

The Socio-Economic Newspaper with Anything & Everything from Kenya

Issue 053 / NOVEMBER 2023

Complimentary Distribution - Free

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MOMBASA TO AFRICA VIA DONGO KUNDU



President William Ruto has cancelled Dongo Kundu Special Economic Zone (SEZ) compensation and ordered for re-evaluation of the beneficiaries.

He said a comprehensive audit of the Dongo Kundu land compensation must be carried out to get the genuine people. "I have directed the PS Interior Raymond Omollo to make sure that the list is vetted to ensure genuine people are compensated," said President Ruto.

President Ruto, at the same time, said the Government will set up a Level Six Hospital in coast to the level of Kenyatta National Hospital (KNH).

He said the move will be part of efforts to transform the health sector and ensure efficiency in service delivery at the county.

CONTINUE TO PAGE 3

PHOTO STORY



Tharaka-Nithi County, 16th Dec 2023 THE INAUGURAL EDITION: CELEBRATING OUR COLLECTIVE COMMUNITY SERVICE ENDAVOURS (C-CCSE)-GOAT-EATING. VENUE: Tharaka Nithi County DATE: 16th DECEMBER 2023 TIME: 7.00AM Onwards Host: PCAK / LoCEF Founding Chairman Mr. Munene Mugambi.



Congratulations to the Yaris Institute of Information and Business Studies - Student Mr. Hatim Murtaza Ebrahimji who sat for his ABMA UK Level 4 Diploma in Computing & Information Systems (KNQF Level 4) and scored an overall Distinction in the 5 Units!!! Salutations to the Yaris Lecturers and Management for their effort in the results.



Little Stars Junior School Kiembeni Mombasa county teachers, learners and parents celebrate KCPE performance at school shortly after the release of the results. Three candidates scored above 400 marks with the highest being 406 marks.

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Mombasa Connects to Africa via Dongo Kundu

CONTINUED FROM PAGE 1

Speaking at the Mama Ngina Waterfront, during an interdenominational service, Dr Ruto assured that the Mombasa port will not be privatised.

He said the Port will instead be consissioned for a limited period to unlock its potential.

The Head of State noted that the Government has set aside Sh 1 billion to buy land from absentee landlords to settle squatters.

“As promised, Kenya Kwanza has the answer to the perennial land question in Coast. We will do as we promised,” said President Ruto.

President Ruto said no part of the country will be left behind in terms of development because of political affiliations.

He said the Government will serve all Kenyans irrespective of how they voted during the last General Election.

He noted that Kenyans buried politics based on tribalism last year and instead elected leaders based on their manifesto.

“We had a peaceful election last year where Kenyans voted for leaders because of their agenda and not on tribal affiliations,” said President Ruto

Senate Speaker Amason Kingi urged Kenyans to be patient, saying President Ruto has the heart and the will to transform the country.

“The initiatives being carried out by this administration will take this country far in terms of development,” said Mr Kingi.

Earlier President, President Ruto asked Coast leaders to



unite and work together for the sake of development.

He advised the leaders to have a broader view of development and focus on projects that are beneficial to the residents.

Dr Ruto assured them that he was ready to work with all elected leaders, saying they had only one agenda of serving the people.

Speaking at State House, Mombasa when he hosted leaders from Coast region, President Ruto said the Government was keen to implement projects that can create wealth and employment for the people.

He singled out investments in affordable housing, healthcare, food security and

the blue economy as some of the projects that have direct impact on the lives of the citizens.

“It’s for us as leaders to figure out how we are going to work together for the benefit of our people,” said President Ruto.

He thanked MPs for passing the necessary legislations to help in the implementation of universal healthcare that had stalled for the last 15 years.

The Head of State argued that he took difficult decisions to implement the initiatives on affordable housing, saying Kenyans would appreciate his move in two years time.

“The whole idea about the housing project is to create employment opportunities,

access to decent homes and eliminate slums in our country,” said President Ruto.

On food security, the President assured the leaders that proper mechanisms have been put in place to construct mega dams across the country to increase land under irrigation to produce enough food for consumption and surplus for sale.

He noted that water harvesting strategy on dams will soon be taken to Parliament for approval as part of efforts to ensure the country’s food security.

The meeting was attended by Governors and MPs from the Coastal counties of Mombasa, Kwale, Taita Taveta, Kilifi, Lamu and Tana River.

CBMC forum to explore sound investment decisions



Olympian Capital Holdings Group CEO Felix Kimanthi during the event



Olympian Capital Holdings Group CEO Felix Kimanthi (in tie) takes CBMC Kenya members aka “Market Place Ambassadors” led by their Chairman Anthony Mutua (in glasses right) through his presentation on making sound investment decisions at Ngong Hill Hotel on Wednesday November 8th, 2023. CBMC is an Inter-Denominational Organization committed to the evangelism and discipleship of the business people and professionals in the marketplace.

CBMC Kenya hosted an investment forum at the Ngong Hills Hotel, where attendees were treated to a wealth of wisdom on investments. Mr. Felix Kimanthi, the Group CEO of Olympia Capital Holdings, shed light on the intricate world of investment, offering profound insights into the principles that underpin successful investments and the complexities of navigating today’s ever-changing economic landscape.

Mr. Kimanthi, a luminary in the world of finance, emphasized a fundamental truth that resonated with the audience: the key to a successful investment journey lies in aligning one’s philosophy with their unique personality, risk tolerance, and financial goals. In his words, “The best investment philosophy must match your personality, your risk appetite, and your needs.” This core message underscores the essence of a well informed

investment strategy.

The forum was graciously hosted by CBMC International (Kenya), an organization that continues to be a valuable resource for individuals seeking to harmonize their faith and business while making well-informed investment decisions. CBMC’s commitment to providing a platform for faith-based insights in the world of finance has made it a trusted partner for those looking to navigate the intricate terrain of investment with a strong moral compass.

The Investment forum that was well-attended by business leaders, investors, and professionals interested in the financial market were engaged in a lively Q&A session, where they had the opportunity to seek advice from Mr. Kimanthi who shared practical examples and case studies to illustrate various investment concepts and dispelled common myths surrounding investment strategies.

Kwale Eye Centre

KEC Milestone and Celebration Galore!!! 30 years celebration! 450,000 people seen out of a population of about 1 million in Kwale County. Over 35,000 Eye Surgeries.

Started in 1993, with four members of staff, and rose to 50! Began as a community based program working at grassroots level to overcome the barriers that prevent people from reaching good eye care.

Mission Statement: affordable accessible. Eye care for All.

Vision: A Society where there is no needless visual disability, and those with disability are included and enabled.

When we began in 1993, with a single

mud hut and with no running water, I did not envision this fully equipped large hospital with state of the art treatment seeing over 36,000 people a year says Dr Helen 30 years later! The take-home message - is that everyone needs an eye check; please come to the Kwale Eye Centre where you can choose a fast track option and give back to the project. Please bring your friends and relatives because prevention is always better than cure. This is especially the case in people with diabetes. Glaucoma is painless and is often only detected on a routine examination where the pressure is measured.

Photo: Dr Helen chief guest athman mwashando and Rodger chimega celebrating!



TOP NEWS

Irrigated agriculture remains key to reduction of poverty



President William Ruto has said irrigated agriculture remains key to reduction of poverty and attainment of food security in the country.

He said interventions aimed at increasing water availability for livelihood and domestic activities have great potential to transform the lives of rural communities through farming.

President Ruto said his administration will continue to improve access to water for irrigation through construction of dams and water pans across the country.

“Our investment in processing and value addition is meant to reduce post-harvest losses, eliminate brokers and encourage youth to pursue farming by availing a ready market and guaranteed returns,” said President Ruto.

The President made the remarks during the opening of the Bura Irrigation and settlement scheme rehabilitation and project headworks gate and inspection of gravity canal works, in Tana River County.

The Head of State noted that the rehabilitation of Bura Irrigation Scheme will increase the land under cultivation from 12,000 to 25,000 acres.

He argued that the implementation of the project will ensure reliable water

supply, which will improve agricultural productivity.

While at Galole, the President commissioned the Integrated Fruit Processing Plant, which will boost the earnings of fruit farmers in the region. The facility has created 200 employment opportunities and has trained over 1,000 farmers on good agricultural practices.

He also issued Fisheries Community Grant Cheques to support the fishing community in Tana River County.

The Head of State asked parents in the region to ensure their children get access to education, saying it was the greatest equaliser in the society.

“It is our responsibility to plan for the employment of our youth. That’s why we are creating opportunities in the blue economy, housing, digital and value addition chains for their benefit,” he said.

Deputy President Rigathi Gachagua said the Government was committed to transform the lives of Kenyans in arod areas through initiation of irrigation projects.

He said President Ruto’s administration will empower Kenyans by providing conducive environment for investments.

“It’s time leaders forget

about issues of the last election and support the Government for the sake of development,” said Mr Gachagua.

He asked residents of Tana River to take advantage of the Bura Irrigation project to grow cash crops that will boost their earnings.

