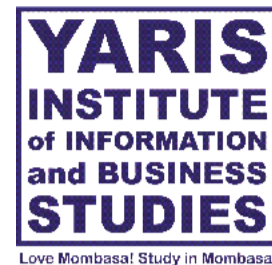




MADAFU



The Socio-Economic Newspaper with Anything & Everything from Kenya

Issue 060 / AUGUST 2024

Complimentary Distribution - Free

Registered at the G.P.O as a Newspaper

Go Well Hasubhai - R.I.P



By Mr. Rishi Arun Parikh

Mr. Hasmukh Patel (Hasubhai); You will be missed. You have the Prayers and Wishes of hundreds of thousands of Kenyans that you gave a reason to be happy and look forward to life. Be it education, health, food or improvements, You made the difference between desolation and sheer joy to many. You have helped so many without name and in secret that I am aware of; but it will stay a secret. You have educated so many to be settled in life now. You have fed Millions to date and healed thousands. The blessings you have will float you to heaven. We know you are smiling now. You will be eternally missed by us all.

I will miss your verbal barrage to me in all our encounters...You did Miracle Park at Makupa Causeway Kibarani; You constructed 4 Tower Dwarikadham Housing at Mshomoroni; You beautified major roundabouts in Mombasa and Kilifi Counties; You employed thousands of Kenyans; You fed tens of



Rishi with beloved Hasubhai and Zulfiqar Alibhai. Hasubhai said something so hilarious and poked fun at me that I couldn't stop laughing at myself; I hope Zul has forgotten what Hasubhai said!

thousands of needy Kenyans every day; You cleared Hospital Bills of the underprivileged and unaffording; You educated thousands of Kenyans; You gave daily money to thousands of Kenyans for

their daily use; You initiated large scale Farming Projects to feed Kenyans with less expensive rations and cereals; You built factories that employ thousands of Kenyans all over Kenya; You funded thousands

of Social Projects like Green Energy; Tree Planting; Children empowerment; Women empowerment; Community Cleanups; Community Policing Security Events...! You were a One Man Government and Army! Hasubhai was a beacon of generosity and compassion whose tireless dedication to philanthropy transformed countless lives. His unwavering commitment to the betterment of society was evident in every act of kindness, from championing education and healthcare to supporting the most vulnerable.

Their legacy of giving will continue to inspire and uplift future generations. Though they are no longer with us, Hasubhai's spirit lives on in the hearts of those they touched. The world is better because he was here...

On 1st September 2024 you left Earth for the Lord Almighty's Abode; we all gave you a tremendous and emotional farewell.

I am sure all those in Heaven have lined up to receive you clapping. You leave a void behind that maybe no Man shall fill or ever equate to! Keep Blessing us! Nani kama wewe Hasubhai? Nani? May the Lord Almighty rest your Soul in Eternal Peace! Om Shanti.

I am blank...

Madafu Newspaper Editor

Coast Emergency List



Today, 7th Sep 2024; at English Point Marina Hotel in Nyali; I met with FC Munene, Advocate Festus Kinoti and Mr. Kamau from the PCAK Team Coast. I showcased the PCAK Coastal Branch's initiatives aimed at enhancing Security and Safety in the Port City to support our economic progress. The Coast Region Emergency Contact List was shared.

PCAK FC Munene and Adv. Festus have been attending a weeklong security reforms review conference focusing on National Police Service, Kenya Prisons Service, NYS, and IPOA. I look forward to reconnecting with the team and the larger PCAK fraternity at the upcoming 7th Convention in Nairobi. Crime-Must-Fall

ASK SHOW 2024 Judging



Very proud to have been appointed the Judge of the Mombasa ASK International Show 2024. I judged the NPS Stand and was very impressed with the Services offered to the Public. Kudos to the valiant and well trained Police Officers. I was received by Mr. Jared Ojuok and NPS Mombasa CPC Mr. Kimani.

KWS Grassroot Engagement



Today we managed to conduct a community meeting in dakatcha woodland with conservation groups and sensitize them on how to form community wildlife association. In the evening we are going to have another meeting at kaya dagamma on the same agenda. Kws malindi marine deputy warden Banjeand honorary warden Patrick changawa and area chief were taking lead on discussions.

TOP NEWS

President Ruto asks NGAOs to discharge their duties diligently

National Government Administration Officers, previously known as the provincial administration, are central to the governance and development of Kenya, President William Ruto has said.

The President said the officials are a key pillar of national stability and in the implementation of development projects across the country.

He, however, pointed out that lasting security and stability of the country, as well as successful implementation of development projects, can only be achieved if the officials are dedicated and efficient in their work.

The President made the remarks when he addressed the National Government Administration Officers (NGAO) at the Kenya School of Government in Lower Kabete, Nairobi County, on Tuesday.

They comprised Regional Commissioners, County Commissioners and Deputy



County Commissioners.

"I want to make it clear today that your place in this country is constitutional, legal and proper. It's now your opportunity to serve Kenyans with dignity," he said.

The President told the officials that the government would continue supporting them, saying they were working closely with the citizens at the grassroots.

"We will support and facilitate you to offer leadership in your respective jurisdictions and help unlock Kenya's

potential," the President said.

He reminded the officials that they serve in a country with a robust democracy, saying the rule of law and fairness must guide them in the course of their duties.

He pointed out that the success of the Affordable Housing Programme and the Social Health Insurance will largely depend on their efforts in educating the public at the grassroots.

At the same time, President Ruto directed the officers to ensure all parents in their

jurisdictions take children to school.

President Ruto reminded them that the Children's Act made it mandatory for all children to go to school. Parents, therefore, have an obligation to obey the law.

"It's your responsibility to intervene in cases where children are not taken to school," he said.

On official transport for the officials, the President said they will be given electric vehicles, saying these were very cost-effective.

"In the next few months, you will be provided with electric vehicles that, once fully charged, can do 300km," he said.

He also disclosed that plans were at an advanced stage on the government's programme to involve village elders in security matters.

"There is an ongoing conversation on how village elders can be used to improve security especially at the grassroots," President Ruto explained.

The President further

pointed out that the officials were undergoing training to improve their skills, saying the first 400 were about to complete the course.

Deputy President Rigathi Gachagua commended the officials for their efforts in the fight against drug abuse and illicit brews.

Interior Cabinet Secretary Kithure Kindiki said the officials were well placed to promote government agenda at the grassroots.

Ruto vows inclusive national development

The recent appointment of Cabinet Secretaries from former Prime Minister Raila Odinga's party is aimed at fostering national inclusion, peace and prosperity in the country.

President William Ruto pointed out that his close working relationship with Mr Odinga, that led to the appointment of a broad-based Cabinet, is for the greater good of the nation.

Speaking at Sitindi grounds in Ugunja, Siaya County, during a thanksgiving ceremony for Energy Cabinet Secretary Opiyo Wandayi, President Ruto maintained that the decision to work together was for the best interest of the country.

"To my elder brother Raila Odinga, I know you've been my competitor, I know you have been my party leader in the past but today we stand together, shoulder to shoulder, for the greater good of the country. I salute you," he said.

The President hinted at the possibility of the ruling alliance working with Mr Odinga's party ODM after the next three

years.

At the same time, he urged all leaders to take the lead and champion national unity among Kenyans.

He said it is through unity that Kenyans can unlock Kenya's potential for the great good of the nation.

"Our challenges are minimal compared to the opportunities that Kenya can take advantage of," President Ruto said.

Meanwhile, the President told Cabinet Secretaries and all government officials to serve Kenyans with dedication and fairness.

He said there must be no room for bias and exclusion in his administration.

"I want Cabinet Secretaries and all government officials to understand that there is no place for bias, discrimination, sectarianism and exclusion. All Kenyans must be served equally. We must move together as one people," he said.

He announced that in the ongoing Last Mile Electricity Connectivity Programme, Siaya has been allocated KSh1.3 billion to connect 17,000 households to electricity.

Deputy President Rigathi Gachagua said it was time for the new Cabinet to serve Kenyans with humility and dedication.

Prime Cabinet Secretary Musalia Mudavadi pointed out that the partnership between President Ruto and Mr Odinga was for the benefit of the country.

National Assembly Majority Leader Kimani Ichung'wa said that the partnership between President Ruto and Mr Odinga was for the benefit of the country.

Earlier, President Ruto commissioned the Mageta Island Solar Grid, which will connect 1,400 households to electricity.

The project will also support fish trading by powering cold rooms and improving public service delivery in hospitals and schools.

President Ruto said the installation of seven solar mini-grids, under the Kenya Electricity Modernisation Project, will enhance access to clean and reliable power supply.

"This will reduce power costs for businesses and supply electricity to more than 4,000



households in Siaya County," he said.

He said the project will have a huge impact on the lives of Mageta Island residents, and described it as a gamechanger for the community.

"It not only brings clean, renewable energy to the community, but also paves way for economic growth, improved healthcare, enhanced education and better security," he said.

Later, the President

commissioned the Usonga Siriwo Rice Mill that will facilitate increased food production in Siaya and Busia counties.

While in Siaya town, he broke ground for the construction of the Siaya Integrated Modern Market in Alego Usonga that will provide conducive working spaces to more than 1,000 traders.

Additionally, the President announced that 11 new markets will be built in Siaya

County and will enable value addition to farm produce and farmers and traders to earn more.

President Ruto also laid the foundation stone for the Alego Usonga Affordable Housing Project, an 882-unit residential facility with modern houses equipped with essential amenities and infrastructure.

Several Cabinet Secretaries, Governors and MPs accompanied the President.

Understanding the Concept of Rizq in Islam

And what does the Quran teach us about increasing it?

As Muslims, we understand the significance of rizq (provision or sustenance) in our lives.

It's a concept deeply intertwined with our faith, reflecting Allah's provision for His creation.

However, in our journey to seek more rizq, it's essential to align our efforts with the teachings of the Qur'an. We're delving into some Quranic guidance on increasing rizq, offering insights that go beyond mere material wealth.

What Is Rizq: A Quranic Perspective

Before we explore ways to increase rizq, it's crucial to understand its Quranic context.

Rizq is not limited to financial prosperity but encompasses all forms of sustenance provided by Allah – health, knowledge, time, opportunities and even the people we have in our lives.

Allah says in the Qur'an, "There is no moving creature on earth whose provision is not guaranteed by Allah. And He knows where it lives and where it is laid to rest. All is written in a perfect Record." (Qur'an 11:6).

This verse reminds us that our sustenance is preordained, and Allah is fully aware of our needs and circumstances.

1. Seeking Rizq through Tawakkul (Reliance on Allah)

The concept of tawakkul, or reliance on Allah, is fundamental in Islam. The Qur'an says, "And whoever relies upon Allah - then He is sufficient for him." (Quran 65:3).

Placing our trust in Allah for our provision is a form of worship and acknowledgement of His omnipotence. It doesn't mean abandoning effort but pairing our endeavours with faith in Allah's plan. When we place our trust in Allah, we're increased tenfold!

2. The Power of Dua (Supplication)

Making dua for rizq is a profound act of worship. The Prophet Muhammad (peace be upon him) taught us specific duas for seeking increase in rizq.

One such dua is, "O Allah, I ask You for knowledge that is beneficial, a good provision, and deeds that will be accepted." (Mishkat al-Masabih



2498).

Regularly supplicating, especially during times of distress, keeps us connected with Allah and reinforces our faith in His provision.

3. Being Grateful: A Key to Increase Rizq

Gratitude (shukr) plays a pivotal role in increasing rizq. Allah says, "If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe." (Quran 14:7).

This verse clearly links gratitude with the increase in Allah's blessings. Cultivating an attitude of gratitude for what we already have opens doors to more blessings.



Increasing our rizq isn't just about seeking more wealth but about aligning our lives with Quranic principles. It involves a combination of faith, effort, ethical conduct, and trust in Allah's wisdom

4. Earning through Halal Means

One of the most emphasized aspects in Islam is earning and consuming halal.

The Holy Qur'an is clear about this: "O mankind, eat from whatever is on earth [that is] lawful and good..." (Qur'an 2:168).

Engaging in halal business practices and avoiding haram sources of income is crucial in seeking Allah's blessings in our rizq.

5. Giving Sadaqah (Charity)

The act of giving, especially in the form of sadaqah (voluntary charity), is a powerful means to increase rizq.

Prophet Muhammad (peace be upon him) said, "Charity does not decrease wealth." (Sahih Muslim).

By giving, we purify our wealth, help those in need, and trust Allah to replenish and multiply our rizq.

6. Strengthening Family Ties

Maintaining kinship ties is another way to increase rizq. Prophet Muhammad (peace be upon him) said, "Whoever would like his rizq to be increased and his life span to be extended, should uphold the ties of kinship." (Sahih Bukhari).

This hadith highlights the importance of family relationships in the context of rizq.

7. Performing Good Deeds

Good deeds, whether it's regular prayer, fasting, or helping others, these all count towards our provision.

Allah rewards righteous actions in various forms!

8. Seeking Knowledge

Pursuing knowledge, particularly religious knowledge is also vital.

Prophet Muhammad (peace be upon him) said, "Seeking knowledge is an obligation upon every Muslim." (Sunan Ibn Majah).

Knowledge empowers us to make better decisions and opens doors to various forms of rizq.

9. Patience and Contentment

Lastly, patience (sabr) and contentment (qana'ah) are crucial in our pursuit of increased rizq.

The Qur'an says, "And be patient, for indeed, Allah does not allow to be lost the reward of the good-doers." (Quran 11:115).

Being content with what Allah has provided and patient in adversity are attributes that draw divine blessings.

Increasing our rizq isn't just about seeking more wealth but about aligning our lives with Quranic principles.

It involves a combination of faith, effort, ethical conduct, and trust in Allah's wisdom.

As we implement these principles, we open ourselves to the abundant provision from the One who is the Provider, the Most Merciful, and the Most Generous.

It is important for us to remember, the true essence of rizq lies in its barakah (blessing) – not just in its quantity but in the peace, contentment, and benefit it brings to our lives.

May Allah Ta'ala increase us in good, halal, and beneficial rizq in this world and the Hereafter.

Ameen!

