy has reinforced our transition to renewables."

Thus, the invasion of Ukraine has unified Europe more than ever before, in a common goal of severing energy supply ties with Russia, whilst holding to commitments on climate related goals. Launched in April 2022, the EU Energy Platform is a good example of this, while their Common Gas Procurement Policy has utilised the leverage of the block to enable natural gas security that surpasses total needs. The road ahead is steep ... and expensive: the EU predicts a further 113 billion euros investment in renewables will be required by 2030, to completely end reliance on Russian fossil fuels.

Holding the line to current climate commitments, made initially at the 2015 UN Paris Agreement, hasn't been easy, because of the unanticipated onslaughts of the coronavirus pandemic, followed immediately by Ukraine, both having a negative impact on macro-economics, particularly in areas of Health and Defence spending. As we know, 'Money doesn't grow on trees': if we spend on Covid vaccines and leopard tanks, costs will spiral, resulting in mounting debt and looming recession, which to some degree has happened.

A major factor contributing to EU net-zero will be electrical energy generation, for home, for industry and for transport. Currently renewables account for 37.5% of gross energy



consumption to produce electricity, led by wind (36%) and hydro-power (33%). The transport sector is moving rapidly towards Electrical Vehicles with Scandinavian

renewables – could also be a major contributor, suited to powering larger transport systems, such as trains, buses and ships.

Nuclear power generation is a complex issue. Some countries have, and still do utilise nuclear as a major power source, but because of risks related to disposal of radioactive waste, and potential for disaster (a la Chernobyl or Fukushima) most had been moving away from this option. Now, Ukraine fosters a greater need to consider all alternatives, in order to fill the void left by lack of oil and gas from Russia. Strictly speaking, nuclear energy is not renewable, as the power source is uranium, an exhaustible mineral.

In many ways the EU is leading the way, but it does need to remain on track, providing the shining light for others to follow, if the targets for 2050 are to be realised from a global standpoint, and the climate crisis is to be met head-on, limiting global heating to 1.5 degrees Celcius. But even on the periphery of the EU, the UK appears to be wavering, and major polluters USA and China, lag behind the pack. Within the EU block, the rise of the far right poses a problem, with a tendency towards climate denial and ambitions to turn the clock back to use of fossil fuels, in support of a 20th Century-style marketplace.

For me, as a writer who has been involved in education for youth related to sustainable change over the past 30 years, it seems to be an irrefutable logic that climate change presents the most severe threat to life as we know it, on earth: the greatest challenge to civilisation since homo sapiens first roamed the African plains! Now thirty years after I began my own small works, there are unprecedented heat waves in Europe, forest fires rage across Australia, floods inundate Pakistan, and the Horn of Africa faces its most severe drought in forty years. More than that, the less direct impacts of climate change, such as intra and intercountry conflicts, terrorism, and refugee crises, we see having an increasing impact around the globe, and visible on a daily basis across our news networks.

So, just as many plant and

animal species are feeling the negative effects of global heating, it should also be entirely obvious to humans – after all we tend to think we have superior brainpower – that urgent action is required to remedy this self-inflicted crisis. The world of science is unified in its opinion that humankind caused the problem, in particular by exploiting the use of fossil fuels to power the industrial age, so it should be humankind that is responsible for fixing it! After all we can't rely on chimpanzees or crocodiles to lead any concerted push for remedial action. It's also interesting to note that there's little contrition on the part of Big Oil (Exxon, Shell, BP, and others) for the problems caused (and which they had clear knowledge of about fifty years ago); just as there tends to be little remorse on behalf of British American Tobacco for their contribution to lung cancer.

So, who does the fixing; not leopards or lions, obviously, and most likely not the market place on a voluntary basis either. It has to be a joint effort on behalf of governments and civil society, working in partnership with private industry, to produce the necessary seismic shift in thinking, and rally behind strong resolute leaders, who then take our global society in a new direction. This will be quite a challenge, as neither the market-driven democracies of the West, nor the various autocracies, are particularly well suited to delivering solutions based purely on environmental or social needs, rather than economic goals: it doesn't fit the model of two-party, or multi-party goals, which have a tendency to resort to party-political and partisan gain, regardless of the outcome. For the future of our planet, it is becoming increasingly obvious that we need to put short-term political gains behind us, and join together in fixing the long-term problem, which is looking more and more apocalyptic with each successive news broadcast!