Senate Speaker Amason Kingi lauded President Ruto’s administration for spearheading major development projects in marginalised counties.

“The Bura irrigation project is a multi-billion initiative that will transform the economy of the region,” he said.

He went on: “Under the leadership of President Ruto, Tana River and the coastal region in general will not be the same again.”

He noted that coast region leaders have made a conscious decision to set aside political differences and work for the benefit of the people.

Tana River Governor Godhana Dhadho said infrastructure projects initiated by the national government will unlock the county’s potential and transform the lives of the citizens.

Defense Cabinet Secretary Aden Duale asked urged leaders in the region to take the lead in the fight against terrorism and other acts of lawlessness.

He said the Government was committed to addressing insecurity occasioned by incidents of terrorism.

“We have one common enemy, the Al-Shabab. We must work together to eliminate this menace,” said Mr Duale.

Earlier in Lamu County, President Ruto said every part of Kenya deserves to be developed.

He said the Government’s renewed focus on the construction and upgrading of infrastructure will open up remote and marginalised areas for business, exposing more Kenyans to opportunities.

“Our goal is to build a more prosperous and more equal country,” he said.

He spoke at Kizingitini, where he launched the construction of 50-Kilometre Mtangawanda, Faza, Kizingitini and access roads that will unlock the island’s potential and boost security.

The President also opened the Lamu East Technical and Vocational College that will equip the youth with technical competence to drive the country’s transformation agenda.

Preseny were Cabinet Secretaries Kipchumba Murkomen, Ezekiel Machogu, Salim Mvurya, Aisha Jumwa, Penina Malonza and several MPs.

PHOTO STORY

Tree planting CS Felix Koskei and Tessie Musalia plant tree



Head of Public Service Felix Koskei and Prime Cabinet Secretary Musalia Mudavadi’s spouse Tessie plant trees at Administration Police Training College Embakasi-A Campus in Nairobi County on Monday November 13th, 2023 during the National tree growing day. Over 10,000 trees. The exercise is in line with President William Ruto’s vision to plant 15 billion trees by the year 2023.



The president of fumathoka foundation Mr Klaus -Dieter Kindle [right] from Triesen Liechtenstein Europe serves pupils of Fumathotha academy in majaoni Mombasa north with packed food during the institutions 20th anniversary celebration . looking on is the academy director Mr Furaha charo [second right] and the schools head teacher Evans Ndinya. PHOTO BY TITUS MUSAU

Tourism award Dubai



Pollman’s Tours & Safaris Managing Director Zaheer Moledina (left) carrying trophy for the Leading Destination Management Company in Africa pose for a photo with Baobab Beach Resort and Spa General Manager Jeff Mukolwe (centre) with a trophy for the Leading Family Resort in Africa that they won during the World Travel Awards ceremony, held at Atlantis Royal Hotel Dubai. With them is Baobab Beach Resort and Spa Operation Manager Gabriel

Kenya and Czech Republic to enhance their bilateral relations

Kenya and Czech Republic have pledged to enhance their bilateral relations and exploit existing investment opportunities in the two countries.

President Ruto said the two countries will soon sign a negotiated economic agreement that will see Kenya access duty-free and quota-free markets.

He said the two nations will build partnerships that will intensify cooperation in various areas of mutual interest.

Speaking at State House, Nairobi, when he held bilateral talks with Czech Republic Prime Minister Petr Fiala, President Ruto argued that an equal partnership was paramount for mutual benefits.

“Your Excellency, I wish to congratulate you for launching the “Look Africa Policy”. Africa is a continent rich in natural resources, ranging from land, water, oil, natural gas and other minerals,” said President Ruto.

He said Africa has highly skilled human resources, forests and wildlife, among other resources, in abundance, saying Czech resolve to focus on Africa was timely and highly valued.

President Ruto noted that Czech business delegation, which accompanied the Prime Minister would have constructive engagements with its Kenyan counterparts during the Business Forum

held on Monday.

The Head of State observed that there are many potential opportunities for investment in some of the competitive areas of our economy including pharmaceuticals, textile, agro-processing, hospitality and fintech. Others are green energy, ICT, health and manufacturing of industrial parts and machinery.

Dr Ruto said digital economy is transforming the way people work and the skills they need in the ever-changing world of work.

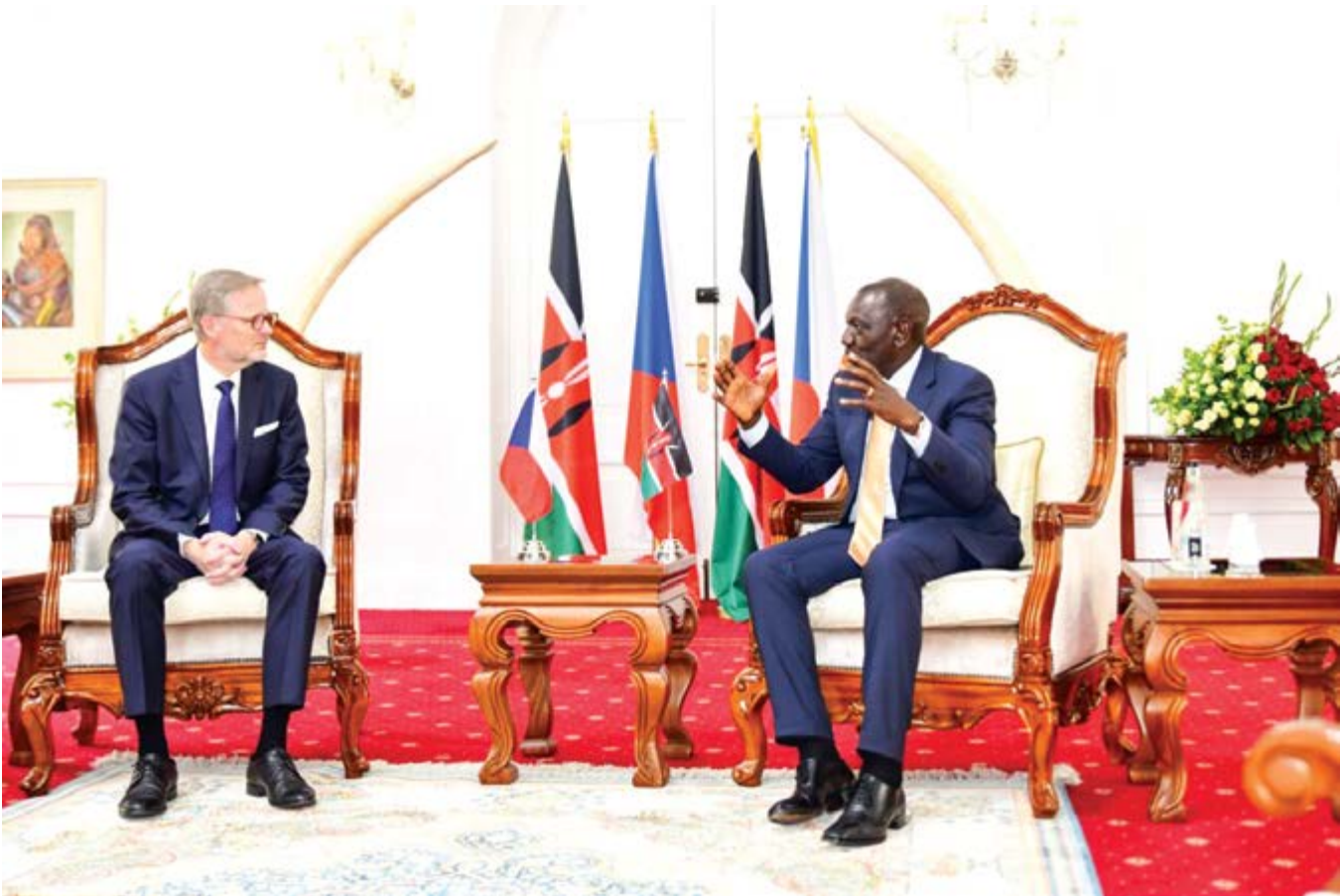
He said Kenya aspires to become a key player in the digitisation space as the country is a world leader in mobile money transfer and usage.

President Ruto noted that Czech Republic has key interests in digital governance, prosperity and sustainable development, cyber-security and digital self-determination.

“I, therefore, welcome and look forward to a possible joint partnership in this important sector, especially in enabling e-Government among other initiatives,” said Dr Ruto.

On health, President Ruto appreciated Czech Republic’s support through the Slovak-Czech sponsored paediatric heart surgery mission at the Mater Hospital, which was launched in March, 2019.

“This programme has, indeed, changed lives of mother and child, enhanced capacity of our health



personnel and, ultimately, contributed to our universal healthcare agenda,” said President Ruto.

He also lauded the ongoing cooperation through the Medevac Programme, which provides training to health personnel in hospitals in Kilifi, Vihiga, Malindi and Mbagathi.

Dr Ruto said the sharing of knowledge, experiences opportunities contribute greatly to the improvement

of the quality of healthcare and medical services offered in Kenya.

