



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

Issue 055 / FEB 2024

Complimentary Distribution - Free

Registered at the G.P.O as a Newspaper

KWS, PARTNERS, CLEAN NAKURU GAMEPARK



Nakuru Gamepark clean up today on 18th Feb 2024. Another productive day in our small way; Team Kenya - TEK Nakuru and City Manager in colabo with KWS, friends, neighbours cleaned up of truck load of plastic and litter in the Park. Fellow Kenyans & Visitors; kindly do not litter natural habitats in such ways, have a conscious mindset to keep our environment clean with Wildlife in mind. Flora and Fauna cant clean or clear Human Garbage but can only live with it.

PHOTO STORY



Happy World Wetlands Day at the Police Band. Tree nurturing in Nairobi by Senior Administration and NPS Police Officers.



Aga Khan Health Service in Kenya Reinforces Commitment to Quality Healthcare Standards through Renovation and Upgradation of Aga Khan Hospital, Mombasa



Study at Oshwal College in **NAIROBI** for UK Degrees and Professional Programmes

- Bachelor of Arts (Hons) Business Administration - University of Hertfordshire (UK)
- Bachelor of Science (Hons) Computing - University of Greenwich (UK)
- PEARSON BTEC - Diploma in Business (UK)
- ABE - Diploma in Business Management (UK)
- PEARSON BTEC - Diploma in Information Technology (UK)
- ACCA - The Association of Chartered Certified Accountants (UK)

...Join a 3-year UK Degree after A-Level or KCSE or Get credit transfer with a diploma in IT or Business

ENROL TODAY!



- Qualified and experienced teaching staff
- One-to-one student guidance
- Internships & job placements
- Boarding/Hostel facilities available in the vicinity
- Support by tutors from UK Universities
- Strong corporate interface

0794185684
0729644691/0733747902
Email: admissions@oshwalcollege.ac.ke

TOP NEWS

President Ruto urges sportsmen and women to desist from activities that can ruin their talents

President William Ruto has urged sportsmen and women to desist from activities that can ruin their talents.

President Ruto regretted that use of drugs among some athletes has tarnished the country's name besides ruining their careers.

Speaking during the funeral service of Marathon world record holder Kelvin Kiptum at Chepkorio grounds, Elgeyo Marakwet County, President Ruto said the Government has declared war against doping.

"I want to ask our sportsmen and women not to allow drugs to ruin their profession," he said.

He said Kenya has put in place measures aimed at ensuring that doping does not lead to the country's ban by international athletics authorities.

"When we took over office in 2022, Kenya had already been blacklisted because of doping. But we resolved the issue, and we are now off the list of countries targeted over doping," President Ruto said.

The Head of State announced that the



government will use KSh3.5 billion in the next five years to deal with doping-related activities.

At the same time, President Ruto said his administration has established an endowment and pension funds for the welfare of sportsmen and women.

"We have now established an Endowment Fund and Pension Fund to deal with matters of our sportsmen and women, especially after retirement," he said.

President Ruto directed Sports Cabinet Secretary Ababu Namwamba, who was also present, to adjust the reward system of sportsmen and women to meet their future needs.

He announced that Chepkorio Stadium will be built in honour of the late Kiptum. He also announced that the tendering process for the construction of Kamariny Stadium in Iten town was ongoing.

President Ruto asked Kenyan athletes to prepare adequately for the Paris Summer Olympics so that they win many medals in honour of Kiptum and Kenya.

He described Kiptum as a great athlete and a good person.

"In Kelvin Kiptum, we saw the future of athletics in



Kenya. He was hardworking, disciplined and focused," said President Ruto.

Deputy President Rigathi Gachagua said he would join the athletes in Paris later in the year to boost their morale in honour of the late Kiptum.

He said death has snatched a great athlete who was destined for greater things.

Prime Cabinet Secretary Musalia Mudavadi urged Kenyans to support efforts by President Ruto to fix the country's economy.

"Let's continue rallying behind our President in his effort to unite our country," said Mr Mudavadi.

Roads and Transport Cabinet Secretary Kipchumba Murkomen said his ministry would build murram roads to be used by athletes during training.

Mr Namwamba, who read his condolence message by the entire Cabinet, said the country was shattered by the tragic news of Kiptum's death.

He described the late Kiptum as a champion of anti-

doping.

"Kiptum showed us that one can win and shatter world records without using drugs," he said.

World Athletics President Sebastian Coe described Kiptum as an extraordinary young man who was destined for greater heights.

"I want to assure the world that his achievements are treasured and secure, and won't be forgotten," Mr Coe.

Athletics Kenya President Jackson Tuwei called for legislation providing for the welfare of athletes in the country.

Senate Majority Leader Aaron Cheruiyot said MPs were ready to support efforts that would improve the lives of athletes.

Governors Wisely Rotich (Elgeyo-Marakwet), Chelilim Bii (Uasin Gishu), Simon Kachapin (West Pokot) and Stephen Sang (Nandi) supported efforts to help athletes with investment opportunities.

Many MPs, MCAs and clergy attended the funeral service.

Trace Kenya Project Officer-Garissa County Maryann Hassan (in black) and Program Coordinator Migration Rights Cedric Ogoro assist a youth leader Hamdi Dahir in (specks) make her presentation during multi-Stakeholders forum organized organized by IOM UN Migration in partnership with World Vision and Trace Kenya in Garissa town to discuss ways of reducing human trafficking prevalence by addressing vulnerability caused by climate change induced displacement in these counties. The meeting discussed the current trends of trafficking in persons and challenges experienced within the referral framework.

Prevention of trafficking in persons



PHOTO STORY

IPOA Commissioner Doreen Muthaura, MBS yesterday appeared before a joint technical committee established to strategize the implementation of the National Taskforce on Police Reforms. The joint committee, meeting at the Voyager Hotel in Mombasa, is comprised of ministries, departments, and agencies (MDAs) affected by the Maraga report and is expected to consolidate the preliminary reports unpacked prior by the MDA's, develop a framework for the implementation of the Maraga report.



Maweni Sensitization



Mentorship & Civic Education Are Key Components To Transformative Society

Young Leaders Association, Together With Other Stakeholders Who Included Community Policing, Vijana Kwanza, Community Health Promoters & Members Of Blue Cross Kenya had a Successful Mentorship & Awareness Program At Maweni Village Dubbed “Maweni Mtaa Poa” ‘Maweni To The Works’ Some Of The Key Discussion To Maweni Youths & Teens Were

Health Talk
Spiritual Talk
Peace Talk
Talent Empowerment Talk
Administration Talk
Society Wellbeing

The Community Appreciated The Organisers & Promised To Join Hands Towards The Campaign In The Village. We Extend Our Gratitude To All Partners & Well Wishers Hon, Judith Wabosha, Hon. Hope Anisa, Tavevo Managing Director Kiongozi Mbiko, Hon.Shake, Governor’s Polical Advisor



Hon.Calist Mwatela, St.Joseph Shelter Of Hope, Advisor Kiongozi Richard Lukindo just to mention a few. The Teens were awarded several Gifts

Including Football to Shauri Moyo Bulls Junior Fc & Maweni Junior Fc.
Umoja Wa Maendeleo Mwananchi Kwanza

Seven ways on How to Listen: Discover the Hidden Key to Better Communication

1. Shift your focus: True listening isn't about waiting for your turn to speak. It's about genuinely understanding the speaker's message, feelings, and perspective. Be present in the moment, acknowledge the speaker with eye contact and body language, and let go of the pressure to formulate your response.

2. Practice active listening: Don't just passively absorb words. Engage with the speaker by summarizing their key points, asking clarifying questions, and reflecting on their emotions. This shows you're paying attention and encourages them to elaborate.

3. Go beyond words: Communication is more



than just verbal messages. Pay attention to nonverbal cues like tone of voice, facial expressions, and body language. These can often reveal unspoken emotions and deeper meanings.

4. Suspend judgment:

Resist the urge to form opinions or interrupt with advice before fully understanding the speaker's perspective. Instead, offer empathetic and avoid jumping to conclusions.

5. Embrace silence: Don't fill every pause with talking. Sometimes, silence allows the speaker to gather their thoughts and express themselves more deeply. Use pauses as opportunities to process what's been said and formulate thoughtful responses.

6. Respect differences: Be open to viewpoints and experiences different from your own. Avoid criticizing or dismissing the speaker's feelings, even if you disagree. Instead, seek to understand where they're coming from.

7. Practice makes perfect: Effective listening is a skill that requires practice and self-awareness. Observe your own listening habits and actively seek opportunities to improve. Reflect on past conversations and ask for feedback from trusted friends or colleagues.

Author Courtesy

PHOTO STORY

Builders Duka Ltd Now In Eldoret



Builders Duka Ltd Managing Director James Kimotho and the company's senior managers (in white branded shirts) are joined by professionals in construction industry in cutting a tape on Thursday February 8th,2024 to officially open their ultra-modern showroom and service centre at Rupa Business Park in Eldoret to serve their customers in Western and North Rift counties. Builders Duka is the Exclusive Distributor of Decra Roofing Systems in Kenya.

Association of Nigeria Women in Kenya



The Association of Nigeria Women in Kenya (ANWIK) Chairperson Pastor Nneka Ene (left) flagged by the association members present a dummy cheque of Ksh 250, 000 during the signing of a partnership between the 60-member charity group and Kituo Cha sheria for the support of the Kamukunji Community Legal Empowerment Centre legal programs that aims at providing legal services to poor and marginalized residents in Kamukunji constituency, Nairobi County for a period of one year. With them are the Kituo Cha Sheria Board Chair Justus Munyithya (3rd left) and the Executive Director Dr Annette Mbogoh (2nd left).

MENTAL HEALTH

Men’s mental health struggles in Kenya amidst hegemonic masculinity

Mental health is a critical aspect of overall well-being, affecting individuals irrespective of gender. However, societal expectations often play a significant role in shaping how men express and navigate their mental health.

In the vibrant tapestry of Kenya, the nuanced challenges surrounding men’s mental health have come to a forefront, shedding light on the impact of hegemonic masculinity on their well-being. As social expectations continue to shape traditional gender norms, a growing concern arises about the toll it takes on the mental health of Kenyan men.

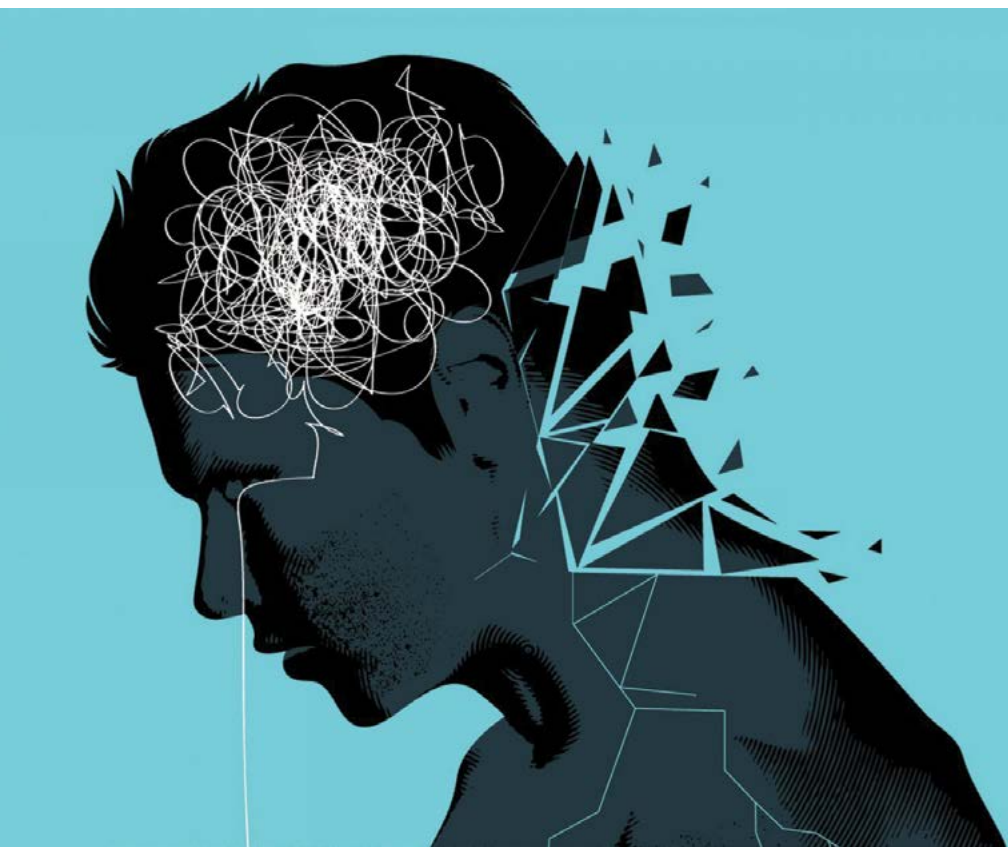
Hegemonic masculinity, a sociological concept emphasizing dominant male traits, has long influenced the expectations placed on men by the society. This concept prescribes dominant traits to men like strength, stoicism and emotional resilience, discouraging emotional vulnerability. In Kenya, where patriarchal values run deep, these expectations can create a stifling environment for men to express their feelings or seek help when facing mental health challenges.