Duncan Gregory
www.whittlingourniche.com



WILDLIFE PHOTO

Photo by Shreya



The Land of the Elephants. They say Amboseli National Park is the land of the elephants and that is definitely true. Here you will find large herds elephants and if you're lucky enough you may even get some in front of Mt. Kilimanjaro. It is one of the most picturesque backdrops to get for any wildlife photographer. Everybody who travels there wants that iconic picture of an elephant in front of the mountain. Unfortunately I wasn't able to capture that image on my first visit. So I promised myself that I would return one day. A year ago i had the privilege to visit Amboseli again. It was early morning, during sunrise and the clouds were low and you could see the summit of Mt. Kilimanjaro. The light was absolutely beautiful and this time Mother Nature did not disappoint. I finally was able to capture several gentle giants in front of Africa's biggest giant, Mt.Kilimanjaro.

Amboseli National Park,Kenya. Shreya



Boiler World Expo Ignites Global Collaboration: Participants Converge for Cross-Border Networking, Innovation and Business

125 Exhibiting Companies | 17 Exhibiting Countries | 3600 Visitors | 29 Visiting Countries | 340 Delegates | 8 Seminars | 14 Speakers

The Boiler World Expo, the world's most dedicated and promising expo-seminar conclave for the global heat and steam industry was held in Nairobi, Africa from August 10th to 12th, 2023. Having received the participation of over 125 exhibitors from across the globe, the Boiler World Expo marked a significant milestone, not only in the global heat and steam industry but also created an impactful ripple in the relatively untapped East-African industrial market.

The event brought together industry leaders, experts, and innovators for a comprehensive showcase of cutting-edge technology, knowledge exchange, and networking opportunities. With build-up days from August 6th to 9th, the Expo encompassed a range of engaging seminars and an impressive array of participants. With a diverse range of exhibitor participation from across the globe, visitors were treated to a comprehensive display of products, solutions, and services that spanned the entire spectrum of boiler technology.

The expo's inauguration was graced by distinguished dignitaries, including Mr Bhanu Rajagopalan - MD,



Orangebeak Technologies Pvt Ltd, Ms Namgya Khampa-High Commissioner of India, Dr Suresh Khade - Minister of Labour; Maharashtra, Mr Nobby Macharia represented - Dr Juma Mukhwana - Principal Secretary, State Department for Industry, Dr Musa Nyandusi represented Hon'ble Florence Bore - Cabinet Secretary, Labour and Social Protection, Mr Dhawal Antapurkar - Director; Directorate of Steam Boilers - Maharashtra, India.

In her address at the Boiler World Expo - Africa inauguration, Ms Namgya Khampa, the High Commissioner of India, emphasized the promising

future that Kenya holds for Indian businesses. She highlighted the growing collaboration between the two nations and emphasized on the significant opportunities that lie ahead for Indian businesses in Kenya's dynamic market. Ms Khampa further underlined the potential for mutually beneficial partnerships, technological exchange, and knowledge transfer that can drive innovation and growth. She highlighted the importance of nurturing these relationships to foster a strong foundation for future success and sustainable development in both India and Kenya.

