



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

Issue 019 / NOV 2020

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# Mission SAGAR - Food aid from India to South Sudan



**S**AGAR is an acronym for "Security and Growth for All in the Region" and Indian Navy has demonstrated its outreach as first responder with assistance in Indian Ocean. Security and Growth for All in the Region (SAGAR) vision by the Government of India aims to deepen economic and security cooperation with maritime neighbours. Mission SAGAR aims for building maritime security

capabilities with the neighbours. It highlights the importance to relations with neighbouring countries strengthening the existing bond with India. Recently, on 20th November 2020, the Indian Naval Ship (INS) Airavat docked in Mombasa bringing in food aid 70 Metric Tonnes meant to alleviate the human suffering of people of South Sudan. The Indian Navy had already delivered the food - 155 MT of Wheat flour, 65 MT of Rice



and 50 MT of Sugar on the way to Mombasa for South Sudan to three other countries in the region, namely 1. Sudan, 2. Djibouti, and 3. Eritrea.

The Mission SAGAR signifies Indian Government's efforts to provide Humanitarian Relief and Disaster Assistance to the friendly countries to overcome natural calamities and Covid-19 pandemic. The food aid from India reinforces the determination to prove as a dependable partner in the Indian Ocean region [IOR].

A small presentation ceremony was held to gift the food-aid to South Sudan Government's Ambassador Chol Mawud Unguec Ajongo, Ambassador in Kenya by Mr. Ashish Sinha, Deputy High Commissioner. The welcome speeches by the Commanding Officer, Captain M. Prasanna, Mr. Ashish Sinha, were followed by acceptance speech by Ambassador. He was presented with plaques of honour along-with other dignitaries, representatives of Kenya Port Authority, Mombasa County Administration and Police Commander. Mr. Shyam Sunder Dewani, Assistant High Commissioner of India, Mombasa thanked Commanding Officer, INS, Airavat, praising the remarkable efforts of Navy personnel and for maintaining continuous vigilance in the Indian Ocean. The special invitees from Indian community of Mombasa and media persons gracing the occasion were proudly briefed about the capabilities of INS Airavat.

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## TOP NEWS

# PRES. KENYATTA MEETS POPE FRANCIS AT START OF OFFICIAL VISIT TO VATICAN

(PSCU)

President Uhuru Kenyatta kicked off his Official Visit to the State of the Vatican City today with a meeting with his host His Holiness Pope Francis at the Vatican Palace.

The Pope is the Bishop of Rome, the global Head of the Catholic Church and the sovereign of the independent Vatican City State.

Upon his arrival at the official Papal residence shortly after 10am Central European Time, President Kenyatta was accorded a full Apostolic Palace State reception including a guard of honour mounted by the Swiss Guards.

Pontifical Swiss Guards are an army of 135 highly trained marksmen drawn from Switzerland, and charged with the responsibility of protecting His Holiness the Pope and guarding the Apostolic Palace. The colourfully attired soldiers are devoted Roman Catholics who form the world's smallest army.

After the formal State reception ceremonies, President Kenyatta proceeded for a private audience with Pope Francis before leading the lean Kenyan delegation that included Foreign Affairs Cabinet Secretary Raychelle Omamo for bilateral talks with their hosts led by Cardinal Bishop Pietro Parolin.

Cardinal Bishop Parolin is the current Secretary of State of the Holy See and runs the Secretariat of State and Diplomatic Service of the Vatican City State.

The two delegations discussed several subjects of mutual interest between Kenya and the Holy See among them education, health, regional peace and security as well as the fight against Covid-19.

The Catholic Church is one of Kenya's foremost development partners especially in the education and health sectors. In education, the Church runs 7,740 schools (31 percent of all schools in the country), manages 220 vocational institutions, five colleges and a



university.

In healthcare, the Catholic Church is the largest non-state provider of health services in the country with close to 500 health facilities spread across the country.

The Kenyan delegation therefore sought the Catholic Church's enhanced participation in Kenya's education, training and health sectors in support of the Government's Big 4 Agenda especially the ongoing roll out of the Universal Health Coverage (UHC) program.

Also discussed was Kenya's role in regional peace and security especially in South Sudan where His Holiness Pope Francis is personally involved. Kenya's stature as a guarantor of regional peace and stability is set to rise in coming months as the East African nation takes up its non-permanent seat on the

UN Security Council.

President Kenyatta, who is in Rome at the invitation of Pope Francis, is making history as the first Kenyan Head of State to visit the Vatican. Kenya established diplomatic ties with the Holy See in 1965.

Over the years, Kenya has hosted four Papal visits in 1980,1985, in 1995 by His Holiness the late John Paul II and most recently in November 2015 by the current Holy Father, His Holiness Pope Francis.

In an interview ahead of President Kenyatta's arrival in Rome, Kenya's envoy to the Vatican Prof Judi Wakhungu said President Kenyatta's rare audience with the Holy Father signifies the high regard in which Pope Francis holds the Kenyan leader.

"This visit is extremely rare. The reason that it is rare is that it is not usual for the Holy Father

to have an audience with just any Head of State. He values the role that our President is playing in very many aspects," the envoy said.

Prof Wakhungu, who also serves as Kenya's envoy to France, said Kenya is an attractive partner of the Holy See because of its impressive profile as a regional peacemaker and the country's growing influence as it prepares to occupy its seat on the UN Security Council.

"We expect our two Heads of State, in other words, the Holy Father and His Excellency President Uhuru Kenyatta, to discuss, compare notes and strategies on Kenya's important role in the UN Security Council," Prof Wakhungu said.

Amb Wakhungu said President Kenyatta and the Pope would discuss Kenya's response to Covid-19 especially the role that the Vatican is playing in assisting Kenya respond to the pandemic through its extensive network of health facilities in the country.

Alongside Covid-19 containment measures, the envoy said President Kenyatta and Pope Francis would discuss post-Covid-19 economic recovery strategies as well as the deepening of the Catholic Church's investment in Kenya's education and training sector.

As part of his historic visit to the Vatican, President Kenyatta, who is a practising Roman Catholic, was taken on an extensive guided tour of the Holy City including the history-rich Papal Basilica of St Peter.

On the margins of the Vatican visit, President Kenyatta, who arrived in Italy on Thursday evening aboard a Kenya Airways aircraft, is scheduled to pay a courtesy call on his Italian counterpart Sergio Materrela on Saturday.

During President Kenyatta's visit to Quirinal Palace in Rome, the two Heads of State are expected to discuss subjects of mutual interest between Kenya and Italy among them trade and investment, Kenya's UN Security Council membership and the fight against Covid-19.

## Israel Embassy partners with Ahadi



Israel Deputy Ambassador to Kenya Eyal David (2nd left), Ahadi Kenya Trust CEO Stanley Kamau (right) and Mofarm Fresh Fruits Exporters Limited Director Elijah Kamau Njoroge (left) present 120,000 vegetable seedling to farmers at Ngutu primary school in Mathioya Constituency Muranga County during the launch of high breed vegetable farming on Tuesday 3rd March by Ahadi Kenya in partnership with the Embassy. The project will benefit mitigate the effects of Covid 19 as well as create more income



Israel Deputy Ambassador to Kenya Eyal David (2nd right), Ahadi Kenya Trust CEO Stanley Kamau (right) and Mofarm Fresh Fruits Exporters Limited Director Elijah Kamau Njoroge (left) and local ward admnistor James Kifeti join Makuti dancers at Ngutu primary school in Mathioya Constituency Muranga County during the launch of high breed vegetable farming by Ahadi Kenya in partnership with the Embassy on November 3rd. The project will benefit and mitigate the effects of Covid 19 as well as create more income

## Donations from MWA



Mombasa Women's Association donated fees for 20 socio-economic students. Donated 800,000/eight hundred thousand to MTTI Mariakani. For these students to do different technical courses..

Mrs Siprosa Rabach, Head Safal MRM Foundation recently visited MWA. She thanked Chairlady & committee members of MWA for generous contribution and helping students to change their lives for the better. Here see from right-MRM Mrs Siprosa Rabach then MWA Mrs Gurmeet Kaur, Mrs Sadhna Doshi, Mrs Usha Patel, Chairlady Mrs Harminder Kandhari, & Mrs Illa Shah.

During Covid-19 MWA donated to most vulnerable children 50kg each Rice, Beans, Sugar, Cooking oil, tea leaves, biscuits, Sunlight soaps and 50 facemasks to AlRehan orphanage through IPA. This orphanage has 40 children and situated Musadinge, Mombasa county. These children were in real need of food. God be with them. MWA donated 500 facemasks through Rishi Arun Parikh of PCAK. These organizations doing very noble work helping us to reach to most vulnerable people. Stay Alert, Stay Safe

## An initiative to mitigate hunger.. HRSC Donation work continues

Hope has helped the world come thus far. Hope is what we need now in the trying time of COVID-19, commonly called the coronavirus.

This situation is unprecedented as the world has come to a sudden halt, a pause. HRSC's Ongoing food distribution to elevate hunger in this Covid-19 pandemic in Nunguni, Makueini County.

From 28th September to 2nd October 2020, 500 Families were given 14 kilos food rations of maize & beans. In Nunguni area so far 900 families have received the food from HRSC on going



food distribution activity.

Each year about 1.3 billion

tons of food are wasted and at the same time about 800 million

people do not have access to sufficient and nutritious food. This figure represents roughly one third of food produced for human consumption

Poor urban families usually live hand-to-mouth and rely on informal day-to-day employment. They have no food reserves so after months of containment measures, including lockdowns in some areas, their ability to cope is being stretched to the limit. They need all our help now and Since the beginning of the Covid-19, HRSC has been in the forefront helping the needy families of Kenya.



PHOTO STORY

AHADI KENYA TRUST-POLICE PARTNERSHIP



Deputy Inspector General Edward Mbugua (right), Maragua MP Mary Wamaua (centre) and Ahadi Kenya Trust CEO Stanley Kamau present assorted foodstuff people living with disabilities during the launch of a clean-up exercise of all police stations in Muranga County at Maragua police station. Ahadi Kenya donated 20 tanks for hand washing stations and sanitizers to the police stations and assorted foodstuffs to over 200 persons living with disabled in the county who turned up to participate in the initiative.



Food and masks distribution at Ngala primary

Today, On November 5th 2020, I, on behalf of Lions Club of Menengai, visited Ngala primary school(a school accommodating deaf children and children who can't speak). We donated Sanitary material and Biscuits - donated by Giant group of Nairobi Twiga, some textbooks - donated by Desai Memorial, and Masks, Flour, Oil, Juice, Blankets and Undergarments - donated my LCM. We were able to spend quality time with them. Additionally, through their teacher we were able to give them awareness about the Corona Virus and the girls menstrual cycle and how to take care of themselves. They thanked us in sign language and once again LCM brought smiles to a new set of people.

PRESS FOR HCK ACTION PLAN AGAINST COVID 19

Hindu Council of Kenya along with its Member Institutions celebrated Diwali, the festival of lights by lightening up lives of fellow citizens and making donations of food packets, sanitizing material, masks and other items. The mega Diwali welfare was graced by H.E. Dr. Virander Paul, the Indian High Commissioner of Kenya.

Mr. Kamal Gupta, National Chairman of Hindu Council of Kenya while welcoming the Chief Guest H.E. Virander Paul said that this year's Diwali had a special meaning for all the community members.

It was special because it brings a hope of light to the people in the challenging times of the pandemic and also because the community members had decided to bring light to the lives of the people through a Mega Welfare Event.

