



MaDaFu

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STUDIES
Love Mombasa! Study in Mombasa!

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

Issue 061 / SEPTEMBER 2024

Complimentary Distribution - Free

Registered at the G.P.O as a Newspaper



This are the photos of the Zefe at SHAH BHAGALI MOSQUE, MAKINON ROAD. It started at 9.30am from the mosque, went round and back at the mosque by 11.30am. 29th of September 2024. Present in the zefe was MP for KINANGO CONSTITUENCY, HON GONZI RAI.

PICTORIAL



Yaris Institute training.



Yaris students students posing for a photo.



County Government of Mombasa Fire department emergency list presentation.



Ismaili community training.

TOP NEWS

President Ruto receives newly appointed inspector-general of police

President William Ruto received newly appointed Inspector-General Douglas Kanja at State House Nairobi on Thursday and installed him to the rank and command of the National Police Service.

Mr Kanja fills the position left vacant following the resignation of former IG Japheth Koome on July 12, 2024.

President Ruto congratulated Mr Kanja on his appointment, terming it a milestone in the implementation of police reforms.

He expressed confidence in Mr Kanja, saying he was an experienced officer of long standing and would enhance command and control of the National Police Service and provide effective leadership.

"In Mr Kanja, you have a seasoned leader, disciplined career police officer and



dedicated Kenyan. I have faith and belief in his ability to provide leadership in police service," he said.

At the same time, President Ruto assured the police service that the government will

give all the support required to tackle emerging security threats.

Urging police officers to always be sensitive to the needs of Kenyans, the President asked them to maintain peace

and order so as to create an environment for the country's socio-economic development.

"It's clear to us that no meaningful development can be achieved without a secure and stable environment,"

President Ruto noted.

The President noted that security is an important component in the achievement of the country's national development goals.

"As police officers, you have a huge responsibility that comes with authority and accountability," he said.

He pointed out that he had given the police financial autonomy so that they can perform their duties competently.

Meanwhile, the Head of State asked the police to be apolitical while discharging their duties. He asked them to serve all Kenyans fairly, irrespective of their political or ethnic affiliation.

"We want the police to be professional, independent and accountable while protecting Kenyans," he said.

He said the government will facilitate the security sector, including police numbers,

equipment and the necessary legislation to enable the service to secure all Kenyans and their property.

President Ruto said the rule of law was the bedrock for "our democracy".

He said all Kenyans must obey, respect and submit to the rule of law, and called on all Kenyans to support security officers in the discharge of their duties.

The President urged independent institutions to work harmoniously, saying the government would not interfere with the work of the institutions.

"Our independent institutions should carry out their duties without blackmail, intimidation or interference from any quarters," he said.

He added: "I want to commit that I will continue to respect and protect the independence of institutions of government."

President Dr. William Ruto Launches Strategic Implementation Document For Police Reforms

President William Ruto has said creating a transparent and efficient people-centered police service is his foremost priority.

The President pointed out that the government was carrying out major reforms in the security sector for the collective interest of all Kenyans.

Speaking during the launch of Reform Framework for the Kenya Police Service, Kenya Prisons Service and the National Youth Service (NYS) at Lower Kabete, Nairobi, on Wednesday, President Ruto called for greater collaboration among all stakeholders for the goals of the plan to be achieved.

He expressed commitment to overseeing the reforms and ensuring that they are implemented so as to transform the security sector into a model of public trust and efficiency.

"When I talk about transformation, I do not merely refer to a major improvement, but a rebirth which will necessitate a fundamental redefinition of how our security services operate and interact with the communities they are sworn to protect and serve," President Ruto said.

He pointed out that the

Maraga Taskforce, which was set up in December 2022, identified several challenges facing the security sector, including obsolete policies, outdated practices, weak leadership, underfunding and, most concerning rampant corruption and gross malpractices as well as poor staff management.

Others, the President added, were low pay, poor working and living conditions, inappropriate tools and equipment, and lack of support for welfare concerns.

"As a result, trust between the public and the security services, which is indispensable for national security and the rule of law, had been severely eroded," he said.

In line with the recommendations of the taskforce, the government has initiated a series of reforms, beginning with a 40 per cent salary increase for the lowest ranks of the services, aimed at achieving significant qualitative transformation of the security services.

At the same time, President Ruto disclosed that KSh106 billion is required to fully implement the recommendations of the taskforce.

Of the total, KSh22 billion will go to salary increases, while KSh37 billion is required to



upgrade hardware as well as welfare reforms. To modernise the three services, KSh45 billion is required.

"To ensure that our commitment to overhaul these crucial institutions is accompanied with the necessary resources, the required funds will largely be provided from the Exchequer and various partners," he said.

The President said the envisaged reforms will require comprehensive institutional changes, beginning with legislation.

"Consequently, we are undertaking sweeping reforms of existing laws and introducing new ones that will form the backbone of a revamped national security framework," he noted.

The President pointed out that the National Police Service Act, National Police Service Commission Act and several other laws will be revised to align with the contemporary needs and standards.

He cited the Kenya Correctional Services Bill and the National Forensic Science Laboratory Services Bill, saying they will provide the necessary legal structure to support the changes that are modernising the security services and propel them to the highest standards of policing and best practice.

Meanwhile, the President called on all stakeholders to work together for the transformation of the security sector to serve all Kenyans.

"The success of these

initiatives does not just depend on the actions of the government, but also on active participation and support from every segment of our society, including policy and strategic leadership, local community leaders and our brave men and women in uniform," he said.

Due to the realisation that Kenyans have a role to play, the government will employ an all-of-society approach in implementing the security strategic framework, the President said.

"Let's support the policy changes we are making in the security sector without unnecessary disagreements that can jeopardise the greater good of the people of Kenya," President Ruto urged.

On the Affordable Housing

Programme, President Ruto explained that 32,000 houses were being built for the security officers with the aim of providing them with decent houses.

Interior Cabinet Secretary Kithure Kindiki said the government was committed to delivering a people-centred, transparent and efficient security service.

He pointed out that the ongoing reforms will be participatory, open and transparent.

Public Service Cabinet Secretary Justin Muturi commended the ongoing reforms, saying they would ensure efficiency and transparency besides boosting the morale of security officers to work better.

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:



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

'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.

Visions Of A Prosperous And Cosmopolitan Mombasa



By Fahmi Basalim

Mombasa...the place where azure blue waves of the Indian Ocean hit the sandy beach shores with zeal

and serenity. Alas! all troubles seem awash with relative calm reminiscent of the dreamy transition of

dawn to dusk. Beneath the sunny coastal sky, many have traded and invaded this tropical island famously known as Mvita (island of war). The apple of the eye of ancient wanderers, travellers and philanderers.

Behold! the imposing ruins of Fort Jesus bear testament to the scramble of Mombasa by zealous conquerors of Portuguese and Omani origins culminating into British colonial imperial mandate.

The cake was theirs for taking much to the chagrin of indigenous communities. Decades of social interaction produced a simmering dish of interesting cultures cooked in the melting pot of traditions. Linguistic chatter and values evolved from fusion of Swahili, Arab and Mijikenda influences. History aside, the emergence of this palm trees adorned town into a fledging city is a narrative worth recounting.

"Karibu Mombasa (Welcome to Mombasa)" a slogan that embodies the true spirit of a people basking in radiant glory of homeland pride. A place of natural beauty defined by picturesque shorelines, historical landmarks and endearing cultural diversity.

The famed "gateway tusks of Mombasa" usher visitors past four ivory sculptures of lofty proportions. Mombasa harbours the busy port of Kilindini which renders crucial services to land locked countries. Indeed, this fabled city located in east coast of Kenya has developed into a regional cultural, economic and tourism hub.

Can we envision a commercial and resplendent

Mombasa that never sleeps with the extension of day into night? The dream of a resplendent twenty four hour working city beaming with investment. Where boulevards are glistening with life and shops doing 'business as usual' flouting conventional closing time thresholds. The hustle and bustle of our vivacious sunny metropolitan synchronized with the onset of moon hours.

Change is slow but inevitable. It may sound like a pipe dream but this is veracity and pragmatism synonymous to major world cities. What aplomb and delight should this dream become reality. This vision and perception if implemented will boost revenue, yield employment opportunities and position Mombasa as a bona fide trade and tourism destination.

We anticipate pragmatic solutions like decongestion of city roads, supporting innovative enterprises, youth employment, promotion of local produce and talents. A place where businesses can thrive night and day. Security is paramount to ensure safety of people and property. Working streetlights and traffic lights are long overdue as we look towards a bright future. In addition, it is imperative to effect rapid response and emergency services such as ambulances, fire brigades, police hotlines, rescue and disaster management and contingency teams.

The onus of restoring Mombasa to its famed and glory days requires participation of one and all. Volunteers, civil societies and investors ought to be pursued and engaged in these viable initiatives. Our multiple leaders and stakeholders ought to agitate for such realism to transform our city and invigorate its economy. In conformity to emerging global trends and pertinent wisdom, we should unite with a clear and common vision. We should stand shoulder to shoulder in juxtaposition and truly work for a prosperous and cosmopolitan Mombasa.

ECOSYSTEM

Entangled In Mangroves: A Vital Ecosystem Under Threat!

Hello everyone! I am Neeva Sumaria, a 16-year-old Kenyan, who's aiming to be a marine biologist. I love documenting my experiences and sharing these insights with like-minded people. I'm dedicating my first article to the single most important carbon sink on our planet: Mangroves!

Mangrove forests are entangled ecosystems that can act as a barrier between the land and sea. Considering their adaptations to saline and brackish waters, their population has bloomed throughout the years, reaching around 60,000 hectares in Kenya alone!

Why are mangroves important?

This is a commonly asked question, which can be broken down into a magnitude of reasons, which consist of the following:

1. Grounds for breeding and nesting

Mangroves provide a site where various species of fish such as mangrove rivulus, shellfish such as crabs and shrimp, and even birds such as blue herons can nurse and breed. It is a suitable area since their entangled roots make it especially difficult for larger predators to prey on the nursing and juvenile species.

2. Carbon sequestration

One of the most important characteristics of mangroves is that they are four times more capable of trapping carbon per hectare than tropical trees grown on land. This is because it is stored in both their biomass and the soil, which can help battle against one of our biggest problems: Global warming. It is important to note that this factor makes them a main source of blue carbon.

3. Coastal Protection

As mentioned above, mangroves are a barrier to land against the sea, therefore acting as a form of natural protection against large waves and strong winds, as well as disasters like storms or tsunamis. This is essential since it prevents excessive erosion from taking place and slows down incoming waves due to their root structure.



4. Pollution extractor

Industrial run-off releases harmful heavy metals such as mercury, and pollutants including total organic carbon into the sea. Mangrove roots are essential in trapping such damaging substances, to inhibit them from escaping into open waters and harming marine life.

5. Water Filtration

Mangroves are filtering machines! They can filter up to 90% of the salts found in seawater, as it passes through their roots. Its process of filtration is demonstrated in the set of diagrams below:

Dubai's 72km Coastal Regeneration Project

Can you imagine a mangrove forest stretching 72km long? To put it into perspective, that's around a 14-hour walk! Well, this is part of Dubai's 2040 master plan headed by URB. Their goal is to plant 100 million

mangroves around their coastline. This will be a huge step towards creating a more sustainable environment to battle against the catastrophe of climate change, taking into consideration the importance mentioned above.

