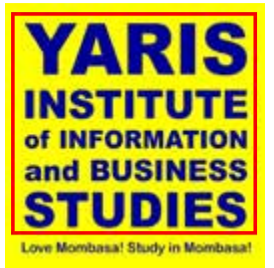




# MaDaFu



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

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# Ruto Commissions Ngong Road-Naivasha Flyover

**P**resident William Ruto has commissioned the Ngong Road-Naivasha Flyover for use.

The viaduct, that was built at a cost of KSh 3.8 billion, will ease congestion along one of Nairobi's busiest transport corridors and improve traffic circulation, the President said.

Speaking during the commissioning ceremony on Monday, he said traffic congestion has for years imposed significant economic and social costs on the city by delaying workers, increasing the cost of doing business and reducing productivity.

"For too long, congestion has imposed a heavy cost on our economy and on the daily lives of our people. It has delayed workers on their way to earning a living, increased the cost of doing business, kept traders away from customers and taken precious time away from families," President Ruto pointed out.

The President said the flyover is a strategic investment aimed at improving the efficiency, productivity and competitiveness of the capital city.

He explained that the project removes one of Nairobi's long-standing traffic bottlenecks by separating traffic flows and enhancing safety for motorists, pedestrians and public transport users.

"This is what modern infrastructure should do:



Reduce travel time, lower the cost of transport, improve road safety and make cities work better for everyone," he said.

To support the nearby Talanta Sports City Stadium, President Ruto said the government has commenced construction of access roads to the premier sports facility, with Phase I valued at KSh3.9 billion.

"This project will provide world-class connectivity to the stadium and surrounding developments," he said.

He thanked the Government of Spain for supporting the project, describing the partnership between the two countries as anchored on mutual respect and a shared commitment to Kenya's transformation.

Additionally, the President noted that the construction of the Upper Hill-Kenyatta Avenue Viaduct, at a cost of KSh2.99 billion, is at 60 per cent and will significantly improve access into Nairobi Central Business District and reduce travel time.

At the same time, he said the Government is also upgrading State House Road at KSh1.6 billion, with contractors already mobilised

to commence works.

To strengthen urban resilience, President Ruto said the government is also implementing a KSh2 billion Nairobi Drainage Improvement Programme.

Likewise, the President disclosed that a 45km roads' project, jointly funded by the National Government and Nairobi City County, is being implemented at a cost of KSh2.5 billion.

"These investments reaffirm the Government's commitment to delivering world-class urban infrastructure that improves mobility, enhances road safety, stimulates investment and supports inclusive economic growth," he said.

He explained that the Government is not merely building roads but constructing smarter, better connected and more resilient cities that will drive Kenya's prosperity for generations to come.

He pointed out that KSh2 billion has been allocated to Nairobi County to connect homes in various wards, including Kosovo, Hospital Ward and Mathare, among others.

At the same time, President Ruto told off his critics over claims that he was wasting time inspecting development projects across the country.

"I am inspecting development projects across the country because it is the work Kenyans gave me. What I am doing should not bother them because they don't have any plan on how to take Kenya to the next level of development," the President said.

He described his opponents as clueless, saying some had served in government for over 40 years but have no development record to show for it.

He said it is "unbelievable" that his opponents are opposed to the Affordable Housing Programme that is aimed at ensuring Kenyans own decent homes and eliminating slums across the country.

Governor Johnson Sakaja commended the partnership between the National Government and the county, saying it will help address challenges facing city residents.

"We will support President Ruto for the second term in office come next General Election because he is the only leader keen on transforming Kenya," the governor said.

MPs John Kiarie (Dagoretti South), Beatrice Elachi (Dagoretti North) and Felix Odiwuor (Lang'ata) said they will support the re-election of President Ruto in 2027.

## Ruto Urges G7 Leaders to Prioritise Africa



**P**resident William Ruto has told the G7 leaders to pay greater attention to Africa, saying the continent remains key to sustained global growth.

President Ruto called for a new economic model for Africa's green transition, noting the historical pattern of exporting raw materials without local value addition must be discouraged.

Speaking during the G7 working session on 'Reviving a balanced and shared growth for all,' at Evian in France on Wednesday, the President said Africa's raw materials must be developed in a way that directly benefits African citizens.

The Head of State regretted that for far too long, Africa's engagement with the rest of the world has been defined by the extraction of raw materials with limited value addition on the continent, saying that the model is no longer acceptable.

"Our proposition is simple: work with us to create value in Africa. Let us process our minerals in Africa. Let us manufacture in Africa. Let us build industries in Africa. Let us create jobs in Africa. And let us share that value through partnerships that benefit both Africa and our global partners," said President Ruto.

The Head of State pointed out that the move to process raw materials in Africa is not only good for Africa; but also good for the world.

He said stronger African economies mean stronger global supply chains, larger consumer markets, greater investment opportunities, and more resilient growth.

"Africa is not short of

opportunity. Africa is not short of resources. Africa is not short of talent. What we seek are partnerships that recognise these strengths and help unlock their full potential," said President Ruto.

He reiterated that the future of global growth will be shaped in Africa, adding that the opportunity 'before us' is to build that future together.

"My message to the G7 is clear: pay attention to Africa," he said.

At the same time, President Ruto said Africa is not seeking relationships that are extractive but partnerships founded on sovereign equality, mutual respect, and shared prosperity.

He said Africa is central to the future of global growth and prosperity.

The President noted that six of the world's fastest-growing economies are in Africa.

"Within the next 25 years, one in every four people on the planet will be African. By 2050, Africa will account for nearly 40 per cent of the global workforce and will be home to a market of more than 2.4 billion people," he pointed out.

He maintained that there is no region in the world with greater potential to drive shared and sustainable prosperity.

"Africa is also home to many of the critical minerals powering the global economy and the technologies of the future," he said.

Additionally, the Head of State said minerals required for electric mobility, clean energy, digital infrastructure, artificial intelligence, and advanced manufacturing are increasingly found on the African continent.

## President Ruto Represents Africa at G7 Summit

**T**he President has been invited to the top event by French President Emmanuel Macron, who is hosting the summit, to participate in the high-level meeting of the world's leading economies.

President Ruto, who is accompanied by First Lady Rachel Ruto and Prime Cabinet Secretary and Foreign Affairs Cabinet Secretary Musalia Mudavadi, joins world leaders for discussions on key global issues, including the economy, international trade,

climate action, security and technological development.

The guest list includes United States President Donald Trump, Canada's Prime Minister Mark Carney and German Chancellor Friedrich Merz.

Others are Italy's Prime Minister Giorgia Meloni, Japan's Shigeru Ishiba, Britain's Keir Starmer, and European Union (EU) chiefs António Costa and Ursula von der Leyen.

The President is expected to use the G7 Summit platform to push for reforms to the global



financial system, advocating easier access to capital and credit for African nations to boost growth and job creation.

He is also set to champion stronger partnerships

between Africa and the world's major economies in trade, infrastructure development, energy, climate resilience and innovation.

## INDIAN PHILOSOPHY

# Selfless, Not Self-Less

From Rama's Sacrifice to Krishna's Wisdom: Gen Z's Search for Balance

“Be selfless.” Perhaps this is one of the first life lessons many of us heard growing up.

Share your toys.  
Respect your elders.  
Put others before yourself.  
Sacrifice your happiness for your family.

Our bedtime stories were filled with heroes who gave up comfort for duty. We admired Lord Rama, who willingly left the throne for fourteen years to honor his father's promise. We learned that the greatest people are those who sacrifice the most.

Many of us built our personalities around this belief. Then something changed. We looked at the next generation.

Gen Z goes on solo trips without guilt. They spend on experiences. They enjoy coffee with friends, concerts, and vacations. They openly talk about mental health. They set boundaries. They say “no” without feeling ashamed. They love their families deeply, yet they refuse to lose themselves in the process.

At first glance, it appears selfish.

But is it really?  
Or are they asking a question that previous generations rarely dared to ask?

Can I care for others without abandoning myself?



By Arti Kotak

The Generation That Measured Love Through Sacrifice

Many parents measured their love by how much they had given up.

“I never bought anything for myself.”

“I spent my entire life raising you.”

“I worked day and night only for this family.”

These statements come from genuine love.

Yet, they are often followed by another sentence.

“After everything I've done for you...”

Some mothers quietly admit in later years, “I don't even know who I am anymore.” Some fathers carry silent disappointment because their sacrifices did not bring the gratitude they had imagined. The sacrifice was real. The love was real. But so was the exhaustion.

But Gen Z seems to approach life differently. They still want to support their parents. They still dream of successful careers. They still wish to contribute to society. But they also ask,

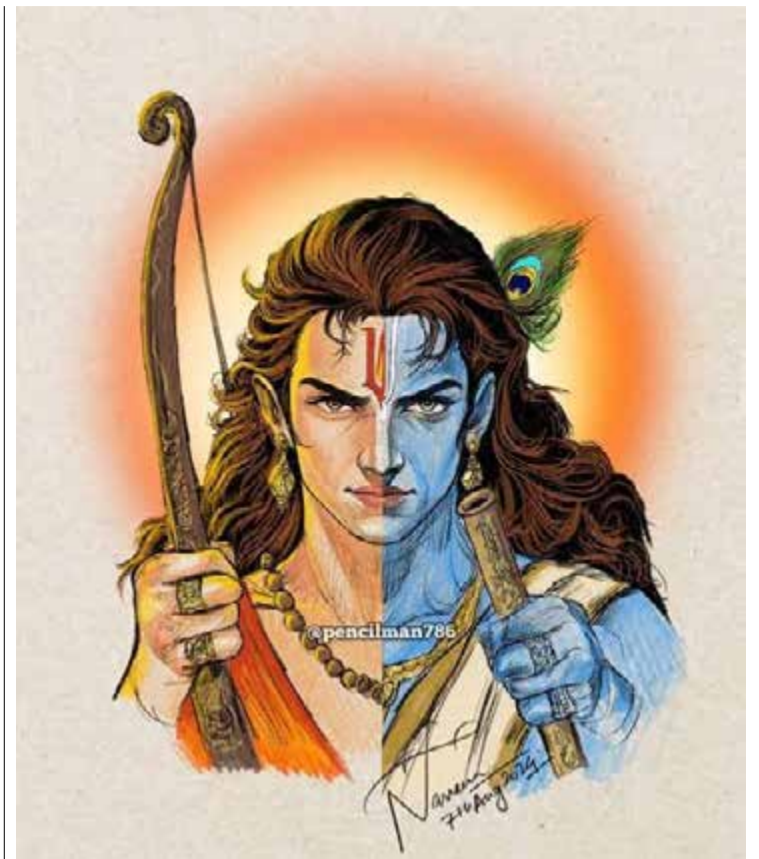
“Why should helping others require destroying myself?”

They believe you cannot pour tea from an empty cup. Or, as I prefer to say, you cannot fill another's cup with an empty mug. A teacher who never rests cannot inspire. A doctor

who never sleeps cannot heal. A mother who never smiles cannot teach joy. A father who never experiences peace cannot pass on peace. Perhaps self-care is not the opposite of service. Perhaps it is what makes service sustainable.

This is where our understanding of Indian philosophy becomes fascinating. Rama showed us the beauty of unwavering commitment to duty. He placed dharma above personal comfort, becoming the ideal king and the ideal son. Krishna, however, presented another dimension of dharma. He did not teach people to suffer for the sake of suffering. He taught discernment. He encouraged Arjuna not to escape responsibility, but also not to be paralysed by guilt or emotion. He showed that righteousness sometimes requires compassion, sometimes courage, and sometimes strategic thinking. One taught the power of steadfast duty. The other revealed the wisdom needed to apply that duty in changing circumstances. The destination remained the same. The path adapted to the needs of the age.

