



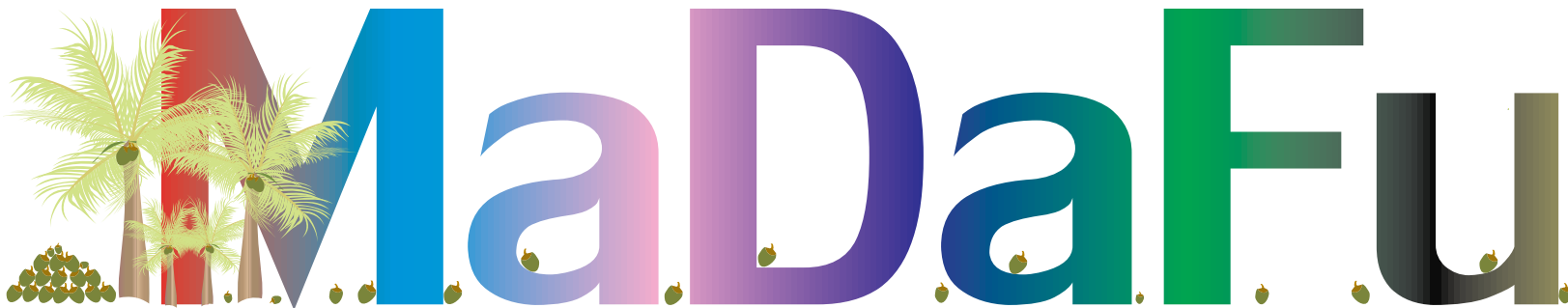
TECH TALK

Software importance for
your business – part 2
PG 5



SPORTS

Safari Rally in Machakos
PG 19



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

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2023 DIANI REGATTA

We are happy to report that the 2023 Diani Regatta was a huge success. Now in its 10th year, the main objective of this 1-day festival is to connect tourists with the local community. There was much to do, with cultural music and dances, fashion shows by women showcasing local attire and gymnastic shows. Festival goers could also sample local cuisine throughout the day and shop at the many stalls, all showcasing handicrafts, jewelry and much more.

The festival's main event took place in the afternoon, this being the Ngalawa races. This year the Regatta was supported by 26 sponsors, which meant 26 teams of fishermen participated, racing their Ngalawa all in hope of winning the cash prize. A total of 4 races took place and it was the Baobab Resort's sponsored team that took the trophy! This year the festival received an unexpected guest, Uhuru



PHOTO
GRAPHY
KENYA
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Kenyatta, joined the festivities and honored the event by joining prize giving, presenting the trophy to the winners!

Although Diani Regatta occurs once a year, there is a lot that goes on in the

background. Being a charitable event, any additional funds raised will be used to support several community based groups found along the coast and who play an important role during the event. The

sole reason for the event is to celebrate Mijikenda culture and in turn increase local tourism opportunities to groups who may not get such opportunities throughout the year!

BASKET MAKING: Ahadi Kenya & Musalia Mudavadi Memorial Foundation project



Prime Cabinet Secretary Musalia Mudavadi wife Tessie is shown how to weave baskets by Margaret Wairimu (93 years) and her daughter Beatrice Wambui (73 years) from Muthithi in Muranga county during Ushiriki Wema Empowerment programme for widows and elderly. Looking on is Ahadi Kenya Trust CEO Stanley Kamau (in red shirt) More than 500 Elderly Persons received assorted food packages, 100 youth received shoes and More than 200 baskets were weaved by these women were purchased during the event.



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Kenya and Eritrea to permanently abolish visa requirements

President William Ruto and his Eritrean counterpart Isaias Afwerki said the move will facilitate growth in trade and connectivity between the citizens and business in the two countries.

"To facilitate growth in trade and connectivity between our people and business, we have agreed to abolish the requirement of visas permanently, effective today," said President Ruto.

In a meeting held at the State House, Nairobi, on Thursday, the two Heads of States said they have instructed their respective ministries of interior to work on the modalities for the ratification of the directive.

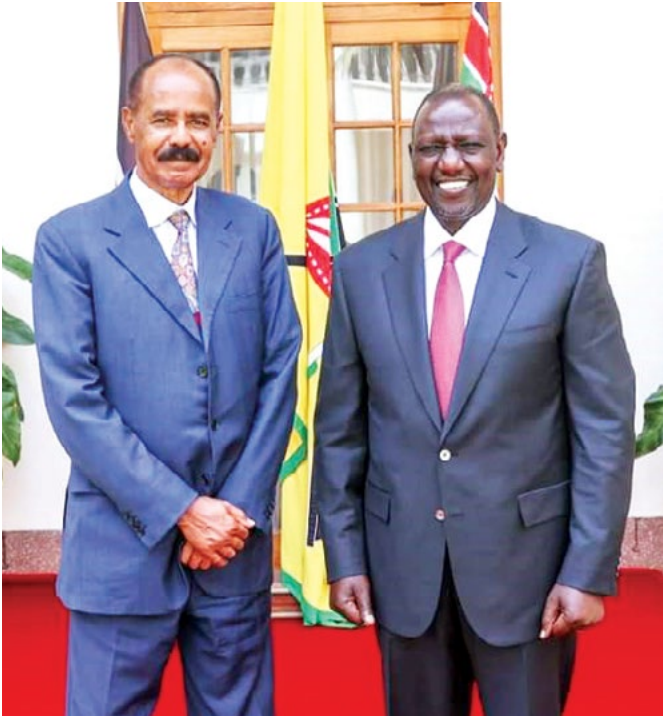
They said the move will bolster bilateral relations, improve people-to-people ties besides entrenching regional integration for prosperity.

As part of the efforts to further enhance bilateral relations and regional integration, President Ruto thanked President Afwerki for his commitment to review his country's participation in IGAD.

Dr Ruto said the move will strengthen IGAD and make it effectively respond to the needs of the region.

"I thank President Afwerki most sincerely for his commitment to review his participation in our regional organization IGAD," said President Ruto.

He added: "I look forward to



working closely with him and the rest of the member states to re-engineer IGAD, make it fit for purpose and enable it to respond effectively to the needs of our region " said President Ruto.

At the same time, President Ruto, announced that Kenya will open a diplomatic mission representation in Asmara, Eritrea.

He said his administration was committed to deepen and strengthen bilateral relations between the two countries.

"I wish to confirm, today, that

Kenya will open a diplomatic mission representation in Asmara. I have consequently instructed the Ministry of Foreign Affairs to commence the process of operationalizing this immediately," said President Ruto.

The two Presidents said they have signed a framework agreement for cooperation which will form the basis for elaborating joint action across the various sectors.

President Afwerki praised President Ruto for his concerted efforts in ensuring

peace is prevailed in Somalia and South Sudan among other areas in the region.

"You are inspiring millions of our people in IGAD for your concerted efforts in search for peace besides ensuring free movement of goods and people in order to encourage growth of trading activities in our region," said President Afwerki.

He said it's through teamwork among IGAD member countries can prosper on peace efforts and the attainment of development.

"We will like to proof that this time round things will be done differently in our region," said President Afwerki.

Earlier, the two leaders held a bilateral talks where they agreed to develop comprehensive plans of cooperation in various sectors.

The areas of focus included; agriculture, trade and investment; air transport; mining, education, renewable energy, water management, tourism, the blue economy and regional integration.

President Ruto thanked President Afwerki for his gracious support of Kenya, including during 'our campaign for the United Nations Security Council seat'.

"I have no doubt, that stronger cooperation will go a long way in driving the African agenda at the global level," said Dr Ruto.

President Ruto calls for better ways of financing the Climate Action

President William Ruto has made a strong call on the international community to come up with more and better ways of financing the Climate Action.

He said for countries to successfully surmount the global crises of climate emergency, biodiversity loss, pollution and debt distress, more and better ways of financing were critical.

"And for economies to drive green industrial revolution, more and better financing is indispensable, from both the public and private sectors," said President Ruto.

President Ruto made the remarks on Saturday when he delivered his maiden speech in Addis Ababa, Ethiopia, during the 36th Ordinary Session of the Assembly of Heads of State and Government of the Af

He said it's the same design, that the post-war global financial architecture has always been ill-equipped to address the global challenges.

"It is just and appropriate that Africa takes an active role in driving the momentum towards a new global financial order,"

He added: "Such order transcends the constraints of our geopolitical frontiers and aligns with possibilities beyond the parochial hegemonic imperatives that framed the current financial model."

He said part of the objectives of the reforms must be to embed accountability into the financial system in terms that compel actors to reckon with the actual cost of their environmentally harmful practices while recognizing loss and damage occasioned on others.



President Ruto, later chaired a session of committee of African Heads of State and Government on climate change.

He urged Africa states to make use of clean energy technology and green manufacturing to unlock financing from innovative sources.

He said the robust performance of African carbon credit markets, was a clear demonstration that the continent could become the next global power if its potentially was exploited to the maximum.

"The performance of the African carbon credit markets, tells us all we need to know about Africa as the continent of the future and the next global economic power, driven purely by clean, green industrialisation and innovation," said Dr Ruto.

He said during 'this technological era' of clean energy technology and green manufacturing, there was need to unlock financing from innovative sources like green bonds, climate insurance instruments and the rapidly growing carbon credits markets.

Former Kenya President Uhuru meets members of the African Union Election Observers Mission

OFPP

The Head of the African Union Election Observers Mission (AUEOM), former Kenya President H.E Uhuru Kenyatta, yesterday joined other approved election observer missions as Nigerians prepare to participate in the Presidential and National Assembly elections on 25th February 2023.

H.E Kenyatta attended a



briefing by the African Union (AU) commissioner of Political Affairs, Peace, and Security, Amb. Bankole Adeoye on

the African Union election observation methodology and deployment. The two leaders then paid a courtesy

visit to the Nigeria Minister for Foreign Affairs, Hon. Geoffery Onyeama.

The AUEOM team later addressed members of the fourth estate where H.E. Uhuru Kenyatta expressed optimism in Nigeria's commitment to democracy during the polls, sentiments that were echoed by the mission members.

The Head of AUEOM is expected to engage with key election stakeholders in Nigeria as the country prepares for the ballot.

PHOTO STORY



President Ruto currently chairs the first Paperless Cabinet. As Cabinet kicks off the ambitious goal to digitize the government. Photo courtesy: State House Kenya

NEWS



150 Years From Now

150 years from now, none of us reading this post today will be alive. 70 percent to 100 percent of everything we are fighting over right now will be totally forgotten. Underline the word, TOTALLY.

If we go back memory lane to 150 years before us, that will be 1872, none of those that carried the world on their heads then are alive today. Almost all of us reading this will find it difficult to picture anybody's face of that era.

Pause for a while and imagine how some of them betrayed their relatives and sold them as slaves for a piece of mirror. Some killed family members just for a piece of land or tubers of yam or cowries or for a pinch of salt. Where is the yam, cowries, mirror, or salt that they were using to brag? It may sound funny to us now, but that is how silly we humans are sometimes, especially when it comes to power or trying to be relevant.