Mr. Kamal Gupta further added that Hindu Council of Kenya was through the period of the Pandemic was involved on a weekly basis undertaking relief activities to assist the needy who were the most impacted of the Pandemic.

HCK and its branches had worked throughout the country assisting the authorities as well as the citizens in every possible manner. HCK and its Member Institutions and branches the last 8 months had reached out to over 150 Institutions and over 500,000 people.

The Diwali Mega event also was a major effort in this direction reaching out to additional 25 Institutions and had the participation of over 20 donors and 25 Member Institutions. "I thank all those who have participated in this



Mega Event and helped us to reach out in a unique way in this Diwali" Chairman Kamal Gupta added.

The Indian High Commissioner H.E. Dr. Virander Paul addressing at the Mega Event said that he had heard of the excellent work being done by the HCK during the pandemic period and today he was able to witness the same.

The High Commissioner Dr. Virander Paul further added that he was proud of the work the Hindu Community was doing and prayed that the community continues its good work and efforts to build up the great country Kenya.

E.A. FM supported this HCK initiative. They adopted the 'Go beyond yourself' campaign for Diwali to promote giving to the less fortunate during these tough times.

The Donors present are Dr.


Darshan Chandaria - Chandaria Industries Ltd, Mr. Rakesh Rao - Crown Paints Kenya Ltd ,Mr. Gowrishankar Sarbtswaran, Mr. Ratilal Shah - Central Auto Hardware, Mrs. Monika Gupta - Musk Kenya Ltd, Mr. Pravin Bajaj - Mohans Oysterbay Drinks (K) Ltd. , Dr. Rasik Kantaria, Mr. Braham Datt Seedhar & Family, Mr. Ashvani Kalpushu - Medisel Kenya Ltd, Mr. Rohtas Tulyani -Tirupati Kenya Ltd -LLumar , Mr. Venkat - Bhardwaj Welfare Trust, Mr. Abhishek Rana - Food Empire , Mr. Vijay Srivastava - G. A. Insurance, Mr. R. D. Gudhka - Debenham & Fear Ltd., Pallav Society and Complete Solutions Insurance Brokers Ltd.

The major beneficiaries at the Mega Welfare Event being celebrated on the occasion were Morning Star Children Home, Delightsome Community Initiative , Living Bread Community

Based Organization, Kibera Muungano Widows Group, Fariji Solutions , African Church of the Holy Spirit ,St. Anne's Rehabilitation Centre, The Ngao Foundation ,Young People Welfare Association, Restoring Dignity Korogocho, Vijana Na Kazi ,Imani Children's Home, Kariobangi Deaf Self Help Group, Kangemi Disabled Group, Mji Wa Wazee, New Life Trust Children Hope House Babies, Compassionate Children Home, Christ Chapel Children Home and Wings of Compassion Organization.



The Member Institutions who blessed the Mega Diwali Welfare Event were Jain Social Group Sri Ayyappa Seva Samaj, Shree Kutch Satsang Swaminarayan Temple, Patel Brotherhood, Shree Kenya Brahma Sabha, Shree Ram Mandir, Kenya Bengalee Cultural & Welfare Society, Hindu Swayamsevak Sangh, Hindu Religious Service Centre, Hindi Samiti of E.A., Shree Vanik Vaishnav Mahajan, Arya Pratinidhi Sabha E.A. Relief & Welfare, Shree Gurjar Sutar Vishvakarma Mandir, Oshwal Education & Relief Board, Dada Bhagwan Foundation Trust ,Shree Swaminarayan Siddhant Sajivan Mandal, Shree Mombasa Mochi Gnati Mandal ,Maharashtra Mandal, Shree Navnat Vanik Mahajan, Shree Hunaman Temple, Rajasthan Association of Kenya , BAPS Shree Swaminarayan Mandir and East Africa Namdhari Sangat.

The Event ended with Shant Path praying for peace to return to everyone and the challenging times of Covid 19 Pandemic coming to an end and the world getting back to life as normal.



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NEWS

# PRESS FOR HCK ACTION PLAN AGAINST CORONA VIRUS 19

**H**indu Council of Kenya continued with its Action plan for Covid-19 and in continuation with weekly Relief and Welfare programs continued to distribute food hampers & Masks.

It is a privilege together with the Arya Samaj, Nairobi to present food donation to Public Service Governance - Ambassador Esther Waringi for the elderly and orphaned homes. We generously donated a wheelchair, blankets, face masks, sanitizers, 100 food packs and 200 milk boxes on Sunday 11th October 2020.

The Chairman of HCK and members performed prayers as it was declared prayer weekend for all religious groups. HCK Appreciated with Certificate of Appreciations to Arya Samaj Institutions, Arya Pratinidhi Sabha received by Mr. Swaran Varma, Arya Samaj received by Dr. Bansal, Arya Stri Samaj received by Mrs. Rekha Kochhar




and Aryan Club received by Mr. Monga. Mr. Kamal Gupta, National Chairman on behalf of HCK team commended the good work being done by Arya Samaj, Nairobi.

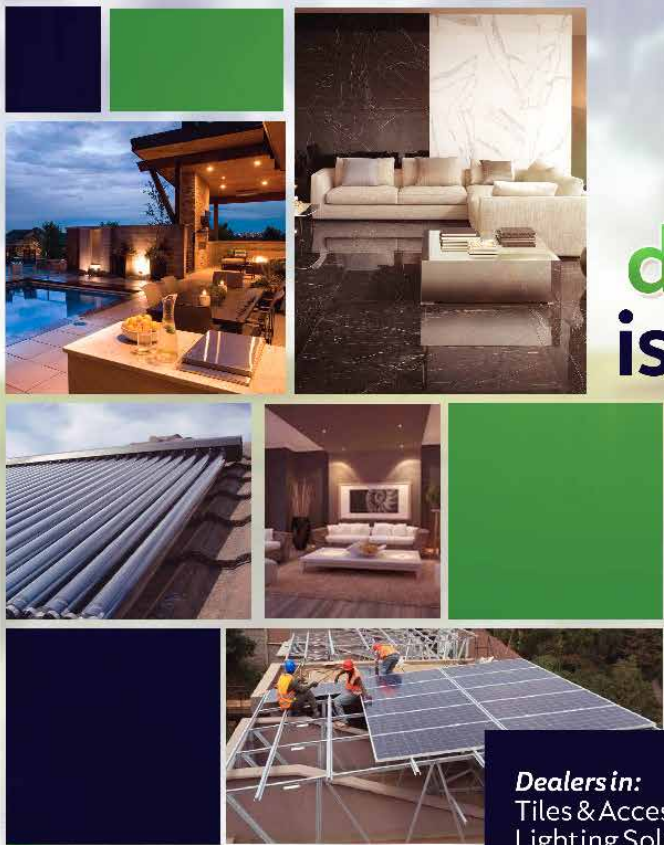
PHOTO STORY



## Food distribution at lake Nakuru

In a partnership between Rotary Club of Nakuru and Gilani's Supermarket ,we delivered 176 food hampers to 151 victims of the swollen lake Nakuru and an additional 25 elderlies and persons with Disability in an effort to cushion them while they are suffering a double tragedy of being displaced from their homes and also the effects of Covid 19 which has hit the entire world especially the low income earners from rural areas and slums.






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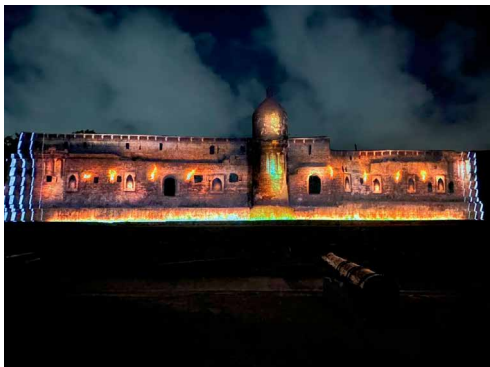


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# JAYS PYROTECHNICS PHOTO EVENT AT FORT JESUS



CS, Amb. Dr. Amina Mohamed during the launch.





# AMREF FLYING DOCTORS EVACUATES MANDERA BUS ATTACK VICTIM

AMREF Flying Doctors, the leading Air Ambulance service provider in Africa, has today evacuated one of the survivors of the Tuesday morning bus attack by suspected Al Shabaab militia between Elwak and Kotulo area in Mandera County.

The patient, Hussein Abdiweli, 18-year-old Form-Four male student (who was travelling to go prepare for exams) sustained serious injuries and has a bullet lodged in his head and requires urgent neurosurgery in Nairobi. He has been admitted at the Nairobi South Hospital after well-wishers intervened and raised money to pay for his hospitalization.

Abdiweli was initially admitted at the Elwak Hospital



alongside other 5 critically injured passengers and later transferred to the Mandera

AMREF Flying Doctors medics transfer 18-year-old Hussein Abdiweli, 18, to an ambulance at Wilson Aircraft shortly after evacuating to Nairobi for neurosurgery to remove a bullet lodged in his head. The form 4 student who sustained serious head injuries during the Tuesday suspected Al Shabaab militant attack on the bus he was travelling in between Elwak and Kotulo area in Madera County to go an prepare for his exams.

County Hospital. Unable to cope with the specialised medical attention required by the patient, the Mandera District Hospital - through the Mandera County Government - requested AMREF Flying Doctors to assist with the evacuation of the patient to the Kenyatta National Referral Hospital for the necessary specialised treatment.

AMREF Flying Doctors regularly carries out charity evacuation missions targeting patients in serious medical conditions but who are not able to afford the cost of crucial air transfer to Nairobi for specialised medical attention.

AMREF Flying Doctors invested approximately US\$ 120,000 in evacuation of patients, from all over Kenya, with different medical emergency conditions including, Road Traffic Accidents, Pregnancy and Birth complications, Inter-tribal wars, etc. These charity evacuation services includes regular missions undertaken on behalf of the Government of Kenya through The Kenya National Disaster Operation Centre (NDOC). Today evacuation has been done at a cost of US\$.10,160.00.

## PHOTO STORY

### Corporate environmental conservation



National Standards Council and Kenya Bureau of Standards (KEBS) Chairperson Eng. Bernard Ngore (left) waters a tree seedling at Hombe Forest within Mount Kenya in Nyeri County flanked by Kenya Forest Services (KFS) Head of Conservation, Central Region Samuel Ihure (right). The Kenya Bureau of Standards has adopted Hombe Forest as part of its corporate environmental conservation, social investment and responsibility initiatives.



The National Standards Council (NSC) Secretary Lt. Col. (Rtd) Bernard Njiraini (left) shares a word with the Council chairperson Eng Bernard Ngore (centre) and the Taskforce on Standards and Quality Infrastructure Reforms in Kenya Chairperson Wachira Maina (right) at the Kenya Bureau of Standards Head offices. The Kenya Bureau of Standards (KEBS) has recommended the retention of the current enforcement based national quality management structures for the next fifteen years to facilitate capacity building of voluntary options.

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## TOP NEWS



# History of Mombasa

## Indigenous Africans, Arab, Persian, Asian, and Indian influence

By Stambuli wa Sh. Abdillahi Nassir.

Most historians of repute agree there is no doubt that there was a very ancient and very advanced civilization in the North East corner of Africa, dating from about 1000 B.C., and perhaps even much farther back.

They also agree on the fact that there was an old empire embracing both sides of the Red Sea and Gulf of Aden, the Hamyaritic empire, in which there was free intercourse between Abyssinia and South Arabia.

Another aspect of their agreement is the aspect that this was followed by the Axumite dynasty in Abyssinia, the capital of which was the city of Axum whose ruins still exist in Northern Abyssinia.