In many Kenyan communities, the pressure to conform to traditional masculine ideals can lead to a reluctance to acknowledge and address mental health issues. The stigma surrounding vulnerability and

the perception that seeking help is a sign of weakness contributes to a culture of silence that exacerbates the struggles face by many men. The fear to be perceived as weak or unmanly causes many men to downplay their emotional struggles and leads to under reporting of their emotional grievances.

The lack of open conversations about mental health compounds the issue. Even on social media where most people are brave due to being behind a screen, men still can’t converse freely for fear of being judged by other men or the women. ‘Acha umama’ (stop acting like a woman) those words are thrown at those who show any signs of being ‘feminine’. Even as a child the male is always reminded about his expected role as a man. Crying for a male child always brings about words of teasing thrown towards him. ‘Acha kulia baba mwanaume halii kulia achia wanawake huoni aibu’ (stop crying men shouldn’t cry you should leave that for the women have you no shame). This is followed by the surrounding adults laughing at the child and teasing him for his effeminate behavior. This gets even worse if there are female children around and the male is told that women won’t like him and will never agree to marry him if he cries.

The child grows up thinking that as a man he should not show his emotions if he wants



to be perceived as a man in front of others. After a while the burden of life and the expectations to always show strength leaves the man grappling with stress, anxiety and depression in solitude. As this gets worse the man may look into different ways to try and mask the emotions he is burdened with. Most end up abusing drugs like alcohol or cannabis, while some end up with depression which eventually may even lead to suicide.

Even after the suicide, society may end up spewing words of hate about his mental stability with some commenting that he was a weak man. That’s why they took their life. This makes other men who are also suffering the same to retract their feelings even more into themselves.

However in recent years, efforts are underway to challenge these norms and foster a more inclusive dialogue around mental

health. It is crucial for society to recognize that addressing men’s mental health involves challenging deeply ingrained stereotypes and fostering an environment where vulnerability is embraced rather than shamed.

Community-based initiatives and NGOs are working to break down the barriers that prevent men from seeking help. Counselling services tailored to address the unique challenges faced by men are

being introduced. Proper mental education channels are being indoctrinated to the society especially to the men so as they can give up listening to every Tom, Dick and Harry on the internet babbling about ‘ideal men’ which most of the time are just reinforcing hegemonic masculinity traits. Podcasts about ‘alpha and beta males’ and ‘high value and low value men’ which just bolster the already hefty expectations placed on men.

Government involvement is crucial in addressing this issue comprehensively. Policies that promote mental health awareness, education and accessibility to support services can contribute to dismantling stereotypes that hinder progress in that area. Public figures and influencers ought to also play a pivotal role by sharing and advocating for mental health acceptance.

As Kenya navigates the intersection of tradition and modernity, it is imperative to recognize the importance of dismantling harmful stereotypes around masculinity in order to create a healthier environment for men to thrive in both mentally and emotionally. By fostering a culture that encourages open conversations and embraces the diversity of emotional diversity instead of conforming to a rigid and stoic emotional stance, Kenya can pave way for a more inclusive and supportive society.

PREPARED BY: MS JAMILA SAID (MRA ORGANIZATION)

Unveiling the distinctive charms and health perks of camping

Introduction

In the world buzzing with constant activity, there’s a remedy that unveils its magic in a compact tent beneath the stars CAMPING. Nature’s therapy, its enchants with stress dissolving breezes, moonlit serenity, and the silent symphony of the great outdoors.

Camping is not just an outdoor activity or an outdoor education; it’s a holistic experience that’s offers a plethora of physical, mental and emotional benefits. In our Fast paced, modern lives, taking the time to connect with nature through camping can contribute significantly to overall well-being.

What are the benefits of Camping?

1. Reconnecting with Nature

The charm extends beyond relaxation; camping is a canvas for connection. Shared laughter around a fire pit, the camaraderie of pitching tents and camaraderie born under the canopy of trees forge bonds that withstand the test of time.

2. Physical Health Benefits

In the realm of camping, challenges become triumphs, pitching a tent is a victory and navigating unfamiliar trials is a dance with the unknown.

These small victories translate into a profound sense of accomplishment, fostering resilience and self-discovery.

3. Environmental Awareness and Appreciation

Camping isn’t just a getaway; it’s a portal to rediscover simplicity. As you swap city lights for the starry night, the natural soundtrack replaces the urban hum. The crackle of a campfire becomes a storyteller, weaving tales of adventure and escape.

4. Stress Reduction and Mental Well-being

Stripping away the digital bin, camping offers a tech

detox. In its absence, you find the rhythm of your own heartbeat syncing with the nature’s cadence. Sleep no longer governed by artificial light, becomes a serene journey into dreams under the expansive sky.

Conclusion

As individuals seek ways to balance the demands of modern life, the simplicity and authenticity of camping offer a holistic approach to well-being. Embracing the great outdoors allows us to reconnect with nature, nurture our physical and mental health, and create lasting memories that resonate far beyond the campsite.



Reach out to Mission Relief Africa alongside Tango Campers in this adventure, where every camping experiences becomes a shared story and spirit of exploration brings people together. Discover the joy of unplugging and immersing yourself in

this beauty of nature with us from 9th March to 10th March 2024 at Tiwi Camp, South Coast. For more information, kindly contact the numbers: 0721794379/0725127557. Ms Noor Omar, Mission Relief Africa

Shubh Mantra: The Ripple Effect of Kindness

By- Shubhrika

Kindness is a language that transcends barriers, cultures, and beliefs. It is a simple yet powerful gesture that has the ability to brighten someone's day, mend broken hearts, and create a ripple effect of positivity in our world. One remarkable example of kindness occurred in a bustling city where a young woman noticed an elderly gentleman struggling to carry his groceries. Without hesitation, she approached him and offered to help. With a warm smile, she took his heavy bags and walked him home. This act of kindness didn't just end there. The elderly man, touched by her selflessness, felt inspired to pay it forward. The next day, he helped a mother carry her stroller up the stairs, and she, in turn, assisted a lost tourist find their way.



This chain of kindness continued, creating a ripple effect that touched the lives of countless individuals. What started as a simple act of helping someone with

groceries transformed into a wave of compassion and goodwill spreading throughout the city. Kindness is not only beneficial for the receiver but

also for the giver. Studies have shown that acts of kindness release feel-good hormones like oxytocin and serotonin, which boost mood and overall well-being. Additionally, it fosters a sense of connection and community, reminding us of our shared humanity. In a world that often feels divided and disconnected, kindness serves as a beacon of hope. It reminds us that despite our differences, we are all united by our capacity to care for one another. Whether it's a small gesture like holding the door open for a stranger or a grand gesture like organizing a community fundraiser, every act of kindness has the power to make a difference. So, let us choose kindness in our words, actions, and thoughts. Let us be the catalysts for positive change, spreading compassion and empathy wherever we go. For in the end, it is kindness that truly makes the world a brighter and more beautiful place.

Air France reaffirms commitment to enhanced customer experience with continued excellence in passenger services and innovation

Air France, a global leader in aviation, continues to solidify its commitment to providing exceptional service and connectivity in Africa. Driven by its dedication to excellence, Air France continues its Africa journey in 2024 with investments in cutting-edge technology and modern fleets, ensuring the highest standards of safety, comfort, and environmental sustainability. The airline, which now covers 31 routes in Sub-Saharan Africa, continues to place customer satisfaction at the forefront of its priorities with innovative services to enhance the overall passenger experience, from streamlined booking processes to personalized in-flight services. Air France passengers flying from and into Africa will continue to enjoy the latest amenities, spacious cabins, and entertainment options that make every journey a delightful experience. "We will continue to innovate and elevate our standards,



ensuring an unparalleled travel experience that prioritizes passenger well-being and satisfaction" said Air France KLM General Manager for East and Southern Africa, Nigeria,

and Ghana Marius van der Ham. "We are also keen on reducing our carbon footprint and that is why we are continually reviewing our fleets

strategically opting to retain only those that boast the most eco-friendly attributes with minimal emissions." Beyond its operational excellence, Air France continues to actively engage with local communities across Africa through various corporate social responsibility initiatives, while striving to make a positive impact in the regions it serves. In 2024, Air France will be involved in supporting underprivileged communities and sporting events in support of environmental protection, amongst other initiatives.

PHOTO STORY

Electric Tukituki in Mombasa



The Future is Electric we say!



Mama Tessie Musalia helps 6-year-old Briyton Kinyua who is abled differently to wear the weighted wristband in his left hand with the help of his parents James and Faith Kinyua at their home in Kitengela, Kajiado County on 24th February 2024 during a visit to donate a weighted jacket, wristbands, and ankle weights. The weighted wristbands help in the proprioception of deep pressure input to forearms hence improving muscle movement.



Indian Republic Day Celebrations Dinner at Nyali Beach Holiday Resorts on 26th January 2024. Dignitaries from left Mr. Idris Ezzi (Fairdeal) Mr. Mohamed Esmail (Businessman), H. E Hon. Mr. Sandip Sharma The Assistant Indian High Commisioner to Kenya and Mr. Jamil Sumra (Businessman and Madafu Newspaper Coordinator Mombasa)

DIGITAL LEARNING

Bungoma County brings ECD to the digital age with a new Digital Learning Program

The County Government of Bungoma has today signed a contract with EIDU to roll out a digital learning program targeting young learners in the county.

The County Government of Bungoma will deploy the tech-enabled learning solution in 36 Early Childhood Development and Education (ECDE) Centers across the county.

The strategic partnership marks a significant milestone in advancing the integration of modern learning technologies into Kenya's education system. This is in line with the Presidential Working Party on Education Reform, Kenya Vision 2030, and the United Nations' Sustainable Development Goal Nr. 4 (Quality Education for All).

About 3,233 learners in grades PP1 and PP2 will benefit from the enhanced



learning experience offered by the digital learning program. In addition, 108 teachers will be trained on how to use smart teaching devices to plan and deliver highly engaging lessons in the classroom, supporting them in the implementation of the Competency Based Curriculum (CBC).

"We are pleased to partner with the County Government of Bungoma to bring digital

learning to early childhood education and to help improve learning outcomes drastically. This initiative aligns with our commitment to making quality education accessible to all. We look forward to witnessing the positive impact this partnership will have in Bungoma," said EIDU's Managing Director, Dr. Max Dohna.

On his part, Bungoma

County Executive Member for Education, Dr. David Wanyonyi Wamamili, hailed the partnership as a major step in integrating technology into the learning system at county level.

"Through this partnership, we are taking a proactive step towards modernizing our education system and ensuring that our students have access to the latest



educational tools and resources," said Dr. Wamamili.

Learners and teachers use smartphone devices to access the EIDU School App equipped with Mathematics and Language content in line with the Competency Based Curriculum (CBC) and approved by the Kenya Institute of Curriculum Development (KICD).