I remember those days in



my secondary school, how some people fought and did so many unimaginable things just to have their names shortlisted among those to be made school Prefects. Ordinary school Prefects o! It is just about 18 years since I left secondary school,

nobody in that school right now remembers that I even schooled there despite my popularity then. Now, imagine what happens after 150 years?

Even when you claim the internet age will preserve your memory, take Michael Jackson as an example. Michael

Jackson died in 2009, that was just 13 years ago. Imagine the influence Michael Jackson had all over the world when he was alive. Gosh, he was like a god. How many young people of today remember him with awe, that is if they even know him? In 150 years to come, his name, when mentioned, will not ring any bell to a lot of people. This is even because he was popular, imagine the majority of people who will never be known worldwide like him?

Let us take life easy, nobody will get out of this world alive. . The land you are fighting and ready to kill for, somebody left that land, the person is dead, rotten, and forgotten. That will also be your fate. In 150 years to come, none of the vehicles or phones we are using today to brag will be relevant. Biko, take life easy!

Let love lead. Be genuinely happy for each other. No malice, no backbiting. No jealousy. No comparison. It is not a competition. At the end of the day, we all have the same destiny in the grave. It is just a question of who gets there first, but surely we will all go there.

The cleaning coin

Last week there was a public participation on new waste management policy which requires every Mombasa county resident to pay for waste management fee of Ksh.200 while purchasing electricity. This collaboration between county government, EPRA and Kenya power. This move is was not welcomed by stakeholders, who are the residents, business people and waste managers because it will be a double taxation since a resident will pay garbage collection services to a private collectors who pays county licenses and also

pay the county government. However we have to reasonate with the county government as to why they suggest this move. First when they new government came in they removed dumping fee to all companies using Mwakirunge dumpsite and the small scale collectors who transfer to county trucks. This has drastically reduced the county revenues and it is turning out that they are facing some challenges such as fuelling the trucks, maintenance of the dumpsites among others. We fully understand both residents, county and private waste managers have the



responsibility of making our county clean and healthy.

I believe this was a good move but the fee is too high for a common mwanaichi bearing in mind the cost of living is rising and the taxes which are being imposed by the national government. I recommend the fee of at most Ksh.50 is quite reasonable and it can help. On the other hand dumping fee to

be introduced again but on a lower fee, for trucks dumping in Mwakirunge to pay between Ksh.500 to Ksh.1500 in a day while for small scale to be Ksh.50.

Despite the challenges at Pollucare Cleaners and recyclers we are committed to serve our clients on daily basis to make sure you live in a clean and healthy environment.

PHOTO STORY

Cos Play in Mombasa



This was a Cosplay Workshop generally stands for costume & play a performance art where the participants who are called 'cosplayers' generally wave fashion accessories and costumes in order to represent a specific character. Cosplayers even interact to create a subculture and it is a term that can also be used to mean role playing. We introduced it in Mombasa in collaboration with Leta Franchise, Studio Belabela & NAICCON to start a cosplay community here. There workshop involved making props and guys came dressed up as their favorite characters, It was an amazing experience says Musa.

NIGERIA: AU and ECOWAS election observers issue a preliminary statement on the Nigeria polls

(OFPP)
The Head of the African Union Election Observers Mission (AUEOM), H.E (Rtd) Uhuru Kenyatta, alongside the head of the Economic Community of West African States (ECOWAS) mission, H.E (Rtd) Bai Koroma, has issued a preliminary statement on their observations of the Nigeria 2023, polls.
Speaking at a joint press conference, the two former heads of state said the

preliminary statements reflect the missions' findings and recommendations to relevant stakeholders in the electoral process.
H.E Kenyatta urged Nigerians to remain patient and maintain peace while waiting for the election results declarations.
The Commonwealth election observers' mission head H.E Thabo Mbeki, also issued the mission's preliminary statement at the press conference.
Upon completion of



the electoral process, offering recommendations for improvement of future elections, the missions will issue a comprehensive report

NIGERIA: Kenyatta leads AU observers in witnessing the signing of the 2nd National Peace Accord in Abuja

Former Kenyan President H.E. Uhuru Kenyatta, head of the African Union Election Observation Mission (AUEOM) yesterday witnessed the signing of the 2nd National Peace Accord by Presidential Candidates in the forthcoming Nigeria's General Election. The event was held at the International Conference Centre in Abuja, Nigeria.
Also present at the

ceremony graced by the incumbent President of the Federal Republic of Nigeria H.E. Muhammad Buhari were; former South Africa President H.E Thabo Mbeki, Head of the Commonwealth Electoral Mission to Nigeria, former President of Malawi H.E Dr. Joyce Banda, Head of joint international election observation mission (IEOM) to Nigeria deployed by the International Republican Institute (IRI) and the National



Democratic Institute (NDI), Rt. Hon Patricia Scotland, Secretary General of the Commonwealth, the diplomatic corp among other election observers.

PHOTO STORY

Former President Uhuru at the late Prof. George Magoha's Funeral Service



Former President of the Republic of Kenya, H.E. Uhuru Kenyatta joins family and friends of the late Prof. George Albert Omere Magoha at the Maseno University, Yala Campus in Siaya County, for the funeral service of the former Education Cabinet Secretary. Prof. Magoha died on 24th of January, 2023 at the age of 71.

TECH TALK WITH HAMZA

Software importance for your business – part 2



By Hamza Alarakia

So, we previously looked at the introductory part of why software is important for your business. Let's go into the types now, shall we?
There are various types of software and knowing the difference is key.
It's possible to write software, specifically for your business, if you run a small one and it is most definitely going to make you spend little to no money at all, as long as you create using the right licensed tools and have the expertise and most importantly, lots of time. Pirated software doesn't help. Believe me. I learned the hard way.
You can also have it set by

a specialist to your liking but the price may turn out to be sky-high and you will be tied to him/her for future support.
Producing any **BESPOKE SOFTWARE** is time consuming and your staff's input will be needed mostly during development. For a small business, it is not the best choice.
The **SYSTEM SOFTWARE** is not directly useful for a business, apart from the calculator or notepad, like the Microsoft Windows, he-he! It is ideal as a base software and helps in setting the foundation for other **APPLICATION SOFTWARE** like Microsoft Excel, Adobe Illustrator, QuickBooks or even GoFrugal Retail Easy.
Yes, some Linux based operating systems have their own MS-Office-like applications pre-installed, but as freemium or trial. You can always search the world wide web for more information.
PACKAGED SOFTWARE



is usually standardized for a certain business practice and it can sometimes be tailored to your requirements if all your required functions are not available. If such is the case then it is wiser to make some changes in your business practice to suit the software

rather than having software specially written, reducing your expenses. Makes sense? A good example would be eZee Optimus for a restaurant and eZee Absolute for a hotel or QuickBooks for accounting. Always remember that the high volume of sales of

packaged software usually means that you'll be able to get support and training from a number of different sources, at a cost, of course. Besides, it's usually low-priced.
So, support your local store, support the developers, SAY NO TO PIRACY AND

BUY GENUINE LICENSED SOFTWARE!
In the next article, we will look at open-source software in detail.
Feel free to forward your comments and queries by writing to me at: techamza@gmail.com. I will gladly reply.

MORALS

The Six Stages of Social Deception

Social Deception very often is a process by which wrong becomes right, and right becomes wrong. It's a complete paradigm shift of opinions, standards and morals that is achieved softly, subtly and often takes a generation to entrench into society. Those who engineer it are very deliberate and structured in their approach.

If you want to know what I am talking about, find out your mother's views on things like sexuality and marriage and compare them with yours. The contrast in opinions does not necessarily prove that she is old and antiquated; it may instead prove that you have been deceived.

There are six stages of Social Deception.

- The SHOCKER stage
 - The OUTRAGE stage
 - The DISCUSSION stage
 - The TOLERANCE stage
 - The ACCEPTANCE stage
 - The VENERATION stage
- If I wanted to popularize the most unimaginable thing in our society, say like bestiality (the practice of having sex with animals). I would follow these steps. I would select a forerunner to drop the SHOCKING message on an unsuspecting public. "It is okay and we shouldn't have problems having sex with animals," he would announce on radio, TV or in a newspaper. That is the SHOCKER; the bombshell, so to speak.
- It would inevitably be followed by OUTRAGE. The forerunner is abused and

demonized by the bewildered public. Every respected leader in society comes out to slam the lamentable reprobate who dared suggest something so obnoxious. The forerunner defiantly defends the practice. His critics come out even more scathing. But the forerunner knows exactly what he is doing. He is setting an agenda. Many people don't understand the effect of continuous exposure on the human mind.

I will give an example most of you will understand. If you ask a girl out and she is not interested in you, the best thing she can do for herself is stay away from you or your words. If she continues listening to you, what was initially unthinkable becomes worth a consideration, then acceptable. Many ladies have fallen for guys they swore never to date just because they didn't understand the law of continuous exposure.

Once the bestiality message reaches the third stage, DISCUSSION, the forerunner has done his job. At this stage there is a big debate over bestiality; with most people still slamming it, not knowing that they are falling into a trap. It is a known fact that homosexual groups abroad were giving money to people fighting homosexuality in Uganda. Then they would also fund those pushing for it. Initially it didn't make sense. Until understanding came about how deception works. What they wanted was to keep the subject of homosexuality in public debate. They know exactly what they were doing.

The more people are exposed to it through discussion, the more it becomes less obnoxious in their minds.

That leads to the next stage: TOLERANCE. At this stage people say: "I am not going to have sex with animals, but if someone chooses to do it, shauri yake (that's his problem). Others will say: "Who cares what people do behind closed doors?", "Uganda has more problems than bestiality". Etc I have heard these statements being made by people who clearly don't understand what they are up against. This is the stage at which science kicks in to 'prove' that some people are born with an inherent attraction "natural orientation" towards animals and they cannot help themselves. Consequently, bestiality will be included in the UN Human Rights Charter and activists are given a new pursuit. Economic and travel sanctions will be used to twist the arms of nations that still forbid it. Then we start hearing phrases like: "We cannot tell people whom they should love."

The main purpose of this stage is to ensure that bestiality is legally accepted. The next two steps are aimed at entrenching it at a social level.

The penultimate stage is ACCEPTANCE. At this stage bestiality becomes a conventional alternative way of living. All the outrage has since dissipated. This is the stage at which those still opposed to it are called BESTIAPHOBIC (the word will be coined) and they are considered antiquated,



old-fashioned, intolerant, dogmatic, religious zealots, bigots.... you've heard all those words.

This is the stage at which there are bestiality rights parades in major cities.

Then we are reminded that the same book in the Bible that forbids bestiality also forbids homosexuality. Then 'intellectuals' use that to rubbish the Word of God, and make it look ridiculous.