The question arises, Is Gen Z Less Selfless? Perhaps not. Today's young people volunteer online, raise funds



through digital platforms, mentor strangers across the world, build social enterprises, donate through crowdfunding, and advocate for environmental causes. Their contribution simply looks different. They may spend Friday evening with friends. On Saturday morning, they may organize a blood donation drive. They may enjoy life and still build a better world. For them, happiness and responsibility are not enemies. They are partners.

Maybe Dharma Evolves in Expression. Every generation inherits timeless values but expresses them in its own language. Our grandparents expressed love through endurance. Our parents expressed love through sacrifice. Perhaps Gen Z

expresses love through balance. Not because they love less. But because they hope that by protecting their own well-being, they will have more strength to care for others over a lifetime.

The debate is not whether we should become like Rama or like Krishna. The real question is: Can we carry Rama's integrity with Krishna's wisdom? Can we fulfil our responsibilities without neglecting our dreams? Can we respect our families without losing our identities? Can we serve society without becoming strangers to ourselves? Perhaps that is the dharma of this generation.

Not selfish. Not self-sacrificing. But... Selfless, not self-less.

## Ruto Assents to County Revenue Allocation Bill

President William Ruto assented to the County Allocation of Revenue Bill, 2026, at State House, Nairobi, on Monday.

The Act allocates KSh428 billion as equitable share of nationally raised revenue to the 47 county governments.

This represents 20.9 per cent of the most recently audited national revenue, exceeding the 15 per cent minimum required under the Constitution.

The Act distributes the equitable share among the 47 counties in accordance with the revenue-sharing formula approved under Article 217 of the Constitution.

The formula provides a stable baseline allocation while ensuring a fair distribution based on equal share, population, poverty level and geographical size.

The enhanced allocation will strengthen devolution by equipping county governments with the resources they need to fulfil their constitutional mandate and deliver quality services in line with their budgets and development priorities.

Sponsored by Manderu Senator Ali Roba, who chairs the Senate Standing Committee on Finance and Budget, the legislation completed its parliamentary journey after it was passed by the Senate

with amendments on June 17, 2026, before being approved by the National Assembly without further changes on June 25.

The Senate forwarded the Bill to the President on the same day in accordance with Article 110(5) of the Constitution, paving the way for it to become law once assented to.

The legislation operationalises the horizontal sharing of revenue among counties as provided for under the Division of Revenue Act, 2026. Under the new law, counties will share Sh428 billion of the most recent audited national revenue for the 2022/23 financial year.



# Why Kenya's Maritime Leadership Matters



By Andrew Mwangura

The ocean has long been the world's greatest connector, yet for too long, the Western Indian Ocean has been treated as a passive border rather than a dynamic frontier requiring active governance. Recent events have shattered any remaining complacency. The seizure of a vessel carrying 1,024 kilograms of methamphetamine—worth Sh8.2 billion—off Kenya's coast last year was a thunderclap, demonstrating that the region's maritime domain has become a superhighway for transnational organized crime.

This is precisely why the recent engagement in Dar es Salaam, where Kenya Coast Guard Service Director of Human Resource and Administration Henry Wafula, MBS, joined regional maritime leaders, is not merely diplomatic routine—it is a strategic imperative. The Western Indian Ocean Maritime Security Workshop, which brought together Border Control and

Operations Coordination Committee (BCOCC) focal points from Kenya, Tanzania, Seychelles, Mauritius, Comoros, and Mozambique, represents a critical pivot from reactive patrolling to proactive regional governance.

The forum's reaffirmation of coordinated action and institutional partnerships is welcome, but it must be backed by tangible operational capability. The threats we face—illicit trafficking, illegal fishing, piracy, and the erosion of a rules-based maritime order—do not respect national boundaries. They require what analysts call a "rules-based order," grounded in frameworks like the United Nations Convention on the Law of the Sea (UNCLOS), to ensure predictability and the peaceful resolution of disputes. This is not abstract idealism; it is the bedrock of economic security for a nation like Kenya, whose ports and sea lanes are arteries of national prosperity.

Kenya has demonstrated its commitment through the formation of the BCOCC, which has

successfully broken down silos between government agencies with border mandates that previously operated in isolation. The multi-agency operation that intercepted the narcotics-laden vessel is a testament to what effective information sharing can achieve. Yet, this is just the beginning. The sustainability of maritime security requires more than episodic operations; it demands sustained investment in maritime domain awareness, interoperability, and legal capacity-building.

The Western Indian Ocean is increasingly a theatre of geopolitical contestation and great-power rivalry, where major powers are expanding their presence and pursuing competing visions. In this context, regional solidarity is not a luxury; it is a shield. By strengthening the operational capabilities of states like Kenya, Tanzania, and Seychelles, and enhancing their ability to act in concert, we are building a resilient architecture that can withstand external pressures and internal

threats alike.

The forum in Dar es Salaam rightly emphasized the importance of a rules-based maritime order. This must translate into concrete action—from harmonizing legal frameworks for prosecuting maritime crimes to improving intelligence-sharing protocols. The region cannot afford to be passive.

For Kenya, the message is clear: Our maritime destiny cannot be left to chance.

The engagement of leaders like Mr. Wafula in these regional dialogues is a vital step.

But it must be matched by political will, resource allocation, and a relentless pursuit of operational excellence.

The ocean is our future, and our future must be secured, not by one nation alone, but through the collective strength of a united Western Indian Ocean community.

**Andrew Mwangura is a Mombasa based Public Intellectual.**

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## It All Starts With You!!



By Safia Mohamed Bashir

You... one individual, one person, one self; can make a difference. Who, if committed and dedicated, can turn tables and transform lives.

We say what can one person alone do...? But if the thoughts and mindsets of several people align towards righteousness, the way of life also changes and eventually transforms the society for the better.

Integrity is the most important attribute. It represents responsibility, honesty and truthfulness in one's daily life, even when no one is watching. It means doing the right thing not for personal gain, but for the benefit of humanity as a whole.

If everyone sincerely and genuinely cared for the well-being of others, there would be no envy, jealousy, or ill will, thus peace.

If everyone shows respect, kindness and love, there would be no hatred, conflict, fights within the families, religious differences, racism or wars in the world. Love amongst the people would eliminate poverty, care to eliminate hunger and kindness to eliminate hatred and replace it with understanding.

If everyone is truthful, righteous and ethical then cheating, corruption and fraud would not ruin the countries.

If all the citizens are responsible, honest, respectful, law abiding and helpful then the societies would be clean not just physically but morally, ethically and thus effecting a peaceful and prosperous country.

It is us the people responsible to make this world a better place to live in and leave it better for the generations that come after us.

If any one person decides to change, adopts

a mindset, starts to adapt good habits and characters, this causes a ripple effect to people around him/her. Just as a bad habit like vaping tempts people around the user to try it out, similarly good behavior and habits slowly flow into the characters of people around them. Change begins within a single person and gradually spreads to the family, then extended families, communities, neighbourhoods, villages, towns, cities and ultimately transforming entire nations. The younger generation slowly steps into the footsteps of their elders and adopt similar habits; therefore, elders play a crucial role in setting a positive example. They young will follow what the elders do,

Consequently, changing the world into a better place is not a difficult task—it all starts with each one of us. When one person takes the initiative to change him/herself, adopts positive habits and consistently strives to do what is right, real transformation will begin to emerge.

People of good character attract others through the consistency of their values and behavior. People are naturally drawn to qualities that make them feel safe, respected and inspired, thereby building an environment of harmony, happiness, contentment and peace.

Therefore, building a better world does not require extraordinary efforts from a few, but consistent actions from many. You can bring the change; small habits, when practiced with consistency and commitment, create a big difference over time. We can change the world by first changing ourselves.

Thank you & Best Regards,

**Safia Mohamed Bashir  
0718 853 335  
Nairobi**

## SEAFARER



# Day of the Seafarer 2026

Honouring the Men and Women Who Carry World Trade—and Bear Its Risks

By Andrew Mwangura

**A**s seafarers, maritime institutions, labour organizations and stakeholders worldwide mark the Day of the Seafarer 2026, Kenya joins the global maritime community in recognizing a workforce that remains largely invisible to the public, yet utterly indispensable to the functioning of modern society.

In Mombasa, the Kenya Maritime Authority (KMA), in partnership with the Seafarers Union of Kenya (SUK), has organized a Seafarers Awareness Walk from the Bandari Maritime Academy to the Mama Ngina Waterfront. While the event is symbolic in nature, its significance extends far beyond a ceremonial procession. It represents a national acknowledgement of the sacrifices, resilience and professionalism of seafarers who keep global trade moving despite mounting challenges at sea.

The 2026 theme—“Carrying World Trade. Carrying the Risks.”—captures a reality that is too often overlooked. Every day, hundreds of thousands of seafarers navigate some of the world’s busiest and most dangerous

maritime corridors, ensuring that food, fuel, medicines, manufactured goods and raw materials reach consumers and industries across continents. Without their commitment, the global economy would simply grind to a halt.

The maritime industry remains the lifeblood of international commerce. More than 80 percent of global trade by volume is transported by sea. Behind every container delivered to port, every shipment of grain, every tanker carrying energy supplies and every vessel transporting industrial cargo, there are seafarers working long months away from their families under demanding conditions.

Yet despite their immense contribution, seafarers often receive recognition only when crises occur.

The COVID-19 pandemic exposed the vulnerability of the maritime workforce when thousands of seafarers found themselves stranded at sea due to travel restrictions and crew change complications. Since then, new challenges have emerged: geopolitical tensions, armed conflicts affecting major shipping routes, piracy threats, cyber security risks and increasing mental health pressures associated with prolonged isolation.

The current maritime security landscape underscores the relevance of this year’s theme. Attacks on merchant vessels in strategic waterways—including the Red Sea and other critical shipping lanes—have placed seafarers directly in harm’s way. While governments and shipping companies focus on the economic implications of disrupted trade routes, it is often the seafarer who faces the immediate physical and psychological risks.

For many mariners, exposure to conflict zones has become an unfortunate reality of the profession. Crews are forced to navigate dangerous waters where the threat of missile attacks, armed robbery, piracy and maritime terrorism remains a constant concern. These risks are borne not by cargo owners or consumers, but by the men and women serving aboard ships.

The Day of the Seafarer therefore serves as an important reminder that seafarers are not merely participants in global trade—they are its enablers and guardians.

For Kenya, the occasion carries additional significance. The country has invested heavily in developing its maritime sector under the Blue Economy agenda. Through

institutions such as the Kenya Maritime Authority, the Seafarers Union of Kenya and the Bandari Maritime Academy, efforts have been made to expand training opportunities, improve standards and increase the participation of Kenyan seafarers in the international labour market.

These initiatives are beginning to bear fruit. Growing numbers of Kenyan seafarers are finding employment aboard international vessels, contributing not only to their personal livelihoods but also to the country’s foreign exchange earnings and economic development. However, substantial work remains to be done.

The challenge facing Kenya today is not merely producing qualified seafarers, but ensuring sustainable employment pathways, fair labour conditions and adequate protection mechanisms. Training institutions can prepare young people for careers at sea, but meaningful success depends ultimately on access to sea-time opportunities, international placements and strong labour protections.

The Seafarers Union of Kenya has consistently advocated for the welfare and rights of Kenyan seafarers. Its partnership with KMA in

organizing the awareness walk demonstrates the importance of collaboration between regulators, labour organizations and industry stakeholders in advancing the interests of maritime professionals.

Beyond employment, there is a pressing need to strengthen support systems for seafarers’ mental health and well-being. Extended contracts, separation from family, demanding work schedules and exposure to security threats create immense psychological burdens. The maritime industry must continue to prioritize crew welfare as an essential component of operational safety and sustainability.

