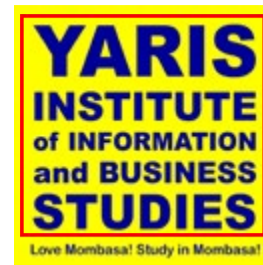




MaDaFu



The Socio-Economic Newspaper with Anything & Everything from Kenya

Issue 063 / NOV/DEC 2024

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WORLD PREMATURE BABY DAY



Ushiriki Wema Patron Tessie Musalia (right) through their infant Pre-term Aid programme Okoa Malaika hand over 8 incubators to Garissa, Lamu, Kilifi and Tana River counties at Malindi sub county hospital in Kilifi county on Sunday November 17th during the commemoration of World Premature Day. Receiving the incubators from left is Lamu Governor Issa Timamy (left) and Kilifi County Deputy governor Flora Chibule. The initiative aims at mitigating infant pre-term complications by distributing neonatal equipment to county hospitals across the 47 counties in Kenya. Last year 16 counties received the incubators.

Mama Haki Football



Dear Team Mama Haki and Valued Partners, My heart is filled with immense pride and gratitude as I reflect on the remarkable success of the inaugural Mama Haki Peace Tournament. Your collective spirit, dedication, and passion have transformed this tournament into something far more significant than a sporting event - it has become a beacon of hope and unity for our coastal region. To our champions, Kitaka FC and Fire Rangers: Your exceptional performance on the field has set a new standard of excellence in coastal football. You've not only won trophies but have also inspired countless young athletes who watched you play. To all participating teams: Your sportsmanship and competitive spirit made every match a celebration of our region's sporting talent. To our cherished coastal community: Your overwhelming support and enthusiasm turned every match day into a festive celebration of our shared values and culture. The thousands who filled Mwahima Stadium. Asanteni Sana.

Subaru Meetup



On 8th December 2024, the SUBARU OWNERS CLUB - ELDORET in conjunction with our brothers in Bungoma and KITALE (Western Legends) had a Charity Event pale CWSK Kanduyi Children's Home to put some smiles on Children's Faces.



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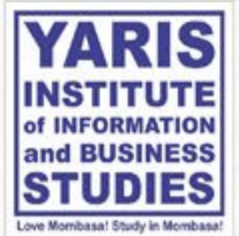
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**St John
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COAST REGION EMERGENCY CONTACTS

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
- Seiffee 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
- KRCNational 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
- KRCNational 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!**

Ruto hails conservancies for preserving wildlife



President William Ruto has praised local conservancies for transforming lives of rural communities and preserving wildlife.

Speaking during the 20th anniversary of the Ol Pejeta Conservancy in Laikipia County on Saturday, the President said conservancies such as Ol Pejeta play a great role in environmental conservation and the growth of tourism.

"This conservancy is home to the largest hub of rhinos, including the only two remaining northern rhinos in the world," he said.

He pointed out that the government will work closely with the conservancy to make sure the two rhinos are preserved.

Noting that 70 per cent of wild animals are accommodated in conservancies, President Ruto said the government has resolved to support the habitats.

The President assured all stakeholders in conservation of government support and urged them to work closely with the Kenya Wildlife Service in the conservation and management of the country's national heritage.

"I want to commit to Ol Pejeta that you have the support of the government in your conservation efforts as well as empowerment of local communities economically," he said.

At the same time, President Ruto warned that the increasing fragmentation of arable land for settlement was the biggest threat to the future of agriculture and wildlife conservation.

The President explained that the government's Affordable Housing Programme would play a significant role in safeguarding arable land from fragmentation.

He expressed concern that if land fragmentation is not managed, the country would soon run out of the necessary land for food production.

On human-wildlife conflict, President Ruto said the government would fence off animal habitats from settlements to bring the menace to an end.

For this to succeed, the President called for cooperation among all stakeholders so that the challenge could be comprehensively addressed.

He pointed out that Kenya offers many premium tourism options, including luxury accommodation and safari.

"We must encourage premium tourists because they offer top dollar," President Ruto said.

Meanwhile, the President commended the management of the Ol Pejeta Conservancy for providing modern breeding technology and vaccination services to the local communities.

He urged the management to partner with the government in next year's nationwide vaccination that will be carried out across the country.

President Ruto also announced that KSh1 billion has been set aside for restocking of livestock in 16 counties whose residents lost animals during the recent drought.

"It's now upon leaders and the relevant departments to identify the beneficiaries," the President directed.

He also announced that new regulations on carbon market and carbon credit provide that 40 per cent of the proceeds must benefit the local communities.

Ol Pejeta Conservancy Board Chairman Philip Coulson said they would support the government to meet its global environmental conservation targets.

"We are not only

participating in wildlife conservation, but also uplifting the lives of local communities through the provision of education, agricultural and health services," he said.

He explained that the conservancy has also built dams to provide water for domestic animals and certified seeds to farmers.

Other leaders present at the event were Tourism and Wildlife Cabinet Secretary Rebecca Miano, Laikipia Governor Joshua Irungu and MPs Mwangi Kiunjuri (Laikipia East), Sarah Korere (Laikipia North), John Kinyua (Laikipia Senator) and Jane Kagiri (Laikipia Women Rep).

The leaders said tribal politics has no room in modern-day Kenya.

"We have many communities in Laikipia and, as leaders, we should preach unity among all Kenyans," Mr Kiunjuri said.

Ms Korere commended the government's efforts in the fight against banditry and cattle rustling, saying calm had returned to many parts of the county.

"We are happy that the Kenya Police Reservists based at conservancies have been provided with firearms to deal with the criminals who attempt to hinder peace efforts," she said.

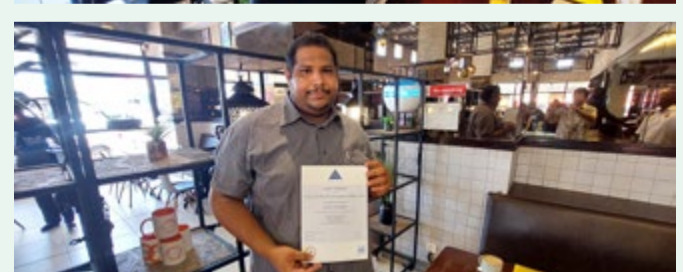
PHOTO STORY

100 years birthday celebration



Mama Bhinda celebrated her 100th birthday at Shiv Temple in Mombasa on 17th December 2024 with her family, friends and guests. Her journey from 1924 to 2024 has been a remarkable one and we pray she celebrates more! Speaking of blowing a hundred candles...She did it!

ABMA & Yaris Institute Success in Mombasa



Yaris Institute Students successfully passed their September 2024 ABMA Level 4 & 5 Diploma in Information Technology CIS and Shipping & Logistics. Mr. Hatim, Miss Shufaa and Mr. Mohammed seen receiving their Diploma's at a short ceremony held at Blueroom Restaurant. Congratulations to the Students as they progress to the next levels at the New Yaris Institute in Nyali at Shree Plaza on Fidel Odinga Road after Chandarana Supermarket and before the Shell Links Road Junction.

COUNSELING

Transform your well-being with Islamic Mindfulness

By Ahlam Mansur.

In Islamic counseling and psychology, the concept of focus is deeply intertwined with nurturing the soul and aligning one's thoughts with faith.

Islam emphasizes mindfulness, self-reflection, and gratitude as pathways to peace and psychological resilience.

1. Focus on Strengths and Blessings

In Islam, focusing on one's strengths and blessings is a form of gratitude (shukr) that draws one closer to Allah. Instead of dwelling on weaknesses, Islamic teachings encourage believers to acknowledge their strengths as gifts from Allah, to build on them, and to thank Him for all blessings.

This is reinforced in the Qur'an: "If you are grateful, I will surely increase you [in favor]" (Qur'an 14:7).

By focusing on blessings rather than misfortunes, we cultivate positivity, which nourishes both the heart and mind.

2. Focus on Character Over Reputation

Islamic teachings place

great importance on sincerity and character (akhlaq). The Prophet Muhammad (peace be upon him) said, "The most beloved of people to Allah are those with the best character" (Tirmidhi).

In Islam, developing inner qualities and refining character are seen as higher pursuits than seeking external validation or reputation.

This internal focus fosters authenticity, a key trait in maintaining mental health and spiritual well-being.

3. Choosing a Positive Focus for Emotional Health

Islamic psychology teaches that the state of our mind and soul (nafs) affects our emotional and mental health. By consciously choosing to focus on positive, constructive thoughts, we protect ourselves from negativity.

Allah says in Surah al-Ra'd, "Verily, in the remembrance of Allah do hearts find rest" (Qur'an 13:28), reminding us that focusing on our relationship with Allah brings peace and clarity, helping to counter feelings of loss or despair.

4. Practical Steps: Meditation, Dhikr, and Breathwork

While traditional meditation differs from Islamic practices, similar benefits can be found in daily dhikr (remembrance of Allah) and muraqabah (mindfulness of Allah's presence).

Practicing dhikr at the beginning and end of the day helps center the heart and mind, grounding the soul.

Additionally, when feeling overwhelmed, the Prophet (peace be upon him) advised us to manage emotions with calm actions, such as sitting or performing wudu (ablution), emphasizing emotional control and tranquility.

5. Intention and Self-Reflection

Islamic counseling emphasizes the power of intention (niyyah) and self-reflection (muhasabah).

Regularly examining our thoughts and intentions fosters personal growth and resilience.

The hadith states, "A wise person is one who calls himself to account" (Tirmidhi), encouraging Muslims to cultivate self-awareness as a means to inner strength and improved well-being.

In essence, Islamic counseling teaches us to



choose our focus intentionally, guided by values and gratitude. When we align our

focus with Allah's guidance, we cultivate inner peace, positivity, and resilience,

nurturing our psychological and spiritual health in a balanced way.

By Ahlam Mansur.

When you see an opportunity that could benefit someone, don't hold back—share it generously.

Your kindness could open doors they never imagined, and every step they take toward success becomes a source of ajr for you.

Supporting others doesn't always require grand gestures. Sometimes, the simplest acts—like sharing their work on your status, recommending them through word of mouth, or even offering a kind word of encouragement—can have an immense impact.

The Prophet beautifully reminded us:

'None of you truly believes until he loves for his brother what he loves for himself'
(Bukhari & Muslim).

Let us embody this teaching by being a source of support and positivity for others.

Remember, lifting someone else up does not diminish your light—it only makes the world brighter for everyone.

Alzheimers

Scientists say Alzheimer's might not be a brain disease after all:

The common theory that Alzheimer's disease is caused by the buildup of beta-amyloid plaques in the brain is now being challenged by a new theory. Scientists say Alzheimer's may be an autoimmune disease. This theory is based on 30 years of research. It suggests that beta-amyloid, rather than being an abnormal protein, is actually a component of the brain's immune system.

Its role is to protect the brain from injury and infection, but due to the similarity between the fat molecules in bacterial membranes and brain cell membranes, beta-amyloid mistakenly attacks the brain cells it's meant to defend. This leads to a chronic, progressive loss of brain function, ultimately resulting in



dementia. This autoimmune misfire redefines Alzheimer's as a disorder of the immune system. The autoimmune theory opens up new avenues for treatment by focusing on immune-regulating pathways in the brain, rather than solely targeting beta-amyloid. It offers a promising new direction for research and treatment, potentially leading to more effective therapies for Alzheimer's disease.

Autoimmune diseases occur

when your immune system mistakenly attacks your body's own tissues, leading to inflammation and damage. There are over 80 recognized types, including rheumatoid arthritis, lupus, and multiple sclerosis.

Common symptoms include fatigue, joint pain, skin rashes, and fever. While the exact causes are unclear, factors like genetics, infections, and environmental exposures may contribute.

Growing a Greener Future



By Mariam Mansoor

School gardens are more than just beautiful, green spaces in schools—they're hands-on learning tools that teach students about the environment, responsibility, and sustainable practices. With growing awareness about climate change and environmental impact, it's essential to manage these gardens sustainably. By incorporating eco-friendly gardening techniques, schools can set an example for long-term sustainability and inspire students to carry these practices into their lives.

Here are some key sustainable practices that can make school gardening eco-friendly and impactful.

1. Composting: Turning Waste into Nourishment

Composting is one of the most effective ways to reduce waste and enrich soil naturally. By converting kitchen scraps, garden clippings, and other organic materials into compost, schools can create nutrient-rich soil without relying on synthetic fertilizers.

Benefits of Composting in School Gardens:

- **Reduces Waste:** Redirects organic waste from landfills, where it would otherwise produce methane, a potent greenhouse gas.
- **Enriches Soil:** Compost improves soil structure, retains moisture, and encourages the growth of beneficial microorganisms.
- **Educational Value:** Students learn the science behind decomposition and the value of waste reduction.

How to Get Started with Composting:

- **Set up compost bins** or piles in a designated area.
- **Collect organic waste** from the school cafeteria or classrooms.
- **Teach students** to balance "green" (nitrogen-rich) and "brown" (carbon-rich) materials for effective composting.

2. Water Conservation: Efficient Use of a Precious Resource

With climate change causing water scarcity in many regions, conserving water is a critical component of sustainable gardening. Schools can adopt various techniques to reduce water waste and make the most of this essential resource.

- **Drip Irrigation:** This system delivers water directly to the plant roots, minimizing evaporation and runoff.

- **Rainwater Harvesting:** Installing rain barrels to capture rainwater from rooftops provides a free and sustainable water source for the garden.

- **Mulching:** Adding a layer of organic mulch around plants helps retain soil moisture, reducing the need for frequent watering.

By incorporating these methods, school gardens can save water, lower costs, and teach students about responsible resource management.

3. Organic Pest Control: Protecting Plants without Harmful Chemicals

Organic pest control methods protect plants from harmful insects without using synthetic pesticides, which can harm beneficial insects, pollute water, and disrupt the ecosystem.