The final step is VENERATION. This is the stage at which the people who practice bestiality are praised. The liberalist media (which includes almost all international channels) subtly promotes them as 'cool', intelligent, exposed. That's

the stage at which celebrities 'come out' to reveal that they are 'proud bestialists'. Most shall be sponsored or paid money to come out as that for money yet in reality they may not be.

Then bestiality begins to win fresh 'converts' everyday because many young people will do anything to be seen as 'cool' or to be associated with some Hollywood or football star. That is how you corrupt a whole society. That's how previously unthinkable things like atheism and homosexuality and all other forms of sexual perversion have taken root in our society. Unfortunately, in Uganda, homosexuality has reached Stage four (Tolerance). But in

the West, it has gotten to the veneration stage.

You have probably heard of the black homosexual American footballer who "made history by becoming the first footballer to come out". What's historical about someone proclaiming their perversion? So many other people are being lauded in the media for no other reason other than their homosexuality.

Your mother may not be outdated after all. You may be deceived.

If you found this enlightening, share it with as many people as possible. It might just save them from the ever-widening canyon of SOCIAL DECEPTION...

The Haircut

Blessed are those that can give without remembering, and take without forgetting.

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, 'I cannot accept money from you, I'm doing community service this week.'

The florist was pleased and left the shop.

When the barber went to open his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, 'I cannot accept



money from you, I'm doing community service this week.'

The cop was happy and left the shop.

The next morning when the barber went to open up, there was a 'thank you' card and a dozen donuts waiting for him at his door.

Then an MP came in for a haircut, and when he went to pay his bill, the barber again replied, 'I cannot accept money from you. I'm doing community service this week.'

The MP was very happy and left the shop.

The next morning, when the barber went to open up, there were a dozen MPs lined up waiting for a free haircut.

And that, my friends, illustrates the fundamental difference between the citizens of our country and the politicians who run it.

As Margaret Thatcher said: Both politicians and nappies need to be changed often and for the same reason!

PHOTO STORY



On Friday the 10th February 2023 at around 1500 hrs; The Mombasa County Fire brigade unit conducted Fire and Evacuation drill at Mrima Maternity Hospital in Likoni Sub county Mombasa South. The planning focused on response time and evacuation efficiency of all stakeholders including the maternity hospital management, National Youth Services fire unit who are nearby, Mombasa County Fire, local administration and community at large. Execution of the fire and evacuation exercises was found to be a success with all 70 (seventy) participants conducting themselves in the expected manner. The drill demonstrated coordination, professionalism and team work from all first responders. The incident command principals were effectively applied and utilized as it was very visible to the observers present from all heads of stakeholders evaluating the drill. Hospitals, hotels, educational institutions and other businesses please contact us for fire safety and evacuation drills to save your own investments and lives in case of an emergency.

Baimungi

Field Marshall Baimungi Marete was a courageous freedom fighter who was entrusted with the mantle after Kimathi's execution. How is it then that such a hero turned out to be the victim of the first post-independence assassination?

Field Marshall Baimungi Marete was a courageous freedom fighter who was entrusted with the mantle after Kimathi's execution. How is it then that such a hero turned out to be the victim of the first post-independence assassination? (a thread)

This was a branch of the British Army that comprised of Africans from all over Britain's Imperial possessions. Baimungi was stationed in Burma where he was trained as a mechanic but also learnt how to make guns. Skills that would prove useful soon enough

In the course of the war, Africans saw great suffering alongside the European soldiers. It became clear to the Africans that the British were not at all superior to them. After the war, British soldiers were greatly rewarded while the African veterans were...

... not given even a fraction of what was promised to them upon return (land, jobs, education for their children etc.) This led to the formation

of MauMau. Baimungi himself worked for the Meru Central D.O as a driver. A skill he had acquired in the war.

This put him in a position to steal ammunition and give to the fighters who were already in the forest. The D.O soon caught wind of this and that is when Baimungi escaped into the forest to join his fellows in the liberation war.

His courage and prowess as a fighter allowed him to rise the MauMau ranks. He, General Mandarin and General Mwariama controlled the Battalions in the Meru region. Baimungi became Dedan Kimathi's own deputy. After Kimathi's capture and execution, Baimungi...

Led the MauMau battalions with decisiveness. He was very ruthless to the colonial forces and sympathisers. A trait that, according to this account, even General Mwariama was taken aback by Kenyatta's release and the successive Lancaster House conferences, it was clear that Independence was with us finally but that bred new questions. Namely the questions of disarmament and that of land/settlement

Towards the march to Independence, Jomo Kenyatta invited the MauMau to lay down their weapons in Ruringu Stadium in Nyeri. The same place where 11 years earlier, he had asked them to take them



up and fight the white man. His remarks however left many dissatisfied

Kenyatta is quoted to have said 'hakuna kitu cha bure'. He expected the freedom fighters to pay for the land that they had just liberated with their blood.

While some were in compliance, Baimungi and several of the members in his battalion stormed out of the meeting

The following day, Kenyatta

sent Lands and Settlement minister Jackson Angaine and Mbiyu Koinange to Kinoru stadium to negotiate the disarmament of Baimungi's battalion but it was only partially successful.

Baimungi returned to the forest. He insisted that he could only trust Mbiyu Koinange to negotiate with.

Kenyatta through Mbiyu, invited Baimungi to his Gatundu residence in 17th December 1963. They

negotiated his disarmament.

He was given 6 flags for his general, a Land Rover (KFF 660) and was promised a piece of land in Timau.

Baimungi, however, still returned to the forest with many of his battalion. By some accounts. This was so because Kenyatta had not yet delivered his end of the bargain

Other accounts say that he was convincing his generals to leave the forest. Either way, by January 12th 1964,

Kenyatta had had enough. He declared that any freedom fighters still in the forest were to immediately exit and rejoin society.

In the he next few days there ensued a standoff which gave the government enough time to mobilize it's forces to attack Baimungi in the forest.

On 26th January 1964 in the dead of night, Administration Police invaded Baimungi camp in the Meru forest and opened fire.

Baimungi and several of his generals including Chui were killed. The police displayed his body Infront of his wife's house and he was...

...buried in an unmarked mass grave along with the slain of his battalion. It is believed to be somewhere near the Meru cemetery. He had been accused of disobeying a government directive. A cold blooded murder.

For the rest of her life, Muthoni Baimungi (his wife) tried fruitlessly to have the location of her husband's body.

She also tried to get the plot of land promised to her family. This was a 12000 acre of farmland in Timau registered as IR NO 66178/Meru/F. NO/159146

She died in 2014 with nothing but empty promised and letters of correspondence between her and various land ministers.

LEST WE FORGET

Source: FB Page, Credit to Author for Photo Collage and Article.

Timbuktu (Mali) historical facts

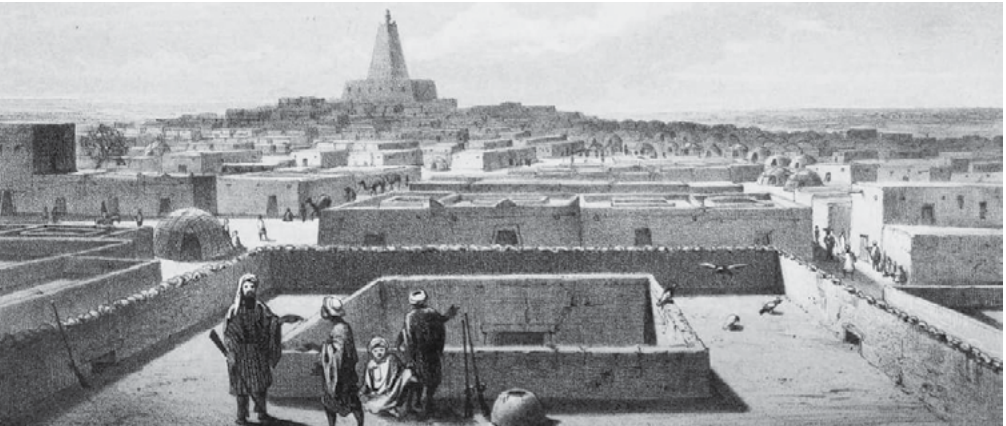
Did you know that in the 14th century, the city of Timbuktu was 5 times larger than London? And even that it was then the richest city in the world? Nearly 200 years before Columbus, Malian sailors land in America.

The Malian city of Timbuktu had a population of 115,000 people in the 14th century; five times more populated than medieval London.

National Geographic recently described Timbuktu as the "Paris" of the medieval world, due to its intellectual culture. According to Professor Henry Louis Gates, 25,000 scholars studied there.

"Many old families in West Africa have private library collections that date back hundreds of years. The Mauritanian towns of Chinguetti and Oudane have a total of 3,450 hand-written medieval books.

There are believed to be



6,000 other books in the city of Oualata Some date back to the 8th century AD There are just over 11,000 books in private collections in Niger.

Finally, in Timbuktu, Mali, there are approximately 700,000 surviving books. They are written in Mande, Suqi, Peul, Sudani.

The contents of the manuscripts relate to mathematics, medicine, poetry, law and astronomy.

This work represents the very first encyclopedia, in the 14th century, long before the Europeans had the idea of it later, in the 18th century...

A collection of one thousand six hundred books was considered a small library for a West African scholar in the 16th century.

Professor Ahmed Baba from Timbuktu claimed to have the smallest library of all his friends - he only had 1,600

volumes.

Regarding these old manuscripts, Michael Palin, in his television series "Around the Sahara", said that the imam of Timbuktu "has a collection of scientific texts which clearly show the planets orbiting the sun".

They date back hundreds of years. Palpable proof that the scholars of Timbuktu knew much more than their European counterparts.

PHOTO STORY



KMA is partnering with PMAESA and KNCCI to host the African Cabotage Conference in Mombasa this May, 2023.

MINDFUL

Mindfulness: The Key to a Happier Life

In today's fast-paced world, it's easy to get caught up in the hustle and bustle of everyday life. We rush from one task to the next, constantly thinking about the past or worrying about the future. In the process, we often forget to live in the present moment. This is where mindfulness comes in.

What is mindfulness?

Mindfulness is the practice of being present in the moment and fully engaged in whatever you are doing. It involves paying attention to your thoughts, feelings, and surroundings without judgment. Mindfulness has its roots in the Eastern philosophies, but it has become increasingly popular in Western culture as a way to reduce stress and improve mental health.

Why is mindfulness important?

Studies have shown that mindfulness can have a positive impact on mental health, physical health, and overall well-being. Practicing mindfulness can help reduce stress, anxiety, and depression. It can also improve focus and concentration, enhance creativity, and increase feelings of happiness and contentment.

There are many ways to practice mindfulness, and the key is to find a method that works for you. Here are some simple techniques to get you started:

1. Mindful breathing:

Take a few minutes to focus on your breath. Notice the sensation of the air moving in and out of your body. When your mind starts to wander, gently bring it back to your breath.

2. Body scan: Lie down or sit comfortably and scan your body from head to toe, noticing any sensations or feelings without judgment.