The digital learning program is expected to greatly improve learning outcomes. Independent research conducted by Edtech Hub shows that learners who enjoy the EIDU digital learning program are ahead by months compared to the others without the program. Additionally, the program is expected to foster equity in education, as its offline capabilities make it suitable for urban and rural areas.

Under the contract agreement, 108 smartphones will be provided to the classrooms in addition to comprehensive training and ongoing support to teachers and county government

ECDE officers, thus ensuring a smooth transition to the integrated learning platform.

The digital lesson plans' content was developed in partnership with Kenyan teachers and schools, making it ideal for the local learning environment. Approximately 230,000 pre-primary learners across seven counties (Embu, Kiambu, Machakos, Makueni, Mombasa, Murang'a, and Nakuru) are already enjoying the digital learning program.

The program has also garnered support from parents and teachers with a study in other counties showing parental approval as high as 98% and teacher approval as high as 96%, with improved math and language skills cited as key benefits to learners.

EIDU's digital tools also provide county officials with the capacity to monitor their education system, with relevant data on the classrooms that allows for decision making for a more efficient, impactful and inclusive educational environment.

KPA Record Size Container Ship

The Port of Mombasa today recorded another milestone after receiving the longest ever container ship MV Kotka.

The Liberian registered vessel has a Length Overall of 318 meters, a 43 meters in

breadth and a declared draft of 9.3 meters. The container carrier has a gross tonnage of 81,488 tonnes and she is set to load 5,877 containers (empties).

Sailing from Durban as her last port of call, the container carrier is scheduled for Abu

dhabi from Mombasa.

General Manager Operations Dr. Sudi Mwasinago who was accompanied by the General Manager Corporate Services Mr. Edward Kamau presented KPA commemorative plaque and certificate of first call to

the ship's master Captain Gutsol Kostyantyn at berth 16.

Dr Mwasinago said that this milestone is a testament to the continuous growth, increased capacity and operational port efficiency.



PHOTO STORY

Jericho Ofafa fire donation



Nairobi County Woman Representative Esther Passaris (right) is joined by Ofafa Jericho High School Principal Dadan Kiugu (in red tie) during the distribution of mattresses and metallic boxes to the school's student affected by recent fire as part of relief efforts following a fire outbreak at the Nairobi-based school. 117 students lost personal effects in the inferno.

Mombasa open day

The Insurance Regulatory Authority (IRA), in conjunction with the Mombasa County Government, has officially opened the Insurance Open Day to the public in Mombasa County from February 23rd - 24th, 2024, at the Makadara Grounds. The Open Day is one of the Authority's strategic approaches to enhancing consumer education, awareness and understanding about insurance, for enhanced insurance uptake. The opening ceremony was presided over by the Chief Guest representing the Governor, Mombasa County, Chief Officer - Education, Dr Roselyn Randu, the Commissioner of Insurance and CEO of the Insurance Regulatory Authority (IRA) Godfrey Kiptum and Board Director Joel K. Chemiron.

The Mombasa Open Day, in its 3rd edition, brings together representatives from insurance and reinsurance companies, financial sector regulators and key government agencies in Kenya to engage with residents from Mombasa and its environs, attending to their insurance-related enquiries and concerns, and other relevant queries to the stakeholders present.

Some of the insurance players present include ICEA LION Group, Britam Insurance



Company, Old Mutual Insurance Company Limited, First Assurance Company Limited, Absa Life Assurance Kenya Limited, OCCIDENTAL Insurance Company Limited, Madison General Insurance Kenya Limited, Pioneer Assurance, Takaful Insurance of Africa, Liberty and Heritage Insurance Company, APA Insurance Limited, and MUA insurance (Kenya) Limited.

Also present at the exhibition are AAR Insurance Company Limited, Kenya Orient Life Assurance Limited, CIC Insurance Limited, Cannon Life Assurance (K) Limited, Pacis Insurance, General Accident Insurance Limited, Jubilee Allianz General Insurance Limited, Africa Merchant Assurance Company and Sanlam Insurance Company Limited.

The insurance and financial sector regulators are represented by the

Retirement Benefits Authority, Policyholders Compensation Fund, Unclaimed and Financial Assets Authority.

This Open Day comes at a time when the insurance industry report shows that Mombasa County accounts for 3.7% of the total insurance direct premiums by counties, coming second to Nairobi County, which takes the lion's share of the total insurance direct premiums, at 84.5% as of 2022.

The Authority has slated Open Days in Kisumu County and Nakuru County in the next months to rally members of the public in the counties and their environs to learn more about insurance and make informed decisions when interacting with insurance products and services, in a bid to increase insurance awareness and uptake in the Kenya, which is the leading insurance market in the East African Region.

PHOTO STORY

Former President Uhuru Kenyatta mourns retired AIG King'ori Mwangi



Former President Uhuru Kenyatta joins fellow mourners at Ndugamano grounds in Tetu, Nyeri County for the burial service of retired Senior Assistant Inspector General of Police Zachary King'ori Mwangi. He was accompanied by Nyeri Governor Mutahi Kahiga among other political leaders.



1000 strong walking membership and counting.

Newspapers vs billboards



By Mr. Rishi Arun Parikh

How many business people read or see the billboard during office hours? At late evening, its dark and cant be read or seen unless expensively illuminated.

Newspaper: you read 24/7 at your time and convinience for a whole year!!! You can even share it to family and friends!

2. When traffic is moving, how many read billboards? Do you read or drive? How many can remember contact emails or mobile numbers to revert?

Newspaper: again, you read while being driven, read and read again to get contacts, use your mobile to call or email inquiry as you read at your pace.



3. Traffic jam? 90% of drivers and passengers flip out their mobiles to check updates as they wait. Many talk on phone or amongst themselves.

Newspaper: pick it at your time from your office table or reception to get that number of the company advert

4. Your billboard gets popular if it gets torn by vandals or wind for people to notice it.

Newspaper: old papers usually end up in cupboards

and drawers to safeguard items, when pulled out an photo, advert or article is always fondly and nostalgically read again and re kept for future reference!

5. After a month or two the memory of the service or product goes once contract expires.

Newspaper: it lasts a lifetime as many are good at cutting clips articles and photos for future reference. Old times students would cover text and exercise school books and read the newspaper everyday!

6. Only those few who pass a billboard may see it by chance.

Newspaper: it goes to the public shared in all corners of the country for them to read and read again.

7. The cost of a full newspaper page is a fraction of the price of a billboard. Rural areas dont have billboards where 75% of the buying population lives.

Newspaper: the reach is high as many newspapers are bought by many and others like Madafu Newspaper are distributed for free for all to read!



The first cohorts training by the National Police Service NPS in Ruaka, Nairobi conducted on 16th Feb 2024 on Community Policing for the National Community Policing Group.

DISASTER MANAGEMENT

Strategies for disaster mitigation



Many of us would ask ourselves what disaster mitigation is, but do we know that mitigation in disaster can save us from calamities? Mitigation is the effort to reduce loss of life and property by lessening the impact of disasters. Mitigation is taking action now – before the next disaster – to reduce human and financial consequences later (analyzing risk, reducing risk, insuring against risk).

Mombasa County with its vibrant coastal communities and bustling urban center, is not immune to the threat of disasters. From floods and coastal erosion to fire outbreaks and disease outbreaks, the county faces a range of natural and man – made hazards. However, proactive measures can significantly reduce the impact of these disasters. The geographical location exposes Mombasa and its metropolitan environs to various hazards including floods during the rainy season,

coastal erosion due to rising sea levels and the risk of earthquakes. Additionally, the county's dense population and rapid urbanization exacerbate vulnerability to disasters, placing pressure on infrastructure and services.

Investing in early warning systems such as, implementing robust early warning system on floods, coastal erosion and other hazards can provide vital lead time for evacuation and preparedness. Despite that, various people tend to ignore the warnings for instance as an organization, Mission Relief Africa (MRA) has been on the frontline ensuring the spread of awareness to the far end areas so that people can implement on the warnings but unfortunately, the worst happens. Ignorance and sort of illiteracy leads people to ignore the warnings.

Leaving that behind, the county government should also improve on infrastructure resilience by; strengthening infrastructure such as drainage systems and coastal defenses, by doing so the

county can mitigate the impact of floods and erosion. When there is a downpour in the coastal region the storm water is usually directed to the Indian Ocean unfortunately, it's even hard at the moment for storm water to find way to the Indian Ocean because of the poor drainage systems. Urge hereby goes to the county government to ensure implementation is taken so as to save the residents from calamities.

Strengthening healthcare systems and ensuring access to essential services are critical for managing disease outbreaks and other health related emergencies for example a few years back there was an outbreak of a disease called “chikungunya” which hit many parts of Kenya. Mombasa County is also prone to diseases like malaria which mostly is spread when an infected Anopheles mosquito bites a person but we also know that stagnant water is also part of causing malaria. Again if we take precautions by spraying different places with either

stagnant water or bushes. In the recent years we've seen the County government spraying (fumigating) all around various places in the act to curb the spread of diseases.

Establishing multi – agency collaboration and coordination facilitates effective disaster response and recovery efforts. When individuals with a diverse range of skills and backgrounds come together, it leads to the exchange of unique perspectives and ideas. This can result more in innovative solutions and creative problem – solving that may not have been possible with just one person working on the task. In Mombasa we've seen various stakeholders working together in times of disasters and Mission Relief Africa has been one of them responding in various disasters but also training and raising awareness to the furthest part of the county.

The Mombasa County Government's response to the 2019 floods serves as a testament to the importance of proactive disaster mitigation measures. Through timely evacuation efforts, emergency shelter provisions, and community engagement initiatives, the impact of the floods was minimized and lives were saved. Mombasa County's vulnerability to disasters underscores the urgent need for comprehensive and proactive mitigation strategies. By investing in early warning systems, improving infrastructure resilience, engaging communities and fostering collaboration, the county can build resilience and ensure the safety and well-being of its residents. Through collective action and commitment, the county can navigate the challenges posed by disasters and emerge stronger and more resilient than ever before.

Prepared by: MRA Disaster Management Department.

PHOTO STORY

Likoni Consolata Primary School



Likoni Day Primary School Pupils say asante to Mr. Berry Mzuri Sweets for the Toffee's for their good work and behaviour at studies. Kudos to the school teachers.



ADVERTISE
With us now!

LEARN MORE


*We Provide a better platform
To grow your Business*

Call us More Info
+254 722 326 245

yariseducation@gmail.com

K. T. Plaza, Haile Selassie Ave, 2nd Flr. Mbs





MADAFU NEWSPAPER KENYA VALUED OUTLETS:

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

INDUSTRIAL AREA:
Parklands Industries Limited (Dakar Road)

LANGATA:
Sona Shoppe (Galleria Shopping Mall)

KAREN:
Sona Shoppe (Karen Crossroads)

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

KITALE:
Milli Hardware Ltd Main Road

ELDORET:
Kenya Jalaram Co Ltd – opp CBK

VOI:
Abbas Aluminum Supplies

MOMBASA:
Blue Room Restaurants
Nyalil Cinemax
Nyalil Centre – DKL
Umoja Rubber Shoes Shops

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

KISUMU:
Western Emporium

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

MALINDI:
Uzima Training Centre – CBD
Various Hotels & Restaurants

NEW DISTRIBUTION SOON:
MERU
EMBU
LAMU
MACHAKOS

LOOKING FOR NEW OUTLETS IN:
TURKANA
ISIOLO
NAROK

Kindly contact the Editor – Mr. Rishi Arun Parikh on editor@madafu.biz for interest to distribute Madafu Newspaper Copies!

MADAFU NEWSPAPER

Madafu Newspaper is owned and Published by Madafu Publications Limited.

