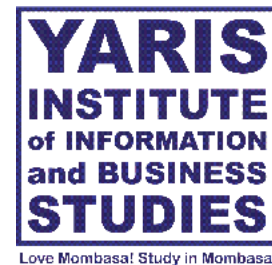




MaDaFu



The Socio-Economic Newspaper with Anything & Everything from Kenya

Love Mombasa! Study in Mombasa!

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GOD BLESS KENYA!

H. E. The President William S. Ruto has declared this Friday 10th May, 2024 a Public Holiday and National Tree Planting Day!

Clean Mombasa CBO with support from its Partners Rishi Foundation & Prime Fuels; has seen it prudent to organize a Mangrove Tree Planting Event on the same day at Tudor Beach in commemoration of the day and strongly support the Government's efforts in mitigating climate change across the Country.

Mvita DCC Mr. Ronald opened the event and addressed the total of 100+ Patriots gathered and stressed to the Youth there

to embrace the will to work to make a living and protect the Environment by planting Tree's. He thanked the CMCBO Vice Chairman - Mr. Rishi Arun Parikh, Prime Fuels Team led by Mr. Buso and the Volunteers for their timely and selfless effort to plant 250 Mangroove Seedlings. The local beach management unit was asked to make sure that the seedlings grew to mature age. We can all help in greening Kenya against adverse effects of climate change! God bless & Green Kenya!



TOP NEWS

President Ruto: Agricultural innovation key to poverty reduction



Agricultural innovation and technology remain key to poverty reduction, President William Ruto has said.

The President pointed out that innovation has the potential to introduce

economies to the possibilities of the digital economy and increase intra-Africa trade, thus accelerating regional integration.

With innovation, he said, barriers become bridges, borders transform into portals and challenges turn into opportunities.

President Ruto made the remarks during the Zimbabwe International Trade Fair held in Bulawayo where he was the chief guest.

"There is no doubt that the Zimbabwe International Trade Fair represents this country's preparedness to usher in a new era of development

driven by the country's human and natural resources," said President Ruto.

Saying he was convinced that Zimbabwe's commitment to transform its immense potential into sustainable abundance is robust, President Ruto cited the efforts, intentions and

capability of leaders in the Southern African country to take its people and economy to the next level.

"I am also convinced that this intentionality is closely connected with the vision and theme of the Zimbabwe International Trade Fair," he said.

President Ruto, who was accompanied by his Zimbabwe counterpart Emmerson Mnangagwa, noted that innovation empowers technologies to achieve more in volume and variety, making it easier to satisfy demand and offer choice.

In this connection, President Ruto said innovation reduces waiting time and leads to higher levels of satisfaction, enabling producers to attain and maintain higher standards.

"It guarantees both consistency and security, making both consumers and producers surer about their expectations," he said.

He pointed out that an economy anchored on innovation-driven efficiency

becomes and stays competitive and guarantees high returns to investors.

"In terms of potential, Zimbabwe exemplifies Africa's best case scenario," he said.

With a median age of just under 18, President Ruto said Zimbabwe is a young nation with one of Africa's best literacy rates at 89.85 percent.

"The youthful population is, therefore, well-educated and highly skilled young powered. Their drive and motivation are thus unmistakable and compelling," said President Ruto.

He asked all participants and visitors to take advantage of the trade fair and undertake vigorous networking to forge partnerships, collaborate and exchange ideas about the most innovative means of achieving mutual benefit.

"Just as innovation has been defined as the catalyst of industrialisation and trade, I encourage you to make the Zimbabwe International Trade Fair your catalyst of more inspired engagements," said President Ruto.

President Ruto has asked leaders to demonstrate seriousness in the fight against drug abuse

He said there was no way the vice can be contained if leaders do not take the lead in fighting it.

"What moral authority do we have as leaders to lecture other people over drugs if we are the ones taking shisha?" asked President Ruto.

Addressing Muslim leaders at State House, Nairobi, on Monday evening during an Iftar dinner, President Ruto called for sincerity and honesty among leaders in fighting the menace.