Dr Suresh Khade, Minister

of Labour for Maharashtra, praised Kenya's leadership and industrial growth, highlighting the historic ties between India and Kenya. He welcomed attendees to Boiler World Africa 2023, stressing on the importance of safety in the heat and steam industry and India's commitment to stringent standards. Dr Khade saw potential in India and Kenya's youthful workforce, suggesting India's expertise could empower the global workforce. He proposed adopting India's IBR code for optimal boiler procurement and emphasized on the role of boilers in advancing energy systems. Dr Khade promoted



technology-driven safety measures, lauded the event's success, and closed with spirited declarations of "Jai Hind!" and "Jai Maharashtra! Mr Nobby Macharia, representing Dr Juma Mukhwana, Principal Secretary of the State Department for Industry, highlighted Kenya's bright manufacturing future at the inaugural ceremony of Boiler World Expo - Africa. He acknowledged Kenya's industrial growth and its global impact. Mr Macharia emphasized on the nation's commitment to fostering a favourable manufacturing

environment, promoting technology, innovation, and employment. He stressed on collaboration with India to drive manufacturing excellence, skill development, and economic growth. Mr Macharia's speech showcased Kenya's aspiration to become a manufacturing hub and its openness to international partnerships for mutual progress.

Attendees were welcomed by a captivating Masai dance performance that celebrated the rich cultural heritage of the region. The inauguration set the stage for the dynamic and collaborative spirit of the event.

HEALTH

Let us talk about blood pressure – the silent killer



By Arifa Turabali
MKPA, HSM, MPH






Blood pressure refers to the pressure exerted by circulating blood against the walls of blood vessels. It primarily originates from the heart's pumping action as it propels blood through the circulatory system. When used without qualification, "blood pressure," we are referring to the pressure measured in the brachial artery.

High blood pressure, or hypertension, is a common condition that impacts arteries. In this condition, the force of blood against artery walls is persistently elevated, causing the heart to work harder in pumping blood.

Blood pressure is measured in millimeters of mercury (mm Hg). Hypertension is typically defined as a reading of 130/80 mm Hg or higher.

The American College of Cardiology and the American Heart Association classify blood pressure into four categories. The categories are as follows:

- 1. Normal blood pressure: 120/80 mm Hg or lower.
- 2. Elevated blood pressure: Top number between 120 and 129 mm Hg, and bottom number below 80 mm Hg.

	Stroke: Occurs when high blood pressure leads to the bursting or blockage of blood vessels supplying oxygen to the brain. As a result, the affected part of the brain, deprived of oxygen, begins to undergo damage and cell death.
	Heart Attack: High blood pressure damages arteries, making them susceptible to blockage by fats and cholesterol. The narrowing and hardening of arteries increase the likelihood of blood clots, which impede the flow of oxygen and nutrients to the heart.
	Heart Failure: High blood pressure places added strain on the heart, causing it to work harder. Over time, this increased physical stress results in the heart thickening and enlarging, making it more challenging to efficiently pump blood throughout the body.
	Kidney Failure: High blood pressure can harm the arteries surrounding the kidneys, diminishing their ability to effectively filter waste from the blood. It is the second leading cause of kidney failure, surpassed only by diabetes.
	Lower Sex Drive: Sexual organs require increased blood flow. Men may encounter difficulties in achieving and sustaining an erection, while women may experience a decrease in sexual desire.

You Can Fight High Blood Pressure

- Stay Active
- Quit Smoking
- Eat a Healthy Diet
- Regulate Salt Intake
- Manage stress
- Maintain a Healthy Weight
- Limit Alcohol
- Work with your Doctor
- Take your Medications as Prescribed



- 3. Stage 1 hypertension: Top number between 130 and 139 mm Hg, or bottom number between 80 and 89 mm Hg.
 - 4. Stage 2 hypertension: Top number of 140 mm Hg or higher, or bottom number of 90 mm Hg or higher.
- A blood pressure reading

exceeding 180/120 mm Hg is classified as a hypertensive emergency or crisis. Immediate medical assistance should be sought for people with these blood pressure numbers

Untreated high blood pressure raises the risk of heart attack, stroke, and other

severe health issues. Regular blood pressure checks, at least every two years from age 18, are crucial. Some people may require more frequent monitoring.

Healthy lifestyle habits, including abstaining from smoking, regular exercise, and a balanced diet, can aid in the prevention and management of high blood pressure. Medication may be necessary for some people to treat high blood pressure.

High blood pressure often goes unnoticed as it silently causes gradual damage over time, without noticeable symptoms. However, it significantly increases the risk of developing life-changing and potentially life-threatening medical conditions.