3. Mindful walking: Take a walk outside and focus on the sensation of your feet hitting the ground, the movement of your body, and the sights and sounds around you.

4. Mindful eating: Eat a meal or snack slowly, savoring each bite and paying attention to the taste, texture, and smell of the food.

5. Mindful journaling: Write down your thoughts and feelings without judgment or analysis. Simply observe what comes up for you.

Incorporating mindfulness into your daily life doesn't have to take a lot of time or



effort. You can incorporate mindfulness into your everyday activities, such as washing dishes or folding laundry. The key is to be fully present in

the moment and engaged in whatever you are doing.

In conclusion, mindfulness is a powerful tool for improving mental health, reducing stress, and increasing overall well-being. By taking a few minutes each day to practice mindfulness, you can cultivate a greater sense of peace and happiness in your life. So why not give it a try? Your mind and body will thank you.

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SALES, MARKETING & OPERATIONS

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PHOTO STORY

East Africa Edition of DigiBank event at Sarit Expo Centre in Nairobi



SBM Bank Kenya Chief Operating Officer, Amrit Gayan (right) receives the DigiBank Excellence in Digital Leadership Award from the Founder of Fin Tech Stage Matteo Rizzi during this year's East Africa Edition of DigiBank event at Sarit Expo Centre in Nairobi on February 1, 2023. The event brought together more than 150 delegates drawn from over 75 banks and financial institutions to share ideas on how East African banks can stay ahead of the curve with digital innovations.



SBM Bank Kenya Chief Operating Officer, Amrit Gayan displays the DigiBank Excellence in Digital Leadership Award that he received during this year's East Africa Edition of DigiBank event at Sarit Expo Centre in Nairobi on February 1, 2023.



Panelists at the event were drawn from over 75 banks and financial institutions in East Africa to share ideas on how the banks in the region can stay ahead of the curve with the unfolding digital banking innovations in a topic; "From African Banking in the New Reality: Trends & Out" during this year's East Africa Edition of DigiBank event at Sarit Expo Centre in Nairobi on February 1, 2023. The event brought together more than 150 delegates. From left the panelist are: Founder of Fin Tech Stage Matteo Rizzi, SBM Bank Kenya Chief Operating Officer, Amrit Gayan and Post Bank Managing Director Raphael Lekool.

Love the ‘You’-self

By Atiya Mughal

Do you love you? Do you treat you well? Are you taking care of you? Maybe some of you will be in agreement that you do and others may disagree. But that's perfectly okay and nothing to worry about because you are taking good care of you and loving you the way you deserve, maybe not to the extreme, but you are. We all love ourselves otherwise we wouldn't be here today.

We just need to start prioritizing ourselves more, give ourselves more 'me' free time, time to do absolutely nothing and to just lean back and relax, feel what our mind is telling us and just be the you that you have wanted to be. To do this takes effort and isn't that easy because you may have planned some 'me' time and something comes up out of the blue and you end up canceling. When that



happens, don't give up, there is still another day.

Plan well and cancel any engagements that may have been planned earlier, excuse yourself from any commitments you may have made; politely so as not to upset your loved ones and friends, and take yourself out and do whatever your heart has always wanted to do. Don't feel shy or scared to eat alone or watch a movie alone either. It's actually quite a joyous feeling.

Treat you with respect and honor you for whatever you have and do, enjoy those little

moments and don't expect anything from anyone. Make 'you' your best friend. Do things for yourself and never assume someone is going to do them for you because you know what you want and need for you, right?

Another very important thing to love about yourself is your appearance; the way you look – by this I mean love the way you are, because you are very beautiful, you are very handsome. Each and every human being on this planet is beautiful, gorgeous, hot, handsome and smart. All we have to do is believe in it and

in ourselves and ignore other people's opinions about us. Stop comparing yourself to others. Your body shape and size is cute and amazing just the way it is. The main thing one should keep in mind is being a healthy human being, because health is wealth. So never starve yourself to get your body to resemble a celebrity's body. Eat good and healthy foods. Give your body all the nutrients it needs and that will make you a much happier person too.

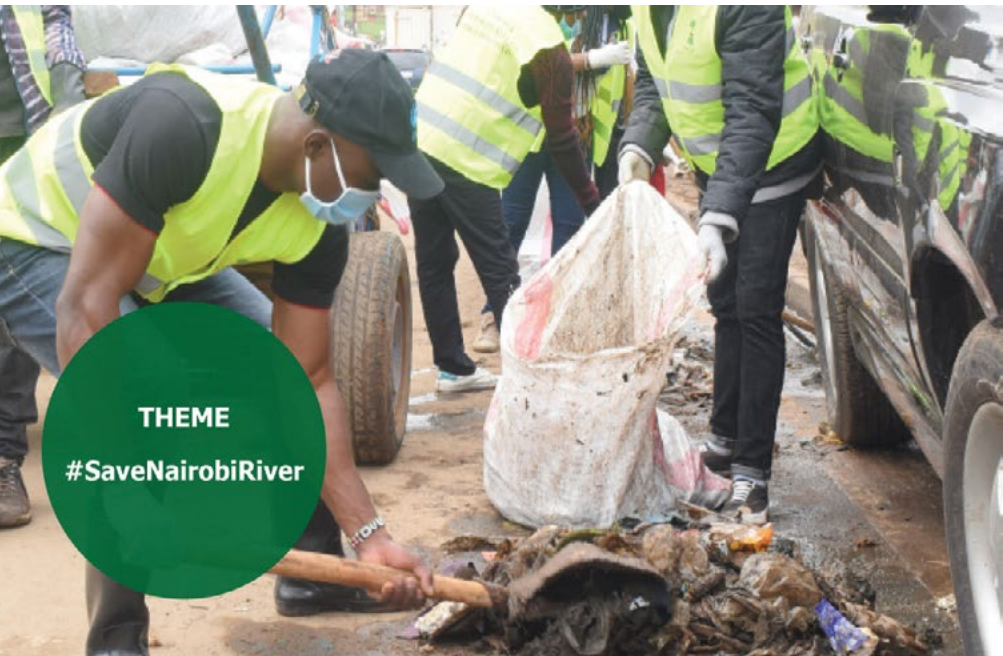
If you face or ever faced body shaming issues, keep this in mind; that those who shame you, aren't very happy with themselves and therefore upsetting others makes them feel better. So never allow such individuals to have control over your life or try to put you down by making you feel bad about yourself. Everybody is different and special in their own unique ways.

"You are your own you – love and cherish you always."

PHOTO STORY



320 million KEMSIFED projects under the state department of Blue Economy and Fisheries have been officially launched by President H.E William Ruto at Liwatoni, Mombasa County. The project which covers Kwale, Lamu, Tana River, Kilifi, and Mombasa counties aimed at benefiting the locals. Recently, an engagement with the coastal Governors and we rechecked the priorities of the counties and re-designed the projects, with a view of benefiting the citizens. We are committed to ensuring we perform our functions and deliver services that have a direct economic and social impact on our citizens hustling in the blue space - CS Mvurya.



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PARENTING

Single mothers crying foul?

By Akatch Velma

One does not need to comb the internet, to find a story about single motherhood. The status is on the rise in Kenya, that Stella reveals in their 'Demographic and Health' survey that the country has the a high number of children born to mothers between the age 14-49, outside marriage (M.K. Stella et al., 2017). In addition, social media has generously provided a space where people can unwind. If you are a frequent user, you are not new to memes that warn men against getting involved with single mothers. Let's delve in into this anecdote for a little pathetic appeal.

Mariah, the third born in a family of six is brought up in a local orphanage. She has always anticipated experiencing parenthood and therefore adulthood is a welcome call. The facility however only takes care of its members until they are done with secondary education.



Well wishers pay Mariah her college fees and she marries Mark after her graduation. He relocates abroad ten years later , leaving her with their three children: eight, six and two-year olds. She never hears from him again, but relentlessly wears her go-getter spirit. With income from her career as an auditor at a local firm, she takes care of them.

Unless Mariah publicizes her fate on social media for instance, only a few people would know her story. The critics that target single mothers are not always keen to exempt divorcees, widows, or women with stories like Mariah's. The woman is socially expected to always stay woke, despite the fact that it actually takes two to conceive. However liberal the world is, it might be time the keyboard warriors wear the single mothers' shoes and see how they like it. We bet the whole internet would be crying foul.

PHOTO STORY Mombasa Walk Movement



Bonje Edition - Valentine Challenge led by Chairman - Major Idris #EveryStepMatters

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Kenya hosts the 6th Africa Agri Expo at the Kenyatta International Convention Centre

The 6th Africa Agri Expo in close partnership with the Ministry of Agriculture and Livestock Development - Kenya, began on Wednesday, February 8 with an aim of connecting Africa to the global agribusiness industry. The two days of impactful networking, business talks, knowledge gains, and many exciting new agricultural avenues in the thriving Africa's agriculture industry made the much-anticipated event AAE2023 in Kenya - a resounding success.

Moreover, during the launch of the expo, the Ministry of Agriculture and Livestock Development Cabinet Secretary Mithika Linturi in his speech which was read by the State Department for Crop Development Principal Secretary Phillip Kello Harsama stated that Kenya is reengineering its approach on how agriculture will be conducted in the Country with an aim of maximizing its potential.

CS Linturi further noted that the theme for the Agri Expo is aligned to Kenya's Vision 2030 as well as the government's manifesto on agriculture.

"Our strategic objective as a government is to create an enabling environment that will create favourable opportunities for agricultural growth," he stated.



Indian High Commissioner to Kenya – Ms. Namgya C. Khampa, PS Kello Harsama, TAB Group Chief Executive Officer Tahir Bari and IFAD Country Director - Mariatu Kamara at Africa Agri Expo 2023.

Likewise, the CS called on all relevant stakeholders and agencies to give the government support to enable it to realize this initiative.

He further urged the exhibitors to set up businesses in the Country and venture into untapped sectors.

Furthermore, CS Linturi's speech mentioned that the Agricultural sector plays a vital role in the economy with the sector contributing 50 per cent of

the Country's Gross Domestic Product (GDP).

"We want to put 3 million hectares of land under irrigation in the next six to ten years. You can imagine the kind of products and materials we require to engage 3 million hectares to support food production in the Country and Africa at large." PS Kello Harsama stated in his remarks.

PS Kello also urged the exhibitors to invest and open branches of their companies in various parts of the country to reach farmers in the remote areas.

"Next time when you have these expo's, hold them in agricultural counties so as to reach the farmers directly." Kello noted.

Similarly, the event organizer TAB Group Chief Executive Officer Tahir Bari said that over one hundred investors and potential businesses are keen on setting up a base in Kenya.

"Interest from investors in the Agricultural Value chains is growing with many seeking opportunities, and others coming to sign deals after successful discussions with Kenyan companies," Bari said.

He added that investors from various parts of the world including the Middle East, Asia, Europe, and USA have come to the Agri Expo with a keen interest in tackling key issues in the supply food

chain by introducing modern technologies to help the agricultural sector grow and become more attractive to the young people.