The awareness walk through Mombasa also offers an opportunity to educate the wider public about the maritime profession. Many Kenyans benefit daily from imported goods and exports facilitated through maritime transport without fully appreciating the human effort behind these supply chains. Public recognition helps bridge this awareness gap and fosters greater appreciation for the maritime workforce.

As participants walk from Bandari Maritime Academy to Mama Ngina Waterfront, they carry with them a

powerful message: seafarers are the invisible force behind global prosperity. Their labour connects markets, supports industries, sustains economies and ensures the uninterrupted flow of international commerce.

The Day of the Seafarer 2026 should therefore be more than an annual observance. It must be a call to action for governments, shipping companies, maritime regulators, labour unions and international organizations to strengthen protections for seafarers, improve working conditions and ensure that those who carry world trade are not left to carry its risks alone.

The maritime industry’s greatest asset is not its ships, ports or cargoes. It is the human beings who operate them.

Today, Kenya joins the world in saluting these men and women. Their contribution deserves not only recognition, but also respect, protection and tangible support.

For while ships may transport the world’s cargo, it is seafarers who keep the world connected.

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# Sleep: The Most Underrated Habit in Your Life

Why we keep shortchanging ourselves on rest — and what to do about it

## Why We Keep Shortchanging Ourselves on Rest

emingway once joked that he loved sleep because his life tended to fall apart whenever he was awake. It's a funny line, but it points to something real: for most of us, sleep is the first thing we sacrifice when life gets busy.

Walk through any city at midnight and you'll find people doing everything but sleeping — scrolling through feeds, replying to messages, binge-watching shows, or just lying awake with their minds racing. Rest has quietly become optional in a culture that prizes constant motion.

The numbers back this up. Surveys tied to World Sleep Day consistently find that roughly one in five people around the globe is sleep deprived, with causes ranging from work stress and family responsibilities to relationship anxiety and plain old screen addiction. A lot of people seem to believe they can outsmart their need for sleep. They can't.

## A Designer's Take on Winding Down

Take Samyukta Nair, a young entrepreneur who runs a boutique sleepwear label. For her, the hour before bed isn't an afterthought — it's a ritual. A warm bath to physically wash away the stress of the day, soft music, and candlelight all play a part in helping her mind catch up with her body before she actually tries to sleep.

It's the kind of routine that sleep specialists, therapists, and wellness coaches would happily endorse, because they're watching sleep quality decline across the board and trying to figure out how to reverse it.

## "It's Where Magic Happens"

Lifestyle coach Luke Coutinho puts sleep in the same category as food, fresh air, and movement — describing it, in essence, as the body's deepest form of recovery and meditation.

## Quick Self-Check: Are You Sleeping Right?

You might be oversleeping if you:

- Take more than an hour to actually fall asleep
- Feel constantly low on energy
- Notice low mood or depressive feelings

You might be undersleeping if you:

- Wake up repeatedly through the night
- Sleep well past your usual time and still feel groggy
- Snap easily or feel emotionally worn down
- Have put on weight
- Feel drowsy during the day
- Notice your memory or focus slipping

## You Genuinely Cannot Cheat Sleep

Sleep researchers now estimate that sleep deprivation affects close to half the world's population in some form — a number that signals a genuine public-health issue, not just a lifestyle quirk.

Dr. Manvir Bhatia, a neurologist and sleep medicine specialist, explains that even one night of poor sleep disrupts how the body processes glucose, pushing blood sugar levels higher than normal.

The downstream effects of chronic poor sleep read like a list nobody wants attached to their name: a weaker immune system, elevated blood pressure, weight gain, reduced libido, mood instability, heightened anxiety or paranoia, depression, higher stroke risk, heart disease, diabetes, dementia, and even certain cancers. On top of all

that, your everyday focus and output take a hit too.

Coutinho calls sleep the cheapest drug humanity has access to — which might explain why it's so easy to take for granted. No supplement, caffeine fix, or piece of technology, he argues, can substitute for what genuine rest does for the body. He also pushes back on the popular idea of "catching up" on sleep over the weekend, pointing out that lost sleep doesn't really work like a debt you can repay later.

## Work Pressure Is the Usual Culprit

Dr. Vikas Maurya, who directs a pulmonology and sleep disorders unit, points to professional pressure as the single biggest reason people cut their sleep short — effectively training their bodies into a chronic state of under-rest, sometimes called hyposomnia.

## Busting the "I Don't Need Much Sleep" Myth

Back in 2010, Arianna Huffington began pushing back publicly on the idea that successful people thrive on minimal sleep. Her message: treating sleep deprivation as a badge of honor is backwards. Real productivity, sharper decision-making, and genuine happiness are far more closely tied to getting proper rest.

The market has clearly caught on — a McKinsey estimate from 2017 pegged the global sleep-wellness industry at somewhere between \$30 and \$40 billion, growing by more than 8% a year since.

But buying products isn't the same as fixing the problem. Coutinho is blunt about this: all the meditation apps, sleep aids, and essential oils in the world won't help if you're not actually disciplined about changing your habits. Dr. Maurya frames good sleep as an investment in



yourself rather than wasted time, and Coutinho sums it up simply — your body isn't interested in your career goals; it's interested in keeping you alive, and sleep is part of how it does that.

## Getting Back on Track

Dr. Henri Tuomilehto, who has spent over fifteen years studying sleep and working with professional athletes, says the real secret to better sleep is shockingly simple: consistency. Rebuilding a healthy sleep pattern as an adult isn't all that different from teaching a baby to sleep well — it comes down to returning to the basics, again and again, until it sticks.

## Practical Steps to Sleep Better Tonight

- **Build a rhythm**
  - Go to bed and wake up at consistent times, even on weekends
  - Skip daytime naps if you're struggling with night-time sleep
  - Cut out the disruptors
    - Ease off caffeine and

nicotine later in the day

- Skip alcohol close to bedtime — it fragments sleep more than people realize
- Avoid heavy, late dinners
- Finish exercising at least a few hours before bed

Set the scene

- Keep your bedroom cool, dark, and quiet

Build a wind-down ritual: a book, music, or a warm bath

## Put the phone down

- Limit blue-light exposure before bed
- Keep your phone out of arm's reach from your bed
- If sleep won't come
  - Get up and do something calming until you feel drowsy again
  - Don't just lie there stewing in frustration
- Clear your head
  - Jot down tomorrow's to-do list before bed so your brain can let go
  - Resist the urge to check the clock repeatedly
  - Cut back on fluids in the hour or two before sleep

## A Booming, and Slightly

## Ironic, Industry

It says something about modern life that an entire billion-dollar industry has sprung up just to help us do something humans have done unaided for millennia. Sleep trackers, white-noise machines, technical sleepwear, recovery gadgets, and an endless stream of sleep apps now sit alongside the classic pajama set on store shelves.

Many of these tools repackage ancient breathing and relaxation techniques in a modern wrapper. They can genuinely help — but every expert quoted here agrees on one point: no device replaces the real thing.

## The Bottom Line

Sleep isn't a wellness trend or a luxury you earn after everything else is done. It's basic biology. In a culture obsessed with hustle and constant output, choosing to actually rest might be one of the most productive decisions you make all day.

## LAPSSET CORRIDOR

# The Strategic Imperative

## Dry Ports and Ferries—The Missing Links in the LAPSSET Corridor

By Andrew Mwangura

For decades, Northern Kenya has been defined by its paradox: vast, resource-rich landscapes shackled by isolation, underdevelopment, and disconnection from the nation's economic mainstream. The Lamu Port-South Sudan-Ethiopia Transport (LAPSSET) Corridor—one of Africa's most audacious infrastructure gambits—was designed to shatter these barriers. Yet, a grand vision requires granular execution. The recent initiatives by the Kenya Ports Authority (KPA), in partnership with the Marsabit and Turkana county governments, to establish a dry port in Moyale and introduce ferry services on Lake Turkana are not merely incremental upgrades. They are the strategic catalysts required to transform LAPSSET from a blueprint into a lifeline.

These projects, advanced through site assessments in Loiyangalani and Moyale as of mid-2026, are the operational heart of LAPSSET's core mandate: building a resilient multimodal network that connects Kenya's coast to the hinterlands of the Horn of Africa, spurring inclusive growth, and fostering genuine regional integration.

### Solving the Hinterland Bottleneck

A dry port in Moyale is far more than a parking lot for trucks; it is an inland extension of Lamu Port's economic zone. By handling customs clearance, cargo consolidation, and distribution closer to the Ethiopian border, Moyale would replicate the success of facilities like Naivasha—decongesting seaports, slashing demurrage costs, and drastically lowering logistics expenses.

For Marsabit and the wider region, this transforms a peripheral border town into a strategic nerve center. Goods from Lamu or Mombasa would flow seamlessly into Ethiopia, while Ethiopian exports—livestock, agricultural produce, and minerals—would gain frictionless access to global markets. This efficiency reduces the prohibitive costs of road hauls, shrinks transit



times, and ignites cross-border commerce. In a region where high transport costs routinely kill business competitiveness, this infrastructure is the difference between survival and growth.

Complementing this, the Lake Turkana ferry service—linking Loiyangalani to Kalokol and Eliye Springs—offers a game-changing multimodal pivot. Currently, circumventing the lake is a logistical nightmare that consumes hours and drains resources. A reliable ferry service for passengers and cargo would slash travel times to 1-2 hours, fundamentally reshaping mobility between the counties. It integrates the lake's rich fisheries and tourism potential into the LAPSSET grid and breathes life into the resort city plans envisioned for the corridor.

The synergy is clear: cargo arrives at Lamu, moves inland via road or rail to the dry port, crosses the lake via ferry, and feeds into highways and future rail links heading toward South Sudan and Ethiopia. This is not just a route; it is a logistics ecosystem.

### Economic Transformation and Regional Integration

The economic case is irrefutable. LAPSSET is designed to open up northern Kenya—home to millions who have long been sidelined from national prosperity. The Moyale dry port and Turkana ferries are engines of direct and indirect employment, generating jobs in construction, operations, hospitality, and logistics. They will invigorate local economies by increasing trade volumes, reducing operational costs, and unlocking value chains—from pastoralist livestock exports to fisheries and agribusiness.

Regionally, these projects anchor Kenya's commitment to its landlocked neighbors, Ethiopia and South Sudan. By enhancing supply chain resilience, Kenya solidifies its position as East Africa's premier logistics gateway. In the era of the African Continental Free Trade Area (AfCFTA), these links are indispensable for turning geographic proximity into tangible economic reality.

Furthermore, the environmental dividend is significant. A functional multimodal system—integrating road, rail, and water transport—reduces congestion and lowers carbon emissions per ton-kilometer compared to the exclusive reliance on trucks. When executed with robust community engagement, these projects can empower local populations, improve access to essential services, and redress the inequalities that have historically fueled regional marginalization.

### Overcoming the Skeptics with Grit and Good Governance

Cynics will point to LAPSSET's history of delays, security volatility, funding gaps, and broken timelines. These are legitimate concerns, but they are not death sentences. The current momentum—marked by concrete site assessments, gubernatorial collaboration, and alignment with national priorities—represents a credible reset.

Success requires a disciplined approach: transparent public-private partnerships, rigorous environmental safeguards, community benefit-sharing agreements, and the integration of security enhancements to protect

these strategic assets. Prioritizing these projects within LAPSSET's phased rollout is critical. Feasibility studies must be expedited, financing must be secured (potentially through development partners), and operations must be designed to withstand the harsh realities of climate variability around the lake and complex border dynamics.

### A Call to Action for Kenya's Future

Establishing the Moyale dry port and Lake Turkana ferry services is not simply an infrastructure undertaking; it is an act of nation-building. It is a defiant statement that Northern Kenya is not a periphery to be pitied, but an engine to be powered.

These initiatives will decongest our ports, slash systemic costs, create jobs, integrate fractured markets, and solidify Kenya's role as the anchor of regional trade. As the Kenya Ports Authority and county leaders advance these plans, a united front is required. Government, private sector, and local communities must rally behind this vision with unwavering resolve.