10 Key Lessons on Healing from an Absent Father in "The Absent Father Effect on Daughters" by Susan E. Schwartz



Dr. Susan E. Schwartz's book, "The Absent Father Effect on Daughters," explores the psychological impact of an emotionally or physically absent father on a daughter's life. Through a Jungian analytical lens, the book offers insights and guidance for healing and self-discovery.

Here are 10 key takeaways:

1. Beyond Physical Absence:

The story defines an "absent father" as someone who is emotionally unavailable, even if physically present. This can be due to various factors like neglect, emotional distance, or a critical and unsupportive attitude.

2. Wounds to the Psyche:

An absent father can leave deep wounds on a daughter's psyche. The book explores how this absence can affect a daughter's sense of self, self-esteem, and ability to trust and form healthy relationships.

3. The Archetypal Father Wound:

Schwartz delves into the Jungian concept of the "archetypal father wound." This wound represents the unmet need for a father figure who provides guidance, protection, and a sense of security.

4. Manifestations of the Wound:

The "father wound" can manifest in various ways, including difficulty with intimacy, fear of abandonment, self-sabotaging behaviors, and a struggle to develop a strong sense of self.

5. Understanding Your

Story: The story encourages self-reflection to understand how your father's absence shaped your core beliefs and emotional patterns. Analyzing your personal narrative is a crucial step in healing.

6. The Importance of Inner Work:

Healing requires inner work like shadow work (confronting your unconscious negative aspects) and individuation (developing your authentic self).

7. Reclaiming Your Voice:

Daughters of absent fathers often struggle to express themselves authentically. The book emphasizes the importance of reclaiming your voice, setting boundaries, and asserting your needs.

8. Developing Healthy Relationships:

The "father wound" can create difficulties in forming healthy relationships. The book offers guidance on identifying patterns and developing healthier dynamics with romantic partners and others.

9. The Power of Archetypal Images:

"The Absent Father Effect on Daughters" explores the use of archetypal images, such as the "King" archetype, as a source of healing. Reconnecting with positive masculine energy can promote feelings of safety and support.

10. The Journey of Healing:

Healing from the "father wound" is a journey, not a destination. The book emphasizes self-compassion, forgiveness (not condoning the father's actions but releasing the anger) and building a supportive network.

ISLAM

Nurturing Faith And Character: A Journey Through Islamic Parenting

By AHLAM MANSUR.

Children are an amanah (trust) from Allah (SWT), and the greatest gift we can offer our Muslim children is a proper upbringing.

However, as parents, we recognize that parenting can often be confusing and daunting, especially since children do not come with an instruction manual. Each child is unique, which further complicates our role as parents.

Parenting is undoubtedly one of the most challenging responsibilities one can undertake.

So, what effective Islamic parenting strategies can parents adopt to raise children who will succeed both in this world and in the hereafter?

"Play with them for the first seven years (of their life); then teach them for the next seven years; then advise them for the next seven years (and after that)."

– Prophet Mohammed (pbuh)

The above Hadith of the Prophet gives us the guidance to divide the upbringing of a child into three stages.

ISLAMIC PARENTING STAGES: FIRST SEVEN YEARS(0-7)

This is the time to encourage play while actively engaging in building a strong connection with your child.

These formative years are crucial, as children are constantly influenced by their surroundings and learn primarily through observation.

Children tend to imitate their parents more than anyone else.

If you notice any undesirable behaviour in your child, it is essential to reflect on whether you, your spouse, or a caregiver may have demonstrated similar behaviour in their presence.

These are the foundational years, the period in which the relationship with your child is established. If this foundation is solid, the subsequent years of parenting will be much smoother.

Conversely, if the foundation is weak, the challenges in the coming years will likely increase.

NEXT SEVEN YEARS(7-14)

By the age of seven, children are ready to engage in logical reasoning and learn Islamic ethics.

This stage marks a period when they are highly receptive, eager to absorb everything you show, teach, and tell them.

The second stage of upbringing is crucial for imparting both secular and religious knowledge,



distinguishing between halal and haram, and instilling all the essential teachings they need to navigate life.

This is also the time to introduce them to sports, as the Prophet (pbuh) advised:

'Teach your children swimming, archery, and horseback riding.'

Sports offer numerous benefits, including fostering teamwork, leadership, sportsmanship, and physical

fitness.

At this stage, children are still learning to discern right from wrong.

It is the parents' responsibility to guide them in understanding appropriate behaviour, choosing their environment wisely, and surrounding themselves with the right people, ensuring they continue to make the best choices for their well-being.

Without boundaries, society would descend into chaos, and similarly, children require clear boundaries to guide their behaviour.

These boundaries provide children with the freedom to act appropriately within defined limits.

Without them, children may struggle to understand what is acceptable and what is not.

By teaching children proper and good behaviour from the outset, they are equipped with the guidelines they need to operate within these boundaries, preventing confusion and uncertainty.

As a parent, it is essential to establish rules and boundaries for everyone in the family, including yourself.

Take the time to explain to your children why these rules must be followed.

Children appreciate logical reasoning, so encourage them to ask questions and calmly provide clear explanations.

THE FINAL SEVEN YEARS(14-21)

Once your child reaches the age of 14 or puberty, they begin to attain independence and develop their own unique personality.

During these critical years, it is essential to befriend them, offer advice, and do what you can to support them.

Understand that, according to Islam, they are now considered full adults, and the choices they make—whether right or wrong—are ultimately theirs. As parents, our primary responsibility is to provide guidance.

I sincerely pray that Allah (SWT) grants us the ability to establish trusting relationships with our children, allowing us to be their trusted confidants, advisors, and the individuals they turn to for help or advice.

May we also be that 'cool' mom or dad whom they admire and adore.

I am far from being the ideal parent I want to become and we will all make mistakes, what matters most is that we are trying our best as parents.

I pray for close, loving, happy, and fulfilling relationships with our children throughout our lives, and for us to be reunited with them in Jannatul Firdaus.

Ameen.

Need For Change

After marriage if a the woman leaves her parents, family and home; why not the man?

If she's ready to live with her in-laws why's isn't it vice versa ??

If the woman has to compromise; change her lifestyle; eating habits, dressing style, cooking techniques then why doesn't the man change even a bit?

If the woman's parent go through the grieve of separation then why not the man's parents ??

Why her and not him?

Why the discrimination?

Why is this sacrifice for a woman?

Because it's cultural.

21st century and many cultural aspects have changed;

hence it's possible. The newly weds should be allowed to live alone; have a home of their own. Where they learn each other and begin their new life. Assist one another - both financially and domestically. Presently most couples are well educated and earning.

In-laws should not be an interference. Their likes and dislikes differ with age. Why should the daughter in law be forced to cook and eat what the in-laws want. Why should she dress how the in-law wants. This should be an understanding between the couple and its should be their choice.

How ironical, the mother in law; will say that the daughter in law is her daughter but never treat her like one. The daughter in law is criticized and talked about. In return

she's expected to change: follow rules and minimize connections with her parents.

If she's not loved as a daughter how will she love her mother in law as a mother? And funny this race is a woman to another woman. If at all there is appreciation, support, love understanding and care, would this relationship be one of the world's most questioned relationships? It's one full of grudges, hatred and bitterness leading to hypocrisy. This leads to built up resentment and upsets everyone's life.

If otherwise; this relationship should be one of the most understanding. A mother in law has experienced the pain of leaving her family; hence would want to make it most comfortable for her daughter in law. She should be loving and understanding her daughter in law the most. Nevertheless it doesn't happen. It's always the mother



in law who makes life difficult.. funny though.

Sometimes on building new relationships others are broken. We need a cultural change. The bride and the groom should be separated; given a new home to live happily ever after. Love and understanding from the in-laws but no interference.

Respect and care; but no judgmental approach.

Similarly to when the child starts taking its first steps, the parents are there to help- but

allow him to walk on his own. That support needed. The parents are always there to assist and support.

This change is much needed and beneficial for all. Mostly separations and divorces are final results of misunderstanding and inlaw interference. Why the waste of time and resources? The daughter in law is usually chosen by the mother in law and then disliked. There's division of love; hence the

mother in law says my son has changed; taken away from me.. an aspect of understanding lost.

Let there be equality. Both the bride and groom to leave their parents. Both should feel the grief. Both in-laws to feel the same. The couple build their life on understanding, respect and love.

Let them grow, blossom and live happily ever after and all in-laws also living happily ever after.

Navigating modern masculinity: Challenges and evolving roles

BY: Ms. ZEINAB TWAHIR,
MARAFIKI RELIEF AID AFRICA.

In today's rapidly changing world, the concept of masculinity is undergoing a profound evolution. Traditional notions of what it means to be a man are being challenged and reshaped by shifting cultural, social, and economic landscapes. This article explores the complexities and nuances of modern masculinity, delving into the challenges men face in defining their identities and roles in contemporary society.

The Evolution of Masculinity
Historically, masculinity has been associated with traits such as strength, dominance, and stoicism. Men were often expected to embody these characteristics as a measure of their manhood. However, as societal norms evolve, so too does the understanding of masculinity. Today, there is a growing recognition that masculinity is not monolithic but exists on a spectrum, influenced by diverse factors including culture, upbringing, and personal experiences.

Challenges in Defining Masculine Identity
One of the primary challenges men encounter in navigating modern masculinity is the pressure to conform to outdated stereotypes while also embracing more inclusive and progressive ideals. This dichotomy can create confusion and internal conflict as men strive to reconcile traditional expectations with the desire for authenticity and individuality.

For example, men may struggle with expressing vulnerability or seeking help due to fears of appearing weak or inadequate—a notion perpetuated by societal norms that equate masculinity with emotional stoicism. This reluctance can impact mental health and hinder meaningful interpersonal connections.

Shifting Gender Roles and Expectations
The evolving roles of men in family dynamics and the workforce also contribute to the complexity of modern masculinity. As more women assume leadership positions and contribute significantly to household incomes,



traditional gender roles are being challenged. This shift prompts men to reconsider their roles as partners, fathers, and caregivers, fostering a more egalitarian approach to family responsibilities.

Moreover, changing societal attitudes towards gender equality and inclusivity encourage men to participate actively in dismantling harmful stereotypes and promoting respect and equality for all genders. This involvement is crucial in fostering healthier relationships and communities based on mutual understanding and support.

Impact of Media and Cultural Influences
Media portrayal and cultural narratives play a significant role in shaping perceptions of masculinity. While traditional media often reinforces narrow stereotypes of strong, assertive men, there is a growing movement towards depicting diverse and multifaceted male characters. These representations challenge traditional norms and celebrate the complexity of male identities, reflecting a more inclusive and realistic portrayal of modern masculinity.

Embracing Diversity and

“
Challenges in Defining Masculine Identity One of the primary challenges men encounter in navigating modern masculinity is the pressure to conform to outdated stereotypes while also embracing more inclusive and progressive ideals

Inclusivity As conversations

around gender identity and expression continue to evolve, there is a growing emphasis on embracing diversity within masculinity. This includes recognizing and celebrating the contributions of men from different backgrounds, cultures, sexual orientations, and identities. By promoting inclusivity and respect for individual differences, society can create a more supportive environment where all men feel empowered to express themselves authentically without fear of judgment or prejudice.

Conclusion
Navigating modern masculinity involves confronting and challenging long-held beliefs and stereotypes while embracing personal growth and self-discovery. By fostering open dialogue, promoting inclusivity, and supporting men in their journey to define their identities on their own terms, society can pave the way for a more equitable and understanding future. Ultimately, embracing the complexities of modern masculinity benefits individuals, relationships, and communities, fostering a more compassionate and inclusive society for everyone.

PICTORIAL



From left: Ahadi Kenya Trust CEO Stanley Kamau, Ushiriki Wema Patron Tessie Musalia, PS Public Health and Professional Standards in the ministry of Health Mary Muthoni and Saraya Africa Operation operations managing Director Hojo Takeo release white pigeon to symbolize the launch of Saraya Jigger lotion at in Murang'a county on August 5, 2024. The PS said jigger infestation is one of the neglected public health problems in Kenya affecting about 1.4 million people with the highest prevalence rates among the poorest households in Central, Nyanza, Western, Coast and Rift valley. The Event was graced by Japanese Ambassador to Kenya Okaniwa Ken (not in the photo).

Beach Cleanup



The beach clean up was by BFCMC join with VBL, Bright vipingo youth group and alibanda in nyali mombasa we managed to collect 395kgs of beach litres at bureni long beach landing site.

MEMORY



Courage to Walk Alone

You Always Walk Alone ..

The greatest quality of a leader is to have the courage to follow his conviction even when no one believes in his idea and his vision. It is the ability to walk alone that distinguishes a leader from the follower. If you have all the qualities, but you lack the courage, all your qualities are of no value. The Nobel laureate Rabindranath Tagore, wrote this beautiful poem 'Ekla cholo re' to give this message to humanity. If they answer not to thy call, walk alone If they are afraid and cower mutely facing the wall, O thou unlucky one, open thy mind and, speak out alone. If they turn away, and desert you when crossing the wilderness, O thou unlucky one, trample the thorns under thy tread, and along the blood-lined track, travel alone. If they do not hold up the light when the night is troubled with storm, O thou unlucky one, with the thunder flame of pain ignite thy own heart, and let it burn alone. The quality of who you are as a person, and the work you do, is completely within your control. But you can't wish for it to happen.

PICTORIAL



This is Dongo kundu Bypass Mombasa County. From Mombasa Airport, SGR or via road you are to able to cross through Dongo Kundu bypass to the best beach destination in Africa Diani without the hassle and bassles at the Ferry.

Beyond Zero partners with Embu County in furtherance of the well-being of women and girls



Residents of Kairuri queue to receive free screening services during the official launch of comprehensive Cervical Cancer Program at Kairuri Health Centre in Manyatta Sub County, Embu County.

Hello!!!

“When we answer the phone, we typically say 'Hello.' But what is Hello?”

It may surprise many to learn that 'Hello' is not just a greeting, it's rather the name of a specific person. 'Hello' was in fact the name of Alexander Graham Bell's fiancée, Margaret Hello.