"As leaders, we must lead by example in everything we do so that other Kenyans can emulate us," he said.

President Ruto said the government is implementing programmes that will begin to deal with the problem of unemployment as part of efforts to eliminate illicit brews and drugs among the youth.

"Our policies in agriculture, the digital superhighway and housing, among others, are geared towards the creation of job opportunities for the youth," said President Ruto.

At the same time, he assured the Muslim community that the government would issue IDs to all Kenyans without discrimination.

He pointed out that the issuance of IDs does not discriminate against anyone on the basis of religion or ethnicity so long as the necessary documents are available.

The President commended Muslims for their strong faith and unity, saying Christians should emulate them.

"The strong faith Muslims have demonstrated in their religion is worth being emulated," said President Ruto.

He urged Muslims and Christians to continue



praying for peace and stability in the country, noting that peace was necessary for prosperity to be realised.

Deputy President Rigathi Gachagua said the government has put in place mechanisms to contain drug and substance abuse in the coastal region.

He asked leaders to support the ongoing efforts to eradicate illicit brews and drugs across the country.

"We are coming back to the Coast region on issues of drugs. Leaders should be ready to work with us in eradicating this menace," said Mr Gachagua.

Prime Cabinet Secretary Musalia Mudavadi urged Muslims to pray for peace in the world. He regretted that conflicts in Africa have denied 98 million children the opportunity to go to school.

"As Muslims, you should use this Ramadhan to pray for

peace to prevail in the whole world," said Mr Mudavadi.

Senate Speaker Amason Kingi praised government efforts to revive the economy.

"I want to assure Kenyans that President Ruto has good plans for this country. Let us support him for the prosperity of our nation," he said.

Mombasa Governor Abdulsamad Nassir urged the National Government to fight illicit brews the same way it is fighting drugs in the coastal region.

"To eradicate the drug menace in the coastal region, we must apply the same energy in fighting it the same way as illicit brews," said Governor Nassir.

Cabinet Secretaries Aden Duale (Defence) and Salim Mvurya (Mining), Governors Nathif Jama (Garissa), Issa Timamy (Lamu) and Ali Mohamud (Marsabit), among others, were also present.

President Ruto signs into law the statute law bill 2024

President William Ruto has signed into law the Statute Law (Miscellaneous Amendments) Bill, 2024, that amends various provisions of 16 Acts of Parliament.

To strengthen human resource operations in the Attorney-General's office, the Office of the Attorney-General Act has been amended to introduce an advisory board that will recommend for appointment and promotion of deputy solicitors-general and State counsel.

The board comprises the Attorney-General as chair, and Principal Secretaries of Public Service and the National Treasury, the Public Service Commission chairperson, Law Society of Kenya president and chair of the Council of the Institute Human Resource Management as members.

This change aims to address the issue of inadequate personnel to fulfil its functions, stemming from poor terms of employment for State counsel and the absence of a comprehensive scheme of service for the officers.

In a bold step towards environmental protection and conservation, the Bill amends the Public Holidays Act, renaming Utamaduni Day as Mazingira Day to be observed on October 10 every year.

Mazingira Day will be a day for all Kenyans to engage in environmental conservation activities, including tree-planting and growing.

This move is in line with the government's push to accelerate the 10-year 15 billion tree-planting programme that includes forest, wetland and rangeland restoration.

The Traffic Act has also been amended to incorporate the use of technology in the management of minor traffic offences.

The Value Added Tax Act has also been amended to remove denatured ethanol from the list of VAT-exempt supplies. This creates an economic safety net and competitive edge for local denatured ethanol manufacturers, particularly millers and sugar manufacturers, who face challenges with cheaper imports.

It also exempts the supply of gas meters from VAT to enhance access to clean energy by low-income households

On the Universities Act,



the amendment gives the President power to establish more than one specialised degree-awarding institution specialising in national security issues.