President Ruto invited Czech Republic to endorse and support the Call to Action by world leaders through the “Nairobi Declaration”, the key outcome of the recent Africa Climate Summit.

“Among other things, the declaration calls for a reformed and inclusive global climate financing architecture. We

hope that the Czech Republic can support this outcome during COP28 in Dubai later this month,” said President Ruto.

Prof Fiala on his part said investors from his country will take advantage of the existing cordial relations to exploit opportunities in Kenya.

“Now that I have come here, we have sorted out many things, which hindered our cooperation. Our relations

are now excellent and more Czech companies will invest here,” said Mr Fiala.

He praised Kenya for successfully hosting the recent Africa Climate summit held in Nairobi, noting that it would go a long way in exploring ways of combating climate change.

Prof Fiala said countries must work together to help mitigate the devastating impact of climate change.

Tessie Musalia hands over 7 posho mills to women and youth groups in Thika

Prime Cabinet Secretary Musalia Mudavadi’s spouse Tessie is assisted by Turkish Cooperation and Coordination Agency (TIKA) Country Director Yasemin Cansuz Kurt, Thika Mp Alice Ng’ang’a and Ahadi Kenya Trust CEO Dr Stanley Kamau in preparing a maize meal shortly after the handover of seven posho mills four women groups and three youth self-help groups in Thika town, Kiambu County on Friday November 11th, 2023.

The groups whose membership is 350 also received seed bags of maize to start the business



NEWS

KRA to embrace professionalism while discharging its duties

President William Ruto has asked Kenya Revenue Authority (KRA) to embrace professionalism while discharging its duties.

He said citizens should be treated with respect and decency while collecting taxes instead of harassing them.

Speaking at the Sarova Whitesands Hotel in Mombasa on Friday, during 2023 Taxpayers Day, Dr Ruto said the Government will not entertain harassment of citizens by KRA officials while collecting taxes.

"I take this opportunity to emphasise to KRA that it is possible to be courteous, kind and gentle to taxpayers and at the same time become even more effective and efficient in tax collection," he said.

At the same time, President Ruto, said the Cabinet has approved Public Audit (Amendment) Bill, 2023, which will enhance the Auditor-General's independence and transparency to ensure proper utilization of public resources through audits and also provide power for fraud investigations.

"It is important that as Government, we communicate this commitment clearly, because the citizens and taxpayers deserve to know it as a matter of right," he said.

He said the country's taxpayers are supporting national transformation by financing the provision of

public services, strategic investments and our national revenue sovereignty.

President Ruto said the Government will continue to reform KRA to enhance service delivery and eliminate corruption.

He singled out digitisation and culture change in collection of taxes as some of the initiatives being undertaken to improve service delivery at the national revenue collection agency.

"I announced at the last National Taxpayers' Day, the time has come for KRA to undertake a comprehensive culture change to make it aligned with the revenue mobilization imperatives of a new constitutional dispensation, governing platform, strategic realities and economic conditions," said President Ruto.

He noted that the era of a draconian agency driving taxpayers into terror through the overzealous and tyrannical abuse of statutory authority in the name of revenue collection is long gone.

"KRA must therefore continuously demonstrate a singular commitment to new service-oriented values and signal a departure from the abuses and excesses of previous times, which only served to elicit resentment and encourage evasion while facilitating wastage, theft, embezzlement and other corrupt practices," said Dr Ruto.



Dr Ruto said the implementation of a national digital identity framework, will also go a long way in facilitating the collection of relevant data for revenue mobilization.

"I recognize the cardinal obligation of government to utilize all revenues prudently and efficiently in the service of our citizens. This commitment stands and we are committed to do so with maximum transparency and accountability," said President Ruto.

Deputy President Rigathi Gachagua assured Kenyans that all the revenues collected were being used prudently.

"I want to assure Kenyans that the taxes they are paying are being utilized for the intended purpose. We will deal with anyone who misappropriates such funds," said Mr Gachagua.

Finance Cabinet Secretary Njuguna Ndung'u dismissed claims that there were new additional taxes on personal items.

He said the law was clear on increase of taxes, saying

they were working under the guidance of the Finance Bill.



National Assembly Majority Leader Kimani Ichung'wa and Finance Committee chairman Kimani Kuria said efficient

service delivery at KRA was key to collection of enough taxes to fund the country's development projects.



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PHOTO STORY



Graham Cook,[right] Founder – World Travel Awards presents an award to the GM leopard beach resort in Mombasa south Mr. kioko musyoki for winning 2 years consecutively (2022 and 2023) Africas' Leading Hotel Residences - The Residences at Leopard Beach Resort and Spa - Diani Beach - Kenya-by the World Travel Awards .the function was held at Atlantis The Royal – Dubai This recognition is a regional accolade that makes the establishment stand out amongst other establishments within Africa and at a global platform as a distinguished product offering world class guest experience

Oshwal College annual workshop 2023



The 2023 Oshwal College Annual Students' Workshop held on 27th October, 2023 at the Oshwal Center Auditorium was centered on 'Leveraging on professional qualifications for career prospects and growth'. The theme was coined to provide learners with the significance of professional qualifications such as CFA, ACCA, CPA, CIPS and IT to deepen their knowledge in various fields of academic training so as to gain attraction and competitive edge in the labour market. The event was co-sponsored by ACCA Kenya, PKF Kenya and Oshwal College.

In her opening remarks, the College principal Mrs. Jayashree Prathap, stated that the 2023 event aimed at 'providing useful insights into the importance of embracing professional qualifications in order align your skills with industry expectations'. She further noted that Oshwal College has imbedded programmes such as career mentorship, job placements and corporate interfaces into all its academic and professional courses with a view to boosting its graduates' employability. This is driven by the sound tie-ups the college has established with

corporate organizations across the industry. The principal also challenged the learners to prepare well in order to confront the emerging challenges like growing skills mismatch, shrinking job market and increasing competition of the 21st century workplace.

This workshop attracted more than 500 students from the University of Nairobi School of Business and School of Economics, Kenyatta University, Mount Kenya University and Oshwal College. The attendees tremendously gained more than one could wish for from key speakers who approached the theme in four thematic areas. The first session presented the participants with a rare opportunity to listen to a powerful presentation by Mr. Benard Kiarie, CFA (Founder & Managing Partner at Algom Africa Capital LLP) on sustainable and responsible investing: relevance and significance of CFAs in the financial industry, and Mr. Martin Mwebia (Education Support Manager at ACCA Kenya) who painted to the learners the future of accountants in a world of Artificial Intelligence. In the second session Mr Phelix Odhiambo (Procurement



Manager, Building Solutions and Steel - Safal Group) walked the audience through the rise of digital procurement with a focus on ethical and sustainable procurement practices. To wrap-up the presentation was Mr. Hezekiah Ndungu (Director, Risk Management at PKF Kenya) who demystified the myths and truths about Artificial Intelligence on employment prospects, and challenged the learners to be AI literate in order to align with the changing technology.

A panel discussion comprising the four speakers provided the learners with an opportunity to interact and engage with the speakers on a range of issues surrounding the professional qualifications. The speakers

challenged the learners that upon attaining professional qualifications they must focus on and translate the skill or knowledge acquired into real work at the workplace. The speakers also emphasized the need to register with relevant professional bodies for professional development in order to keep abreast of the happenings and trends that the professional bodies may acquaint them with.

Suffice to mention and it's indeed true that no one becomes irrelevant after gathering academic and qualifications, and acquiring job experience because it is these that any country and the world are looking for. The event was emceed by Mr. Peter Hombe, the student advisor at Oshwal College.

PHOTO STORY

African Chinese



ROCKING LOCKS FROM 35,000 BC!
These are African Chinese, known as the Jomon people, and it is assumed that the original inhabitants of China were black. They arrived 100,000 years ago and were still living in the country during the Qing Dynasty. Rocking their natural hair way back in the early 20th century! At about 35,000 B.C. some of these people took this route and entered Japan. They became the first Humans to inhabit the Japanese Islands. Later, another group, known to us as the Ainu, followed. Today, their genes can still be found in 40% of modern Japanese, as well as Mongolians and Tibetans - Past and Present Kings & Queens.

Tessie Donation of 10 Incubators to western counties



Prime Cabinet Secretary Musalia Mudavadi spouse Tessie (right) through her Ushiriki Wema Initiative hand over a donation of 10 incubators to four western counties at Itando Mission Hospital in Vihiga County on Friday November during the launch of Okoa Malaika campaign as they marked the annual November 17th World Pre-Term Day, a day set aside to raise awareness of challenges and burden of Pre-term birth globally. November is recognized as Pre maturity Awareness Month and Tessie handed over the incubators to Vihiga, Kakamega, Busia and Bungoma counties, in support of a crucial global health priority of reducing the child mortality rate. With her from left is Vihiga County Deputy Governor Wilberforce Kitiezo, The county Women Rep Beatrice Adagala and CECM Health Dr Bernard Wesonga

Do you have a fully-fledged IT department? Don't sweat, there is managed services



By Murithi MAGIRI

Sample this: You have a start-up or a small office and you don't have a budget to hire different specialized information technology (IT) professionals to take care of your network management, software management, cloud administration and IT maintenance. You might as well be running a large organization and you realize that running a large IT department is not only denting your bottom line but is also becoming inefficient and ineffective. Given that IT field is wide and diverse, some IT resources will be idling when not needed. For instance, computers don't need maintenance all year round, neither is cloud, network and security administration a daily affair. Managing and keeping internal IT operations running smoothly can be costly, time consuming and complicated. That is where managed services come in handy.