Mariatu Kamara - Country Director, IFAD said "With less than ten years to 2030, many of the sustainable goals will not be achieved unless we take action to make this a reality for all working in agri-food systems and rural economies."

The expo broke all previous records with the ministry keynote speeches, dignitaries touring the exhibition area with global front-runners showcasing cutting-edge agri-technologies and innovative solutions like CENSA from India and more from 35+ countries, and the floor buzzing with one-on-one meetings, great business deals being facilitated all for the purpose of boosting the food security in the region.

Nevertheless, right from the technology sessions to one-on-one spectacular business meetings - AAE 2023 showed us what agriculture as a whole could do when industry enthusiasts gather together in one place and talk business while also sharing valuable insights. The focus was on how businesses in this sector can champion latest technologies and solutions boosting productivity and profitability of farmers.

Avocados

Unlike other fruits, which are usually bright and conspicuous, avocados usually become duller (brown) in appearance. The fruit is also to be picked before it ripens. The picking of the fruits from the tree is either done by the farmer or the buyer himself who has the market, either local or international. Those who have an international market need to do a number of practices in order to meet the standards put in place by the market.

These practices include :-

SELECTION

The avocado is sorted out into different categories based on

FARMER

This applies where the buyer

has purchased fruits from different farmers, and this helps to identify fruits with the individual farmer.

SIZE

The avocado fruits are then sorted out into different sizes. The sizes may range from 28 to 84, where 28 are the biggest with the weight of 13.7oz (380g) and size 84 is the smallest with the weight of 4.5oz (132g) every size has its price in the market

MARKS AND DISEASES

Since the avocados are being sold on the international market, only the best quality fruits are considered for export. Therefore, any fruit that has marks caused by diseases, insects, rodents, or mechanical handling are rejected

PRESENCE OF CHEMICALS IN THE FRUITS

The international customer prefers the organic avocado fruits compared to the fruits produced using chemicals. Therefore, during sorting, the organic fruits are highly rated and may fetch a fortune while the others produced using chemical fetch low prices or may even be rejected by the market. Therefore, it is important for a farmer to grow their fruits organically to avoid this situation of their fruits being rejected when taken to the market for export. The fruits are then sprayed with prochloraz or sportak that is used to discourage or prevent the growth of fungus. This helps to control anthracnose disease from fruits. This also helps to keep the insects away from the fruits. This also helps the fruit from over-ripening,



hence increasing the shelf life of the fruit

PACKAGING OF AVOCADO

After the fruits are sized and sorted, they are then packed into (trays and boxes as determined by the importing countries). The packaging technique varies according to the market, being cardboard, plastic, or wood. The most common

containers are single-wall corrugated fiberboard or wooden boxes. Smaller fruit is bulk packed into 10kg cartons. Plastic inserts with moulded cups are placed in the tray. Single-layer trays weigh around 6kg. Fruit are stamped with small

stickers.

COOLING OF AVOCADO

The fruits are taken in a cooling storage room, which should be below 4 degrees Celsius. The time that the fruit is kept in the cooling room will depend on the initial temperature of the fruit. The fruits are advisable to be below 2 degrees Celsius when they are removed from the cooling chamber. This cooling helps the fruits to maintain their quality and also controls pests and diseases.

TRANSPORTATION

The means for transport is either water or air. The containers in which the fruits are used for transportation are equipped with cooling systems that enable the fruits to retain their quality and prevent the fruits from diseases.

For more information;
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PHOTOS

PHOTO STORY

World Wetlands Day



Commemorating World Wetlands Day at lake Solai Rongai sub-county, Nakuru County.



Washable sanitary drive by Rotary club of Nakuru



Rotary club of Nakuru was able to donate more than 1000 washable sanitary towels to different schools...at Piave, St Mary's, Naka primary school n at Kericho to needy girls in community. The main aim of sanitary drive is to keep girls in the school. Bcoz in the time of menstruation girls normally skip school due to no sanitary pads n other things like teen pregnancies n other issues occurs.

Tree planting



Central Imenti at Kanungune springs. Restoration of springs. The indigenous knowledge took the day as a 93 yr old mzee taught the participantrg. Present were Chiefs from both sides of spring, MCA, Ward Admin, MP, KCB bank manager, WRUAs Kpcg upper eastern coordinator, Netcare and community members.

Taifa Gas Launch



Polisi ni rafiki

On duty for Republic Day

So here I sit, soon after the crack of dawn, astride an old wooden chair, positioned dead centre behind a microphone on a tall metal stand. To my left, with jet-black hair and dressed like an Indian queen in white sequined saree, sits the school's head: a somewhat formidable figure, attending her final Republic Day parade.

To my right, a considerably more jovial character, the white-mustachioed Mr Mirchandani: new owner and director of the school, in crisp white suit and bright blue tie. When standing, the top of his shiny bald head with white 'Friar Tuck' fringe, reaches up to my chest. I feel a bit conspicuous in my open-necked, bright turquoise shirt ... and sandals!

In the distance and through the dust I see about a million children adorned in khaki-coloured uniforms, with a battalion of very focused drummers in their front line. After a while the drumming ceases and two of the khaki blur separate from the rest, marching forward in perfect unison, to give a dusty foot stamp and precision salute, in front of me. My throat dries in anticipation of having to speak to this multitude. I fumble in my shirt pocket and produce a scrap of paper with a few hastily written notes scrawled on it from the night before. Like my attire, it seems a bit inadequate for the occasion.

Looking back, it's hard to remember how many times



I've sat in that middle seat as Chief Guest for some function or other. It was part of the job, but secretly the part I loathed; I never saw myself as better than the rest ... and that included kids. I disliked what seemed to be something of a throw-back to colonial times (with white ruler front and centre); but I never said no, I realized that could upset the appercart, causing offence. As a remedial measure I attempted to keep my pearls of wisdom to a minimum, to counter other podium speakers, who would

gabble on into the sunset.

Later in the day I am to be found at Sun-n-Sands on Juhu Beach. There'd been a small spat with the auto rickshaw driver enroute, so now I sit overlooking the ocean, with a glass of wonderfully cold ale on the glass-topped table. The beggars down below on the sand look up and call out to me, in hopes of a stray coin. My mood is decidedly morose. I'm deep in thought about the bad behaviour I had shown to the rickshaw-wallah, who was probably illiterate and most




likely had a wife and kids to support. I knew better and should have counted to ten – or one hundred – then reconsidered my reproach.

The beer in front of me is shrouded in yellow napkin – a privilege, I am told, for tourists and Non-Resident Indians – or NRIs, as they're known here – on what is a dry day for all other mortals. I love Indians, but why reduce everything to acronyms? With some care, I tear away the tissue to drink the chilled lager, thus avoiding consuming a mouthful of wet paper, while still observing some semblance of legality and decorum. The trials of life for us privileged souls!

“Republic Day is dry? I hadn't realised.

Let's drink to that!”

Duncan Gregory
www.whittlingourniche.com



A Loud Woman

By Velma Akatch.

Naturally, I would apologize for being too loud, I am sorry, but I must scream this throughout, There it is, sorry! With my tail between my limbs? No! I am sorry that am consciously feminine, I am bold, deliberate,seamless, out-rightly Gemini, Girly, but a tad bit masculine, I am a woman!

I am a woman! Unattractively strong,uncomfortably aggressive,

I am confident, because I have had the taste of meekness, I have obliviously fed an insatiable pest--silence, I have been beaten, frozen, thawed, mulled over and served, But just as the legendary Maya Angelou, still I rise, just starved, For my kind,my audience,my community,my sisters,my girls.

My girls, with this newfound energy, I proclaim freedom, Loud on equality for both genders, without hating --lead on, Exuding an aura that screams empowerment--spot on, Forces to be reckoned with,tech savvies and veterans--go on, Completely aware of and undetted by societal norms, Bearer of the future and

indelible markers of history.

Markers of history!Or would we rather be trophies? Sassy like Naomi Campbell down a Bentley,but owned? Liberated but submissive or richly tamed slaves?! Can we be educated , trained , hired and paid like him? Take lead roles and make decisions about our bodies? Can we be nurtured and be taught how to swim?

Be taught how to swim?! Now this is as literal as it gets, Development and Education Empowerment Network, Where emancipated queens, extolled in their coveted glory are at the forefront for us, women no-lesser Lobbying for equal chances in education and mentorship, So girls can be educated, as the world adapts!

PHOTO STORY



We were glad to be hosted by Young Criminologist Network in Mount Kenya University where PCAK was represented by Mr. Elkana and Mr. Ferdinand; and we had the chance to be the guest and Keynote Speaker respectively on their first Debate for the club. The Theme was Food security and in that we discussed the pros and cons of GMO food, later on we offered a career guidance talk and we witnessed introduction of new YCN leadership by Mr. Sewe Wycklife one of our own taking up as the incoming president of the club from Mr. David both who are active members of PCAK PYE.

HEALTH

Vaping and e-cigarettes - an emerging health hazard

By Arifa Turabali
MKPA. HSM, MPH.

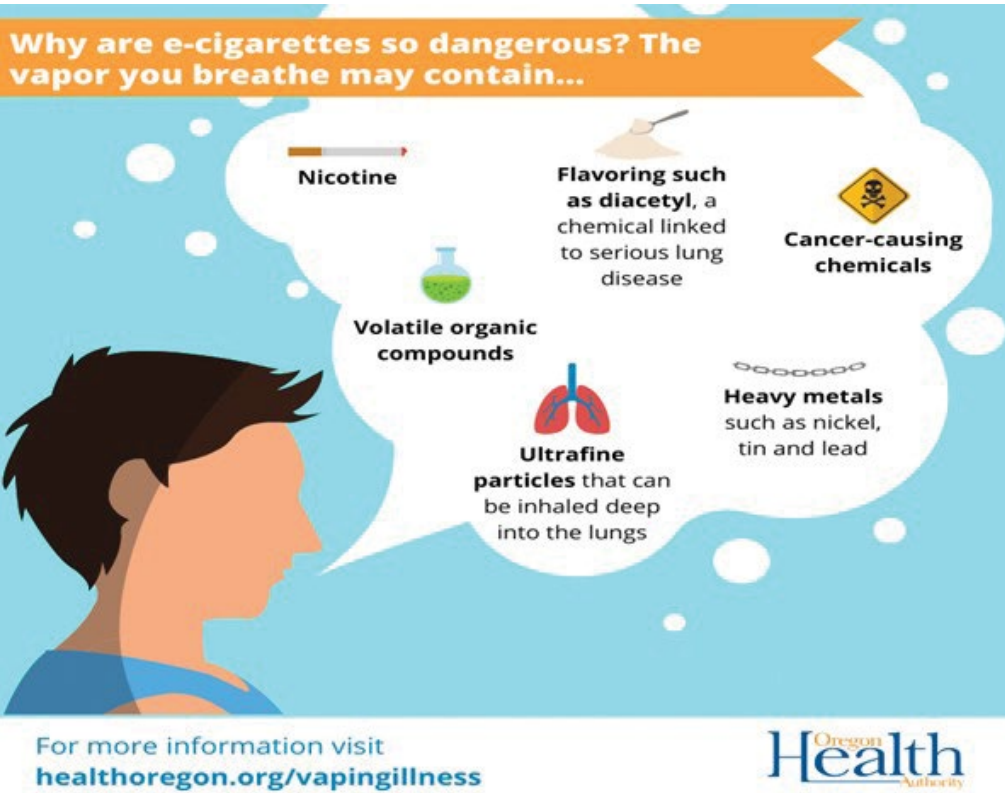
Electronic cigarettes (e-cigarettes) are electronic devices designed to vaporize chemical compounds. The device is made up of a mouthpiece, liquid tank, a heating element, and a battery. E-cigarette use may pose health risks in the form of cardiovascular and respiratory diseases. These health risks have implications to not only the primary user, but the aerosols can also cause secondhand and thirdhand injuries to others in the vicinity. Acute lung injury may also be associated with the use of e-cigarettes, but the underlying cause remains unknown.