P. O. Box 80518 - 80100 GPO Mombasa.

Editor@madafu.biz
Website: www.madafu.biz

For Advertisements, Articles, Notices, Distribution, Sales and General Inquiry you may contact the above address for now.
Design by: Madafu Publications Team

Printed By: Nation Media Group Ltd - Nairobi

CONTRIBUTORS:
Cover Photo / Event Photos by
Various, Mr. Andrew Kilonzi & Mr. Titus Musau
Mr. Nabil Sansool - Madafu Website Administrator

Madafu Publications Ltd. is the leading provider of event and lifestyle information in Kenya. Through our Newspaper and Website, we provide the most comprehensive and accurate information about what's happening around Kenya in sports, nightlife, music, theatre, movies, the arts, kids events and more. We also provide business listings, movie reviews and updates. To advertise with us, Email: editor@madafu.biz Madafu Publications Ltd. P. O. Box 80518 - GPO 80100, Mombasa, Kenya.
visit our Updated Website: www.madafu.biz

SALES, MARKETING & OPERATIONS
Mr. Rishi Arun Parikh, Mr. Nabil Sansool, Mr. Dietmar Roselier

EDITOR: Mr. Rishi Arun Parikh
Head Office: K. T. Plaza, Haile Selassie Avenue, Mombasa, Kenya. P. O. Box 80518 - 80100 GPO. **Nairobi Office:** Mr. Satyen Shah & Mr. Rushil Shah of Bunny Industries Ltd

All Advertisements are accepted subject to the Madafu Publications Ltd Terms and Conditions and Guidelines. The Publisher cannot be held responsible for the accuracy of the information contained in the Advertisements and does not enter into disputes on behalf of third parties.



Plastics

By Paula Kahumbu

Plastics. We love it, we use it everyday and we can't imagine life without it. But are we ready to face up to what we are doing to the planet?

Did you know that we produce over 300 million tons of plastic every year. That's about the weight of the entire human population on Earth!

Less than 10% ever gets recycled. Ninety percent of our plastics are just accumulating.

If you were to think about the plastic production between now and 2030, in six years time, we will have accumulated 1.8 billion tons of plastic (which will continue to be around for the next 1000 years or more). 1.8 billion tons of plastic is equivalent to 36 trillion bottles - lined up, these bottles could circle the Earth approximately 45,000 times, and could cover an area larger than most countries!

WHY ARE WE IN THIS MESS?

The global plastics industry is a key sector in the world economy, with its annual value estimated in the hundreds of billions of dollars. Its significance spans numerous industries and regions, reflecting both its versatility as a material and the challenges related to its environmental impact. It's a growing industry.

The major types of plastics by value are

1. Packaging,
 2. Construction,
 3. Automotive,
 4. Electronics,
 5. Consumer goods.
- The industry's value is influenced by factors like increasing demand in emerging economies, advancements in plastic

materials, and applications in various industries.

However, environmental concerns and regulatory policies are also impacting market dynamics, with a shift towards sustainable and biodegradable plastics.

COST OF MANAGING PLASTIC WASTE

Only a tiny fraction of plastic waste is recycled. Estimates suggest that less than 10% of all the plastic ever produced has been recycled.

Cleanup and Waste Management Costs:

Municipalities often bear the brunt of cleanup costs. For example, in the U.S. alone, the annual cost of cleaning up litter is estimated to be over \$11 billion.

Ocean Cleanup: The cost of removing plastics from the ocean is substantial - By 2040 there will be more plastic than fish in the sea.

NEGATIVE IMPACT OF PLASTIC

Plastic pollution can significantly impact revenue. A study suggested that a 1% reduction in marine litter could potentially increase economic benefits to the European maritime sector by approximately €250 million annually.

Fisheries: The cost to the fishing industry, in terms of damaged gear and reduced catch, can be considerable.

Direct Health Costs: These are associated with the ingestion or interaction with harmful plastics and chemicals leached from plastics. Quantifying this is challenging due to the indirect nature of exposure and long-term health effects.

Indirect Health Costs: Include broader impacts on public health systems, such

as increased burden from diseases linked to plastic pollution. A study by the Asia-Pacific Economic Cooperation estimated that the cost of ocean plastic pollution to the tourism, fishing, and shipping industries in the Asia-Pacific region was approximately \$1.3 billion.

Environmental Costs - loss of ecosystem services due to plastic pollution, Carbon Footprint of Plastics, greenhouse gas emissions from the production, disposal, and degradation of plastics resulting in climate-related economic impact.

Global Estimates:

A UNEP report estimated that the environmental damage of plastics to marine ecosystems stands at at least \$13 billion per year.

The World Economic Forum estimated that the overall natural capital cost of plastic use in the consumer goods sector each year is \$75 billion.

Conclusion

Since most of the plastic produced is to serve consumers like you and me, we could make a huge difference by just changing our habits

Say no to plastic bags (even the Carrefour and Naivas shopping bags are plastic)

Use cloth bags for your shopping

Buy meat and other products in your own containers

Use cloth bags or a kikapu to buy your vegetables

Conduct a plastic audit at home and discuss with your family how you can work together to reduce plastic pollution

You don't have to be perfect, but you will find that as soon as you start looking, you will find that there is plastic everywhere and the sooner you notice this, the sooner you can make the right choices. That's agency.

PHOTO STORY

ONUG - One Nation Under God



#ONUGspirit #PeaceEducation101 Need for Peace in the Family. Peace fosters unity and togetherness among family members. When there is peace, the family can plan and take decisions together. Children also benefit as both parents stay together to cater for their needs and upbringing. Peace also promotes stability within the family. The absence of fear, abuse and violence makes the home comfortable. Peace is a sign of understanding, tolerance, selflessness, forgiveness and patience within the family

National Commandos



National Commandoes - from left Mr. Calleb Oyombe former GSU Officer, Mr. Munene Mugambi, Director at IPOA, Founding Chairman of PCAK / LoCEF, Mr. Rishi Arun Parikh - Madafu Newspaper Director, PCAK Communications / PR Director, National Community Policing Coast Region. Mr. Oyombe and Mr. Rishi paid a courtesy call to Mr. Munene during his official duty in Mombasa earlier.

BAPS HINDU

BAPS Hindu Mandir Abu Dhabi

**Vision: Param Pujya
Pramukh Swami Maharaj
(1921-2016)**

On 5th April 1997, on a sand dune in the desert of Sharjah, Pramukh Swami Maharaj, the spiritual leader of this organization then and the inspiration behind this mandir, said a unique prayer.

“May peace prevail here and everywhere, may all religions to grow greater love for one another, may all countries be free from prejudice, and may everyone progress in their own unique way.”

“May a mandir in Abu Dhabi bring countries, cultures, communities, and religions together.”

His life and work:

Pramukh Swami Maharaj was the visionary and inspirer of this Mandir.

- He was initiated as a sadhu by his guru Shastriji Maharaj at the age of 18 and was appointed as the president of BAPS when he was only 28.
- As the fifth spiritual successor of Bhagwan Swaminarayan, he served as the guru of the BAPS Swaminarayan Hindu tradition for over 45 years.
- Under his guidance, BAPS witnessed unprecedented worldwide growth.

He was an inspiration to millions, dedicating his life



PM Narendra Modi in an Immersive Theatre Inside BAPS Hindu Mandir in Abu Dhabi

to serving others for the greater good of humanity, and travelling the world as an ambassador of love, peace and harmony.

- He personally led BAPS to serve in over 25 disaster relief operations, ranging from earthquakes to tsunamis.
- Pramukh Swami Maharaj was a lifelong advocate of harmony at every level of society – inspiring over 50,000 families to conduct ‘ghar sabha’ - ‘home assemblies’.
- The religious festivals he organized attracted over 40 million visitors, he ordained more than 1,000 youths, and he inspired over 1 million spiritual

assemblies annually.

- By building over 40 permanent educational facilities, he strived to improve society.

Pramukh Swami Maharaj-

- visited 51 countries
 - graced 17,000 villages, towns and cities
 - personally blessed 250,000 homes
 - personally counselled 800,000 people
 - read and replied to 700,000 letters
- Pramukh Swami Maharaj created the most mandirs in



Deity

world history. The more than 1,200 mandirs he created are spiritual sanctuaries for millions, serving as havens of

peace, devotion, and higher living.

Pramukh Swami Maharaj taught and embodied the spiritual wisdom: “In the joy of others lies our own.”

Creator: Param Pujya Mahant Swami Maharaj (b. 1933)

Behind this architectural wonder are the words of this Mandir’s creator, Param Pujya Mahant Swami Maharaj. He wrote on 22 December 2020, three years before opening:

“... This mandir will be an abode of love, peace, and harmony.”

His life and work:

His Holiness Mahant Swami Maharaj is a prominent Hindu spiritual leader who inspires millions across the world through his virtues of devotion, humility and service.

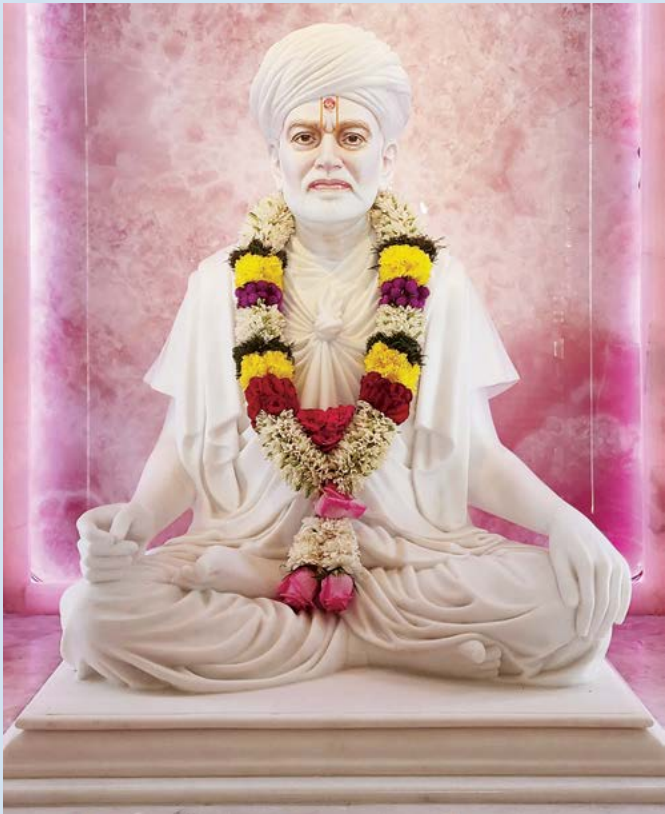
He carries forth His Holiness Pramukh Swami Maharaj’s legacy by serving for the greater good of humanity. Through the course of nine decades, he has practiced, promoted, and instilled the spirit of selfless service in thousands across the globe.

During the COVID-19 pandemic, one of the most devastating times of the 21st century, Mahant Swami Maharaj appealed with a compassionate message that the value of saving one life is





Visitors in festive wear to greet PM Narendra Modi



Deity

priceless, and responded to the global suffering by launching numerous relief efforts and awareness campaigns.

Similarly, at the beginning of the war in Ukraine, he made a call to action for volunteers to encourage all to help understand the value of saving one life is priceless. In those moments, however, these volunteers drew inspiration from Mahant Swami Maharaj and his steadfastness, along with his resolve that acts of service have no borders.

He wrote Satsang Diksha, a revered and profound spiritual contemporary scripture, that provides insightful solutions to everyday problems. Satsang Diksha contains the essence of Vedic philosophical principles and the bhakti tradition in 315 concise verses. Due to its universal appeal, it has been celebrated as a guide to social harmony. Its teachings in

moral behavior, social dealings and spiritual knowledge are followed by countless spiritual seekers today.

Param Pujya Mahant Swami Maharaj has inspired many iconic and historic mandirs such as BAPS Swaminarayan Akshardham, Robbinsville, the largest Hindu Mandir in the Western Hemisphere, and the BAPS Hindu Mandir, in Abu Dhabi, the first traditional mandir, in the Middle East, and many others.

Creator & Owner of this Mandir: BAPS Swaminarayan Sanstha

Today, under the spiritual and administrative leadership of His Holiness Mahant Swami Maharaj, BAPS is respected and valued by millions. The organization's global network of over 1550 mandirs, 3,850 centers, and 17,000 weekly assemblies is a perennial source

of moral, social, cultural, and spiritual activities.