In another amendment, the National Intelligence Service has been exempted from the application of the Employment Act, mirroring exemptions granted to other national security organs.

Another amendment on the Industrial Training Act aligns the remittance date of the training levy with PAYE remittance to the Kenya Revenue Authority, aiming to boost employer compliance.

This is meant to enhance KRA collections, which will fund intern wages and support technical and vocational education training and higher education operations.

To streamline the administration of justice, the new law amends the Oaths and Statutory Declarations Act to replace the Registrar

of the High Court with the Chief Registrar of the Judiciary as the custodian of the roll of commissioners and give powers to administer oaths to the registrar and deputy registrar of superior and subordinate courts.

Similarly, the Advocates Act has been amended to replace the Registrar of the High Court with the Chief Registrar of the Judiciary as well as give the Council of the Law Society of Kenya additional powers to make rules on the admission of advocates to the Bar.

Additionally, the new law amends the Notaries Public Act to replace the Registrar of the High Court with the Chief Registrar of the Judiciary.

Also amended in the miscellaneous law is the Sexual Offences Act, with the Registrar of the High Court replaced by the Chief Registrar of the Judiciary as the person responsible for keeping and maintaining a register of

convicted sexual offenders.

The Trustee (Perpetual Succession) Act, too, has been amended to assign the Registrar of Companies the responsibility for trust registration, issuing certificates of incorporation, maintaining trust registers and creating regulations. This aims to streamline trust registration procedures.

The amendments to the Public Finance Management Act aims to clarify that the Cabinet Secretary for the National Treasury must submit the Finance Bill to the National Assembly by April 30 in line with the Act, the National Assembly Standing Orders and court rulings.

The signing ceremony was held at State House Nairobi in the presence of Deputy President Rigathi Gachagua, National Assembly Speaker Moses Wetang'ula and Attorney General Justin Muturi, among others.

21 facts about Australia you didn't know !!



1. The Australian Alps get more snow than the Swiss Alps.

2. 90% of Australians live on the coast.

3. Tasmania has the cleanest air in the world.

4. The Great Barrier Reef is the largest ecosystem in the world. It is made up of nearly 3,000 individual reefs and can be seen from space.

5. Australia has over 60 separate wine regions.

6. Fraser Island in QLD is the largest sand island in the world.

7. The Indian Pacific train has the longest straight section of train track in the world.

8. The Great Ocean Road is the world's largest war memorial.

9. 80% of Australian animals are unique to Australia.

10. Australia has the world's longest golf course measuring more than 1,350 kms long.

11. Australia is home to 21 of the world's 25 most venomous snakes.

12. It would take around 29

years to visit one new Aussie beach every day – there are 10,685 of them!

13. Australia is the 6th largest country in the world.

14. 91% of the country is covered by native vegetation.

15. 33% of Australians were born in another country.

16. Australia is the only continent in the world without an active volcano.

17. Australia is home to the longest fence in the world, the Dingo Fence. Originally built to keep dingos away from fertile land, the fence is now 5,614 km long.

18. The Australian dollar is considered to be the most advanced currency in the world – its waterproof, made of polymer and notoriously hard to counterfeit.

19. Australia is the only continent covered by a single country.

20. The world's oldest fossil was discovered in Australia – 3.4 billion years old.

21. Australia is home to more than 1,500 species of spiders.

Earth

Preserving our planet Earth is not merely a moral imperative; it is an unequivocal necessity for the sustained existence of humanity and all life forms. The relentless degradation of our environment through unchecked industrialization, rampant pollution, and reckless exploitation of natural resources jeopardizes the very foundation of our existence. Failure to act decisively to safeguard our planet will result in irreversible consequences, including catastrophic climate change, widespread ecological collapse, and unprecedented socio-economic upheaval.

Every moment wasted in apathy or complacency further accelerates the countdown to environmental catastrophe. However, by embracing sustainable practices, investing in renewable energy technologies, and prioritizing conservation efforts, we can



mitigate the impending crisis and pave the way for a thriving, resilient future.