Hand surgery

Moi Teaching and Referral Hospital Successfully Rejoins an Amputated Limb Following a Domestic Assault in an 11-Hour Surgery.

The 35 years old male patient identified as BK was rushed to the Moi Teaching and Referral Hospital on 8th August 2023 with his left hand traumatically amputated after being referred from Sigowet Sub County Hospital.

While arriving at the Moi Teaching and Referral, the amputated hand was preserved in a coolbox, and within 15 minutes, the patient



had been rushed to the theatre room.

At the theatre, two teams

worked alternately to stabilize the patients and reverse the amputation. As one team worked on reattaching the left hand, the other team was working on restoring blood flow to the amputated hand, revascularization.

The reimplanting and revascularization surgery was successfully completed at 3AM after 11 hours of concerted efforts to restore BK's left hand.

BK was then moved to post-anesthesia care unit and later on to the ICU for monitoring. He was also intravenously infused with Heparin to prevent blood clotting.

On Thursday, the patient's limb was splinted and the rehabilitation process was initiated.

At the time of publishing this article, the patient had been moved from the Intensive Care Unit to the General Orthopedics Ward where he is closely being monitored.

A Doppler Ultrasound scan has also revealed that the revascularization process was successful and blood flow in the main arteries and veins of the reimplanted arm is good.

The reimplanting of the left hand of Mr. BK was successfully led by a team of doctors and nurses including Dr. Brian Christie, Dr. Paul Mwangi, Dr. Andrew Vernadi, Dr. Gregory Wekesa, Dr. Harsh Vadgama, Nehemiah Nyainda, Roise Keino, Caren Cherotich, Oscar Ang'anda and Ezra Samoita.

Source: Courtesy

PHOTO STORY

SENACA private security training visit by PCAK



PCAК Leadership Team led by FC Munene Mugambi visited the SENACA Training facility led by Director Annette Kimettei in Nairobi to further the partnership for the PCAK CPD Training Program to be rolled out soon.

PCAК CPD Program Progress

Today 26/8/2023, our FC and a section of PCAK members who are part of CPD program committee were hosted by SENACA EA Ltd in their Karen's Private Security Training Academy. The 10-acre quasi-paramilitary academy is impressively organized and has so far trained over 20,000 physical security officers at diverse of in-house institutional hierarchies inclusive of client organizations.

The PSTA is NITA certified and was the chosen institution by government for launching of the PSRA Act. The visit is part of the wide preparatory stages as PCAK prepares to partner with SENACA for the much awaited CPD programme.

A Guard of Honor was mounted for the team and inspected by FC Munene.



The president of skal club kenya coast Effie Fernades [left] receives a raffles price from Liz Tapawa from skal Nairobi club. The raffle will be used during the skal anniversary next month. PHOTO BY TITUS MUSAU

Kenya past cricketers' reunion third edition

The colourful and enjoyable 3rd Edition of Kenya Past Cricketers Reunion which started on time at 7.15 p.m. was brilliantly and wonderfully organized last Saturday evening at the Golden Tulip Hotel, Nairobi, under the dynamic Chairmanship of Sandip Shah and ably supported by Vice Chairman Tariq Iqbal, Hon. Secretary Zahid Rajan, Hon. Treasurer Ketul Gutka, Hon. Co-ordinator/PRO Subhash Modi, Convener of Fund raising Jasbir Singh, Overseas Liaison Officer (UK), Bharatbhai Ghelani, Member Edward Tito Odumbe (USA) and IPC Rajabali (Nakuru).

The highly successful function was graced by the Chief Guest, Ms. Jackie Janmohamed (Former Cricket Kenya Chairlady and IPC Lady of Africa Cricket Association) and she was accompanied by her husband, Mudassar Nazar (Pakistan Cricketing Icon). The cricketing function was attended by the Iran Ambassador for Kenya, dignitaries, Guests, Sponsors, some leading business and sports personalities, club officials, cricketers, umpires, scorers and awardees. The first and second function was held at Nairobi Gymkhana (2018) and Golden Tulip Hotel (2022) under the chairmanship of Rajabali and the dedicated team. Sandip Shah has been heart and soul of all the three editions with full backing from the experienced management team.