- **Beneficial Insects:** Introducing ladybugs, lacewings, and other beneficial insects helps keep pest populations in check.
- **Neem Oil and Natural Sprays:** Organic sprays made from neem oil or garlic are effective against common pests and safe for plants and humans.

- **Companion Planting:** Growing certain plants together, like marigolds with tomatoes, deters pests naturally.

Organic pest control not only keeps plants healthy but also creates a safer environment for students to learn and interact with the garden.

4. Planting Native and Drought-Resistant Species

Choosing plants that are native to the region or drought-resistant can significantly reduce the garden's environmental footprint. Native plants are well adapted to local climate conditions and often require less water and maintenance than non-native species.

Why Native and Drought-Resistant Plants?

- **Lower Water and Maintenance Needs:** These plants are naturally resilient to local weather, reducing the need for intensive watering and fertilizing.

- **Supports Local Wildlife:** Native plants attract local pollinators like bees, butterflies, and birds, supporting biodiversity.

- **Teaches Ecological Awareness:** Students learn about the local ecosystem and the importance of biodiversity.

5. Seed Saving and Plant Propagation

Encouraging students to

save seeds and propagate plants is a cost-effective and sustainable way to maintain the garden year after year. Seed saving reduces the need to buy new seeds, promotes biodiversity, and preserves heirloom varieties.

Benefits of Seed Saving and Propagation:

- **Cost-Effective:** Saves money on buying seeds annually.

- **Promotes Genetic Diversity:** Growing plants from saved seeds increases biodiversity and resilience in the garden.

- **Empowers Students:** Students learn the complete plant life cycle, from seed to harvest, making them more connected to the growing process.

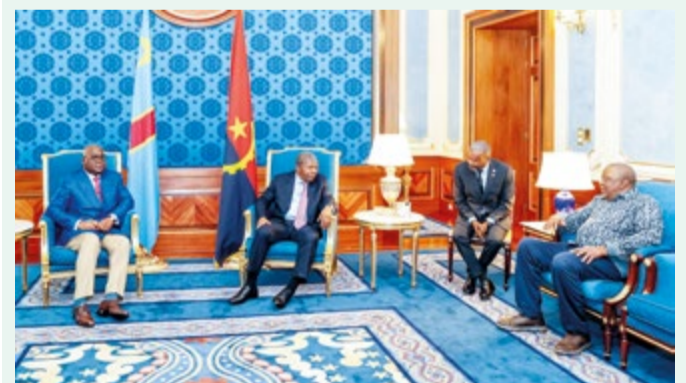
A Greener Future through Sustainable School Gardening

School gardens offer an excellent opportunity to teach students valuable life skills and environmental stewardship. By implementing these sustainable practices—composting, conserving water, using organic pest control, planting native species, and saving seeds—schools can reduce their environmental impact and foster a generation of eco-conscious students. Sustainable gardening not only benefits the school but also inspires students to take these practices into their own homes and communities, promoting a greener, more sustainable future.

With the right guidance and a bit of green-thumb enthusiasm, school gardens can be powerful tools for both education and environmental impact. Let's continue to grow greener together!

PHOTO STORY

ANGOLA: Tripartite Summit in Luanda



President (Rtd) Uhuru Kenyatta, earlier today, attended the Tripartite Summit on the peace and security situation in the Eastern Democratic Republic of Congo (DRC), held in Luanda, Angola. Also were Presidents João Lourenço (Angola) and Félix Antoine Tshisekedi Tshilombo (DRC) respectively.

SOCIAL SCIENCE

Broken Window

I found the broken window theory abt edifying and propaedeutic and thus worth sharing.*

The **"BROKEN WINDOW THEORY"** states that visible signs of disorder and misbehaviour in an environment encourage further disorder and misbehaviour, leading to serious crimes.

Philip Zimbardo, a Stanford University professor of psychology, conducted an experiment in 1969 that later became one of the most famous experiments in the studies of criminology, particularly in social science in general.

He left two cars with unlocked doors and missing number plates in two different areas: one in a poor neighbourhood and the other in a rich neighbourhood. The passersby in the poor neighbourhood started stealing and vandalizing the car within a few minutes, and it was completely destroyed in three days.

It took longer for passersby in the rich area to start destroying the car, forcing Zimbardo to intervene by breaking one of the car windows before people started breaking more windows and stealing in the car. It took the same time as in the poor neighbourhood to turn the whole car into scrap within a few days.

In 1982, two other scholars followed the researcher Zimbardo and his observations by conducting similar studies on buildings and other properties in different areas, talking about a theory called the **"Broken Window Theory,"** quoted in many

studies and books of sociology. Summarizing the theory:

That neglecting to address any problem in an environment, no matter how small it is, will negatively affect people's attitudes and behaviour towards that environment, leading to bigger and bigger problems.

The opposite is also true: addressing small problems quickly will lead to a better environment and better behaviour.

What is interesting in these studies is that the people who intentionally vandalized cars and buildings were not criminals; most of them were law-abiding citizens. Yet, the broken window sent a secret message saying, **"No one cares, and probably there are no consequences for destroying what was already broken."**

Imagine there's a broken cup in your house. Would there be any more consequences for breaking it further, or would you be careful that it doesn't hurt anyone by throwing it in the bin?

This theory can be applied to many other areas of life. For example:

1. If someone leaves some rubbish in a public park, and the rubbish is not removed in a reasonable time and no penalties are imposed on whoever threw it. It will result in other people doing the same in the park and elsewhere, turning parks into trash bins that visitors run out of, as it's the case in some public parks today.

2. If a teacher allows a student to cheat in a subject exam, cheating becomes



acceptable in other exams and among other students at all levels of education and at home.

3. If you do not wash dishes directly after eating, it will build up and possibly lead to major health problems in the future, and it may lead to a small disagreement with your partner that grows into bigger problems, possibly ending in separation and disintegration that may continue to affect generations.

4. If any institution/organization fails to address the issue of pathological thieves, delusional thieves, criminals that convert and divert funds into their personal accounts or other multidimensional criminality, and impose appropriate visible sanctions/penalties, eg... If KShs. 5 Million is missing in your office and that qualifies you for chieftancy titles instead of imprisonment, then the **"THEORY OF BROKEN WINDOW"** will resonate...

So, **"ignoring the small**

problems today will lead to much bigger problems in the future*.

In fact, many of the health, environmental, and social issues we are addressing today have been the products of accumulations of little wrongful actions, behaviours, and circumstances that were ignored and unaddressed in the past.

The **"Broken Window Theory"** is a reminder that even small problems can have significant consequences. If we want to create a more peaceful and orderly society, we need to be proactive in addressing problems as soon as they arise.

So everyone should try to fix the **"broken windows"** in our lives so that our children and coming generations can have a better future. In conclusion, take note that: **"wrong"** is wrong even if everyone is doing it while **"right"** is right even if nobody is doing it...*

#Food for thought.

Beer

The first beer to be brewed in a factory in Kenya was produced in 1922 in small copper vessels heated by firewood.

It was bottled by hand and the first order of ten cases personally delivered to the General Manager of the Stanley Hotel, now Sarova Stanley, in Nairobi.

Although the hotel had just been opened, it was the meeting point for visiting presidents and world-renowned figures.

George Hurst, the white settler who initiated the brewing process, laid the ground for the formation of East African Breweries Limited.

Historical accounts indicate that Hurst was a fun loving socialite who loved hunting.

He formed a joint venture with his brother Charles and together they formally registered the company on Friday 8 December 1922.



Unfortunately, Hurst was killed by a charging elephant while on a hunting expedition in 1923.

In memory of his tragic death, his brother Charles named the famous lager he had created 'Tusker'.

The brand was first marketed in 1923 shortly after the death of the founder of the company.

It was in this year that the elephant logo, that is synonymous with Tusker Lager, was incorporated.

Source Internet Post

Bush Fire near Tsavo



A common occurrence in Tsavo Game Park

What is Asphalt Road Construction?

Asphalt road construction involves the use of asphalt, a mixture of aggregates, binder, and filler, to build and maintain roads, highways, and other pavement surfaces.

The components of asphalt include aggregates, binder, and filler. Aggregates are the inert materials that provide strength and bulk to the asphalt mixture. Common aggregates used include crushed rock, sand, gravel, or slags. The binder is the adhesive substance that holds the aggregates together, with bitumen being the most common binder used. Fillers are fine materials that fill the

gaps between the aggregates and binder, such as limestone dust, cement, or hydrated lime.

The asphalt mixture is created by combining the aggregates, binder, and filler in specific proportions. The mixture is then heated to a high temperature (around 300°F) to facilitate mixing and application.

The asphalt road construction process typically involves several steps. First, the site is prepared by clearing the area, removing debris, and grading the surface. Next, a layer of compacted aggregate material is laid down to provide a stable base. The heated asphalt mixture is then applied to the base course

using a paver or spreader.

After the asphalt mixture is applied, it is compacted using rollers or compactors to achieve the desired density and smoothness. Finally, the surface is finished with a layer of asphalt emulsion or sealcoat to protect it from the elements.

Asphalt road construction is used for a wide range of applications, including highways and roads, parking areas, railway tracks, ports and airport runways, bicycle lanes and sidewalks, and playgrounds and sports areas. Asphalt is a popular choice for road construction due to its durability, flexibility, and resistance to heavy traffic and harsh weather conditions.



Leadership in Africa: Burden and Privilege



By Fahmi Basalim
Founder EMOTIVE

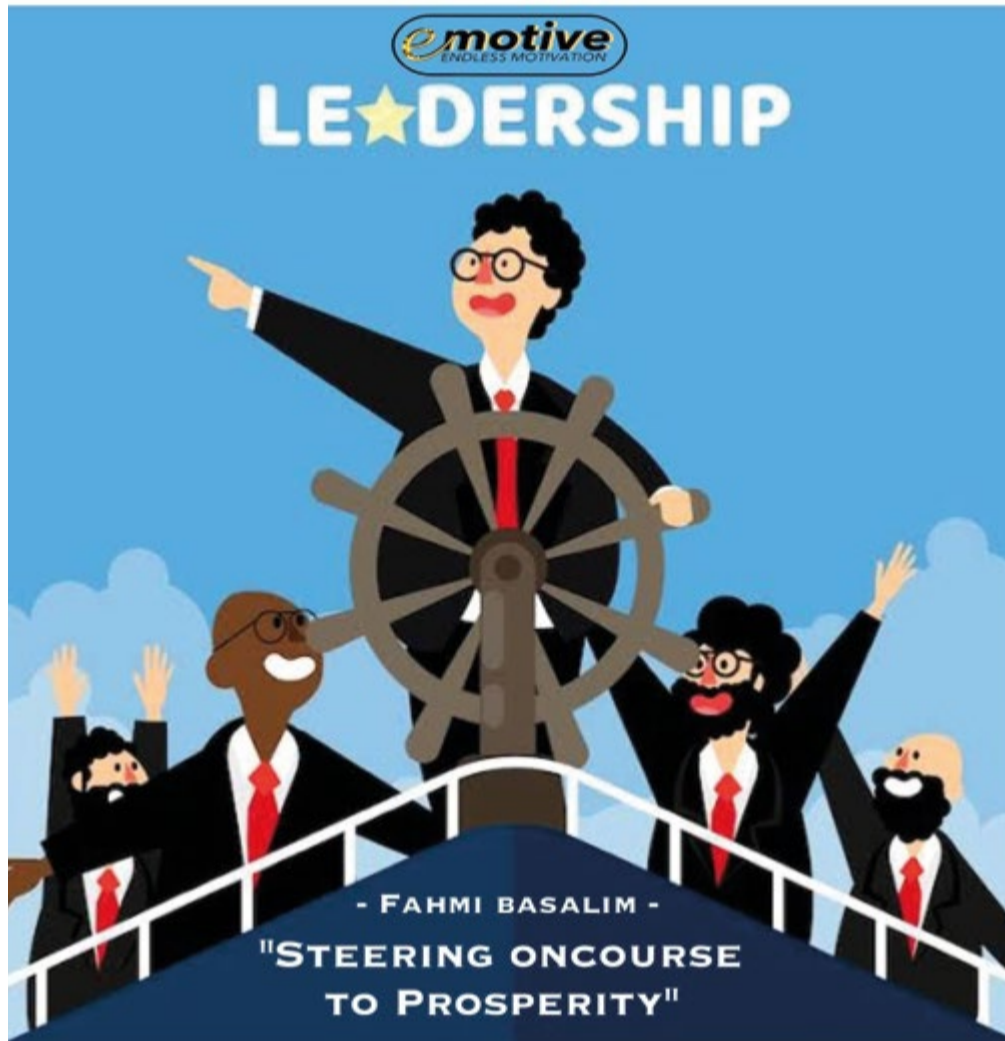
Leadership is synonymous to Africa like a traditional clay pot is to fire. It is customary and transcending from early civilizations, colonial escapades to modern day establishments. Cobwebs of antiquity from the reign of pharaohs of towering Giza pyramids, Mali's wealthy Mansa Musa, Kingdom of Shaka Zulu, majestic Sultan rulers, iconic freedom fighters to indigenous chiefs and even prophetic rainmakers. Africa had its fairshare of leadership luminaries.

The big continent is endowed with cultural diversity and rich heritage. The epitome of law and order manifested in communities enclaved in customs and traditions that dictate their complete way of life. Historically, people lived and thrived under local village mentorship, taboos and ritual superstitions governing every facet of their existence. Rules of societal integration and development abound from birth, initiation, marriage, dispute resolutions and burial rites. A trivial yet imperative question arises to rake our mental gears, "Who is a bonafide leader?". The true definition has significant and multifaceted connotations. A leader is a visionary who steers the ship of people and country to calmer shores of peace, progress and prosperity.

I feel compelled to articulate a more philosophical definition. Leadership in Africa is like a sturdy and barked tree rooted in fertile and mineral rich grounds whilst basking in the scorching sun. It bears social, political and economic fruits that are sweet for the harvesters and sour for the planters.

The climatic conditions are unpredictable as the woody tree is exposed to the occasional and brazen infestation of sycophants and corruption bugs.