Its world-renowned cultural and spiritual complexes, like Swaminarayan Akshardham in Robbinsville(New Jersey), New Delhi and Gandhinagar, Gujarat, and Swaminarayan Mandirs in London, Houston, Chicago, Atlanta, Toronto, Los Angeles, and Nairobi, represent its continued commitment towards the preservation of Indian culture, tradition, and values while promoting social harmony, universal acceptance, and peace.

The energy of over 55,000 BAPS volunteers are channeled towards a variety of internationally recognized philanthropic activities. Recognized and appreciated worldwide for its humanitarian services and commitment to holistic social progress, BAPS has received many national and international awards and is closely affiliated with the Economic and Social Council of the United Nations.

BAPS Abu Dhabi Mandir Info

- Total area: 27 acres, Mandir complex: 13.5 acres, Parking: 13.5 acres
- 13.5 acres of land was gifted by His Highness Sheikh Mohammed Bin Zayed Al Nahyan, the President of the UAE in 2019.
- Parking can accommodate approx. 1400 cars and 50 buses
- Height: 108 ft
- Length: 262 ft
- Width: 180 ft
- Sensors: 300
- Marble used: 50, 000 cubic ft
- Sandstone used: 1, 80, 000 cubic ft
- Bricks: 18, 00, 000
- Man hours – till date: 6, 89, 512

Who can visit the Mandir?

- Just like all other BAPS mandirs around the world, this mandir is open to everyone and anyone.

Statement by Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha on its experience of Religious Freedom within the UAE



It is truly inspiring, not just locally but globally, that 2019 will be celebrated as the Year of Tolerance in the UAE. Honestly, who doesn't believe in tolerance, harmony and happiness? While almost every country professes it, the UAE has wisely gone out of the grid and created ministries and policies for them. To 'mean what they say, and do what they believe' speaks volumes for the sincerity of the UAE Leadership. Here, Tolerance is no longer a beautiful word or a great value, it is seen implemented through actions, emotions and celebrations.

We have experienced this love, warmth and acceptance, a welcoming feeling of harmony wherever we have visited, and with whomever we have met; right from the Presidential Palace and Royal Majlis to the government offices and common streets.

In all our meetings and interactions, whether they were with HH Sheikh Mohamed bin Zayed Al Nahyan, the Crown Prince of Abu Dhabi or HH Sheikh Abdullah bin Zayed Al Nahyan or HE Sheikh Nahyan bin Mubarak Al Nahyan or any Emirati, the gentle feeling of tolerance and acceptance is all-embracing.

I believe that the worth of a nation cannot be measured by the size of the country, but the quality and character of its

people.

The open-hearted friendliness in the UAE has its roots in the vision of its founding father, the late HH Sheikh Zayed Al Nahyan. His vision of tolerance is still very much alive today – indeed it has become the very bedrock of a diverse, tolerant and vibrant society, of over 200 nationalities.

Sheikh Zayed is known for teaching "To treat every person, no matter what his creed or race, as a special soul is a mark of Islam." Our spiritual guru His Holiness Pramukh Swami Maharaj also revealed, "Religion is that which spreads love for one another." We see these joint values in action everyday as we work to contribute to UAE's happiness and progress.

We believe it is an intrinsic part of spirituality to strive not just to attain heaven beyond earth but to create a bit of heaven on earth, to bring heavenly happiness and joy to Earth as well.

That is why we are greatly encouraged to see countries around the world work towards inculcating the values of harmony and tolerance. The Hindu community has witnessed UAE's strides towards greater harmony since its earliest days. And over the years, we have been able to practice and share our faith and customs. For instance, this past October 2018, we were able to

organise the GCC's largest ever Diwali Annukut celebration in Abu Dhabi where thousands of people were able to visit and partake in the Hindu New Year Celebrations.

Furthermore, with HH Sheikh Mohamed bin Zayed al Nahyan's generous gift of land to build the first traditional stone temple and cultural complex in Abu Dhabi, the world welcomed UAE's commitment to increasing tolerance, interfaith dialogue, collective coexistence and global harmony.

It is our hope that we, the Hindu community, can join together to contribute to UAE's mission of tolerance by making a unique spiritual landmark in Abu Dhabi which will forever reflect this nation's dedication to the human ideals of tolerance and harmony.

Indeed, while many around the world speak of universal values and harmony, the UAE's leadership has given tangible form to these values with decisive action, steadfast commitment and a global vision for a better future. And now giving the 'Value of Tolerance' national importance all year round, is a pathbreaking inspiration for global countries and leaders to follow.

**Jai Swaminarayan
Sadhu Brahnaviharidas**

TOURISM

Reigniting tourism in Kenya – 2024



By Mr. Rishi Arun Parikh

Reviving tourism in Kenya with low visitor numbers despite having the best natural beauty spots culture and wildlife; involves a comprehensive strategy that focuses on marketing, infrastructure development, community engagement, and sustainability. Kenya needs a quick fix to jump start that!

1. KWS; should sink old stripped dry car shells, wooden structures crates, concrete hollow cubes in and around our marine parks to encourage coral growth and exotic fish migration to the area.

2. Trawling, Domestic Fishing and Fish Farming Rules to be more stringent and balanced to prevent damage to the marine ecosystems along the Kenyan Coastline Lamu to Vanga.

3. PADI Diving Schools can be setup in all Hotels along the Coast to encourage diving lessons training and then appreciating the beautiful Coral World below by all local and international guests.

4. Better Modern Boating / Sea Sports Equipment and Safety Standards in partnership with KMA to encourage Diving Tourism like in Maldives where one can't touch a Shell! KWS to take lead.

5. Old Kenya Fisheries Act and Mandate to be amended to encourage protection of current ecological resources where a Fish and a Shell are the same!

6. Brand Kenya, Magical Kenya - Marketing of Kenyan natural resources and culture to be pushed up more notches locally and internationally to encourage more interest, hype and to be part of people's travel bucket list to Visit Kenya!

7. New Marketing Slogan like Feel Kenya or Be in Kenya or Holiday in Kenya to be adopted to play and encourage thoughts of visiting with mindset of undecided random travelers.

8. Security in and around Game Parks / Cultural Facilities / Night Spots / National

Museum & Heritage Sites; to be strengthened by NPS / KWS to encourage free and secure movement of visitors.

9. Prepaid Closed Packages - Encourage Open Tours and Visits by Hotels who provide 2 week packages within their chain of establishments only and restrict movement and experience of other entertainment spots in Kenya. This gives a visitor a Total Kenyan Experience rather than a 2 week Amboseli Game Safari and Beach Hotel stay only!

10. Good Training of Tourism / Hospitality Staff is critical as they are the Face of Kenya. Majority of the Trained Staff still aren't up to the required international standards. How one gets treated by people here the moment you land up to the time you fly out is what the visit is all about! All other non-Tourism Government Agencies like KRA, NPS, KAA to shape services up on that.

More over; we can influence a new thinking culture by going back to the basics and reigniting the Tourism sector systematically and structurally! How? Read on...!

1. Market Research and Branding:

• Conduct thorough market research to identify the target audience and their preferences.

• Develop a unique and compelling brand identity that highlights the country's natural beauty and wildlife.

2. Digital Presence and Promotion:

• Establish a strong online presence through a well-designed and user-friendly tourism website.

• Leverage social media platforms and digital marketing to promote the destination globally.

3. Infrastructure Development:

• Improve transportation infrastructure, including airports, roads, and public transportation, to facilitate easy access to tourist destinations.

• Enhance accommodation options, ensuring a range of choices from budget to luxury.

4. Ecotourism Initiatives:

• Emphasize sustainable and responsible tourism practices to protect the natural



environment and wildlife.

- Develop and promote eco-friendly activities, such as wildlife safaris, bird watching, and nature trails.

5. Community Involvement:

• Involve local communities in tourism development to ensure they benefit economically and socially.

• Encourage the development of local businesses, such as eco-friendly accommodations, guided tours, and traditional crafts.

6. Cultural Experiences:

• Highlight the country's unique cultural heritage alongside its natural attractions.

• Develop cultural events, festivals, and interactive experiences for tourists to engage with local traditions.

7. Collaboration with Travel Agencies:

• Collaborate with international and local travel agencies to include the destination in their tour packages.

• Offer incentives and support to travel agencies promoting the country as a tourist destination.

8. Government Support and Policies:

• Implement favorable tourism policies, including simplified visa processes and incentives for tourism-related investments.

• Provide financial support for the development of tourism infrastructure and marketing campaigns.

9. Safety and Security:

- Ensure the safety of tourists by implementing and enforcing stringent safety measures.

- Promote the destination as a secure and welcoming place for visitors.

10. Tourism Events and Campaigns:

- Organize special events, festivals, or campaigns that showcase the country's unique attractions.

- Collaborate with influencers, travel bloggers, and media to create buzz around the destination.

11. Visitor Experience Enhancement:

- Train local guides and hospitality staff to provide excellent customer service.

- Continuously improve and diversify the tourist experience to encourage repeat visits.

12. Feedback Mechanism:

- Establish a feedback mechanism to understand visitor preferences and address any concerns promptly.

By implementing a well-rounded strategy that addresses marketing, infrastructure, sustainability, and community engagement, a country can significantly enhance its appeal and revive tourism. It's crucial to approach tourism development holistically, considering the long-term impact on both the environment and the local communities.

Yours in utmost faith and service,

Mr. Rishi Arun Parikh -
RCrim,
KWS CCA Hon. Warden,
Madafu Newspaper Editor

PHOTO STORY

Tessie Musalia attends Ahadi Kenya Trust CEO Stanley Kamau birthday

On Wednesday February 7, 2024. Ahadi Kenya Trust CEO celebrated his 55th birthday with the elderly, as it has been his tradition, at Kagunduini grounds in Kandara constituency in Murang'a County. In line with this annual tradition, he unveiled his adapted his 55th student who he will sponsor to university, Joan Wairimu, who has not reported to form due to school fees.

Among his guests was 120 year old Wairimu kamau who joined him in cutting

the birthday cake, Spouse to Prime cabinet Secretary and the Ushiriki Wema Patron Tessie Musalia, County government officials, former Muranga women rep Sabina Chege, Kenya Broadcasting Corporation Directors, Ahadi Kenya Trust staff, Community health workers and over 300 elderly women who he each gifted a blanket and assorted foodstuff to take home. Stanley haven hotel provided a sumptuous luncheon to the guests. Pastor Mwatha Kimani aka Pastor Kimkim delivered the birthday sermon.



Ahadi Kenya CEO Stanley Kamau carries his 55th birthday cake. The cake shape and design was that of motorcycle drawn ambulance dubbed "Ambulance Mashinani", a project that his organization pioneered in all the 47 counties in line with the former first lady initiative that saw all counties get fully equipped ambulances.



Ahadi Kenya Trust CEO Stanley Kamau i(2nd right) is assisted in cutting his 55th birthday cake by Maina Gathitu, Lilian Mwangi and Serah Wanjiku (2nd right) at Kagunduini Grounds in Kandara Constituency in muranga County on February 7th, 2024. The event was attended by Ushiriki wema Patron and spouse to Prime cabinet secretary Tessie Musalia, Former Muranga Woman Rep Sabina chege, KBC Directors, over 300 local elderly women, who received blanket each and assorted foodstuff, friends and staff from his organization.

In Italy with the Belgian ladies

“Dad! Dad! Look dad, there's the Belgian Ladies. My younger daughter yelled excitedly from the back seat, pointing ahead to two silhouettes on the side of the road. You'd better stop to pick them up. It's a long walk to Spoleto.” Then the older one joined the chorus: “Yeah, please dad, we love the Belgian Ladies.”

We were on a steep downhill section of the dirt road leading to the main highway, which ran along the valley floor. I changed down through the gears – the little black Uno had no brakes – but we were still moving at quite a pace, both girls waving animatedly from the rear window as we passed by the two ladies. A minute later they had run to catch up and were now crammed in the back; the girls on their knees.