Bell, the inventor of the telephone, used 'Hello' as the first word during the initial test of his invention. This simple utterance quickly became the standard opening for phone calls worldwide, enduring as the greeting we use to this day when picking up the phone.”



Friends



The Last Photo...

Madafu and IPOA



Earlier in the day; I met our FC of PCAK - Mr. Munene Mugambi at Pridelnn Paradise Hotel in Mombasa and I handed him our support in kind towards the victims of flooding drive which he is spearheading at IPOA as the Director. As Mombasa team; we continue to impact humanity on a daily basis and our FC has been an inspirational icon for the last 15 years and we have worked closely on both security and community services projects.



Representatives from both Beyond Zero Initiative and County Government of Embu sign a Memorandum of Understanding during the launch of the comprehensive Cervical Cancer Program at Kairuri Health Centre in Manyatta Sub County, Embu County.

World elephant day

Conservationists petition Presidents Ruto, Suluhu to partner on cross-border elephant protection

Scientists and conservationists today, World Elephant Day, handed the Tanzanian Government a global petition with over 500,000 signatures collected since March 2024 calling for an end to trophy hunting of elephants along the country's border with Kenya in the Tanzania portion of the range. This follows a move by Tanzanian authorities to issue hunting permits for super Tuskers in the Greater Amboseli-West Kilimanjaro elephant population. Five were targeted, hunted and killed by trophy hunters in Northern Tanzania in the last eight months. More permits are set to be issued imminently.

The consortium sent the petition by courier to the Tanzanian High Commission in Nairobi and to Statehouse Tanzania at a press conference in a Nairobi Hotel.

While management of elephants in Tanzania is recognized as the sovereign duty of the Tanzanian government, scientists reminded the two leaders that this population is shared and their protection has been achieved for three decades through a bilateral agreement.

"The loss of these elephants is not just a blow to elephant populations but to our collective efforts in conservation," said Dr. Cynthia Moss, founder of the Amboseli Trust for Elephants.

The petition emphasizes the significant ecological and economic value of the Amboseli-West Kilimanjaro elephant population, a unique genetic reservoir that transcends national borders.

Until 2023, there had been a 30 year period of no elephant hunting incidences reported. The recent hunting wave was triggered by a new quota that was issued in 2022 to Kilombero North Safaris. The last unfortunate super tusker hunting incidence had been in 1994 leading to an international outcry when four well known elephants (RBG, Sleepy, Saibulu, and Oloitipiti), subjects of the Amboseli Elephant Research Project, were shot by trophy hunters on the Tanzanian side of the border. As a result of public outcry, in 1995, a moratorium on trophy hunting of this transboundary elephant population was agreed between the two nations.

The new hunting permits threaten the survival of iconic

Kenya-Tanzania cross-border elephants, the largest in Africa. Only 10 elephants with tusks weighing around 45 kg (100 lbs) each remain in the Amboseli ecosystem which has the highest density of these animals. Hunting could cause the Super Tuskers to disappear within the next three years.

"The recent killings of super-tuskers is particularly concerning due to the rarity and special role these older males play in elephant society," stated Dr. Joyce Poole, Scientific Director of Elephant Voices.

Whereas Kenya banned hunting in 1977, where it remains prohibited, it is still legal in Tanzania, where hunting companies obtain licenses on behalf of clients.

The petition, on the international campaign site Avaaz, was backed by a consortium of more than 50 African conservation organizations. The consortium called on Tanzanian authorities to collaborate with their Kenyan counterparts to protect this shared natural heritage.

Dr. Paula Kahumbu, CEO WildlifeDirect remarked, "We urge President Ruto of Kenya and President Samia Suluhu



Dr. Festus Ihwagi- senior scientist and Research policy lead at Save The Elephants (STE), Tiassa Mutunkei is a youth conservation leader who started Teens for Wildlife and Dr. Paula Kahumbu CEO Wildlife Direct during a press conference in Nairobi on the state of "Super Tusker" (big tusk) Elephants as they commemorated World Elephant Day on Monday August 12th, 2024. There is a growing discomfort by wildlife conservationists as the Tanzanian government is set to issue new controversial licenses allowing trophy hunters to kill more Kenya/Tanzania cross-border "super tuskers". Conservationists are calling for Tanzania to stop hunting cross-border super tuskers as only 10 are remaining.

of Tanzania to meet and agree on the shared immense scientific and economic value of preserving these cross-border elephants. The long-term benefits of ecotourism, science and conservation far outweigh the short-term gains from trophy hunting in one country."

The petition also highlights unethical hunting practices, including use of helicopters to locate elephants and the burning or burying of carcasses to conceal evidence.

Dr. Winnie Kiiru of the Elephant Protection Initiative and Mpala Research Center echoed these sentiments, stating, "The killing of these iconic elephants for 'sport' is morally troubling and economically short-sighted."

About Amboseli Super Tuskers

The greater Amboseli-West Kilimanjaro elephant population comprises approximately 2,000

individuals whose range spans the border of Kenya and Tanzania. Approximately 600 are males of which 10 are super Tuskers. It includes adult males with some of the largest tusks on the continent owing to the particular genetic makeup of these elephants (the largest tusks ever collected and displayed in the British Museum come from this population) and to the years of protection from trophy hunting and poaching they have been afforded.

Gondwalaland



In 1912, Alfred Wegener dared to challenge the very bedrock of geological belief with a glance at a map. Imagine his audacity: suggesting that continents might not have always been in their current places. He noticed something intriguing—Africa seemed to snugly fit into South America, like pieces of an ancient puzzle. And Antarctica? Well, it fit snugly too, nestled into this prehistoric jigsaw.

But it wasn't just about the fit. Wegener delved deeper, uncovering fossils that spanned continents, linking ecosystems long separated by vast oceans. Yet, despite his compelling evidence, the scientific community scoffed. They scoffed hard. His theory of continental drift was dismissed as wild conjecture, akin to chasing after alchemy or the mythical phlogiston.

For decades, Wegener's ideas were relegated to the fringes of scientific thought. Even into my high school

years, continental drift was whispered about like a cautionary tale of academic hubris.

Yet, science has a curious way of vindicating those who dare to question. In the 1950s and 60s, geomagnetic surveys lent compelling support to Wegener's heretical notion. The Earth's crust was indeed in motion, driven by unseen forces deep within its mantle. Plate tectonics emerged as the grand unifying theory, shrouding Wegener's modest "continental drift" in a cloak of respectability.

Sadly, Wegener didn't live to witness his redemption. He passed away in 1930, his revolutionary ideas only fully embraced decades later. Today, #PlateTectonics stands as a cornerstone of geophysics, a testament to the daring vision of a man once dismissed as a geological dreamer.

PICTORIAL

Bandari DT Sacco Expo



The Commissioner of Kenya Sacco's umbrella regulatory body being updated of the Blue Economy Empowering Projects in Coast by the Chairman CEBE CBO and Editor of Madafu Newspaper Mr. Rishi Arun Parikh.

YOUTH



Cultivating Modern Morals, Ethics, and Manners for Youth



By Mr. Rishi Arun Parikh

In today's fast-paced world, adopting strong morals, ethics, and manners is essential for youth to navigate life successfully. Kenyan Youth like emulating US Rap Artists and talk with their tongues out and say "You naw what am sayin' dawg?" That's not our Kenyan culture and language! Drop and throw it out of your vocabulary like yesterday! Simple basic improvements that can set you ahead of the many who are also in your same situation,

read below and absorb!

Start with empathy—understanding and sharing the feelings of others will foster compassion and kindness. Learn to put yourself in the shoes of other's!

Practice active listening, giving full attention to others' words and feelings, enhancing communication and relationships. You don't have to speak just because you can! Wait patiently and smile as you put your point forward after they have finished emoting. That way you move ahead and get a chance to walk away with much more!

Integrity is crucial: always be honest and take responsibility for your actions. This builds trust and respect from peers and adults alike. Time keeping is essential and always reach

10 to 15 minutes earlier for any meeting so as to absorb the environment and acclimatize before the meeting starts with confidence!

Embrace diversity by respecting different cultures, opinions, and backgrounds, promoting a more inclusive and harmonious community. Don't criticize and comment on the beliefs of others, its sensitive and you can't undo thousands of years of practice just by you opinionating!

Develop self-discipline by setting goals and maintaining focus, which helps in personal and academic achievements. Study, study and study!

Digital etiquette is also vital: use social media responsibly, avoiding cyberbullying and respecting privacy. Use your correct name by the National

ID for prospective employers to know you. Don't use Social Media Handle Names like – Black69, Demon666, NippleNow, GardenOpen etc These are lewd words and shows mindset used when creating them; you lose chances in life as many employers will avoid you!

Show gratitude regularly, acknowledging the help and kindness of others. Simple manners, such as saying "please" and "thank you," go a long way in building positive impressions. Don't show those blank emotionless faces like foreign actors and singers; they are rich and famous in dollars – you are not!

Lastly, practice sustainability—make environmentally conscious choices to protect our planet for future generations. By integrating these values into daily life, youth can become well-rounded individuals, contributing positively to society and fostering a culture of respect and responsibility. H. E The President rightfully declared a Public Holiday recently to think of our Environment and we planted Tree's all over Kenya. That's the way to go...Tree by Tree Everyday! You dig what I am sayin...?

Madafu Newspaper
Editor

PICTORIAL

International youth Day



The Prime Cabinet Secretary spouse and Ushiriki Wema Chairperson Tessie Musalia (second left) in company of Nakuru Deputy Governor David Kones (in specks), Boda boda rider Jacinta Muthoni (left) and Tuk Tuk Operator Ruth Nyambura (right) listen to Ajira -KEPSA Project Assistant John Nderitu as he takes them through online digital skills Entrepreneurship Accelerator Program (DSEAP) registration) during the official launch of the Young Entrepreneurs Business Forum under Ushiriki Wema Women Empowerment in Nakuru County on Thursday August 29th, 2024 to mark International Youth day. Looking on from behind is the Ushiriki Wema Women empowerment CEO Sintoiya Kasaine. The Forum will provide a platform to educate the young entrepreneurs on financial literacy, business discipline, digital trade and understanding of Government services that support business enterprises in Kenya. Looking on from behind is the Young Entrepreneurs Business Forum CEO Sintoiya Kasaine. Over 300 Boda Boda and Tuktuk riders, Young Women, Mama Mboga and SMEs attended the event.



MADAFU NEWSPAPER KENYA VALUED OUTLETS:

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

Kindly contact the Editor – Mr. Rishi Arun Parikh on editor@madafu.biz for interest to distribute Madafu Newspaper Copies!

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.

Kenya: A Journey Through Time - From Prehistory to the Future



By Mr. Rishi Arun Parikh

Kenya, located on the eastern coast of Africa, is a country of rich history and immense cultural and natural diversity. From its prehistorical past to its present-day status, Kenya has undergone significant transformations that have shaped its identity. This article delves into the key phases of Kenya's history, its pre-independence period, formation as a nation, current scenario, and its future prospects.

Prehistorical Past

Kenya's history dates back millions of years, with evidence suggesting that it was a significant site for early human evolution. The Great Rift Valley, a geographical and archaeological treasure trove, has yielded numerous fossil discoveries that provide insight into human ancestry.

- **Early Human Fossils:** The discovery of ancient hominid fossils, such as those of Australopithecus and Homo habilis, at sites like Turkana and Olduvai Gorge, highlights Kenya's importance in the study of human evolution. The famous "Turkana Boy" skeleton, a nearly complete skeleton of a Homo erectus youth, was discovered near Lake Turkana and dates back approximately 1.6 million years.

- **Archaeological Sites:** Kenya is home to several notable archaeological sites. Olorgesailie, located in the southern part of the country, has produced a wealth of stone tools and remains that date back to over 1 million years ago. These findings have provided

valuable insights into the life and activities of early human ancestors.

Pre-Independence Period

The pre-independence period of Kenya is marked by the arrival of various communities and external influences, culminating in colonization by European powers.

- **Early Settlers and Kingdoms:** Various Bantu, Nilotic, and Cushitic-speaking communities settled in Kenya, each contributing to the region's cultural and linguistic diversity. By the first millennium AD, trade between the coastal city-states of Kenya and Arabian and Persian merchants flourished, leading to the growth of Swahili culture.

- **Colonial Rule:** In the late 19th century, Kenya became part of the British Empire. The construction of the Uganda Railway from the coast to Lake Victoria facilitated British control and the influx of European settlers. The colonial period saw significant economic and social changes, including the establishment of large-scale agriculture, infrastructure development, and the displacement of indigenous communities.

- **Resistance and Struggle for Independence:** The colonial period was also marked by resistance and the struggle for independence. The Mau Mau uprising (1952-1960) was a significant movement against British rule, led by the Kikuyu, Embu, and Meru communities. The brutal suppression of the uprising intensified the desire for independence among Kenyans.

Formation as a Nation

Kenya gained independence on December 12, 1963, with President Jomo Kenyatta becoming the first Prime Minister and later the first President of the Republic of Kenya.

- **Post-Independence Challenges:** The newly

independent nation faced several challenges, including political instability, economic disparities, and ethnic tensions. President Kenyatta's government focused on nation-building, economic development, and maintaining stability.

- **Political Landscape:** After President Kenyatta's death in 1978, President Daniel arap Moi took over as President. President Moi's rule, which lasted until 2002, was characterized by autocratic governance, economic difficulties, and political repression. The introduction of multiparty politics in 1991 marked the beginning of democratic reforms, leading to President Moi's eventual departure from power.

- **Transition to Democracy:** The election of President Mwai Kibaki in 2002 signaled a shift towards more democratic governance.

However, the 2007-2008 post-election violence revealed deep-seated ethnic and political divisions. The adoption of a new constitution in 2010 aimed at addressing these issues by devolving power and promoting greater inclusivity.

Current Scenario

Today, Kenya is a dynamic and influential country in East Africa, with significant achievements and ongoing challenges.

- **Economic Growth:** Kenya has one of the largest and most diversified economies in Africa. Key sectors include agriculture, tourism, manufacturing, and technology. The country is a leader in mobile banking innovations, with M-Pesa being a prime example of its technological advancements.