A dilemma of curses and blessings manifested in the scramble for Africa by zealous colonial and imperialistic



elements. A veritable case of unfulfilled ambitions and ill will by the elite on the feeble and submissive subjects. It is notably and equally profound that the fruits of political leadership in Africa hardly reach the taste buds of commoners.

The air of gloom and despondency is seamlessly cleared by hope and anticipation. It is never too late to salvage and extinguish the bonfire of our continental woes. I am obliged to put pen to paper my plethora list of leadership essentials for the Africa we want. We yearn for genuine, transparent, balanced, corruption free and development focused governments.

Free and fair elections that usher qualified and patriotic leaders deficient of self-interest and looting mentality.

A total reboot of ideas and policies is imperative for Africa to rise from leadership oblivion. It entails a gradual substitution of pot-bellied stereotype leaders with young, competent and robust visionaries.

Formation of think tanks and investment platforms for infrastructure projects with realistic timelines, budgets and professional execution.

Leadership in Africa requires fortitude, genuine commitment and prioritization of essentials. The threshold of meeting the basic necessities for the citizens needs to be met. There should be equitable distribution of wealth and resources and direct focus on agriculture, food security and the education sector. A progressive continent that creates opportunities and frees its people from the viscous circle of poverty and pangs of perpetual hunger.

Africa can embrace innovation in this technological era and promote capacity building thereby creating a conducive environment for trade and growth.

Revamping of the manufacturing sector, creation and promotion of "Made in Africa" brands for the export market will set the pace to achieving developmental milestones.

A candidate for power position must possess conflict resolution skills to avert the advent and ravages of war, genocide and destruction of beloved Africa.

An ideal leader should be a champion peacemaker and catalyst for meaningful change, social cohesion and harmonious co-existence. One who can decipher and interpret foreign motives to secure the integrity, economic and political wellbeing of people and country.

A charismatic and reliable leader who can be trusted to uphold the sanctity of people and constitution. A wise leader with a philanthropic heart fully programmed to serve his people by empowering and raising their standards of living.

Leadership in Africa has been characterized as a burden for many and a privilege for a few. Nevertheless, Africa can be a shining beacon of hope and prosperity if its industrious people reap tangible benefits resultant from good governance and pragmatic policies

PHOTO STORY

Canik Training



Comrade Frank one of the Trainers at Canik Spy Ltd with the President of the International Diplomatic Alliance [IDA] Jerrod Crockett in Mombasa Kenya. This meeting holds great significance, not only for his work as a Close Protection Officer [CPO], but also for the broader Security Training Industry. At CANIK SPY LTD we believe in expanding Networks and building International connections are keys to advancing our standards, knowledge and approach to Security. Through such collaborations, we are poised to enhance our training programs and equip professionals with the expertise required to navigate the complexities of modern Security. Frank is grateful for the opportunity to contribute and learn from Global perspectives in this dynamic Field. Day 3 of our Training in Mombasa Kenya.

About Dr Malik



Dr Shaheed Malik, a Dental Surgeon and an alumnus of Sharda University, New Delhi, India, Honored with the Best Dentist of the Year Award Courtesy of Pwani Golden Awards at a Ceremony held at Pride Inn Resort on Saturday 15/12/2024.

Dr Malik works with the Department of Health, Mombasa County and is also a Dental Consultant at Sparkle Tooth Studio. He is a member of Kenya Dental Association and other Charitable Organizations. He encourages and continuously participates in volunteering his time to provide dental services to underprivileged populations in the area through Dental camps and Outreaches.

SHOPPING

Future of supermarkets / grocery shopping



By Mr. Rishi Arun Parikh

Latest Trends and Technology:

- **Sustainability:** Supermarkets are focusing on reducing plastic waste, offering reusable and biodegradable packaging, and providing carbon footprint labels on products.

- **Hybrid Shopping Experience:** The blending of online and offline shopping, including click-and-collect services and enhanced in-store technology like digital price tags and self-checkout kiosks.

- **Health and Wellness:** Increased shelf space for organic, gluten-free, vegan, and low-sugar products to cater to health-conscious consumers.

- **AI and Automation:** Use of artificial intelligence for inventory management, personalized marketing, and cashierless checkout systems.

- **Omnichannel Retailing:** Creating a seamless shopping experience across all channels, whether customers shop in-store, online, or through mobile apps.



- **Robotics:** Introduction of robot warehouse workers and AI-powered shopping carts that allow customers to bypass the checkout lane.

Future of Supermarket Shopping:

- **Increased Online Shopping:** Online grocery shopping is expected to surge, driven by the preferences of younger generations like Generation Z.

- **Sustainable Practices:** Continued emphasis on eco-friendly practices, including sustainable sourcing and packaging.

- **Enhanced In-Store Experiences:** Supermarkets

will focus on creating engaging in-store experiences, such as cooking classes, tastings, and community events.

- **Omnichannel Strategies:** Integration of online and offline shopping experiences, offering services like buy-online-pick-up-in-store (BOPIS).

- **Personalization:** Use of data insights to provide personalized shopping experiences and recommendations.

- **Technological Advancements:** Continued innovation in AI, automation, and robotics to improve efficiency and customer experience.

The future of supermarket hypermarket shopping is all about blending convenience, sustainability, and technology to meet the evolving needs of consumers. It's an exciting time for the industry as it adapts to these changes. Only those Supermarkets that offer competitive Pricing to its Customers will see the next year and the next...Consumers are very info savvy these days with housewives memorizing all the product prices and opting for selective shopping at selected outlets to get the best deals from all! Smart!

Madafu Newspaper Editor

PHOTO STORY

Cave Paintings



Separated by more than 14,000 km (about 8,700 miles), these two cave paintings share remarkably similar characteristics, each with 13 vectors converging on a central point. One is located in Caxingó, Piauí, Brazil, while the other is in Bhopal, Madhya Pradesh, India... How?



Prime Cabinet Secretary Musalia Mudavadi (second Right), Cabinet secretary Health Dr Debra Barasa (2nd left), Ushiriki Wema Executive Director Mercylyn Mokeira (right) and Bill and Melinda Gates Foundation Director Policy Advocacy and communication for Africa Rachel Toku-Appiah during the closing meeting to formulate National Obstetrics Point of Care ultrasound (O-POCUS) Guidelines that was developed by Ushiriki Wema and sponsored by Bill & Melinda gates Foundation to be implemented by the ministry of Health and other stakeholders in Nairobi on Monday November 4, 2024.



MADAFU NEWSPAPER KENYA VALUED OUTLETS:

NAIROBI:

Parklands and Westlands:
 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
 Nyali Cinemax
 Nyali Centre - DKL
 Umoja Rubber Shoes Shops

Nyali - 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
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KISUMU:

Western Emporium

DIANI:

Palm Beach Hospital
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SALES, MARKETING & OPERATIONS

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PHOTO STORY



The County Government of Mombasa - Fire Department, Chief Fire Officer (CGM FD CFO) Mr. Ibrahim Basafar (2nd from left) together with Coast / Community Disaster Management Response Volunteers (CDMRV) Team Members Mr. Rishi Arun Parikh (far right) and Mr. Rashid Khan (far left) seen presenting the Coast Region Emergency Contact List to The Mombasa County Commissioner Mr. Nur. The CC congratulated the CGM CFD and the CDMRV Team for the patriotic gesture for public safety and awareness. The CC also thanked the CGM CFO Mr. Basafar for the various mock fire drills around the County in raising public awareness and general sensitization.



Taita Taveta Wundanyi Deputy County Commissioner's Office receives the CDMRV Coast Region Emergency Contact List. Kenya is safer with the gap reduced between the Public and Government.

PHOTO STORY

CMCBO Beautification Project at Splendid Area Mombasa



PHOTO STORY

CP at NPS CPS MSA



Today, 24th December 2024, We had a very strategic meeting with NGAO Members, Community Policing Members and Village Elders to discuss matters Security during this festive season and current issues so that Mombasa City is safe! Our OCS and Team was very welcoming and promised full support. The public synergy was good and hopeful. God Bless!

Dementia awareness



Ahadi Kenya Trust CEO Dr Stanley Kamau(L) and Mr Francis Mwatha Kimani(R) of Mercy Hands Association clothing blankets to Sawyerina Wanjiru Mungai(85 yrs), Joyce Njoki Mwaura(88 yrs) and Ann Wairimu Ngugi(78 Yrs) during the launch of dementia awareness campaign at muthithi ward, kigumo constituency muranga county. More than 200 families benefitted with food,blankets and other

TOP NEWS

Giants Group Twiga Vanik Vaishnav Mahajan Premchandbhai Foundation




Area Illeret - situated on the tip of Northern Part of Lake Turkana 900 families benefited from generous donations of Ration Packs by PREMCHANDBHAI Foundation. The people of Illeret were overjoyed by this generous donation as they will now be able to celebrate Christmas with their families by having food on the table This Area is very dry and the people are living in poverty Giants Group Twiga and Vanik Vaishnav Mahajan distribute Ration packs to areas which are forgotten and venerable We continue our Journey Of Service to provide meals to these communities and families As we celebrate please consider donating to Kenyan in need Journey Of Service Continues.



East Africa Stocks Exchange CEOs meet at The Reits annual conference 2024




L-R: Geoffrey Oundo, Chairman of the REITs Association of Kenya (RAK) ; Paul Bwiso, CEO of the Uganda Securities Exchange; Celestin Rwabukumba, CEO of the Rwanda Stock Exchange; Emmanuel Nyalali, Director of Business Development at the Dar es Salaam Stock Exchange; and Frank Mwiti, CEO of the Nairobi Securities Exchange, panelists during RAK annual conference in Naivasha on November 1, 2024. A highlight of the event was the continental discussion panel focused on the pivotal role of stock exchanges in the REITs market across Africa.



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NCRRA Committee with Nyali OCPD

North Coast Ratepayers & Residents Association structured yet another fruitful meeting at Nyali Police Station on 11th December 2024.

A well accomplished meeting was organized by Ali Taib (NCRRA Hon. Chairman), Hon. Secretary, Hita Shah (NCRRA Committee member), Kutub Dungarwalla (NCRRA Committee member), Vishal Shah (NCRRA Committee member) consulting widely with Nyali OCPD, Daniel Mumasaba & OCS, David Maina to ensure improved security measures to our residents in Nyali. The Nyali OCPD & OCS were pleased to host officials of North Coast Ratepayers & Residents Association (NCRRA) and managed to achieve real time



response in terms of security measures affecting Nyali residents.

Several issues were discussed such as Noise Disturbance from bars/pubs, Churches & Mosques, unruly drivers driving recklessly, large commercial vehicles and lorries being driven and parked

illegally, theft by motor cyclists along Green Wood Drive, Total Mkomani Environs, Beach road as well as properties in Residential areas being used for storing containers.

Both OCPD and OCS assured the committee of their commitment to address the issues raised with immediate

effect and look forward to partnering with NCRRA at all times.

Join NCRRA as a member and support our efforts! Email: ncrra.nyali@gmail.com for a membership form and payment details or Whatsapp 0731636136/0731637427

PHOTO STORY

Equity



AVA (Associated Vehicle Assemblers) conducted a Safety and Defensive Driving awareness session for over 150 bodaboda riders and matatu drivers in Jomvu yesterday. We received tremendous support from NTSA, AA Driving School, the Traffic Police, and Equity Afia, who provided free health checks for the participants. Our discussion focused on promoting safe driving to minimize risks, reduce fatalities, and enhance the security of the area.



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TOP NEWS

61st Jamhuri Day Celebrations at Shree Swaminarayan Mandir Nairobi Kenya



His Divine Holiness GnanMahodadhi Acharya Shree Jitendriyapriyadasji Swamiji Maharaj (saluting) and former Cabinet Secretary National Treasury and Economic Planning Prof. Njuguna Ndungu, saints and community members celebrate the 61st Jamhuri Day of Kenya at Shree Swaminarayan Mandir Nairobi



Episcopal Consecration and Installation of Bishop-Elect Monsignor Peter Kimani Ndung'u



His Excellency, President (Rtd) Uhuru Kenyatta, arrives at the University of Embu grounds for the Episcopal Consecration and Installation of Bishop-Elect Monsignor Peter Kimani Ndung'u as the Catholic Bishop of Embu Diocese. The colorful ceremony is presided over by Archbishop Hubertus Matheus Martin Van Megen, the Apostolic Nuncio to Kenya.

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ARTIFICIAL INTELLIGENCE

AI's influence on emotional intelligence



By Fahmi Basalim
Founder EMOTIVE

The world of innovation and technological advancements is complex and rapidly evolving. It is this expeditious trend that often leaves many in the quagmire of confusion caught between sheer fascination and technophobia. Nevertheless, change is inevitable and the bandwagon effect is ever enduring. The cognitive bias of developers who design and deploy AI-powered solutions continue to shape our high-tech future through creation of intelligent systems and transformative applications.

What is Artificial Intelligence (AI) and how does it impact on our emotional state? It is simply a set of technologies and systems that analyze and perform various advanced functions to solve problems and achieve specific goals. On the other hand, Emotional Intelligence (EI) is the ability to recognize, comprehend and manage self-conscious emotions as well as influence the emotions of others. This Emotional Quotient (EQ) holds the key to unlocking both personal and professional development.

While AI systems can be powered to detect and respond to human feelings, Affective Computing or Emotion AI uses emotional intelligence to improve wellbeing, relationships, effectiveness and general quality of life. It is imperative to get indepth insight and analysis of the pros and cons of AI and its apparent impact on EI. Artificial intelligence recognizes and relates to human emotions through facial and voice recognition technology. This advanced system uses algorithms to analyze facial features, voice pitches and tones. It can effectively detect emotions

and speech patterns to identify emotional cues thereby improving communication and empathy.

Artificial intelligence can positively impact emotional intelligence in many ways. AI apps have revolutionized our interactions by automating tasks, providing customized recommendations and improving our decision-making processes. They efficiently identify, analyze and provide relevant feedback for self-awareness and improvement.