The introduction of the new tobacco products and increased awareness has led to a dramatic rise in their use, especially by adolescents and young adults. This raises significant health concerns. Simply put, electronic cigarettes (e-cigarettes) are electronic devices designed to vaporize chemical compounds. The most common terminologies include e-cigs, vapes, e-hookahs, vape pens, mods, tanks, or electronic nicotine delivery systems (ENDS). The process of using the devices is sometimes referred to as vaping or juuling, the latter so named for the device brand.

Even though they are called by different names, they all work on the same operating principle. It involves several steps. First, an electric current is activated either manually or automatically by a battery. Next, a current is delivered to the heating element. Finally, the liquid contained in the tank is evaporated and immediately condensed into a fine mist of liquid droplets (aerosols).

The important difference is the substance contained in the device. It may contain varying substances. Some of these substances may be unknown and potentially harmful, especially when obtained from unauthorized sources (i.e., street sources) where they have been modified. Examples of these substances include nicotine, heavy metals (e.g., lead), volatile organic compounds, and carcinogenic chemicals. These substances have the potential to cause severe respiratory and cardiovascular diseases.

E-cigarettes use may pose



health risks in the form of cardiovascular and respiratory diseases. Tobacco cigarette smoking is the primary cause of preventable cardiovascular death in Kenya, and smoking cessation has long been the focus of significant public health efforts.

Healthcare providers are on alert for symptoms suggestive of acute lung injury secondary to vaping.

Contents of Cartridge
- Propylene glycol
- glycerin
- nicotine (various levels)
- various flavors
- Trace items such as diethylene glycol,
- tobacco specific nitrosamines

Unlike regular cigarettes, e – cigarettes don't contain cancer -causing tar because they don't burn tobacco but contain nicotine. Most e-cigarettes brands offer a variety of cartridges with different levels of nicotine.

Researchers have uncovered many cancer -causing chemicals in e-cigarettes aerosols including formaldehyde, toluene, acetaldehyde, and acrolein, heavy metals such as cadmium, lead and nickel.

In conclusion, there is increasing usage of these electronic devices in social settings. This is leading to an increased report of vaping-associated pulmonary diseases and emerging cancer associated death, details of the



What harm can defective vaping devices can do.

harm and extent of societal damage from the associated products are still ongoing.

Be smart – don't pollute your brain and body.

DISCLAIMER
• This article is solely for purpose of creating awareness in the society using vape.
• It does not intend to criminalize, promote, or brand any product or company.

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PHOTO STORY

CGM FD Team with CFO Mr. Ibrahim Basafar



County Government of Mombasa Fire Department Team with the Chief Fire Officer Mr. Ibrahim Basafar. One of the top County Fire Teams if not the top in Kenya in fire safety & disaster rescue / response.

CGM DMRT with KRC



The Mombasa County Fire brigade in conjunction with Kenya Red cross Mombasa branch undertook a Community Disaster Preparedness and Response Program aimed at reducing effects of disasters, improving the resilience of community in coping with disasters.

The main focus of the awareness campaign was First Aid and Fire suppression. The Mombasa Fire Brigade focused on researched common domestic fire scenarios which include fires caused by unattended LPG cookers, kerosene stoves and charcoal powered cookers in Miritini Jomvu Sub County Mombasa.

A target community reach of 150 members was set and reached with the help of Community Disaster Management Committees (CDMC) of that settlement of Miritini. Kudos to all involved and to the ever ready CGM FD under the leadership of CFO Mr. Ibrahim Basafar.



Audience

Girls in ICT Project in Lamu County

Introduction:

Toto Centre Initiative is a registered Child Rights Community Based Organization in Lamu County, Kenya. The organization was officially registered in May 2019 with the State Department of Social Development.

Our key mandate as a community organization is to identify and address social and cultural beliefs and practices that affect education of our adolescent girls and boys in Lamu County, Kenya. We use the whole school approach (WSA) model as our strategy to bring together children, school-community leaders, parents, relevant officials from the county and national government to sustainably identify and address barriers affecting education of children at school-community level. To drive and sustain our mission, Toto Centre Initiative is guided by the following:

- i. The Constitution of Kenya (Article 53) on the Rights of Children,
- ii. The African Charter on the Rights and Welfare of the Child (ACRWC) (Article 11) on a Child's Right to Education and personal development, and;
- iii. United Nations Convention on the Rights of the Child (UNCRC) (Articles 19, 28 and 42) on Protection from Violence, Abuse and Neglect; the Right to Education; and the State's obligation to inform children and families of their rights.

Objectives:

- i. Conduct research to inform current socio-cultural gaps/norms/beliefs that affect education of boys and girls in Lamu County.
- ii. Work with children, school officials, community leaders and parents to design and implement child rights and protection programmes that eliminate harmful beliefs and practices that affect education of boys and girls at school community level.
- iii. Work with key departments from County government, National Government and likeminded organizations to strengthen and or develop laws and policies that shall eliminates all harmful practices that hinders education of boys and girls in the county.

Key Programmes:

- i. Adolescent Sexual and Reproductive Health and Rights Programme
- ii. Child Protection and Safeguarding



Menstrual Bracelets as a Social Tool in Addressing Adolescent pregnancies in Lamu County, Kenya:

Rationale
According to WaterAid (UK), 2 in 5 people (40%) are still embarrassed to talk about periods, and 3 in 5 people who menstruate (59%) have worried whether their periods are normal. Wearing a menstrual bracelet is an opportunity to break the taboos surrounding periods which are often so harmful to women and girls who menstruate. The bracelets are worn to raise awareness on issues around menstruation. The bracelet stands for joint commitment to create a world where by 2030 no woman or girl is kept from realizing her full potential because she menstruates.

The ACESWorld through the ASK4Girls club concept has been guiding and empowering many adolescent girls in Ghana, Kenya and Uganda that by wearing the bracelet, you'll show that periods are nothing to hide. By wearing the bracelet, one will help to end period stigma. According to ACESWorld, the menstrual bracelets for adolescent girls can adequately help to address issues of teenage pregnancies which



is a critical factor hindering many girls to complete their education. Many girls in Lamu County and in Kenya at large drop out of school due to child pregnancies. This means many of the girls do not have good knowledge on how to manage their period and understand their safe days. The menstrual bracelets have come at the right time when many of the teenage pregnancies in Lamu come from Witu and Mpeketoni divisions.

It is for this reason that Toto Centre Initiative supported 201 adolescent girls in 4 public primary schools to make their own menstrual bracelets.

Objective

- i. Train Adolescent girls with skills to make their own Menstrual Bracelets.
- ii. Empower Adolescent girls with knowledge of how to use the menstrual bracelets in order to avoid pregnancies.

- iii. Gender Equality and Women Empowerment

The Girls in ICT Project in Lamu County:

Rationale:
In Lamu County, girls have for so many years been marginalized in accessing ICT and other fundamental computer related programmes. Men on the other hand have been supported by culture to progress their digital knowledge and girls left home to do house chores. Gender stereotypes on the other hand plays critical role in marginalizing women and girls further in terms of usage of ICT devices including smart phones.

The culture dictates for women to use analogue mobile phones as their access

to smartphones and internet access makes them easy to cheat their men through social media. Girls on the other hand are primarily subjected to common lessons that are far from ICT.

The #GirlsInICT project was aimed to holistically address gender gap in digital skills transformation where girls in Kenya and other DOT targeted countries were equipped with Digital literacy programmes. This is because nowadays digital skills have become very powerful tools for girls to become activists and lead change on issues that affect them. Social media platforms, for instance, allow activists to reach a wide audience and organize action towards common causes.

Since May, 2019, Toto

Centre Initiative has been implementing gender equality and other girls' empowerment programmes aimed to improve their knowledge school-based computer program though the program was affected by lack of enough resources and other logistical challenges the program had to be paused for some time.

Objective:

- i. Train Young Adolescent Girls with Digital Skills through basic computer knowledge.
- ii. Train Young Girls on basic Gender Equality and Inclusion knowledge in order to Promote inclusivity in modern technology by breaking barriers to digital approaches
- iii. Create safe space for girls to gain knowledge, skills and experience in ICT.

VALUES

A country with no values

British Lieutenant General, Sir Fredrick Stanley Maude Was Tasked To Conquer Baghdad In 1917.

Upon Arrival In Iraq, He Came Across A Shepherd And His Herd In A Field.

He Asked His Translator To Offer A Shilling To The Shepherd And Ask Him To Slaughter His Dog.

A Dog Is A Very Important Companion To A Shepherd.

It Warns Him Of Impeding Danger and Guards The Herd From Wolves And Thieves.

But At That Time, One Could Buy Half A Herd With A Shilling.

The Shepherd Agreed To The Deal, Grabbed His Dog And Slaughtered It At The Feet Of The General.

General Maude Said To The Shepherd, "I Will Give You An Additional Shilling To Skin The Dog!"

The Shepherd Took The Shilling And Skinned The Dog.

Then The General Offered Him A Third Shilling To Cut The Dog Into Quarters.

The Shepherd Took The Shilling And Chopped The Dog.

Then The Shepherd Himself Told The General That, For A Fourth Shilling, He Would Eat The Dog.

To Which The General Answered:

"I Wanted To Learn About Your Values In This Country, And I Discovered That You Slaughtered, Skinned And Chopped Your Most Trusted Friend And Companion For Three Shilling!

You Were Even Ready To Eat It For An Additional Shilling!!

That's All I Needed To Learn About Your Country!!!"

Then He Addressed His Soldiers:

"As Long As This Kind Of



Mentality Prevails In This Country And You Can Buy Anyone, Don't Fear Anything And No One!"

Since That Time Till Our Present Day, Officials In Similar Parts Of The World Have Sold Their Countries, Their People, Their Friends, Their Honour And Their Principles For A

House In Europe And Bank Account In Switzerland.