Managed services refer to the practice of outsourcing the responsibility for maintaining and anticipating the need for a range of processes and functions in order to improve operations and reduce expenses. In the context of IT and business, managed services often involve outsourcing the management



of various aspects of a company's technology infrastructure, applications, and support services to a third-party provider.

Some popular managed services include: Managed IT support this is where an organization outsources day-to-day IT support and help desk services. An organization might also elect to outsource cybersecurity tasks such as threat detection, incident response, and vulnerability management that is referred as managed security services. Managed cloud services is where an organization outsources the management of cloud infrastructure and services. Finally, there is managed network services where an organization outsources the monitoring and maintenance of a company's network infrastructure.

There are slew of benefits that comes with engaging a competent managed services provider (MSP), among them being cost saving and budget control. MSPs often operate on a subscription or contract basis, providing predictable and consistent costs. This helps organizations manage their budgets more effectively compared to the variable costs associated with reactive, break-fix IT services. Outsourcing IT tasks can be more cost-effective than hiring and training an in-house team, especially for specialized skills. Also, by outsourcing non-core functions like IT management, organizations can concentrate on their core competencies and strategic goals, improving overall productivity. Focus on your business while they focus on theirs.

Roping in an experienced managed service provider

ensures you have access to expertise and latest technologies. This is because MSPs are typically experts in their field, offering a level of expertise that may be challenging for an internal team to match. They also stay updated on the latest technologies and industry best practices, ensuring that clients benefit from state-of-the-art solutions. The organization will no doubt have enhanced reliability and performance when they sign up the Service Level Agreements (SLAs). The SLAs define performance metrics and service levels, ensuring that the MSP is accountable for meeting agreed-upon standards. This can lead to improved reliability and performance of IT systems. Not to forget also that the organization stands to benefit from the MSP specialized team to improve significantly the cyber security posture, have the scalability and flexibility to wriggle round services and solutions. And when you talk about regulatory compliance like GDPR and HIPAA, MSPs with expertise in specific industries can assist organizations in achieving and maintaining compliance with the regulations and standards.

Overall, managed services provide a strategic approach to IT management, offering a range of benefits that contribute to the overall success and resilience of an organization.

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

PHOTO STORY



PS. Honorable Oloitua, CECM Honorable Osman Mohammed, Skal Kenya Coast President Effie, KCTA Chairman Victor Shitakha, MD Prideinn Hotels Mr. Hasnain graced the relaunch event of Prideinn Hotels, Resorts, and Camps, showcasing their commitment to the growth and vibrancy of the hospitality sector. Their presence added significance to the occasion, reflecting their support for initiatives that contribute to the region's tourism and economic development. PHOTO BY TITUS MUSAU



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Madafu Newspaper is owned and Published by Madafu Publications Limited.

P. O. Box 80518 - 80100 GPO Mombasa.

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Website: www.madafu.biz

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Design by: Madafu Publications Team

Printed By: Nation Media Group Ltd - Nairobi

CONTRIBUTORS:
Cover Photo / Event Photos by Various, Mr. Andrew Kilonzi & Mr. Titus Musau
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SALES, MARKETING & OPERATIONS
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MARRIAGE

Matrimonial bliss?



By Mr. Rishi Arun Parikh

Matrimonial Bliss... Happily Everafter... Heavenly Partnership... Chinese Indian...Indo European...Marriage across cultures and continents brings wonderful opportunities for growth and connection, but it also comes with its unique set of challenges, they say the offspring from Mixed Couples are often super smart and outstanding in appearance! In Kenya; We do have Successful Marriages from the Diverse Population and Inter Multi Ethnic Cohesion. Here are some considerations and advice to navigate these complexities from one Community, Country or Continent to another!

1. Communication: Effective communication is paramount. When coming from different cultures, communication styles, nuances, and even languages

might differ. Open, patient, and empathetic communication can bridge these gaps. Take time to understand each other's perspectives, clarify misunderstandings, and appreciate cultural differences.

2. Cultural Understanding: Invest in learning about each other's cultures. This fosters understanding, respect, and appreciation for customs, traditions, and values. Embrace diversity and find ways to integrate aspects of both cultures into your lives.

3. Family Dynamics: Family expectations, roles, and dynamics can significantly vary across cultures. Discuss expectations regarding extended family involvement, roles in the household, and the influence of traditions early on. Finding a balance that respects both backgrounds is crucial. Always visit each other's houses and families at least once a year if far or more times if near to harmonize and family network.

4. Respect and Flexibility: Flexibility is key in navigating cultural differences. Both partners should be open to compromise, respecting each other's beliefs, practices, and traditions. This doesn't mean sacrificing your identity

but finding ways to honor each other's cultural backgrounds.

5. Identity and Belonging: In a cross-cultural marriage, one might struggle with a sense of identity or a feeling of not fully belonging to either culture. Supporting each other in embracing and celebrating your unique backgrounds can help create a sense of belonging in your shared life.

6. Logistical Challenges: Distance, visas, immigration, and legal complexities can add stress. Planning and support networks are vital. Ensure legalities are understood, and both partners are on the same page regarding practical aspects of living in different countries.

7. Support Networks: Establish a strong support system. Building relationships with people who understand cross-cultural dynamics or seeking guidance from couples who've navigated similar challenges can be invaluable.

8. Patience and Empathy: Be patient with each other and yourselves. Adjusting to a new culture takes time and understanding. Empathy and a willingness to learn from each other's experiences will strengthen your bond.



9. Shared Goals: Define shared goals and values. Discuss aspirations, careers, and where you see yourselves in the future. Finding common ground can help in making important decisions together.

10. Professional Help: Seeking guidance from therapists or counselors experienced in cross-cultural relationships can offer valuable insights and tools to navigate challenges.

Remember, every marriage is unique, and while challenges

exist, they can also be opportunities for growth and understanding. Embrace the richness that comes from blending cultures, and approach difficulties with patience, understanding, and a shared commitment to making your marriage thrive. Leave Ego and Attitude to "Win" against your Partner in Marriage; It doesn't help one bit or byte! Life is Short, Make the most of it; If with a Partner, The Better! I have seen my Blessed Parents who are currently celebrating 50 Years of Marriage with me as

Extra Baggage like :-

Dr. Arun Parikh: "You forgot to add salt today"

Yashumati: "You can add it yourself!"

Editor Rishi: "And also Mum, you forgot to ..."

Yashumati "Shush! Go get a Wife to cook for you"

...I am not a Marriage Counselor; But trust me, I have loads of Experience via Sights and Sounds!!!

Madafu Newspaper - Editor editor@madafu.biz

SBM bank of Kenya leads the way in conservation with tree planting event

SBM Bank of Kenya, a subsidiary of the globally renowned SBM Group, is taking significant steps in environmental conservation and sustainability by spearheading a tree-planting initiative. The Karura tree-planting event, which took place today Saturday, October 28, 2023, marked a monumental milestone in SBM Bank of Kenya's commitment to combating deforestation and enhancing the environment.

The event, held in Karura Forest, was graced by the presence of Shakilla Jhungeer, SBM Group Board Director. SBM Group, with its presence in Mauritius, Madagascar, India, and Kenya, has embarked on a mission to plant 50,000 trees across these regions, contributing to global environmental preservation. With the 2023/2024 fiscal year in view, SBM Bank of Kenya targets to plant 20,000 trees. So far, SBM Bank of Kenya has planted 8,000 trees, reaffirming its dedication to environmental conservation. To continue this initiative, 100 seedlings were planted today, Saturday, October 28, 2023, at Karura Forest.



Sharad Rao Board Director, SBM Bank Kenya and Moezz Mir CEO, SBM Bank Kenya support Shakilla Jhungeer, Board Director of SBM Group, when planting a tree to formally kickstart the journey to planting 50,000 trees.

Shakilla Jhungeer, Board Director of SBM Group, delivered a poignant statement during the event, emphasizing the bank's commitment to sustainability and environmental conservation. "Our efforts extend beyond financial services. We believe in being responsible corporate citizens, and environmental conservation is at the heart of our values. The Karura tree-planting event is a testament to our commitment to the environment and our role in preserving Kenya's natural heritage."

Kenya, known for its breathtaking landscapes, has also experienced one of the highest rates of deforestation

in Africa. This alarming trend is attributed to increased rates of deforestation, illegal logging, and forest encroachment. To counteract this trend and mitigate the adverse effects of soil and water degradation, the Kenyan government has pledged to plant 15 billion trees by 2032, with the goal of increasing the forest cover by 10 percent.