AI has the possibility of enriching interpersonal communication and decision-making. It provides databacked recommendations by integrating emotional intelligence into generative AI systems. This smart technology can improve user experience by providing personalized customer service. The systems create platforms of interface between humans and machines. AI applications have greatly enhanced educational experiences, gaming and even patient care. They shape the future by integrating emotional intelligence leading to increased automation and advancements in robotics.

As the adage goes, every coin has two sides and AI is no exception. It faces limitations as far as ethical considerations associated with emotional intelligence are concerned. These include responsibility, accountability and privacy issues. In addition, the technology lacks the personal experiences that shape human emotions thus developing trust and connection concerns.

It is at this juncture that we invoke the Moravec paradox affecting AI. It articulates that reasoning entails very little computation but sensorimotor and perception skills require enormous computational resources. This contradiction observes that things which we find easy to do like walking - are very hard for machines whereas things which are hard for humans like calculating the trajectory of a projectile - are easy for machines.

However, AI can imitate emotional intelligence but

not substitute real emotions. For example, can artificial empathy replace tangible human connection and affinity? AI lacks personal experiences, creativity and outright emotional intelligence. It functions within the parameters of its programming and does not possess consciousness. Contrary to reasoning and emotional understanding, AI is commonly based on simulations, algorithms and learned patterns. For instance,



it can address medical jargon and complex issues with great prowess but fail to replace a real doctor.

Furthermore, AI can take a toll on mental health as it is linked with heightened expectations, workloads and pressure on workers to learn new skills, adapt or transition to other roles. It is vital to highlight the safety and security concerns associated with AI technology especially when it comes to emotional

intelligence. These include great privacy issues when collecting and analyzing personal data, bias and discrimination in data capture and accountability in autonomous systems involved in decision making.

AI plays an important role in revolutionizing how we interact with machines and each other. It attempts to incorporate emotional intelligence which is superior through its innovative

applications. There is great potential if the benefits and risks are contemplated and balanced. The evolution and integration of AI in every facet of our lives is real and inevitable. We should ensure that this technology is used in a responsible and ethical manner in order to positively impact our lives. AI has the potential to create a promising and progressive future.




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TOP NEWS

Giants Group Twiga mega free proshetic limbs camp



We continue to change lives and bring happiness and joy to Amputees Our 4thCamp we were able to get 220 Amputees Fitted with Prosthetic Limbs and another 160 of them had their measurements taken This noble project sponsored by Lord Mahavir Swami Followers has changed lives of thousands of Amputees We will continue this project next year Thanks to Narayan Sewa Sanstha , Udaipur for partnering with us Journey of Service Continues

PHOTO STORY

Tree Planting



Area Administration, LOCEF Foundation and Citizens of Tharaka Nithi distributed seedlings to plant in various locations. Green Kenya! #ServiceAboveSelf

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Change for better

By Safia Mohamed Bashir

A smile, the curve that puts all things right. Words that we always read; day in day out but never practice. Quotes and sayings we come across on social media, agree with by liking the post and even sharing however, we never practice. Read and forgotten - mere hypocrisy to ourselves and our Creator.

Life has become like a maze. Moreover, quick sand that is pulling us deeper and deeper. Deep into the desire for more. With this greed for more, humanity is slowly vanishing out. There's competition for accumulation of wealth instead of deeds.

One wants to be the richest, another; the most famous-with many cars and immense property...

Haven't we thought - we fighting for the worldly desires, all the wealth, riches and the monies will be left behind after death. What are we even going to take with us.. our good deeds..

What is all the hatred and bitterness for? Why the grudges and fights ..

Why the disagreement between the office staff, the fight with the maid, family feuds, arguments between a Mother in law and daughter in law..

brother to brother fights, blood sisters and even sister in laws minor issues become mountains leading to separation of families.. for these worldly desires. Our aim here has been long forgotten. What is our dire need... clothes, shelter and food .. as little as 3 morsels and one is satisfied.. apparently is that soo?? No we are never contented. This greed makes us bitter; we should yearn to be better and make this world a better place.

An appreciative word, a thank you, I miss you, may I help ... some small acts of generosity and kindness are what sincerely matter in this fast paced world. Never underestimate how your gentleness and consideration may change someone's life. We cannot know what the person next to us is going



through. Someone may have a sick family member; hospital errands and bills to sort, someone maybe jobless juggling with debts, another maybe distressed because of family feuds.. thousands of people with million problems.

We may not be able to solve their problems, let's not make it worst, we should ease their

burdens - just by the minimal we can... also if it's a smile and a small prayer for everyone, empathize. What we are going through or being bothered about should not affect how we treat others.

There's already a lot of negativity and hatred around. Bring positivity and love, care and understanding.

Touch a heart, be a helping hand, bring a smile to someone's face, spread happiness, sort someone's problem, just a listening ear or a shoulder to cry on... ironically .. some of these acts do not cost a penny and benefit oneself.

A deed sent forward before death. Be a rose and spread

fragrance, the thorns should not stop you from blooming.

Set an example, let the people remember you for the good you did; for the joke that made them laugh, for the seed of love you planted.. it's going to bear fruits in the the end.

Danger of assumption

A few months ago, I was invited to a programme at a school as the Guest Speaker.

When I entered the auditorium, I saw some guests I knew sitting at one corner. I went up to them and started to greet them one after the other.

I shook their hands, even with the ones I didn't know, until I got to one guest. I didn't know him, and when I extended my hand, he ignored it. After a few seconds, I withdrew my hand. All my thoughts were, "What arrant nonsense?" I kept asking myself that question. I felt very embarrassed and angry—embarrassed for myself and angry at the man.

What was he feeling like? I thought. All those other guests accepted my greeting, and to my knowledge, I hadn't done anything wrong. I gave him a very scornful look, greeted the remaining guests, and went to take a seat.

Even after I sat down, I was still upset. I kept stealing glances at the guest to see how he would react to other people.

And then I saw it... He was blind! His eyes were open, but he couldn't see at all. The other guests who came to greet him had to touch him first and then take his hand if they wanted to shake hands with him.

To my great surprise, he turned out to be my hidden protégé who deeply appreciated my lectures. I never knew he had come purposely because his wife informed him I would be the guest speaker for that year's programme. In fact, he was waiting to hear someone mention my name so he could stand and hug me.

When I heard this, my embarrassment tripled. I felt stupid—very stupid. I was still angry, but this time, angry at myself. I couldn't even say a word to him until I got to the podium. My speech for that programme changed from



"Recovery" to "The Danger of Assumption."

Assumption Kills Like Poison

1. We Assume Instead of Validating

- Someone doesn't pick our calls, we assume they're avoiding us.
- Someone doesn't give us money, we assume they're stingy and wicked.
- Someone doesn't call,

hang out, or visit us as they usually do, we assume they no longer care.

We never pause to consider that they might be going through challenges.

2. Life is Diverse

The issues of life are different for everyone. The person who promised you money might have encountered a financial crisis. The person who didn't pick your call might have been

in a meeting or too busy to respond.

Key Lessons

- Benefit of the Doubt: Make excuses for others.
- Verification Over Assumption: Always validate your thoughts before reacting.
- Immaturity Shows in Offence: Picking offence at every perceived wrong is childish and counterproductive.

Examples:

- Someone didn't invite you to their wedding—you pick offence.
- They didn't wish you a happy birthday—you pick offence.
- They didn't like your Facebook post—you pick offence.

Remember

- Everyone has battles you're unaware of.
- The people you need help from also need help themselves.
- Not everything is personal or intentional.
- Sometimes, people are just busy with their lives and struggles.

Grow Above Offences

- Manage disappointment and maintain relationships.
- Save yourself unnecessary grudges and preserve friendships you may need in the future.
- Learn to grow above, with, and despise offences.

EVENT

LoCEF Foundation/Rishi Foun



On 21st December 2024, a section of the PCAK Coast Branch Team, Rishi Foundation and CDMRV (Coast / Community Disaster Management Response Volunteers) joined PCAK / LoCEF FC Mr. Munene, in Tharaka-Nithi County for an event bringing joy to children and elderly in the community. Our expert paramedic Mr. Rashid Khan provided medical exams for blood sugar levels and blood pressure and offering basic management guidelines. The elderly recipients thanked and prayed for the Team and Sponsors for the Event. The Children were excited to receive Sweets Goodies, Colour Pencils and Orange Juice Bottles. Team CDMRV (Rashid Khan, Ravinder Singh, Treymanne Dsouza, Vincent Onyango and Rishi Arun Parikh) made the 1400km round road trip especially for the event.



Blessed Donor's List for LoCEF Tharaka Nithi 21st Dec 2024 Community Event for the Wazee's and Needy

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ation in Tharaka Nithi County



Market Labourer to Business Owner: Peter Muthui's Journey

By Morris Mwaringa

Matatu hootings, m a n a m b a s h o u t s , b o d a b o d a riders zig-zagging in narrow spaces between matatus, tracks, vans and tuk-tuks trying to force their way out of the long and sluggish evening traffic jam. Pedestrians fill up the ugly patched pavements walking cautiously to their residential places after their day's hustles. Some look exhausted yet by the look, they radiate resiliency to the hectic city life. 'Mombasa huliwa mbio' is a Kiwahili life slogan derived from the Mijikenda saying: 'Mombasa iriwa malo', in Mombasa, people eat by running, which means that one has to struggle extra hard to survive city life.

Peter Muthui, a grocer within the Safari area in Kisauni in the city of Mombasa seems to have lived up to this life slogan. As the hootings, shouts and motorbikes' pi pii fill the evening air space above this road stretch, Peter is holding a bunch of Sukuma wiki (kales) in his left hand and a sharp knife in the right, chopping the greens in a big plastic bowl ready to serve his customers. Today is a Saturday and as usual, most people leave the city in the early afternoon for the weekend. This is the time when every moment he is serving a customer.

"Rerely I have time to answer a phone call from a friend during these hours. It is either I am chopping the vegetables, weighing potatoes to sell to customers, sorting tomatoes negotiating prices with my customers," he says as he serves a customer. Peter arrived in the port city of Mombasa in 2000 as a young man. He joined a team of market labourers in the famous Kongowea market where he became a hemali,



a person who carries goods for people, especially in the market at a fee.

"I worked for people, the food and agriculture product merchants in the market. I spent five years labouring in the market, working under all weather conditions. It is a very strenuous venture with insufficient income," he recounts.

Peter got tired of the hustle and started thinking of a transitional way. Finally, he decided to start selling tomatoes outside his rented room in the evenings after coming back from his usual job in the market. Initially, he used to spend ksh 100 to buy his stock and sell to his neighbours but soon he realised he could sell more because the number of his neighbour customers increased. He decided to bring

more stock and set up a table outside his room where he served the customers. After two weeks, he abandoned his work of carrying luggage for merchants in the market and committed time and resources to his new business.

"I incorporated sukumawiki, bananas and onions into my business. I attracted more customers and soon they nicknamed me mtu wa mboga. The profits also kept on increasing so I added a new commodity, potatoes as the customers used to ask for them." the now middle-aged man says in his green apron.

With a little financial stability, Peter got married in 2006 and "she was like a blessing because she became more supportive in the business. If I go to bring stock from the market, she takes out the remaining stock in the

room and sells to customers," he says with a smile. The couple moved to a big room where they could store their stock and still have space to rest their ribs. As time went by, the customer base increased as did the profits. Peter and his wife decided to take the risk and rented a shop space in one of the buildings lining up the busy Safari-mwisho wa Lami stretch in Mishomoron.

They modified the room to suit their business needs. They started making delivery orders from stock suppliers from within the city and also from other regions. The once two-to-three tomato business morphed into a one-stop grocery store, serving other small traders in the neighbourhoods. Happily married and making good money, Peter and his wife bought two acres of farmland

in their rural village in Meru and have built a home on a quarter-acre land plot in Mombasa's Junda area where they live with their four children.

"This kind of business is not an easy task. There comes a time, like January when the purchasing power of customers is very low and the stock will not sell as normal. The perishable stock will get damaged and that is a loss, but that should not deter one from venturing into the business," Peter says. "If you are a good manager, with self-determination and discipline,

you will make more money in business than even in professional jobs."

Having been raised in a poor family and recounting the struggles Peter Muthui says it is a mistake in life to become choosy in finding a job because of the profession. "Some young people do not like this kind of business due to the "nice job mindset" associated with university and college graduates" he says adding that he is advising his children, the firstborn being a first-year university student, not to become victims of such a mindset.

Motivation Corner



By Fahmi Basalim
Founder EMOTIVE

- Pursue what you are passionate about to realize your full potential and achieve satisfaction.
- The key to unlock your happiness and success is firmly gripped in your hands. Use it to open the door of opportunities in a world of possibilities.
- Worrying is a mental work out of modern day living, stress is the product of its excess.
- Train yourself to accept and move on or strain needlessly

and remain stagnant.

• Reflect on the past, consciously and positively live in the present. It helps to have a realistic vision of the future and focus on the betterment of self and society.

• The line between right or wrong is constantly crossed by intent or ambition.

Mentorship on workplace ethics, pros and cons of human relations and their ramifications is a good start to restoring virtues and morals.

• Contentment can be a solo achievement. True happiness manifests in appreciation

and acceptance by friends and society.

• Love others the way you love yourself to make the world a better place

A Growing Connection

By Mariam Mansoor

Amid the digital distractions and academic pressures of modern education, school gardens are emerging as a powerful tool for promoting mental health and well-being among students. These green sanctuaries offer much more than a place to grow plants; they provide a therapeutic outlet, a connection to nature, and a space for personal growth and mindfulness.

1. The Healing Power of Gardening

Gardening has long been recognized for its calming effects on the mind. Engaging with soil, seeds, and sunlight stimulates the senses and creates a sense of accomplishment. Studies have shown that gardening can reduce stress, anxiety, and depression.

For students, particularly those grappling with academic or social pressures, school gardens provide a much-needed break from structured classroom environments.