The CEO of URB stated:

"Dubai mangroves is a testament of how urban and environmental innovation can work in harmony as a model for cities worldwide, demonstrating the transformative power of integrating ecological preservation with urban growth. Yet this project is much more than coastal regeneration or resilience; it's about setting a global standard for how cities can balance the needs of the planet with the needs of the people." ~ Baharash Bagherian

Baharash Bagherian's words perfectly describe the project as a whole. The needs of the people in particular are covered in an environmentally friendly

way. This is because Dubai Mangroves provides 10,000 job opportunities, revenue from ecotourism, and most importantly; a very valuable learning experience through educational programs, walks through the Mangroves with expertise, and collaborative activities revolving around conservation.

One aspect I find truly inspiring is Dubai's ability to incorporate technology into regenerating a whole new ecosystem. Being a city built from scratch, its endless dunes have become a futuristic architectural wonder. What makes this project the brightest star in a cloudless night is its undeniable use of state-of-the-art technologies. These are inclusive of drones for planting; satellite imagery to monitor coverage; and artificial energy to interpret, track, and enhance growth.

"We are changing the world with technology" ~ Bill Gates

Dubai is incorporating technology in a constructive way rather than a destructive way like most do to grow their economy. This magnificent metropolis is headed in the right direction and has planted a seed that will spread its roots all around the world!

What Is Threatening Our Bayside Roots?

It is extremely disheartening to find out that human actions are a primary threat to such valuable trees. Various reasons threaten their existence, some of which include:

1. Coastal Development

Such development includes the construction of hotels, industrial plants, ports, marinas, and more. The consequences of these seaside structures involve pollution from contents in ships, oil spills, and improper waste disposal. An excessive load of

such pollutants can inhibit the growth of mangroves and even lead to the death of the ones surrounding that area.

2. Aquaculture and Production of Salt

Thousands of hectares of mangrove forests have been cleared to create commercialized areas to farm shrimp and harvest salt. It is daunting to know that shrimp farming alone has caused 38% of the world's healthy mangroves to be lost. Rather than creating a sustainable economy such as what Dubai is doing, human action is causing the reduction of a vital weapon we can use in the battle against climate change just for monetary gain.

3. Climate Change

The cycle of climate change will be unstoppable unless major action takes place. The release of fossil fuels into our atmosphere contributes to climate change, which increases the acidity levels in the ocean. Mangroves are adapted to a specific level of acidity, therefore when this level increases, they tend to wither and die.

4. Deforestation

One of the most obvious threats to mangroves is their deforestation. This can be due to multiple reasons, such as industrial use of land, commercial use of mangroves for their wood or even leaves, and building places to stay. This deforestation costs around \$6 billion to \$42 billion each year. Can you imagine what would happen if this money was put into conserving them instead of destroying them?

5. Dredging

In my country, Kenya, there is an island named Lamu where dredging was taking place to build a port. Dredging is the act of excavating sediments from the sea bed, and in this case, moving them to the area required to build a port. "The marine ecosystem in Lamu is complex in that it comprises the largest mangrove forests in Kenya", said a resident of Lamu named John Dyer. More than 4600 fishermen from Lamu had gone to court to fight against the negative effects dredging had brought to their marine environment. Even though the government compensated the fishermen

for their loss, they weren't able to compensate for the damage done to the marine environment.

What Can We Do To Help?

1. Go Green

We can switch to a sustainable life, in terms of using less non-degradable items such as various plastics. Switching to brands that do not follow fast fashion production would also be an option since there will be fewer leftover clothes to be dumped, eventually ending up in the ocean. We can't forget the 3 Rs: Reduce, Reuse, Recycle. There are multiple ways to recycle non-degradable items like bottles, by turning them into plant pots or birdfeeders, as well as reusing many items like plastic bags.

2. Be An Environmental Activist

The best way to make a change is to spread knowledge. How will people make a difference without knowing the problem? Being an activist can start with something small like a blog, and stretch to something big like building an environmental organization! One small piece of activism from each person can lead to a mosaic of change!

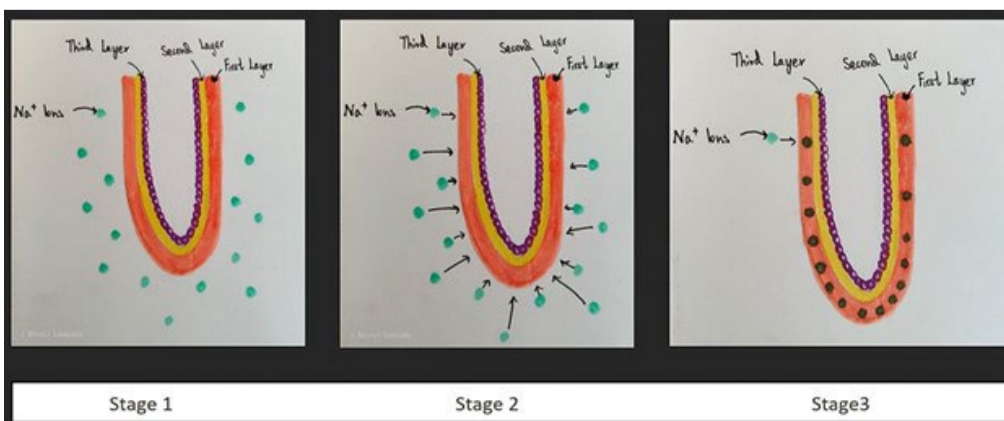
3. Conservation Minded Businesses

A wide range of businesses in this generation are motivated to include a form of conservation in their entrepreneurship endeavors. A good way to implement this to help mangroves could be: "One purchase = One mangrove planted". It's a win-win for the environment and business since customers are more likely to buy from a company that helps our planet, and it's a small step toward success for our environment.

Reforestation of Mangroves

The more the merrier! Planting more mangroves is an excellent way to reverse all the damage done to them. It doesn't have to stretch to 72km like Dubai's, even 10 can make a significant difference.

Researched and Published in conjunction with Untold Wildlife @untold.wildlife and Madafu Magazine
© Neeva Sumaria
neevasumaria@gmail.com



Transforming Education and Nutrition



School gardens are more than just a patch of green spaces in schools—they are dynamic learning environments that cultivate knowledge, responsibility, and health. As education evolves, the integration of school gardens into the curriculum is proving to be a powerful tool for transforming both education and nutrition. These gardens offer hands-on learning experiences that go beyond traditional classroom settings, providing students with the skills and knowledge they need to succeed both academically and personally.

Hands-On Learning

One of the most significant benefits of school gardens is the opportunity for hands-on learning. In a world where much of education is becoming increasingly digital, school gardens offer a tangible way for students to engage with their lessons. Whether it's science, math, or social studies, the garden becomes a living laboratory where concepts come to life.

For instance, students can learn about the life cycle of plants by growing their own vegetables. They can apply math skills by measuring garden beds or calculating the amount of soil needed. Environmental science lessons are enriched as students observe ecosystems, composting, and sustainable practices firsthand. This

experiential learning helps students retain information more effectively and fosters a deeper understanding of the subjects they study.

Additionally, working in the garden encourages teamwork, problem-solving, and critical thinking. Students must collaborate to plan, plant, and maintain their garden, learning valuable social and emotional skills in the process. The garden becomes a place where students of all learning styles can thrive, making education more inclusive and engaging.

Improved Nutrition

School gardens are also powerful tools for improving nutrition among students. By growing their own fruits and vegetables, students develop a better understanding of where their food comes from and the importance of eating fresh, nutritious meals. Studies have shown that students who participate in garden programs are more likely to try new fruits and vegetables and develop healthier eating habits.

The connection between the garden and the cafeteria is a crucial one. When students grow food that ends up on their lunch trays, they take pride in their work and are more inclined to eat what they've produced. This connection helps combat childhood obesity and malnutrition by providing access to fresh, organic produce that might otherwise be unavailable to

“*The connection between the garden and the cafeteria is a crucial one. When students grow food that ends up on their lunch trays, they take pride in their work and are more inclined to eat what they've produced.*”

some students.

Moreover, school gardens can be a gateway to discussions about broader topics such as food security, sustainability, and environmental stewardship. Students learn about the impact of their food choices on their health and the planet, empowering them to make informed decisions that benefit both.

Cultivating a Lifelong Love for Learning and Nature

The benefits of school

gardens extend far beyond the classroom. By fostering a connection with nature, these gardens instill a lifelong appreciation for the environment and the importance of sustainable living. Students who participate in garden programs are more likely to continue gardening at home, bringing their newfound knowledge and healthy habits into their communities.

Gardening also provides therapeutic benefits, helping to reduce stress and improve mental well-being. In a world where children are often overwhelmed by academic pressures and digital distractions, the garden offers a peaceful refuge where they can unwind and reconnect with the natural world.

A Seed for the Future

School gardens are much more than educational tools—they are seeds for a healthier, more informed, and environmentally conscious future. By integrating gardens into the curriculum, schools can enhance hands-on learning, improve student nutrition, and foster a lifelong love for the environment. As these gardens grow, so too do the students who tend them, blossoming into well-rounded individuals ready to make a positive impact on the world.

You can support the school gardens across the globe which help provide a nutritious diet for the students as well as providing sustenance to the communities around them.

Fire Safety in Kenyan Schools



A few weeks ago, Kenyans were devastated by the news of a fire at Hillside Enderasha Academy in Nyeri County. This incident was particularly tragic as it resulted in the loss of young lives, robbing the country of potential future leaders. Following this, several other schools in Kenya also experienced fires, some of which were initially suspected to be cases of arson. According to The Star newspaper, the police ruled out arson in some instances. The trend of dormitory fires continues, with incitement being cited in some cases. Ensuring fire safety in schools is crucial for the well-being of everyone in the school community. In this article, I will focus on the 3E's of fire prevention: Engineering, Educating, and Enforcing.

The first “E,” which stands for Engineering, focuses on the school's premises. It is essential for school buildings to fully comply with legal guidelines related to fire safety, specifically the Fire Risk Reduction Rules of 2007. The design of the school's buildings should include important fire safety features such as emergency exit doors and windows, as well as clearly marked and unobstructed fire exit routes. Additionally, the buildings should have functioning doors that allow for easy exit during fire emergencies, visible and understandable signage to guide individuals to safety, and reliable fire suppression systems to quickly contain and extinguish fires.

The second “E” stands for Educating, which focuses on raising awareness about

fire safety. The risk of fire outbreaks due to human behavior remains a concern. Therefore, it is important that both teaching and non-teaching staff, as well as students, participate in regular and comprehensive fire safety training sessions. These sessions will enhance their understanding of fire safety protocols, evacuation procedures, and the proper use of firefighting equipment. Awareness should be on the three elements of fire: heat, oxygen, and fuel. Everyone should be informed that without these components, a fire will not start or spread, and that a key strategy for fire prevention is to eliminate one or more of these elements.

The third “E” stands for Enforcing, which focuses on the implementation of established fire risk reduction rules. All educational institutions must implement a thorough fire action plan encompassing assessment, prevention, and recovery protocols. They must prioritize conducting frequent fire safety risk assessments and audits. These reviews should meticulously evaluate the effectiveness of existing fire safety measures, identify potential vulnerabilities, and propose necessary improvements. Schools should ensure they include the impact of arson in fire risk assessment. It is also crucial for the school administration to promptly address any deficiencies highlighted in these assessments and audits. Regular reviews and updates of the school's fire safety policies and protocols are essential for maintaining a safe and secure learning environment for everyone.