The arid north holds untapped potential. With these critical pieces of the LAPSSET puzzle in place, it can flourish as a vibrant corridor of commerce, connectivity, and opportunity. The time for cautious deliberation is over. The time for bold, sustained action is now—because Kenya's equitable and prosperous future depends on it.

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email: [mwangura@maritimebizreview.com](mailto:mwangura@maritimebizreview.com)

## PHOTO STORY

### Giants Group Twiga Mega Library Books Donation



**14 Schools in the county of Kirinyaga and Laikipia benefitted from donation of Library Books by Giants Group Twiga Adhik Maas the month of giving and distributing was celebrated by this donation**  
Thanks to our generous donors from India , UK , USA And Kenya

**Special thanks to Madan Mercy Wanjau - Secretary to The Cabinet for the partnership . The school Headteachers , Chie of the area and the District Education Officers appreciated the generous donation by Giants Group Twiga . Mukesh desai emphasized that reading the books which are a mix of story books dictionaries encyclopedia etc will improve the English, composition and speaking of the students . he thanked Ms Mercy for her support in organizing the logistics and arranging for French to be taught at Kianwe Primary School . 3 Trees were planted in lieu of the donation**  
**Mathematical sets courtesy of Premchandbhai Foundation were also donated to the 13 Primary Schools**  
**Giants Twiga continue their Journey Of Service of Promoting National Literacy and Reading Culture**



# Mawingo: The Untold Story Before Fairmont

**B**efore it was Fairmont Mt. Kenya Safari Club, it was Mawingo. Before the billionaires, there was a love affair, a plane, and a dead man's ashes scattered over our Mountain.

Most people walk into the Fairmont Mount Kenya Safari Club and see luxury. The manicured lawns. The peacocks. The fireplace where presidents have warmed their hands. They take photos. They sip overpriced coffee. They leave.

But for those of us who

grew up in the shadow of this mountain, that ground holds deeper stories than any guest brochure will ever print. This is not just a hotel. This is a living archive of love, tragedy, money, and power and it started with a New York socialite who threw her entire life away for a French aviator.

In the 1930s, Rhoda Lewiesohn, stunning and wealthy got married to a millionaire. She had everything: until she holidayed in Kenya and met Gabriel Prudhomme, a dashing French hunter and pilot much younger than her.

She didn't hesitate. She left her husband. She surrendered her US citizenship. She chose love over status, and together with Gabriel, they built a dream home at the foot of Mount Kenya. They called it "Mawingo."

But the land they built on belonged to a Mrs. Wheeler, a grieving widow from San Francisco whose fiancé had died suddenly abroad. She agreed to sell the land on one condition. Gabriel had to fly to France, retrieve the body, and take her up over Mount Kenya so she could scatter her lover's ashes into the wind. Gabriel

agreed. He flew her high above the peaks, and from that tiny plane, Mrs. Wheeler released her grief into the sky. That mountain absorbed the ashes of a stranger, and in exchange, the land below became someone else's dream.

In 1939, Rhoda gifted Mawingo to Gabriel. But love stories don't always end well. They divorced. Gabriel died in 1945. And the dream home went to auction.

What happened next reads like a script from a Hollywood movie; because Hollywood actually showed up.

In 1948, Abraham "Tubby"

Block, a hotelier, bought the property and turned it into an inn. Then in 1959, American actor William Holden (yes, that William Holden) partnered with Ray Ryan and Swiss financier Carl Hirschmann to purchase it. They renamed it the Mount Kenya Safari Club and turned it into one of the most exclusive retreats on earth. Royalty came. Film stars came. The world looked at Nanyuki and saw glamour.

After Holden's death in 1981, Saudi billionaire Adnan Khashoggi took over. He was one of the richest men in the world; until financial

difficulties forced a sale. In 2007, Fairmont Hotels & Resorts acquired the property and poured millions into renovations.

And then, in 2015, something remarkable happened. The club came home.

A private Kenyan company bought a 75% stake. The man behind that purchase? Humphrey Kariuki Ndegwa. A self-made Kenyan billionaire. One of the earliest indigenous members of the club.

A man who had probably once stood outside those gates, looking in, dreaming the same dream we all did. Now he owns it.

Next time you pass those gates, don't just see a hotel. See Mawingo. See the plane scattering ashes over the peaks. See the auctioneer's hammer. See William Holden lighting a cigarette by the fireplace. And see Humphrey Kariuki Ndegwa, a son of this soil, holding the deed.

## Emotional Intelligence (EQ) in the Age of Instant Gratification

By Miriam Mukasa

**L**iving in a world of 24-hour news cycles, Amazon same day deliveries, taxis, food and even romantic dates on tap, it seems we've become accustomed to instant gratification. Many of our needs and wants are now met at the click of a button. Unsurprisingly, we begin to transfer this digital, on demand way of life into real life, shaping how we interact, engage and communicate with one another.

Whether at work or home, many of us now seem to seek or expect instant, often positive reactions to our needs and wants. When this does not materialise, we are frequently left feeling angry or hurt, or heading straight to a social media platform to lodge a complaint, in the belief that the world needs to hear how

we've been hard done by.

The problem is that such emotional reactions, often before all the facts are known or established, offer us a form of instant gratification in the shape of emotional release or even revenge. This is a clear example of reacting emotionally rather than responding with Emotional Intelligence (EQ).

The question is, is this really how we wish to live our lives? Is there not something to be said for building both our emotional and physical muscles through delayed gratification?

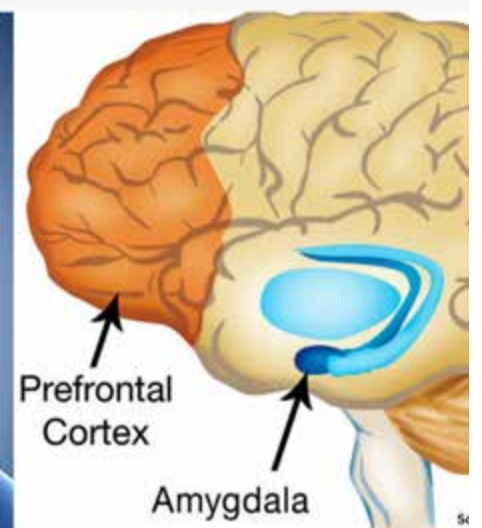
Instant gratification works much like fast food. It may give you an immediate boost and a fleeting sense of satisfaction, but in the long run it damages the mind, the body, or the soul.

Let me be clear. I am not suggesting that there are never situations that require

instant reactions. Nor am I discussing threatening or aggressive situations that require our brain's amygdala driven 'fight-or-flight' response.

What I am referring to are the day-to-day interactions we experience, or observe, whether in person or remotely. These range from road rage, anger following rejection, frustration when we believe a shop assistant is ignoring us, or irritation because the cashier is too slow while we're parked on double yellow lines. Is it really worth losing our temper over such situations?

Unnecessary emotional reactions occur when the amygdala part of the brain takes over, when in fact, a brief pause would allow the prefrontal cortex (the logical part of the brain), the space to regulate and calm that response. This pause gives us



the ability to reason and, in some cases, take responsibility for the situation(s) we find ourselves in, that give rise to our anger.

Whether at work or at play, EQ is a critical capability. It

requires mental as well as emotional discipline.

It's about resisting the urge for quick reactions.

It's about pausing, reflecting, naming our emotion(s) and taking responsibility before

responding, or forming an opinion about something or someone.

Finally, we must remember that not everyone is entitled to an immediate or even, a response or reaction from us.

## STEM OLYMPIAD

# Kenyan Learners Shine at Robotics Competition

**S**TEM Impact Center Kenya's collaborative push to scale up digital literacy nationwide saw over two hundred and fifty brilliant students from forty-seven schools across sixteen counties converged at Nova Pioneer Tatu City Boys for the high-stakes National Finals of the World Robot Olympiad. This prestigious tournament serves as a critical benchmark for testing 21st-century problem-solving capabilities within the country's changing educational framework.

Alex Magu, the Chief Executive Officer of the STEM Impact Center Kenya, emphasized that the initiative focuses on shifting students from passive consumers of artificial intelligence to active creators who can manipulate sensors, motors, and advanced controllers. Magu then further called for a structured national rollout of these technical programs, stressing that Kenya must actively develop technologies rather than waiting for other nations to innovate.

The national arena drew a highly competitive cohort of elite institutions, showcasing intense matchups among



Kigwa Ridge School learners led by their teacher Sarah Mugo (right) pose for a photo with STEM Impact Center Kenya CEO Alex Magu (left) and World Robot Olympiad (WRO) National Co-ordinator Margaret Kabucho shortly after they were declared winners during the national WRO competition

heavyweight participants such as Alliance High School, SCLP Samaj School Nairobi, and Vihiga Friends High School. Mark Kambua, a seasoned senior competitor from Alliance High School who has previously won top honors for Kenya on global stages in Panama, Turkey, and Singapore, shared how immersive exposure to automated systems radically expands a student's cognitive horizons.

He underscored that navigating these rapidly changing technological environments directly inspires competitive career pathways toward fields like advanced robotics engineering.

Among the frontrunners

pushing the envelope of excellence was Kigwa Ridge School. Led by their teacher Sarah Mugo, the institution brought a strong delegation of twenty-four students who captured second and third places in the initial judging rounds. Mugo observed that the tournament's dynamic structure, which introduces surprise mission swaps on the floor, forces students to think on their feet and code in real time. She underscored that this practical immersion heavily reinforces core classroom subjects like mathematics, as students must constantly calculate complex angles and travel distances while sharpening their broader critical thinking skills.

For the top-performing winners moving to the next level, the stakes are remarkably high. Global sponsors and elite institutions like New York University and energy giant Aramco have stepped in to provide international pathways, offering high-achieving students fully funded apprenticeships, including intensive tech bootcamps in Seoul, South Korea, alongside prestigious university scholarships. These elite qualifiers will now form the national delegation scheduled to travel to Puerto Rico this coming December, where they will officially represent Kenya at the International World Robot Olympiad Finals.

## PHOTO STORY

## Kigwa Ridge School



UGANDA culture parade

Kigwa Ridge school in Nairobi County children parade their Ugandan attire on Friday June 19th, 2026 during the school's Africa Art & Cultural Day 2026. This year's theme was: "Our Africa, many cultures: Celebrating our heritage, diversity, and unity". Chirau called on schools and parents to embrace their cultural value and pass it to the new generation. Egypt Ambassador to Kenya Hatem Yousri Hosni was the chief guest that featured 15 cultures from 10 African Countries.



Egypt culture Parade

Kigwa Ridge school in Nairobi County children parade their Egyptian attire on Friday June 19th, 2026 during the school's Africa Art & Cultural Day 2026. This year's theme was: "Our Africa, many cultures: Celebrating our heritage, diversity, and unity". Chirau called on schools and parents to embrace their cultural value and pass it to the new generation. Egypt Ambassador to Kenya Hatem Yousri Hosni was the chief guest that featured 15 cultures from 10 African Countries.

## Kigwa Ridge School Art & Cultural Day 2026



Former minister Chirau Ali Mwakwere joins his grandson Mshenga Jnr Chirau Mwakwere, 5, and Miss World Kenya 2026 crown holder Trizah Muhenje in a fashion parade at Kigwa Ridge school in Nairobi County on Friday June 19th, 2026 during the school's Africa Art & Cultural Day 2026 on Friday June 19th, 2026. This year's theme was: "Our Africa, many cultures: Celebrating our heritage, diversity, and unity". Chirau called on schools and parents to embrace their cultural value and pass it to the new generation. Egypt Ambassador to Kenya Hatem Yousri Hosni was the chief guest that featured 15 cultures from 10 African Countries.