As well as the absence of brakes, our tiny two-door runaround also had no registration or insurance. The brakes were an issue on the downhill slalom from our hilltop village, but once we hit the tarmac, the lack of stopping power paled into insignificance, compared to the deficiency of legal certification. The Carabinieri I knew, could be waiting around any corner as we barreled along towards our favourite porchetta roll from a portable trailer-stall, in the wonderfully atmospheric morning market piazza in Spoleto town, Umbria.

I remember the last few pieces of advice from my friend in the UK, who owned the villa: “Don't drive the car, it has no



The Rocca (castle) overlooking the town of Spoleto, Umbria, where the author and family, along with the Belgian ladies, attended a very special night of classical music.



The medieval streets and food markets in Spoleto can be a pure delight for visitors to savour.

brakes or insurance; don't use the toilet for anything serious, it doesn't flush; and whatever else, don't befriend the

Belgian Ladies, they'll run you out of provisions!” A negative compendium you might say. Well, at least we heeded his



The partly-renovated villa in the tiny hilltop hamlet of Cerqueto where the author and family stayed. The car and garage sleeping quarters for the Belgian ladies can be seen at far bottom right. (sketch by Duncan Gregory, 1999)

advice regarding the toilet.

That first of several holidays in Cerqueto, a tiny hamlet on top of the hill, turned into an indelible, if rather mixed set of memories. Our villa, a random sprawl of rough-hewn

stone, a delight to behold from afar – one of 8 or 10 others in similar states of ruin or renovation - presented a range of challenges in close-up, including the non-functioning loo. It was also Italy's hottest

summer, with serious water problems for everyone on the peak.

Soon after arrival there, I found the little black two-door Uno in the garage, and alongside it a couple of packs and rolled-up sleeping bags. Obviously, someone was in residence. That evening, answering a knock on the door, I found two ladies dressed as if relics from flower-power days – one much younger than the other – both smiling sweetly and asking for sugar. “I was expecting you,” I said. “Would you like some coffee too?”

We were soon good friends. They were mother and daughter, free spirits, who travelled on foot from Belgium to spend their summers in Italy. After that first pick-up we were together more often than not, for musical events in sun-filled Spoleto piazzas, and one glorious night-time concert, hosted by the medieval castle that looked down from the hill. The girls often went rambling with them, around our villa, then later the ladies would join us for barbeques in the slightly cooler evening air. During our stay there, we had become a six-some rather than a four-some.

On returning to Britain my friend remarked: “And I hope the Belgian Ladies didn't give you too much trouble.”

“No,” I replied. “Not too much trouble really.”

Duncan Gregory
www.whittlingourniche.com

Human wildlife coexistence

As Human population expands, encroachment on the areas traditionally reserved for wildlife increases, annexation of wildlife corridor become more evident, curtailing free migration of wildlife resulting to scramble for water and pasture resources with the domestic animals, hence escalating human wildlife conflict. Unpredictable weather pattern and global climatic changes phenomenon have further worsen the Human Wildlife conflict around protected areas. Humane and non-

lethal solutions need to be implemented to protect both from further harm.

Kenya Wildlife Service, a country's lead conservation agency and primary custodian of Wildlife have been employing timely mitigation measures in the conflict hotspot areas while encouraging peaceful coexistence of Human and wildlife as panacea to this phenomenon. Investment in elite problematic animal management unit, wildlife translocation, erection of wildlife restraints barriers and innovative approach towards wildlife management through deployment of the Earth



Ranger initiative is just but a few examples of mitigation campaign.

However, conservation efforts shall never be complete without active participation of stakeholders, especially communities who are

essentially our major partners and have vested interest in making conservation endeavors a reality. Keen interest in wildlife habit and habitat is just one way through which peaceful coexistence can be enhanced, for instance,

do you know that sea turtles nests at the exact spot where they initially hatched? Encroachment on the beach front or pollution of their nesting site can severely affect breeding and ultimate survival of this magnificent creatures.

We wish to invite all our esteemed stakeholders to join hands with us and claim their rightful roles in conservation and kuChungaMaliYako. To report cases of Human wildlife conflict, kindly call our Toll Free No. 0800 597 000.

WILDLIFE



WILDLIFE PHOTO

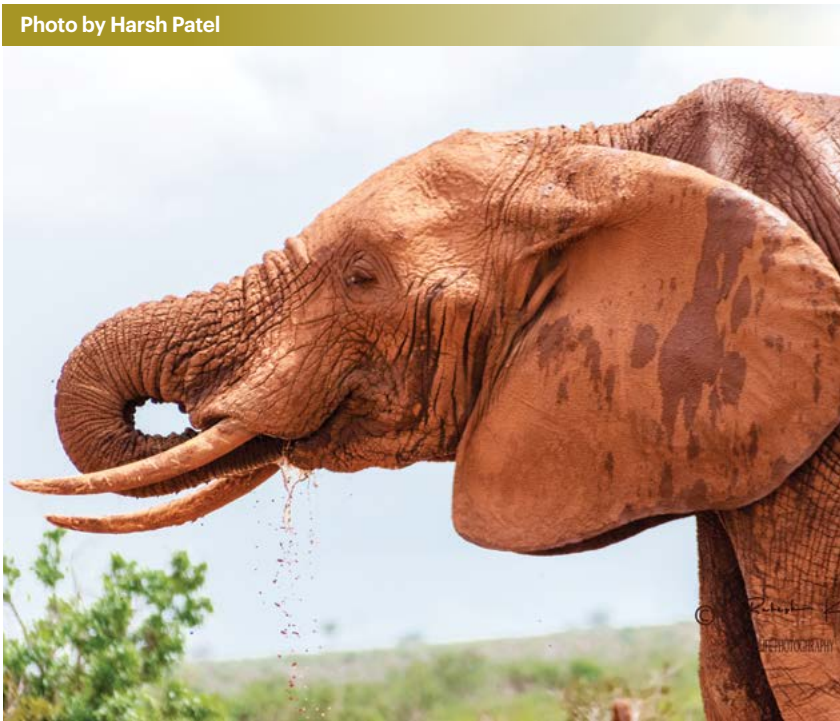
Photo by Harsh Patel



Gaze by Prakash Jetain



Photo by Harsh Patel



Manufacturing in Kenya



By Mr. Rishi Arun Parikh

Why are manufacturing units in Kenya facing resistance and lack of support? Operational costs is the biggest adversary, the incentives and smooth bureaucracy has disappeared also. Many have and are closing shop or shifting

base elsewhere! Why is the importation of everything and anything allowed and encouraged? Toothpicks, rice, cooking oil, glassware, packaging items, buckets, tyres, batteries, clothes, pasta, shoes, utensils, rubber bands, cosmetics, furniture, pens, chemicals, medicines, ... All the above items were produced in Kenya heavily once upon a time; now majority are at 20% or closed! Why aren't cottage industries encouraged to manufacture? TIVET is churning out technical students for what? The only things we need to import is technology like mobiles; that too we should assemble or manufacture locally with cars, electronics,

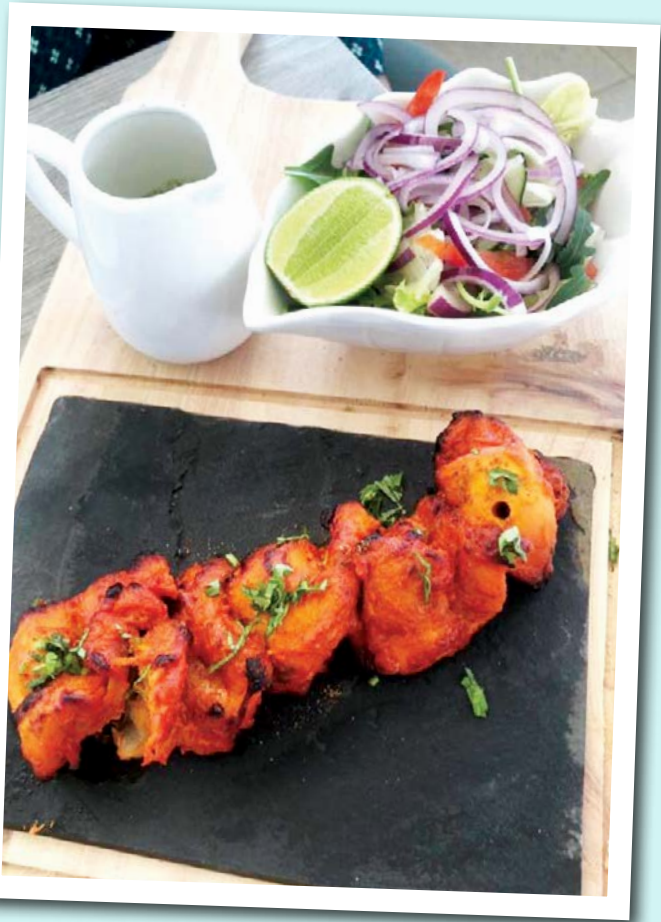


ships, etc. KNCCI, KAM, KEPSA - Time to work with and challenge the Ministry of Trade in a way never before! I guess

some dreams are not valid!
Mr. Rishi Arun Parikh,
Madafu Editor

Recipe Corner

CHICKEN TANDOORI



ITZ Flavours

- Ingredients**
First Marinade
1 kg boneless Chicken from Thigh cut into small pieces
10 ml Lemon Juice
20 gm Ginger and Garlic Paste
Salt
- Second Marinade**
100 gm Thick Yoghurt (Hung)
30 gm ginger and garlic paste
50 ml Corn oil
10 gm Garam Masala
20 ml lemon juice
25 gm red Chili paste or Kashmiri Chili/Spanish Paprika
Salt

- METHOD**
First Marination
Take boneless chicken remove skin and cut into small pieces
Rub the chicken with lemon juice, ginger garlic paste and salt.
Leave aside for an hour. Transfer to colander or Stainer for extra juices
to drain out
- Second Marination**
Whisk all the ingredients for second marinade in a bowl.
Coat the entire Chicken and leave aside in fridge for 2 hours.
Skewer and cook in a medium hot tandoor or Charcoal Grill until done.
Alternate can be cooked in Oven at 220 degrees centigrade for 15 to 20 minutes.



Kenya going Nuclear ... now that's a whole new ball game!

I was astonished! The article announced: 'Construction of first nuclear power plant to begin in 2027'. Immediately a raft of questions sprang to mind. 'Why, when we're doing so well with renewables? Will it be safe? Will management be apolitical and corruption free? Where will the toxic waste be stored?' And the daddy of them all: 'Who pays, and what does it do to Kenya's soaring debt?'

I'm not against nuclear energy as such; my November Madafu column actually championed the use of nuclear power in Europe. But the EU's population is ten times Kenya, and the block is still very dependent on fossil fuels to support energy needs. As well, many countries in that region already have nuclear, while the likelihood of renewables playing a predominant role seems decades away.

In contrast, Kenya derives over 80% of its power from renewables, including hydro power, geothermal, wind, and solar. The article I read stated that going nuclear would be a similar cost to renewables. I wonder about that, when the cost of energy from renewable sources has shown a continuing decrease over recent years, while projected costs of building nuclear plants appear to be on an upward trajectory.

Considering the climate crisis, the prime aim of changing to a new energy source is to decrease use of fossil fuels (coal, oil, and gas) thus cutting carbon emissions. All renewable energies do this, as does nuclear, but the driver for nuclear power is uranium, an exhaustible mineral, thus not classed as renewable energy. However, nuclear plants may be climate-friendly during the years of operation, but this comes with major challenges, before, during, and after.

The challenge prior to operation relates to cost,



and the time taken to build one plant, plus the carbon emissions emanating from the process, including vast amounts of concrete used. The major challenge during operation is to run a safe ship, where accidents cannot happen. There's no room for error; a radiation release can be catastrophic, as witnessed with Chernobyl in 1986 and Fukushima in 2011. Today we face a similar possibility at Zaporizhzhia, in Ukraine.