They reckon civilization advanced from ancient Egypt, South and South East, and gradually spread amongst the other black peoples in the interior.

After this period of civilization, there was a decadence, and Abyssinia became receptive to Muslims' migration from the outside world.

Subsequently, the old civilizations of South Arabia, Egypt and Persia were able to push out trading routes in all directions and gradually spread down the east coast of Africa as far as Sofala.

They also emphasize on the fact that not only was trade an inducement to found settlements and towns on the coast but also the intrigues and internal strife, which always accompanied Oriental aggrandizement induced many of the chiefs

and great men defeated and put out of power by changes of government to seek refuge with their followers in distant towns on the coast where they are said to have founded new kingdoms.

As this thin line of civilization was unable to cope with the hordes of peoples from outside, the settlements consisted of fortified towns on the seashore, or, where possible, islands just off the mainland where the inhabitants were free from attack. Such places are the islands of Pate, Manda, Lamu, Mombasa, Pemba, Zanzibar, Kilwa and Mozambique, peculiarly suited to the requirements of the ancient colonists whose weapons gave them little, if any, superiority over the original inhabitant.

Abdul Sheriff, in his summary to his renowned book 'The Swahili in the African and Indian Ocean Worlds to c. 1500' writes, "the East African coast is an interface between the continental world of Africa and the maritime world of the Indian Ocean, and the monsoons provided a convenient wind system to link them. It was inhabited by a littoral society that was best placed to play a leading role in economic, social, and cultural interaction, including intermarriage, between the two worlds. Its written history goes back at least to the beginning of the Contemporary Era, and it can be termed Swahili from the beginning of the second millennium when this branch of the Bantu languages spread down the coast to give it linguistic unity. Its speakers were organized in towns, and villages, from southern Somalia to northern Mozambique, which developed into city-states when there were major upturns in

international trade and were integrated in the wider Indian Ocean world. The citizens spoke an "elegant" language that was further embellished through its interactions with Arabic and other Indian Ocean languages and literature. Islam spread with that trade, and mosques became a prominent part of the archaeological remains along the Swahili coast. In the process, the Swahili became thoroughly cosmopolitan. Any attempt to disentangle the different strands, "oriental" or "African"—which are two sides of the dense cultural fabric of the littoral people—is bound to be futile. They are two sides of the Swahili coin. This civilization was partially disrupted by the entry of the Portuguese in the 16th century when they tried to divert the spice trade to their channel around the Cape of Good Hope, but it revived during the 18th and 19th centuries."

However, when it comes to any mention about the date of origin of these settlements, there is no definite information, and the ancient geographers gave this part of the world but scant attention. The earliest mention of these trading routes and settlements are brief notices implying that the towns on the coast were already well known and had long been extant.

Fortunately, we find reliable information about the earliest definite hint of trade routes down the coast of Africa where a passage in the Bible refers to the ships of Solomon and Hiram of Tyre trading with the people of Ophir.

And, although the name of Ophir cannot be traced in modern geography, hence our being in ignorance of its locality. While some think that it only



meant Abyssinia, others concur on the burden of evidence strongly pointing to Sofala being the old Ophir, whose mines produced the gold brought back by Solomon's ships.

We hear no more of the east coast till 455 B.C. when Herodotus describes a journey circumnavigating Africa made by Egyptians. Some researchers, historians, as well as writers of our history are inclined to think that such a journey was then made but there is one significant fact narrated by an ancient traveler known as Herodotus, who reckons that as they doubled what must have been the Cape of Good Hope the sun was on their right. That is to say, that the northern mariners who had always been accustomed to have the sun south of them noticed that the sun was to their north. Not enough was by then known of the movement of the sun and the shape of the globe in those days for them to be able to guess that such a state of things would exist in a very southern latitude, so it is almost certain that the fact must have been noted from practical observation.

That such a journey was possible also seems probable because from this date it was obvious to the ancients that it was possible to circumnavigate Africa. A number of expeditions started with the idea of carrying out the same journey as made by the Egyptians but, as far as we are

able to discover, without success.

For instance, Xerxes sent Sataspes to make this journey, and executed him because he failed to accomplish it.

Amongst other unproved journeys round Africa were those of Heraclides and of Hannon the Carthaginian.

Alexander the Great was also anxious to circumnavigate Africa, but never had the opportunity to make a start.

Thus, although the limited accounts of the East African coast left to us from this date are chiefly from European sources, it is probable that the coast was well known to the Arabs of South Arabia, the Persians, as well as the Asians, who seem to have already, as at this date, been for a long time visiting them and probably their settlements had sprung up already on some of these islands.

Remember Aristotle conceived the idea that the earth was round, an idea which was derided by many of his contemporaries? At about 200 B.C., during the reign of the Ptolemys, the bonds uniting Egypt and Abyssinia must have been very close, and it is possibly about this epoch that some Egyptian blood made its way southwards, and thus accounts for some of the non-Bantu elements in North African races, such as those north of Rudolf in parts of Southern Abyssinia.

In 47 A.D. Hippalus visited the

east coast of Africa, but nothing of real interest concerning the coast occurs until the publication of the "Periplus."

The "Periplus of the Erythraean Sea" is a manuscript written in Greek but of uncertain date, which was supposed to have been written between 77 and 210 A.D. Some attribute this work to Arrien in the reign of Trajan. It is a pilot's guide to the Indian Ocean, and although most of the places described are difficult to recognize, it is considerably more accurate in its descriptions than many contemporary works, such as those of Ptolemy and Marin of Tyre. It was probably written in Greek language, by an Alexandrian Egyptian.

The southernmost place on the coast described with any degree of accuracy by the "Periplus" is the town of Rhapta on the river of this name.

From the distances of sailings given, and other details, it is generally supposed that a town on the banks of what is at present called the Rufiji River in Tanzania is the site of the old "Rhapta." The canal described as "the new canal" is without doubt the "Mkanda" between the island of Manda and the mainland, a mangrove-lined narrow channel. The word "new" is probably used to denote that as at that date it was but recently navigated by ships; prior to this date probably they used to pass round the seaward side of Manda.



The “Isles of Pyralaon” are without doubt the islands of the Lamu Archipelago, while the “Isle of Menouthesias” is probably Zanzibar. About 150 A.D. lived that enlightened geographer Ptolemy, whose maps were extraordinarily good and accurate for that date.

The beginning of the Christian Era marked a retrograde movement in geography, and the enlightened views of such men as Aristotle and Ptolemy were knocked on the head.

Cosmas in the sixth century refuted the idea of the ancients that the world was round. This writer made a journey as far as the mouth of the Gulf of Aden, but on arrival near Guardafui he met a bad monsoon outside the gulf, so hurriedly retreated and reported that the end of the world was close by that cape.

The stagnation into which geographical knowledge and discoveries had fallen during the beginning of the Christian Era at last gave place to a new epoch. The dawn of the Muslims Era reopens East Africa to our view.

After the withdrawal of the Romans from Arabia, the Abyssinians conquered and ruled the Yemen. In 601 A.D. Sef bin (thu) Yezin, the Hamyaritic Sultan, asked help from the Persian King Chosroes II. to deliver Yemen from the Abyssinians, and the latter were expelled after having occupied the country for seventy-two years.

Once free of the Abyssinian yoke, the Arabs set themselves again to trade with Socotra and the East African ports.

The coming of the Prophet stopped to a great extent internal strife and laid the foundations of the expansion and aggrandisement of Arabia. After the Prophet's death internal dissensions followed,

especially in the Oman and Yemen. History tells us that these internal strifes were once again largely responsible for the springing up of the East African coast kingdoms, for the defeated parties, in many cases deposed Sultans, or chiefs with their followers, emigrated to the already well-known ports of the coast, and there founded little kingdoms.

Abdul Malik, fifth Khalif of Umayyads, reigned 65 to 86 of the Hejra. His son Hamza I is reported to have carried Islamic law to East Africa.

In 89 a.d. (122 Hejra), after Zaid bin Ali, a relation of the Prophet, had been killed, his partisans the Ammu Zaid emigrated to East Africa and settled on the Banadir coast.

A few notes from Baghdad history of about this date are here interesting in that they show that a large force of black troops drawn from East Africa was in the service of the Khalifs, proving the connection existing between what is now known as Iraq and the east coast.

It is related that at the beginning of the reign of the Khalif Abu Al Abbas about 749 A.D. (132 Hejra) his brother Yahya massacred 11,000 men, women and children. Amongst the army who executed this massacre were 400 Zinj or blacks.

In 870 or 871 A.D. (256 or 257 Hejra) the Zinj, who formed a considerable part of the Khalifan army of Baghdad, invaded Mesopotamia, and at another time took and sacked the town of Basra.

This word “Zinj” meaning “a black” was generally used to refer to the blacks of the East African coast. Our word “Zanzibar” is derived from the Arabic “Zangibar,” meaning “



the country of the blacks.” It was originally used to refer to the greater part of the coast which was called the country of Zinj or Zenj, but is now restricted to the island of Zanzibar.

Zinj or Zenj, the Zingium of Cosmas and Zingis of Ptolemy, was originally the country south of the “Berbera” country as far as Sofala, roughly Juba River to Zambezi River, though different

writers assigned it different limits.

The country of “Berbera” was situated between Abyssinia and Zenj, and so consisted of the whole of Somaliland.

Masudi, perhaps one of the first Muhammadan writers to describe these countries, writes, about 304 Hejra, “From the country of Zenj come tusks of 150 mann (?) 2 each. These are sent to India and China,” 3 thus showing trade with those countries at that date.

He himself visited the island of Kambalu, possibly the Comoros, and talks about the coast as if it was well known down to Sofala.

Masudi also says that the natives of Zenj ride cattle, both in peace and war, they are as fast as horses and are ridden with bridles. (Some of the present-day natives of the interior do occasionally ride on cattle.)

Joan de Barros, a Portuguese writer, narrating the history of the origin of Mogadishu, says that seven brothers fled from El Hasa (?) in the Persian Gulf, and came to the Banadir coast, founding the towns of Mogadishu and Barawa (Brava), the former of which became a powerful State.

Later he says that the country was governed by a body of twelve elders, the issue of these seven brothers. There are seven tribes at Brava perhaps descended from these brothers.

The Ammu Zaid referred to above, who had already taken up a position on this coast, would not submit to this new power, and so, about 880 Hejra, they retired to the interior, with the natives of which they intermarried.

Another story says that in 400 Hijra there were seven brothers, sons of Sultan Hassan. Of these, one Ali was the son of an Abyssinian slave, while his brothers were sons of a Persian

princess. He fell out with his step-brothers, and so left Hormuz in the Persian Gulf and set out for the African coast. He passed Mogadishu and Brava, at which places he found Arabs of different sects, and continued his journey till he arrived at Kilwa.

Here he bought land and fortified the place, gave it the name of Kilwa, and subsequently enlarged it by annexations, and then called himself Sultan.

Whether this story has any connection with the last is not known, but according to Kilwa records, the first Sultan was called Ali, and his successors are known.

He augmented his kingdom till it reached from Pemba to Sofala, and took the Sofala gold trade out of the hands of Mogadishu, who then had the monopoly.

Successors of Ali held the throne of Kilwa till 1500 (906 Hijra) when the Portuguese Cabral arrived at that place.

Another version gives 295 Hijra as the date of the foundation of Mogadishu, and 365 as that of Kilwa. However, long before the former date it is probable that there were settlements on the Banadir coast, but they had not assumed the proportions of a powerful State.

From now on, we get frequent mention of East Africa in the writings of Arab geographers, but where names differ it is often difficult to follow exactly what localities they refer to owing to their rather curious ideas of geography.