SBM Bank of Kenya's tree-planting initiative aligns perfectly with the government's objectives and represents a positive step toward a greener and more sustainable future for Kenya. The bank acknowledges the urgent need to protect and restore the country's vital natural resources.

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DIWALI

HCK Diwali celebrations on 4th november 2023

The HCK Diwali celebration was graced by the presence of the Indian High Commissioner Her Excellency Mrs. Namgya Khampa as the chief guest. The ceremony commenced with the traditional lighting of diyas, followed by National Hindu prayers. The National Chairlady Madam Sujata Kotamraju extended a warm welcome to the Indian High Commissioner, emphasizing the significance of Diwali for the Hindu community in Kenya.

The National Chair lady Sujata Kotamraju expressed gratitude to the Member Institutions for their support and reaffirmed HCK's commitment to serving humanity.

The Indian High Commissioner Her Excellency Mrs. Namgya Khampa expressed gratitude for the invitation, praising HCK for its initiatives and expressing willingness to collaborate on various community service projects. She further added



that, there are several other areas where HCK and IHC should collaborate.

This was followed by a presentation of the six-month review by the National General Secretary Surendra Bhatia highlighting the organization's

continued dedication to the achievement of HCK Visions, Objectives and plans, promising periodic performance evaluations going forward also.

The event further included the launch of six new projects by the Hindu

Council of Kenya, namely the Uji Feeding Program, Jal Seva, Yoga, African Climate Change Summit, and Traditional Indian Games, marking a significant step in the organization's commitment to promoting cultural and humanitarian endeavors.



The ceremony concluded with a vote of thanks by HCK Trustee Ghanshyam Pabari, expressing heartfelt gratitude to all the Member Institutions for their unwavering support and cooperation in the endeavors of HCK.

Somo Soko

Somo Africa, a nonprofit organization supporting diverse entrepreneurs in urban and rural areas, envisions a world where local entrepreneurs have the resources, knowledge, financing, and markets needed for real change. Operating in 17 Kenyan counties, 4 Tanzanian regions, and recently expanding to Uganda, Somo Africa promotes market access



through an annual trade fair, Somo Soko.

Somo Soko, a vibrant event showcasing East African products such as food items, beauty products, crafts, hygiene items, and unique products, invites the public

to support entrepreneurs and foster the growth of local MSMEs. Since its inauguration in 2019 at Alchemist Parklands, Nairobi, Somo Soko has become an annual tradition. Somo Africa has partnered with the Museum Fort Jesus

and entrepreneur support organizations (ESOs) at Kenya's Coast, including Sinapis, Kenya Red Cross, Kenya Climate Innovation Center, Likoni Youth Empowerment Center, Swahili Pot, Inkomoko, Baus Taka, Youth Empowerment Program Initiative, and Kenya Small Business Development Center for Somo Soko 2023 in Mombasa.

Held at Fort Jesus on December 9th and 10th, Somo Soko 2023's theme is "Swahili" with the tagline "Shop for presents and timeless treasures." The two-day event will bring together 100 entrepreneurs from Western Kenya, Nairobi, Arusha, and Coastal Kenya, especially Kilifi, Kwale, and Mombasa, with an estimated 1000 interactions. Somo Soko will feature activities such as a panel discussion on entrepreneurs and stakeholders, music entertainment, a kids' corner, talent showcases, social media influencers, entrepreneur stories and journeys, a pitch competition, and entrepreneurship training.

Join us for Somo Soko 2023 at Fort Jesus on December 9th and 10th. "Shop for presents & timeless treasures."

A promotional graphic for Somo Soko 2023. It features a yellow background with a white box containing the text "SOMO SOKO" and "Food, Beauty, Crafts". Below this, it says "Our Annual Somo Soko is happening from December 9th & 10th at Fort Jesus in Mombasa to showcase beautifully crafted products made by entrepreneurs across Kenya and Tanzania." At the bottom, it says "9 - 10 DECEMBER 2023 - FORT JESUS, MOMBARA". There are also logos for various partners at the bottom.

PHOTO STORY

Madafu in TZ





Diwali Fair 2023

The Special Programs Committee, under the Shree Visa Oshwal Community, Nairobi hosted the Annual Diwali Fair 2023 at the Oshwal Centre Halls on the 28th and 29th October 2023.

The Annual Diwali Fair has an aim of promoting home based businesses and empowering individuals to become self-sufficient and financially independent.

An event of this magnitude requires over 6 months of planning, logistics, marketing, commitment and dedication, which was exemplarily shown by the dynamic team of the Special Programs Committee, which was headed by Mr. Satyan Shah under the support and guidance of the Chairman, Mr. Jinit Shah, Office Bearers and Managing Committee of Shree Visa Oshwal Community, Nairobi.



The Opening Ceremony was held on Saturday, 28th October at 9AM and the Diwali Fair 2023 was officially opened by H.E Mr. Rohit Vadhvana along with the representatives of the main sponsors, Chairman Trustees, Office Bearers and Special Programs Committee of VOC Nairobi and was witnessed by Hindu Council of Kenya Chairperson



Mrs. Sujata Kotamraju and Hon. Secretary Mr. Surendra Bhatia along with other high level dignitaries from various communities, sponsors, media partners and well-wishers.

Within a few hours of the start of the Diwali Fair, the Oshwal Centre had already become a busy hive of visitors who made the most of this opportunity and had their fill of Mithaai, scrumptious savouries, yummy chocolates, jewelry, clothes, pickles, mukhwaas, cakes, health and beauty products, giftware and decorative items, and exotic plants.

There were two Special Needs stalls with its beautifully crafted gift items lovingly made by the special children of Oshwal Academy Nairobi IED Department and Sparsh Kenya respectively.

The Sponsors of the Diwali Fair 2023 were given a space in the C&P Lobby and Sumaria Court to showcase their products and services.

The doors to the fair closed at 7PM on Sunday, 29th October bringing an end to yet another very successful fair with a visitor turn-out of over 25000+ people spread over a span of 2 days.

The sponsors and participants were very happy with how the fair was organized and are already waiting for next year's Oshwal Annual Diwali Fair

Things you should know before starting farming

1. Farming is not an option for lazy men, its a task for the strongest .
- 2) To be a successful farmer you should learn the market trend,know what sells best and where.
- 3) Farming needs Capital. Never start a project which you're not sure of its completion plan.
- 4) seasons are never the same, sometimes prices will heart break while in other season you will see your Mercedes Benz packed in your farm
- 5) Learn to be unique, never be a product of copy and paste.
- 6) consistency is the seal, let



- people know you at least for one product which never lack in your farm.
- 7) When you're aspiring to inspire make sure you invest in yourself, learn the art; visit other farmers and learn from them. Through this you will one day be the master.
 - 8) Always remember customers will always buy the cheapest produce in the market, but good quality products will set their own prices.
 - 9) Never loose focus even if you don't see yourself when you had anticipated.

PHOTO STORY



The Assistant County Commissioner Kilifi County Francis Macharia, second right, leads Mwangaza Cluster team in cutting an inaugural cake for the Parenting for Respectability Kilifi project held at Mtwapa Hotel on 10.11.2023. The project seeks to enhance parenting skills to ensure violence free environment for children and young people in Kilifi county

TREE PLANTING

Tree Planting at Sandlewood Nyali



Happy Tree Planting at The Sandalwood

The Sandalwood residents carried out a tree planting exercise on Monday 13th November 2023 as a respect to our country at The Sandalwood at 11.15 a.m. Three seedlings each were planted by the SHL MC & Children, Men & Women respectively.
Niranj Shah - SHL Chairman.




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Parenting the gen-z: a friend or a foe?



By Sarrah Murtaza

Being a mother of two teenagers in the house can be very overwhelming. And with one more little one waiting with his sleeves folded to join the teen world in a couple of years, it's quite a task. Sometimes I feel like a soldier in an armour, protecting myself from all that eye rolling, doors banging and the "whatever's!" Sometimes I want to just click my fingers and, with a magic wand, make it all super clean and easy. It's rather daunting, especially if you are a working mom juggling between the house and work and the parenting which comes with it. I know the mummies of little toddlers are looking at me as if I have gone bonkers. "Can it be harder than this?" they might be asking.

Parenting does not come with a manual, there is no right and wrong way. We all act based on our personal experiences, or we bring down the rules and regulations set by our grandparents. I tried all the tricks in the game; it wasn't very easy for me. I guess I learnt the hard way.

It took one incident which shook the core out of me (a story for another day). That night I spent crying in despair, helplessness engulfing me. "Where did I go wrong?" I blamed myself. It was the hardest night for my husband and me, but I guess it was the universe's way of jerking me out of my oblivion. I was a busy parent, with long hours of work. I never had time. Well, that was my excuse. But that night I did a lot of soul searching and one thing I knew was that I just had to make everything right. So for the next few days, I read everything available in ink on parent-teenage relationships. At that point, I just had to fix myself before I fixed him.