- **Political Landscape:** The political scene remains vibrant and sometimes contentious. The 2010 constitution has helped to improve governance and accountability, although issues like corruption, electoral disputes, and ethnic tensions persist.

- **Social Development:** Kenya has made strides in improving access to education, healthcare, and infrastructure. However, poverty, unemployment, and inequality continue to be significant challenges.

- **Environmental Concerns:** Kenya's diverse ecosystems, from savannas and forests to lakes and mountains, face threats from climate change, deforestation, and poaching. Efforts are being made to promote conservation and sustainable development.

Future Prospects

Kenya's future holds promise but requires addressing several key areas to ensure sustainable development and social cohesion.

- **Economic Diversification and Innovation:** Continued investment in technology, manufacturing, and value-added industries can drive

economic growth. Supporting small and medium-sized enterprises (SMEs) and fostering innovation will be crucial.

- **Good Governance and Rule of Law:** Strengthening democratic institutions, combating corruption, and ensuring the rule of law will enhance political stability and public trust.

- **Social Inclusion and Equity:** Addressing inequalities and promoting inclusive development is essential. Policies that support education, healthcare, and economic opportunities for all segments of society, especially marginalized communities, will be vital.

- **Environmental Sustainability:** Balancing development with environmental conservation is critical. Efforts to combat climate change, protect

wildlife, and promote sustainable land use practices will ensure the preservation of Kenya's natural heritage.

- **Regional Integration and Cooperation:** Kenya's strategic location makes it a key player in East African and African regional integration. Strengthening ties with neighboring countries and participating in regional initiatives will enhance trade, security, and development opportunities.

In conclusion, Kenya's rich history and dynamic present provide a foundation for a promising future.

By addressing its challenges and leveraging its strengths, Kenya can continue to thrive as a vibrant and influential nation in Africa and the world.

Madafu Newspaper
Editor

DO YOU NEED A RELIABLE WIFI SERVICE?

www.fibrelink.co.ke

+254 704 691 414

FIBRELINK_001

KENYAN GEN Z: Their Thought Process, Mindset, and Path to Leadership!



By Mr. Rishi Arun Parikh

Generation Z, typically defined as those born between the mid-1990s and early 2010s, is the first generation to grow up with the internet as an integral part of their daily lives. This constant connectivity has shaped their worldview, thought process, and general attitude in unique ways. As they begin to take up leadership roles in society, understanding their mindset is crucial for fostering collaboration across generations and leveraging their strengths to bridge generational gaps.

Thought Process and Mindset of Generation Z

1. Digital Natives: Embracing Technology

Generation Z has been described as “digital natives” due to their unparalleled familiarity with technology. From a young age, they have been immersed in social media, smartphones, and instant access to information. This technological fluency has several implications:

- **Fast-paced Information Processing:** Generation Z is adept at quickly processing large amounts of information. They are used to skimming content and have developed strong filtering abilities to identify what is relevant.

- **Multitasking:** Growing up in a hyper-connected world has made them natural multitaskers. They can seamlessly switch between tasks, whether it's juggling work, social media, or online learning.

- **Preference for Visual Communication:** With platforms like Instagram, TikTok, and Snapchat at their fingertips, Generation Z tends to prefer visual forms of communication, such as images, videos, and memes, over text-heavy content.

2. Pragmatic and Realistic

Unlike previous generations that might have been more

idealistic, Generation Z tends to be pragmatic and realistic in their outlook. They have grown up in a world marked by economic uncertainty, political polarization, and climate change. As a result:

- **Financial Caution:** Having witnessed the 2008 financial crisis and its aftermath, Generation Z is generally more cautious with money. They prioritize financial stability and are more inclined to save and invest wisely.

- **Focus on Practical Solutions:** They favor practical and actionable solutions over lofty ideals. This generation values efficiency and tends to support initiatives that produce tangible results.

- **Skepticism:** Generation Z is often skeptical of traditional institutions, whether governmental, corporate, or educational. They are more likely to question authority and seek alternative sources of information.

3. Socially Conscious and Inclusive

Generation Z is notably socially conscious and places

“**Generation Z brings a unique set of strengths to the table, shaped by their upbringing in a digital, rapidly changing world. Their pragmatic, socially conscious, and entrepreneurial mindset positions them well for leadership roles.**”

a high value on diversity and inclusion. They have been exposed to a broader range of perspectives than any previous generation, thanks to social media and the internet:

- **Advocates for Social Justice:** They are vocal about issues such as climate change, racial equality, LGBTQ+ rights, and mental health. Generation Z is often at the forefront of social movements, using digital platforms to organize and advocate for change.

- **Inclusivity:** This generation embraces diversity in all forms—race, gender, sexuality, and more. They expect and demand inclusivity in the workplace, in media representation, and in leadership.

- **Global Perspective:** With the world at their fingertips, Generation Z has a more global perspective. They are aware of and concerned with issues beyond their immediate environment, often showing solidarity with global causes.

4. Entrepreneurial and Independent

Generation Z tends to be entrepreneurial and independent, often driven by a desire for self-reliance:

- **Side Hustle Culture:** Many in this generation pursue side hustles or entrepreneurial ventures, either as a primary source of income or as a way to diversify their skills and experiences.

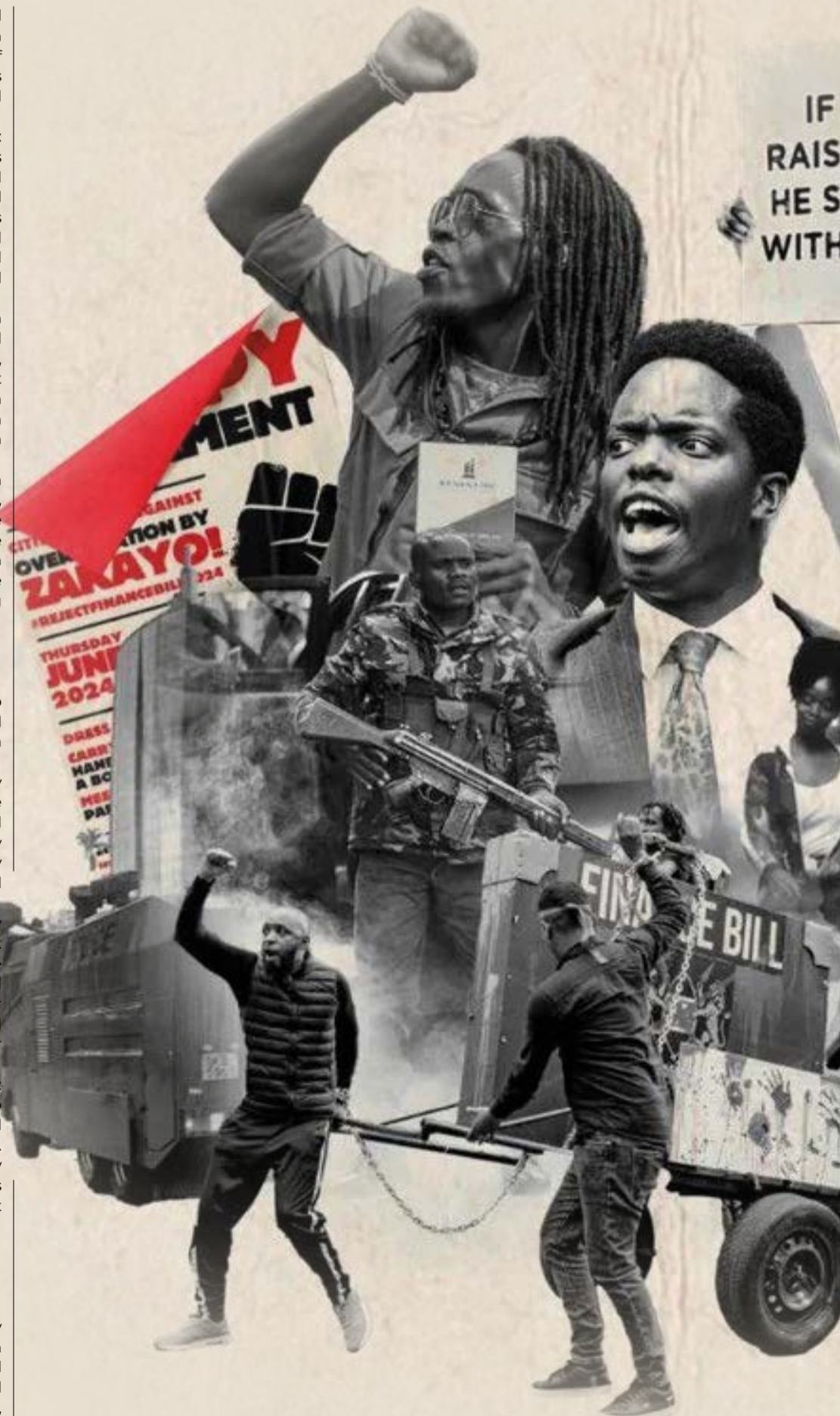
- **Desire for Autonomy:** They value autonomy in their work and personal lives. They are less likely to stay in traditional 9-to-5 jobs if they feel their independence is compromised or if there are better opportunities elsewhere.

- **Innovation and Creativity:** Generation Z is not afraid to think outside the box and disrupt traditional industries. Their comfort with technology and new media often leads them to innovate in ways that challenge the status quo.

Mentality and General Attitude

1. Adaptive and Resilient

Having grown up in a rapidly changing world, Generation Z is highly adaptive and resilient. They are accustomed to change and uncertainty, whether it's in the form of technological advancements, social shifts, or economic



challenges:

- **Adaptability:** They are quick to learn new skills and adapt to new environments. This flexibility makes them well-suited for leadership roles in dynamic and fast-paced industries.

- **Resilience:** Despite facing numerous challenges, including a global pandemic,

Generation Z has shown remarkable resilience. They are determined to overcome obstacles and find ways to thrive even in difficult circumstances.

2. Collaborative and Team-oriented

While they value independence, Generation Z also understands the importance of collaboration. They are used to working in teams, both in academic settings and through online communities:

- **Collaborative Leadership:** In leadership roles, they are likely to favor a collaborative approach, where input from various team members is valued and decision-making is often democratic.

- **Team Dynamics:** They are skilled in navigating team dynamics, often leveraging digital tools to facilitate communication and project management. This makes them effective in both remote and in-person collaborative settings.

3. Desire for Meaningful Work

Generation Z is driven by a desire for meaningful work. They seek careers that align with their values and provide a sense of purpose:

- **Purpose-driven Careers:** They are more likely to prioritize jobs that offer personal fulfillment and align with their social and environmental values, even if it means compromising on salary or traditional career paths.

- **Work-life Balance:** They value work-life balance and are not willing to sacrifice their well-being for career advancement. This mindset is shaping new workplace norms, such as flexible working hours and remote work opportunities.

Path to Leadership: Bridging Generational Gaps and Thinking Differently

As Generation Z steps into leadership roles, their success will depend on their ability to bridge generational gaps and integrate the strengths of other generations. Here's how they can achieve this:

1. Leverage Multigenerational Teams

Generation Z can excel in leadership by creating multigenerational teams that harness the diverse experiences and skills of all age groups:

- **Inclusive Leadership:** They should focus on fostering an inclusive environment where all voices are heard. This involves understanding the different communication styles and work preferences of other generations and finding ways to integrate them effectively.

- **Mentorship and Reverse Mentorship:** They can benefit from the experience of older generations through mentorship while offering their digital expertise and fresh perspectives through reverse mentorship. This exchange of knowledge can foster mutual respect and understanding.

2. Embrace Innovation while Respecting Tradition

Generation Z leaders should embrace their innovative spirit while respecting the traditions and wisdom of previous generations:

- **Innovation with Caution:** While they should continue to push for innovation, they must also recognize the value of tried-and-true methods. This balance will allow them to introduce new ideas without alienating older colleagues.

- **Change Management:** They should develop strong change management skills, helping organizations transition smoothly from traditional practices to more modern

approaches. This involves clear communication, empathy, and strategic planning.

3. Champion Diversity and Inclusion

Generation Z's commitment to diversity and inclusion should be a cornerstone of their leadership style:

- **Building Diverse Teams:** They should prioritize building diverse teams, not just in terms of demographics but also in terms of thought and experience. Diverse teams are more innovative and better equipped to solve complex problems.

- **Creating Inclusive Policies:** They can lead the way in creating inclusive workplace policies that address the needs of all employees, from flexible working arrangements to mental health support.

4. Foster a Purpose-driven Culture

Generation Z can use their leadership positions to create purpose-driven organizations:

- **Aligning with Values:** They should ensure that their organizations' missions and values resonate with both employees and customers. This alignment can drive higher engagement, loyalty, and productivity.

- **Corporate Social Responsibility:** They can champion corporate social responsibility (CSR) initiatives that address social, environmental, and ethical issues. This not only benefits society but also strengthens the organization's reputation and brand.

Generation Z brings a unique set of strengths to the table, shaped by their upbringing in a digital, rapidly changing world. Their pragmatic, socially conscious, and entrepreneurial mindset positions them well for leadership roles. However, their success will depend on their ability to bridge generational gaps, integrate diverse perspectives, and lead with a sense of purpose. By embracing these challenges and thinking differently, Generation Z can help create a more inclusive, innovative, and resilient society. In Kenya; they need to tweak their mindset to see long term goals instead of quick successes that are always fictional. Partner with Generation X and earlier for wisdom, practicality, experience and reduction of generational mistakes. Leadership and Leaders; even though not agreeable have to be accepted as work in process as you (GenZ) gradually ascend over time to bigger roles and replace the old with your new!

Madafu Newspaper - Editor editor@madafu.biz

PICTORIAL



Giants Group Twiga and Vanik Vaishnav Mahajan in partnership with KPMG Advisory Services Ltd, Nairobi distributed Ration Packs to 250 Elderly living In Uplands Area . The partnership between the three institutions goes back 7 years when Uji Project was started At Kenya Marble Quarry Primary in Kajiado . More Charity projects are been planned for With this partnership . As we continue our Journey of Service we continue to help the venerable especially the Elderly



MOMBASA

Mombasa Lost Glory

Being a regular traveler, I have had the opportunity to travel to a few cities worldwide, especially in Africa, Asia, the Middle East, and Europe. It upset me when comparing most of the cities I visited with Mombasa. A town that was once a tourist destination for many travelers across the world. A city where all major Airlines used to operate daily flights throughout the year. As a resident of Mombasa, born and brought up in Port Reitz, I want to attest that we could often watch aircraft landing at the airport from afar. I learned the names of all European and Asian airlines by watching aircraft landing or taking off from home. Lufthansa, KLM, Sabena, Air France, Air India, Ethiopian, etc. This was how busy our airport was during the 1970s. At that time, we had a small runway, and Moi International Airport did not exist.