In the longer term, assuming everything goes well during operation, the main difficulty becomes what to do with the high-level radioactive waste produced from nuclear fission. This material remains toxic for a millennium! Currently the safest option is storage in heavily sealed containers,

kilometres underground. An increase in nuclear power plant numbers only exacerbates this situation. If science cannot solve the issue, it will remain an everlasting and ever-worsening dilemma.

So let's be specific. Why not nuclear for Kenya?

1. The enormous cost – Estimates for a 1,000MW plant, range from \$2-4bn: a huge outlay, which would exacerbate Kenya's debt crisis.
2. Alternative options – Kenya has a range of readily available renewable energies – enough to supply 100% of demand.
3. Technical expertise – Does Kenya have the scientific or technical expertise to build and run a nuclear plant?
4. Toxic waste disposal – Transport and disposal of high-level waste is an extremely

exacting process, which most 'nuclear countries' have yet to master.

5. Conflicts of interest – between politics and business. The likelihood of graft and corruption is high.

6. Preferred priorities – Investment in more renewable energies could provide employment for Kenyan youth, countrywide.

7. Issues with today's grid – Current electricity supplies are bedevilled by cuts. Can we manage a nuclear plant efficiently and safely?

Whether or not to go nuclear is a ground-breaking decision, on which the total populace should have its say, before any approval of implementation.

Duncan Gregory
www.whittlingourniche.com

Winners of Mr. and Miss Oshwal College 2024 Contest Crowned



Mr. & Miss Oshwal College contest is an annual social event that brings together different contests to showcase their beauty, creativity, intellect and prowess in modeling.

The 2024 edition was held on 16th February at the College Recreation Centre where Raymond Kaingu & Krisha Dhanak were crowned Mr. and Miss Oshwal College respectively. Raymond is a student pursuing the BSc (Hons) Computing while Krisha is a student studying Pearson BTEC Diploma in IT.

Apart from being the face and ambassadors of the College, the duo will take an active role in the coordination of charity activities as well as



spearheading all the social and cultural events in the College.

Oshwal College Student Council Inauguration Ceremony

After a democratically conducted, free and fair election, the newly elected student leaders were on Friday 16th February 2024, inaugurated and took oath of office in the presence of College Senior Management Team and fellow students in an event dubbed "Oshwal College Investiture Ceremony 2024".

Speaking during the event, the College Principal, Mrs. Jayashree Prathap, commended the elected leaders and urged them to work with diligence in championing the students' interests. She also assured them of the management's commitment to support them in order to realize their goals and aspirations.



Oshwal College incoming Student Association President, Aditi Mehta taking the oath of office

HEALTH

Pink eye outbreak in the coastal region

Pink eye (red eye locally known) is an ocular infection characterized by an inflammation of the cornea and conjunctiva. The medical term of the infection is keratoconjunctivitis.

CAUSES AND SYMPTOMS

Causes of this infection can be viral, bacterial or allergic with the main cause being viral. Specifically, viral pink eye is caused by adenoviruses. This common infection can lead to discomfort and redness in the eye and understanding its causes and symptoms is crucial for effective treatment and prevention. Some of the common signs and symptoms include redness, photo-phobia (sensitivity to light) , foreign body sensation in the eye and watery discharge, however in later stages symptoms likened to a bacterial infection can present themselves. Such signs include purulent or mucopurulent discharge,

PEOPLE AFFECTED

Residents in the coast of Kenya have been reporting this infection in high numbers. The infection is said to have spread from our southern neighbors Tanzania. Most of the diagnosed patients happened to be kids, probably due to the fact that it's easier for children to get infected playing in playgrounds and preschools and also because it's easier for children to not be able to practice their personal



hygiene by themselves. Other age groups are not exempted from this infection. People who are around crowds have a higher risk of contracting the infection. Animals can also get infected by humans. So for those with pets they should make sure to wash their hands before touching them to avoid passing on the infection to them.

HOW TO TREAT PINK EYE

There have been a lot of local remedies that the locals have resorted to. Most of them swear by saline water and tea solutions. Walking past the Likoni ferry, you will see a lot of people by the shore washing their faces saying that is there to go to remedy since the beginning of time. The sea water at the coast has been used to treat different types of diseases including rashes,

pink eye and some say even flus. Some of the residents prefer using of tea to cure the infection. The tea is boiled then left to cool, and then a few drops are applied in the eye. Most people swear it works better than corticosteroids. According to public officials the infection mostly clears up by itself after some time however should the symptoms persist residents are encouraged to seek medical attention. Acceptable home remedies by the officials include warm or cold compresses on the eyes.

HOW TO PREVENT PINK EYE

A notice from the Mombasa County Government Public Health Department advises the public on proper precautions to avoid an infection. These include proper sanitation of living quarters,

thorough hand washing and sanitization, avoid touching of the eyes. In the face of this health crisis, the coastal people remains resilient employing a mix of traditional and modern remedies to combat the pink eye outbreak.

Dr Ashraph Jalaba, Mission Relief Africa advisor encourages the coastal residents to take the following precautions;

- wash their hands often with soap and warm water for at least 20 seconds.
- Maintain high standards of hygiene.
- Avoid sharing person items such as towels.

Mission Relief Africa therefore request those affected to avoid crowded areas so as to not spread the infection to others.

Prepared By: Ms Jamila Said, Mission Relief Africa.

PHOTO STORY

International day of Women and Girls in Science



11 Feb 2024, International day of Women and Girls in Science, was a successful mangrove planting drive which took place at Mikindani, organized by Skal Kenya Coast Past President Effie Fernandes and Past Projects Coordinator Jennifer Wanzina, in collaboration with the Community-Based Organization, Big Ship. We were thrilled to have the support and participation of various organizations and individuals, including Skal Kenya Coast members, President Janet, Hellen, Elizabeth Peirera, Africa Quest Safaris, Four Ways Travel, Voyager Beach Hotel, Travellers Beach, Neptune Beach, Severin Sea Lodge, Ketty Tours, Glory Car Hire, Komax, County Tourism department represented by Ammar and Sonia Quesada and friends of the club. Together, we took a meaningful step towards environmental conservation and sustainability. Let's continue to nurture our planet and protect our precious mangroves for future generations! #MangrovePlanting #EnvironmentalConservation #CommunityCollaboration



The Mombasa County Tuktuk industry after years of disharmony and chaos is finally formalising with the assistance and support of many. The sector needs streamlining, safety and structures in place.

Aga Khan Health Service reinforces commitment to quality healthcare through renovation and upgradation of Aga Khan Hospital, Mombasa

Aga Khan Health Service, Kenya, is proud to announce the completion of the renovation project at Aga Khan Hospital, Mombasa, marking a significant milestone in its ongoing commitment to providing quality healthcare to a population base of nearly 1.2 million people. The newly refurbished facility has transformed the 86-bed facility into a state-of-the-art 115-bed secondary hospital, offering comprehensive, integrated health services to the communities it serves.

The renovation project represents a total investment of US\$12.2 Million, with a loan of

US\$8.54 million from Agence Française de Développement and additional funding of US\$3.68 million from the Aga Khan Development Network (AKDN) and internal reserves.

Princess Zahra Aga Khan, Chair of the Executive Committee of the Aga Khan Health Services, and Mr. Bertrand Willocquet, Country Director of Agence Française de Développement, visited Aga Khan Hospital, Mombasa today, to witness the completion of the renovation project. Both dignitaries expressed their satisfaction with the renovation and the enhanced capacity brought about by this renovation.

Aga Khan Hospital,



Mombasa, with its outreach centres, stands as the premier healthcare service provider in the coastal region, consistently expanding its reach and diversifying services to meet the evolving healthcare needs

of the community. Since the inauguration of a 4-bed maternity home in the Ganjoni area of Mombasa in 1944, the integrated health network has grown into a central hub serving over 05 counties in

the Coastal region through the purpose-built facilities, highly qualified and skilled doctors and nurses committed to delivering quality healthcare.

In a significant milestone, Aga Khan Hospital, Mombasa, has been awarded the prestigious SafeCare Level 5 Certification, the highest-level certification, reinforcing its dedication to safe and quality patient care. This accolade makes it the first AKHS Kenya Hospital to achieve such recognition, with eight of our Outreach Health Centres also attaining SafeCare Level 5 certification.

The newly renovated Aga Khan Hospital, Mombasa, is poised to provide enhanced

healthcare services to the people of the Coastal Region and Kenya at large. The facility now features a dedicated Accidents and Emergency Unit, a larger Intensive Care Unit, the region's first Neonatal Intensive Care Unit in private sector. Holding Level 5 certification from SafeCare Health Standards, the hospital is well-equipped to offer specialised care in cardiology, oncology, neurology, psychiatry, advanced surgeries, and more. This development underscores our commitment to advancing healthcare accessibility and delivering comprehensive, high-quality services to the community.



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 emty 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.

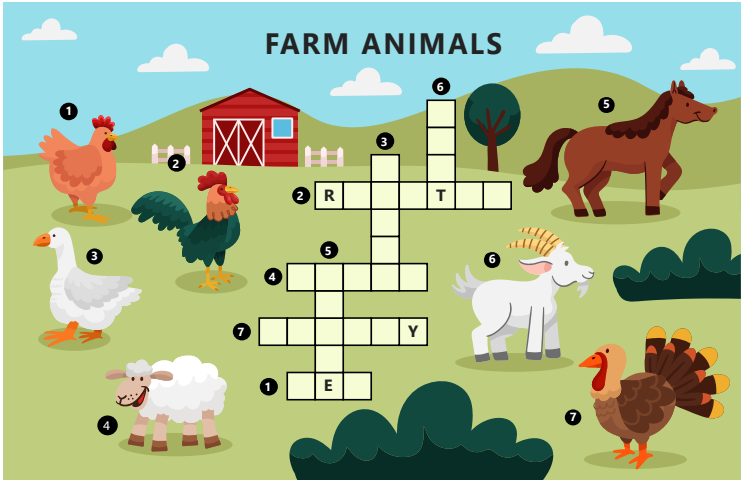
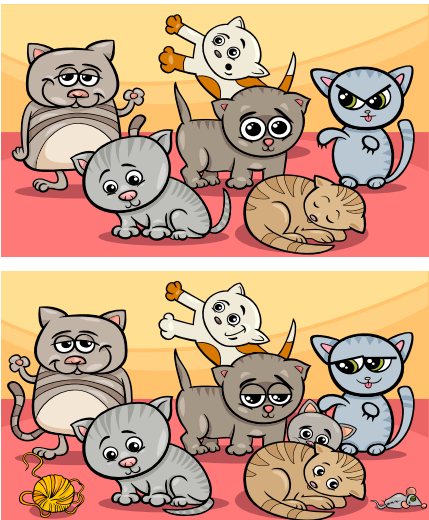
Remember, kindness is like a muscle, the more we use it, the stronger it gets! ☺

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



Stray lions sink hosts Ruaraka as Swamibapa decimates Obuya Academy

Opener Irfan Karin was the standout player as Stray Lions A sunk Ruaraka A by 6 wickets in a Nairobi Provincial Cricket Association (NPCA) Twenty20 Super Division League match. Irfan smacked 89 runs off 65 deliveries to enable his side vanquish the 50- Overs league Champions.

The result at Ruaraka Sports Club grounds serves up great moments ahead for cricket lovers with top teams determined to outdo each other in the shorter version of the game. Ruaraka won the toss and elected to bat first scoring 145 for 6 in their allotted 20.0 overs. Chasing the modest target, Stray Lions pulled through with 149 for 4 in 19.0 overs to savor victory against the hard-fighting hosts.

Ruaraka's Virshil Patel was the second highest scorer after Irfan in the match with a run-a-ball 34, whilst his teammate Pushkar Sharma hit a valuable 30 off 27 balls.

Shree Cutch Leva Patel Samaj (SCLPS A) maintained their dogged campaign in search of T20 points as they defeated hosts Sikh Union A by 3 wickets at their Forest Road turf. Defending T-20 champions Swamibapa A beat Obuya Cricket Academy A by 36 runs. Swamibapa won the toss and elected to bat first posting a respectable 156 for the loss of 6 in 20.0 overs innings. Obuya, on the other hand, were skittled out for 120 in 20.0 overs.