Most of them were convinced that there was a magnetic mountain on the coast, which attracted ships to destruction, and their efforts to make this mountain fit in with the actual line, of coast as reported by pilots leads to confusion.

Another misleading idea they

clung to was that the Nile split up, and one branch of it debouched on the east coast.

Abu Zaid Hassan reports that Alexander the Great sent Greeks to occupy Socotra. Those Greeks, who settled there subsequently, became Christians.

Idrisi, who wrote about the twelfth century, mentions the Christian inhabitants. Socotra was then a dependency of Yemen and produced, he states, aloes unequalled elsewhere.

This geographer also mentions many other places on the coast. He talks of the country of Berbera, to which belonged, he says, three dependencies. The inhabitants lived on turtle which they call “lebeh.”

He also mentions Marka, Malindi and Mombasa, and a river which, from the description, must be the Webbe, stating that it passed two marches from the coast, and its banks were sown with dhura.

Berbera was at this time under the Abyssinians. The dependencies he mentions are perhaps Hafun, the Banadir, and perhaps the Juba.

Idrisi says that Malindi is a big town of Zinj at the mouth of a river (the Sabaki). The inhabitants fish and hunt leopards and other ferocious beasts. Iron mines also existed in the neighbourhood.

The King of Zinjibar lived at Manisa (perhaps error for Mombasa) and that there also were iron mines. Mogadishu, Marka and Brava were then Muslim towns, while the remaining towns consisted of infidels.

At the beginning of the thirteenth century, Yakut wrote a dictionary of places in which occurs “El-Juba town of Zenj exporting giraffe skins.”

To be continued....





EVENTS

# INTERNATIONAL PWDS DAY 2020 FOCUSES POST COVID19



International  
Day of  
Persons with  
Disabilities  
3 DECEMBER

The International Day of Persons with Disabilities (IDPD) is annually observed on 3 December to promote the full and equal participation of persons with disabilities and to take action for the inclusion of Persons with Disabilities (PWDs) in all aspects of society and development. IDPD mobilizes support for critical issues relating to the inclusion of Persons with Disabilities, promotes awareness-raising about disability issues and draws attention to the benefits of an inclusive and accessible society for all. UN agencies, civil society organizations, academic institutions and the private sector are encouraged to support IDPD by collaborating with organizations for People with Disabilities to arrange events and sponsor the occasion. This year, the International Day of Persons with Disabilities will be commemorated throughout the world with the theme “Building Back Better: toward a disability-inclusive, accessible and sustainable post COVID-19 World”.....by, for and with persons with disabilities”. People with disabilities are disproportionately affected by the health, social and economic consequences of the global COVID-19 pandemic. In this context, this year’s theme emphasizes the importance of strengthening our collective efforts for universal access to

essential services, including immediate health and social protection, education, digital infrastructure, accessible information, employment and other socio-cultural opportunities in order to ensure that persons with disabilities are not left behind in times of crisis and beyond. WHO estimates that more than one billion people - about 15% of the world’s population - experience some form of disability. This figure is predicted to rise given population ageing and an increase in the prevalence of noncommunicable diseases. While disability correlates with disadvantage, not all people with disabilities are equally disadvantaged. Much depends on the context in which they live, and whether or not they have equal access to health, education and employment, among others. With PWDs now focussing and making headway on a number of initiatives which should further care them in the landmark World of post Covid19. PWDs have garnered commitment of participate to help governments build comprehensive service delivery to cushion it on post Covid19 era by developing a strong multidisciplinary approach which will see and speak to government to expand financing mechanisms to cater for social protection, enhance health care and information systems and revitalize PWDs ventures, all in an attempt

to meet the ever-increasing demand on services for PWDs at this crucial moment. During the COVID-19 pandemic, isolation, disconnect, disrupted routines and diminished services have greatly impacted the lives and mental well-being of people with disabilities right around the world. Spreading awareness of invisible disabilities, as well as these potentially detrimental and not always immediately apparent impacts to mental health, is crucial as the world continues to fight against the virus. The Covid19 setbacks on PWDs socio-economic consequences could have impact on their independence, employability, and inclusion with the COVID-19 pandemic, in the first half-year of its existence, has affected the lives of most people on Earth in one way or another. It is the first truly global pandemic in modern times and each of us has been forced to grapple with its effects, both individually and collectively. The negative societal effects COVID-19 has wrought all over the world have, in many cases, been even more profound when viewed through the lens of Persons with Disabilities and these impacts have been aggravated even further in countries dealing on meeting daily sustenance. Persons with disabilities living in poverty raged areas already deal with increased health challenges, exacerbated threats to their security (food, health, physical, social etc), and societal marginalization that negatively impacts nearly every facet of their lives. In some cases, that marginalization comes from misconceptions that disability is somehow contagious and should be shunned; more frequently, though, it is the result of the broad assumption that Persons with Disabilities must be cared for and kept in restrictive environments for their “protection” — robbing them of basic dignity and the fundamental opportunity to explore and realize their

personal potential. With the onset of the Covid19 pandemic and its attendant social restrictions — persons with disabilities in these fragile contexts are at risk of being pushed even further to the periphery of their communities, potentially negating any progress that had been made. While there are certainly very legitimate COVID-related health concerns specific to Persons with Disabilities - particularly those with physical disabilities that affect the immune system, lung function or other related factors that can put them at higher risk for serious complications. Persons with disabilities must receive information about infection mitigating tips, public restriction plans, and the services offered, in a diversity of accessible formats with use of accessible technologies. Additional protective measures must be taken for people with certain types of impairment. Rapid awareness raising and training of personnel involved in the response are essential. All preparedness and response plans must be inclusive of and accessible to Persons with Disabilities. No disability-based institutionalization and abandonment is acceptable. During quarantine, support services, personal assistance, physical and communication accessibility must be ensured. Measures of public restrictions must consider persons with disabilities on an equal basis with others. Persons with disabilities in need of health services due to COVID19 cannot be deprioritized on the ground of their disability. OPDs can and should play a key role in raising awareness of persons with disabilities and their families. OPDs can and should play a key role in advocating for disability-inclusive response to the COVID19 crisis.

**Wilperson Kirui**  
PWDs policy analyst and developer

## PHOTO STORY



AAR Insurance Kenya Managing Director Nixon Shigoli (right) is joined by Maryjka Beckmann of Beckmann Trust (centre) and AAR Healthcare Managing Director Mr. Charles Kariuki during a tree planting exercise at the Nairobi National Park. Over 5,000 trees were planted as part of efforts to restore the park after construction of the Standard Gauge Railway.



We visited our Njoro Girls home. I We went there with sanitizer, biscuits, sweets, juice, foodstuff,few pairs of Indian clothes, Chanya cholis and some shoes. We did Garba, Raas, Jerusalem Dance and their own cultural dance supported by Bhavika Gohil. We celebrated with them both Diwali(lit lamps) and Navratri, Ms Agnes - our Mentorship lady had a talk with them about girl issues and gave them some awareness about basic hygiene, Woman empowerment and how to be a good Human being. We spent 3 - 4 hours with them. We were honoured to have given them a reason to smile today.



Simba Corporation limited Executive Chairman Mr. Adil Popat (Left) and Mrs. Susan Omanga, the chairperson of UAP Old Mutual Faulu Foundation sign an agreement that will see the two foundations provide technical and entrepreneurship training to underprivileged youth. They are flanked by Legal Counsels Grace Mandela (second left) and Nannette Miingi. The program will see more than 70 students trained in Nairobi, Kisumu and Mombasa Counties for three years with a guaranteed paid internship during the training period.

## MADAFU NEWSPAPER

Madafu Newspaper is owned and Published by Madafu Publications Limited.  
P. O. Box 80518 - 80100 GPO Mombasa.  
Editor@madafu.biz  
Website: www.madafu.biz  
For Advertisements, Articles, Notices, Distribution, Sales and General Inquiry you may contact the above address for now.  
Design by: Madafu Publications Team  
Printed By: Nation Media Group Ltd - Nairobi  
CONTRIBUTORS:  
Cover Photo / Event Photos by  
Various, Mr. Andrew Kilonzi & Mr. Titus Musau  
Mr. Nabil Sansool - Madafu Website Administrator

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visit our Updated Website: www.madafu.biz  
**SALES, MARKETING & OPERATIONS**  
Mr. Rishi Arun Parikh, Mr. Nabil Sansool, Mr. Dietmar Roselier  
**EDITOR:** Mr. Rishi Arun Parikh  
Head Office: K. T. Plaza, Haile Selassie Avenue, Mombasa, Kenya. P. O. Box 80518 - 80100 GPO. **Nairobi Office:** Mr. Satyen Shah & Mr. Rushil Shah of Bunny Industries Ltd  
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EVENTS

# We're committed to the modernisation of the security sector, Pres. Kenyatta

(PSCU)

President Uhuru Kenyatta has reiterated Government's commitment to the modernisation of the country's security apparatus.

The President said despite competing national interests, including the fight against Covid-19, the Government will continue investing in equipment, technology and training to enhance the effectiveness of the police and other security agencies.

"My administration recognizes the importance of security in the realization of peace and sustainable social economic development, this is the reason I have paid particular focus on the security sector since coming into office.

"We understand that in a dynamic operating environment characterized by emerging and asymmetrical threats, investment in modern technology and cutting-edge

training is instrumental for 21st Century law enforcement," the President said.

The Head of State spoke today at the Border Police Unit (BPU) headquarters and training campus at Kanyonyo in Kitui County where he officially launched several infrastructure projects among them new lecture halls and barracks, Integrated, communication centre and sixty staff houses.

He also inspected the ongoing construction of a modern hospital and flagged off a fleet of thirty five patrol vehicles donated by the US Government to beef up Kenya's anti-terrorism efforts.

Once again, the President hailed the multi-agency approach to the management of the country's security and congratulated BPU for synergising with other security and border control agencies to significantly lower incidents of cross-border insecurity.

"Going forward, our security sector will adopt greater



collaborative approaches with related agencies both within the country as well as colleagues in other nations," the President said.

On the welfare of police officers, the President said the Government continues to implement initiatives aimed at improving their working and living conditions among them the expanded medical and housing schemes.

The Head of State challenged the security sector to collaborate more with the public in the fight against crime in order to attain greater success.

"In doing so, we must also remember that community involvement is critical to mission success. Officers in the

security sector must cultivate a community-friendly image, be courteous, be approachable and be embodiments of the highest standards and ideals of the service," the President advised.

Interior Cabinet Secretary Fred Matiang'i thanked President for the Government's enhanced investment in the security sector.

"Since you became President in 2013, the unprecedented changes we have seen in the security of our country and the level of investment that has gone into the security sector is actually testament to your level of interest and focus in securing our people, our property and the country," Dr Matiang'i said.

Other speakers at the event, attended by Kitui Governor Charity Ngilu, Chief of Defence Forces Gen Robert Kibochi and Interior CAS Hussein Dado among other senior Government officials, were Inspector General of Police Hilary Mutiyambai and the US Regional Counter-Terrorism Coordinator Marc Jackson.