A town planning department in any local government setup is crucial. A town needs to have a master plan prepared by this department, which provides a clear projection of the town layout and how it will be developed for a certain period. This includes setting aside:

- Residential Areas
- Commercial Areas
- Industrial Areas
- Markets Places
- Sports Centers
- Recreation Centers
- And other amenities for different sectors to be built or provided in conducive environments fit for the facilities.

Facilities such as Hotels,

Hospitals, Schools, Parks, railway stations & railway lines, Airports, and Seaports are all included in that Master plan. A master plan will guide the city in implementing the county strategy and managing the town's developments. The Gen z's of the 70s can attest how Mombasa town was well-planned and organized. Ganjoni, Kizingo, Old Town, Majengo, and Tudor were residential areas. You could find Motor car sales and showrooms along Moi Avenue from Posta Ndogo to Docks. Companies like CMC, Toyota Kenya, Mashall E Africa, Ryce Motors, Isuzu Kenya, and many others were located in this area. Our business HUB was on the other part of Moi Avenue towards Rex House, Digo Road, and Treasury Square. Banks, Hotels, Movie theaters, and supermarkets are located here.

We had about six Movie theaters, One Stadium, Volleyball and football playing fields, and public and private halls in town. Public Toilets were located around Mwembe Tayari, Treasury Square, Majengo, Railway Station, and another part of the Town. We see a growing number of motor car showrooms in town today. A showroom is replacing any demolished building, whether it is located in a residential or restricted area. Kiosks for food vendors are mushrooming in all parts of our town. Hawkers don't have a designated area where they can conduct their business. Water vendors with their Mikokoteni are operating in town and are controlling our roads, let alone TUKTUK Madness and unnecessary mishandled of

poor citizens by Organized gangs of Chokoras. Do we have a county department that enforces County Bylaws? Imagine increasing parking fees to two hundred from one hundred shillings. Still, a citizen is asked to pay a protection fee to chakras. Our leaders and city fathers should return to the drawing board and see what went wrong and when. Let us look for a way to reclaim the beauty of our town. We, as taxpayers, have a right to enjoy better lives and the environment than we are now witnessing in town. Citizens are mishandled from left, right, and Centre. The city is dirty and smelling. Go to Ganjoni Ach-Bishop Makarios Road from CMC and see for yourself or Mwembe Tayari, Marikiti, Kingorani, and other parts of Mombasa. The situation is alarming.

I want to ask the county government representatives a few questions.

· What is the role of the inspectorate department? When Kiosks are being built on open spaces in town, even on the pavements.

· Why is the department failing to stop the mushrooming of kiosks and illegal structures in town?

· Why is the county failing to control the TUKTUK's in town, especially CBD? Planning department???

· Do you have a Master Plan Blue Print for the town?

· Is there a department involved in licensing food vendors, hawkers, traders, and kiosks in town? If yes, what are the criteria being used in approving these businesses by the leadership of the county?

· Have you guys traveled and seen how other towns and cities look in terms of amenities, cleanness, and infrastructures?

· Do you have a strategic plan for this town? Are the issues mentioned part of the strategies in your plans?

· Do you believe that you deserve to be in office with the current performance and state of our town?

· What role do you want the citizens to play to restore Mombasa's glory?

I was privileged to visit Cape Town in December last year. I can attest that comparing it with Mombasa town is like comparing Ganaola Village in Mikindani with the Modern Kibarani Bridge setup. "A Clean and Neat Environment". I Leave it to you to imagine how beautiful and clean Cape Town is. Let me give you a hint about the roads; I did not see Tuk-tuk, Bodaboda, or Matatu operating within the central business area. No car washers are operating on the pavements—no food vendors on the streets. No kiosks are built on pavements. I saw a few counted mobile sweets and cigarette vendors operating in Town. I saw a centralized area set for trinkets and handmade items, including clothes, where a few Kenyans operate. I had an opportunity to interact with them. The county cleansing department is noticed in every corner of the town. Those road sweepers we used to see here in town in the sevens and eighties are all over, making Cape Town clean and glittering. There are no bars next to schools

or on road pavement. I don't have to mention our neighbor Rwanda, as I leave it to the governor and his team to take a tour for benchmarking. Rwanda encountered many calamities just a decade ago yet the country is far away from us in terms of cleanness and developments. Apart from government grants, a county must have resources to operate smoothly. It must have a sound internal control system to safeguard all revenues collected or received from the central government. Any tax introduced to the citizen should not be a burden but a form of repayment of services the local government offers. Before Kenya introduced a multi-party system, Municipalities operated purely on revenue collected locally. The central government was only financing capital projects. Why is this not the case today? The Municipal botanic garden at the gateway to Mombasa in Mazeras had all types of flowers and plants. The garden was well stocked, serving the town and generating enough money to pay its staff, overheads, and surplus for other county activities. Makadara's open parking also generated good income for the council. Today, it is reduced to a dirty car washing Centre. I envision a setup of a clean, modern nit car park with sheltered canopies at Makadara where services of ice cream parlors, bureaus, or information centers are incorporated. These will create revenue streams and employment for those working

in the car parking zone. Let the county develop services that generate revenues rather than impose rates and increase licensing. Mama Ngina Drive waterfront renovation cost Billions without creating jetties to allow cruise boats to dock and sail. This would have added the opportunity for boat rides for visitors and provided a source of income for the county government and local operators. Our county government can develop a fish conservation project by introducing a mega Aquarium like the Two Oceans Aquarium in Cape Town, located at the Victoria & Alfred Waterfalls just a few meters from town. The aquarium was opened in 1995 and comprises several exhibition galleries with large viewing windows. This kind of project can generate revenue for the county from local and international tourists. Dubai invested in a ten-million-liter tank at Dubai Aquarium and Underwater Zoo, which contains more than 33,000 aquatic animals and has the most extensive collection of sand tiger sharks worldwide. We don't need such a magnificent project but something that can at least attract tourists, generate revenue, and create jobs.

Mr. Mansoor A Mohamed,
FICS(UK)
Shipping and Logistics
Consultant



Jasleen Kandhari: The Kenyan Kanga Exhibition

The National Museums of Kenya - Fort Jesus Museum, Mombasa displays 3rd generation Kenyan-Sikh award-winning art historian, educator and artist, Jasleen Kandhari's solo exhibition comprising her ground-breaking contemporary Kanga textiles and fashion designs that celebrate her Kenyan-Sikh identity and cultural heritage. Kanga textiles or lesa are historically produced along the Swahili East African coast, including Kenya. Jasleen's exhibition provides a new interpretation on the Kenyan kanga with her innovative creative expressions, highlighting the cohesion between the Sikh and Swahili communities of Kenya. In 2017, Kenyans of Indian origin, mhindis, were officially recognised by the Kenyan government to be the 44th tribe of Kenya. "As an academic, I conducted ethnographic and archival research on kanga production and consumption in Mombasa and the villages around my family home in Kikambala, Kilifi county over the past decade. This led to creating my own artistic expressions in kanga to honour my late father with Kiswahili jinas like "Mtoto wa Babu. Nakupenda Baba" meaning "I am the daughter of Babu, I love my father." Jasleen delivered a successful public programme of gallery tours of her exhibition which is dedicated to her parents, Babu and Minder Kandhari.



PICTORIAL



Shah Ranmal Raja Charitable Trust



Area Maralal County
 In order to help the IDPS in Maralal County
Giants Group Twiga & Vanik Vaishnav Mahajan
 And generous Donors **Shah Ranmal Raja Charitable Trust** distributed Ration Packs to 900 Families staying in Eight IDP Camps where are located around Maralal Town Radius of 80kms
 Most Roads leading to the Camps were in pathetic condition because of Rains but determined **Mukesh Desai** along with the Trustees of The Trust, **Anjana and Smita** along with **Dr Mark Leleruk** completed the distribution after 20 hours.
 The blessings and Smiles of the people in the Camps was a great relief We will continue to help families in this area and others who have been affected by internal conflicts
Next Stop Marsabit County
Journey of Service Continues

STATES

United States Names



Half of all U.S. states, 25 to be exact, carry Native American names. Today we will be taking a look at the 25 states and the meanings of their names. They will be listed in alphabetical order.

1. Alabama: Named after the Alabama, or Alibamu tribe, a Muskogean-speaking tribe. Sources are split between the meanings 'clearers of the thicket' or 'herb gatherers'.

2. Alaska: Named after the

Aleut word "alaxsxaq", which means "the mainland"

3. Arizona: Named after the O'odham word "ali şonak", meaning "small spring"

4. Connecticut: Named after the Mohican word "quonehtacut", meaning "place of long tidal river"

5. Hawaii: Is an original word in the Hawaiian language meaning "homeland"

6. Illinois: Named after the Illinois word "illiniwek", meaning "men"

7. Iowa: Named after the

loway tribe, whose name means "gray snow"

8. Kansas: Named after the Kansa tribe, whose name means "south wind people"

9. Kentucky: Origins are unclear, it may have been named after the Iroquoian word "Kentake", meaning "on the meadow"

10. Massachusetts: Named after the Algonquin word "Massadchu-es-et," meaning "great-hill-small-place,"

11. Michigan: From the Chippewa word "Michigama",

meaning "large lake"

12. Minnesota: Named after the Dakota Indian word "Minisota" meaning "white water."

13. Mississippi: Named after the river which was named by the Choctaw, meaning "Great water" or "Father of Waters."

14. Missouri: Named after the Missouri tribe whose name means "those who have dugout canoes."

Mombasa Walk Movement



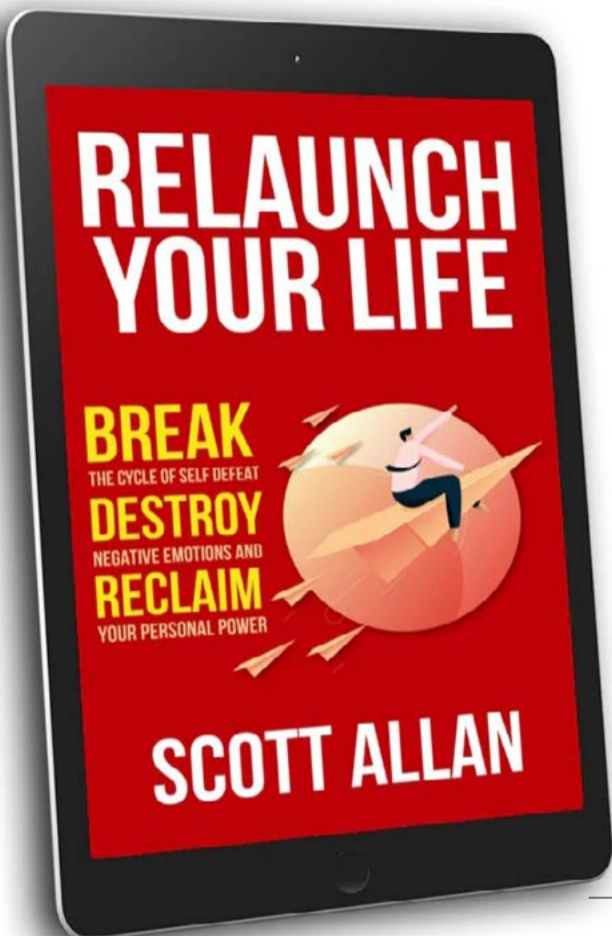
Yaris Institute - Mombasa Training of Business Acumen and Life Skills to Participants at no cost! Be Empowered, Be You!



Yaris Institute - Mombasa Yaris Education Mombasa Team Yaris ready to empower you and train you!

BOOK REVIEW

Break Free from the Mundane and Achieve Your Dreams by Mr. Scott Allan



1. Embrace Change: Change is a necessary part of growth. Embrace it rather than resist it to create new opportunities and experiences.
2. Set Clear Goals: Clearly define what you want to achieve. Specific, measurable goals provide direction and motivation.
3. Overcome Fear: Fear often holds us back from pursuing our dreams. Identify your fears, confront them, and take action despite them.
4. Develop Resilience: Building resilience helps you bounce back from setbacks. Cultivate a positive mindset and learn from failures.
5. Prioritize Self-Care: Taking care of your physical, emotional, and mental well-being is essential for sustained success. Make self-care a priority.
6. Continuous Learning: Commit to lifelong learning and personal development. Seek new knowledge and skills to stay relevant and adaptable.
7. Build a Support Network: Surround yourself with positive, supportive people who encourage and inspire you. Network and build relationships that can help you on your journey.
8. Take Action: Dreams remain dreams without action. Break your goals into actionable steps and consistently work towards them.
9. Stay Focused: Distractions can derail your progress. Stay focused on your goals and avoid activities that don't contribute to your objectives.
10. Celebrate Successes: Acknowledge and celebrate your achievements, no matter how small. This helps maintain motivation and a positive outlook.

PHOTO STORY

World Day Against Trafficking in Persons 1



Alango Arba location Chief Abdi mohamed (in specks) in Dadaab sub-county in Garissa County join youth in Garissa town during an event organized by Trace Kenya in partnership with United Nations Trust Fund for Victims of Human Trafficking on Tuesday July 30th, 2024 to mark the World Day Against Trafficking in Persons. The theme for this year was: "Leave No Child Behind in the Fight Against Human Trafficking".

PHOTO STORY



"O Allah, I beg to You the good which Your Prophet Muhammad (pbuh) begged of You; and I seek refuge in You from the evil where from Your Prophet Muhammad (pbuh) sought refuge.
#EngageThePresident
#MamaHaki

Pyramid

The Great Pyramid, the tomb of king Khufu (c.2589–2566 BC), with its original height of 146.5 meters, was the tallest structure in the world for 3,800 years. It remains the last surviving member of the Seven Wonders of the Ancient World, and took an estimated to 10 to 20 years to build. To this day, it is not entirely certain how this was done.