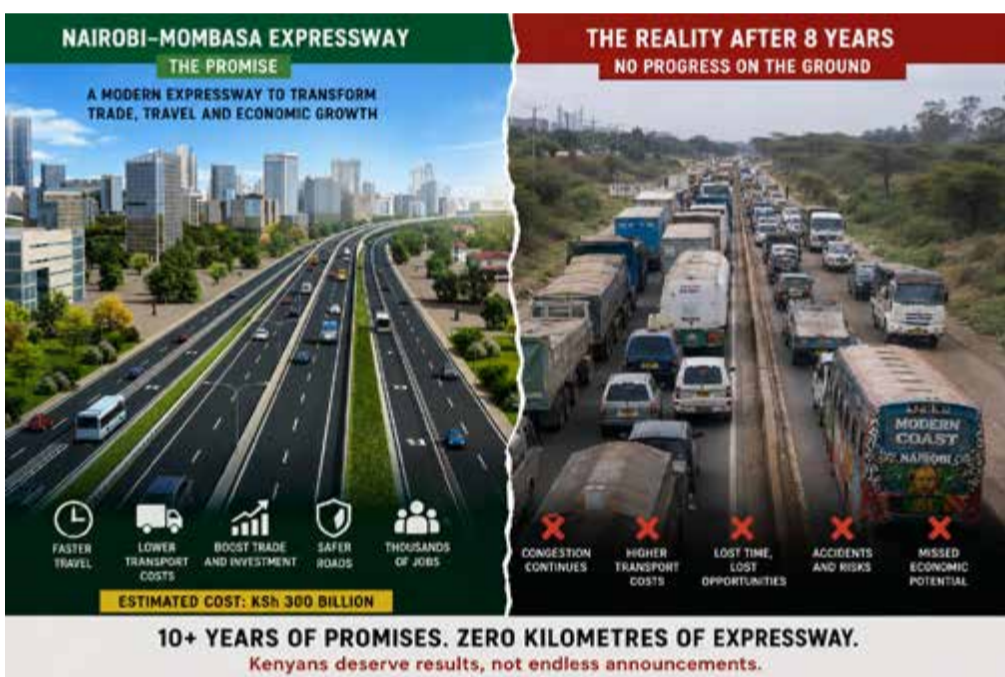


EGYPTIAN DANCE

Kigwa Ridge school in Nairobi County children perform an Egyptian dance on Friday June 19th, 2026 during the school's Africa Art & Cultural Day 2026. This year's theme was: "Our Africa, many cultures: Celebrating our heritage, diversity, and unity". Chirau called on schools and parents to embrace their cultural value and pass it to the new generation. Egypt Ambassador to Kenya Hatem Yousri Hosni was the chief guest that featured 15 cultures from 10 African Countries.

# The Nairobi-Mombasa Expressway

A Decade Of Promises, Yet No Highway In Sight



In November 2019, the United States Government publicly reaffirmed its commitment to supporting the proposed Nairobi-Mombasa Expressway, a mega infrastructure project valued at approximately KSh300 billion. The project was presented as a transformative investment that would modernize transport between Kenya's capital and its largest port city while avoiding additional debt burdens on Kenyan taxpayers.

At the time, U.S. officials argued that American companies would deliver world-class engineering standards, better value for money, and stronger safeguards against corruption. The project was hailed as a game-changer for trade, tourism, and regional economic growth.

Yet, nearly eight years later, the reality on the ground tells a different story.

There is no expressway under construction.

There are no completed sections.

There is no visible evidence that the ambitious project has moved beyond discussions, feasibility studies, and political statements.

## Dictionaries & Encyclopedias A Decade of Discussions, No Bulldozers

For more than ten years, Kenyan leaders and their American counterparts have periodically revived conversations around the Nairobi-Mombasa Expressway. Every few years, fresh announcements emerge, generating public excitement and renewed expectations.

However, while the project continues to feature prominently in policy discussions and diplomatic engagements, ordinary Kenyans travelling between Nairobi and Mombasa still rely on the same congested transport corridor.

The contrast between repeated promises and the lack of tangible progress has left many citizens questioning whether the project was ever a genuine priority or merely a recurring political talking point.

## Minerals Deals Move Faster Than Infrastructure

The debate has gained fresh relevance following recent agreements involving cooperation between Kenya and the United States in the

extraction and processing of strategic minerals.

Critics argue that while negotiations on mineral resources appear to advance rapidly, the long-promised Nairobi-Mombasa Expressway remains stalled.

To many observers, this raises uncomfortable questions:

- Why do resource extraction agreements appear easier to conclude than major infrastructure commitments?

- Why has a project described as economically transformative remained largely dormant for years?

- What benefits will ordinary Kenyans receive from international partnerships if critical infrastructure projects continue to be delayed?

These concerns have fueled public skepticism regarding whether Kenya is receiving equitable value from its international engagements.

## GeographicReference The Politics of Mega Projects

History suggests that large infrastructure projects often resurface during politically significant periods.

As the next election cycle approaches, some Kenyans

fear that the Nairobi-Mombasa Expressway may once again become a campaign talking point, complete with new announcements, fresh feasibility studies, and optimistic timelines.

Citizens have witnessed similar patterns before: ambitious promises are made, expectations are raised, and yet implementation remains elusive.

The growing frustration is not necessarily about the expressway itself. Rather, it stems from a broader concern that major national projects are too often used as political instruments rather than delivered as economic necessities.

### The Cost of Delay

The Nairobi-Mombasa corridor remains Kenya's most important economic artery.

The route connects the Port of Mombasa to Nairobi and serves as a gateway for trade throughout East and Central Africa. Every delay in modernizing this corridor translates into:

- Higher transport costs;
- Increased travel times;
- Greater vehicle maintenance expenses;
- Reduced competitiveness for Kenyan businesses;
- Lost economic opportunities.

An efficient expressway would likely reduce congestion, improve logistics efficiency, and strengthen Kenya's position as a regional trade hub.

### GeographicReference The Real Question

The issue is no longer whether the Nairobi-Mombasa Expressway is necessary.

Most experts agree that improved transport infrastructure is critical for Kenya's economic future.

The real question is whether leaders and international partners are prepared to move beyond announcements and deliver concrete results.

Kenyans have heard the promises.

They have seen the artist impressions.

They have listened to the speeches.

What they have not seen is the highway itself.

Until construction begins and measurable progress becomes visible, many citizens will continue to view the Nairobi-Mombasa Expressway as yet another grand vision trapped between politics, diplomacy, and endless negotiations.

After more than a decade of discussions, Kenyans are increasingly asking a simple question: When will the promises finally be converted into pavement?

## PHOTO STORY

### World Robot Olympiad Competition



Redemption International School of Uganda Director Ethel Kalungi (left) presents the trophy for overall winners of this year's World Robot Olympiad (WRO) National competition in the Robo Mission senior category to Alliance High school students team, Apex machine, during the two day competition organized by STEM Impact Center Kenya held at Nova Pioneer Tatu City Boys in Kiambu County on Saturday. The team has won the events globally in three consecutive years making this their 4th attempt. Over two hundred and fifty students from forty-seven schools across sixteen counties participated in the competition for an opportunity to represent Kenya in the global stages in Zagreb in Croatia, Hyderabad in India and Puerto Rico USA. From left the students are Mark Yegon, Mark Wambua and Fabian Asaya.



STEM Impact Center Kenya CEO Alex Magu (right) and World Robot Olympiad (WRO) National Co-ordinator Margaret Kabucho watch as Kigwa Ridge year 6 learners from left Maya Ayana, Dela Wabiri and Margaret Wangui Thuo launch their robot at the national WRO competition at Nova Pioneer Tatu City Boys in Kiambu County on Saturday. The trio scooped the top position in Robo Mission elementary category as their school mates took home the 2nd position in Robo Mission junior category. Over two hundred and fifty students from forty-seven schools across sixteen counties participated in the competition for an opportunity to represent Kenya in the global stages in Zagreb in Croatia, Hyderabad in India and Puerto Rico USA.



STEM Impact Center Kenya CEO Alex Magu (in red) poses for a group photo with the National winners of this year's World Robot Olympiad (WRO) at Nova Pioneer Tatu City Boys in Kiambu County on Saturday.

## LIFE

## 7 RULES OF LIFE

**1. Smile:**

A simple smile holds incredible power. Smiling not only brightens your day but also has a profound impact on those around you. It is a universal language that transcends barriers and spreads positivity. When you wear a smile, you invite happiness into your life and create a welcoming atmosphere for others. Smiling is contagious, and by radiating joy, you can uplift the spirits of those who cross your path. Remember that even in challenging times, a smile can be a beacon of hope and a reminder that things will eventually work out.

**2. Be Kind:**

Kindness is a virtue that costs nothing but has immeasurable value. By practicing kindness, you have the ability to make a significant impact on the lives of others. A simple act of kindness, whether it's offering a helping hand, lending a listening ear, or expressing words of encouragement, can brighten someone's day and restore their faith in humanity. Kindness creates a ripple effect, spreading positivity and fostering meaningful connections. Remember, by being kind to

others, you cultivate a sense of empathy and compassion within yourself.

**3. Don't Give Up:**

Life is full of obstacles and setbacks. It's crucial to adopt a resilient attitude and maintain unwavering determination in the face of challenges. Don't let failure discourage you; instead, view it as an opportunity to learn and grow. Embrace the mindset that setbacks are stepping stones to success. If one approach doesn't yield the desired outcome, adapt, improvise, and try another route. Keep moving forward with perseverance, knowing that success often requires multiple attempts. Remember, every setback is an opportunity for personal and professional growth.

**4. Don't Compare:**

In the age of social media, it's easy to fall into the trap of comparison. However, comparing yourself to others only breeds discontentment and diminishes your self-worth. Understand that each person's journey is unique, and everyone progresses at their own pace. Instead of comparing yourself to others, focus on your own progress and growth. Celebrate your achievements and set realistic goals that align with your values and aspirations. Remember, comparison steals

your joy and prevents you from fully embracing your individuality.

**5. Avoid Negativity:**

Negativity can be toxic and drain your energy. It's essential to cultivate a positive mindset and surround yourself with uplifting influences. Be mindful of your thoughts and replace negative self-talk with affirmations and gratitude. Choose your company wisely and gravitate towards individuals who inspire, support, and encourage you. Avoid engaging in gossip or dwelling on negativity. By consciously eliminating negative influences, you create space for personal growth and attract positivity into your life.

**6. Make Peace with Your Past:**

The past can weigh heavily on the present if we allow it. To embrace personal growth and happiness, it is crucial to make peace with your past. Acknowledge past mistakes, learn from them, and use those experiences as stepping stones towards a better future. Cultivate mindfulness and focus on the present moment, cherishing the opportunities it offers. By letting go of past regrets and resentments, you free up mental and emotional space to fully engage in the present. Take time to reflect

on the lessons learned and use them to shape a better future for yourself. Embrace forgiveness, both for others and yourself, as it is a powerful tool for healing and growth. Remember, the past is behind you, and your focus should be on creating a brighter and more fulfilling future.

**7. Take Care of Your Body & Mind:**

Your body and mind are interconnected, and nurturing both is essential for overall well-being. Prioritize self-care by engaging in activities that promote physical and mental health. Exercise regularly, fuel your body with nutritious food, and get enough restful sleep. Take time to relax and engage in activities that bring you joy and peace. Practice mindfulness, meditation, or any form of mental wellness that resonates with you. Surround yourself with positive influences and seek support when needed. Remember, a healthy body and mind lay the foundation for a happy and fulfilling life.

Remember that these rules are not a one-time checklist but a continuous journey of self-improvement. Embrace them, adapt them to your life, and watch as they positively transform your perspective and interactions with the world.