Are You Any Different From That Shepherd?

Are Our Shepherds In This Country Different From Shepherds In Baghdad, Iraq And Other Parts Of The Corrupt And Selfish World? How much of conscience do you have left?

PHOTO STORY



A once in a Lifetime Shot - The Comet (Comet C/2022 E3) and a Shooting Star.
Lyaphine/Switzerland



SBM Bank Kenya Director Customer Experience, Pauline Macharia displays the DigiBank Excellence in Customer Experience Award that she received during this year's East Africa Edition of DigiBank event at Sarit Expo Centre.



Bora Imani Ansvar Madarassa Orphans in Kipini Town of Tana River County will enjoy loads of Glucose Milk Biscuits, Mzuri Sweets courtesy of Mr. Berry's Tasty Toffees like TooGoody; They will be given this weekend by the caretaker Madam Sheila Komora (seen on right). The Biscuits were donated by Shabbir & Family, SJ and Family and Mombasa Women's Association. Mr. Rishi Arun Parikh of PCAK, Yaris Institute & Madafu Newspaper co ordinated the donation for the 40 young orphan girls and boys in Kipini. We shall also be sending them the Holy Quran (15) in the next trip for their Madarassa. God bless All.

PHOTO STORY



Earlier today, the KEPSA Security Sector Board led by the Chair Ms. Annette Kimitei presented the Private Sector's views and recommendations incidental to improved terms and conditions of service and welfare of police and prison officers, to the police reforms task force at the Bomas of Kenya.



PS Alex Wachira (Energy) visits Ketraco's Kshs 3B project at Shangiya area, Mariakani Kilifi County, says the project is at 96% completion. Mr. Wachira also revealed a date for its opening. Photo courtesy



The port of Lamu today berthed container carrier Mv. ONEGO BORA to record her 16th vessel since operationalization of the modern facility.

It was all systems go at the port as the CMA CGM vessel laden with 235 Zanzibar bound transshipment containers navigated the 12 Nautical mile channel into the port for her maiden call. KPA senior marine pilot Capt. AbdulAziz Mzee boarded the ship at the entrance at 0745 hours to ensure safety as Lamu just like Mombasa are compulsory pilotage ports. Under his command was also KPAs modern and powerful escort tugboat MT. PATE which successfully assisted in the berthing operation with the entire process lasting close to one and a half hours. The 85-ton bollard pull tugboat was built in March 22 for deployment to the port of Lamu.

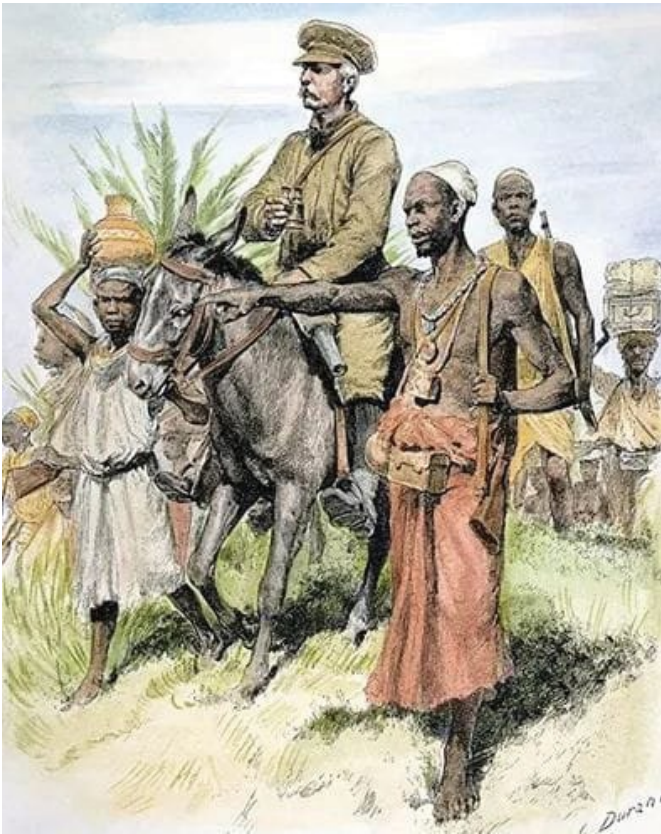
As the vessel manoeuvred the minus 17 meters depth and 400 meters berth, a pool of designated operators of the two mobile harbour cranes, three Rubber Tyred Gantry cranes and four terminal trailers were on standby to commence the eagerly awaited ship operation. The first sling was recorded at 1015 hrs and come the end of the first shift, the ship had registered impressive performance of 159 boxes leaving a balance of 76 boxes.

Earlier at the quay apron upon the ship's berthing, KPA's General Manager Lamu Port Eng. Vincent Sidai presented certificate of first call to the master of Mv. ONEGO BORA Capt. Artem Klinnik who was flanked by Mr.Tylen Kisia, CMA CGM Kenya Limited Operations & Logistics Manager EAF Cluster Branch Manager -Mombasa.

Mubarak of Bombay

Sidi Mubarak Bombay, one of the most extensive travelers in sub-Saharan Africa in the 19th century, was honored for his assistance to British explorers and adventurers. Bombay, of waYao/Bantu ethnicity, was born in the Ruvuma Region of southern Tanzania around 1820. Separated from his parents at age 12 and taken into slavery by Arab slavers, he was eventually transported to Gujarat, India. After spending two decades enslaved in India, the death of his owner freed Bombay and allowed him to return to his African homeland.

Bombay enlisted in the army of Sultan of Zanzibar where he met British explorer John Hanning Speke who hired him as a guide for the initial expedition headed by Sir Richard Francis Burton, to locate the source of the Nile River. Bombay was with Speke in 1858, serving as one of his two his caravan captains, when Speke became the first European to reach Lake Victoria in Uganda. Initially, Speke and Bombay communicated only in Hindu but Bombay eventually added English, Arabic, and Kiswahili to the languages he spoke. Bombay reconnected with Speke in 1860 when he and Scottish explorer James Augustus Grant discovered that Lake Victoria eventually connected with the Nile River. Bombay was given the name



Mubarak by the explorers who hired him but he continued to call himself Bombay, the name he had adopted while in India. He gained a reputation for diplomatically dealing with tribal chiefs, managing caravan logistics, and African laborers. Bombay's service with the journalist-explorer Henry Morton Stanley who tracked down missionary David

Livingstone in November 1871, was fraught with challenges unrelated to exploration. Like Speke, Stanley needed Bombay to help find the source of the Nile River later determined to be tributaries that flow into Lake Victoria and to locate the "missing" David Livingston. Despite his obvious value to Stanley, the journalist-explorer admitted in

his memoirs that he insulted and beat short, thin Bombay especially when he suspected the often outspoken African of insubordination.

In 1875 Verney Lovett Cameron hired Bombay as a guide when he became the first European to cross equatorial Africa from coast to coast, from Zanzibar to Angola. This was the last major expedition into the African interior for Bombay.

It has been estimated that as an explorer Bombay tallied more than 9,600 land miles through the interior of Africa and possibly sailed a greater number of nautical miles in the Indian Ocean, the Red Sea, and waters along coastal Africa. His exceptional competence and vital role in these high-profile expeditions earned him a Silver Medal by Great Britain's Royal Geographic Society in 1876 for his contributions to the British exploration of Africa and in particular the search for the source of the Nile.

The Society also granted him a lifetime pension. In his final years Bombay worked for the Church Missionary Society helping missionaries spread the gospel across the African continent. Sidi Mubarak Bombay died in Tanzania on August 12, 1885 around the age of 65.

Black Wall Street Book eStore
<https://blackwallstreet.org/books>

Special Economic Zones



By Maritime Coresspondent

Currently Kenya's blue economy is generating US\$1.78 billion annually and is expected to rise to US\$4.3billions if the right policy measures for key sub-sectors such as fisheries and marine industry are put in place.

The maritime industry alone drives 92% of Kenya's international trade but we depend on foreign shipping line, so there is an urgent need to revitalize Kenya National Shipping Line.

Kenya's blue economy is still undeveloped despite having a 600km coastline on the Western Indian Ocean.

In addition, Kenya's ocean territory comprising the EEZ spans 245,000 square km equivalent to half of the country's total land surface area.

Lamu SEZ: 700 Acre land-to create 1 million new jobs.

Miritini SEZ-600 acre land. Mwangala SEZ 3,000 Acre land.

Kisumu SEZ 700 Acre land-to create 1 million new jobs

Lamu Port Offshore Energy Industrial Park,

Shimoni Industrial Fishing Port, Wasini Massive Ship-breaking Facility and Miritini Industrial Park.

SEZ is open to all fields of business like manufacturing, trading and services but EPZ has more focus on manufacturing.

The benefits of SEZ are more towards the growth of domestic business where as EPZ has the main obejective of developing exports business.

There are 5,400 SEZs in the world, more than 1,000 were established 5 years ago.

500 more zones are expected in the coming years worldwide.



C2B, B2C, B2B, G2C, C2G, P2P

Customer to Business Transfers (C2B): transfer of money from a customer account to a business account to pay for goods and services using mobile money payment platforms such as Pay Bill, and Buy Goods and Services. However, it excludes the transfer of money from one mobile account to another mobile account (P2P).

Business-to-Customer Transfers (B2C) refer to the transfer of money from a business account (Pay Bill, Buy Goods & Services-Till Numbers accounts) to a customer account (mobile money account). However, it excludes the transfer of money from one mobile account to another

mobile account (P2P).

Business-to-Business Transfers (B2B): transfer of money from a business account (Pay Bill, Buy Goods & Services- Till Numbers accounts) to another business account. However, it excludes the transfer of money from one mobile account to another mobile account (P2P).

Government to Citizen Transfers (G2C) refer to the transfer of money from government mobile accounts (Pay Bill, Buy Goods & Services -Till Numbers accounts) to citizens' mobile accounts.

Citizen to Government Transfers (C2G) refers to the transfer of money from Citizens' mobile accounts to government mobile accounts (Pay Bill, Buy Goods & Services -Till Numbers accounts) to pay for government services e.g. eCitizen.

Person-to-Person Transfers (P2P): transfer of money from one customer's mobile account to another customer's mobile account.