The Great Pyramid is made of local limestone, but its exterior was once entirely covered with high quality limestone. These casing stones were brought from Tura, south of Maadi, by ship. On the inside, the pyramid has three chambers, one cut into the bedrock underneath, and two high up within the masonry itself, a feature that no other pyramid possesses. The sarcophagus in which Khufu was once laid to rest can still be



seen in the upper of these two rooms, the King's Chamber. This room is accessed through the Grand Gallery, a majestic corbelled ascending passage, and a masterpiece of ancient engineering and architecture.

Two large and impressive ships were discovered in pits on the south side of the pyramid in a dismantled state. These are believed to have been used to transport the royal mummy and burial equipment to the tomb.

Tessie calls for goof hygiene practices



Prime Cabinet Secretary spouse and the Ushiriki Wema Patron Tessie Musalia apply medication on jiggers infested children in Kiharu Muranga County. While emphasizing on a good hygiene practising, Tessie appealed to the government to consider including jigger medication in kits provided to community health promoters to help eradicate the menace. The government recently confirmed that countrywide 1.4 million people are affected by jiggers.

TOP NEWS

Religion, Atheism, and Science: A Comparative Exploration of Life, Beliefs, and Truth



By Mr. Rishi Arun Parikh

Introduction

Religion, Atheism and Science are three major frameworks through which people understand the world, form beliefs, and seek truth. Each offers a unique perspective on existence, morality, and the nature of reality. Let's explore these three aspects, examining their core principles, their views on life and beliefs, and how they engage with scientific facts.

1. Religion: Faith and Spiritual Truth

Core Principles

Religion is a system of beliefs that typically involves a relationship with the divine or supernatural. It often includes sacred texts, rituals, and moral codes that guide adherents in how to live their lives. Major world religions such as Christianity, Islam, Hinduism, Buddhism, and Judaism offer distinct yet sometimes overlapping views on the nature of God, the afterlife, the purpose of life, and ethical behavior.

Views on Life and Beliefs

Religious perspectives on life are deeply rooted in the concept of purpose. For example, in Christianity, life is seen as a journey towards salvation, with the belief in an afterlife where one's soul is judged. Hinduism teaches the idea of karma and reincarnation, where one's actions in this life determine their fate in the next. Buddhism, on the other hand, emphasizes the importance of achieving enlightenment and escaping the cycle of suffering (samsara). Religion often offers answers to existential questions that science or secular frameworks might not address, such as the meaning of life, the existence of God, and the nature of good and evil. Religious teachings

provide a moral framework that influences laws, cultural norms, and personal behavior.

Relationship with Scientific Facts

Religions vary in their relationship with science. Some, like certain interpretations of Christianity, have historically clashed with scientific discoveries, such as during the Galileo affair. However, other religious perspectives embrace science as a means of understanding the divine order of the universe. The Catholic Church, for instance, supports the Big Bang theory, viewing it as consistent with the concept of creation. Intelligent Design is a modern example where some religious groups argue that certain aspects of the universe and life are best explained by an intelligent cause, rather than an undirected process like natural selection. This view attempts to reconcile religious belief with scientific inquiry.

2. Atheism: Skepticism and Humanism

Core Principles

Atheism is the absence of belief in gods or deities. It is not a unified belief system but rather a stance on theism. Atheists may adhere to secular philosophies, humanism, or scientific naturalism, rejecting supernatural explanations in favor of evidence-based reasoning.

Views on Life and Beliefs

Atheism often leads to a worldview where meaning and morality are seen as human constructs rather than divine commandments. Many atheists adopt humanism, which emphasizes the value and agency of human beings, individually and collectively. Life is viewed as finite, and thus, meaning is often derived from personal fulfillment, relationships, and contributing to the well-being of others.

Without belief in an afterlife, atheists may focus on making the most of the present life, promoting ethical behavior based on reason, empathy, and the societal consequences of actions. Richard Dawkins, a prominent atheist, argues that we can be "good without God" by using reason and



compassion to guide moral decisions.

Relationship with Scientific Facts

Atheism often aligns closely with science, particularly with the principles of skepticism and empirical evidence. Many atheists advocate for a scientific approach to understanding the universe, rejecting beliefs that cannot be tested or proven. For instance, atheists generally accept the theory of evolution by natural selection as a well-supported



The Big Bang theory and the theory of evolution challenge traditional religious creation stories but do not inherently disprove the existence of God

explanation for the diversity of life. They may also be critical of religious claims that lack empirical evidence, such as miracles or the existence of an afterlife. However, it's important to note that atheism doesn't inherently oppose religion in all forms. Some atheists acknowledge the cultural and historical significance of religion, even if they don't subscribe to its supernatural claims.

3. Science: Inquiry and Empirical Truth

Core Principles

Science is a systematic enterprise that builds and organizes knowledge in the form of testable explanations and predictions about the universe. It relies on the scientific method, which involves observation, experimentation, and the formulation of hypotheses. Science is not concerned with spiritual or moral truths but rather with understanding the natural world. It is inherently self-correcting; scientific theories are constantly tested, refined, or discarded based on new evidence.

Views on Life and Beliefs

Science doesn't provide moral guidance or meaning in the same way religion or atheism might. However, it

does offer a framework for understanding the physical and biological processes that underlie life. Through fields like biology, chemistry, and physics, science explains phenomena such as the origin of the universe, the development of life, and the laws governing matter and energy. Scientific discoveries have profoundly shaped modern life, from advances in medicine that extend life expectancy to technologies that transform communication and transportation. For some, the awe and wonder elicited by scientific understanding provide a sense of purpose or a quasi-spiritual appreciation for the universe.

Relationship with Religious and Atheistic Beliefs

Science itself is neutral on religious matters, though its findings can influence religious and atheistic beliefs. For example, the Big Bang theory and the theory of evolution challenge traditional religious creation stories but do not inherently disprove the existence of God. Some scientists, like Francis Collins, see no conflict between their scientific work and their religious faith. On the other hand, many atheists embrace science as a reliable path to truth,

viewing it as incompatible with supernatural claims that cannot be empirically tested. The "conflict thesis" suggests an inevitable clash between science and religion, but this is a simplification. In reality, the relationship between science and religion is complex, with periods of both conflict and cooperation throughout history.

Constructive Points and Conclusions

- On Life: Religion offers a purposeful view of life, often linked to a higher power and an afterlife, providing comfort and moral guidance. Atheism, in contrast, finds purpose within the finite nature of life, emphasizing personal and collective well-being. Science, while not addressing meaning directly, enriches life through understanding and technological advancements.

- On Beliefs: Religious beliefs are often based on faith, sacred texts, and spiritual experiences. Atheists base their beliefs on reason, skepticism, and evidence, while science relies on empirical data and testable hypotheses. Each framework offers a different lens through which to view truth and reality.

- On Scientific Facts: Religion may either integrate scientific findings with spiritual beliefs or challenge them when they conflict with doctrine. Atheism generally accepts scientific conclusions as the best available explanations for natural phenomena, often rejecting religious explanations that lack empirical support. Science remains focused on uncovering the mechanisms of the universe, independent of religious or atheistic interpretations.

In conclusion, religion, atheism, and science each contribute valuable insights into human existence. Religion provides spiritual and moral guidance, atheism offers a rational and human-centered approach to life, and science enhances our understanding of the natural world. Understanding the strengths and limitations of each can lead to a more nuanced and respectful dialogue among these different worldviews.

Madafu Newspaper - Editor
editor@madafu.biz

The Role of Philanthropy in Society: Historical Impact and Modern Implications



By Mr. Rishi Arun Parikh

Philanthropy, the act of giving time, money, or resources to support causes for the public good, has been a significant force shaping societies throughout history. From ancient civilizations to the modern era, philanthropy has played a pivotal role in addressing social issues, advancing education, promoting health, and fostering innovation. This article delves into the historical context of philanthropy, its evolution, and its enduring impact on society.

Historical Context of Philanthropy

Philanthropy has deep roots in human history, dating back to ancient civilizations. The term itself originates from the Greek words "philos," meaning love, and "anthropos," meaning human, which together translate to "love of humanity." This concept was integral to ancient Greek society, where wealthy citizens were expected to contribute to public works and cultural activities. The construction of libraries, schools, and public baths in ancient Greece can be seen as early examples of philanthropy aimed at improving communal life.

In ancient Rome, philanthropy was similarly encouraged, with wealthy individuals funding public buildings, gladiatorial games, and social welfare programs. These acts of giving were often motivated by a desire for public recognition, but they also played a crucial role in maintaining social stability by providing for the less fortunate.



The concept of philanthropy evolved during the Middle Ages, particularly within religious contexts. In Christian Europe, almsgiving was considered a moral duty, and wealthy individuals and religious institutions alike contributed to the care of the poor, sick, and orphaned. Monasteries often served as centers of charity, offering food, shelter, and education to those in need. Meanwhile, in the Islamic world, the practice of Zakat, one of the Five Pillars of Islam, mandated that a portion of one's wealth be given to charity, underscoring the importance of philanthropy in Muslim societies.

Philanthropy in the Modern Era

The modern era of philanthropy began in the 19th century, marked by the rise of industrialization and the accumulation of vast fortunes by individuals like Andrew Carnegie, John D. Rockefeller, and Henry Ford. These

industrialists, often criticized for their business practices, sought to use their wealth to address societal problems and improve public welfare.

Andrew Carnegie, a Scottish-American steel magnate, is perhaps one of the most famous philanthropists in history. In his essay "The Gospel of Wealth" (1889), Carnegie argued that the rich have a moral obligation to distribute their wealth in ways that benefit society. He famously donated over \$350 million (equivalent to billions today) to establish libraries, universities, and cultural institutions, believing that access to education and knowledge was the key to social progress.

John D. Rockefeller, the founder of Standard Oil, also used his wealth to promote education, public health, and scientific research. His establishment of the Rockefeller Foundation in 1913 set a new standard for organized, systematic philanthropy, funding

initiatives that ranged from eradicating hookworm disease in the southern United States to supporting the Green Revolution, which transformed agricultural practices and alleviated hunger worldwide.

The Impact of Philanthropy on Society

Philanthropy has had a profound impact on various sectors of society, particularly in education, healthcare, and social reform.

1. Education: Philanthropy has played a critical role in expanding access to education. In the United States, many prestigious universities, such as Harvard, Yale, and Stanford, have benefitted from large philanthropic donations that have allowed them to grow, innovate, and offer scholarships to students from diverse backgrounds. Similarly, philanthropic initiatives like the establishment of public libraries by Andrew Carnegie have democratized access to knowledge, empowering individuals to improve their

lives through self-education.

2. Healthcare: Philanthropic contributions have been instrumental in advancing medical research and public health. The Rockefeller Foundation, for example, funded research that led to the development of vaccines and treatments for diseases such as yellow fever and malaria. More recently, the Bill and Melinda Gates Foundation has played a key role in global health initiatives, including efforts to eradicate polio and combat HIV/AIDS and malaria.

3. Social Reform: Throughout history, philanthropy has supported movements for social change. The civil rights movement in the United States, for instance, received significant funding from philanthropic organizations that supported legal challenges to segregation, voter registration efforts, and advocacy for equal rights. Similarly, modern philanthropic efforts have been crucial in addressing issues like climate change, gender equality, and poverty alleviation.

Criticisms and Challenges of Philanthropy

Despite its positive impact, philanthropy has also faced criticism and challenges. Some argue that philanthropy can perpetuate inequalities by allowing wealthy individuals to exert undue influence over public policy and social priorities. Critics contend that philanthropic foundations, often controlled by a small group of wealthy donors, can undermine democratic processes by prioritizing their own agendas over those of the broader population.

Additionally, there is concern that philanthropy can be used to distract from or mitigate the harmful effects of the very systems that allowed philanthropists to accumulate their wealth in the first place. For example, while Andrew Carnegie and

John D. Rockefeller made substantial contributions to society through their philanthropic efforts, their business practices were often exploitative and contributed to significant social and economic inequalities.

The Future of Philanthropy

As the world faces increasingly complex challenges, the role of philanthropy is more critical than ever. The rise of tech billionaires like Bill Gates, Elon Musk, and Mark Zuckerberg has brought a new wave of philanthropy focused on innovation, technology, and global issues. Additionally, the concept of "effective altruism," which advocates for using evidence and reason to determine the most effective ways to benefit others, is reshaping the philanthropic landscape.

However, for philanthropy to be truly effective, it must be transparent, accountable, and aligned with the needs and desires of the communities it seeks to serve. The future of philanthropy lies in collaboration between philanthropists, governments, and civil society to create sustainable, inclusive, and equitable solutions to the world's most pressing problems.

Conclusion

Philanthropy has been and continues to be a powerful force for good, addressing social needs that might otherwise go unmet. From its ancient roots to its modern manifestations, philanthropy has helped to advance education, improve public health, and drive social reform. However, for philanthropy to fulfill its potential, it must be practiced with a commitment to equity, inclusivity, and the greater good. As society evolves, so too must our approach to giving, ensuring that philanthropy remains a vital tool for building a better future for all.

TOP NEWS

A healthy back for you

Ergonomics ensures the perfect fit between a person, their tasks, tools, and work environment.

When the fit is right, stress is reduced, comfort is increased, and productivity improves, leading to fewer injuries and greater efficiency.

Common Issues

Most affected areas include:

- Back
 - Arms
 - Elbows
 - Shoulders
 - Neck
 - Hands
 - Wrists and fingers
 - Knees
 - Ankles and feet
- 8 out of 10 people experience back pain. Key factors include:
- Poor seating posture
 - Being overweight
 - Wearing inappropriate shoes
 - Standing improperly
 - Incorrect lifting techniques
 - Unhealthy sleeping positions

Understanding Musculoskeletal Disorders and the Importance of Ergonomics

Musculoskeletal disorders are the discomfort that builds up over time in muscles, ligaments, tendons, joints, or nerves, often resulting in strain, sprain, or inflammation. This discomfort can occur anywhere in the body and is usually caused by repeated microtrauma to tissues that don't heal properly during rest.