EDUCATION

Day School vs. Boarding School: A Comprehensive Comparison of Pros and Cons



By Mr. Rishi Arun Parikh

W

hen considering a child's education, the choice between day school and boarding school is one of the most important decisions parents can make. Both systems have distinct advantages and disadvantages depending on various factors, including the child's personality, family dynamics, and the desired educational outcomes. In this article, we'll examine the pros and cons of both day schools and boarding schools by exploring key aspects such as academics, social development, extracurricular opportunities, family life, and costs.

1. Academics Day School Pros:

- **Flexible Learning Environment:** Day schools generally follow a standard school-day schedule, giving students time after school for independent learning, extracurricular, or hobbies. This flexibility can benefit children who thrive in a less structured environment.

- **Parental Involvement:** With students returning home every day, parents can play an active role in their child's education by helping with homework, attending parent-teacher meetings, and monitoring progress closely.

Cons:

- **Distractions at Home:** Day

school students may face distractions after school, such as household chores, family issues, or an unstructured home environment, which can affect their academic performance.

- **Limited Academic Hours:** With students attending school for only a portion of the day, there may be less time for intensive academic focus, particularly when compared to boarding schools where study hours are integrated into daily life.

Boarding School Pros:

- **Academic Immersion:** Boarding schools often provide longer school days with mandatory study periods, structured assignments, and a learning-focused environment that enhances academic performance.

- **Access to Resources:** Boarding schools typically offer more specialized academic resources, such as dedicated tutors, advanced courses, and small class sizes, which can lead to better personalized instruction.

Cons:

- **Pressure to Perform:** The intense academic environment can sometimes create undue pressure on students, particularly if the school is highly competitive. This can result in stress and anxiety for some students.

2. Social Development Day School Pros:

- **Diverse Social Exposure:** Students in day schools interact with peers from varied social and cultural backgrounds, allowing them to gain a broader understanding of society.

- **Balanced Social Life:**

Day school students have the opportunity to build relationships both in school and within their local communities, fostering a more well-rounded social experience.

Cons:

- **Less Structured Social Interaction:** Social dynamics in day schools can sometimes be more fragmented due to the limited time spent on campus. Students may have less time to form close bonds compared to those in a boarding school.

Boarding School Pros:

- **Tight-Knit Community:** Boarding school students live and study together, leading to the formation of deep, lasting friendships. The 24/7 communal living encourages students to develop strong interpersonal skills, such as collaboration and conflict resolution.

- **Cultural Immersion:** With students often coming from different parts of the world, boarding schools offer an enriched cultural environment that broadens social perspectives.

Cons:

- **Limited Outside Exposure:** While students at boarding school form close bonds, their social experience may be confined to the school environment, which can limit exposure to other social settings outside of the school community.

- **Homesickness:** Being away from home for extended periods can lead to feelings of isolation or homesickness, especially for younger or more emotionally sensitive children.

3. Extracurricular Opportunities Day School

Pros:

- **Flexibility for External Activities:** Students have the freedom to engage in extracurricular outside of school, such as sports, music lessons, or community service, which are not confined to a school-based schedule.

- **Diverse Offerings:** Day schools often have a wide range of extracurricular activities available, and students can balance school life with other interests pursued independently.

Cons:

- **Limited Time for Activities:** Day school students have less time for extracurricular involvement due to the need to return home and complete homework. They may also have to travel between home and external activities, leading to a packed schedule.

Boarding School Pros:

- **Integrated Extracurricular:** Boarding schools often have a well-structured extracurricular program built into the daily schedule. Students can participate in a wide variety of activities such as sports, arts, clubs, and leadership opportunities without having to leave campus.

- **Access to Facilities:** Many boarding schools boast excellent facilities for sports, the arts, and other activities, allowing students to explore their talents and interests at a high level.

Cons:

- **Less Flexibility:** While boarding schools offer many activities, students have less control over their schedules and may find it challenging to engage in extracurricular that aren't offered on campus.

- **Rigidity:** The structured nature of boarding school

life may limit spontaneous interests or hobbies outside of the pre-established extracurricular framework.

4. Family Life and Independence Day School Pros:

- **Family Support:** Attending day school allows children to remain deeply connected with their families, benefiting from the emotional and psychological support that a home environment provides.

- **Parental Oversight:** Parents can directly oversee their child's daily routine, guiding behavior, academic progress, and personal development.

Cons:

- **Less Independence:** Day school students may develop independence at a slower pace since they rely more heavily on their parents for daily routines and decision-making.

Boarding School Pros:

- **Fostering Independence:** Boarding school students learn to manage their time, take responsibility for their actions, and make independent decisions. This environment prepares them for university life and adulthood.

- **Structured Routine:** The regimented schedule in boarding schools helps students develop discipline and organizational skills.

Cons:

- **Reduced Parental Influence:** Boarding school students spend less time with their families, which can weaken family bonds. Parents also have less control over their child's daily activities, behavior, and values.

- **Emotional Distance:** Being away from home for long periods can strain familial relationships, particularly

in close-knit families where frequent physical presence is important.

5. Cost Day School Pros:

- **Lower Costs:** Day schools are typically less expensive than boarding schools, as they do not include room and board.

- **Local Access:** Families save money on travel and can take advantage of public education systems or private day schools within their community.

Cons:

- **Additional Costs for Extracurricular:** Since day school students may need to engage in external activities, families may have to spend more on extracurricular programs, transportation, and tutoring if needed.

Boarding School Pros:

- **Comprehensive Package:** Boarding schools offer a full-service education, including tuition, lodging, meals, and extracurricular activities, often providing value for money in terms of resources.

- **Scholarship Opportunities:** Many boarding schools offer scholarships or financial aid to outstanding students, reducing the financial burden for some families.

Cons:

- **High Expense:** Boarding schools are generally much more expensive than day schools, with additional costs for uniforms, travel, and other incidental expenses.

- **Exclusive Access:** The high cost may make boarding school education inaccessible for many families, limiting socioeconomic diversity.

Conclusion

Choosing between a day school and a boarding school is a highly personal decision that depends on a child's individual needs and the family's priorities. Day schools offer flexibility, family involvement, and lower costs, but may lack the structured environment and immersive experience of a boarding school. Conversely, boarding schools provide an enriching, all-encompassing environment conducive to academic and social growth but come with the challenges of emotional distance and higher costs. Ultimately, the best choice will depend on the child's personality, the level of independence they can handle, family dynamics, and the desired educational outcomes.

Knocking fee

One of the houses I deliver newspaper had its mailbox blocked, so I knocked on the door. Mr. David, an elderly man with unsteady steps, slowly opened the door. I asked, "Sir, why is your mailbox blocked?" He replied, "I blocked on purpose."

He smiled and continued, "I want you to deliver the newspaper to me every day. Please knock the door or ring the bell and hand it to me in person." I was puzzled and replied, "Sure, but that seems inconvenience for both of us and a waste of time." He said, "It's all right. I'll pay you extra each month as Knocking Fee. With a pleading expression, he added, "If there ever comes a day when you knock on the door and find no response, please call the Police."

I was shocked and asked, "Why, Sir?" He replied, "My wife passed away, my son is abroad, and I live here all alone, who knows when my time will come." At that moment, I saw the old man's misty, moist eyes. He further said, "I never read the newspaper. I subscribe it to hear the sound of knocking or doorbell ringing. To see a



familiar face and exchange few pleasantries."

He clasped his hands and said, "Young man, please do me a favour. Here's my son's overseas phone number. If one day you knock on the door and I don't answer, please call my son to inform him." After reading this, I realised there are so many solitary, lonely, elderly people among our circle of friends.

Sometimes, you might wonder why they, in their

old age, still send messages on WhatsApp, just like days they were still working. Actually, the significance of these morning and evening greetings is similar to the meaning of knocking or ringing the doorbell; it's a way of wishing each other safety and conveying care.

Now-a-days, WhatsApp is very convenient, and we don't need to subscribe to newspapers anymore. If you have the time, teach your

elderly family members how to use WhatsApp. One day, if you don't receive their morning greetings or shared articles, they might be unwell or something may have happened to them.

Please care for your friends and family. After reading this, my heart swelled up with tears of joy.

I deeply understood the significance of our WhatsApp messages or phone call to each other.

PICTORIAL

Bandari DT



Bandari DT Sacco is the Best Micro Finance Institution in Kenya (Nairobi International Trade fair 2024). In an outstanding display of excellence and leadership within the Micro-Finance sector, Bandari DT Sacco has once again set the bar high, by clinching the Best Micro Finance institution (1st Position) award in a competitive race against other Saccos and Micro finance institutions thus reinforcing its standing as a powerhouse in the Micro Finance sector in Kenya.

Need for change #2.0



By Safia Mohamed Bashir

“The thing about women is, the older they get the more unstoppable they become.”

Yes, a Woman... she's a mother, sister, daughter, wife, cousin, niece, aunt, grandmother, friend.

She's one strong pillar of the society playing all the roles; the most impacted one is of a mother.

We know, paradise lies under the feet of a mother. She did not attain this noble status by just giving birth. Along with that she's the child's doctor, nurse, nanny, teacher, driver, cook, mentor etc

She performs the roles of all these professions, wholeheartedly with love she is unstoppable. Along with taking care of the family and

her children she will also do a side hustle or do a full-time job for financial support. On her journey from a daughter to a wife and daughter in law, she evolves into a new person, parents being proud of the new human she has become, with more responsibilities; growing stronger, and wiser. Handling the duties of a wife and daughter in law comes with another bigger responsibility and challenge of becoming a mother. It's a mental, physical and emotional change which she endures with strength - mind, body and soul. From the morning sickness to the labour pains, she journeys through another stage of life. She pours out all her love to her husband, family and children equally without discrimination and she does it exceptionally well. She understands the said and the unsaid, she cares for the family and children, she prepares the meals, handles household chores and is there for everyone fully because she is unstoppable.

But, in this roller coaster ride; she's forgotten. Her likes and dislikes vanish, her needs do not matter, care for her is no more. In the midst of all this, she comes last to herself,



although it should be the opposite.

Who will see her needs? Her likes and dislikes, her health and her desires, her happiness. Is she supposed to be suppressed?

And why does this even happen...? Just because she is strong...?? Just because she handles it well...? Just because she never complains... and quietly endures day after day out of love.

This trend of society needs a change. If she's there for all, all should be there for her. When she cooks, others should assist. When she is sick and needs a break... it should be available. She should be showered with affection and love too. She's the delicate rose flower blooming through the thorns, with love and care she will

blossom. There has to be a balance; in all aspects. Family and friends to be there for her, she will not say it, you show it. When she is well, all around her are well.

Nevertheless, to get the respect and love, a mother has to give it as well. Mothers should not take undue advantage of this high status and play emotional blackmail games with her children. Their likes and dislikes matter and she should not force her rules and authority onto them.

All there should be is.... Love. If there is true love, there is understanding, affection and care.

And it all comes down to one motto, be happy and let others be happy.

Compiled by, Safia Mohamed Bashir...

Dola



We are beyond grateful to Dola (Msa Influencer) and family for her continued generosity in donating yet another borehole, which has just been launched at a school in Kilifi. This school and the surrounding community were in desperate need of access to clean water.

For far too long, students and community members had to walk miles to fetch water or make do with only six jerrycans of water for a school population of over 120+. This supply was far from enough to meet their needs, often leaving them struggling throughout the day.

Thanks to this incredible donation, the borehole will now provide consistent access to clean water, making a profound impact on both the school and the local community. Your kindness and support are changing lives, and we couldn't be more thankful.