Before the function started, a minute's silence was observed in the loving memory of all the departed souls of the members of Kenya Cricketing Fraternity. chairman Sandip Shah then offered a Toast to The President in the company of all present.

The Chairman and the Management of Kenya Past Cricketers are indeed grateful to all the sponsors namely

Platinum: Ms. Jackie Janmoh and Vilesh Shah.

Gold: Mayur Shah and Raghuvir Patel & Family,

Silver: Dipak Shah, Daljit Singh Chaggar, & Jasbir Singh & Family.

Other Sponsors: Shamjibhai Patel, & Mahesh



The Photo shows: The Chairman and the Members of the Management Committee of Kenya Past Cricketers Reunion Third Edition 2023 - Left to Right - Tariq Iqbal, Jasbir Singh, Sandip Shah, & Rajabali. From right are Ketul Gutka, Zahid Rajan, Bharatbhai Ghelani (from UK) and Subhash Modi

Karia.

Taran Singh Jandu of Coolex for donating 300 bottles (500 ml) of Mineral water.

We are also indebted to Local and International Media, Mr. Cassim Suliman CEO of Africa Cricket Association, Bilal Cocker of Executive Printing Works for printing the cards without any cost, for Brilliant Master of Ceremony by David Waters MBE, Ushering of Guests Ms. Shalini Shah did brilliantly. Well managed Power Point Presentation by Harsh Gutka, well managed You Tube by Raahat Rajan. Hats off to Zahid Rajan for superb designing and creative work and also designing the quality certificates. Special thanks must also go to Balkrishna Raval (Bali) and his fine team for professional photography and videography. Special Presentation of Awards to the Chairman and the Organizing committee by Bharatbhai Ghelani from UK. Cricket Tanzania Legends Administrator Dinesh Vaishnav presented appreciative token of appreciations to Sandip Shah, Aasif Karim and Subhash Modi for good cricketing work.

The Chairman and the Organizing Management Committee also thanked the Management and staff of the Golden Tulip Hotel for very good facilities, quality of food and arrangements especially - General Manager Irshad Quazzafi, Finance Manager Tariq Sayani, Food and Beverage Manager Peter Irungu and his deputy Grace Joseph, Indian Chef Purshottam Yadav, IT Official Peter Joseph and all the staff. We would also like to thank all the clubs and its members, well-wishers, supporters, and

cricket lovers, for their valued support for buying the tickets for the cricketing function.

Before the Various Awards were presented during the function, Tariq Iqbal highlighted the importance of the various awards being awarded to the unsung heroes and heroines of the noble game of cricket. -

Upcoming and promising cricketers, Groundsmen, Umpires, Scorers, Special Awards, Administrators Awards, & Sponsors Awards.

Awards Allocation Sponsors: were also rewarded:- for their continued support.

1. Jackie Janmohammed
2. Vilesh Shah
3. Mayur Shah
4. Raghuvir Patel and Family
5. Dipak Shah
6. Daljit Singh Chager

Cricketers (Veteran Retired) who were awarded during the function:-

1. Tom Tikolo
2. Aasif Karim
3. Nasoor Verjee
4. Asif Padamshi
5. Nagib Popat
6. Piyush Sawjani (Mombasa)
7. Maqsood Rana (Mombasa)
8. Kirit Thakaar (Mombasa)
9. Fauz Quereishi
10. Rohit Bhagani (Mombasa)
11. Anil Patel
12. Haren Patel
13. Kishor Patel
14. Vijay Patel
15. Sudhir Solanki

Administrators were awarded:-

1. Bipin Vora
2. Shamji Patel

3. Pali Singh
4. Nipun Patel
5. Kurji Ashani

Special Awards were awarded to:

1. Bhavisha Shah
2. Anjum Asodia
3. Srinagesh Bogananjappa (D/L Manager)
4. Caine Correa
5. Zahid Rajan
6. Fayaz Quereishi
7. Nairobi Provincial Cricket Association (NPCA)
8. Legends of Tanzania
9. Sheetal Savala. Veteran Retired Umpires & Scorers were awarded:-
1. Subhash Modi
2. Lalji Bhudia

3. Kutbudin Gulamabbas Ebrahimji (Mombasa)
4. Madhukar Desai
5. Sunil Sarkar
6. Alvito Rego
7. Maureen Rego
8. Madhu Desai
9. Jacky Janmohammed
10. Mustafa Khimji
11. Asaf Gulamhusein (Mombasa)
12. Bhogie Doshi (Mombasa)
13. Ghulamabbas Khaku (Mombasa)
14. Richard Tippey
15. Ebrahim Fidahusseini
16. Pravin Fatania
17. Amirali Kassam (Mombasa)

Groundsmen were awarded:

1. Mwangi Ndirangu
2. Moses Waninga
3. Humphrey Thuita
4. Wilfred Atanga
5. Charles Maina
6. Mwema Mwanzia (Mombasa Sports Club)
7. Joshua Mbandi (Coast Gymkhana)

8. Johnson Keke
 9. Jackson Ndalo
 10. Komu Maithya
- Upcoming & Promising Players were awarded
1. Kavir Joshi - Sikh Union
 2. Manveer Singh - Sikh Union
 3. Arshdeep Singh Kundi - Sikh Union
 4. Ankit Jesani - Kanbis
 5. Veer Halai - Kanbis
 6. Dylan Shah - Swamibapa
 7. Neel Doshi - Nairobi Gymkhana
 8. Yuvraj Bhatyani - Nairobi Gymkhana
 9. Brian Likavu - Kongonis
 10. Stian Smith - Nairobi Gymkhana
 11. Somya Gupta - Stray Leopards
 12. Jiyan Patel - Nairobi Gymkhana
 13. Haron Makenzie - Ole Shah Academy
 14. Stella Makenzie - Ole Shah Academy
 15. Abba - Ole Shah Academy
 16. Pasi - Ole Shah Academy



REIGNITE MOTORSPORT

ESMAIL HARUNANI

Kenyan born and bred, Esmail Harunani has garnered a stellar reputation as a distinguished professional in the field of dentistry, marked by a series of remarkable achievements. His expertise in strategic planning and project management, honed through a rich and diverse background, has consistently propelled him to success in his entrepreneurial endeavors.



RALLY RACING SUPER FAN

Esmail's dedication to rally racing extends even further, as he is the accomplished author of a recently published, comprehensive, 700-page book chronicling the captivating history of the safari rally. This magnum opus showcases his meticulous research and deep knowledge, solidifying his role as a respected authority in the world of rally racing.



He is also renowned as an avid rally super fan, holding the distinction of amassing the largest and most captivating collection of safari rally model cars and intricately detailed dioramas globally. His passion for rally racing is not only evident in his collection but also in his profound understanding of the sport.



Esmail Harunani's unwavering commitment to excellence, coupled with his unmatched enthusiasm for rally racing, continues to make a significant impact in both his professional achievements and his invaluable contributions to preserving the heritage of Rally Sport.

DELICIOUSLY
FLAVOURED
No.1
LOLLIPOPS



Available at Mr. Berry's Candy Shop, CityMall Nyali and The Sarit Nairobi.
Also found in Chandarana Supermarkets and most Retail Stores nationwide.
Available Flavours: Strawberry, Passion, Orange, Mango, Tongue Painter, Yoghurt, Mixmax

Nairobi Depot
+254758713210
Mombasa Depot
+254722674022



General enquiries: info@mzurisweets.com
sale enquiries: sales@mzurisweets.com



www.mzurisweets.com



[berrytastic](https://www.instagram.com/berrytastic)



[Mzuri sweets Ltd](https://www.facebook.com/Mzuri.sweets.Ltd)



[mzurisweets](https://twitter.com/mzurisweets)