The act of planting seeds, nurturing their growth, and watching them flourish fosters patience and mindfulness. It encourages students to slow down, focus on the present moment, and reconnect with the natural world—an experience often missing in their tech-driven lives.

2. A Therapeutic Outlet

School gardens serve as safe spaces where students can express themselves freely, away from the noise of daily life. For children dealing with trauma or emotional challenges, gardening offers a therapeutic escape. The tactile experience of handling soil and plants has been linked to a decrease in cortisol levels, the hormone associated with stress.

Additionally, gardens encourage teamwork and communication. Students often work together to plan, plant, and maintain their gardens, building social skills and fostering a sense of community.

3. Fostering Responsibility and Achievement

Tending to a garden teaches responsibility. Students learn the importance of consistency, care, and the impact of their actions on living things.

These lessons translate into a sense of achievement



and self-worth when they see their efforts bloom into vibrant flowers or nutritious vegetables.

This sense of accomplishment is especially significant for students who may struggle in traditional academic settings. School gardens provide an alternative platform for success, nurturing confidence and resilience.

3. The Science of Nature and Mental Health

Research underscores the benefits of connecting with nature for mental health. Exposure to greenery and outdoor activities has been linked to improved concentration, reduced symptoms of ADHD, and enhanced overall mood. School gardens bring these benefits directly to students, integrating nature into their daily lives.

4. Creating a Greener, Healthier Future

In addition to their mental health benefits, school gardens contribute to

environmental awareness. Students learn about sustainable practices, food

systems, and the importance of biodiversity.

This knowledge fosters

a deeper appreciation for the planet and inspires a generation of environmentally conscious individuals.

The SOL Foundation's Efforts

At The SOL Foundation, we are committed to empowering schools and communities through sustainable initiatives like school gardens. Collaborating with organizations across the globe, we have witnessed firsthand the transformative power of these green spaces.

These gardens not only provide access to fresh

produce but also become hubs of healing and growth for students.

Through our projects, we aim to continue fostering environments that nurture both the mind and the earth.

School gardens are more than educational tools—they are vital spaces for mental well-being.

By cultivating these gardens, we cultivate healthier, happier, and more resilient students. As the seeds of these initiatives grow, so do the possibilities for brighter futures rooted in mindfulness, connection, and care for the environment.

To learn more about how you can support school gardens and mental health initiatives, visit our page.

#GardeningForWellBeing

Understanding Runway Threshold Markings

Threshold markings are crucial visual aids that help pilots identify the start of the usable runway for landing operations. Here's a closer look at their purpose and variations:

What is a Runway Threshold?

The threshold marks the beginning of the portion of the runway available for landing aircraft. It's identified by a series of parallel white lines painted across the runway.

Types of Thresholds

Standard Threshold
Indicates the usual start of the runway's landing area. Aligns with the end of the runway suitable for takeoff and landing.

Displaced Threshold
Positioned further down the runway due to obstructions or safety requirements (e.g., tall trees or buildings near the

approach path). The portion before the displaced threshold can only be used for takeoff, taxiing, or as a rollout area after landing, but not for landing.

Relocated Threshold

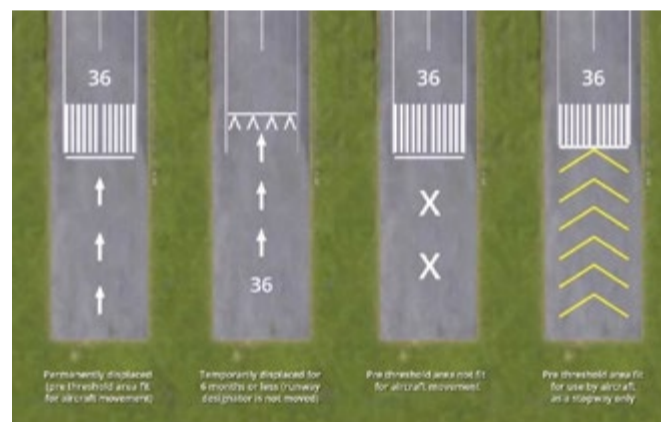
Temporarily moved due to construction, maintenance, or damage. Often marked with white arrows leading to the new threshold location. Why Thresholds May Be Displaced or Relocated

Obstacle Clearance: To ensure aircraft have sufficient clearance over obstacles on approach.

Runway Condition: Address damage or surface irregularities near the original threshold.

Noise Abatement: Minimize noise impact on nearby residential areas.

Pilot Considerations
Pilots must ensure their landing approach considers the location of the threshold



and any displacement. Advanced notice of displaced or relocated thresholds is provided in NOTAMS (Notices to Airmen).

Visual Markings for Awareness

Arrows: Found before a displaced threshold, directing pilots to the landing start point.

White Piano Keys: Standard markings for the beginning of a usable runway.

Runway thresholds are a vital part of ensuring safety during takeoff and landing, clearly delineating the areas pilots can use for different phases of operation.

© Aviation Update

PHOTO STORY



Team CDMRV was part of the Mombasa Law Courts Fire Drill done by the County Government of Mombasa, Fire Department led by the Chief Fire Officer Mr. Ibrahim Basafar, the Chief Magistrate, KPA, Red Cross Team, Paramedics, St Johns, Hospital Reps, NPS, Court Staff and members of the public who all managed the scene well as a Multiagency Unit.



TIKA Country coordinator Kenya Yasemin Kurt (2nd right), Ushiriki Wema Initiative Chief executive Programs Mercylene Mokaira (left) and CEO Women & Youth empowerment Sintoiya Kasaine (2nd left) and Ahadi Kenya Trust CEO Stanley Kamau package dairy salt and shortly after the handover of three Dairy Salt Ribbon Mixers to women and youth groups from Kiharu, Mathioya and Kigumo constituencies in Muranga county on Wednesday 20th, 2024 at Kangari Vocational Training Centre, Muranga County. The donation aims at creating employment at production and suppl chain.

“ Additionally, gardens encourage teamwork and communication. Students often work together to plan, plant, and maintain their gardens, building social skills and fostering a sense of community.”

SUSTAINABILITY

Delivering bags to Tanzanian school children

Cyclists embark on a four-day journey to deliver bags made from recycled Air France-KLM billboards to Tanzania's School Children

A group of cyclists has today set off on a four-day ride from Kenya's capital city, Nairobi, to Kilimanjaro carrying bags made from recycled Air France-KLM billboard canvases. These specially designed school bags and pouches, made from repurposed vinyl tarpaulins that would otherwise contribute to waste, will be distributed to children from underprivileged communities in Kilimanjaro.

This initiative is a part of Air France-KLM's ongoing efforts to support education in underserved areas while also promoting sustainability. The bags, which are both durable and eco-friendly, will help ensure that the beneficiary children in Tanzania have access to essential school supplies, while simultaneously reducing the environmental impact of discarded advertising materials.

Transforming large-scale billboard canvases into functional, high-quality bags, helps prevent these materials from ending up in landfills, giving them a second life in support of a good cause.

The 70 bags and pouches were formally received in Kilimanjaro by Air France-KLM country Manager Tanzania Mr. Rajat and administrative leaders.

The bags will be distributed to students at the Kilimanjaro International Airport primary school in Kilimanjaro, providing them with a sturdy and practical solution to carry their books and other supplies.

"The provision of durable school bags—often an overlooked but essential item—can make a significant difference in a child's educational experience. With this initiative, we hope to help alleviate some of the hardships faced by children in remote and underprivileged areas, ensuring they have the means to attend school prepared and ready to learn.



Marius van der Ham, Air France-KLM's General Manager for East and Southern Africa, Nigeria, and Ghana, officially flags off a group of cyclists embarking on a four-day journey from Kenya's capital city, Nairobi, to Kilimanjaro. The cyclists are carrying eco-friendly school bags crafted from recycled Air France-KLM billboard canvases, destined for underprivileged children in the Kilimanjaro region.

Our company has always been dedicated to making a positive impact, and today, we take another significant step in that direction. The bags are symbols of hope, creativity, and the endless possibilities that arise when we think beyond the conventional," said Marius van der Ham, Air France-KLM's General Manager for East and Southern Africa, Nigeria and Ghana.

Billboards, which are commonly made from durable vinyl, are often discarded once their advertising campaigns come to an end. This results in significant waste that can be difficult to dispose of responsibly. By recycling these materials, Air France-KLM helps combat the environmental issue of waste management contributing to the development of a more sustainable future.

The team of cyclists ferrying the recycled material school bags are part of a unique effort to draw attention and support for the cause. As the cyclists make their way from Nairobi to Kilimanjaro, they will be spreading the message of sustainability and the importance of collective responsibility in helping those



(L-R), Jean Marc Pochul, Air France-KLM's Vice President for Africa, Hildabeta Amiani, Air France-KLM's Country Sales Manager for Kenya and Offline Markets and Marius van der Ham, Air France-KLM's General Manager for East and Southern Africa, Nigeria and Ghana pose for a photo with a group of cyclists embarking on a four-day journey from Kenya's capital city, Nairobi, to Kilimanjaro.

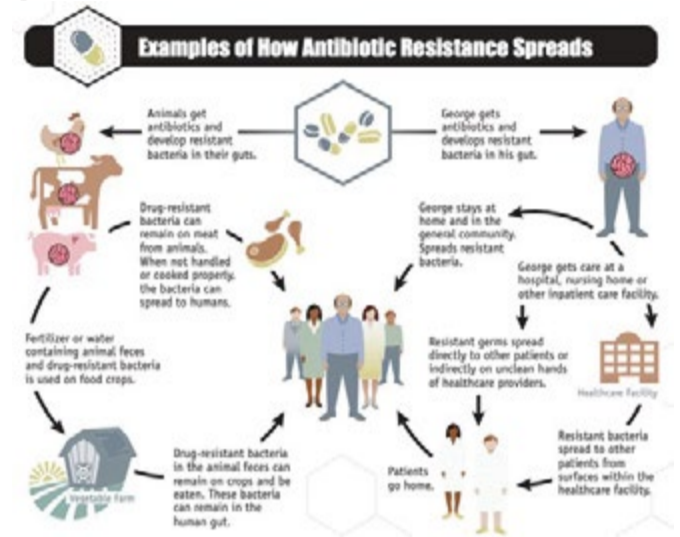
in need. Their dedication and effort will bridge the gap between our brand vision and the young minds that will benefit from these bags. The cyclists are not just delivering items; you are delivering dreams, inspiration, and the message that they matter. The initiative is expected to make a lasting impact on the educational journey of the beneficiary students.

Rajat Kumar, Air France-KLM's Country Manager in Tanzania, said, "This initiative enables us to help children in need in addition to inspiring others to think about the role they can play in protecting our environment. We hope that

these bags will serve them well, inspire them to dream big, and remind them they are part of a global community that cares deeply about your future. These bags are more than just a means to carry your books and belongings. They represent our collective effort to promote sustainability, to reuse and repurpose, and to ensure that we leave a better world for the next generation."

Tanzania becomes the second country in Africa to receive the eco-friendly school bags this year, after a similar donation to students in Kenya's Muthangari Primary School in February.

Become an antibiotic guardian.



By Arifa Turabali

Antimicrobial resistance (AMR) occurs when microorganisms like bacteria, viruses, fungi, and parasites evolve to resist medications, rendering treatments ineffective. This makes infections harder to treat, increases the risk of severe illness, and facilitates disease spread.

WHO's global action plan aims to combat antimicrobial resistance (AMR), focusing on raising awareness and understanding through communication, education, and training. By addressing behaviors like antibiotic overprescription and misuse, the plan seeks to replace harmful practices with solutions that prevent the spread and emergence of AMR, emphasizing the need for behavioral change in

healthcare and communities.

The community plays a vital role in promoting antimicrobial stewardship by spreading awareness about the responsible use of antibiotics. This includes educating others on the dangers of misuse, such as resistance, encouraging proper hygiene to prevent infections, and advocating for vaccinations.

What is your role in the AMR Campaign?

"Keep Antibiotics Working" - that is taking antibiotics when you don't need them, puts you and your family at risk. To help keep antibiotics working you are urged to always take your doctor's advice on antibiotics.

Do not rush to use antibiotics or buy them over the counter in Pharmacy. Get to the root cause of your illness.

Did you know that antibiotics are used in other areas apart from the health sector?

PHOTO STORY

IPOA visit



Team IPOA thanked for paying a visit during the Nairobi Annual Police Thanks giving service; have a blessed Christmas Season and a New Year!

Donation of ration packs in Maralal



Area Maralal 900 packs Distribution done at 8 points Where 15 villages were called for the distribution When we reached the 8 points there were more people than the packs we had We therefore agreeded with the recipients to share one pack with three 8 points of distribution Yigmo, Mlimani, Nomitio, Loikas, Lporos, Shabaa, Tamiyoi, Maralal town. One area had mostly persons living with HIV Last two points it rained like crazy. It seems whenever we are in Maralal it rains -blessings We came back to Nairobi around 9.30 pm on Tuesday Thanks to Nilay Modi and Vir for coming for the distribution.

SBM bank sponsored beach clean up Diani beach



SBM Bank Regional Manager - Pwani Anthony Muchoki (right), Diani Turtle Watch Project Manager Dempsey Mai (centre) and Kwale County Government Diani Municipal Manager Khamis Mwandaro launch a plastic waste disposal structure at the Kongo mosque public beach during the 2nd Diani Turtle Watch annual Beach clean up sponsored by the bank. Staff from The Maji beach hotel and local youth groups participated in the event where over 200kgs of plastic waste and bottles was collected.

PHOTO STORY



NurtureFirst team and officials from Mombasa County's Elimu Scheme led by the County's Education CEC Dr. Mwarali Kame pose for a Photo during the closure of a 2-day consultative workshop that discussed among other issues, childcare education funding model in Mombasa recently.



Mombasa County Home-based Childcare Providers (HBCC) Interim Chairlady Bahati Kalume engages Childcare stakeholders at a recent Workshop organized by NurtureFirst. Providers in Mombasa have been able to form networks and clusters that provide them with an avenue to motivate each other on their goals, values, achievements and aspirations in their quest to improve and provide a better environment for children under their care.