### PHOTO STORY



Today on 14 November, we marked the \*World Diabetes Day\* alongside \*Diwali\*. Lions Club of Menengai visited The Alms old-age home to share happiness and health. Courtesy of Mediheal Hospital, we were able to check their blood pressure, blood sugar, weight and temperature. The Hospital staff also gave them some medication and the doctor who joined us gave them some awareness about how to manage their diabetes and general nutrition. Following the theme "Nurses: Make a difference" set by the INTERNATIONAL DIABETES FOUNDATION (IDF), we gave the nurses and doctors bouquets of flowers and Diwali sweets. Additionally, we took flowers, sweets and food baskets for the elderly people. This activity was conducted in the presence of President Lion Rani and Lion Tania. We were glad to be able to give them validation once again, LCM brought smiles to another set of people

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MUST BE WORN AT ALL TIMES



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**VISA**

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## CINEMA SAFE



## YOUR SAFETY IS A PRIORITY



**TEMPERATURE CHECKS**  
FOLLOWING MOH KENYA GUIDELINES



**SOCIAL DISTANCING**  
ALTERNATE SEATS AND ROWS IN THE AUDITORIUM ARE BLOCKED OFF

AUDITORIUMS AND ALL PUBLIC AREAS ARE CLEANED AND SANITISED REGULARLY



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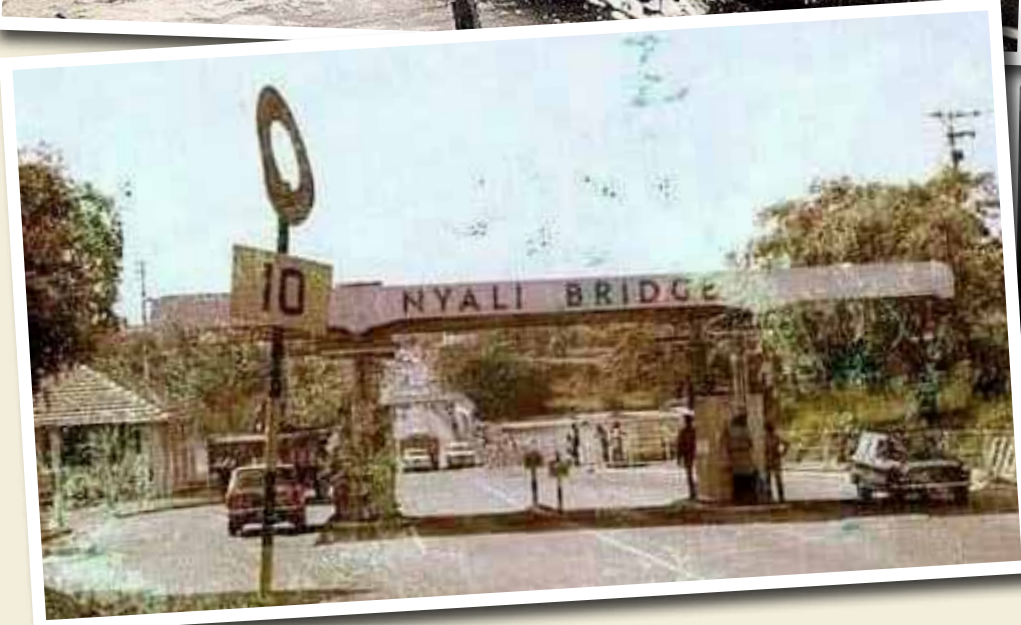
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TOP NEWS



*Old Mombasa...*



**Blue Room**



# TOOGOODY TOFFEE

DELICIOUS TOFFEE BAR



TGT



DELICIOUSLY  
IRRESISTIBLE



## Ramblings of a medic-mum

## Part 1

## Part 2

## Part 1

A full-page photograph showing the silhouettes of a woman, a baby, and a young child. The woman is holding the baby in her arms and holding the hand of the child. They are standing on a beach, with the ocean waves visible in the background. The scene is captured during sunset, with a warm, golden light illuminating the sky and the water.

## Part 4

### Part 3

## Part 5

## Part 4

**SK**

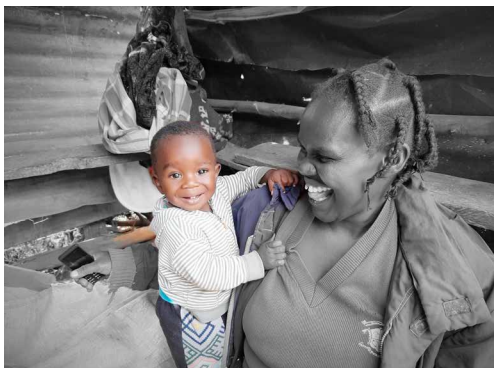




# Believe Mental Health Care Organization

**About Believe Mental Health Care Organization**  
BMHC ORG. is a community based organization working on better mental health care and empowerment of the society. We are implementing prevention and intervention programs on mental health education and culture conversations and / projects to children, youth and women. BMHC ORG. is partnering with public benefiting organizations, government, business, individuals and institutions to improve the health and education of Uasin-gishu county community. Learn more at [www.believementalhealth.com](http://www.believementalhealth.com)

**Organizational Background**  
Believe Mental Health Care Organization is a registered community based organization with the department of social development in April 2019. BMHC Org was founded with the aim of promoting education and culture. Believe Mental Health Care Organization is committed to the mental health and psychological wellbeing of young people in Kenya, Uasin-Gishu County in particular in pursuit of its vision, mission and objectives of providing, creating awareness and sensitization, education and development programs to Kenyan children, young people and women through community engagements. We are a youth and women



led organization implementing intervention and preventive programs, exercises, talks, campaigns and social studies on mental health and culture.

BMHC organizational structure takes cognizance of principles whose aim will be to facilitate efficiency and effectiveness in our operations

by having a clear span of control and the need for unity of command to enhance speedy decision making while retaining accountability at every stage.

BMHC Org is a multi-layered organization which is guided a board of directors. The second layer of command is the executive which is led by the CEO and has various departments lead by their respective heads. The members (form committees) and volunteers come at the last tier. Our programs and exercises are focused on diversity and inclusion, empowerment and education at all levels of the society. With the rising concerns around mental health illness our organization has had significant growth since its inception. We have curated 2 programs; Life skills and civic engagement and Counselling and coaching.

**Vision**  
For every member of the society to be able to stand in their strength and weakness and be proud.

**Mission**  
Working on better mental health care and empowerment of the society.

**Organization Focus**  
-Diversity and inclusion  
-Empowerment  
-Involving all areas of society in mental health education

**Current activity**  
We are currently implementing a 3-year project 'Being Aware'. Being aware project is a combination of socio-economic activities being done through workshops, peer learning sessions, sharing circles, Book club and social studies. We want to teach women and girls on fundamental issues that affect their lives: women human rights, financial literacy and psychology, self-awareness, comprehensive sexuality education, gender and cultural stereotypes and bias, feminism and feminist futures, gender based violence.

It has been a historical systemic norm in my community that women/ girls come second in everything: education, career, empowerment, financial freedom and stability, research, wellbeing, exercising of their rights, even attaining social justice. Being Aware project is working to address these norms hindering the women and girl's development. With the duration of the pandemic over 2000 teenage pregnancies' have been reported with nearly 10 cases of defilement each week per sub-county. This project of ours has become a necessity for our girls and women.

**Project Goals**  
- To increase knowledge and awareness on forms of Gender Based Violence  
- To push for adaptive behavioral change to sensitive topics; sex, sexuality, sexual orientation, money, etc.  
- To increase network of advocates of GBV and mental health within the community across all ages  
- To increase access to mental health information  
- To increase reporting rate of GBV cases and create an effective community justice mechanism  
- To reduce economic inequalities and increase equal financial and economic opportunities for women/ young girls  
- To foster healthier cultural practices that promote just, peaceful and inclusive societies

**Achievements**  
- Girls and women's 2-day workshop on Self-awareness, financial literacy and women human rights.  
27 women participated  
Kimumu Ward, 5th - 6th March 2020.  
- Women and psychological wellbeing study proposal has been submitted to the Institutional Research and Ethics Committee for approval.  
'to find out the burden of mental illness on women living in slum areas in Eldoret.'

- Peer learning sessions have been conducted; - child safeguarding and protection training and gender based violence with 20 participants each.  
- Launched a livelihood support programme on 10th October 2020 to commemorate international day of the girl theme 'my voice, our equal future.' The programme has been initiated to response to gender based violence in Uasin-gishu county i.e. livelihood support services and to also offer support to women's voices for a comprehensive empowerment.  
- A women book club has been formed, to allow for storytelling and learning from African literature. The book club has 20 participants from diverse backgrounds; Muslim community, Asian community, people living with disability and majority of other Kenyan ethnicity as we want to foster a culture of ethnic fluidity, expression and representation in our community. We are currently reading 'the secret lives of baba segis wives by Lola Shoneyin' to break the ground on women relationships.



TOP NEWS

# LIONS CLUB OF MOMBASA PWANI

**Celebrates World Service Day  
FRIDAY, 23RD OCTOBER 2020  
FROM 1.30P.M. AT KIBARANI  
GROUNDS, MOMBASA**

**B**Y FEEDING OVER 48,000 PEOPLE Sponsored by LION BHADRESH SHAH, MR. HASMUKH PATEL & MOMBASA CEMENT to a tune of kshs 10million Lions Club of Mombasa Pwani carried out its largest food distribution programme sponsored by Lion Bhadresh Shah, Mr. Hasmukh Patel & Mombasa Cement.

In his thank you address, Lion President Shaahid Sheikh thanked Lion Bhadresh Shah for bringing this historical food ration programme to the Club as part of its activities for the World Service Day.

Over 48,000 people were distributed ration packages which includes bread, maize meal, biscuits and juice to last for a week.

The activity was attended by many Lions and volunteers who assisted.

In commemoration of this event, Lion Bhadresh Shah on behalf of Mombasa Cement presented a LION SCULPTURE which will be put on display at the Lions Medical Centre in Mombasa.



## PHOTO STORY

### TOILET AFRICA INITIATIVE & AHADI KENYA



Toilet Africa Initiative (TAI) CEO Josphine Wacera Ngugi ( 2nd right) and Ahadi Kenya Trust CEO Stanley Kamau (2nd left) unveil a plaque during the handing over of the new toilet block, whose construction was funded by the two organization, to Kamacharia Health Centre in Mathioya Constituency cum the distribution of assorted foodstuff and sanitizers to over 100 persons living with disabilities.



Ahadi Kenya Trust CEO Stanley Kamau (right) and Toilet Africa Initiative (TAI) CEO Josphine Wacera Ngugi ( 2nd right) presents sanitizers to Kamacharia Health Center in Mathioya Constituency Health Officer Hannah Kigwa (in specks) during the handing over of the new toilet block, whose construction was funded by the two organization cum the distribution of assorted foodstuff and sanitizers to over 100 persons living with disabilities in the area.



Ahadi Kenya Trust CEO Stanley Kamau presents new crutches to granny Agnes Wanjiku Munene from Kamacharia village during the handing over of the new toilet block, whose construction was funded by the two organization, to Kamacharia Health Centre in Mathioya Constituency cum the distribution of assorted foodstuff and sanitizers to over 100 persons living with disabilities.