Then I had this huge ice-breaking moment. I sat him down, just the two of us, and we talked. Yes talked, where I actually listened without judgement. Refraining myself from interrupting and the urge to correct him.

In front of me was me a boy-man, who switched positions.

I saw his face wavering with different emotions. Here was a confused little man, whose hormones were acting up, who felt the pressure of his peers, social media filling his head with silly ideas. He talked about me imposing my thoughts on him, my expectations of him. I never realised the damage I had done to him, my constant comparing him to his siblings, and it all came pouring out like a molten lava of a volcanic mountain. I was dumbfounded. After an emotional roller coaster ride, we both emerged with a newfound respect for each other. And that was the beginning of my friendship with all my boys.

Like any relationship, the parent-teen relationship deserves respect, understanding and tonnes of love.

Especially with the parent being the adult in the game, they need to handle things tactfully. Based on my experience, here are some things you can do.

- Communicate-talk to them, understand their views, opinions, ideas. Remember, this is a different generation. We have to walk with the times, reprimand where necessary, and draw healthy boundaries.

- Respect-Respect is a two-way street and yes, we have to respect our kids. It is very important for their confidence and self-esteem. This will teach them to have healthy standards in life and not accept anyone violating their self-respect.

- Dear daddies, I know you are working hard for their provision, but just hang in around. Spend more time with them, teach them skills like changing bulbs or using a screwdriver. Let them help you clean the car, girl or boy. What does it matter? And mummies involving your boys while teaching your daughters special culinary skills is a definitely a plus. My boys help me in the kitchen and I can attest to the beautiful bond we have developed.

- Control-The times these days are changing faster than lightning. The kids these days have access to various sorts of gadgets, social media, the tik toks and the whatnots. We have to be vigilant in our role as parents. All these technologies have opened doors to various vices, and our children are privy to potential threats. Technology, when used correctly, can be

a tool to enhance life, but the dangers of unsupervised use are a mystery to none. Parents, we need to learn this art of creating a harmonious balance.

- Last but not the least, and my favourite. Be a friend to your child. Let them have the confidence of approaching you or sharing their secrets with you. Know their friends' circle. This is a rather experimental stage and kids are tempted to try out any 'tempting' stuff in the market. Be their role model, educate them from the vices of alcohol, drugs, tobacco. Children learn from example, so being a role model is important.

Accept your children the way they are, embrace them despite their imperfections. Not everyone can be a doctor or a lawyer. Some are the future Picasso's or Mozart's. Some might want to have their hands dipped in ink, others may want to leave their trails like the likes of Shakespeare.

A Ronaldo might be in the making. Let's tap into their talents and nurture them to things which complete them. Let's invest in them,

believe in them. After all, we are their biggest cheerleaders.

And us parents, nothing is set in stone. We must accept when we are in the wrong. Let us evolve with the changing times so that we can walk with our children.

I would like to leave you with a thought. Ponder on it as you enjoy a cup of masala chai infused with cardamoms, basking in the little drops of heavenly downpour ...

"Some of the most important things you can communicate to a child are that feelings are okay, mistakes are fixable and there's nothing they could do that would push you away or make you love them less." Kelly Barlett.

"Behavior is not perfect, it is communication. Embrace the imperfect and show children they are worth holding close to your heart, no matter what." Kelly Barlett.

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NTSA road safety status report



The National Transport and Safety Authority (NTSA) has revealed that from January to October 2023, a total of 3,609 individuals lost their lives in road accidents. However, this marks a notable decrease from the same period in the previous year, where the number of fatalities was recorded at 3,936.

According to the Road Safety status report, the monthly breakdown for 2023 is as follows: January (379), February (340), March (389), April (357), May (340), June (439), July (325), August (327), September (338), and October (330).

The total number of accident victims for 2023 is recorded at 1,880, with vulnerable road

users (including pedestrians, motorcyclists, pillion passengers, and pedal cyclists) contributing to 78.8% of all deaths.

NTSA attributes the increase in pillion passenger deaths to factors such as speeding vehicles and motorcycles, unsafe cycling practices, hazardous lane changes, distracted riding, the use of mobile phones by drivers and motorcyclists, as well as the failure to wear reflective jackets and helmets.

NTSA cautions drivers on the risks associated with unsafe driving practices and emphasizes the importance of adopting responsible driving techniques.

Facts about personality



1. People will respect you based on how you respect yourself, talk to people and how you treat people around you with respect and good and positive energy.

2. No amount of bribery can make people love you if you're a bad person.

3. Good behavior attracts people to you, while bad behavior repels people.

4. Tell people your own story first. They will share theirs eventually. (The Art of Making Someone Confess).

5. Blind (visually impaired) people are much sensitive and receptive to surroundings.

6. If you want someone new to like you, then refer to people you've just met by their name. People love being referred to by their name and it will establish a sense of trust and friendship right away.

7. Be thankful for all the struggles you went through. They make you stronger, wiser and humble. Don't let it break you and let it make you.

8. Slow eaters generally

like to be in control and know how to appreciate life. Fast eaters tend to be ambitious, goal-oriented, open to new experiences, and often impatient.

9. Before talking to a new person, a smile from you gains their positive approach towards you.

10. 70% of people pretend to be okay simply because they don't want to annoy others with their problems.

11. You don't have to be good at all things to be rich, but you have to be good at some things in which no one can beat you.

12. People think that to be strong is to never feel pain. But in reality, the strongest people are the ones who feel it but get through it.

13. Apparently, it will only take up to 4 minutes to decide whether you like someone or not. As such, if you want to make a good impression on someone, you have only got around 4 minutes to do so.

Keep following by Anonymous

SIGHT



EYE Go Fishing Event to Save Sight

Last weekend, the Marina Seaside Restaurant at Mtwapa played host to the much-anticipated EYE Go Fishing event. Despite initial fears sparked by Friday's storms, ten intrepid boats set sail for a day filled with excitement, challenges, and remarkable catches.

The day began with a somber note as a Billfish was lost early in the morning. However, the resilient spirit of the participants prevailed, turning the event into a memorable fishing experience. The highlight of the day came from the TUQTUQ boat, which reeled in not one but two impressive tuna—one weighing in at a substantial 26 kg and another nearly identical at 25.8 kg. Justin Walters, the angler behind these impressive catches, claimed the title for the heaviest fish.

In a surprising turn of events, the winning trophy went to the first professional boat, Delta, adding an extra layer of excitement to the competition. Laughter echoed across the marina as participants celebrated the joy of fishing and the camaraderie forged during the event.

Beyond the thrill of the catch, the EYE Go Fishing event raises funds for charity. Participants and spectators alike contributed to this charitable endeavor, emphasizing the community's commitment to giving back. Despite the initial trepidation caused by Friday's storms, the success of the EYE Go Fishing event stands as a testament to the bravery and determination of the local fishing community. As the boats returned to the marina, laden with tales of battles with the sea and triumphant



catches, it was clear that the spirit of adventure had prevailed over adversity, making this year's event one for the books. Eye go fishing took place

last weekend after the storms on fish on the Sunday. A grand raffle was held with a massive support from the community. Almost half 1 million shillings were made

for Kwale Eye Centre to enable people to reach affordable eyecare, 80% of blindness in Kenya is avoidable people like the ability to access quality care.



RAISE YOUR VOICE
A century ago, the trees blossomed,
The gardens shone, the roads lit.
And all that has been forgotten,
Because the country has split.
O people of the world, rise and speak.

Palestine welcomed them gracefully,
Only for themselves to be treated disgracefully.
Many don't have a place to stay,
They need our help without delay.
O people of the world, rise and speak.

Families are broken, they've fallen apart,
Because Israel thinks they're too smart.
We need to stand and come together,
Or this battle will last forever.
O people of the world, rise and speak.

The land of glory and beauty,
Has turned into pieces of cruelty.
The walls of sacred mosques are faded,
With bombshells on them shaded.
O people of the world, rise and speak.

Young, innocent children hide in fear,
While others pant and run with tears.
Many are orphaned yet still strong,
But Israel is still doing a lot wrong!
O people of the world, rise and speak.

By: Alina Varvani

Yaris Training



Yaris Institute - Mombasa Training on Artificial Intelligence and First Aid. Thanks to Maseke Peter Hezron Peter and Rafik Rauf of Mission Africa MaDaFu Newspaper for the Coverage, Mzuri Sweets Ltd for the Tasty Mr. Berry Cakes!

Tree

I'm planting a tree
to teach me to
gather strength
from my deepest
roots. If you love
a tree you will be
more beautiful
than before! I'm
planting a tree
to remind me
to be open and
kindhearted. You
may not plant
millions of trees
but if you can take
care one single tree
with love and care,
that will make you
great.



SUSTAINABLE CHANGE

Can nuclear help beat the Climate Crisis?

It didn't make good sense in times of Cold War, but it does today. Serious reservations still remain, related to risk of accident and disposal of radioactive waste, but all-in-all the nuclear option adds to our war chest, as we begin to fight the Climate Crisis.