The losers played minus their hitman Collins Obuya with their middle order batsman Kevin Mwangi smacking a cool 40. Other notable scorers for Obuya were former Sir Ali skipper and Kenya Team ace Gurdeep Singh Sunny (27) and Protus Asirigwa (22).

Swami's skipper Rushabh Patel was the match's highest score after his contribution

of 43 off 41 balls as teammate Harendra Kerai managed 40 off 26 deliveries. The NPCA Twenty20 matches continue at various venues in Nairobi on Sunday afternoon.

Stray Lions tackle Kanbis at Nairobi Jaffery grounds whilst Ruaraka A face Swamibapa A at the same venue in the morning, in what promises to be an electrifying Sunday in Livingston.



Late Amit Bij memorial cricket match



Late Amit Bij memorial cricket match was played over two days 9/10 of December with some of his colleagues coming from as far as England to honour their late colleague. Late Amit passed away on 1st Jan 2023 in his sleep which was a big shock to all who knew him. The two matches were played in high spirits with some good batting and bowling performances. Pakistani star Mehdi hit some good sixes as well as Taha Yusufali, Zarak Rana, Aliakber Yusufali who all played well. The youngest player were Samir and Ronav Chudasama with Alihusein Namajee being the oldest player at 73 years. The matches were followed by a grand dinner at the Mvita Tennis Club attended by all the players as well as Mr. and Mrs Bij parents of Amit. A memento was presented to them by Zarak Rana on behalf of the cricketers as a remembrance of their late son. The event was organised by Mr. Zarak Rana.

Swimming Competition



A Swimming at Nyali Primary School on 11th Feb. The chief guest is Mr. Said Abdhallah. The Swimming Gala Awards were presented to the best performing students at the School Pool. #ElimuBora

Mr vienna’s two day tournarment a boost to kwale in soccer

BY HAMISI NGOWA

In every year since 2023,Mr Manfred an Austria citizen travels thousands of kilometers all the way from his home city Vienna to Kwale one among the 47 Counties of the Republic of Kenya not just to enjoy the beautifully Beaches and National Parks but also to bring together the talented youths men and women for a football tournament.

His love and passion in the game makes him spend his money on buying football equipments like trophies,medals and balls which he normal award the winning teams at his tournament.

After a very successful football event in last year

2023 that so FC Vienna crowned the champions of the first edition,this year Mr Manfred came up in full force with another Second edition tournarment [Mr Vienna Cup 2024].

This year's event which was a two day tournarment,sarted on Saturday 17th February 2024 to Sunday February 18 th 2024 where winners were crowned and given their awards after two days of actions and entertainment.

Toronto FC one of the guest two teams invited from outside Tiwi Ward,was crowned this year's Champions of the eight teams tournarment after crushing Kiweke FC in the final game played at Tiwi's Kiweke Stadium.

Although Toronto took the day through a post match

penalty shoot out,both teams played a very intertaining football with acurate passes displayed by players of both two teams.

Toronto were the first to open scoring chart through Issa Mraja in the last minutes of first half by a hard free kick shoot about 30 meters away from the goal that gave them the lead in the first half.

But the goal was not enough for Toronto to carry the day and that's all Toronto needed to know a football match is 90 minutes and its not over until its over so they could push forward and score more goals rather than playing defensive football.

It was during the last minutes of the second half when almost all the sspectators had predicted

winner of the game when the score chart changed after Abdalla Kinandi netted home an equalissed goal for Kiweke and pushed the winner decided by penalty shoot out after a 1-1 draw in normal 90 minutes.

And here was the moment for Toronto team and their fans who travelled all the from Kiteje,Waa/Ng'ombeni Ward to Tiwi had all the reasons to smile and celebrate after emerged the winners by 5-4 penalties.

Both Toronto and Kiweke were awarded Trophies,Medals and cash awards by the Sponsor of the tournarmnet Mr Manfred as well as Bafana Bafana and Kaya Tiwi for emerged third and fouth positions respectively.

Other teams which



Mr Manfred is introduced to Mwanambeyu players [red uniform] by the captain during their match against Mikindani Ladies at Kiweke Grd in Tiwi Kwale.

participated in the two days tournarment were FC Vienna,Scud FC,Taqwa FC and Texas FC a team from Ukunda that was invited along side with Toronto from Kiteje both teams from outside Tiwi Ward.

Despite being some of the big names in the tournarment,their journey ended up in the groups stage after being eliminated leaving their opponents Toronto,Kiweke,Bafana Bafana and Kaya Tiwi to prossed to the semi final stage.

Also enjoyed during the tournarment was a especial game for the ladies where Mwanambeyu Secondary



School Ladies Football team played Mikindani Ladies team in an intertaining match before Mwanambeyu emerged winners by 1-0.

Speaking after the final match the Sponsor of the tournarment Mr Manfred promised to return to Kenya in Agost this year 2024 for another big football event for ladies teams.

"I will soon be travelling back home to Austria with a plan of returning Kenya in August for another big tournarment but this time for ladies," he said.

hamisingoa7@gmail.com,ngoahamisi638@gmail.com

wh@ts on mombasa & coast - event guide MARCH 2024 - all data without warranty - www.whats-on-mombasa.com

WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	FASHION & BEAUTY
Mondays The New Cheers Bamburi Live Band Music	Thursdays New Yomoke Hotel Near Miritini Estate Rhumba Night with Banamitie Musica Band The New Cheers Bamburi Live Band Music	Saturdays The New Cheers Bamburi Live Band Music Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band	Sundays The New Big Tree Bamburi Beach La Festa Sunday with Mombasa Roots Band DJ Ronyle MC Chapatizo DJ Prince Amar	Saturday 09 03 The Kasa Malindi The Malindi Fashion Spectacle
Tuesdays Safari Inn Shanzu Serena Rd Live Band Evening with Maranda & Band	Kusini Tavern Kilifi The Muziki Band	Sundays The New Cheers Bamburi Live Band Music		CHARITY / GOLF
Wednesdays Sky Lounge Bamburi Rhumba Collision Mitie vs Banamitie Yacht Lounge Mtwapa Rhumba Legit with Foa The Band The New Cheers Bamburi Live Band Music	Fridays Safari Inn Shanzu Serena Rd Live Band Evening with Jambo Africa Band The New Cheers Bamburi Live Band Music Apollo Club Changamwe Ohangla Fridays - Achieng Nyarongo Performing Live	New Yomoke Hotel Near Miritini Estate Rhumba Night with Banamitie Musica Band JJC Bar And Restaurant Gede Superstar Sundays with Tamu Music Band Apollo Club Changamwe Ohangla Saturdays with Mtu Saba (Afrobeat Band)		Saturday 24 03 Nyali Golf Club Akothee Foundation Charity Golf Tourn-ament
Thursdays Club Mios Bamburi Ambro La Musica Live				FESTIVAL
www.whats-on-mombasa.com				29 03 to 01 04 Mwembe Resort Coast Afro Latin Festival
				

wh@ts on nairobi & surroundings - event guide MARCH 2024 - all data without warranty - www.whats-on-nairobi.com

SHOWCASE / LIVE EVENTS	WEEKLY LIVE MUSIC	FAIRS EXPOS SUMMITS	FASHION & BEAUTY	CONCERT
Thursday 07 03 3rd Avenue Ngong- Upper Hill Vibanda Village Afrocoustic With Atemi Oyungu Matt Ngesa Kendi Nkonge Manasseh Shalom	Saturday 30 03 Uhuru Gardens Raha Fest 2004 with Davido King Promise	08 & 09 03 Pan Africa Christian University 14th Annual Conference and AGM 2024	Saturday 09 03 The Loft Lounge Thika Rd Mrembo Fest - a FASHION Affair Against Femicide	16 & 17 03 Braeside School Muthangari Rd Nairobi Orchestra Classical Concert March 2024
09 & 10 03 Naivasha Simba Lodge Jazz By The Lake with Muthaiga Three Moritz Klaemt	Sunday 31 03 Carnivore Simba Saloon L-Boogie Super Soul Sunday - Paco Perez Retirement Party with Adrian Babs Ben Ken	Thursday 21 03 KALRO Headquarters Agribusiness Trade Advisory Summit 2024	Wednesday 27 03 Shamba Events Loresho Ridge The Core Fashion Kenya - Pieces of Me	Saturday 30 03 Uhuru Park Brotherhood Concert
Wednesday 13 03 The Beer District The Fuse Fusion with Anne Mwaura DJ Edygrim	WOMEN'S DAY	26 & 27 03 Sarit Expo Center Loita Hall Drone Tech and Data Expo 2024	CHARITY	THEATRE
Saturday 16 03 TBA Pinkcity Reaction Urban Edition Shelter 33 Woodvale Grove Westlands Undertow	Friday 08 03 Royal Tulip Hotel Vivacious Vigor: The Intersection of Femininity and Power	Wednesday 27 03 Emara Ole-Sereni Flower Logistics Africa 2024	Friday 22 03 Muthaiga Golf Club RCNE Charity Golf Tournament	09 & 10 03 Jalarem Auditorium Leo's Search for a New Home
	Saturday 09 03 Nairobi Arboretum Live Love And Action - International Women's day Outdoor Movie Extravaganza	Thursday 28 03 Emara Ole-Sereni Perishable Logistics Africa	SPORTS	FESTIVAL
		28 to 30 03 Sarit Expo Centre Mega Klima Kenya 2024	27 to 29 03 Parklands Sports Club Dusk To Dawn II 12 Hours Night Run Festival	27 to 29 03 KICC Tsavo Ball Room Kalasha International Film & TV Market, Festival and Awards
				www.whats-on-nairobi.com

Reach *new speeds* with the Best Wifi Provider

FIBRE LINK
The Faster Option!



SCHEDULE YOUR INSTALLATION NOW

Are you Covered?

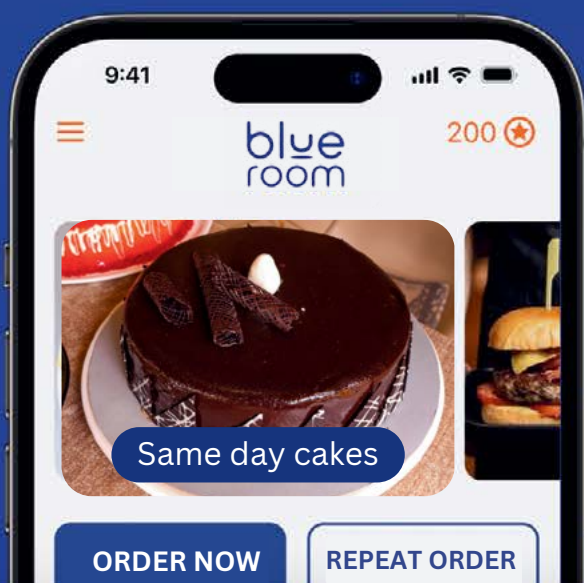


- CONTRACTORS ALL RISK
- FIRE COMMERCIAL
- LIABILITIES
- DOMESTIC PACKAGE
- MARINE
- MOTOR PRIVATE
- MOTOR COMMERCIAL
- ACCIDENT
- THEFT
- WORKMEN'S COMPENSATION
- EMPLOYERS LIABILITY
- MEDICAL
- CREDIT RISKS
- POLITICAL VIOLENCE
- TERRORISM
- GOLFERS
- TRAVEL



CUVVA INSURANCE

📞 254 705 789 158 | ✉ info@cuva.co.ke



WELCOME GIFT - MOCKTAIL OF YOUR CHOICE!

Free



WITH THE PROMO CODE "NEW"

Rewards for points

All

100

150

200

Download our App & get your FREE Gift

🔍 BLUE ROOM



www.BlueRoom.co.ke

Buy →
Earn Points →
Get Rewards!

+ Free delivery
for in-app orders

T & Cs apply. Ask for details.