PHOTO STORY

World Diabetes Day

Today on 14 November, we marked the \*World Diabetes Day\* alongside \*Diwali\*. Lions Club of Menengai visited The Alms old-age home to share happiness and health. Courtesy of Mediheal Hospital, we were able to check their blood pressure, blood sugar, weight and temperature. The Hospital staff also gave them some medication and the doctor who joined us gave them some awareness about how to manage their diabetes and general nutrition. Following the theme "Nurses: Make a difference" set by the INTERNATIONAL DIABETES FOUNDATION (IDF), we gave the nurses and doctors bouquets of flowers and Diwali sweets. Additionally, we took flowers, sweets and food baskets for the elderly people. This activity was conducted in the presence of President Lion Rani and Lion Tania. We were glad to be able to give them validation once again, LCM brought smiles to another set of people



Visit to Maselele Primary School Kitui



On Wednesday 21st October 2020 Hindu Religious & Service Centre's Shantibhai Shah with his family visited Maselele Primary School in Kitui on his way back from Malindi. They were met by the Deputy Headteacher Mrs Elizabeth, BOG Chairman Mr.Francis and PTA Representative Mr. Mulwa. This is the only school left in Kitui where HRSC has a School Feeding Project, also our visit mainly was to see the ongoing Borehole Project that has been initiated by Mr. Suryakant Challa Secretary of Pattni Brotherhood and committee member of Hindu Council of Kenya with the blessings of HRSC and sponsored by

Mr. Minesh Babubhai Patel ( Eldoret Now U.K.)  
Mrs. Parita Minesh Patel ( Nairobi .. UK )  
Mr. Rushi Minesh Patel ( UK )  
Late Mr Babubhai Punjabhai Patel ( India UK )  
Late Mrs Pushpaben Babubhai Patel ( Nairobi UK )  
Late Mr. Arvindbhai Ranchodhbhai Desai ( Nairobi ) and  
Mrs Chandrakanta Arvindbhai Desai ( India UK ).  
This school has been experiencing water shortage since inception and the borehole will once operational will cater for the school fraternity, parents and the surrounding communities.

THE POWER OF GRATITUDE



BY AHLAM MANSUR

Gratitude seems to be the buzz word when it comes to research related to mental health and psychological well being. On a Google search you will find that practicing gratitude improves physical and mental health, improves self-esteem, reduces aggression, increases empathy, improves the quality of relationships and helps you sleep better at night. I can't stop being amazed at how much just acknowledging blessings in your life impacts things across other areas in your life. Leaving the research aside, now isn't that what Allah tells us in Quran: 'If you are grateful, I will surely increase you [in favor]'.... (14:7) How I look at it? What you focus on appears bigger in your

minds and your life. If you focus on all the mishaps or what-could-have-beens or should-have-beens, it makes you anxious, sad, unhappy and even depressed. So much so life seems to constrict on you, choking you up. On the other hand if you start appreciating all the tiny little things which we generally tend to overlook or even take for granted, every cell in your being starts filling up with contentment. The gratitude transcends your being and you can identify The Divine mechanisms in all aspects of your life. After all doesn't Allah also say: "Anyone who is grateful does so to the profit of his own soul..." (31:12). Having said all this, I have a little exercise that I want you to start practicing now. I want you to actively monitor the thoughts that pass your mind. Whenever a thought creeps up

on you about all the you-can't, could-have-beens, should-have-beens, I want you to actively shift your focus to all that's right in your life or could have been worse. For example, you failed at something but Alhamdulillah for a lesson and a chance to try again. Your limb aches but Alhamdulillah for eyes that see, a heart that beats and a mind that thinks. There could be 100 things that aren't working in life for you but a countless other things which you could still be grateful for. Start doing this now and see your life change for the better In shaa Allah. Whenever we get a chance to open our eyes in the morning, is a second chance given to us to learn, grow and enhance ourselves. Every moment of good health is a blessing which needs to be

thought of, appreciated, used well and be grateful for. Each day that we get to talk and spend time with our loved ones is truly something to be valued always. Gratitude makes sense of our past, brings peace to our today and creates a better vision of our tomorrow and future. I found this quote by Philip Moffitt very interesting: "The understanding you gain from practising gratitude frees you from being lost or identified with either negative or positive aspects of life - letting you simply meet life in each moment as it rises." Sometimes, we let situations take away the beautiful feelings of how blessed we are to still be alive, for everything that we have and for all the troubles that we have been saved from. Do not be so hard on yourself.



## TOP NEWS

# HISTORY OF INDIAN (BOLLYWOOD) CINEMA WHICH STARTED IN MOMBASA, KENYA

**THE PIONEER** - Late Mohanlal Kala Savani (commonly known as Samji Kala), owner of Majestic and Kenya (Queen) Cinema, Mombasa.

My dad, Ramjibhai Amarshi Raichura (RAR), who at the time used to live and had business and properties in Jinja (Uganda), built his own his Cinema in Kamuli, Uganda, in 1948, under personal supervision, named it "Raichura Picture Palace Limited" which was later named "NAZ TALKIES" (see 1997 photo) and installed two Russian film projectors. He used to get films from Samjibhai Kala who had the sole distribution rights for EastAfrica.

**Narrated by :Manu Savani, one of the sons of Samjibhai Kala**

By Manu Savani

The Beginning of Mohanlal Kala Savani's Business Journey The growth of the Indian film business in the history of East Africa is also a chapter in the history of the Savani family in East Africa.

When the late Mohanlal Kala Savani (commonly known as 'Samji Kala', based on the name of his reputable trading company) disembarked in Mombasa in 1918, East Africa had a very different socio-economic environment altogether.

Most people had not even seen a photograph; so seeing a motion picture film was beyond their wildest imagination.

At the young age of 18, Mohanlal Kala arrived in Mombasa after an epic long journey from Porbander, India. With rudimentary education and few shillings in his pocket, he came to East Africa with an immigrant's determination and a dream to achieve success in business.

Between 1918 and 1922 he ventured into the local grain and textile trading industries, in partnership with his brothers Samji Kala and Nanji Kala who were based in Bombay (Mumbai).

In 1917, before leaving India, Mohanbhai had seen the success in India of Babashaheb Phalke's silent movies. With struggles and challenges, he gradually achieved success in the textile business and by 1922 he became the first person to import films from Bombay to East Africa.

In his efforts to showcase movies, he also imported a portable hand-cranked projector.

In a rented warehouse space, he made a makeshift arrangement to exhibit films. At first, he imported a couple of films a year - silent films were usually short in length but their popularity was building up.

Though Mombasa was his primary market he expanded to Zanzibar which at the time was also a lucrative market for films. He formed a liaison with traders in Zanzibar and Nairobi to form a syndicate to exhibit the imported films.

Expansion of Business - the opening of Majestic Cinema As his business expanded, Mohanbhai Kala did a successful barter of Indian film exporting with the import of Arabic language and Egyptian films from Zanzibar.

As luck would have it, in 1931 two brothers Janmohamed Hasham and Valli Hasham built a theatre in Mombasa on Salim Road (now Digo Road) and called it 'Regal'. The Regal Cinema started showing English movies and at other times rented the space for live plays and performances. Their clientele was mostly the expatriate British.

In that same fateful year of 1931, India made its first talkie film Alam Ara. Mohanbhai Kala imported it and rented show times at the newly opened Regal Cinema in Mombasa to exhibit Alam Ara.

Mohanbhai was convinced beyond any doubt that the time had come to bring his dream to reality: build a full time, easily accessible cinema in Mombasa. He was already active in building and developing properties and had a plot empty on the then bustling Princess Street, now called Nehru Road. Princess Street had shops which were already thriving. Samji Kala realized this was a prime location for showing Indian films. It was walking distance from the South Asian residential and shopping district.

Mohanbhai realized from day one that a film without a cinema was a useless investment. That prompted him to plan to build a luxury cinema. His mission was loftier than the sky. Family, friends and the local people were very doubtful of the success of such a fantasy business. But Mohanbhai was confident of the present and future potential. In 1933 Samji Kala's dream was finally realized in brick and mortar. A luxury cinema was built. It was given a royal name: MAJESTIC CINEMA. The name suited the era of the British in Kenya Colony Taking Chances and Finding Success.

At the time of Majestic Cinema's opening, Mohanbhai was 32 years old. One of his friends Moti D Hira had imported a couple of New Theatres' films such as Jhoola, Kangan, Bandhan and other classics. With no experience in show business, he decided to build a 700-seat cinema which could also host live shows. The idea seemed remote but he formed a team of able and ambitious close partners.



**Nalin Raichura : My dad's initials, RAR - was inscribed in the ventilators brickwork, when this photo was taken in 1997, Silver Jubilee of Expulsion of Indians in Uganda by Idi Amin. The words "NAZ TALKIES, KAMULI 1948" can also be seen in the photo.**

While he took a majority interest, he invited his close friend Maganlal Sanghvi, a local lawyer, to join. Maganlal Sanghvi was skeptical on the project but had immense faith in Mohanbhai's business sense so he joined him to form Majestic Theatre Co. Ltd. and the cinema was called Majestic Cinema.

It opened with an English film Trader Horn, a film on the subject of a hunter in African jungles. The film was a big success. The Indian film which opened the cinema was Shirin Farhad, which had 18 songs! The movie was a huge hit and that set the ball rolling for Majestic and the Samji Kala group.

Until then, the movies were still without sound and so the theatre owners made special arrangements for musicians to sit under the stage with instruments to give sound effects to the films. Mohanbhai in Mombasa and his elder brothers Samji Kalidas and Nanjibhai Kalidas Savani now had one more enterprise. Nanjibhai started buying Indian films and Mohanbhai had a theatre in Mombasa. To this day, I wonder what prompted them to go into this unknown business!

As typical of all his trading practices, Mohanbhai Kala did not gamble. The plot where Majestic was built was a very prime location. He decided that he had the following alternative options in case if his cinema failed: If movies did not attract enough audiences, he could rent the theatre to live stage productions for plays, or natakas as they were called.

If that too failed, he would remove the chairs and use the theater as a go-down for his textile storage purposes. As time progressed Majestic became an established cinema on the Kenya coast. The owners of Majestic also became full fledge film distributors with links stretching to start with, to Uganda and Tanganyika. Mohanbhai had a sharp business acumen - which led to rapid growth and expansion. He built a strong hold in Nairobi with local partners HR Bhatt and Pandit

dashing Ashok Kumar and the hit songs created a new frenzy amongst the Asian communities. In the 1940s, Majestic imported and released such landmark titles as Ratan, Dulari, Shahjahan, Dastaan and Jadoo.

In 1949, the Indian film industry ('Bollywood') had its first expensive film - Gemini's Chandralekha. The film cost 3.5 million Indian Rupees in production.

Mohanbhai took a calculated risk in acquiring rights for the whole of East Africa. Chandralekha had huge sets and the look of an epic movie. The film was a huge success all over. 1949 is also remembered for Raj Kapoor's own production: Barsaat which starred the hottest star pair of the time, Raj Kapoor and Nargis. Besides the music, the film impressed the audience with the romantic pair who were already heart throbs. Majestic had paid an exorbitant price to acquire rights of the film. Innovating in the Industry In 1951 came a relatively a small film which conquered the box office: Bhagwan's Albela.

The movie again ran for weeks all over East Africa. Being always innovative, showman Mohanbhai decided to get hand colourized prints of Albela. This again gave a boost to the film as the audience had never imagined an Indian film in colour.

Though only the songs were colourized, it was sufficient to carry the film through again. If research is ever done to find out when non-Asians and Africans got interested in watching a Bollywood film, the answer would surely lead to Albela. It had songs and music which were a cross breed between Indian, Latin American and Middle Eastern tunes.

Had subtitling been done in those days, the film would have attracted even more non-Asians to the cinemas. C Ramchandra's hit songs sent the audience into waves of hysteria like never seen before in the history of movie going in East Africa. Albela was truly an unprecedented excitement. It ran with HOUSEFUL signs outside the cinemas.

The film created for the first time a new parallel business: Ticket black marketing. Black marketing of cinema tickets became a nuisance. For a popular movie for a popular show, the ticket prices sometimes went up 10 to 15 times the actual ticket price. In spite of Police enforcement, it persisted. The black marketer discouraged family audiences from coming to the cinema.

The time came when all the theatre owners jointly decided to announce a ceiling on how many tickets one could buy. The limit was put to 10 tickets per buyer. The black marketers tried to beat the system by putting a dozen buyers in line when the box office opened for advance booking.