I say 'as we begin to fight' deliberately, because it's only in the last few years that humanity has begun to realise how serious the climate change phenomenon has become. Now, it makes news every day; twenty years ago it was hardly on the agenda! Today, nuclear energy is re-emerging as in increasingly important part of the discussion. My renewed interest was kindled by the following statement from la Aanstoot, a young Swedish activist:

"Greenpeace is stuck in the past, fighting clean, carbon free nuclear energy, while the world is literally burning. We need to be using all the tools available to address climate change, and nuclear is one of them".

Aanstoot's remarks came whilst launching the campaign to stop Greenpeace opposing nuclear power, asking them to commit fully to fighting fossil fuels. Her forthright remarks came in response to the environmental organisation's appeal against Europe's decision to include nuclear power in its classification for sustainable finance. Greenpeace claims this



represents green-washing by the EU, allowing nuclear plants to receive funds earmarked for renewables. Another activist from Poland said: "I've protested against Greenpeace in horror, as they campaigned to stop Germany's nuclear reactors, leading to much more demand for coal. Now they want to stop Poland transitioning from coal to nuclear. Enough is enough!" The well-respected Inter-governmental Panel on Climate Change (IPCC) agrees, advising nuclear is now a really important tool (its analysis based on irrefutable scientific evidence). In its own defense,

Greenpeace highlights the fact that nuclear plants take long to build and are extraordinarily expensive; also that nuclear waste remains dangerous for thousands of years. It concludes we don't need nuclear when solar and wind technologies are a cheaper and quicker way forward. It's a complex argument, but I favour the Aanstoot approach, simply because the climate crisis is the worst extended event to hit our global habitat since homo sapiens first roamed the Rift Valley. We need to pull out all available stops to offset our rush towards a 22nd Century Armageddon! Nuclear energy is derived



from uranium, an exhaustible mineral, so not strictly renewable. But the process of nuclear power generation does not produce carbon emissions; and claims a significant effect on reducing emissions over the past five decades. Today, 400 nuclear plants spread over 32 countries, generate 10% of global demand. Lifting this to 15 or 20% takes some of the hard-lifting away from renewables such as solar and wind, leading to earlier elimination of fossil fuels, and a speedier result in tackling global heating. There are significant risks with nuclear, but we need to have confidence that forthcoming plant disasters can be contained, and science can progress to solving the waste storage issue. In contrast, the climate crisis is definitely not being contained. Every day new headlines: forest infernos, devastating floods, more intense hurricanes, and droughts killing millions; with links to catastrophic consequences, such as species extinction, water and food shortages; refugee flight, terrorism, and horrendous wars. Going nuclear will help forestall what the scientific world views as impending planetary disaster! Duncan Gregory www.whittlingourniche.com



WILDLIFE PHOTO

Photo by Harsh Patel



PHOTO STORY

Polana Roundabout



CMCBO Funds, Cleans and Decorates the Splendid Area and Beautifies the Roundabout with the County Government. The area Shops should now support the Local Carwash Group by maintaining the area by giving a monthly encouragement stipend to the group.

HEALTH

Diabetes Meliitus – a rising non-communicable disease



By Arifa Turabali
MKPA, HSM, MPH

The term “diabetes” goes back over 3,000 years to its description by Egyptians. Coined by Araetus of Cappodocia (81-133AD), “diabetes” was complemented with “Melitus” by Thomas Willis in 1675, who noted the sweetness of patients’ urine and blood. Dobson’s confirmation in 1776, of excess sugar in bodily fluids, solidified this understanding.

An important milestone in 1857 was when Claude Bernard highlighted the liver’s role in glycogenesis, establishing excess glucose production as the root cause of diabetes. Diabetes remains a critical concern, highlighted annually on November 14th by the International Diabetes Federation for Diabetes Awareness Day.

What is Diabetes?

This is a condition where blood sugar (glucose) levels become too high. It occurs when the pancreas doesn’t produce enough insulin or when the body doesn’t respond well to insulin. It affects people of all ages and most forms of diabetes are typically chronic but manageable with medications or lifestyle changes.

Glucose, obtained mainly from carbohydrates in food and drinks, serves as the primary energy source for the body. Insulin, produced by the pancreas, helps glucose enter cells to provide energy. When insufficient insulin is produced or improperly utilized, glucose accumulates in the bloodstream, leading to high sugar levels (hyperglycemia). If left unmanaged, this elevation in blood glucose can result in various health issues like heart and kidney diseases, eye complications, and nerve damage.

Types of Diabetes

- 1. Type 2 diabetes is the most common, where the body doesn’t produce enough insulin or the cells don’t respond properly. It affects adults but can also occur in children.
- 2. Pre-diabetes is a precursor to type 2 diabetes, where blood glucose levels are higher than normal but not yet at the type 2 diabetes level.
- 3. Type 1 diabetes involves the immune system attacking insulin-producing cells in the pancreas for unknown reasons. It’s typically diagnosed in children and young adults but can develop at any age and affects up to 10% of the population.
- 4. Gestational diabetes arises during pregnancy and often resolves after childbirth. However, it poses a risk for developing type 2 diabetes later.
- 5. Type 3C diabetes results from pancreatic damage, other than autoimmune damage, impacting insulin production



- due to various factors or pancreatic issues, such as pancreas removal.
- 6. Latent autoimmune diabetes in adults (LADA) develops slowly due to an autoimmune reaction, often in individuals over 30.
- 7. Maturity-onset diabetes of the young (MODY), also known as monogenic diabetes, stems from inherited genetic mutations affecting insulin production and usage. Currently, there are over 10 different types of MODY and constitute around 5% of diabetes cases.
- 8. Neonatal diabetes is rare and occurs within the first six months of life and is a form of monogenic diabetes. 50% may have a lifelong form called permanent neonatal diabetes mellitus, while for the other 50%

- the condition disappears after a few months’ onset but can reoccur later in life and is called transient neonatal diabetes mellitus.
- 9. Brittle diabetes, a form of type 1 diabetes, causes frequent and severe blood sugar level fluctuations, often causing hospitalization. In rare cases, a pancreas transplant may be necessary.

How Common is Diabetes

Diabetes is widespread, with Type 2 diabetes accounting for 90% to 95% of cases globally. Approximately 537 million adults worldwide have diabetes, and projections estimate a rise to 643 million by 2030 and 783 million by 2045. Kenya, according to the International Diabetes Federation (IDF), ranks 31st among African countries

for diabetes prevalence, with around 460 cases per 10,000 people.

Causes of Diabetes

High blood glucose levels in the bloodstream causes

- diabetes, regardless of the type. This stem from various causes specific to each type:
- a) Insulin resistance: Cells in muscles, fat, and the liver fail to respond effectively to insulin, possibly due to obesity, lack of exercise, hormonal imbalances, genetic factors, or certain medications.
- b) Autoimmune diseases: Type 1 diabetes and LADA occur when the immune system targets and destroys insulin-producing cells in the pancreas.
- c) Hormonal imbalances: Conditions like pregnancy, acromegaly, or Cushing syndrome can disrupt hormone levels, impacting blood sugar regulation.
- d) Pancreatic damage: Physical harm to the pancreas impairs its ability to produce insulin, leading to elevated glucose levels.
- e) Genetic mutations: Specific mutations can lead to MODY and neonatal diabetes, affecting how the body produces or processes insulin.

How is Diabetes Diagnosed

Healthcare providers diagnose diabetes through blood tests that measure glucose levels using three methods:

- The diagnostic tests used to detect diabetes vary based on the type of diabetes.
- Diabetes Mellitus**
- Glycated haemoglobin (HbA1c) test
 - Fasting plasma glucose (FPG)
 - Oral glucose tolerance test (OGTT)
 - Random blood sugar test (RBS)
 - Postprandial plasma glucose (PPG)



Management of Diabetes

Managing diabetes is complex and involves a range of strategies that work together with your healthcare provider.

Prognosis of Diabetes

Living healthily with diabetes is entirely possible by focusing on four key factors: making lifestyle changes, engaging in regular exercise, implementing dietary adjustments, and consistently monitoring blood sugar levels.

Prevention of Diabetes



Symptoms of Diabetes



TREE PLANTING

Tree Planting Day



PHOTO STORY

Tree Planting



In the footsteps of His Excellency's Tree Planting National Project; To kickstart the National Tree Planting Holiday on the coming Monday, during the Board Meeting at the Shimo la Tewa Institute, Dr. Margaret Director of Prisons Training at the Interior Ministry Prisons representing the Madam PS for Probation; led the tree planting ceremony at the Institute's Farm. PCAK was well represented by yours truly Mr. Rishi Arun Parikh - PCAK Director of Comms / PR & Editor of Madafu Newspaper.





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Theme: Joy of Giving and Sharing

STORYTIME

The kind Baker



In a small village called Makwitu in the remote and dry part of Kambaland, lived a kind old woman named Nia. Nia was known for her delicious honey cakes, fresh and soft bread and her generous heart.