For more donation kindly reach out 0721794379/ 0742620769

WALK

1st Ever Walk on the Dongo Kundu Bypass Draws Over 2,000 Participants

The Mombasa Walk Movement is planning a 30KM Endurance Trek on the Dongo Kundu Bypass. On October 10th, 2024, we are set to embark on an exciting and historic journey – a 30KM Endurance Trek along the newly completed Dongo Kundu Bypass. This trek is part of the second edition of our annual Endurance Trek, and it promises to be a memorable experience for all who take part.

The trek will begin at Sabasaba, covering key areas such as Shell Changamwe, Port Reitz, and the SGR Viewpoint, before leading participants across some of the most scenic spots along the Mombasa Southern Bypass. Hikers will have the rare opportunity to cross the stunning Mwache, Tsunza, and Mteza bridges before finishing at the Likoni Checkpoint.

The Dongo Kundu Bypass is more than just a road; it's a crucial project for the development of the coastal region. It significantly reduces traffic congestion, makes commuting more efficient, and boosts tourism in Mombasa. The bypass also plays a key role in driving economic growth by facilitating easier transport for goods and people alike. This trek offers participants the chance to experience this vital infrastructure up close while helping to raise awareness of its impact on the region.

Registration for this 30KM trek opened on September



1st and will remain open until September 20th, 2024. With over 1,100 people already signed up, we encourage all interested participants to register early and secure their spot. You can sign up by clicking the link below:

[Register Here](https://docs.google.com/forms/d/e/1FAIpQLSddnKeRqxrTddJkqtNYh3Zt6EGvU3yQBc26jj7Awq RIKW5sjw/

viewform?usp=sf_link).

This is no ordinary walk—it's a physically demanding event that requires adequate preparation. If you plan to participate, ensure you're ready by incorporating regular long walks into your routine. Staying hydrated and engaging in other relevant training exercises will also help you build the endurance

necessary for this 30KM challenge.

Whether you're an avid trekker or simply passionate about exploring the region's growing infrastructure, this trek is your chance to be part of something truly special. Join us as we walk the path to progress and experience the Dongo Kundu Bypass in a way no one else has before!

PICTORIAL

SBM Bank Mombasa clients cocktail party



SBM Holdings Limited Group CEO Raoul Gufflet (Centre) and SBM Bank (Kenya) Limited CEO Bhartesh Shah (right) in conversation with the proprietor of Diani beach hospital Dr Kawaljeet Singh Rekhi during the bank's customer event at Tamarind Hotel in Mombasa. Mr. Gufflet affirmed SBM Group's support for customers in terms of responsive banking solutions.



SBM Bank (Kenya) Limited CEO Bhartesh Shah (right) presents a token of appreciation to the proprietor of Diani beach hospital Dr Kawaljeet Singh Rekhi (Centre) during the bank's cocktail party for their coast customers at Tamarind Hotel. With him is the Bank's head of marketing Magdalene Mulandi (left).



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

NAIROBI:

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

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LOOKING FOR NEW OUTLETS IN:

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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

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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

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New UK-Kenya investment partnership rings in UK trade visit

His Majesty's Trade Commissioner for Kenya, John Humphrey, rings the trading bell alongside (L-R) Dave Portmann of MOBILIST, Frank Mwiti CEO of NSE, Mary Njuguna of FSD Africa, John Humphrey HMTC, Paul Mwai Vice Chairman of NSE, Bansri Pattni of AIB-AXYs, Daniel Warutere of Capital Markets Authority.

Tuesday 24, September – The Nairobi Securities Exchange (NSE) and UK government programme MOBILIST, have announced a new partnership at a launch event in Nairobi. The launch was attended by His Majesty's Trade Commissioner for Africa, John Humphrey, at the start of a three-day visit to Kenya.

The partnership aims to drive the listing of new investment products in the Kenyan market and increase the amount of private sector capital available for development and climate projects in Kenya, and generate growth.

MOBILIST, an innovative part of the UK Government's investment partnerships offer, provides investment and technical assistance to help businesses that contribute to the United Nations Sustainable Development Goals (SDGs) to overcome the barriers that keep them from listing on a stock exchange.

The programme has similar partnerships with several emerging market exchanges, including the Nigerian Exchange and the Johannesburg Stock Exchange (JSE), and will consider applications from eligible Kenyan firms.

Trade Commissioner Humphrey's visit to Kenya, which comes after recent trips to Egypt and Ethiopia, will focus on delivering long-term investment projects that support the UK-Kenya Strategic Partnership – an ambitious five-year agreement that is unlocking mutual economic benefits for the UK and Kenya, without loading Kenya with unsustainable debt.

In Nairobi he will meet the Cabinet Secretary for Investments, Trade and Industry, H.E Salim Mvurya, to drive forward the implementation of flagship



His Majesty's Trade Commissioner for Africa, John Humphrey (centre), rings the trading bell to launch Nairobi Securities Exchange (NSE) partnership with UK development investors as UK trade lead visits Nairobi. With him from left are: Dave Portmann of MOBILIST, Frank Mwiti CEO of NSE, Mary Njuguna of FSD Africa, Paul Mwai Vice Chairman of NSE, Bansri Pattni of AIB-AXYs, Daniel Warutere of Capital Markets Authority. The partnership aims to drive the listing of new investment products in the Kenyan market and increase the amount of private sector capital available for development and climate projects in Kenya and driving growth.

UK-Kenya climate projects that support President Ruto's Africa Green Industrialisation Initiative (AGII). He will also launch the British Business Breakfast Club, to listen to the challenges facing British-Kenyan enterprises.

Mr Humphrey will also visit Naivasha to meet one of Kenya's biggest exporters of cut flowers, Flamingo Flowers – a British business that employs 11,000 people in Kenya.

They are benefitting from the global suspension of the 8% export tariff for cut flowers entering the UK, an example of the UK supporting markets that matter to Kenya, by removing barriers in areas which aim to have an immediate economic impact.

His Majesty's Trade Commissioner for Africa, John Humphrey, said:

Mobilising investment solutions in Kenya are vital to economic growth as they provide a platform for Kenyan businesses to raise the capital they need to expand their operations, increase cross-border trade, and employ more Kenyans – and at the same time tackle climate change and achieve critical development goals.

Long-term investments that deliver lasting change for the people of both our countries are the cornerstone of the UK-Kenya economic relationship.

We go far when we go together - I am delighted to be back in Kenya to deliver our mutually beneficial partnership which is rooted in respect.

Nairobi Securities Exchange CEO, Frank Mwiti, said:

The NSE is delighted to partner with the UK government-backed MOBILIST Programme. The strategic partnership between the NSE and MOBILIST aligns with our new strategic focus aimed at enabling the NSE to play a more dynamic role in mobilising and channelling capital to sectors that have the most significant capital needs, with a special focus on sustainable development.

As a market, we will continue providing a pivotal intersection connecting capital to investment-grade opportunities in Kenya for sustained economic growth

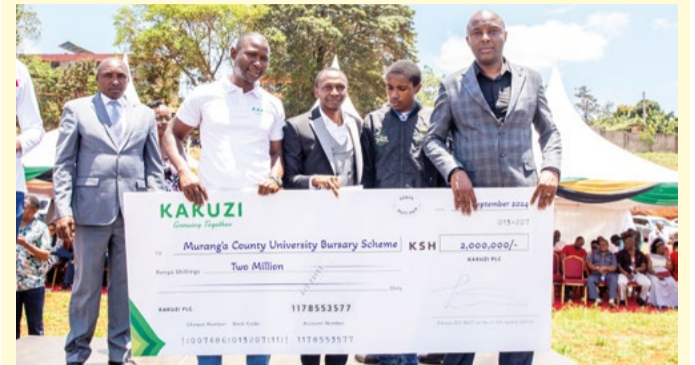
MOBILIST Programme Lead at the UK Foreign Commonwealth and Development Office (FCDO), Ross Ferguson, said:

Public markets in Kenya and other African economies hold great untapped potential to mobilise the private capital the continent urgently needs to gain ground in addressing the SDGs and the severe impact of climate change. MOBILIST is proud to partner with the NSE in building a local capital market that can give

the African firms working on these challenges access to the capital they need to grow.

PICTORIAL

Kakuzi Cheque to students



From Left to Right : Kakuzi PLC Community Liaison Officer Mr Andrew Thuo (left) flanked by Kakuzi Executive Head Corporate Affairs Mr Simon Odhiambo, and Murang'a Deputy Governor, Stephen Munania, presenting the firm's donation in aid of the Murang'a County University Bursary Fund to Governor Murang'a County Dr Irungu Kangata at Mumbi Grounds, Murang'a County.



DONGO KUNDU CHALLENGE

ENDURANCE TREK

COMING SOON

DISTANCE: 30KM 10TH OCTOBER 2024

SCAN TO REGISTER

CONSERVATION

Mtopanga's Diamond Of Hope

Mtopanga River Conservation (CBO)

SUMMARY OF MTOPANGA RIVER

The group was registered in 2019 prior to that, the founder Mr. Peter Mchombo mobilized other members in volunteering activities like clean-ups since 2015. The group has a total membership of 100 members comprising of 55 male and 45 female members. Members of the group came together to address the problem of environmental degradation along the river that had given rise to climatical change causing global warming, a waterborne diseases like typhoid and malaria, not forgetting 'Dengu Fever', a bacterial disease causing havoc at the coastal city due to heaping of waste all over providing a breeding ground for the causative agent, and marine degradation due to plastic litter both in the river and the ocean hence threatening the marine life. All the waste collected in clean-up activities was directed to dumpsites because the group had no idea that waste could be a valuable assets, deforestation allowing harmful gases to penetrate into the ozone layer instead of being absorbed by the trees.

Using nature base solution while establishing a tree nursery through the use of the coconut husks as potting bag has been a game changer in raising tree seedings, because it turns to be an alternative measures of eradicating polythene bags that are traditionally used across the globe as potting material thus help in reducing environmental degradation due to poor management of plastic waste in the environment. Through this, the idea husk idea have been adopted by government agencies, schools and organizations.

The group has gained confidence in shower casing and selling of their products in exhibitions in Mombasa County such as the Pwani Innovation Mtopanga River Conservation CBO have also come up with a boat made from single use plastic bottles (PET) and this greatly boosted the spirit of tourism at Jomo Kenyatta Public Beach and that of fishermen whom the now use the boat to replace the wood boat in order to be able



A map showing Mtopanga river snaking its way from the hilly section of Kisauni to the Indian Ocean covering approximately 1km though not gazetted nor feature in the goggle map



A picture showing waste being dumped along river Mtopanga.



Mtopanga River members at their work site.



Members of Mtopanga River CBO and local administration cleaning the river and sorting valuable waste.



The tree nursery, an innovation of Mtopanga R.CBO where they are using nature based solution as potting bag

to fight the global warming as a result of deforestation.

ACHIEVEMENTS

Mtopanga River Conservation CBO, have significantly contributed to waste reduction along the river due to awareness created in the community on waste management and turning it into value through activities, such as cleanups, Barazas that are being organized and carried out by the C.B.O in Collaboration with county, national government and non-governmental organizations has created space for the formation of technical group (TWG) that will see to it that the river has been totally restored.

This group Participated as organizers of World Ocean Day, World Environmental Day not forgetting their participation in an Eco-competition organized by Hand in Hand East Africa. They also took part in forums on curbing climate change, solid waste management and the members awarded certificates of Participation. Mtopanga River CBO have earned recognition by the County Government of Mombasa as a group dealing with conservation on Mtopanga River and also awarded a trophy by an organization called Kenya water and sanitation network for coming up with an innovative way of establishing a tree nursery using the coconut husks.