Saving our planet is not merely an option; it is a paramount duty that transcends political boundaries, economic interests, and ideological differences. It is a testament to our collective stewardship and commitment to safeguarding the precious gift of life for generations to come. Let us rise to the challenge with unwavering resolve, for the fate of our planet rests in our hands

TEXTILE INDUSTRY

A pathway to a sustainable global used



By Betterman Simidi
Musasia

Allow me to declare at the onset of this article that I love the idea of cloths donations. The circularity of cloths is a wonderful idea. Siblings pass down their clothing to their younger ones as they outgrow them. People lose or add weight, and then they first pass their clothing to family and friends, then strangers. A couple of years ago, on the first anniversary of the death of my father, we had a family meeting to inherit his cloths. I also buy second-hand clothing and sometimes these are better quality than new ones.

So, the idea that I'm part of a mob that wants to collapse the global second-hand clothing industry are ridiculous. I'm an impact environmental campaigner based in Kenya and we campaign against all issues to do waste. Previously we have run aggressive public facing campaigns against the plastic corporate, which has contributed to the policy interventions being witnessed both locally and internationally today. The development of an Extended Producer Responsibility

regime in Kenya and the development of a Global Plastic Treaty are examples.

For many years, however, the impact of clothing on the planet is something that has always fallen under the rudder and has not received much needed advocacy or policy attention. For example, in 2023, following the release of the Trashion report and documentary, we wrote to UN Environment (UNEP) seeking for a statement as to whether the United Kingdom and the European Union were breaching the provisions of the Basel Convention by exporting textile clothing waste under the guise of second-hand clothing to Kenya in contravention of international law. The UN environmental agency wrote back to state that they did not have a policy brief on the subject and had not done any specific research into the matter.

Yet the cloths we wear are having tremendous human, societal and environmental impacts – from production to end-of-life. These impacts include human rights violations of garment workers through the prevalence of low wages, forced and child labor, and dehumanizing work conditions. Then we have impacts on water. It is estimated for example that it takes around 2700 liters of water to make one cotton shirt – according World Resources



Institute – enough to meet the average person's drinking needs for two-and-a-half years. Garment factories also cause a lot of water pollution through release of hazardous chemicals and toxic fabric dyes into water bodies. And we have not even touched clothing now being increasingly made from plastics by up to 70 percent, and how these contribute to microplastics, and the linkage with oil, and the contribution to the climate change crisis.

These issues are now being made worse by the ultra-fast fashion industry, which has led to the massive overproduction of cloths in the history of man. Often, these clothing

are cheap and low quality and some are disposable after only a few wears. It is estimated that we produce between 80 to 150 billion clothes every year. The exact number is unknown. Shockingly, 40 percent of these clothing, according to The Guardian, or about 60 billion garments, are never even sold in the first place. Brands like H&M, Zara and Shein have been nominated most times as leading the pack in this overproduction. These brands have, however, refused to publish the exact number of items they produce. This

lack of transparency is truly heinous.

That's not all, this ultra-fast fashion industry, is causing another problem. As more and more people buy more and more cloths, especially in developed countries, they dispose of what they have, in most cases in a well-meaning gesture of donations. A billion-dollar industry has thus been created around these donations as these cloths are sent to less developed countries, mostly in Asia and Africa, where

they are wreaking havoc on the environment, as several studies have demonstrated. The quite recent and impactful investigation, carefully executed by the Changing Markets Foundation, Clean Up Kenya and Wildlight was able to finally bring this issue to the global limelight, which now leads us to the proposals like the ones that have been made by three EU countries, namely Denmark, Sweden and



textiles economy

France and supported by Austria and Finland, to subject textile waste to the rules of the Basel Convention.