## Magadi GSU Borehole commissioning



In helmet from left Regner Fu Capital Group (RFG) Head of Business Kent Kagicha, National Police service (NPS) Embakasi 'B' campus Commanding Officer William Samoei and Ushiriki wema foundation Chairperson Tessie Musalia commission the drilling of 4th borehole in NPS Colleges at Magadi GSU Field Training College in Kajiado County on Friday June 5th, 2026 sponsored by the two organization. The borehole will provide sustainable and accessible water to the college and the surrounding community while supporting the growing of trees in the environment.

**MADAFU NEWSPAPER KENYA VALUED OUTLETS:****NAIROBI:**

Parklands and Westlands:  
Anga Cinema (Diamond Plaza 2)  
Ashapura Sweet Mart (Kirima Shopping, 5th Parklands)  
Bajrang (Sky Mall)  
Bhagwanji Sweet & Farsan (3rd Parklands Kusi Lane)  
Kumar Brothers (Diamond Plaza)  
Microcity (Sarit Centre)  
Onn The Way Supermarket (all branches)  
Sona Shoppe (Wesgate Shopping Mall)  
Taste of China (3rd Parklands)

Nyali - Chandarana Supermarket  
Quickmart Bandari Supermarket  
Naivas Likoni Mall Supermarket  
Yaris Institute - Haile Selassie Avenue  
Mombasa Afrigas - Nyerere Avenue  
Hakimi Stationaries - Moi Avenue  
AudioAsh Coolers - opp Sapphire Hotel  
Various Hospitals & News Vendors  
Hand Delivery via Newspaper Vendors

**KISUMU:**

Western Emporium

**INDUSTRIAL AREA:**

Bunny Industries Limited (Dakar Road)

**LANGATA:**

Sona Shoppe (Galleria Shopping Mall)

**KAREN:**

Sona Shoppe (Karen Crossroads)

**NAKURU:**

Hyrax General Supplies (Biashara Avenue)  
Rani Ramchandani  
Rift Agencies Insurance Ltd c/o Purvi

**KITALE:**

Milli Hardware Ltd Main Road

**ELDORET:**

Kenya Jalaram Co Ltd - opp CBK

**VOI:**

Abbas Aluminum Supplies

**MOMBASA:**

Blue Room Restaurants  
Nyali Cinemax  
Nyali Centre - DKL  
Umoja Rubber Shoes Shops

**DIANI:**

Palm Beach Hospital  
Aasan Solutions Auditors  
Moiz Supermarket  
Various Restaurants & Hotels  
Chandarana Supermarket

**MALINDI:**

Uzima Training Centre - CBD  
Various Hotels & Restaurants

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# M.V. DAN: A Test of Preparedness

By Andrew Mwangura

The Kenya Maritime Authority's (KMA) press release of 22 June 2026 offers a measured and reassuring update on the M.V. DAN (IMO 8415160), a vessel that remains aground off Nyali Beach in Mombasa. For a nation whose economic vitality and cultural identity are deeply tied to the Indian Ocean, such incidents are far more than logistical disruptions—they are stress tests of our maritime governance, environmental stewardship, and crisis readiness. On balance, the Authority's communication and the multi-agency response appear professional and proactive. Yet the situation also invites deeper reflection on preparedness, accountability, and the long-term resilience of Kenya's blue economy.

The encouraging news is substantial. According to the KMA, the vessel's hull integrity remains

intact, with no evidence of structural failure or leakage. The likelihood of a pollution incident is currently assessed as minimal, and precautionary measures are firmly in place. A coordinated team—comprising the KMA, Kenya Coast Guard Service, Kenya Navy, Kenya Ports Authority, and other stakeholders—is maintaining round-the-clock monitoring. The vessel owners, M/S Maritime Co. S.A., have reaffirmed their commitment to refloating and salvage operations, with preparations reportedly advancing toward a target window around 13 July 2026. This level of inter-agency collaboration and owner accountability is commendable and stands in stark contrast to past regional maritime incidents, where confusion, delayed communication, or finger-pointing often exacerbated damage.

Nyali Beach is not merely a scenic tourist attraction; it is part of a vibrant coastal ecosystem that supports fisheries, tourism, and local livelihoods. The absence of

reported oil spills or cargo leakage so far is therefore a significant relief. The KMA's emphasis on crew welfare, navigational safety, and environmental protection signals a welcome shift toward holistic maritime risk management—rather than a narrow focus on vessel recovery alone. In an era of increasing shipping traffic, climate-driven extreme weather, and aging fleets, such vigilance is not optional; it is essential.

That said, an editorial must probe beyond reassuring language. Groundings in sensitive near-shore areas like Nyali inevitably raise questions about how the vessel ended up there in the first place. Was it mechanical failure, human error, adverse weather, or inadequate pilotage and navigational aids? While the press release understandably prioritizes current status and response efforts, Kenyans deserve fuller transparency on the root causes once investigations conclude. Public trust in

maritime authorities depends not only on competent crisis management but also on rigorous post-incident accountability. The KMA should commit to publishing a comprehensive incident report in due course, ideally including independent technical analysis.

Economically, the grounding—though currently contained—disrupts local maritime traffic, tourism activities, and potentially fishing grounds. Mombasa remains East Africa's premier port; any perception of vulnerability in its approaches can affect investor confidence and insurance premiums for vessels calling at the port. The planned refloating around mid-July provides a clear timeline, but contingencies must be robust. What if weather conditions deteriorate? Are salvage resources—tugs, equipment, and expertise—readily available and adequately insured against further complications? The involvement of the vessel owners is positive, but Kenyan authorities must ensure that any costs to the public purse or

environmental remediation are fully recovered where liability is established.

This episode also highlights broader systemic issues. Kenya has made strides in maritime security and blue economy development, yet incidents like this underscore the urgent need for sustained investment in modern navigational infrastructure, regular vessel traffic monitoring, enhanced pilot training, and stricter enforcement of international maritime conventions (SOLAS, MARPOL, and others). Climate change is altering weather patterns and sea states; our preparedness must evolve accordingly. Coastal communities, environmental NGOs, and tourism operators should be kept in the loop through transparent briefings, not left to speculate based on partial information.

The KMA's closing note—that it "remains satisfied with the cooperation demonstrated by the vessel owners and all agencies involved"—is encouraging. Effective public-private and inter-agency

partnership is precisely what turns potential disasters into manageable events. However, satisfaction must not breed complacency. The true test will be the successful, environmentally sound refloating of the M.V. DAN and the implementation of lessons learned to prevent recurrence.

Kenya's maritime future is too important to treat such incidents as routine. With the right blend of transparency, technical competence, and forward-looking policy, the M.V. DAN grounding can become a case study in effective response rather than a cautionary tale of near-miss vulnerability. The KMA and its partners have earned cautious praise for their handling thus far. Now they must convert that into lasting improvements for the safety of our waters, the protection of our coastline, and the strength of our blue economy. Kenyans—and the global maritime community—are watching.

**Andrew Mwangura is an independent Nautical Advisor**



## Mali Therapy School Expands for Children with Disabilities

Tessie Mudavadi urges parents to register children with disabilities

The spouse of Prime Cabinet Secretary Musalia Mudavadi, Tessie Mudavadi, has called on parents and guardians of children with disabilities to register them with the National Council for Persons with Disabilities (NCPWD).

Tessie said registration will enable the children access critical support services and opportunities.

Speaking during the groundbreaking ceremony of Mali Integrated School in Karen, Nairobi, Tessie said registration was a crucial step towards ensuring children with disabilities receive the assistance they need to thrive

in society.

The project is being put up with the supported by Ushiriki Wema Foundation and M-PESA Foundation.

Tessie, who addressed the gathering in her capacity as Chairperson of the Ushiriki Wema Foundation, emphasised that registration should not be viewed as a label or stigma but rather as a gateway to essential services.

"Registration is about recognition and unlocking access to services, assistive devices, inclusive education support, and social protection programs that help children to thrive," she said.

During the event, M-PESA Foundation Trustee Patricia Ithau announced that the foundation would provide Sh15 million towards the

construction of four classrooms at the school to accommodate increasing student enrolment.

"M-PESA Foundation has brought several institutions to the realization of inclusive learning through infrastructure support," Ithau said.

She noted that investment in inclusive education infrastructure is essential in addressing barriers that prevent children with disabilities from accessing quality education.

The additional classrooms are expected to ease congestion and provide a more conducive learning environment for learners with diverse needs.

Mali Integrated School Director Pauline Wamukowa welcomed the support from



the two foundations, saying it would significantly strengthen the institution's capacity to provide inclusive learning.

She observed that society has for many years focused on the limitations of children with disabilities instead of their abilities and potential.

"For too long, children with disability were seen through a lens of limitation rather than possibility," she said.

**Chair Tessie Musalia, (Centre), Mali Integrated School Director Pauline Wamukowa (left) and the M-PESA Foundation Trustee Patricia Ithau (partially hidden right) during the groundbreaking ceremony for the expansion of Mali Integrated School at Mali Therapy Centre in Karen, Nairobi County on Tuesday, June 9, 2026. The school offers specialized education to children living with disabilities.**

## PENSION SCHEME

# Securing Pensions Is Securing Kenya's Maritime Destiny

By Andrew Mwangura

**T**he true strength of a national institution is never fully captured by its annual cargo throughput, its revenue sheets, or the scale of its infrastructure. These are merely the outputs of a more profound asset: the people whose dedication and skill make those achievements possible. When Captain William Ruto, Chief Executive Officer of the Kenya Ports Authority (KPA), recently reaffirmed the Authority's unwavering commitment to safeguarding the KPA Pension Scheme, he delivered a message that resonates far beyond the realm of retirement benefits. It was a strategic declaration that human capital is—and must remain—the bedrock of Kenya's maritime economy.

Speaking at the Annual General Meeting of the KPA Pension Scheme (Defined Benefits) at Mbaraki Sports Club, Capt. Ruto articulated a principle that should serve as a guiding light for all public entities: employees are not merely cogs in a machine, but the organization's greatest asset. Every vessel safely berthed, every container seamlessly cleared, and every logistical milestone achieved is the direct result of a professional workforce whose expertise drives operational excellence.

Crucially, this recognition extended beyond the current payroll. By acknowledging pensioners as the generation that laid the very foundation upon which today's KPA stands, the Authority demonstrated a rare and commendable respect for institutional memory and continuity. In an age where organizations are often obsessively fixated on quarterly performance metrics, honoring the retired cohort is a hallmark of mature, responsible leadership—one that respects the legacy of national service.

Retirement security, however, is far more than a deferred financial obligation. It is a strategic investment in workforce stability, organizational resilience, and national productivity. When



employees are confident that their years of service will culminate in financial dignity, they perform with greater focus and loyalty. Consequently, robust pension systems are not a cost center; they are a catalyst for improved morale, higher staff retention, and sustained operational excellence.

Capt. Ruto's pledge to collaborate closely with the Scheme's trustees and stakeholders to ensure its long-term sustainability comes at a critical juncture. Pension funds globally are navigating a perfect storm of economic volatility, inflationary pressures, demographic shifts, and fluctuating investment climates. Navigating these headwinds demands more than good intentions; it requires prudent governance, strategic asset allocation, unwavering transparency, and continuous dialogue between sponsors, trustees, regulators, and members.

The contributions of Omae Nyarandi further underscored the irreplaceable value of institutional partnership. His acknowledgment of KPA's steadfast support highlights a collaborative synergy between the Scheme's sponsor and its trustees that is vital for financial resilience. Such cooperation ensures that the promises made to workers today remain financially deliverable tomorrow.

Equally heartening was the active participation of representatives from the Retirement Benefits Authority, alongside KPA Board Directors including Ahmed Ali Mukthar,

Emmanuel Kibet, and Daniel Muriungi. Their presence was a clear signal that sound governance, regulatory oversight, and accountability are non-negotiable pillars in protecting retirement savings. Pension schemes only thrive where transparency and compliance are treated as sacred duties.