Thereby a cat and mouse game continued. The distributors and exhibitors jointly decided to share a film with simultaneous release of a film. Thus, a film would open at more than a single cinema. By the 1960s, films were imported and released with two or three 35mm prints. Therefore, when a film opened simultaneously

in different cities, the practical solution was to 'cycle' the reels of a film from one cinema to another with one hour time gaps. Here was a classic example of theatres who were competitors jointly making money. The system worked like clockwork, mostly! The growth of cinemas boosted the business of shops near the cinemas as they catered to the cinema audience with coffee, tea, paan (beetle leaves), fast foods and soft drinks.

Leaving an Impact Mohanbhai learnt that in order to cultivate a thriving movie business, he needed to expand. He developed ties with his friend in Nairobi, Himatlal Bhatt. Bhatt was also a lawyer.

They collaborated to build a cinema in Nairobi: Green Cinema. Green Cinema had a monopolistic situation, similar to Majestic Cinema in Mombasa. Majestic was in the heart of the busy Indian neighborhood near River Road in Nairobi. Then came Uganda. In Kampala they took a cinema called Central Cinema on long term lease.

The cinema was managed by my uncles Dhanjibhai and Popatbhai Kala. As time went by, Mohanbhai started acquiring film rights for not only Kenya or East Africa, but for the continent of Africa. By the 1950s, the Majestic and Samji Kala group were ready to venture into film financing and thereby acquiring overseas rights. 'Overseas' generally meant world rights, excluding India and Southeast Asia.

Thus, to name a few, in the 60s the films acquired were colour films like Kashmir Ki Kali (starring Shammi Kapoor and Sharmila Tagore), Himalay Ki Godmein (starring Manoj Kumar and Mala Sinha), Gumnaam (Manoj Kumar, Nanda), Sawan Ki Ghata (Manoj Kumar, Sharmila Tagore, Mumtaz), Love In Tokyo (Joy Mukherji, Asha Parekh), Ziddi (Joy Mukherji, Asha Parekh) and many many more. Cinemas Galore!

Mombasa already had REGAL, MAJESTIC and NAAZ as fully functioning cinemas, but there was a need for one more. So in 1953, an ultra-luxurious cinema was built by Samji Kala. It was known for being the only cinema north of South Africa that was fully air conditioned with Cinemascope screen and Stereophonic sound. It was named QUEENS CINEMA.

Later the name was changed to KENYA CINEMA Nairobi in the 1950s was emerging as a very lucrative market for Indian films. Majestic already had GREEN on Latema Road which was the heart of the Asian shopping area. Majestic also had the EMPIRE near New Stanley but as it was committed to a South African company for six days in a week; Indian films were exhibited there only on Sundays.

The decision was made to pull down the GREEN and purchase an empty plot next door to build a modern luxury cinema, named EMBASSY. It was opened in 1958 with fanfare and the release of V Shantaram's Do Ankhen Barah Haath. In Kampala, Majestic had a small cinema house called CENTRAL and was dependent on ODEON and NORMAN to show their films. So, a cinema



with nearly 900 seats and the latest equipment was built in the 1960s.

It was named NEETA. In Tanzania, there were sufficient cinemas except in Tanga. So, a cinema was built with the name MAJESTIC in 1957. And, the Majestic Group also acquired the PLAZA in Moshi about the same time.

To get more mileage from the films' run, many Bollywood celebrities were guests of the Majestic group when their movies were released, they included: Dilip Kumar, Yash Chopra, K Asif, Sunil Dutt, Raj Kumar and Asha Parekh. Reportedly, at the release of Waqt, the director Yash Chopra and stars Sunil Dutt and Raj Kumar were mobbed and traffic came to a standstill in Nairobi and Mombasa.

Changes in the industry By mid 1960s, the scene was changing. Kenya Film Corporation was set up under the Industrial Development Corporation (ICDC). From 1967, all film distribution was under Kenya Film Corporation (KFC). Headed by Nyoike F Njoroge, KFC canalized the distribution business. Likewise, in Tanzania, Tanzania Film Corporation came on the scene. Majestic

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Most people had not even seen a photograph; so seeing a motion picture film was beyond their wildest imagination.

became a major supplier to both due to their old library and new acquisitions.

Growing ambitions and Establishing a Legacy With the change in distribution landscape in Kenya and Tanzania, Mohanbhai in the meanwhile was expanding into other enterprises including real estate development, industries such as blanket and towel manufacturing, imports of textiles from the Far East, import of sundries, and export of cotton. He had groomed his six sons to continue the film distribution and exhibition business on their own.

His nephew in India Maganbhai, continued to

acquire films. His sons Shanti, operated from Embassy Cinema in Nairobi, Chuni from Majestic and Raman from Kenya Cinema. Dhuru moved to the UK to independently pioneer the business there, Suryakant was based in Bahrain and I moved to New York to start movie distribution independently. All having been groomed by the family patriarch, the late Mohanbhai, to continue his legacy.

In Conclusion in 1923, the Savanis started with the Majestic Cinema in Mombasa, Kenya; and the distribution and exhibition of silent Hindi films. They went on to acquire Hollywood films along with Italian spaghetti westerns and Hong Kong martial arts films and owned a string of cinema houses in East Africa.

However by the 1980s there was a change in the local entertainment climate.

This was due to the rampant video and internet piracy, declining South Asian population and competition from other ancillary medias. The Savani brothers then wound up the theatre business but continued to distribute films. I am now resident in the USA and still occasionally acquire some Indian film rights and distribute the films.

# PLANS A FOOT TO LINK KENYAN EXPORT PRODUCTS TO WRC SAFARI RALLY



FIA President Jean Todt and Safari Rally Project CEO Phineas Kimathi.

Plans are afoot to link the marketing of Kenyan products to the fabled Safari Rally which returns to the FIA World Rally Championship (WRC) calendar for the umpteenth time next year.

WRC Safari Chief Executive Officer Phineas Kimathi said his Project is exploring ways and means of ensuring that the country “has real gains accruing as a result of hosting a WRC event.”

Coffee and sports tourism are some of the products the country will be cashing in on when the emblematic global series returns to Kenya next year.

“One of those things I’m trying to work on-because I have gotten the blessings of the necessary government arms- is to link coffee marketing to the Safari brand, to link tourism, hotel bookings, and game reserve excursions to the actual event. We have an opportunity to exhibit our products in all the WRC European events (eight events) because we are now part of that network. So, if we can go outside there and start selling our coffee along our Safari, and our Masai Mara and we can come back and say having gone to Portugal we are now going to get up to 10,000 or so tourists who will have directly booked as a result of visiting the Safari stand,” said Kimathi.

Coffee is one of the major cash crops in Kenya while wildlife safaris have been the top tourist attractions in Kenya for decades while other activities include trekking Mount Kenya, ballooning over the Masai Mara and snorkeling in Malindi on the Indian Ocean coast.

Tourism in Kenya is a source of foreign exchange and income for the government. This helps reduce dependence on other sectors such as agriculture, which are subject to weather and market conditions that can often be unpredictable.

Safari Rally Kenya returned to the FIA World Rally Championship (WRC) series last year after an 18 year hiatus but the iconic event was postponed to 2021 due to the global outbreak of Coronavirus pandemic.

The 2021 WRC Safari Rally, slated for June 24-27, is expected to pump a whopping KES. 6 billion into the Kenyan economy through hotel occupancy by foreign teams and spectators, the transport industry and direct purchase of local products like fuel, foodstuffs and so much more.

What’s more, the country’s tourism industry is set to benefit immensely from WRC’s cumulative global TV audience which totals to over 800million viewers, who include on-site spectators, online video views through social media platforms like Twitter, Instagram, Facebook and YouTube.

Over the first seven years, the WRC has enjoyed a sound growth trend in popularity from fans. With new TV technology, the WRC is growing its broadcast hours and TV audience year on year.

“First and foremost, when you run a country you look at several dynamics. And this is where a government is not very well understood. For starters, you look at any economic gain of any undertaking that you do. When a road is built, you are actually spurring economic growth. When you run an event like a WRC, you are spurring economic growth. When you are talking about economic growth, we are straight away going to an area like tourism. And not just tourism-my Project is exploring ways of ensuring that we have real gains accruing as a result of hosting a WRC event.”

Kimathi added that the WRC Project continues to savour close relationship with Kenya Wildlife Service ( KWS), the

Sports Ministry and the Ministry of Tourism.

“I’m happy that the honorable Najib Balala is a great follower of exactly what we are doing. He understands the dynamics of selling the country as a tourist destination and he is personally following and encouraging us to have this joint venture through Magical Kenya.”

Kimathi also added that the support the Government of Kenya has accorded WRC Safari Rally is significantly immense.

Kimathi added: “The Patron of this event is His Excellency the President (Uhuru Kenyatta) is personally briefed regularly on exactly what we are doing. We are domiciled at the Ministry of Sports, Culture and Heritage; and under the stewardship of CS Ambassador Amina Mohamed and the PS Joe Okudo. I think I can’t ask for better support and I must probably be one of those who can stand up and say I have gotten adequate support and they continued monitoring exactly what we are doing on a weekly basis, thought detailed reports. You must have seen, for example, when we started the process of laying the tarmac on our service park, our CS Amb Amina was personally present and actually driving one of the dozers- there can’t be any better support.

Kimathi noted that the Service Park in Naivasha “is going to be something extraordinary.”

“We are actually calling it a Service Park for now but eventually, it will be transformed into a Motorsport Centre. Once it becomes a motor sports centre, then the Federation will be able to start sports like drifting, slalom, Gymkhana and drag racing.

Kenya is also hoping to plant 18 million trees across the Safari Rally route to celebrate the years the event has been out of the FIA series.

OM SAI

By Rahul

SINGERS: SHIVA BLISS ALISHA POPAT

12 October

MusicalDreams  
BY RAHUL BHAVAN

ZINDAGI TV

ELGON KENYA

SIMPLY nilofer

ANGA  
ANGA IMAX CINEMAS

MADAFU

CSI Brokers Ltd  
A Promise Fulfilled

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PERFORMERS

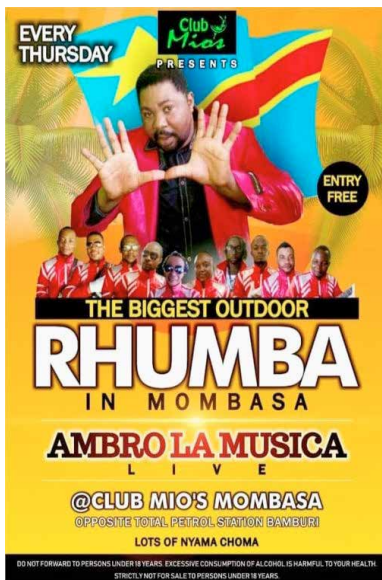


## TOP NEWS

## Mombasa &amp; Coast Event Guide November / December 2020 - presented by wh@t's on mombasa

## NIGHTLIFE &amp; ENTERTAINMENT

**Tuesdays**  
**Hypnotica Bar & Restaurant Nyali**  
 Epic Pool Party Wet 'N' Wild  
 Showtime 4 to 8 pm  
**Wednesdays**  
**Sheba Lounge Nyali**  
 Ladies Night Cocktail Party with DJ MVP  
**Anuba Lounge Nyali**  
 Ladies Night Out with DJ Beatmapp  
**Mint Lounge Bamburi**  
 Ladies Night with DJ Kslin  
**Club Zero 4 Moi Avenue**  
 Girls & Cocktails with DJ Shinah  
**De Coffee Pub Kilifi**  
 Ladies Night with DJ Evi 254  
**Club The Space Bamburi**  
 Rhumba Special