Through the acquired skills on digital marketing, they have been able to open up social media platforms which include; website- www.mtopangariverconservation.com, Facebook page at [mtopangariver001](https://www.facebook.com/mtopangariver001) conservation, Instagram- [mtopangariverconservation001@gmail.com](https://www.instagram.com/mtopangariverconservation001@gmail.com).

Facebook page at [mtopangariver001](https://www.facebook.com/mtopangariver001) conservation, Instagram- [mtopangariverconservation001@gmail.com](https://www.instagram.com/mtopangariverconservation001@gmail.com).

Peter Mchombo Founder/ Chairman of Mtopanga River Conservation has made it clear through his own words, "For sustainable development Goals targeting vision 2030 to be realised we need to come up with different innovations and also ensure what we do we truly dedicate ourselves into it".

FUTURE PROSPECTS

Mtopanga River Conservation CBO is looking forward to exhibit there unique innovation at a global platforms with a tree nursery aiming at establishing an alternative use of plastic wrappers as potting material to coconut husks which are bio-degradable and also encourage fishermen who uses wood boat to transit to p. e. t boat which is friendly to the environment.

Creating awareness to the community on the importance of incorporating circularity in our economy so as to reduce pollution in our water bodies and other life supporting ecosystems.

Partnering with more schools in order to mentor children on matters of environmental conservation.

Working with stakeholders in waste sectors in order to establish a community radio whose primary objective is to sensitize community members on matters to do with environmental conservation, afforestation and solid waste management.

LG Hands Over Completed Projects to Winners of the 2024 LG Ambassador Challenge

LG Electronics (LG) has today handed over completed projects to the two community groups – in Kajiado and Nairobi – that won the 2024 LG Ambassador Challenge, an annual contest that seeks to recognize the impact of social enterprises in their communities. Each of the projects was awarded KSh1 million to finance key investments for increasing their impact.

In Kajiado County various equipment, including solar systems and computers, were installed at the Intinyika Primary School, in Oloililai Subcounty. The school, which has 180 students across the pre-primary to junior secondary school levels, lacks critical infrastructure, with a dire need for electricity, water and classroom equipment, including books.

Acting Headteacher James Keshoe Letayian, said: "This new equipment will transform the lives of our students, as it enables us to introduce them to digital technologies, while facilitating a comfortable learning environment."

The other winning project, in Nairobi's Huruma slums, equipped a physiotherapy center that benefits up to 30 disabled children. The project is run by Furaha Community Foundation, an NGO that has since 2005 been working to support needy children within the community, but have been limited in their support to those of different abilities, owing to a lack of appropriate equipment and other installations. By winning the challenge, the project was supported to acquire tools like gym equipment, which are required to run the program effectively. Funds have also been set aside to support the provision of meals to the children, and wages for professional physiotherapists and caregivers

"The support we have received from LG will enable us to offer high-quality education



(L-R) LG Electronics EA Marketing Manager Changhyun Kim, Intinyika Primary School Acting Headteacher James Keshoe Letayian, and Korea Food for the Hungry International (KFHI) Director Chun Jong Hu pose with books donated to the school by LG and KFHI. The school, located in Oloililai Subcounty, received various equipment, including solar systems, water tanks and computers, to address its critical infrastructure needs.

and therapeutic support to differently-abled children. The new equipment we have received has now made our facility capable of handling detailed physiotherapy needs," said David Oginga, the Co-Founder and Executive Director of the Furaha Community Foundation.

In his remarks during the handover ceremony, LG Electronics East Africa Marketing Manager Changhyun Kim said, "The two projects showcased a clear strategy for community transformation, demonstrating a thoughtful approach to addressing local needs and driving positive change. Their well-defined goals reflected a strong commitment to making a meaningful impact. As LG, we are glad to support them in achieving their objectives and are excited to witness the positive outcomes of their efforts."

Now in its fourth year, the Ambassador Challenge is run by LG and the Korea Food

for the Hungry International (KFHI), a renowned non-governmental organization. It aims to recognize and support groups that actively address the pressing challenges within their communities.

This year 53 groups submitted their applications, which were whittled down to 10 from whom the final two were selected to win the cash award. Among other review criteria, applicants were required to submit comprehensive project plans and comparative estimates for each item purchased, ensuring transparency and accountability.

A rigorous monitoring and evaluation process was implemented to the two winning projects, with KFHI providing customized project progress and monitoring based on the location of the project screening, community selection, and unique characteristics of their teams. This individualized approach aims to maximize the impact

of each project and facilitate meaningful change within communities.

Chun Jong Hu, the Director of the KFHI noted: "The two winning groups were outstanding, and definitely deserved the award. However, the biggest task now lies ahead of them as they must meticulously implement everything they had set out to do. Even as we handover the projects, we will still be available to provide oversight, but we are certain they will be impactful".

The LG Ambassador Challenge is part of LG Electronics East Africa's community social responsibility engagements, which provide an opportunity for investment in local solutions that create lasting change and build resilient communities.

The company has to date given out KSh11 million in prize money to former winners, who have gone ahead to leave a notable impact in their communities.

PICTORIAL

Premchandbhai Foundation Giants Group Twiga Vanik Vaishnav Mahajan



**Date 4/9/24. Area Thika
1400 students in 7 schools around Thika benefited from Mathematical Sets donation
Trustees of PF, Saryooben and Nandubhai along with Chairperson of Giants Twiga Chetna Desai Svmm & Giants Twiga members Jayen Patel, Mukesh Shah, Kirti shah, Asha Shah and Tejal Desai presented the sets
Thanks to Capwell Industries for the logistics. Neela and Doreen of Capwell were also present
Journey of Service Continues to support schools with educational materials**

**WHERE? TUDOR CREEK, MOMBASA
WHEN? 18TH - 20TH OCT 2024**

EYE DAY

World Eye Day

Eyecare specialists support Mukuru Promotion Center ahead of World Sight Day

Partnership seeks to empower teachers to identify students with visual problems, and refer them for detailed screening and treatment by medical team.

Nairobi 20 September 2024: More than 7,500 students from the Mukuru informal settlement will benefit from a free eye clinic under a program sponsored by the Optometrists Association of Kenya, as part of its activities in this year's World Sight Day, which will be observed on 10th October 2024.

The program, which has also been supported by OneSight Essilor Luxottica Foundation and Dr Agarwals Eye Hospital is being conducted across six institutions under Mukuru Promotion Center in Nairobi.

The first program milestone involves the training of 300 teachers, aimed at empowering them with skills to identify learners with vision problems. The eye specialists will then conduct a detailed screening of learners and provide interventions as prescribed – from corrective eye glasses, to medication, and referrals for complex medical interventions as identified.

These activities will take place in the run up to this year's World Sight Day, which will be observed on 10th October 2024, with a spotlight on vision



Optometrist Grace Muthuci (left) hand over visual acuity charts to teachers from St. Catherine's Primary School during the training of 115 teachers from six institutions under the Mukuru Promotion Center in Nairobi. The training was sponsored by the Optometrists Association of Kenya in partnership with OpenSight EssilorLuxottica Foundation and Dr Agarwals Eye Hospital. It is a build up to World Sight Day, to be observed next month. More than 7,500 students under Mukuru Promotion Center will benefit from free consultations, corrective glasses as needed, medication and other interventions under this year's celebration, which focuses on Children's Eye Health.

challenges in children.

"Globally, 19 million children are visually impaired, with 75% living in low-income countries. In Kenya, the prevalence of visual impairment among children ages 6 to 20 is estimated at 6%. If

not detected and treated earlier, visual impairment affects a child's academic performance and quality of life. In partnering with Mukuru Promotion Center we are focused on creating a sustainable approach that not

only offers immediate support to those in need, but also ensures that teachers are able to identify learners with visual impairment early and initiate an intervention process", said Victor Opiyo, President of the Optometrists Association of Kenya.

Shimba Hills Reserve Water Pan Project



On August 29, 2023, the Shimba Hills National Reserve celebrated the successful completion of 2 water pan projects. This initiative, driven by a commitment to environmental sustainability and community well-being, has made a substantial positive impact on the local ecosystem.

The newly constructed water pan provides a reliable water source, crucial for both wildlife and nearby communities. It mitigates the challenges posed by seasonal droughts, ensuring a consistent supply of water throughout the year. This enhancement supports the diverse flora and fauna of the reserve, fostering a healthier and more resilient ecosystem.

Gratitude abounds for the project's successful outcome. The collaboration between KWS, Mr. Virji Hirani, Hon. Warden Jamal Balala and Hon. Warden Abdulqadir Aboo exemplified a shared vision for environmental stewardship. The water pan not only addresses immediate water needs but also sets a precedent for future conservation efforts in the region.

This project stands as a testament to the power of collective action in achieving sustainable environmental solutions, promising lasting benefits for both nature and humanity.

The Rotary Club of Mombasa (Environment Committee) has joined the collaboration to build the third water pan at Shimba Hills National Reserve.

Four awarded 55,000 flying blue miles as KLM celebrates 55 years of Flying to Kenya

Four Flying Blue members, travelling from Nairobi, have received 55,000 worth of travel miles after the successful completion of a rewards campaign celebrating KLM Royal Dutch Airline's 55th anniversary of flying to Kenya.

The winners were required to purchase either Air France or KLM tickets between June 5 and June 26, 2024, for travel by November 5, 2024.

Flying Blue is the loyalty programme of Air France - KLM, one of the largest airline conglomerates in the world, and a member of the SkyTeam Alliance.

The miles earned under the programme are credited to an online account and can be spent on exclusive reward tickets to any destination of choice, book extra options, rental cars, hotel rooms, shopping at Flying Blue stores

globally, or donations to charity. Additionally, the miles earned can be transferred to family or friends.

"At KLM, we have been committed to serving our customers flying the Nairobi route for the last 55 years and we are dedicated to offer even more exceptional services going into the future. As we celebrate this milestone, we are really pleased to reward four of our loyal customers, who get to benefit from their membership of the Flying Blue programme," said Hildabeta Amiani, the Air France-KLM Country Sales Manager, Kenya

The Air France- KLM group was founded in 2004, when the two airlines merged to form a holding company that today has over 500 aircraft flying over 77 million passengers every year to more than 300 destinations around the world.

Flying Blue, the loyalty program for the merged airline

group, was introduced in 2005.

Aside from the Air France - KLM group, customers can earn or redeem Flying Blue miles at any of the other 19 airlines in the Sky Team Alliance.

This is in addition to several non-Alliance members, including Etihad, Japan Airlines and Qantas among others, with whom Air France - KLM has established partnerships for reciprocal elite benefits.

The redemption of Flying Blue miles is based on a dynamic pricing model, with the mileage required changing based on demand. As per the date of publishing this press statement, the 55,000 miles awarded to the winners could be redeemed for two economy class tickets from Nairobi to Copenhagen, or a premium economy seat to the same destination, with some 15,000 miles remaining.



(L-R), Air France KLM General Manager for East and Southern Africa, Nigeria, and Ghana, Marius Van der Ham, hands over 55,000 travel miles to Anish Doshi, winner of the 55,000 miles, at the Air France-KLM offices. With them is Air France KLM Country Manager for Kenya and offline markets, Hildabeta Amiani. This took place after the successful completion of a rewards campaign celebrating KLM Royal Dutch Airlines' 55th anniversary of flying to Kenya.

Tessie Musalia at Cerebral Palsy Event, “a mile for good”



Ushiriki Wema Chair Tessie Musalia running during the flagging of an “A Mile for Good” run at Ulinzi sports complex Nairobi on 13th September 2024. She urged parents with children living with disabilities to register with the National Council for Persons Living with Disabilities for ease of assessment and benefits from government cash transfers. The run was organized by Minet and Cerebral Palsy Society Kenya.