The Basel Convention on the Control of Transboundary Movements of Hazardous Wastes and their Disposal was adopted on 22 March 1989 and entered into force on 5 May 1992. It is often lost to many that this convention was birthed following public outcry amplified by the work by civil society and the media following the discovery, in the 1980s, of deposits of toxic wastes sent from developed countries to poor countries. An example is the infamous Khian Sea waste disposal incident where a ship carrying incinerator waste from the United States dumped part of this on Haiti beaches. Because of the non-governmental organization Greenpeace vigilance to inform the Government of Haiti of what the waste was, the ship would then quickly leave the territories of the country and wander at sea with the remaining load for several months attempting to dump these in several other countries before dumping at sea under a changed ship's name.

Similarly, the Basel Convention has since added plastic waste to its categorization of hazardous waste subject to transboundary restrictions, at the fourteens Conference of the Parties to the Basel Convention in 2019, following a similar pattern where because of the work of civil society and the media to highlight the problem, a public outrage ensued, leading to the categorization. In all these cases, these policy interventions came after great cost to the environment and society.

It is no coincidence then, that the European Union, is now considering making the proposal to subject textile waste to the rules of the Basel Convention. This follows a public outcry following the work done by Changing Markets Foundation, Clean Up Kenya and Wildlight to unmask the secret transboundary trade of plastic waste in the name of second-hand clothing trade ending up in Kenyan rivers and dumpsites. While the definition of textile waste will be widely discussed in coming months, make no mistake, this proposal by the EU, targets the international

trade of second-hand clothing and you can expect radical changes in the near future.

As the dust settles on this timely announcement at an Environment Council of European Ministers on 25th March 2024, let me make five recommendations that can save the global second-hand clothing economy.

1. Preserve the intent of donations

We must work very hard to preserve the intent of those people who donate cloths. When people make cloths donations, their intention is that these should be accessible to others free of charge. They are not expecting that their donations will be profiteered on. That's why donors trust charities with their gifts. But of course, the donors also understand that there are costs incurred by the charities in processing these gifts to make them available to those in need. That's why they have accepted that the clothing can be resold at an affordable price to offset these costs. The donors have even accepted that the charities may make a small profit on the donations, trusting that these organizations will honor the donors' altruism by utilizing the proceeds from the sale of these clothes to support charitable endeavors. Unfortunately, the charities have dropped the ball, and a different group of actors have embedded themselves into the value chain, often as profiteers, lacking the ethos that underpin charitable giving. Many of these charities have also been shortsighted. While they financially benefit from cloths donations, they do little charitable work in destination countries.

2. Decouple second hand clothing trade from profiteers

The next step we must do is to remove profiteers from the second-hand clothing value chain. These includes the corporate textile recycling conglomerates and the importers in the receiving countries. These entities have birthed a profit-driven behemoth that uses charitable donations for commercial gain. This cartel has shown that they are also not willing to conduct their business sustainably. By disengaging second-hand clothing from this cartel, we can realign the system with

its original humanitarian and environmental mission to extend the life of clothing and uphold the ethos of generosity embedded in clothing donations and thwart the exploitation of goodwill. We must dismantle this exploitative enterprise.

3. Empower charitable organizations to be the guardians of second-hand clothing economy

In the new second-hand clothing economy, while preserving the intent of donors, we need to also empower charitable organizations to become the custodians of the second-hand clothing economy. Where recycling companies are involved, they should only be peripheral service providers, for example, providing collections, cleaning and sorting services.

It is a pity in the current economy, that cloths are categorized into grades, with the worst grades being sent to poorer countries, in a form of systemic racism and colonialism. When individuals donate their cloths, they don't anticipate that their garments will become items of discrimination in a sorting facility.

To ensure equitable access to quality clothing across all races globally, we must democratize this trade by abolishing the current grading system. The only relevant criteria for grading should be whether the garment is wearable, recyclable, or has reached the end of its usable life. Transparent sorting guidelines need to be developed, standardized, and made publicly accessible.

With Extended Producer Responsibility fees being available for collections, cleaning, sorting, among others, we might even be able to see good quality second hand clothing being made available to all people of the world more affordably.

Something else to consider is we must dismantle the used textiles laundering system, where cloths are sent to other countries to be sorted and graded because of cheaper labour.