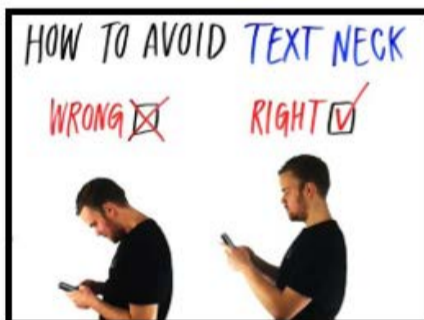
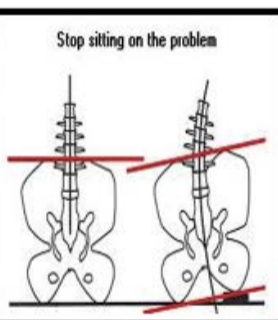
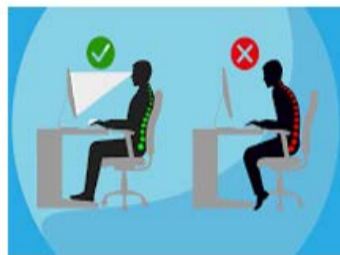
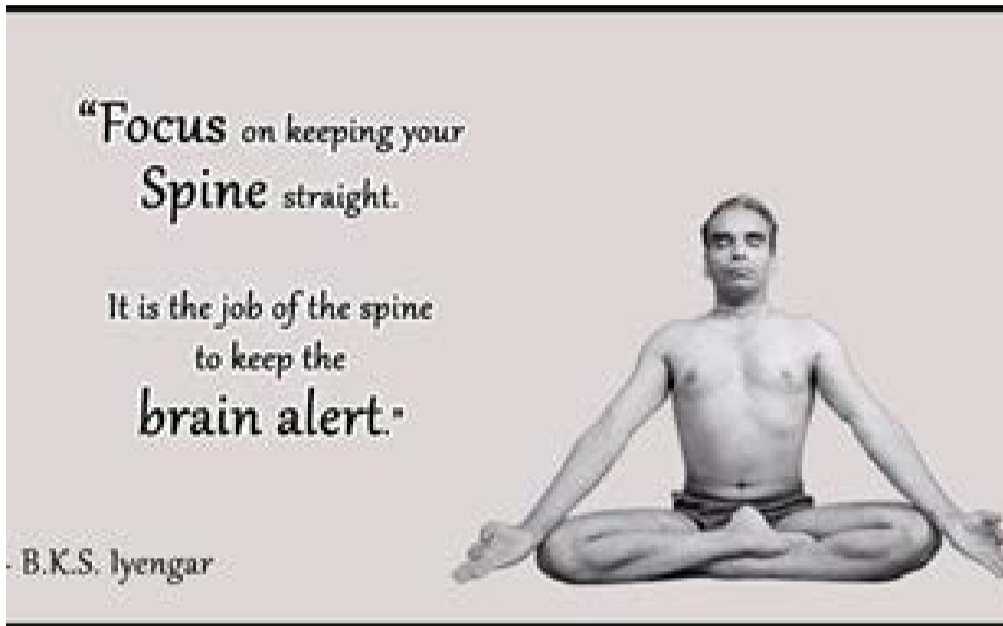
Ergonomics helps control musculoskeletal disorders by reducing exposure to risk factors, thereby decreasing the likelihood of discomfort.

When to Get a Spinal Checkup

- Consider seeing a specialist if you experience:
 - Chronic low back pain, neck pain, or headaches
 - Uneven shoe wear
 - Low energy or fatigue
 - Participation in high-impact sports
 - Post-surgery recovery
 - Arthritis diagnosis
 - Disc herniations in the neck or lower back.
 - Mechanical neck pain radiating to the arm.
 - Shoulder dysfunctions
 - Carpal tunnel syndrome
 - Injuries from motor vehicle accidents or sports

Benefits of a Spinal Checkup

- Decreased arthritis pain in joints.
- Reduced pain in back, legs, feet, and knees
- Less stiffness in treated



Most Common Symptoms of Ergonomic Issues



areas

- Fewer muscle spasms
- Improved range of motion, strength, and flexibility
- Corrected postural and muscle imbalances.
- Joint mobilization
- Pain relief
- Surgery prevention

Better pregnancy outcomes

- Rehabilitation for neurological disorders (e.g., stroke, MS, Parkinson's, cerebral palsy, spinal cord injury)
- Even if you do everything right, sudden back pain

can still occur. A physical examination can identify 80% of issues.

Content contributed by Benjamin Ndivo, a practicing physiotherapist at Premier Hospital.

Poem

By Ella Wheeler Wilcox, "Solitude"

Laugh, and the world laughs with you;
Weep, and you weep alone;
For the sad old earth must borrow its mirth,
But has trouble enough of its own.
Sing, and the hills will answer;
Sigh, it is lost on the air;
The echoes bound to a joyful sound,
But shrink from voicing care.

Rejoice, and men will seek you;
Grieve, and they turn and go;
They want full measure of all your pleasure,
But they do not need your woe.
Be glad, and your friends are many;
Be sad, and you lose them all,—
There are none to decline your nectared wine,
But alone you must drink life's gall.

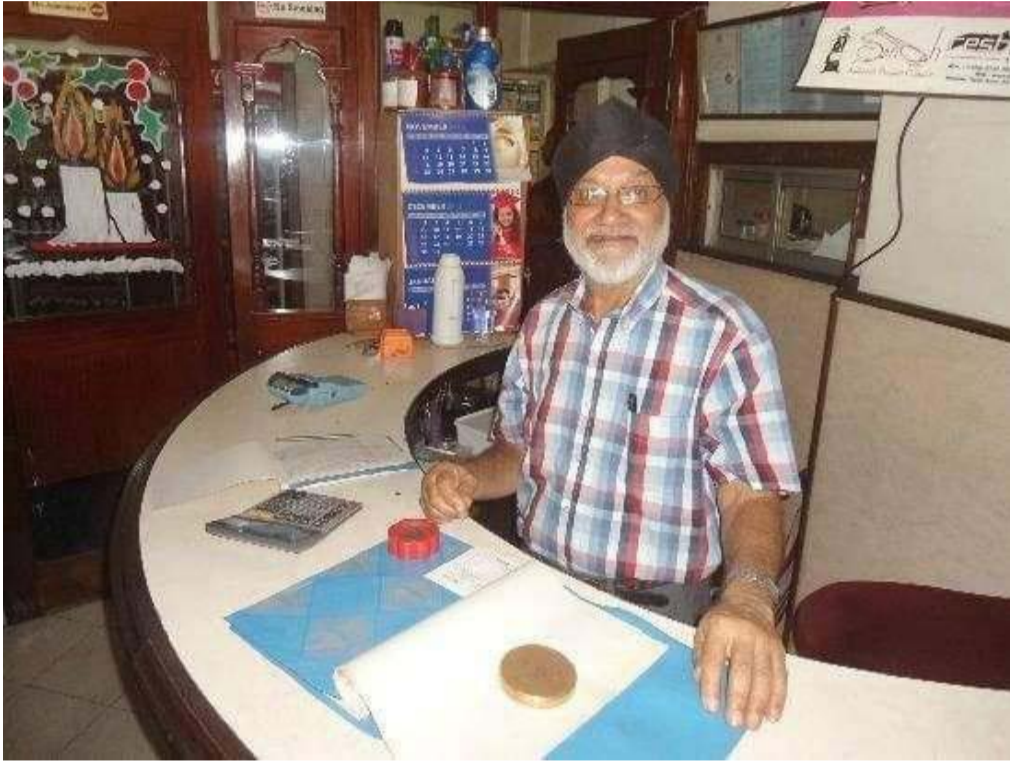
Feast, and your halls are crowded;
Fast, and the world goes by.
Succeed and give, and it helps you live,
But no man can help you die.
There is room in the halls of pleasure
For a large and lordly train,
But one by one we must all file on
Through the narrow aisles of pain.

Greener Cities: Empowering the Next Generation!



This vacation, we're bringing the community together by involving our young ones in meaningful environmental activities! At the Hazina Chief's Camp nursery, children are learning hands-on skills like how to germinate seeds and the importance of trees through the Regreening Africa Project. These sessions not only educate but also inspire our children to be the environmental stewards of tomorrow. This nursery is more than just a place for plants—it's a space where our community comes together to grow, learn, and thrive.

Singh restaurant



Dear Friends and Family,
I am writing to you personally today to express my heartfelt gratitude for your unwavering loyalty and support, which have made Singh Restaurant a globally recognized brand. My father, Dalip Singh Wilkhu, started Singh

Restaurant in 1962 with the vision of offering the highest quality Punjabi cuisine to travelers and the general public at the most affordable prices. Over the years, we have had the immense joy of serving millions of customers from around the world, including ministers and celebrities who came to enjoy our traditional

home-made dishes. We have had the pleasure of serving generations of families in the years since Singh Restaurant started. Unfortunately, since the pandemic, we have faced significant increases in costs (licenses, food, drinks, energy bills, rent, and more). I have done everything possible to absorb these expenses so

that our customers could continue to enjoy our food at reasonable prices. However, to sustain the business further, we would need to raise prices significantly, which goes against the ethos of Singh Restaurant. My father instilled this core ethos into Singh Restaurant, promoting quality over profit, and that has remained consistent throughout the years.

At 81 years old, I am incredibly proud of what we have achieved with Singh Restaurant. However, due to my age, a desire to spend more time with my children and grandchildren, and to honor my father's legacy, I have made the difficult decision to close Singh Restaurant in Mombasa after 62 years of service. We plan to serve our last customers on July 9, 2024.

From the bottom of my heart, I thank you once again for your support over the past decades.

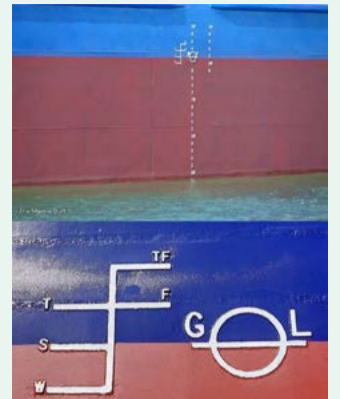
But this is not the end for Singh Restaurant. My sons, who have grown up with Singh Restaurant as an integral part of their lives, are already discussing ways to bring our beloved dishes to you at the same affordable prices. We hope Singh Restaurant will evolve further, and we will keep you informed about our progress.

*With heartfelt gratitude,
Mr. Darshan Singh Wilkhu*

Ship Marking

What is a Plimsoll line? The Plimsoll line is a reference mark located on a ship's hull that indicates the maximum depth to which the vessel may be safely immersed when loaded with cargo. This depth varies with a ship's dimensions, type of cargo, time of year, and the water densities encountered in port and at sea. Once these factors have been accounted for, a ship's captain can determine the appropriate Plimsoll line needed for the voyage:

- ITF = Tropical Fresh Water
- T = Tropical
- F = Fresh Water
- S = Summer
- W = Winter
- WNA = Winter North Atlantic



Samuel Plimsoll (1824–1898) was a member of the British Parliament who was concerned with the loss of ships and crews due to vessel overloading. In 1876, he persuaded Parliament to pass the Unseaworthy Ships Bill, which mandated marking a ship's sides with a line that would disappear below the waterline if the ship was overloaded. The line, also known as the Plimsoll mark, is found midship on both the port and starboard hulls of cargo vessels and is still used worldwide by the shipping industry.

PHOTO STORY

Mr. Haji



For the 40 years (1913-1953) Ali Haji worked for the East African Railways and Harbours as a messenger in Mombasa, he missed work only twice when he was sick. Every weekday Haji crossed the dangerous waters of the Indian Ocean from Mtongwe where he lived with his family to work at the Kilindini goods office using his dug-out canoe. In 1953 just after Haji's retirement, Queen Elizabeth II invited him to England for her coronation and awarded him a medal for his dedication and long distinguished service. Haji truly loved his work.

MoU between ICIFA and KASIB



The Chair of the Institute of Certified Investment and Financial Analysts (ICIFA) Leah Nyambura (left) and the Chair of the Kenya Association of Stockbrokers and Investment Banks (KASIB) Donald Wangunyuu (right) exchange signed MoU documents on Wednesday 21st August at the Trading Floor of the Nairobi Securities Exchange (NSE). The MoU outlined areas of collaboration between ICIFA and KASIB in service delivery for their respective members.