Ushiriki Wema Chair Tessie Musalia admiring hand-made beads by Victor Muganda living with cerebral palsy, looking CPSK Programs Manager Caroline Wanjiru in purple and CPSK Therapist Jaque Cherop in blue during the flagging of “A Mile for Good” run at Ulinzi sports complex Nairobi on 13 September 2024. She urged parents with children living with disabilities to register with the National Council for Persons Living with Disabilities for ease of assessment and benefits from government cash transfers. The run was organized by Minet and Cerebral Palsy Society Kenya.



Ushiriki Wema Chair Tessie Musalia feeds a child living with cerebral palsy during the flagging of an “A Mile for Good” run at Ulinzi sports complex Nairobi on 13 September 2024. She urged parents with children living with disabilities to register with the National Council for Persons Living with Disabilities for ease of assessment and benefits from government cash transfers. The run was organized by Minet and Cerebral Palsy Society Kenya.

Mp Shah Hospital at 90 years



CONGRATULATIONS.... Dr. Manoj Shah - Celebrating 90 years of healthcare excellence! A proud moment of Personally Being involved hands on in the growth and Development of the Hospital to what it is today. From our humble beginnings to becoming a beacon of hope and healing, M.P. Shah Hospital is proud to mark this incredible milestone. We're even more thrilled to announce our JCI accreditation, a testament to our commitment to world-class healthcare standards. Here's to many more years of serving our community with quality, trust, and heart. #MPShahAt90 #JCIAccredited

Shree Visa Oshwal Community

Diwali Fair Task Force
brings to you the most exciting

Diwali Fair

on 19th, 20th & 21st October 2024
at the Oshwal Centre Halls, Nairobi

Participation is open to both Members & Non-Members of Shree Visa Oshwal Community who run home based businesses and wish to showcase and sell their products / services Food and SME Commercial Stalls also available!

Participation Forms now available

For Participant Forms or Sponsorship details kindly contact:
Lucy / Margaret at the V.O.C. Office, Oshwal Centre on
0725 339 801 or 0733 469 517 between 8:15AM to
12.45PM & 2:00PM to 4:45PM on weekdays &
9:00AM to 12:30PM on Saturdays
OR vocsp2022@gmail.com



Kindly scan the QR code
to access the
online participant
forms for all categories

What to consider before hiring or firing your ISP



By Murithi MAGIRI

In the past few months Kenyans and the world in general have been bombarded with headlines in regards to market rivalry and stiff competition brought about the new kid on the block-Starlink. The old boys have been forced to go back to their drawing boards to come up new strategies lest they are driven out of market and or their profitability shrinks. But how exactly can we get to choose the right provider among a litany of them, given that all we want is quality, speed, affordability and reliability?

The Fourth Industrial Revolution is transforming the world. People and machines as well require connectivity. As we get more connected and more dependent on the internet for our daily lives, bandwidth is key in determining which provider to cast lot with. In networks, bandwidth is a measurement indicating the maximum capacity of a wired or wireless link to

transmit data over a network connection in a given amount of time. Typically, bandwidth is represented in the number of bits, kilobits, megabits or gigabits that can be transmitted per second. Nowadays due technological advances it is measured commercially in Mbps and Gbps. Bandwidth is not a measure of network speed - a common misconception.

The more bandwidth a data connection has, the more data it can send and receive at one time. So, a low network bandwidth also impacts network speed. In concept, bandwidth can be compared to the volume of water that can flow through a pipe or say number of vehicles on a road. The wider the pipe's diameter, the more water can flow through it at one time. The more lanes the more vehicles can navigate through at a time, say a highway or a superhighway. Bandwidth works on the same principle. The higher the capacity of the communication link, the more data can flow through it per second.

The cost of a network connection goes up as bandwidth increases. Thus, a 1 Gbps dedicated link will be more expensive than one that can handle 100 Mbps of throughput and so forth. The terms bandwidth and speed are often used

interchangeably but not correctly. Essentially, speed refers to the rate at which data can be transmitted, while the definition of bandwidth is the capacity for that speed. To use the earlier water and road metaphors again, speed refers to how quickly water can be pushed through a pipe, how fast a vehicle can navigate the road; bandwidth refers to the quantity of water that can be moved through the pipe over a set time frame and the number of vehicles that can move through the highway in a given time.

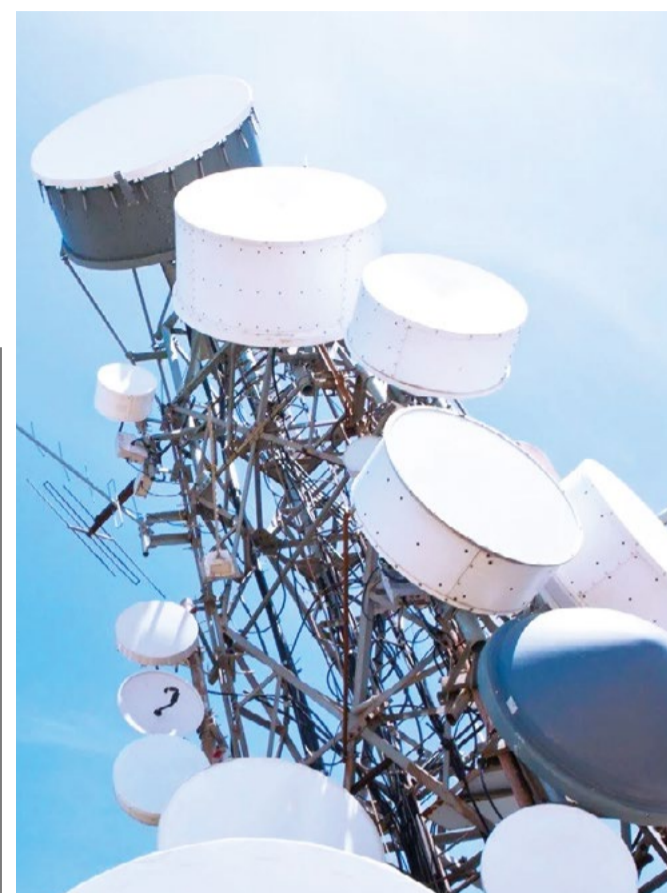
Bandwidth is not unlimited resource just the way pipes and highways are not. So, ISPs package and market their plans accordingly; Some dedicated, shared and others per quota or timebound. Dedicated links are best suited for businesses, shared for home use and per quota or time-bound for mobile use. To determine the bandwidth requirements, one should consider the applications to be used, the bandwidth requirements of each application and the number of simultaneous users. Applications such as online gaming and HD video streaming like Netflix

and YouTube are bandwidth hogs, on the end hand emailing and web browsing consume far less bandwidth.

Latency is another major

consideration when selecting a provider. Network latency is the time it takes for a data packet to travel from its source to its destination across a network. It's measured in milliseconds(ms). High latency can result in noticeable delays, affecting the performance of online applications and services. Latency is influenced by factors such as network congestion, distance between source and destination, and the quality of network connections. Transmission medium like copper cables, fiber optics and wireless have varying latencies. Wired connections have lower latency than wireless connections. Other factors that affect latency include network Quality of Service (QoS) which prioritises traffic, network equipment e.g. Server processing time, APs, switches and routers, and network type e.g. LAN and WAN.

Other considerations when choosing an ISP include SLA's, usage polices and data limits, quality of customer support and failover links. In a nutshell, when selecting an ISP put in mind that; wired connections have lower latency than wireless connection, wired links are also more consistent than wireless links, dedicated links offer more value than shared links, in mobile networks, more superior network technology offer lower latency than their



predecessors e.g. 5G over 3G.

Given the current market rivalry it is therefore to conclude that fiber is almost always faster, more reliable, and more cost-effective than satellite internet where Starlink lies. Fiber has a much faster maximum and median speed and significantly less latency. With fiber, you can typically get speeds of up to 1 Gbps, which is ten times faster than Starlink's current maximum speed of 100 Mbps.

A network administrator can optimise their network by using network QoS to prioritise traffic on mission critical applications, modernising networking hardware like network adapters, switches

and APs, for instance choosing a Gbps ethernet adapters and switches over Mbps. In wireless networks, Wi-Fi 6 offers superior speeds than the predecessors. Configuring Wi-Fi channels appropriately also helps to mitigate overlaps and interferences. Use of monitoring tools can also help monitor, analyse, troubleshoot and optimise the network. To wade off bad actors and for bandwidth throttling/shaping one can use firewalls and the Unified Threat Management solutions.

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

10 lessons from the book "Kaizen"

The Japanese Philosophy of "Continuous Improvement" by Sarah Harvey explores the concept of kaizen, which translates to "continuous improvement" in Japanese. Harvey delves into how this philosophy can be applied not only in business but also in personal development and everyday life. Here are ten key lessons and insights from the book:

1. Understanding Kaizen: The book introduces kaizen as a mindset focused on making small, incremental changes to improve processes, efficiency, and overall quality. Rather than seeking drastic changes, kaizen emphasizes that consistent,

minor adjustments can lead to significant results over time.

2. The Power of Small Steps: Harvey stresses the importance of taking small steps towards improvement. Each small change contributes to progress, making the process less overwhelming and more manageable. This approach encourages individuals to take action without the fear of failure.

3. Embracing a Growth Mindset: The philosophy of kaizen encourages a growth mindset, where individuals believe they can develop their abilities through effort and learning. Embracing challenges and viewing setbacks as opportunities for growth is essential for

continuous improvement.

4. Involving Everyone: Kaizen promotes the idea that everyone in an organization or community can contribute to improvement. By fostering a culture where all voices are heard and valued, collective intelligence can lead to innovative solutions and enhanced performance.

5. Continuous Learning: The book emphasizes the significance of lifelong learning as a core principle of kaizen. Individuals and organizations should actively seek knowledge, skills, and experiences that contribute to personal and professional development.

6. Setting Clear Goals: Harvey discusses the importance of



setting clear, achievable goals as part of the kaizen approach. Well-defined objectives provide a sense of direction and purpose, allowing individuals to focus their efforts on what truly matters.

7. Measuring Progress: The authors highlight the necessity of tracking progress

to assess the effectiveness of implemented changes. Regular evaluation helps identify areas for further improvement and reinforces commitment to the kaizen philosophy.

8. Creating a Supportive Environment: For kaizen to thrive, a supportive environment is crucial. This includes fostering open communication, encouraging collaboration, and creating a safe space for individuals to share ideas and concerns without fear of judgment.

9. Celebrating Successes: The book emphasizes the importance of celebrating small victories along the journey of continuous improvement. Recognizing achievements boosts morale and motivates individuals to keep striving for further progress.

10. Applying Kaizen in

Everyday Life: Finally, Harvey encourages readers to apply the principles of kaizen not only in professional settings but also in their personal lives. Whether it's improving relationships, health, or hobbies, the kaizen mindset can lead to meaningful and lasting changes.

"Kaizen" by Sarah Harvey outlines a philosophy of continuous improvement that can be applied across various aspects of life. By focusing on small steps, fostering a growth mindset, and encouraging collective participation, individuals and organizations can cultivate a culture of improvement that leads to greater efficiency, satisfaction, and success. The book serves as a practical guide for anyone looking to enhance their lives and achieve their goals through the principles of kaizen.