NurtureFirst Kenya Programs Manager Cindy Lithimbi exchanging notes with Mombasa County's Elimu scheme C.E.O Dr Jamal Ali on the sidelines of a consultative workshop at a Mombasa Hotel recently.

TOP NEWS

PHOTO STORY



Newly appointed IPOA - (Independent Policing Oversight Authority) Commissioner Mr. Ken Williams Nyakomita OGW, Director of Security in PCAK - (Professional Criminologists Association of Kenya) courtesy met Mr. Rishi Arun Parikh - PCAK Director of Communications & Public Relations and Editor of Madafu Newspaper at the GTI KSG - (Kenya School of Government) in Mombasa. Mr. Rishi congratulated Mr. Ken Williams on his appointment, discussed matters of PCAK Coast and areas of common synergy in Security. PCAK Founding Chairman Mr. Munene Mugambi was diligently updated of the action points to ascend further. Good things happen when Patriots work together. #CrimeMustFall.



Photo showing Mama Selma showing the Free Human Spirit and Happiness after planting seedlings and tree's at Kabiyei Dam with Dr. Muinga Chokwe Team of CMCBO on 8th December 2024 in Kilifi County. Few Destroy, Many Create! Go Green! One Tree at a Time! #Photo by Mr. Jeremiah of KFS Coast.



Team Western Kenya, Kakamega, Mukumu of Ministry of Health 1975. From left Dr. Arun S. Parikh Senior General Surgeon, Mrs Yashumati Arun Parikh ICU Trained Senior Nursing Officer and Dr. Nandu Acharya Senior Gynaecologist. This Expert Medical Team has treated thousands of Kenyans in their long careers (140 years) combined to date. Both Parikh's now happily retired in Mombasa. For the new Medical Aspiring Students; these are your Role Models!

PHOTO STORY



Pax Press and Trace Kenya staff working on a joint project under the auspices of the Norwegian Ministry of Foreign Affairs dubbed NOREC exchange program are seen here learning about the management of media, and social media for social change campaign. Trace Kenya is a nonprofit counter trafficking in persons organization based in Mombasa, Kenya. L - R Shamim Sehel, Rajab Mustafa, Aline Nyampinga, Michael Mweeh and Ali Abubakar.



President William Ruto pays a courtesy call to former President Uhuru Kenyatta at his Gatundu home. The two leaders discussed issues of National interest.



This afternoon, Jomo Kenyatta International Airport (JKIA) proudly welcomed the inaugural flight of Challenge Airlines, represented in Kenya by GSA Global Aviation (K) Cargo. The flight, which was honored with a water cannon salute, will connect Nairobi to Tel Aviv with two flights weekly, focusing on general cargo aviation. The milestone event was graced by Cabinet Secretary for Transport and Infrastructure, Mr. Davis Chirchir, KAA Board Chairman, Hon. Caleb Kositany, GSA Global Aviation MD/CEO, Hon. Richard Yegon and KAA Ag. MD/CEO Mr. Henry Ogoye. Challenge Airlines' entry into the Kenyan market underscores the growing confidence in JKIA as a premier cargo hub in the region. This partnership will bolster Kenya's position in global trade, enhancing cargo transport efficiency and connectivity.



SBM Bank Senior Manager Women & Youth Banking Abdia Dabaso (left) takes Elgon Group CEO and the convenor of "Her Power Women summit-Mombasa" Mercy Wamoto (2nd left) and Youth Gender Sports and Social Services Mombasa County CECM Kenneth Ambani (left) through bank's tailored youth and women's products during their tour of the bank's exhibition stand during a two day "Her Power women Summit -Mombasa" on November 22nd, 2024. The theme of the event was: empowering Women for renovation, sustainability and leadership. Dabaso was a keynote speaker on finance and financial literacy during the two-day summit.

PHOTO STORY



Kakuzi Group Manager-Macadamia Henry Owino (left) engages World Macadamia Organisation CEO Jillian Laing (right) during her recent visit to the firm's Macadamia Processing plant in Murang'a County. WMO is working hard to increase market demand and consumption in India, China, and the United States, among other key markets, as the positive health attributes of macadamias continue to drive consumer demand.



A true milestone moment—proof that believing in yourself can take you further than you ever imagined. Let's keep inspiring, connecting, and celebrating these achievements together! #KaribuKESRA

Truths to Transform Your Life

Are you ready to unlock the secrets to a life of purpose, happiness, and fulfillment? Here are profound facts of life that will inspire you to rethink your priorities, challenge your assumptions, and unleash your full potential.

1. Take the Leap: Don't be afraid to take risks. Winning or losing, you'll always gain valuable experience and insight.

2. Actions Speak Louder: Judge people by their actions, not their words. It's the best way to gauge their character and intentions.

3. Pain is a Part of Growth: Remember that hurt and pain are an inevitable part of life. But it's how you respond that matters.

4. Make the Most of Life: Don't wait for tomorrow to pursue your dreams. Take every opportunity to live life to the fullest.

5. Turn Obstacles into Opportunities: When faced with challenges, choose to build a bridge, not a wall. It's the key to unlocking your potential.

6. Embracing Challenges: Life is more interesting when you face challenges head-on. Overcoming them makes life meaningful.

7. Victory is Sweet, But Risk



is Sweeter: Don't be afraid to take risks. The thrill of victory is exhilarating, but the journey is just as important.

8. The Road to Nowhere: A smooth, obstacle-free path may seem appealing, but it leads nowhere. Embrace the twists and turns.

9. Don't Get Stuck in the Past: Visit your past, but don't stay there. Focus on the present and build a brighter future.

10. Yesterday is History: Don't dwell on yesterday's successes or failures. Focus on today and create a better tomorrow.

11. Keep Pushing Forward: If yesterday's achievements still seem impressive, you're not challenging yourself enough. Keep striving for more.

12. Build Your Dreams:

Don't let someone else hire you to build their dreams. Take ownership of your life and create your own destiny.

13. Reach New Heights: Don't be afraid to climb the mountain. The view from the top is breathtaking.

14. Unlock Your Potential: Don't waste your brainpower. Use it to innovate, create, and solve problems.

15. Intelligence is Not Enough: Having a brain is not enough. Using it intelligently is what sets you apart.

16. Don't Let Limitations Hold You Back: It's not what you don't have that limits you, but what you have and don't know how to use.

17. Learn from Failure: Don't be discouraged by failure. It's an opportunity to learn and grow.

18. Integrity is Priceless: Honesty and integrity are essential. They're the foundation of strong relationships and a clear conscience.

19. Trust is a Gift: When someone trusts you, don't betray that trust. It's a precious gift that requires respect and care.

20. Honesty is a Luxury: Don't expect honesty from everyone. It's a luxury that only some can afford. Surround yourself with people who value integrity.

These timeless truths will inspire you to live a life of purpose, integrity, and fulfillment. Remember, life is a journey, not a destination. Embrace the twists and turns, and make the most of every opportunity.

PHOTO STORY



When Rishi Foundation, Mr. Berry and Mombasa Cement Foundation got together...there was magic in the lives of these children in Lunga Lunga, Kwale County.



The County Government of Mombasa - Fire Department, Chief Fire Officer (CGM FD CFO) Mr. Ibrahim Basafar (2nd from left) together with Coast / Community Disaster Management Response Volunteers (CDMRV) Team Members Mr. Rishi Arun Parikh (far left) and Mr. Rashid Khan (far right) seen presenting the Coast Region Emergency Contact List to The Kenya Ports Authority Harbour Master Captain Mr. Abdille Ali (middle) and Captain Mr. Aziz (holding posters 2nd from right) Both Captains received Posters on behalf of the KPA Managing Director Captain Mr. William Ruto. Captain Ali congratulated the CFD and CDMRV Team for the unique gesture in making the Citizens of Mombasa County and neighbouring Counties safer by encouraging the Public to shorten the response time to disasters and save lives. He further said that KPA will support the CGM FD with mutual advanced international trainings by partners abroad. The KPA CFO Mr. Enock Makwida and his team also pledged to work together as always in keeping Mombasa safer.

CHALLENGES

Navigating Life's Currents

A Quick Guide to Managing Stress and Challenges



Life is a journey, not a destination, and it's filled with twists, turns, and unexpected currents. While we often yearn for a smooth, predictable path, the reality is that we'll inevitably encounter challenges and stressors. These can manifest as financial difficulties, relationship problems, health issues, career setbacks, or simply the overwhelming feeling of being lost in the vast ocean of life.

But amidst these turbulent waters, there are strategies to navigate, to find stability, and even to thrive. Here's a comprehensive guide to managing life's stresses and challenges:

1. Cultivate Self-Awareness:

* Identify Your Triggers:

Recognize the situations, thoughts, or behaviors that trigger stress or negative emotions. This awareness is the first step towards managing them.

* Understand Your Stressors:

Are they external (work deadlines, traffic jams) or internal (perfectionism, negative self-talk)? Pinpointing the source helps you address them effectively.

* Acknowledge Your Emotions:

Don't suppress your feelings. Acknowledge them, understand their origin, and

learn to express them healthily.

2. Prioritize Self-Care:

* Physical Well-being:

Nourish your body with a balanced diet, regular exercise, and sufficient sleep. These are the foundations of resilience.

* Mental Well-being:

Practice mindfulness, meditation, or deep breathing exercises to calm your mind and reduce stress.

* Emotional Well-being:

Engage in activities that bring you joy, such as hobbies, spending time in nature, or connecting with loved ones.

3. Develop Healthy Coping Mechanisms:

* **Social Support:** Lean on your support system – friends, family, or a therapist. Sharing your burdens can lighten the load and provide valuable perspectives.

* **Communication:** Open and honest communication is crucial in all aspects of life. Learn to express your needs and concerns effectively.

* Time Management:

Prioritize tasks, set realistic goals, and learn to say "no" to avoid feeling overwhelmed.

4. Embrace a Growth Mindset:

* **View Challenges as Opportunities:** Instead of seeing setbacks as failures, view them as opportunities for



learning and growth.

* **Focus on Solutions:** When faced with a problem, focus on finding solutions rather than dwelling on the negative.

* **Practice Gratitude:** Cultivating gratitude can shift your perspective and help you appreciate the good in your life.

5. Seek Professional Help:

If you're struggling to cope with stress or challenges, don't hesitate to seek professional help. A therapist can provide guidance, tools, and support to navigate difficult times.

Remember:

* **Be Patient with Yourself:**

Lie?

The Lie said to the Truth, "Let's take a bath together, the well water is very nice.

The Truth, still suspicious, tested the water and found out it really was nice. So they got naked and bathed.

But suddenly, the Lie leapt out of the water and fled, wearing the clothes of the Truth.

The Truth, furious, climbed out of the well to get her clothes back.

But the World, upon seeing the naked Truth, looked away, with anger and contempt.

Poor Truth returned to the



well and disappeared forever, hiding her shame.

Since then, the Lie runs around the world, dressed as the Truth, and society is very happy.... because the world has no desire to know the naked Truth.

The Society created the problem of only accepting the lie.



Whats on Mombasa / Nairobi Website Owner Mr. Dietmaar with Madafu Newspaper Editor Mr. Rishi holding the next big thing in Tourism at the Coast - The Madafu Entertainment Spots Map 2025! The Map will be distributed to all Visitors to the Coast Region showing Tourist Spots, Hotels, Infrastructure, Emergency Contacts, Government Offices, Parks, Restaurants, Water Sports, Entertainment Spots etc. Advertisers are most welcome to pick slots and be part of the Map. Lets Grow Coast Tourism! Madafu Media / Whats on Mombasa!

Migration survivors meeting in Garissa town



Trace Kenya's Project Officer Mariam Hassan addresses Migration survivors during their monthly network meeting in Garissa Town on Tuesday November 5th, 2024. They discussed issues of human trafficking and smuggling of migrants in Garissa County.

Change takes time. Don't get discouraged if you don't see results immediately.

* **Celebrate Small Victories:** Acknowledge and celebrate your accomplishments, no matter how small.

* **Practice Self-Compassion:** Be kind to yourself, especially during challenging times.

Life's journey is filled with both sunshine and storms. By cultivating self-awareness, prioritizing self-care, and developing healthy coping mechanisms, you can navigate the challenges and emerge stronger, more resilient, and better equipped to embrace the beauty and joy that life offers.

Wisdom on marriage from the elderly



1. A successful marriage is only possible if both partners work at it.
 2. When you feel like quitting, step back, breathe, and work on a solution.
 3. Never ever cheat no matter what
 4. Marriage isn't for those who give up easily.
 5. Friends come and go, but your spouse should remain your priority.
 6. Don't work so hard for your family that you end up losing them.
 7. In any argument, focus on understanding, not winning.

8. Begin each day with warm words to set a positive tone.
 9. Keep communication open and always be honest.
 10. Celebrate each other's achievements and support each other through challenges.
 11. It's up to your spouse to say you're a good partner.
 12. Keep the passion burning—stoke the flame to keep it alive.
 13. Enjoy intimacy while you're young; someday, you'll only have "I wish" and "what ifs."
 14. Intimacy is a basic human necessity.
 15. Explore new ways to keep

intimacy exciting.
 16. Never stop living—marriage is an adventure, not a destination.
 17. Aging doesn't mean you can't make your spouse feel special.
 18. Pursue personal goals and growth while married.
 19. Don't fear aging—fear growing old without purpose or legacy.
 20. Save, invest, and plan for retirement while you're still young and capable.
 21. The effort you put into your marriage now will pay off in the future.
 22. A hardened heart makes marriage a heavy burden.
 23. Holding grudges leads to

harmful stress.
 24. Hurtful words from parents can leave lasting wounds on children.
 25. Love your spouse because you choose to, not in response to their actions.
 26. To love and be loved is a true blessing.
 27. You'll feel proud for honoring your vows.
 28. Don't stay married just for the kids—when they grow up, they'll leave.
 29. Maintain a bond with your children as they grow.
 30. Every marriage has tough times, but wise couples find ways to keep the light shining.