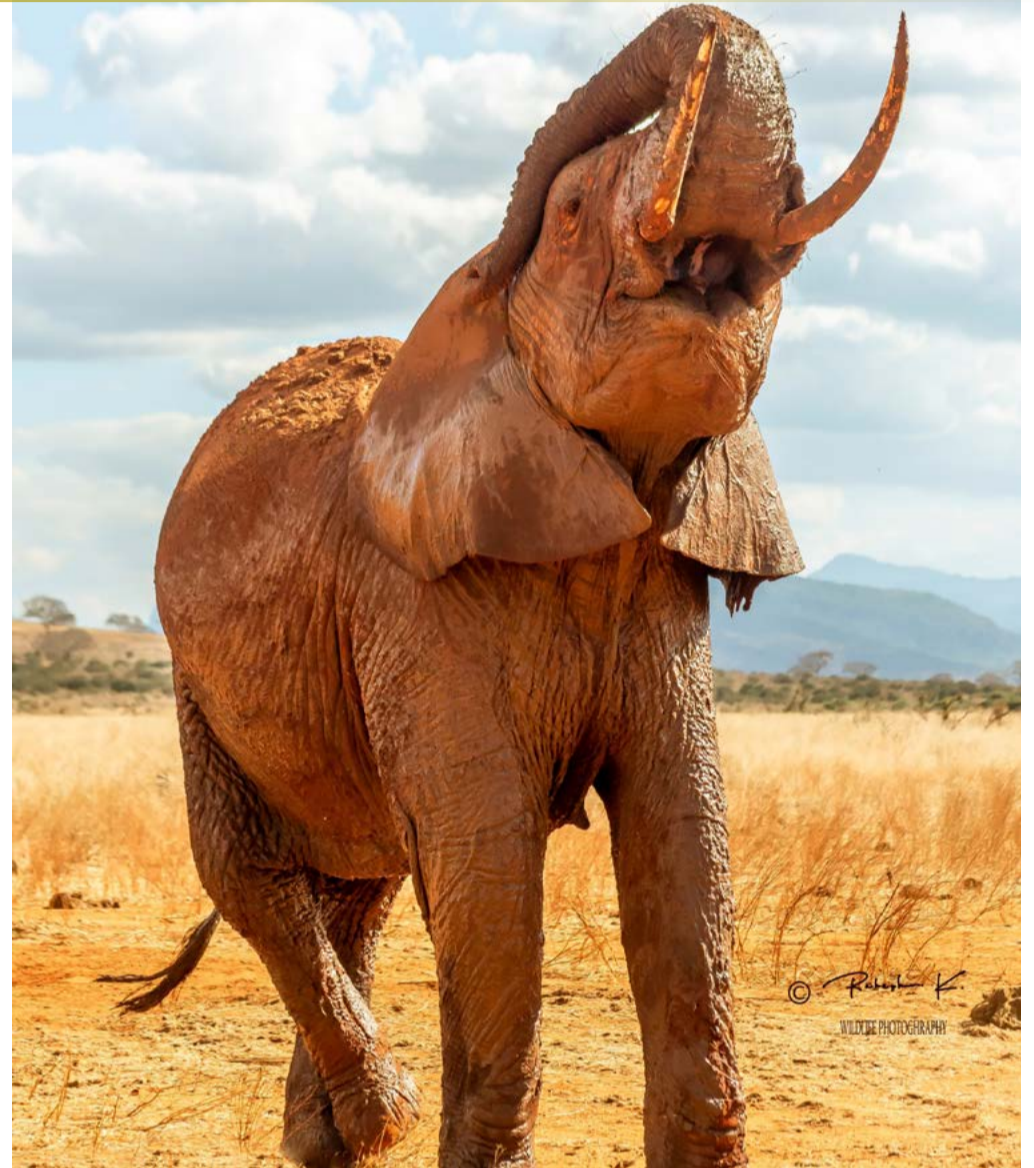
TOP NEWS

WILDLIFE PHOTO



WILDLIFE PHOTO

Photo by Rakesh K



In Kenya, one gets to see such a glorious scene in the untouched Wild with Mountains and Valley covered in Mist. You cant replicate such anywhere and thus the need to protect the Environment in Kenya and all over the World!

PHOTO STORY



Exciting News! We are thrilled to announce the launch of the City Forest Initiative! In a collaborative effort by the Initiative for Climate Change and Renewable Energy Advocacy, the National Youth Service Corps Taraba Orientation Camp, and the Ministry of Environment and Climate Change Taraba State, we are taking a giant step towards a greener, more sustainable future! Together, we aim to create thriving green spaces within our cities, enhancing air quality, promoting biodiversity, and offering serene spots for community relaxation and recreation. This is more than just tree planting - it's about nurturing our environment for generations to come.



'Youthful and Useful'...it could not have been a successful day without Regreening Africa along Gatharaini River, at the Githurai Festival yesterday, International Youth Day. Thank you Child Fund for your continued support in Regreening Africa. Every tree counts.

Ronaldo scores 900th career

Cristiano Ronaldo became the first player to score 900 top-level career goals as Portugal kicked off their Nations League campaign with victory over Croatia.

The 39-year-old volleyed in from the edge of the six-yard box in the 34th minute to double Portugal's lead from Nuno Mendes' deep cross.

It was a record-extending 131st goal for Portugal, coming 20 years after his first, and the veteran sank to his knees in an emotional celebration.

Manchester United full-back Diogo Dalot had put Portugal ahead early on but later turned the ball into his own net as Croatia responded before the break.

As well as Portugal, Ronaldo's goals have come for Sporting Lisbon, Manchester United, Real Madrid, Juventus and most recently Al-Nassr in Saudi Arabia.

Portugal are level on points at the top of League A Group 1 after the opening game with Poland, who beat Scotland on Thursday.

Scoring for more than two decades - Ronaldo's goals

Such is Ronaldo's longevity that if someone was born when he scored the first competitive goal of his career they would now be 21.

He struck a double for Portugal's Sporting on 7 October 2002 at the age of 17 years, eight months and three days in a 3-0 win against Moreirense.

He then moved to Manchester United, scoring 118 goals in 293 games for the Red Devils before joining Real Madrid in 2009 for a then world record 94m euros (£80m).

In nine years at the Spanish giants, he scored 450 goals in just 438 games before making the move to Italy to join Juventus.

He added another 101 goals to his tally during his three years with the Italian club before returning to United, where he would score 27 goals in 54 games.

But a return to the Red Devils did not have a fairytale ending - and in 2023 he made the move to Saudi Arabia with Al-Nassr, where he has got 68 goals and counting.

Incredibly, almost half of Ronaldo's goals (437) have been scored since he turned 30 in February 2015.



Bearman to replace Magnussen at Haas in Azerbaijan



Briton Oliver Bearman will replace the suspended Kevin Magnussen at Haas for the Azerbaijan Grand Prix.

Magnussen has been banned from the race in Baku on 13-15 September after exceeding Formula 1's penalty-point limit.

Bearman, who has already been signed as a Haas driver for 2025, will be taking part in his second grand prix.

The 19-year-old previously substituted for Carlos Sainz at Ferrari in Saudi Arabia earlier this season, after the Spaniard was taken to hospital with appendicitis.

He impressed by finishing seventh, after only driving the car for the first time in Saturday final practice, and the performance was key in securing him a seat on the grid next season.

Bearman has experience of the Haas car this season from free practice outings at the Emilia-Romagna, Spanish, British and Hungarian Grands Prix.

He said: "It's definitely more of a challenge stepping in to race as a reserve driver, with limited prep time and so on, but I'm in the fortunate position of having done it

earlier in the year with Scuderia Ferrari, so I can at least call on that experience.

"I've also had four F1 sessions with Haas in the VF-24 already this season, so undoubtedly that will also prove to be valuable in tackling the full race weekend in Baku."

Haas team principal Ayao Komatsu said: "This is another excellent opportunity for both Ollie and the team to work together, this time throughout an entire race weekend."

Magnussen reached the threshold of 12 penalty points in a 12-month period after being at fault for a collision with Alpine's Pierre Gasly during the Italian Grand Prix on Sunday.

The Dane is the first driver to be given a race ban since the penalty-points system was introduced in 2013.

Magnussen is likely to lose his place in F1 at the end of the season. The only seat available to him is the second one at Sauber alongside his current Haas team-mate Nico Hulkenberg.

Red Bull are yet to decide on the second seat at their RB team, where reserve driver Liam Lawson could replace Daniel Ricciardo. But Magnussen is not in the running there.

wh@ts on mombasa & coast - event guide SEPTEMBER 2024 - all data without warranty - www.whats-on-mombasa.com

WEEKLY LIVE MUSIC

Tuesdays

Safari Inn Shanzu Serena Rd
Live Band Evening with Maranda & Band

Tapas Gold Nyali
Live Band Tuesdays with The Coral Groove Band

Wednesdays

Lego Lounge Mtwapa
Bango Night with Mashabiki Intl Band | Emmanuel Mwamutsi

Yacht Lounge Mtwapa
Rhumba Night with Foa the Band

Thursdays

Kusini Tavern Kilifi
The Muziki Band

Fridays

Safari Inn Shanzu Serena Rd
Jambo Africa Band

WEEKLY LIVE MUSIC

Fridays

Apollo Club Changamwe
Ohangla Fridays - Achieng Nyarongo Performing Live

September V.I.P. Mtwapa
Rhumba Moto with Ricky Mulolo with Idologia Musica Band Live

Wendy's Sea View Resort Shanzu
Mashabiki Intl. Band | Emmanuel Mwamutsi

Saturdays

Apollo Club Changamwe
MTU7 Saba & Sevens Afrobeat Band

Golden Gate Mtwapa (former Standard Grill)
Rhumba Saturday Ricky Mulolo with Idologia Musica Band Live

www.whats-on-mombasa.com

WEEKLY LIVE MUSIC

Sundays

Kendas Village Mtwapa
Sunday Rhumba with Ricky Mulolo & Idologia International Band

Moonshine Beach Bar Nyali
Sunday Band Live with Generation Band

New Yomoke Hotel Miritini
Rhumba Night with Banamitie Musica Band

Reef Hotel Nyali
Rhumba Live with Ambro la Musica

Tapas Gold Nyali

Band Sundays Mombasa Roots Band

The New Big Tree Bamburi Beach
La Festa Sunday with Mombasa Roots Band | DJ Ronyle | MC Chapatizo | DJ Prince Amar

SHOWCASE / LIVE ACTS

Saturday 21 | 09

Club Don Bay Rabai
Kaya Intl Band | Cilibasi | 5 Stars Band | Kamtswere | MC Lennox Lexy | VJ Misale

Saturday 28 | 09

Mamba Village Nyali
Soul Picnic
Club Safina Bondora
Ruby Kache Festival with VJ Misale | Megaz One Kombora

THEATRE

07 & 08 | 09

Little Theatre Club Mombasa
When The Silence Speaks

wh@t's on mombasa

MOTORSPORTS

Sunday 29 | 09

Mombasa
Mombasa Tuktuk Rally

FESTIVAL

Saturday 14 | 09

The Little Theatre Club Mombasa
Anguka Nayo Festival with Chitchill | Deputy Vice Chancellor Usiu

DANCE

Saturday 07 | 09

Hotel Englishpoint Mombasa
KizoRhumba Social - One More Dance

CONFERENCE

25 to 27 | 09

Sarova White Sand Beach Resort
AMC Conference 2024

wh@ts on nairobi & surroundings - event guide SEPTEMBER 2024 - all data without warranty - www.whats-on-nairobi.com

SHOWCASE / LIVE EVENTS

Saturday 14 | 09

Muze Club Westlands
Zi Mukuka | Hiribae | Vidza | Drommer

SNL Lounge Kamiti Road

Tonny Young Live

14 & 21 | 09

Sarit Center

Sarit Rhumba Live with Rhumba Japan | Queen Of Rhumba | New Style Songa Mbele Band | Cate Culo | DJ Numz | Akello Lolo | Pdg Nico | Freshley Mwamburi | Mess The DJ

Saturday 28 | 09

Nairobi Street Kitchen

Desi & Urban Rave with DJ Sway | DJ Kareez Jnr | DJ Deshal

28 & 29 | 09

Laureate Gardens

Walker Town Nairobi 2024 with Rema | Bien | Ardee

HEALTH & FITNESS

Saturday 21 | 09

Karen Water Front
Kings Fitness Explosion

GOLF

Friday 13 | 09

Muthaiga Golf Club Kiambu Road
11th Triad Foundation Golf Challenge

SHOPPING

Saturday 14 | 09

Nairobi National Museum
Books And Artisanal Market

FESTIVAL

20 & 21 | 09

Aga Khan Walk

Nairobi Street Coffee Festival

21 & 22 | 09

Kenya National Theatre

Macondo Literary Festival 2024

ART EVENTS / EXHIBS

11 | 09 to 19 | 10

Circle Art Gallery
Souad Abdelrassoul - A Solo Art Exhibition

10 | 08 to 14 | 09

NCAI Rosslyn Riviera
60 years The NCAI Collection

Sunday 15 | 09

Unseen Nairobi
Wanted 18 by Amer Shomali & Paul Cowan

POETRY

Saturday 07 | 09

Goethe Institut Nairobi
Poetry Slam Africa: 2nd Preliminary

MOTOR SPORTS

Saturday 08 | 09

Whistling Morans Athi River
Delta Motorsports Presents Time Attack

CONFERENCE

18 & 19 | 09

Kempinsky Villa Rosa
2024 Nairobi Banking Information Assets Conference

FILM

20 to 22 | 09

Unseen Nairobi
48 Hour Film Project Nairobi

AUCTION

Friday 27 | 09

Ankole Grill Kitisuru
Art 4 Life Annual Charity Auction

SPORTS / LIVE ACT

Saturday 28 | 09

Ankole Grill Kitisuru
Kenya Legends VS Uganda Legends - Return Leg with Nyashinski | Maroon Commandos | G Money

FAIRS & EXPOS

12 to 14 | 09

Oshwal Community Centre Westlands
Interiors Reimagined 2024: Kitchen & Bathroom Expo Edition

Tuesday 17 | 09

The Node @ Jacaranda Hotel
Educare International Universities Fair

Saturday 21 | 09

KICC

AI Horizon in Africa - Exploring Emerging Trends

23 to 27 | 09

Univercity of Nairobi

Cyberweek 2024

25 & 26 | 09

Kenya School of Monetary Studies

Financial Inclusion Conference & Investor Expo 2024

www.whats-on-nairobi.com

SEPTEMBER ATTRACTIONS

JOIN OUR WHATSAPP CHANNEL

SCAN HERE

STAY UP TO DATE WITH OUR SHOWTIMES UPCOMING MOVIES AND SO MUCH MORE..

NYALI CINEMAX

LIKE & FOLLOW US @nyalicinemax

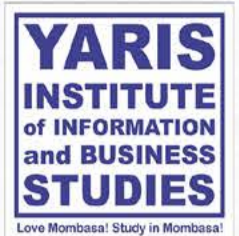
0780 533 539 0786 470 007 0742 631 044

BUY YOUR TICKETS ONLINE

www.nyalicinemax.com



**St John
Ambulance**



COAST REGION EMERGENCY CONTACTS

MOMBASA COUNTY

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

KILIFI COUNTY

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

KWALE COUNTY

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

LAMU COUNTY

Emergency Operation - 0714888889
 King Fahd Hospital - 0779783880

TAITA TAVETA COUNTY

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

TANA RIVER COUNTY

Jaffa B. Jillo Fire Dept CFO - 0721408854

COAST REGIONAL DMRT VOLUNTEERS

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

NATIONAL GOVERNMENT HOTLINES

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



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

**Let's Be Safe ! Kenya ni Kwanza !
Should one wish to include more Emergency Numbers
inbox any of the Coast DMRT Volunteers!**