National Community Policing Forum

About Us

The National Community Policing Forum is a collaborative initiative that brings together police officers and community members across the country to support the national government in enhancing security. Established in 2016, our primary objective is to improve safety in Ruaka and the broader Kiambaa area by creating a responsive network for reporting and addressing security incidents. This initiative led to the formation of the Ruaka Security Group.

Our Journey Under

the guidance of local administration and police leadership, we recruited both community members and local officers to foster a partnership aimed at enhancing security. We conducted a comprehensive mapping of the area with input from Chiefs and police commanders, designating 5 to 10 representatives per section of Ruaka to monitor and report security issues directly to officers.

Training and Engagement: We hold regular training sessions on reporting procedures to enhance collaboration and ensure effective communication. Our

forum has actively engaged with officers from the National Police Service, including benchmarking sessions with AIGs, which have led to calls for the establishment of a broader community policing network.

Expansion: As our membership grew, we expanded our reach, transitioning from the "Ruaka Security Update" to a wider platform known as "POLISI NI RAFIKI". This initiative retains the core values of National Community Policing while connecting a larger number of community members with police officers.

Key Highlights

Unique Advocacy: Unlike other initiatives, we prioritize the welfare of police officers. Membership requires a commitment to the National Police Service and support for national security management.

Regular Vetting: Members are vetted and monitored by a committee comprising both active and retired police officers. **Community Engagement:** We encourage community members to form local teams that support their police stations. Notable groups include: - Gachie Security Updates - Polisi Ni Rafiki - Githurai Security Updates - Kiambaa Security Group

- Mombasa Central Security - Coast Security Watch - United Neighbours Security Groups - Kenya Security Alerts - Nakuru Security Updates

Achievements

Since our inception, we have successfully connected community members with local police stations for timely assistance and incident reporting. Our achievements include: **Effective Communication:** We have established a unique system that enables direct communication between the public and local police, resulting in numerous success stories.

Diverse Participation: Our forum unites individuals from various backgrounds—including police officers, educators, medical professionals, business owners, and residents—to collaborate on community safety, demonstrating a shared commitment to a secure Kenya.

Volunteerism and Patriotism: Our members are dedicated to creating a crime-free environment through volunteer efforts and community engagement.

Together, we strive to foster a safer Kenya through collaboration, accountability, and mutual support.

Humans

We aren't the only human species to have ever walked on the face of the Earth.

We, homo sapiens, have a close relative with a tragic history - the Neanderthals or the neanderthalensis.

These cousins of ours lived in Europe and West Asia about 45,000 years ago. Even though we share 99.7% of our DNA with the Neanderthals, we look slightly different from each other. Compared to humans, Neanderthals were shorter and thicker, had more developed jaws and weak chins. They also had large nostrils that allowed them to breathe the cold air in Europe. Interestingly, Neanderthals had bigger heads and thus bigger brains than our ancestors. It is unclear whether this made them extra clever. But if we were so similar in many ways, why did we survive while they went extinct? The Neanderthals disappeared from different parts of Europe at different time points.

The reasons behind their disappearance varied from one location to another. Similar to modern extinction of animals, Neanderthals may have disappeared due to competition and environmental factors. For centuries, our ancestors, who gave rise to modern humans, lived alongside the Neanderthals and both of them may have interbred, which shaped the evolution of modern humans. Neanderthals had bodies that evolved to withstand cold, while Homo sapiens had technology on their side.

Humans sewed clothing with needles and lived in complex shelters. They hunted a wide range of animals, birds, and fish with bows and arrows. Unlike Neanderthals, our ancestors may have also lived in larger groups. This allowed them to develop advanced social and cognitive skills. With all these factors, Homo sapiens could have simply been better equipped to survive.

At the same time, Neanderthals had a shorter lifespan. Their children died at an earlier age. Ultimately, the emergence of a new, technologically more advanced species called humans, may have created too much of a pressure for the Neanderthals. Recent findings, however, suggest that Neanderthals were as smart as Homo sapiens.

They invented similar tools and developed a culture of their own. The only big difference seems to lie in the size of their groups. They formed smaller communities that lived far from each other. It turned out that networking was as important back then as it is now. As small groups disappeared, their culture and progress perished with them. Climate could have also played a role in the disappearance of the Neanderthals. 70,000 to 12,000 years ago, the climate greatly fluctuated.

There is evidence of dramatic cold waves that roughly coincide with the extinction of the Neanderthals. Imagine being used to living in a warm and mild land, when suddenly you are surrounded with icebergs or violent erupting volcanoes. They had to rebuild their shelters, get accustomed to hunting new species and



gathering new plants. Even though it is unlikely that a major environmental disaster killed the Neanderthals, these constant shifts in climate could have been detrimental to their survival.

One theory suggests that Neanderthals may have also engaged in violent clashes with their rival Homo sapiens. It's unlikely to be the case because Neanderthals were powerful hunters who couldn't be easily wiped out in battle. Another theory suggests that Neanderthals died out because of deficiencies in their diet. During cold conditions where plants hardly grow, Neanderthals relied on meat as their source of energy. Meat is rich in protein, but their bodies were not equipped to metabolize high amounts of protein. And since winters

were long, they were forced to eat meat for long periods of time, which may have contributed to their extinction. In reality, the Neanderthals never perished.

They live in us. Our ancestors may have interbred with the Neanderthal and passed on their DNA to us. Analysis of human DNA showed that up to 4% of modern human DNA may have come from the Neanderthals. Neanderthals are not the only long lost human species. Denisovans from Siberia faced the same fate as our ancestors slowly spread around the globe. Unfortunately, we have far too little data to understand the interactions between these coexisting species. Perhaps, an unexpected finding will change our view of our cousin species once and for all.

PHOTO STORY

SPECIAL SCHOOL FOR THE DEAF Ksh. 50M renovation and upgrading



Ushiriki Wema Patron Tessie Musalia (2nd left), Safaricom Head of Legal and Secretarial Services Wangechi Gichuki (second right) and the Principal Chekombero Special School for the Deaf, Wilson Otieno(right), listen to Mpesa Safaricom Foundation Project Manager Eng. Amol Duncan (left) on Friday September 27th, 2024 as he uses a 3D construction plan to explain the new look of the school for the hearing impaired during the ground breaking ceremony for the infrastructure improvement project that will be completed by May 2025 at a cost Ksh. 50 million. Tessie appealed to the government to review the basic curriculum Framework (BECF) in order to accommodate other sub-categories of Special Needs and Disabilities such as dyslexia, autism, emotional and behavioral difficulties at all levels of education.

Motivation Corner



By Fahmi Basalim

Be patient and persistent. It is not about what you accomplish, it is about what you overcome

In order to get, you have to

give. If you support others, they will support you.

When bad stuff happens, you can't change the past. You can only move forward. Don't panic.

Don't waste time blaming or complaining. Save your energy. Find something positive. Focus on what's going to move you forward.

fahmibasalim@gmail.com

TOP NEWS

Rahul Bhavan: Bridging Cultural Gaps and Empowering Communities

Musical Dreams CEO Partners with The SOL Foundation to Foster Equality and Opportunity in Africa

Rahul Bhavan, a stalwart of Kenya's Bollywood entertainment industry, has dedicated over a decade to promoting equal opportunities for the African Indian community in Indian films. As CEO of Musical Dreams, Mr. Bhavan has collaborated with numerous local celebrities and consistently demonstrated a commitment to philanthropy. His latest endeavor is a partnership with The SOL Foundation, an international

nonprofit organization supporting underprivileged and underserved communities in Africa. Musical Dreams is proud to sponsor The SOL Foundation, recognizing its vital work in shaping a brighter future for the continent.

"Empowering African communities is a cause close to my heart," said Mr. Bhavan. "The SOL Foundation's mission aligns with my own vision for a more inclusive and equitable entertainment industry."

CONTACT INFORMATION: To learn more about The SOL Foundation or support their



initiatives, visit <https://www.the-sol-foundation.org/> or email admin@the-sol-foundation.org

PHOTO STORY

Giants Group Twiga
Vanik Vaishnav Mahajan
Premchandbhai
Foundation
Capwell Foundation



Date 20/9/24
Area Thika & Yatta Locations Mavoloni -Machakos County
2500 students were given blankets courtesy of SVVM and Giants Twiga
800 Mathematical Sets were given to the 5 schools courtesy of Premchandbhai Foundation
4 Schools were given library books in memory of Girishbhai Shah And Kundanbhai Doshi
A toilet block for girls was opened at one school courtesy of Capwell Foundation

Success of National Community Policing Initiatives Through Public Engagement Events

The success of national community policing initiatives can be attributed, in part, to various public engagement events. These gatherings aim to foster confidence and strengthen relationships between police officers and community members. The most recent event took place in Siakago, Mbeere North, Embu County, at Kithangari Village, where over 700 people came together for a homecoming and thanksgiving celebration organized by Mr. Genesis N. Ngari, Chairman and Founder of the National Community Policing Initiative.

During the event, Mr. Ngari highlighted the achievements and benefits of police-community collaboration, noting significant improvements in security management. He stated that since the forum's inception, notable police reforms have been realized, resulting in increased public confidence

in law enforcement. Mr. Ngari referenced Article 244(e) of the Constitution of Kenya and Sections 96 and 97 of the National Police Service Act (2011, revised 2016), both of which encourage public collaboration with the National Police Service to enhance security management. These legislative frameworks underpin

the establishment of the National Community Policing Initiative. Among the distinguished guests was Mr. Abdul Sadik, Executive Coordinator of the National Community Policing for the Coast Region. In his remarks, Mr. Sadik expressed gratitude to the teams from both the National Community Policing and the National Police Service for their coordinated efforts in achieving police reforms in the country. He also donated a laptop for use in the National Community Policing data and operations, along with 250 kilograms of rice, 1,000 bottles of water, biscuits, and

household utensils for the event.

The National Police Service was represented by SSP David Apima, who thanked community members for their ongoing support of the police through such initiatives. Mr. Apima emphasized the need for further training in community policing and the recruitment of more members nationwide to enhance collaboration with law enforcement.

Also in attendance was Hon. Josiah Muriithi Thiriku, Speaker of the Embu County Assembly, who urged the public to collaborate with police officers, emphasizing that security management is a shared responsibility. Hon Josiah promised the Embu County support in security management as well as community support. During this event Hon Josiah was recruited to be a members of the National Community Policing.

The event attracted various

community groups, including the CBD Response Team from Nairobi, the Gachie Security Group from Kihara, The United Neighbours from Dagoretti, the Blessed Sisters, and the MAMAKI group, along with officers from the Siakago Police Station, led by the Officer Commanding Station (OCS).

Additionally, the event featured Angel Ina, Little Miss Kenya 2024, who is leading the "Polisi Ni Rafiki" campaign through her advocacy efforts. After winning the title among 300 contestants from all 47 counties, Angel has actively promoted the campaign at various police stations, reinforcing the mission of the National Community Policing Initiative.

These events are instrumental in fostering community engagement and collaboration with law enforcement, ultimately enhancing public safety and trust.

North Coast Ratepayers & Residents Association

North Coast Ratepayers & Residents Association (NCRRA) is one of the oldest Resident's Association. It has a rich history of diligently serving and advocating for the interests of the residents in Nyali. Our Association has consistently strived to promote community welfare, environmental stewardship and a safe Nyali for all.

WHY JOIN US?