## NIGHTLIFE &amp; ENTERTAINMENT

**Thursdays**  
**Samba Sports Bar Bamburi**  
 Urban Thursday with DJ Geeps  
 Jakablack  
**Anuba Lounge Nyali**  
 Throwback Thursdays with Beatmap | Clizzow | Mejja  
**Danka Lounge Mtwapa**  
 Love & Reggae Vibe with Seleka Adam  
**Mint Lounge Bamburi**  
 Throwback Thursday with DJ Moha001  
**Derrick's Beach Bar Mtwapa**  
 Cocktail Thursdays  
**Club Mabeshte Malindi**  
 Karaoke with Miss Wanda | DJ PaulMfalme  
**Club Hypnotica Nyali**  
 Miss Bumbum Night with BM Shaxxy  
**De Coffee Pub Kilifi**  
 Ladies Night with DJ Evi 254  
**Fridays**  
**Derrick's Beach Bar Mtwapa**  
 Freaky Fridays  
**Samba Sports Bar Bamburi**  
 Uptown Reggae with MV Warrior | DJ Smarter  
**Moonshine Beach Bar Nyali**  
 Moonshine Signature with DJ Delph  
**Saturdays**  
**La Follia Mtwapa**  
 Dondosa Twerk Dance Competition with Chapa Tizo | DJ Ken  
**Sheba Lounge Nyali**  
 Sheba Saturday with DJ MVP  
**Brazuka Sports Bar Nyali**  
 Dance Rock Reggae Saturday with MC Warrior | DJ Sellasie  
**Club The Space Bamburi**  
 Rhumba Special

All events without warranty!

## NIGHTLIFE &amp; ENTERTAINMENT

**Sundays**  
**Club The Place Bamburi**  
 Sunday Special ft. New African Sounds  
**Samba Sports Bar Bamburi**  
 The Return Of The Sunday Service with DJ Geeps Jakablack | DVJ Ivory | DJ Willy  
**Mint Lounge Bamburi**  
 DJ Kalonje Sunday Brunch  
**Mingles Lounge**  
 Jamaican Kitchen Sunday with Dr. Fred | Archy Kawere | DJ Nas  
**Club Naiz Mtwapa**  
 Mature Reggae Sunday with Thah Bishop | MC Blackross  
**New Skylux Sports Pub & Grill Mtwapa**  
 Sunday Service with DJ Mista Vice | DJ Ochie



## LIVE MUSIC

**Tuesdays**  
**Sheba Lounge Nyali**  
 Tuesday Night Live Band  
**Safari Inn Shanzu**  
 Tuesday Band Night with Maranda & Band  
**Thursdays**  
**Club Mios Bamburi**  
 Rhumba In Mombasa wwith Ambro La Musica Live  
**Fridays**  
**Safari Inn Shanzu**  
 Friday Night Band with Jambo Africa Band  
**New Club The Place Bamburi**  
 Ricky Mulolo & Idologia Musica Band  
**Saturdays**  
**Safari Inn Shanzu**  
 Live Band Night with Jambo Africa Band  
**Sundays**  
**Divas Lounge Bamburi**  
 Rhumba Sundays with Ambro La Muzika  
**Moonshine Beach Bar Nyali**  
 Chillout Sundays with Generation Band



## WORKSHOP

**01 | 12 to 04 | 12**  
**Sarova Whitesands Bamburi**  
 27th Eastern Africa Resource Mobilisation Workshop

## FESTIVAL

**01 | 12 to 04 | 12**  
 Kilifi Boat Yard  
 Food And Wine Festival 10 am

## LIVE MUSIC

**Saturday 07 | 11**  
**New Cheers Bammburi**  
 Mugithi Night with Jose Gatutura aka Machete

## KARAOKE

**Mondays**  
**Club Zero Zero 4 Moi Avenue**  
 Corporate Mondays Karaoke with DJ Eddirah | DJ Mems | Sonu Ment and Carter  
**Wednesdays**  
**Lexo Oounge Kilifi**  
 Karaoke Night with Samantha Wendy

**Thursdays**  
**Club Mabeshte Malindi**  
 Karaoke with Miss Wanda | DJ Paul Mfalme  
**Fridays**  
**Camp Zodiak Mtwapa**  
 Joly Karaoke Show

**FUN & FAMILY**

**Sundays**  
**Club Mios Bamburi**  
 Bamburi Family Fun Day  
**Bahari Gates Mtwapa**  
 Family Fun Day Out

whats-on-mombasa.com

## Nairobi Event Guide November / December 2020 - presented by wh@ts on nairobi

## NIGHTLIFE WEEKLY

**Mondays**  
**Sixty Four Lounge**  
 Uprising Reggae Mondays with DJ Moh | DJ Martoh | DJ Josh Googler | Telli Ranks | MC Willy | MC Jushman | MC Jahwatches | Chege Blnkeye  
**Tuesdays**  
**Taurus Lounge**  
 Rhumba High Definition with DJ Morgan | DJ Works (Radio Masha) | MC Pdg Nico  
**Benelix Lounge**  
 Tuesday Groove with DJ Riff 254  
**Wednesdays**  
**Lavaranda Lounge**  
 One Love Reggae Wednesday with Ivan The DJ  
**The TAV Irish Pub & Eatery**  
 Wednesdays Rocks with Edygrim The DJ  
**iweke Tavern**  
 Midweek Reggae Party  
**Thursdays**  
**K1 Klubhouse**  
 One Love Thursday with Kriss Darlin  
**Airport Lounge**  
 Throw Back Thursdays with Phat Frakus  
**Muze Club**  
 Amapiano Thursdays  
**Fridays**  
**Carnivore**  
 After Work Fridays - Whiskey & Grill  
**Saturdays**  
**Bahama Breeze**  
 Brunch Booze & Beats with ZJ Heno | DJ Hanif  
**Sundays**  
**Iu Spaxx Lounge**  
 Ital Jamdown Reggae Sundays with Selecta Syl | MC Vosty

## ART EVENTS &amp; EXHIBITION

**28 | 10 to 18 | 11**  
**Circle Art Gallery**  
 'Waiting, Watching & Wishing', Boniface Maina's Solo Exhibition  
**31 | 10 to 31 | 12**  
**Red Hill Art Gallery**  
 Group Exhibition: Faces by Franklyn Dzingai, Charles Sekano, Richard Kimathi, El Tayeb Dawalbeit,  
**31 | 10 to 31 | 11**  
**One Off Contemporary Art Gallery**  
 Then and Now: An Exhibition of Selected Works from the EAVAT (formally RaMoMA) Collection



## BOOK PARTY

**Saturday 07 | 11**  
**iKigai, Westlands**  
 The Havoc of Choice: A Book Party!

## LIVE MUSIC WEEKLY

**Wednesdays**  
**Whiskey River Lounge**  
 Wednesday Live Sessions with The Untamed Band | DJ Emprk  
**Blackyz Lounge**  
 Rhumba Du Congo  
**Thursdays**  
**Craic Lounge**  
 Gogosimo Band Live  
**Lounge 254**  
 Rhumba Thursdays with TBM Band  
**Dagoz The Artist Bar & Venue**  
 The Dagojam  
**Fridays**  
**Mawimbi Seafood Restaurant**  
 The Live Experience with Gogosimo Band  
**Mama Ashanti**  
 Live Band  
**Airport Lounge**  
 Rhumba Saturdays with TBM Band  
**Fahari Point**  
 Kanda King Live  
**Sundays**  
**K1 Klubhouse**  
 The Untamed Band 3 to 5 pm  
**Dagoz The Artist Bar & Venue**  
 The Dagojam

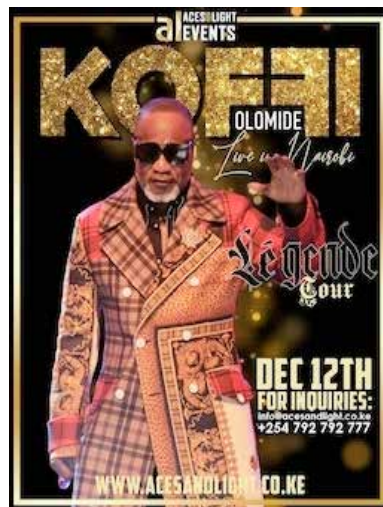
## LIVE MUSIC

**Saturday 12 | 12**  
**Carnivore Grounds**  
 Koffi Olomide Live in Nairobi: Légende Tour



## FAIRS &amp; EXPOS

**04 to 06 | 11**  
**Kenyatta International Convention Centre (KICC)**  
 International Construction Research Conference and Exhibition  
**05 to 08 | 11**  
**Virtual Location**  
 www.comecon.africa  
 Com- eCon 2020  
**18 to 20 | 11**  
**Sarit Centre**  
 22nd Indusmach Kenya 2020  
**18 to 20 | 11**  
**Sarit Centre**  
 23rd PPPexpo Kenya 2020  
**18 to 20 | 11**  
**Sarit Centre**  
 Fashexpo - Africa Fashion Expo  
**18 to 20 | 11**  
**Sarit Centre**  
 23rd Kenya International Trade Exhibition



## FESTIVAL

**Saturday 12 | 12**  
**Arboretum Gardens**  
 Self-Care In The Dark Festival



## MARKET

**Saturdays**  
**K1 Klubhouse**  
 K1 Farmers' Market  
**Saturdays until 28 | 11**  
**Kenya Society for the Protection & Care of Animals (KSPCA)**  
 Organic Farmers Market 9 am to 3 pm  
**Daily**  
**Bicam Gardens**  
 Bicam Market 9 am  
**Saturday 07 | 11**  
**Tamambo Karen Blixen**  
 Tamambo's Wine Market



## CAR BOOT SALE

**Saturday 07 | 11**  
**Carnivore Car Boot Sale**  
 Carnivore Car Boot Sale 9 am to 3 pm

All events without warranty!



PHOTO STORY

Food distribution in schools



Today, on 28th November, with the partnership of Giant group of Nairobi Twiga n SVVM ,LCM was able to do some food donations at St.Paul School in Bondeni Nakuru where children from the slums study. We donated some Food stuff(e.g. rice and flour,oil,salt), Masks,toothpastes Sanitizers, Books, Sanitary Material, Sweets, and Biscuits. Additionally, we noticed that most children are only getting meals from school and no other, so we started a feeding program for them to have enough food to keep them healthy and happy. Once again LCM brought smiles to a new set of faces.

Launching of 16days GBV n child rights in Nakuru



Today on 25th of November, Lion club of menengai commemorated the \*International Children's Day\* and Children rights GBV activism for 16 days. LCM, joining hands with various different organizations like Giant group of Nairobi Twiga, Cees foundation. Event took place at Hyrax hill museum Nakuru in the presence of county government . was able to serve 300 kids. We were able to help 200 girls with Dignity packs - which contain Sanitary Material, Panty and Soap. Additionally, we gave 100 boys some of their own packs, containing: Tooth paste, Soap and Boxers. We gave the kids some refreshments and saw them dance and sing with happiness. Once again, LCM brought smiles to a new set of people

The most air mile flown passenger visists Leopards beach hotel



The Guinness book records holder of the most air travelled Man in the world Mr. Fred Finn [left] from UK plants a tree on arrival at Leopards Beach resort in Mombasa south to mark his 600 times visit in the country. Mr. Finn has visited over 150 countries in world. Looking on is the Hotels GM Mr. Kioko Musyoki [second left] and other senior Managers.







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