PHOTO STORY



Mojrads Fashion proprietor Moji Olayanju (Centre) with models during their 25th anniversary celebration cum the launch of their 1001 new clothes design collection for 2025 and Nigerian foodstuff for their east Africa market at Rehema Place in Nairobi on Saturday November 16th, 2024. From left the models are: Grace Wambui, Alicia Wairimu, Ruth Mbai, Mercy Nyawira, Nancy Aluchio and Jididiah Rongozo.



Mojrads Fashion proprietor Moji Olayanju shows customers palm oil and some of the West Africa food stuffs that they have introduced to their East Africa market during their 25th anniversary celebration cum the launch of their 1001 new clothes design collection for 2025 and Nigerian foodstuff for their east Africa market at Rehema Place in Nairobi on Saturday November 16th, 2024.

Giants Group Twiga Rremchandbhai Foundation Vanik Vaishnav Mahajan Mega festive season dontion drive



Area Turkana County Loiyangalani which is on the shores of Lake Turkana, world's Largest Salt water Lake and home to Cradle of Mankind Turkana county has vast deposits of Oil, minerals, Aquifer And the biggest Wind Power plant in. But unfortunately the People are one of the most poorest in Kenya Lake Turkana is a salty lake but people drink the water 900 families in 26 Villages around Loiyangalani within a radius of 90 kms benefitted from Ration Packs courtesy of Premchandbhai Foundation and distributed by Mukesh Desai of Giants Group Twiga & Vanik Vaishnav Mahajan Thanks to Senator Mohamed Chute for organizing the transport and logistics The trip was tiring took 14 hours to reach but worth the journey As people welcomed us with blessings and good wishes Journey Of Service Continues Next Stop Illeret On the tip of Lake Turkana



Last night, we were honoured to receive the Best in Humanitarian Award at the 2024 NGO Awards. This achievement would not have been possible without the dedication of our staff and, especially, our volunteers, who consistently go above and beyond to support communities in need. We extend our heartfelt gratitude to everyone who has been part of this journey, including our partners and supporters, for embodying the true spirit of humanitarianism.

TOP NEWS

MV Sensors

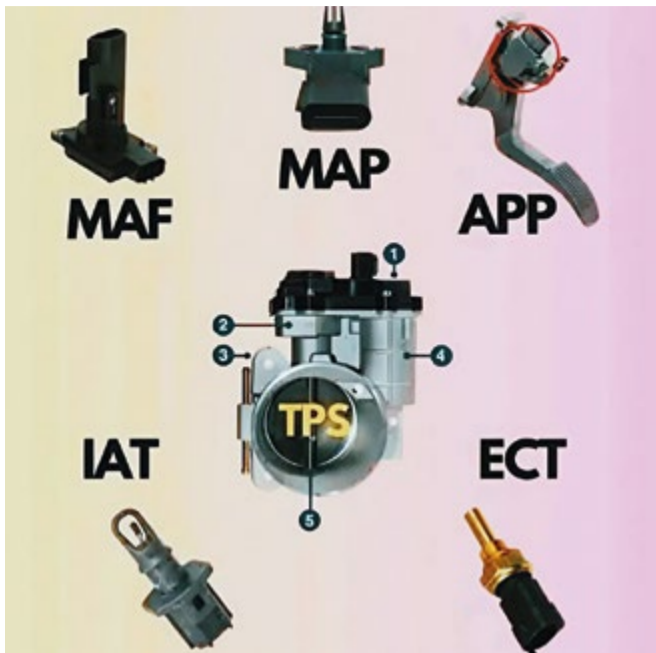
These sensors work with the accelerator pedal, so when someone breaks down, the engine does not accelerate properly and the engine loses power:

1. TPS (Throttle Position Sensor): monitors the position of the throttle body and sends this information to the electronic control unit to adjust the amount of fuel and air entering the engine.

2. MAF sensor (mass air flow sensor): measures the amount of air entering the engine, which helps the electronic control unit to calculate the correct air-fuel mixture. It works with the accelerator to provide precise airflow.

3. MAP sensor (manifold absolute pressure sensor): in the engines you use, it measures the pressure inside the intake manifold and provides the engine load data to the electronic control unit, which affects the throttle body control.

4. ECT sensor (coolant temperature sensor):



although it is not located directly in the throttle body, engine temperature affects idle control and air-fuel mixture, especially under cold start conditions.

5. IAT sensor (intake air temperature sensor): it measures the temperature of the air entering the engine and helps the electronic control unit calculate the air density,

and adjusts the throttle body accordingly.

6. Gas pedal (sensors for pedal position): in vehicles with electronic gas pedal (driving by wire), the gas pedal contains sensors that send signals to the electronic control unit, indicating the extent to which the driver wants to open the gas pedal

Source: Mechanics Manual

PHOTO STORY



The judging panel for the NPS Best Police Awards convened today at Jogoo House to evaluate the results of the first phase of voting, which saw an impressive turn-out of nearly 58,000 votes from Kenyans. The exercise is set to conclude by Thursday, followed by a press briefing to announce the nominees advancing to the final phase. PCAK represented by SG, Christine Omucheni, Joe Karuri, Mr. Malu and SOA-Nancy Murithi. #BoostingPoliceMorale #CrimeMustFall

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HAPPY NEW YEAR 2025

How to dine with kings

By Muhammad Ali

Every man is a bandit or let me say majority. Those days at GSU training school, we were taught mess etiquette. There was that lesson about mess etiquette. How to use forks at the dining table. How to "eat" in a civilized way. But I thought it was irrelevant because who needs knife and forks in the front lines or fields? Most of us were deployed in active combat zones in far flung areas post training to combat cattle rustling which was rampant and proved to be a major headache for the government of the day. We lost colleagues to the armed rustlers mainly from pastoralist communities known for their marksmanship and bravery. Those guys killed with impunity.

And they killed and maimed many soldiers some of them high ranking and decorated officers. They were a law unto themselves and they dominated their turf which was a no go zone. I was usually apprehensive as far as these operations were concerned because it dawned on me that these weren't isolated cases where the pastoralist communities like Pokot, Turkana or Marakwet stole cattle from one another by gun violence. It wasn't that archaic, outdated, retrogressive and savage custom that these communities practiced.

They were politically motivated clashes that



reached the peak during election seasons. And many police officers paid with their lives due to these clashes. Those were the days when the Sabao land defense force under Matakwei ruled the waves. Matakwei's story was a legend and an unbelievable folkore like a movie. The whole Kenyan military struggled to arrest the mayhem. He died whilst fighting. It is unbelievable and unforgivable that many have died due to the greed of the political elites. 90% of armed conflicts are instigated and born of politicians by politicians. Ooh God, how many have died! So I was confused and rightly so about the mess etiquette lessons.

I was like are you joking?

I'm taught how to dig trenches and fight in extreme difficulties and conditions while obstacle crossing and making myself low target akin to a lion in a camouflaged environment lying low while going for the kill then how to hold knife and fork? The meanness in that training was alien. I repeat- paramilitary training transforms innocent young men into mean fighting machines who follow orders akin to dogs of war.

Following orders was the main emphasis and theme in the training and many were bloodied and beaten to make them toe the line. So knife and fork and women? What were women doing in that training? The nature of the job and the task at hand wasn't suitable to

those innocent beauties. It was a rugged damned atmosphere, damned conditions, damned expectations and damned pay. Nothing inspired hope.

I nearly left the course midway not because I wasn't able to put up with the physical demands but the psychological demands. It was akin to a torture camp where torture was the order of the day.

I remember a friend in that training camp whose testicles were swollen thanks to beating and torture. He cried for a whole week while walking like an injured hyena for weeks. It was really extreme. 2005 GSU training was a match made in hell. Recruits were forced to clean toilets and pick human faeces with bare hands. And

that was when I took a vow with me, myself and I that should push come to shove and they try to torture me like my friend, I wouldn't take it lying down.

I would quit in broad daylight Infront of everyone. I wouldn't run away under the cover of darkness like others but I would hung the boots Infront of the cameras. What is the point of having a meager paying job but without testicles and zero chance of having kids? What is life for. Either be a saint or have kids because you must find something you love more than you love yourself. So that was my redline. I remember telling an instructor, I will quit the course if he continued subjecting me to unacceptable, inhuman conditions and he toed the line but majority suffered in silence.

Back to the knife and fork, was it necessary? It was necessary to teach the peasants how to dine with kings. It was necessary because some of them would be deployed to provide security for VIPs like members of Parliament, ministers and the head of state. Out of necessity, the peasants must be taught the mess etiquette.

How to eat and guard your manners Infront of the king. The training must produce well trained fighting robots and well behaved peasants. But what about the women? Just like in the army, women in the paramilitary are a luxury than a necessity. They aren't

deployed in the front lines. Whoever coined the term "Men and women are equal" or affirmative action must have been high on undiluted crack cocaine from Afghanistan.

The body of a woman is inconsistent with that work. It is not built to withstand such kind of strenuous course let alone work. The nature of the job is about being in the front lines fighting in armed combats, quelling riots and civil unrest. The nature of the job is to do violence on behalf of the state.

There is a reason women never featured in wars in years gone by. While men went to war, women stayed behind tending to kids. It was abominable to even touch women during wars. So why women in paramilitary training? Affirmative action is the biggest crap doing rounds. The most bogus. There could be more than meets the eye. Maybe women were taught how to use the knife and fork to dine and wine with kings.

Maybe but what do I know? A lot of things do not make sense. As I conclude this chapter, I can't help but wonder why every regime is obsessed with the colour and type of police uniforms? Apart from Kibaki, every regime after Moi want to line their pocket using dubious and ridiculous means.

Like a trained obedient peasant in slave plantations that's truly Orwellian nobody has a say apart from the slave owners. **** To be continued***

PHOTO STORY



The National Police Service Coast Regional Police Commander Mr. George Sedah received the County Government of Mombasa - Fire Department, Chief Fire Officer (CGM FD CFO) Mr. Ibrahim Basafar (2nd from right) together with Coast / Community Disaster Management Response Volunteers (CDMRV) Team Members Mr. Rishi Arun Parikh (far right) and Mr. Rashid Khan (far left) seen presenting the Coast Region Emergency Contact List to Mr. George Sedah. Mr. Sedah was very happy to receive the important security gesture in form of the emergency list. Mr. Sedah said it would greatly reduce the response time to incidents and would bring the Authorities and Public closer in good synergy. He said all the Police Stations under his jurisdiction would get the posters for public information. He thanked the Patriots for the wonderful work done.



The PCAK Coast Disaster Management Response Volunteers in partnership with PCAK and other national agencies like NPS, NCP, IPA, MWM; in action during the 23rd November 2024 MWM - Mombasa Walk Movement; Taita Walk Event the 25km Voi to Mwatate. The CDMRV Team handled Security, Road Safety and Medical Emergencies for the event. The MWM Chairman Major Rtd. Idris congratulated and thanked the team for the vital support. Every Step Counts! Crime Must Fall!

FOOTWEAR

A Brief History of Footwear!



By Mr. Rishi Arun Parikh

The history of shoes / footwear stretches back thousands of years, mirroring the evolution of human civilization. Early footwear was primarily functional, designed to protect feet from harsh conditions. The earliest known shoes date to around 8,000 BCE, with examples found in Oregon, USA. These were simple sandals made from sagebrush bark. Similarly, ancient Egyptians around 3,500 BCE used sandals crafted from palm leaves and papyrus, while ancient Mesopotamians wore shoes of woven reeds.

In colder climates, ancient people made footwear from animal hides and furs, like the 5,300-year-old Ötzi the Iceman, found in the Alps, who wore shoes made of deer hide, bark, and grass.

As societies developed, so did footwear. The Greeks

and Romans significantly influenced shoe design, creating distinct left and right shoes and using leather to produce durable footwear. They popularized sandals that were sometimes adorned with precious metals for the wealthy. During the Middle

Ages in Europe, shoes began to reflect social status more overtly. Pointed shoes, known as poulaines, were fashionable among the elite, while common folk wore more practical, simple leather shoes. The Renaissance saw further diversification, with elaborate

designs and heels becoming popular, particularly in Italy and France. The industrial revolution in the 19th century revolutionized footwear production, introducing mass production techniques and new materials like rubber. This era marked the beginning of the modern shoe industry, making footwear more accessible to the general population.

In the 20th century, footwear design and technology advanced rapidly. The invention of sneakers in the early 1900s transformed the footwear industry. Brands like Umoja, Converse and Adidas pioneered athletic shoes, combining functionality with fashion. The rise of global fashion brands in the mid-20th century, such as Nike and Reebok, further pushed the boundaries of shoe design and marketing.

Today, footwear is a dynamic blend of tradition

and innovation. High-tech materials and designs cater to various needs, from performance-enhancing athletic shoes to high-fashion heels. Sustainable practices are also becoming a focus, with companies like Allbirds and Veja leading the way in eco-friendly shoe production. In essence, the history of shoes reflects human ingenuity and our ever-evolving relationship with fashion, functionality, and technology. Footwear has transitioned from mere protection to a symbol of identity and style, constantly adapting to the needs and aspirations of society.

Footwear manufacturing is a multi billion dollar business as human's are identified and graded by the footwear they wear as status symbols and the diverse meaning it portrays of what one wears! You Are Your Shoes!

Madafu Newspaper
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Sustaining and growing small cooperatives

Key takeaways from the Mombasa cooperativism consortium conference 2024

By Morris Mwangi

Fostering and supporting social

collectivism: Traditionally, big Cooperatives emphasize shared ownership and economic collaboration; however, related forms of social organization encompass networks and alliances where the emphasis is on shared goals, knowledge exchange, and coordinated efforts without necessarily pooling physical assets.

These forms can include farmer associations, community groups, and digital platforms that facilitate collective bargaining, joint decision making and knowledge sharing. Such models can enhance community resilience, promote inclusive participation, and provide shared benefits like access to resources, market information, and technical training.