Old Age

1. I used to be able to do cartwheels. Now I tip over putting on my underwear.
2. Hate it when I see an old person and then realise we went to high school together.
3. I told my wife she should embrace her mistakes... so she hugged me.
4. My wife says I only have 2 faults. I don't listen and something else....
5. At my funeral, take the bouquet off my coffin and throw it into the crowd to see who is next.
6. I thought growing old would take longer.
7. I came, I saw, I forgot what I was doing. Retraced my steps, got lost on the way back, now I have no idea what's going on.
8. The officer said, "You drinking?" I said, "You buying?" We just laughed and laughed.... I need bail money.
9. Day 12 without chocolate. Lost hearing in my left eye.
10. Scientists say the



- universe is made up of protons, neutrons and electrons. They forgot to mention morons.
11. The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."
 12. A dog accepts you as the boss... a cat wants to see your CV.
 13. Oops.... did I roll my eyes out loud?
 14. Life is too short to waste time matching socks.
 15. Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice

- people.
16. If you see me talking to myself, just move along. I'm self-employed; we're having a staff meeting.
 17. I won't be impressed with technology until I can download food.
 18. Some people call me crazy. I prefer 'happy with a twist'.
 19. My doctor asked if anyone in my family suffers from mental illness. I said, "No, we all seem to enjoy it."
 20. I really don't mind getting old, but my body is having a

- major fit.
21. Camping: where you spend a small fortune to live like a homeless person.
 22. Project Manager. Because Miracle Worker isn't an official job title.
 23. I told my wife I wanted to be cremated. She made me an appointment for Tuesday.
 24. I've reached the age where my train of thought often leaves the station without me.
 25. If you're happy and you still know it, it's your meds.

QUR’AN

Ways to improve your relationship with Qur’an



BY AHLAM MANSUR.

#Ramadhan Preparations.
LEARN SOME BASIC QUR’ANIC ARABIC.

Why do this?
Allah (swt) calls the Quran “guidance” (2:2), and what use is guidance if we don’t understand the language it’s written in?
To me, it’s like reading a road sign in Chinese or Eskimo Inuit.

HOW TO DO IT?

You don’t have to become a scholar of Arabic or even go through a rigorous academic course (although you’ll probably want to do so once you taste the joy of it).
Just learn enough to be able to catch the gist of what the verses are saying to you and to follow their explanations by scholars and teachers. Take a shortcut by all means. Learn the basics of the language in the most concise and effective way you can find. Keep your initial target in mind –

understanding the Quran and not the Arabic newspaper. Can you imagine the incredible ecstasy the first time you actually understand what you’re reciting? Be like the child who’s learning to walk by tumbling about – he falls down a hundred times and picks himself up a hundred and one times.
Then finally one day, when he’s able to tread a few steps unsupported, imagine his immense joy! Now he’s able to walk quite briskly while holding his father’s hand.

2. RECITE EVERY DAY. WHY DO THIS?

It’s better to read a little of the Quran every day than to read a lot of it once in a while.
It’s like trying to eat thirty omelettes one morning and going without breakfast for the rest of the month. Allah (swt) likes the deeds that are performed consistently, even though they may be minor. (Muslim) Staying disconnected from the Quran for long

hardens our hearts.
Allah (swt) warns the believers to not repeat the mistake of the previous nations: “And let them not be like those who were given the Scripture before, and a long period passed over them, so their hearts hardened; and many of them are defiantly disobedient.” (57:16) Regular recitation of the Quran will increase your fluency and you’ll enjoy it more and more. You can only make real friends by spending regular quality time with them.

HOW TO DO IT?

Assuming that you can already read the Quran, however much you stumble with it, make it a habit to read it daily. Once the habit is firmly established, you’ll find it as much a matter of course as having your breakfast.
Here are a few tips on enhancing habit formation by James Clear, a renowned writer on personal development:
■Choose a quiet, distraction-

free environment.
■Keep the Quran within hand’s reach at the required time.
■Start small – read regularly, even if it is only one verse.
■Do it right before or after another well-established habit, for instance fajr prayer or lunch.
■Work hard on it incessantly for at least 66 days to make the habit automatic.

3. LEARN TAFSEER (exegesis and explanation) WHY DO THIS?

As a novice, you’ll need the guidance of fourteen hundred years’ worth of scholarly work on the Quran to really get into its depth. You’re like the child who’s learning to walk. Now that you have learned to tumble about reading the Quran and understanding Arabic, it’s time to hold tight to the support of past scholars to make your journey smooth and not go astray.

HOW TO DO IT?

-Choose a soorah (chapter)

or a passage which interests you at the moment, such as the one that you’ve recently memorized, or that moved your heart in your daily recitation, or that holds some particular relevance to your current situation in life.
-Find a type of tafseer that suits you.
For me, it’s the lectures of Ustadh Nouman Ali Khan.
-Accessorize your selected tafseer with your copy of the Qur’an, your chosen translation, a word-by word Qur’an, and a dictionary of Quranic words.
Keep these open at relevant pages and take your time to enjoy your journey to the depths of the Qur’an and discover its resonance within your own heart.
-Reflect on what you learn. Allah mentions: “Then do they not reflect upon the Qur’an, or are there locks upon [their] hearts?” (47:24)
Once you really get the hang of it, you’ll often find yourself perched at the edge of your

chair, your mouth open wide, and exclaiming “SubhanAllah!” from the sheer wonder of what you behold.

4. MAKE QUR’AN A MOOD BOOSTER.

Allah (swt) mentions: “...The skins shiver therefrom of those who fear their Lord; then their skins and their hearts relax at the remembrance of Allah” (39:23) But then why don’t all Muslims grab their copies of the Qur’an whenever they’re sad or stressed out? It’s one thing to theoretically believe that it works, and another to have practical experience of its effectiveness. Even Prophet Ibraheem (as) wanted Allah to show him how He revives the dead, so that “my heart may be satisfied.” (2:260)
Once you’ve done this enough times, your subconscious will be convinced that it works and will automatically look for solace in the Qur’an whenever you need it.



WILDLIFE PHOTO

Photo by Shreya



When death awaits. We got to see three of Neema’s subadult cubs making a kill. Our safari guide knew that they were hungry and were on the prowl to hunt, so we decided to follow them hoping that they would eventually make a kill. They had their eyes on this one particular Thomson Gazelle. It was such an exhilarating feeling to watch them chase this gazelle. We had never seen a cheetah chase a prey and to be able to witness three cheetahs chasing a prey was incredible. And to see them in action using team work was absolutely amazing. These images were shot at Masai Mara National Reserve, Kenya

Safari Rally in Machakos



H.E Governor Wavinya Ndeti flags off the National Safari Rally Championships at the Machakos People's Park. This and similar events will boost the economy and create opportunities for the people. Through sports, Machakos socio-economic profile will be greatly uplifted in line with #ChakulaMezaniPesaMfukoni philosophy. #TwendeniMachakos #SafariRallyInMachakos

Bahrain GP: Mercedes plan 'radical' changes with Lewis Hamilton and George Russell off pace



Mercedes team principal Toto Wolff has promised "radical" change after describing the Bahrain Grand Prix as one of his "worst days in racing".

Lewis Hamilton finished the opening race of 2023 in fifth, two places in front of George Russell in seventh and almost a second-a-lap off the dominant Red Bulls of Max Verstappen and Sergio Perez who started the season with a one-two finish.

Mercedes have continued with the car concept from 2022 that saw the team that had won eight straight constructors' titles drop to third in the pecking order, but

just one race into 2023, Wolff is already planning to abandon it, admitting that it "hurts" to see Red Bull so far ahead.

"Red Bull is just on a different planet. That is what hurts because they are so far ahead, it reminds me of our best years because we just put a second on everybody else.

"That is the benchmark and we have to do one step after the other to come back and we can do that. We can, absolutely we can.

"I think it needs to be much more radical in the steps than hope for a three tenths upgrade."

Wolff then told reporters in Bahrain: "I think we've almost

doubled if not if not tripled the gap to Red Bull... and this is what we need to look at."

After starting seventh, Hamilton battled his way into fifth on the opening lap, but was overtaken by the improving Aston Martin of Fernando Alonso with 18 laps remaining and lacked the pace to fight the struggling Ferrari of Carlos Sainz late on.

Earlier in the weekend, Hamilton described Mercedes' current concept as "on the wrong track" and after the race, now even believes the team is moving "backwards".

"We definitely can't fight Ferrari at the moment," Hamilton said. "They were much quicker than us today,

as were the Astons.

"We're the fourth fastest team. We are going backwards, we have a lot of work to do to close that gap."

He added that he will be calling for immediate upgrades to ensure that the gap to their rivals doesn't widen.

"Unfortunately the car is not there at the moment," Hamilton said.

"We are just lacking downforce and we have got to work really hard to add that ASAP.

"Anything from in the wind tunnel, we need it tomorrow. We have really got to push massively to try and close that gap."

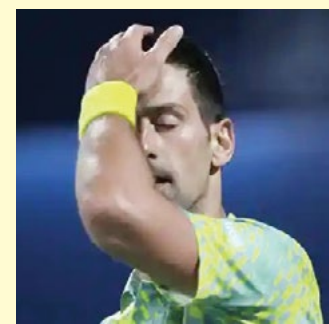
Novak Djokovic withdraws from BNP Paribas Open at Indian Wells amid visa row

Djokovic, who is unvaccinated against Covid-19, applied to the US government in February for special dispensation to play at this week's event in Indian Wells and then the tournament in Miami later this month.

A statement from Indian Wells organisers released on Sunday read: "World No 1 Novak Djokovic has withdrawn from the 2023 BNP Paribas Open. With his withdrawal, Nikoloz Basilashvili moves into the field."

The USA currently bans unvaccinated foreigners from entry into the country, with Djokovic missing last year's US Open in New York due to that rule.

Restrictions will not end before April at the earliest.



No sixth Indian Wells title for Djokovic

Indian Wells tournament director Tommy Haas said in January that it would be a "disgrace" if Djokovic was not allowed to compete this year.

On Friday, the US Open Twitter account posted: "Novak Djokovic is one of the greatest champions our sport has ever seen.

PGA Tour: Kurt Kitayama wins Arnold Palmer Invitational with Rory McIlroy a shot back in tied-second

Kurt Kitayama fended off a star-studded and crowded leaderboard to clinch his first PGA Tour win with victory at the Arnold Palmer Invitational on Sunday.

The 30-year-old recorded an even-par final round of 72 to finish nine-under at the top and successfully follow up his overnight lead.

Rory McIlroy had been tied for the lead on eight under with Kitayama stood at the 17th, only for the American to find the birdie that would earn him a shot cushion heading to the final tee.

McIlroy would then miss a 10-foot birdie putt to take over at the top at the 18th, forcing him to settle for tied-second with Harris English on eight-under having shot a two-under 70 over the final round.

The results mean Kitayama, English and Davis Riley have now qualified for The 151st Open at Royal Liverpool, the latter having placed tied-eighth on six-under after a final round 66.

Kitayama had gone round the opening nine in 37 after producing three birdies before stumbling into the turnaround with a triple bogey at the ninth.



He steadied himself with seven straight pars to keep himself in among the competitive race, and was rewarded with a break when he birdied the 17th to move level before seeing it out with a par-four on the 18.

Kitayama said: "Ecstatic. I've been dreaming of this for a while. I've been close and to finally get it done feels

amazing. For the most part, I was feeling in control. One loose swing there and maybe a bad kick left, it just happened.

"My heart was pumping, but being in those situations in the past definitely helped. I found myself walking super-fast and then I was like, 'Slow down, just take a minute', and that really helped."



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A brand by:



The Feet that walk Africa



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