One very dry season, after many months of no rains and the drought was so bad that people would walk for very long distances to the nearby villages in search of drinking water and food. Only the strong adults could make those long and tiring journeys in the hot sun on an empty stomach. There was a young orphaned girl called Ndia. She had no money, and was not strong enough to walk because she had not eaten for several days. She had no family and was just too weak to even beg.

One day as she was walking helplessly along the village's shopping centre, she walked outside Nia's bakery. She looked longingly at the golden, fresh honey cakes on the display. Her rumbling stomach was so loud that you could hear it from far. Seeing this, Nia called in the girl and warmly gave Ndia a honey cake and some bread for free. Ndia thanked Nia and left with a full belly and a happy heart.

News of Nia's kindness spread across the village like a wild fire. People from all over started to visit Nia's bakery, not just because her honey cakes were the sweetest, but also because they were touched by her kindness.

The village thrived, and the people were happy. And so, the story of Nia's kindness became a tale told around campfires, teaching children that kindness is a gift that keeps on giving.

5 ways to show kindness

1. Sharing is Caring: Teach them the joy of sharing toys, snacks, or even a smile. It's a simple way to show kindness.

2. Say Please and Thank You: These magic words show respect and appreciation, making others feel valued.

3. Help Others: Whether it's helping a friend pick up dropped crayons or helping at home, small acts of service show kindness.

4. Be a Good Listener: When someone is talking, teach them to listen carefully. It shows they value the other person's thoughts.

5. Show Empathy: Teach them to understand and share the feelings of others. It's a powerful form of kindness.

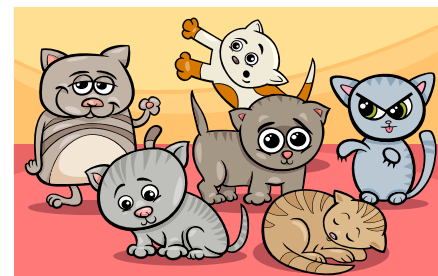
Remember, kindness is like a muscle, the more we use it, the stronger it gets! ☺

Some fascinating facts about African wildlife!

1. African elephants are the largest land animals on Earth and they can live up to 70 years!
2. Did you know that a cheetah can go from 0 to 60 mph in just 3 seconds? That's faster than most sports cars!
3. The ostrich, native to Africa, is the world's largest bird and can run up to 60 mph.
4. African lions are the most social of all big cats and live together in groups or "prides."
5. The African buffalo has never been domesticated due to its naturally aggressive and unpredictable nature.
6. Hippos spend up to 16 hours a day submerged in water to keep their massive bodies cool under the hot African sun.
7. The African wild dog is one of the world's most endangered mammals.
8. The Okapi, found in the Congo, looks like a cross between a zebra and a giraffe!
9. A single termite queen can lay up to 30,000 eggs a day!
10. The African pangolin, a scaly mammal, is the most trafficked animal in the world, sadly.

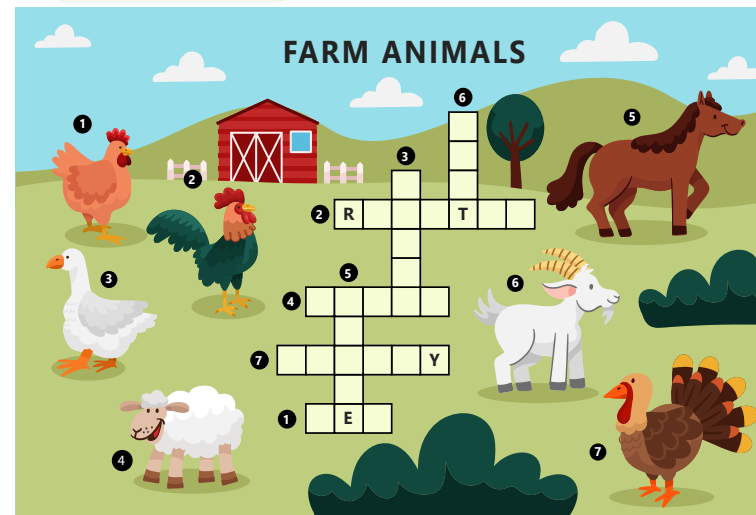
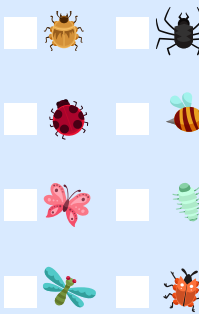
Isn't nature amazing?

spot 10 differences



HOW MANY?

Count the similar animals and write the number



Quick riddles

1. What can you break, even if you never pick it up or touch it?
2. I'm lighter than a feather, yet the strongest person can't hold me for five minutes. What am I?
3. It belongs to you, but your friends use it more. What is it?
4. What two things can you never eat for breakfast?
5. Cats have four, bugs have four, but school has six. What are they?
6. I'm tall when I'm young, and I'm short when I'm old. What am I?
7. What has thirteen hearts, but no other organs?
8. I can fill a room, but I take up no space. What am I?

Answers: 1. A promise. 2. Your breath. 3. Your name. 4. Lunch and dinner. 5. Letters. 6. A candle. 7. A deck of cards. 8. Light.



Join the dots



The revival of the Makadara sports ground



Makadara Grounds is a famously known landmark at the center of Old Town in Mombasa County and have been in place since time immemorial. To first understand its significance, one must understand its history and objective.

A bandstand was built on it to commemorate the coronation of Britain's King George IV in 1933 and still stands as a shade and a pavilion for the grounds board meeting area today. Mombasa governor, Abdulswamad Shariff Nassir recalls that his father, the late Sharif Nassir, used to attend political gatherings at the grounds.

The ground has since then been under the Makadara Ground Muslim Trustees, the main objective being to serve as a conducive and safe place for political and social gatherings as well as to unite and create a community friendly environment so as to accommodate both family and youths.

Over time, Makadara Grounds has been worn off its beauty. For instance, only a few people today know that the grounds used to feature a fishing pond and a water fountain that added beauty to it.

As members of the respectable Old Town and



Mombasa community, we need to make it a duty to revive such a lost gem. In order to make this possible, annual aims and objectives have been drawn up in order to achieve the goal.

For the achievement, a subcommittee of abled women and men has been organized and tasked to putting effort into uplifting the face of the grounds so as to create a safe and secured place to conduct both sport activities and public service occasions such as functional gatherings.

In respective order, the future plans are as follows: to have

fully conducive washrooms to cater for the community in the midst of using the grounds, constructing a ladies wing or a women's social club and lastly a youth educational center.

For years the name Makadara Sports Grounds has been synonymous with the annual Eid festival Funfair event organized at least twice for Mombasa residents. To make sure that the event is done with utmost safety and security, completion of a boundary perimeter wall is necessary.

Speaking to Madafu Newspaper, chairman Mr. Alamin Ahmed, confirmed

that he along with the board inclusive of his colleague Dr. Ashraph Jalab Mohamed, the consulting doctor of the grounds, have assigned Mr. Rafik Rauf of MRA (Mission Relief Africa) to spearhead this objective as the subcommittee chairperson for the Wall fencing and Uplifting Project.

In regard to this, a hand is extended to all to be part of this historical step by creating a well-structured boundary perimeter wall around the ground. So far, more than 40 CBO and NGO leaders, community groups, corporates and a few media houses have joined in on this journey.

A fundraising Bazaar has been organized for the same objective (uplifting the face of the ground) to be held at the Makadara Grounds on the 16th and 17th of December 2023. All CBOs, NGOs, corporates, groups and individuals are invited to take part. Further fundraising activities shall be organized in its regard.

You can kindly donate through the PayBill NO: 4120277 A/C Name: MAKADARA GROUNDS. In case of query do contact the numbers +254721794378 and +254 728653 863. Contact the project coordinator Mr Rafik through the phone number + 254 721 794 379.

Editor
Mohamed Ali Al-Aws, MRA

PHOTO STORY



Anwar Hamada proud winner of the Licensed Singles a KBF Calender event played from 20th October to 22nd October. The first ever Mombasa bowler to win the Gold Medal. Anwar also represented the Kenya team at the World Bowling Championships in Australia in August 2023. A sports man of the year award winner at Mombasa sports club in 2021.

Australian Open



Chilean Joaquin Niemann beat Japan's Rikuya Hoshino in a play-off to win the Australian Open for the first time. The pair finished level on 14 under par after 72 holes and both birdied the 18th to send the sudden-death play-off to a second hole.

Niemann, 25, then bettered Hoshino's birdie with an eagle to claim victory at the Australian Golf Club in Sydney. The champion admitted his "putting hasn't been the best" recently and that he had been "working hard on it".

"It was nice to make that last putt," the former world number 15 added.

"I always practise those three, four, five-foot ones and know that one of those will be to win a tournament. It's amazing." Winning his maiden DP World Tour title has now given two-time US PGA Tour winner Niemann, who joined the Saudi-funded LIV Golf series last year, an exemption to next year's Open.

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