Only organizations certified as charitable should partake in this trade, ensuring that revenues flow back into humanitarian endeavours. A minimum of 30 percent of these proceeds must be dedicated to investments in receiver countries, bolstering



initiatives aimed at curbing the ecological footprint of clothing consumption.

4. Build a Global EPR system that rewards sustainability

We also need to build a robust global Extended Producer Responsibility (EPR) system for textiles. It's commendable to see several countries taking steps in this direction. However, global standardization must follow. Extended Producer Responsibility (EPR) must transcend national borders to confront the global migration of second-hand clothing. Funds garnered through EPR mechanisms in donor countries, intended for managing responsibility of producer through the textile lifecycle, must trail the clothing as it traverses borders. This guarantees that producers and importers bear the financial burden throughout the product lifecycle, irrespective of geographical boundaries.

Prior to dispatching second-hand clothing to receiver countries, it is imperative to establish sturdy and functional Extended Producer Responsibility (EPR) systems in those countries. Sending countries should ban the exports of second-hand clothing to countries without these systems. The United Nations Environment Programme (UNEP) should spearhead the formulation of standardized guidelines for EPR formulation and implementation, ensuring uniformity and effectiveness

worldwide. Sending countries should be obligated to channel a minimum of 30 percent of the EPR fees to receiver nations, as end of life management fees.

5. Slay the demon of fast fashion

Finally, we must slay the demon of ultra-fast fashion and decouple it from fossil fuels. We can start by encouraging consumers to adopt a mindset of mindful consumption by advocating for buying fewer, but higher-quality clothing. We need to emphasize the importance of considering the environmental footprint of clothing and the benefits of reducing overall consumption. But ultimately, we must cultivate a global governance framework where overproduction is heavily taxed with the proceeds going directly to environmental protection. By embracing these imperatives, we can navigate the current turbulence and forge a path towards a more just, sustainable, and ecologically harmonious future for the second-hand clothing industry that ensures it serves both people and planet with integrity and compassion.

Concluding remarks

In conclusion, if we cannot radically reform the international second-hand clothing trade to serve humanity and the environment, I'm happy to see borders being permanently closed to this trade, and countries selling their own

second-hand clothing in their own countries so that we continue the wonderful idea of donating cloths, which extends the lifetime of cloths, addresses clothing poverty, and benefits the environment.

Because, consider this scenario, if a ship docked on the shores of Felixstowe Port in Suffolk in the United Kingdom, and it was suspected that it was filled with containers full of second-hand clothing from Africa, there would be an overwhelming public outcry. This would probably lead to a meme being widely shared on social media, wondering whether the freshness of a lettuce would outlast Prime Minister Rishi Sunak in office! But somehow, we are told by a bunch of colonist profiteers, enabled by African bootlickers, that Africa must accept to receive bales of second-hand clothing stashed with 40 percent rubbish and ignore the visible impact of this trade on our environment. If you ask me, this is bullshit!

IMPORTANT NOTE:

Together with campaigners Janet Chemitei and Ruth Okinyo, we have started a petition at CHANGE.ORG to sustainably reform the second-hand clothing trade in Kenya. This petition will be delivered to key Kenyan authorities in coming days. You can help our textile advocacy work by signing the petition today here or support our work here.

Betterman is a sustainable public sanitation advocate and a pollution control evangelist.

ENVIRONMENT

Is there any hope for Kenya's Nairobi River?



By Betterman Simidi
Musasia

The plight of the Nairobi River and its tributaries, the Ngong and Mathare rivers, has been a subject of intense debate among policymakers, media, environmentalists, grassroots communities, and development partners. These discussions have intensified in the past few years as the river's pollution and degradation remain unaddressed.

The ecological collapse of the Nairobi River can largely be attributed to Nairobi's century-long urbanization, which has resulted in a surge in population growth over the years. When the British established Nairobi as the capital of the Kenyan colony in 1905, the population stood at approximately 100,000. By the time Kenya gained independence in 1963, Nairobi's population had surged to around 350,000. Since then, Nairobi has experienced substantial expansion, and it now has an estimated population of 5.4 million.