The AGM itself served as a vital governance forum, allowing members to review performance, confront challenges, and explore strategies to enhance the welfare of both current contributors and those who have already retired. Such gatherings are essential, as they strengthen stakeholder confidence by ensuring that members remain informed and have a voice in decisions that shape their financial futures.

However, the implications of this discussion extend far beyond the gates of the Port of Mombasa. As Kenya accelerates its investments in modern ports, logistics corridors, and the expansive Blue Economy, workforce welfare must be elevated to a central pillar of national development strategy. Sustainable infrastructure cannot exist without sustainable institutions, and sustainable institutions are built on the security, motivation, and respect afforded to their employees.

Kenya's ambition to solidify its status as the premier maritime and logistics hub in Eastern Africa hinges not solely on cranes, terminals, or digital systems. It rests

equally on the confidence of the people who operate them. Retirement security is a fundamental component of that confidence—the invisible steel in the scaffolding of our economic future.

Ultimately, KPA's renewed commitment to its Pension Scheme is a testament to financial prudence and enlightened leadership. It proves that the Authority understands a fundamental truth: institutional success is inseparable from the welfare of its people. By protecting the retirement security of both its current and former employees, KPA is investing in organizational durability, preserving public trust, and reinforcing the very foundations upon which Kenya's maritime future will be built.

In the final analysis, a pension is never simply a gratuity earned after decades of service; it is a sacred promise. Institutions that honor that promise do more than enrich their retirees—they fortify their reputation, enhance their governance, and deepen their contribution to national progress. KPA's steadfast support for its Pension Scheme is therefore an investment in people, and by extension, a vital investment in Kenya's long-term economic prosperity.

**Andrew Mwangura is a Mombasa based Public Intellectual.**

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## Borehole at Mbaraki Girls



**On 29th May 2026, Members of Saturday Club, along with Mr. Hussein and the Gudka Family, visited Mbaraki Girls Secondary School in Mombasa County for the official opening of the Water Borehole which was donated by the Gudka Family in the loving memory of Late Kshavial P. Gudka and Late Shantaben K. Gudka and Late Nila Keshavial Gudka.**

## SpaceX's S&P; 500 Bid Denied



**Billion-dollar dreams dashed.**

**I**n a surprise move, the S&P 500 has rejected SpaceX's request for swift entry into the prestigious stock market index. This decision means Elon Musk's space and AI company will not gain accelerated access to billions of dollars in passive investment funds. The S&P Dow Jones Indices, which manages the index, held a month-long consultation to consider changing rules for "MegaCap" companies like SpaceX, but ultimately decided against it.

The proposed changes would have allowed SpaceX to enter the index with only 3% of its shares publicly available and without demonstrating profitability. The decision also affects other AI companies like OpenAI and Anthropic, which may have followed SpaceX into the index. This move may come as a relief to those concerned about the risks associated with investing in SpaceX's ambitious AI and orbital data center plans. With a growing debt load of \$29 billion, SpaceX's financial situation is closely watched by investors and industry analysts alike.

# Investing in Kenya's Maritime Future: The Cadet Priority

By Andrew Mwangura

As the global maritime community observed the 2026 Day of the Seafarer under the theme "Carrying the Risks," the Kenya Maritime Authority (KMA) delivered a decisive statement of intent. By convening a Cadet Sensitization Forum in Mombasa, KMA moved beyond commemoration to action, signaling that the future competitiveness of our maritime sector depends squarely on how well we prepare our young professionals for the realities of life at sea.

Officially opened on June 24, 2026, by KMA Director General CPA Omae Nyarandi, the forum was a strategic investment in human capital—a recognition that the backbone of our maritime ambitions will be forged not in boardrooms, but on the decks of ships crewed by Kenyan seafarers.

The maritime industry facilitates over 80 percent of global trade by volume. Every day, thousands of vessels traverse the world's oceans, delivering the food, fuel, and manufactured goods that sustain modern economies. Yet the engines of this vast network are seafarers—men and women whose sacrifices, resilience, and professionalism often remain invisible to the public. This year's theme could not be more apt: seafarers do not merely carry cargo; they carry immense risks. From prolonged family separation



and geopolitical tensions to piracy threats, environmental hazards, and mounting mental health pressures, the human cost of keeping global trade afloat is profound.

Against this backdrop, the Cadet Sensitization Forum served as an essential bridge between maritime classrooms and the harsh realities of international shipping. The transition from training institution to shipboard employment is often a perilous phase. Many cadets possess academic qualifications but lack exposure to regulatory frameworks, career pathways, and the practical demands of global shipping. By uniting cadets from multiple institutions with industry veterans, welfare organizations,

and recruiters, KMA fostered an invaluable ecosystem of mentorship and knowledge sharing. This is how we close the gap between theory and practice.

The most transformative announcement from the forum was the confirmation that Kenya has secured recognition agreements with Singapore, the Dominican Republic, the Kingdom of Saudi Arabia, and the Republic of Korea. These are not mere diplomatic formalities; they are a major breakthrough. Expected to generate more than 14,000 sea service opportunities for Kenyan seafarers, these agreements signal growing international confidence in our training standards and certification

systems.

For too long, Kenyan maritime graduates have been trapped in a cruel paradox: unable to secure employment without sea-time experience, and unable to gain sea-time without a job. These new partnerships have the potential to shatter that cycle. At a time when traditional seafaring nations face acute workforce shortages, Kenya is poised to emerge as a premier maritime labor hub in Africa. However, opportunity is only half the equation. We must ensure our training institutions—Bandari Maritime Academy, Kenya Coast National Polytechnic, Technical University of Mombasa, and others—continue to produce world-

class graduates. This demands sustained investment in simulator technology, instructor development, curriculum modernization, and industry partnerships.

The forum's collaborative spirit was equally encouraging. The participation of the Seafarers Union of Kenya, Mission to Seafarers, Stella Maris Kenya, and recruitment agencies underscores a critical truth: seafaring is not just a technical profession, but a profoundly human endeavor. Welfare organizations providing spiritual, emotional, legal, and social support are indispensable to safeguarding the dignity of our maritime workforce.

Equally noteworthy was the Director General's update on the long-awaited issuance of Seafarers' Identity Documents (SID). This initiative is long overdue. A globally recognized SID system will facilitate smoother shore access, enhance security compliance, and align Kenya with international labor standards. Crucially, it will bolster the confidence of foreign shipowners and recruitment agencies in Kenyan personnel. Alongside bilateral recognition agreements, the SID framework forms the institutional architecture necessary to make our seafarers globally competitive.

The broader lesson from this forum is clear: maritime development cannot be measured by port expansions or shipping volumes alone. Human capital remains the most valuable asset in the

maritime value chain. Every successful maritime nation—from the Philippines and India to China and European states—has built its reputation on the quality and competence of its seafarers. Kenya is now moving decisively in that direction.

Our young cadets are not merely students awaiting employment; they are future ambassadors of Kenya's maritime reputation. Their professionalism, competence, and conduct will define how the world perceives our workforce. As we celebrate the Day of the Seafarer, we must recommit to expanding opportunities, improving welfare standards, and strengthening pathways to employment.

The future of Kenya's maritime sector will not be built solely in ports, shipyards, or government offices. It will be built through the dreams, skills, and determination of the cadets preparing today to navigate the oceans of tomorrow. The Cadet Sensitization Forum was therefore not merely an event—it was a declaration. Kenya is investing in its maritime future, empowering a new generation to carry world trade while confidently navigating the risks that come with it. Now, we must ensure this investment endures.

**Andrew Mwangura is a Mombasa based Public Intellectual.**

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## Historic Charm on the Amstel River

In the heart of Amsterdam, Hotel De L'Europe stands as a testament to the city's rich history, dating back to 1482. This iconic hotel, built on the grounds of the city's first hotel, offers a unique blend of old-world charm and modern luxury. With its prime location along the Amstel River, guests can easily explore the city's neighborhoods and beyond. The hotel's three on-site restaurants, including the Green Michelin-starred Flore, showcase the city's culinary delights.

From the warm smiles of the staff to the lavish decor, every detail is designed to make



guests feel at home. The hotel's suites, such as the Amsterdam Fashion Week suite, are a masterpiece of design, with bespoke furnishings and stunning views of the river. As the sun sets, the sound of live jazz fills the air, inviting guests to unwind at Freddy's

Bar, named after the hotel's former owner, Alfred "Freddy" Heineken. With its impeccable service, exquisite dining, and historic charm, Hotel De L'Europe is the perfect haven for those seeking an unforgettable Amsterdam experience.

## A Lasting Legacy of Leadership

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## FEATURE

# The alarm you ignore today could be the one that saves you tomorrow

**P**icture this. A siren goes off. Half the people in the room glance up, shrug, and go back to their phones. The other half don't even look up at all. Somewhere in that room is the one person who actually knows what the siren means, and by the time they've explained it to everyone else, the window to act has already closed.

In Kenya, this plays out across nearly every hazard we face. Fires spread through Nairobi's markets faster than traders can react. Cracks in buildings like Huruma and South C get explained away because moving out means losing a home. During attacks such as Westgate and DusitD2,

seconds lost mistaking gunfire for a car backfiring cost lives. And every rainy season in Budalangi and along the Tana River, SMS and radio flood alerts go out, yet some families stay behind, not from ignorance, but because that homestead holds their parents' graves and their entire sense of who they are.

No siren can override that. What it can do is plan around it, with trusted local voices and evacuation options that don't feel like a final goodbye to one's roots.

There is another layer worth naming. Increasingly, when something happens, a crowd doesn't run from it, it moves toward it. Phones go up before feet go back. Bystanders inch

closer to a burning building for a better angle; motorists slow down at accident scenes to film rather than help. Every onlooker becomes a secondary casualty risk and an obstruction to responders. No warning can compete with the pull of a viral video, but every safety briefing needs to say it plainly: your first job in a crisis is to get to safety, not to get the shot.

This is why awareness has to be treated as a security strategy in its own right, not a compliance checkbox tucked under it. The best-designed warning system is inert if people don't know how to read it, don't trust it, or move toward danger instead of away from it.

National and county governments must fund this

as core infrastructure, not an afterthought. Sirens, SMS alerts, and radio broadcasts cost money, but so does training communities to actually respond, and that cost is too often left out of budgets entirely.

Disaster units need dedicated, protected funding for regular drills and simulation exercises, not just equipment and one-off talks.

A warning read out once at a baraza will not save anyone. Awareness has to be rehearsed until the right response becomes instinct, and that only happens when it is budgeted for like any other essential public service.

Real awareness means people can answer three



questions without hesitation: What does this signal mean? What do I do the moment I hear it? Where do I go? Embed those answers through drills and repetition, not a memo, and a warning system becomes a genuine lifeline rather than a formality.

Because here is the truth: the alarm was never the point. The response was. And a response nobody was prepared to give is just noise.

The next warning that goes off might not give you time to work out what it means. Make sure you already know, before

you need to.

**Major (Retired) Dr. Mohamed Morowa is a security consultant who has a PhD in Governance, Peace, and Security, an MA in Security Studies and Conflict Resolution, an MBA, a BSc in Computer Science, and a Diploma in Certified Security Management Professional. With over 35 years of extensive experience, he is an expert in this field, yet his rates are budget-friendly. He can be reached on 0722 262639, 0733 215351 or via email at morowa@msn.com.**

## Rotary & Rotaract Club of Ngong road 4th anniversary



Ngong Road Rotaract Club President Austine Itebete (centre), Ngong Road Rotary Club Charter president Melody Nchoe (second right) and the Ngong Road Rotary Club's President Mwendu Mulandi (right) lead the two clubs members in a dance as they jointly celebrated their 1st & 4th anniversary respectively in Nairobi over the weekend.