The definition of the cooperative model has to be expanded to encompass a broader range of collective practices that prioritize social cohesion and the communal pooling of intangible assets, such as labour, expertise, and advocacy efforts, fostering a more flexible and inclusive approach to cooperative development. This will have a great positive impact on grassroots and small regional cooperatives.

Establishing a cooperative solidarity fund: Well-established saccos should step up to assist the upcoming cooperatives by committing to a solidarity cooperative development fund that aids smaller cooperatives financially. Small cooperatives and start-ups can access funds from this solidarity kit in the form of grants and affordable loans that they should pay as they grow up. Government funding initiatives such as the



hustler fund by the Kenyan government have to be utilized diligently to promote and help small cooperatives grow sustainably.

Institutional Support: Institutions supporting cooperatives should possess hands-on experience in cooperative activities to understand and address the challenges of registration and operations. These institutions should evaluate the current support mechanism and improve on systems that will make it much easier for small cooperatives to access registration and financing facilities.

Addressing Marketing Challenges: Upcoming cooperatives are faced with several marketing challenges that include reaching out to distant markets to sell their products. There is a need to help these cooperatives with marketing strategies that will catapult the existing efforts and extend their market reach beyond local markets.

Logistics for product transportation: Address challenges cooperatives face in transporting products from farm to market, ensuring that the system supports rather than hinders the process.

Reducing bureaucratic hurdles: Most developing worker cooperatives complain of facing long and strenuous government requirements that regrettably become a limiting factor instead of facilitating their development. Streamlining bureaucratic processes is necessary for the

smooth running of cooperative activities.

Legal reforms: Utilize a network of advocates to push for legal reforms that support inclusive and sustainable cooperative development, and advocate for advocacy where cooperatives are well represented. Small and developing cooperatives need to be well represented in all decision-making processes and have their input count.

Training and job Market alignment: Investigate potential disconnects between cooperative training programmes and actual job markets. Setting up of cooperative schools and related training facilities at regional levels. These should focus on cooperative education and offer skills to cooperative members of society through tactical training workshops.

Full participation in cooperative affairs: Encourage full member participation in cooperative governance, paying particular attention to cultural barriers that may affect women's involvement.

Marketing and sustainability: Address challenges in marketing and sustainability that arise from a lack of familiarity with market strategies, governance, leadership, and management.

Digital gap and barriers: The existence of interrelated systems of power in the context of ethnicity, gender, age, language, class status and religion affect people differently in their real access to the digital economy. It is upon

cooperative stakeholders to figure out how tools from the digital economy can be incorporated and approved by workers' organizations to significantly improve their work process and working conditions.

Gender inclusion
The care economy and domestic work have traditionally been characterized by informality, low pay, exclusion, and a lack of recognition in cooperative legal systems. In response, women have organized to challenge this exclusion, leveraging digital platforms to improve their working conditions and representation. However, they still face the challenge of influencing regulatory frameworks that perpetuate patriarchal and exclusionary systems, prioritizing profit as the sole measure of welfare.

This experience challenges the notion that start-ups and entrepreneurship are the only solutions to informality, poverty, and gender exclusion. Alternative approaches to addressing unemployment should be considered, focusing on labour rights, women's rights, and welfare. Educating and training young people, women, and children can promote workers' solidarity and the principles of the social economy. Such efforts will help dismantle the idea that individualism and competition are the only viable ways to relate to one another.

PHOTO STORY

TruRide Tuk Tuk App Launch



Youth Empowerment is not just gifts and money; its all about mentoring, direction and action!



NOV/DEC, 2024

Mombasa Team in UG Lohana Festival



WE, T H E

FOUNDERS SALUTE KAMPALA LOHANA COMMUNITY FOR HOSTING THE 37TH. LOHANA SPORTS & CULTURAL FESTIVAL IN KAMPALA IN A GRAND STYLE.

Dr. Shri Chiragbhai Kotecha, Secretary General, 37th. Lohana Sports & Cultural Festival East Africa Kampala, Uganda. Dear Shri Dr. Chiragbhai Kotecha Trust you all are well and relaxed after hosting and organising the prestigious and heart-winning 37th. Lohana Sports & Cultural Festival in grand style in Kampala.. On behalf of the Festival's Founders - Messers Damjibhai P Mandavia, Jayantbhai V Badiani and Subhash Modi, we would like to sincerely congratulate you. Secretary General, Dr. Shri Chiragbhai Kotecha, Festival Chairman Shri Raj Pabari, Festival Secretary Shri Janakbhai Gadhia, Dr. Sudhirbhai Ruparelia Chairman, Board of Trustees, Smt. Darshanaben Kotecha, Smt. Jyotsnaben Ruparelia, Convener, Cultural

Decor/Advisory Committee) Chairperson Lohana Community, Kampala. Smt. Falguni Kariya, Chairperson, Shree Lohana Mahila Mandal, Kampala, Shri Abhishek Mashru, Chairman Youth League, Kampala, Shri Vinaybhai Dawda, Past SG based in Kampala, Shri Satishbhai Vithlani (Global Lohana Mahaparishad President), Shri Bimalbhai Kantaria (Shree Lohana Mahaparishad President for Kenya Region), Smt. Minaben Khagram (Chief Judge for Lohana Mahaparishad International Awards) Shri Rameshbhai Thakkar, Shri Akash Devani and Shri Subhash Modi (Past Secretary Generals present at the Festival), Shri Nitinbhai Unadkat, Treasurer, Shri Devang Kotak, Sports Convener, Smt. Bhavini Thakkar, Cultural Convener, Shri Hemal Kotecha Convener for Accommodation, Shri Parth Tanna Convener for Transport & Logistics Executive Committee, Organizing Committee, Smt. Julie Thacker Convener - Special Events Committee, Shri Soham Savjani Convener - Media, Photography and Videography, Shri Alpesh

Thakkar - Venues Convener, Shri Nasib Dattani Convener for

Trophies and Mementoes, Smt. Naiya Kesharia Tanna Convener for Registration, all the volunteers, Convener Harikrushna Thakkar - IT & Communication, Shri Sameer Somaiya - Convener Souvenir Publication, Shri Parth Tanna Convener for Transport & Logistics, Smt. Seema Ruparelia Convener for Catering., Shri Abhishek Mashru Convener for Security, Shri Alpesh Thakkar Convener for Venues, Dr. Krisha Kariya Convener for Medical, Shri Akash Adhiya Convener for Accommodation, Smt. Seema Ruparelia Convener for Catering, Shri Vivek Thacker Convener for Volunteers, Shri Shyam Tanna Master of Ceremony, Shri Sanjay Tanna Convener for Public Relations, Smt. Alpa Savjani Conducting the tour of the seven hills of Kampala. all the officials. Immediate Past Secretary General, Past Secretary Generals and all the participating centres and all those who stood by the festival to make it highly successful. Congratulations also go to all the winners and all the

participating centres for taking part in the sports and cultural activities showing their talent, brilliance, and exhibiting their fine sportsmanship ..

Our Congratulations also go to Shri Gopalbhai Savani for being elected Festival Secretary General Elect.. It was heartening to see the presence of the heads of East Africa Lohana Community with some of their management committee members and Team Managers, accompanied by their sister's institutions officials - Shri Aashishbhai Majethia (Chairman, Mombasa) Shri Bimalbhai Kantaria (Acting Chairman, Nairobi) Smt. Trishala Devani Kanani (Chairlady Nairobi Lohana Youth League), Smt. Meeraben Thakkar (Chairlady Nakuru), Shri Rameshbhai Karia (Chairman, Kisumu), Shri Situbhai Ramji (Hon.. Secretary, Dar es Salaam,), Mwanza Representative, and Smt. Darshanaben Kotecha (Chairperson Kampala Lohana Community). We wish to register and record our special thanks with Congratulations to you Secretary General Dr. Shri Chiragbhai Kotecha, Chairman, Shri Raj Pabari, Festival Secretary Shri

Shri Janak Gadhia with the support of Kampala Lohana Community, you all manage to take our prestigious, enjoyable, entertaining, sporting and cultural festival to the greater heights. It was simply heart winning. You also conducted the festival meetings no. 1 and 2 very well. May God Bless you all.

We extend our warmest greetings and best wishes to the esteemed Lohana Community of Kampala. We are writing with immense pride and heartfelt appreciation and thanks as the founders of the Lohana Sports and Cultural Festival, which has become a celebrated tradition within our global Lohana family.

It brings us great joy to acknowledge the exceptional efforts and dedication your community has shown in hosting the 37th Sports and Cultural Festival. The grandeur, meticulous organization, and unparalleled hospitality exhibited throughout the event are truly commendable and have set a benchmark for future festivals.

From the seamless coordination of sports activities to the vibrant cultural showcases, every aspect of the event reflected the spirit of unity, enthusiasm, and excellence that define the Lohana Community. Your commitment to preserving and promoting our cultural heritage while fostering sportsmanship and camaraderie has left an indelible mark on all participants and attendees.

Moreover, the warm hospitality extended to every guest created an atmosphere of belonging and mutual respect, strengthening the bonds that unite our community across the globe. Your dedication to making

every individual feel welcome is a testament to the values we hold dear.

As the founders, we are filled with immense pride and gratitude for your efforts in making the 37th edition of the festival a resounding success. You have exemplified the essence of the festival - a celebration of our culture, traditions, and collective achievements.

We wish to express our heartfelt congratulations and deepest gratitude to the Executive Committee, organizing committee, volunteers, and every member of the Lohana Community Kampala for their unwavering support and commitment. Your contributions will be remembered for years to come, inspiring future generations to uphold and build upon this legacy.

May we continue to come together as one united family, celebrating our shared heritage and fostering a spirit of togetherness.

With warm regards and best wishes,

Yours sincerely,

Damjibhai P Mandavia, Jayantbhai V Badiani and Subhash Modi. Founders of The Lohana Sports & Cultural Festival. C.C. Shri Satishbhai Vithlani President & Trustee Shree Lohana Mahaparishad, Mumbai.



Dr. Shri Sudhirbhai Ruparelia Chairman Board of Trustees, Kampala Lohana Community, Shri Bimalbhai Kantaria President for Kenya Region for Shree Lohana Mahaparishad, Nairobi Smt. Darshanaben Kotecha Chairperson Kampala Lohana Community. Shri Janak Gadhia Festival Secretary, Kampala.

Football



Supporting Football Events and Sports for Youth in Mombasa County by Mama Haki Foundation Trustee Senator Hon. Miraj

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WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	SPORTS	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC
Tuesdays Safari Inn Shanzu Serena Rd Live Band Evening with Maranda & Band	Fridays Maasai Utange Rhumba Night with Banamitie Musica Band	Friday 24 01 Nomad Beach Bar Diani Beach Kenya Kite Cup 2025	Sundays New Cheers Bamburi Live Band Maasai Utange Amitie Musica Les Incomparables Kusini Tavern The Muziki Band Tapas Gold Nyali Band Sundays Mombasa Roots Band The New Big Tree Bamburi Beach La Festa Sunday with Mombasa Roots Band Ronye Chapatizo Prince Amar	Thursdays  EVERY THURSDAY FROM 5PM SEPTEMBER VIP CLUB PRESENTS RHUMBA NIGHT PRESIDENT RICKY MULOLO WITH IDOLOGIA INTERNATIONAL BAND LIVE SEPTEMBER VIP BEHIND THE TATCH CLUB, MTWAPA
Wednesdays Toscana Restaurant & Lounge Near Pirate Beach Ricky Mulolo with Idologia Int. Band	New Cheers Bamburi Ohangla Benga Live Band Mombasa Continental Resort Shanzu Ricky Mulolo & Idologia Musica International Band Apollo Club Changamwe Ohangla Night Live with with Achieng Nyarongo	 LA FESTA SUNDAY EVERY SUNDAY FROM 5PM TO 12PM MOMBASA ROOTS BAND ED RONYE MC CHAPATIZO ED PRINCE	OPEN DAY Thursday 23 01 Berits Junior School Nyali Berits Junior School Open Day 2025	
Thursdays Kusini Tavern Kilifi The Muziki Band September VIP Mtwapa Rhumba Night with Ricky Mulolo with Idologia International Band Safari Inn Shanzu Serena Rd Jambo Africa Band	Saturdays Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band Summit Grill Vok Ricky Mulolo with Idologia Musica International Band			

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SHOWCASE / LIVE ACTS	STAGE EVENTS	POETRY SLAM	ART EVENTS / EXHIBS
Sunday 05 01 Nairobi Street Kitchen DLT December Tour Nairobi	Saturday 25 01 Oshwal Westlands too Early For Birds - Tom Mboya	Friday 24 01 Emara Ole-Sereni Gala - Poetry Slam Africa Festival	17 11 to 17 01 Redhill Gallery Humanimal by Dar El Naim
Sunday 12 01 Jogoo House "B", Harambee Avenue Kaito Sounds \$ Vision	FESTIVAL Thursday 23 01 Nairobi West GPO 123 Nairobi Festival	Saturday 25 01 Braeburn Theatre Rising Voices Schools' Slam	15 11 to 24 01 Tribal Gallery Patterns Of Beauty
Sunday 19 01 Emara Ole-Sereni Sky Lounge Sundowner Shwcase I	 www.whats-on-nairobi.com	Sunday 26 01 Braeburn Theatre Poetry Slam Africa: Grand Slam 2025	21 01 to 01 03 Rosslyn Riviera Mall Wayfinder by Sahej Rahal
CONCERT Sunday 19 01 Braeburn Theatre January Concert with National Youth Orchestra of Kenya		FAIRS & EXPOS Thursday 30 012 Radisson Blu Hotel Nairobi Upper Hill PowerTech Africa	30 11 to 15 01 Village Market Art on The Open
		31 01 to 02 02 The Sarit Centre Kenya International Trade Show	30 11 to 15 01 One Off Temporary Gallery Artistic Alchemy, Textiles, Paper Pulp & Oils by Sian Daniel



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