Throughout the years, we have actively engaged with local authorities, cooperated with government initiatives, and collaborated with various stakeholders like KPLC, MOWASSCO, the County Government of Mombasa (CGM), KURA, KeNHA and the Police to foster positive change and development in our community. With only about 208 existing members (Individual/Spouse, Corporates and Multiple Dwellings), our association has successfully accomplished the following;

1. Facilitated installation of Street Name Signposts
2. Continuous engagement with CGM, KURA & KeNHA for road repairs and street light maintenance



3. We employ 2 part-time litter collectors. So far we have collected over 91 metric tones
4. We have an annual budget for street lights spares & maintenance
5. We have 5 Telegram groups for our members i.e. General, KPLC(power), MOWASSCO(Water), Security & Maintenance.
6. We host social events such as Treasure Hunts, Quiz Nights, Breakfast meetings with our Service Providers, Street Party and the most recent being a Solar Exhibition.
7. We partnered with the Law Society to stop the Land

Rates Bill from being passed, which would have meant we would all have been paying very hefty Land Rates had we not acted.

Our projects are funded from the subscription we collect from our members and we are striving to increase our membership base to do more and have a stronger voice.

RECENT & UPCOMING EVENTS

We held a very successful Solar Power Exhibition in partnership with Evolutionary Power Solutions, On 8th September 2024, which

was held at The Light International School. With the frequent power outages and fluctuations our members have been experiencing, there was a lot of interest in the exhibition.

For interested parties, kindly contact the offices for further queries.

NCRRA next upcoming event NYALI COMMUNITY PARTY & BAZAAR to be held at Light International School on 28th September 2024. This is an event not to be missed!! The atmosphere will be casual with street food & drinks, Children's games, face painting, Music and Great Raffle Prizes to be Won.

PHOTO STORY

MCL Tree Planting with Lions Pwani



Tree Planting Activity by Lions Club of Mombasa Pwani On October 6, 2024, the Lions Club of Mombasa Pwani held a successful tree planting event, generously hosted by Mombasa Cement, under the leadership of Mr. Bhadrash Shah. This initiative aimed to promote environmental sustainability and community engagement through the planting of 1,000 Casuarinas seedlings, which were graciously donated by Mombasa Cement.

Death and Time

The concept of death is deeply intertwined with the nature of time in both philosophical and scientific discussions. Death is often seen as the end of an individual's experience within linear time, marking a boundary in their personal timeline. Time, in this context, is perceived as a one-way journey, leading inevitably toward an end—death. This linear perspective of time shapes much of how human beings understand life, mortality, and meaning.

Philosophically, some thinkers have questioned whether death truly ends an individual's existence or whether there is continuity beyond the temporal experience. In some religious or spiritual views, time may be cyclical, implying reincarnation or an afterlife where time continues beyond death in

different dimensions or planes of existence.

From a scientific perspective, especially in physics, time is often considered relative, and concepts like entropy (the tendency for systems to move toward disorder) are used to explain why time flows in one direction, leading to aging and death. The second law of thermodynamics tells us that time, as we experience it, is irreversible, thus making death inevitable for living beings.

However, if time is not a universal constant (as suggested by theories of relativity), death might be experienced differently depending on the observer's position in spacetime. This leads to more speculative ideas, like time travel, parallel universes, or consciousness beyond our current understanding of time.

The relationship between death and time also raises



profound questions about existence, legacy, and the human attempt to find

meaning in life despite the inevitability of death.

SPORTS

SEPTEMBER, 2024

Muslim Youth Tourney



Cutchi United Club organized the Pre-Kenya Open tournament at the Muslim Youth Ronald Ngala ground from September 16th-23rd 2024. 17 Teams across Mombasa battled in the coastal heat with Muslim Youth Volleyball Club Mombasa crowned as the champions of the tournament.

The champions emerged as group winners by beating the likes of Cutchi Nilkant, Muslim Bhadala and Cutchi RS. The Quarter finals stage was set and played on Sunday in the coastal heat with Muslim Youth, NEISCA Tigerians, Memons and Cutchi Ghamshyam sweating it off proceeding to the Semifinals. These matches were hard fought and could have gone either way.

The crowds started pouring in for the finals on Monday evening, enjoying the wonderful snacks and drinks and reserving the front seats to watch the much anticipated finals between Muslim Youth and arch rivals Cutchi Ghanshyam. Best of 5 games 30 minutes each game, and after 2 hours a grueling fight by both teams, fierce defense and offensive shots, dives and thrills, Muslim Youth emerged winner winning 3 games to 1, applauded by the supporters and spectators from the

traditional volleyball fraternity. "What a thrilling match it was" as echoed by some of the spectators. Organizers nominated Issa Mohammed as the best player and Saad Sumra as the best lifter. Well done to both.

Overall, it was a successful tournament that showcased the talent of volleyball players in Mombasa. The support from the community was amazing and it was great to see people coming together to enjoy the sport. Congratulations to Muslim Youth Volleyball Club Mombasa for their well-deserved win and we wish them luck in future competitions. We hope to see more tournaments like this in the future that bring people together and promote sportsmanship in the community.

The champions Muslim Youth Club would like to extend its appreciation to the organizers and all the teams that participated in the Pre-Kenya Open tournament and to all the spectators that came to support their teams, look forward to the next challenge the Kenya Open which will be held in Mombasa on October 19-20 2024 at the Cutchi United grounds in Makupa.

Book this date on your calendars and come watch teams from across Kenya battle it out to be crowned Kenyan Champions 2024.



Sunrise Children's Garden School Chess Tournament organizer Larry Kagambi (right) of Waridi Chess Academy awards the winner of the under 12 years category, Nigel Ngige Njoroge (left) from Riara Springs Academy on Saturday 14th September at the school.

Former junior world 800m champion Bett dies aged 26



Former world under-20 athletics champion Kipyegon Bett has died aged 26 in Bomet, Kenya, following a short illness. The 800m specialist won his junior world title in 2016 and then took bronze at the senior World Championships in London the following year. However, his career was halted in 2018 when he was handed a four-year doping ban and he struggled on his return. "He had been sick, complaining of stomach pains for about a month. The doctors said he had a liver problem and had been in and out of hospital," his sister Purity Kirui said. "Last week we took him to hospital after he started vomiting blood and he was admitted. I went to see him [on Sunday] morning and he told me he was in pain.

"He told our dad, who is a pastor, to pray for him because he didn't feel he would survive and after 12 noon he died. We tried everything to save him, but he left us. It's very painful."

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WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	SHOWCASE / LIVE ACTS	GOLF
Mondays Maasai Beach Bar Nyali New Dawn Band DJ Frankee	Fridays Apollo Club Changamwe Ohangla Fridays - Achieng Nyarongo Performing Live Summit Club Vok Rhumba Live with Elengi Musica Band Mack Solo Maasai Utange Rhumba Night with Banamitie Musica Band New Cheers Bamburi Ohangla Benga Live Band Roy Captain Big Brother Club Changamwe Amiti Musica Les Incomparables	Sundays Moonshine Beach Bar Nyali Sunday Band Live with Generation Band Club Mios Bamburi Bango vs Afrobeat with Jimmy Ngala & Asili Band Super Ladies VJ Brown MC Woud Anita New Yomoke Hotel Miritini Rhumba Night with Banamitie Musica Band Maasai Utange Amitie Musica Les Incomparables Kusini Tavern The Muziki Band Reef Hotel Nyali Rhumba Live with Ambro la MusicaThe Muziki Band Tapas Gold Nyali Band Sundays Mombasa Roots Band	Saturday 12 10 Club 28 Bondoa Rhumba Nyati with Halua Band Saturday 19 10 Mamba Village Mombasa Mega Fest Club 28 Bondoa Special Masujaa with New African Sound Hosini Band Saturday 26 10 Don Bay Rabai Mweni Mijikenda Extravaganza with Kay Intl. Band Hosoni Band WEEKLY LIVE MUSIC Sundays The New Big Tree Bamburi Beach La Festa Sunday with Mombasa Roots Band DJ Ronyle MC Chapatizo DJ Prince Amar	18 to 21 10 Vipingo Ridge Golf Resort Nyali Golf & Country Cluc Vibes & Golf Tour CHESS 11 to 13 10 Mombasa Chess Club Mombasa Open International Chess Championship 2024 CHARITY Saturday 12 10 Diamonds Leisure Beach & Golf Resort Ukunda The Diani Charity Goat Derby 2024 SAILING 18 to 20 10 Mombasa Yacht Club MYC Spring Regatta 2024

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SHOWCASE / LIVE EVENTS	SHOWCASE / LIVE EVENTS	ART EVENTS / EXHIBS	EDUCATION	CONCERT
Thursday 10 10 Big Smoke Karen Diva's Jazz Junxion with Aisha Lianaalisa Ceal Waniiku Saturday 12 10 Uhuru Park Burning Spear The Burning Band Live In Nairobi Saturday 19 10 K.I.C.C Nairobi The Africa Bound Reggae Summer 2024 with Glen Washington State Of Emergency Band Frankee Dee Monday 21 10 The Carnivore Grounds Bakone Wednesday 23 10 Kuche Kuche Cashless Inside Nyayo Stadium Rhumba Festival Season with T Shalizi R10 & Eminence Music Band	Thursday 24 10 Village Market Ballpoint Acoustic and Beats Ft Hope Irakoze Saturday 26 10 Village Market Alien Invasion Orchid Lounge & Grill Ngong Road Zambia @ 60 Music Concert with Roberto THEATRE 12th & 13th 10 Alliance Française Garbage In Garbage Out GALA Thursday 17 10 Emara Olesereni Hotel The 2024 Ecowarrior Awards Gala Ceremony	11 09 to 19 10 Circle Art Gallery Souad Abdelrassoul Solo Art Exhibition 15 09 to 15 10 Village Market Feast Of Art - East African Masters 1960 -2024 28 09 to 20 10 One Off Contemporary Art Gallery 'Flowers, Sun and Rain', Paintings by Cyprian Rasto 28 09 to 20 10 One Off Contemporary Art Gallery 'Quadranscentennial: 25 Year Journey', Paintings and Prints by Thom Ogonga Sunday 20 10 Tendo Art Studio Art Vibes Unleashed - Mashujaa Edition 25 10 to 10 11 The Junction Mall FRAGMNTS by Mutua Matheka	Wednesday 23 10 Hyatt Regency Nairobi Westlands Business School Festival - Meet Top-Ranked Universities In Africa FAIRS & EXPOS 25 to 27 10 Sarit Expo Centre Getaway Tourism fair Wednesday 30 10 Villa Rosa Kempinski International Education Fairs Nairobi 2024 BODY BUILDING Saturday 12 10 Sarit Expo Centre Mr & Miss East Africa Body Building Contest with Oga Obinna MC Ick The Trend MC The Mumba www.whats-on-nairobi.com	CONCERT 11 & 12 10 Kenya National Theatre Conservatoire 80th Anniversary Concert AUCTION 11 & 12 10 Argyle Grand Hotel Nairobi Airport Luxury Goods Auction In Support Of Neglected Women's Diseases CONFERENCE Saturday 12 10 University Of Nairobi Towers Midfest 2024 - Mental Wellness Confermce & Festival FEST Saturday 26 10 Inzuu Gardens RCKA Oktoberfest Beer Fest In Support Of Machakos Institute For The Blind

FORTHCOMING ATTRACTIONS

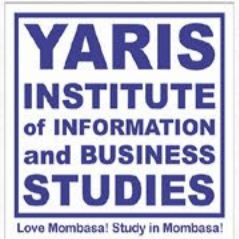
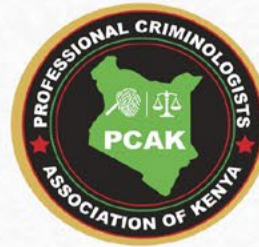
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**St John
Ambulance**



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!**