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JUNE 2026

# Owalo challenges Gor Mahia to win CAF club champions trophy

**2**027 Presidential hopeful who is also the Gor Mahia Patron Eliud Owalo has challenged the team to go a notch-higher by winning the Africa Club Championship trophy instead of conventionally featuring in the tournament as mere participants.

The team will be parading alongside elite football clubs in Africa gearing up for upcoming CAF Champions League as Kenya's representatives after registering an historic feat which saw them win a record extending 22nd SportPesa Kenya Premier League title.

Owalo who extolled the rich talent in the current team, stated that Gor must return to where it belongs among Africa's top clubs by providing a formidable challenge this time round as it seeks to stake claim to the club champions' trophy.

The patron was speaking on Tuesday evening when he presided over the club's Senior Team Awards Gala Dinner held at the Curve Hotel in Nairobi, to celebrate excellence, dedication and outstanding achievement throughout the season. The gala recognised players, staff and supporters whose contributions have played a significant role in the club's success.

"We want to go out there and compete effectively. We have to scale the heights and go a notch-higher this time round. Our target must be to win the cup and not be mere participants," Owalo told the gathering.

He reminisced the period in the 1970s and 1980s when Gor Mahia was a dominant team in the region and the African continent, a reputation climaxed by the historic winning of the 1987 Africa Cup Winners Cup, christened Mandela Cup.

The victory, the most memorable for the club, saw it enter into the annals of history as the first and only club from East and Central Africa to win the continental title, and cementing its status



among Africa's continental soccer giants. Gor defeated Espérance de Tunis of Tunisia in the final match drawn on 3-3 aggregate, but Gor winning on away goals rule following a 1-1 draw in Nairobi, after an earlier 2-2 draw in Tunis.

The club's legend Peter Dawo was the tournament's standout hero, scoring crucial goals, including a memorable header in the final. En route to the final, Gor outlasted top African clubs, including Al-Merrikh (Sudan) and Dragon l'Oueme (Benin).

Prior to the victory, Gor had recorded another milestone by reaching the 1979 final of the same Africa Cup Winners' Cup for the first time. Although eventually losing to Canon Yaoundé of Cameroon, the run firmly established K'Ogalo on the international map as the first Kenyan club to reach a continental final.

Owalo urged the team to replicate the feat achieved by the victorious 1987 team and pledged that the club's administration would do its best to provide an enabling environment for the team to prepare effectively for the continental task. "We will provide all that the teams needs in terms of logistics, be it financial or otherwise," he said.

The patron attributed the 2025/2026 KPL victory to team work incorporating - the club management, technical bench, the players, fans and

supporters (Green Army), sponsors, stewards, logistical staff, and the choir. Similar sentiments were expressed by club chairman, Ambrose Rachier.

Present at the ceremony were representatives of the club's partners, SportsPesa, Azam TV and Plascon; members of the club's Executive Committee led by Chairman Ambrose Rachier; the technical bench led by Head Coach Charles Akonno; and the entire playing unit led by team captain Philemon Otieno.

**The award recipients were:**

- Breakthrough Player of the Year - Brighton Onyona
- Most Improved Player of the Year - Musa Shariff
- Best Defender of the Year - Paul Ochuoga
- Goal of the Season - Ebenezer Adu-Kwaw
- Player of the Season - Enock Morrison
- Chairman's Award - Ernest Wendo
- Most Disciplined Player - Ernest Wendo
- Most Dedicated Player - Philemon Otieno
- Most Dedicated Staff Member - George Omondi Abanga
- Fan of the Year - Tobias Onang'o (Tony Suba)

Owalo extended his congratulations to all the winners and award nominees. "Your commitment, discipline

and passion continue to inspire the Gor Mahia family and millions of football fans across the country," he said.

## Discover Toronto's Vibrant Culture



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**T**his summer, Toronto is set to come alive as the city hosts the World Cup, attracting an estimated 300,000 global visitors. But you don't need to be a soccer fan to enjoy the city's vibrant culture. With over 250 cultures calling Toronto home, the city offers a diverse range of experiences, from its 10,000 restaurants to its numerous landmarks and neighborhoods.

Explore the city with Destination Toronto's Global Passport, a free digital scavenger hunt that highlights 26 landmarks connected to this year's World Cup countries.

Indulge in global cuisines, such as Nigerian meat pies, German sausages, and Senegalese thieboudienne, or take a "Soccer and Spice" tour to discover the city's culinary delights. Visit iconic attractions like the CN Tower and Canada's Walk of Fame, or enjoy some downtime in Trinity Bellwoods park, surrounded by great eateries.

With its welcoming fan culture and endless entertainment options, Toronto is the perfect destination for a summer of fun and celebration. Whether you're a soccer fan or not, the city has something for everyone, making it an unforgettable experience.

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# CINEMA

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WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	NIGHTLIFE & ENTERTAINMENT	NIGHTLIFE & ENTERTAINMENT
<b>Mondays</b> <b>Club Carwash Watamu</b> Dogo D   Kola The Band	<b>Fridays</b> <b>English Point Marina</b> Live Band Fridays with Solitaire The Band	<b>Saturdays</b> <b>Apollo Club Changamwe</b> Ohangla Saturdays with Mtu Saba & Afrobeat Band		<b>Sunday 19   07</b> <b>Salty's KiteSurf Village Kilifi</b> Karun Live At Salty's
<b>Tuesdays</b> <b>Safari Inn Shanzu Serena Rd</b> Maranda & Band	<b>Safari Inn Shanzu Serena Rd</b> Jambo Africa Band	<b>Sundays</b> <b>Kusini Tavern Kilifi</b> The Muziki Band		<b>Saturday 25   07</b> <b>Don Bay Club Rabai</b> Margy Wahu & Ocs Wa Boyani Birthday Party with K.A.Y.A Intl. Band   Asili Band
<b>11 Palms Kwachocha Malindi</b> Kaka Brayo & Tamu Music Band	<b>Club Legend 2.0 Mtwapa</b> Ricky Mulolo & Idologia Musica	<b>Moonshine Beach Nyali</b> Chillout Sunday with Generation Band		<b>Saturday 20   06</b> <b>Conference</b>
<b>Wednesdays</b> <b>Sky Lounge Bamburi</b> Julio Diatos with Big Band	<b>New Jambo Restaurant Bamburi</b> Amitié Musica Band	<b>Club Costa Rica Kilifi</b> Petty Makambo And The Mambo Heritage Band		<b>Wednesday 29   07</b> <b>Diamonds Leisure Beach &amp; Golf Resort Diani Beach Road</b> The 13th Annual WOBN Conference
<b>Thursdays</b> <b>Kusini Tavern Kilifi</b> The Muziki Band	<b>Saturdays</b> <b>Safiya Hotel Diani</b> Live Music with Black Pulse Band	<b>New Jambo Restaurant Bamburi</b> Amitié Musica Band		<b>SPORTS</b> <b>25 &amp; 26   07</b> <b>Uwanja Wa Mbuzi Stadium Mombasa</b> Melbet Game Ibambe Cup Mombasa
<b>Club Mios Bamburi Mtambo</b> Ambro La Musica Live	<b>The New Bigtree Bamburi Beach</b> La Festa with Mombasa Roots Band	<b>Club Mios Bamburi Mtambo</b> Bango Sundays with Manu Bayaz & Msenangu The Band		
<b>Little Theatre Mombasa</b> Rhumba Exclusive with Amitié Musica Les Incomparables	<b>Club Costa Rica Kilifi</b> Petty Makambo And The Mambo Heritage Band			

## wh@ts on nairobi & surroundings - event guide JULY 2026 - all data without warranty - www.whats-on-nairobi.com

SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	SHOPPING	MOTOR SPORTS	ART EVENTS & EXHIBS
<b>Saturday 11   07</b> <b>Benelix Lounge Karuna Road</b> Luhya Roots Night with Luhya King   Opeta Wa Musungu   Julius Itenya	<b>Sunday 19   07</b> <b>Quiver Lounge Eastlands</b> Tonny Young	<b>Sunday 12   07</b> <b>Nairobi Arboretum</b> Pop Up And Chill Handmakers Market	<b>Saturday 18   07</b> <b>Kasarani Sports Stadium</b> RX Fest Round 2	<b>27   06 to 20   08</b> <b>Red Hill Art Gallery</b> Humanimals by Al naim (Sudan)   The Sorrow Of Exile by Rashid Diab (Sudan)
<b>Sunday 12   07</b> <b>Luhya Roots Night</b> <b>Masshouse Ngong Racecourse</b> Horizon & Friends	<b>Thursday 23   07</b> <b>The Alchemist Parklands Road</b> An Evening with Mike Kayihura	<b>FAIRS &amp; EXPOS</b> <b>24 to 26   07</b> <b>Sarit Expocentre</b> Ido! The Weddings Expo	<b>FESTIVAL</b> <b>Thursday 18   07</b> <b>Kiambu Walley Gardens</b> Mathaga Festival 3.0	<b>03 to 31   07</b> <b>Creativity Gallery Nairobi National Museum</b> Ithui Othe O Rimwe - An Exhibition by Harrison Karanja 'Scopt'
<b>Friday 17   07</b> <b>Heltz House Ngara Rd</b> The Fisherman Experience	<b>Saturday 25   07</b> <b>Como Tigoni</b> A Taste Of Expression	<b>31   07 to 02   08</b> <b>Village Market Limuru Road,</b> Luxury Living & Design Expo 2026	<b>SPORTS</b> <b>Friday 18   07</b> <b>Karura Forest</b> Run 4 Seniors 2nd Edition	<b>12   06 to 16   08</b> <b>African Arts Trust Victoria Square</b> 'In this Valley of Dying Stars by Jess Atieno
<b>Saturday 18   07</b> <b>Quiver Lounge Eastlands</b> Prince Indah Live	<b>Friday 31   08</b> <b>Koda Kenrail Towers</b> Friends Of Mongoma with Kususa   Darkfruit   Wandat   Kuzo   Santa   Iborian   Kamushez   Sabii   Afula	<b>SUMMIT</b> <b>Thursday 18   07</b> <b>Alx Kenya The Piano Brookside Dr</b> Creative + Tech Summit 2026	<b>Saturday 25   07</b> <b>The Edge Convention Center South C</b> SportPesa Boxing	<b>THEATRE</b> <b>Sunday 12   07</b> <b>C. U. Shah Jain Bhavan</b> Shiv The Theatrical
<b>Koda Kenrail Towers</b> Drumetic Boys	<b>LEISURE</b> <b>Thursday 18   07</b> <b>Evergreen Park Kiambu</b> The Weekend Fix Adult Party	<b>CONCERT</b> <b>Thursday 18   07</b> <b>All Saints Cathedral</b> Classics In Nairobi	<b>Kraftory Biergarten Red Hill Rd</b> Kraftory Beer Run	<b>Sunday 26   07</b> <b>Kenya National Theatre Main Audit.</b> Lust Cargo
<b>Armee Arcade</b> Unplugged Sessions			<b>Sunday 26   07</b> <b>USIU-Africa Main Campus</b> USIU-AFRICA Half Marathon	
<b>Muze Club Westlands</b> Artwork Sounds				
<b>Masshouse Ngong Racecourse</b> Bune Uninterrupted				



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- ◆ Should not be listed with CRB for loan defaults.
- ◆ Can apply multiple times as long as the previous loan is paid up in full.
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- ◆ Outstanding amount will attract an interest of 10% p.m.



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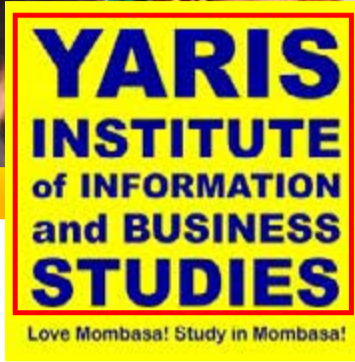
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