This population growth has resulted in the establishment of numerous informal settlements along Nairobi River, as the urban poor seek affordable housing. Areas such as Kibra, Mathare, Mukuru, Shauri Moyo, Kwa Njenga, Kwa Rueben, Kiambui, Kwa Muia, Kariobangi, Dandora, and Korogocho, are among the over 30 slums established along Nairobi riverbanks and these accommodate more than half of the city's population.

Industries and institutions, including government-owned entities, have also encroached upon the river's riparian land. Additionally, numerous informal businesses, including garages and car wash businesses, are situated along this river. Notably also, Gikomba second-hand clothing market where thousands of traders operate from, has expanded along both banks of the river, alongside other similar markets in the city.



As if this were not catastrophic enough, the Dandora dumpsite, Kenya's largest, which receives all of Nairobi's solid waste – estimated to be over 4,000 tonnes per day – is situated adjacent to the river, causing significant leakage of waste and other pollutants.

The proliferation of slums, encroachment by industries, institutions, and informal businesses, as well as the establishment of dumpsites along the river line, can be attributed to poor urban planning. Together with other governance factors, these have created a perfect storm for the collapse of the Nairobi River ecosystem, turning it into the city's dumpster for solid waste, wastewater, and a plethora of other toxic pollutants. From plastics and textiles to industrial and medical waste, hazardous chemicals, motor oils, heavy metals, and even human sewage, the list of contaminants is endless. Once a lifeline for both humans and wildlife, the river now stands as a testament to the perils of unchecked development and weak public policy – a stark contrast to the image of Nairobi when the British established a railway depot back in the late 1890s in a swampy lowland during the construction of the Kenya-Uganda railway. Back then, the area was known to the Maasais as 'Enkare Nyirobi,' from which Nairobi got its name, translating to 'a place of cool waters.'

Today, while the consequences of Nairobi



River degradation extend well beyond the city limits, there is also reciprocity from downstream activities. Agricultural produce, such as vegetables grown with water from this toxic river, finds its way onto dinner plates in Nairobi, underscoring the far-reaching consequences of neglecting the health of our rivers. Research on vegetables sold in Nairobi has shown a concentration of heavy metals such as zinc, lead, cadmium, and mercury. These metals have serious health impacts on humans, including damage to the nervous system, reproductive system, lungs, kidneys, and skin, among others.

Nairobi River Restoration Efforts

There have been several attempts to address the problem that is Nairobi River in the last two decades. The first attempt was by the then

Minister for Environment and Natural Resources, Hon. John Michuki, in the late 2000s. His efforts concentrated on rehabilitating parts of the river, particularly from the area known as National Museum Bridge to Globe Roundabout. During this attempt, illegal structures were cleared along the riparian land and tonnes of solid waste recovered from the river and the banks where an illegal dumpsite had existed for many years. This was celebrated as an important step and years later after the death of the former Minister, a public park in his name has been installed at this location and stands today as a testament to his vision and commitment to a cleaner and safer city.

Later, under a different regime, President Uhuru established the Nairobi Regeneration Committee. When this was established, there was a lot of hope that



Clean Up Kenya is running a public facing campaign since 2023 to 'Save Nairobi River'. © Clean Up Kenya

its work would extend to rehabilitating Nairobi River. As part of the work of this committee, the Nairobi Governor, Hon. Mike Sonko, invested heavily in the river cleanup and we have famous pictures of him getting into the river water to help with the cleaning where hundreds of youths were tasked with removing tons of solid waste. At one point under his regime, 900 million shillings was approved in the county budget to help with Nairobi River cleanup. This attempt has largely, however, been branded a Public Relations gimmick from the flamboyant ex-governor.

Many other organizations including some development partners including UN Habitat have also poured significant resources into Nairobi River. Despite these efforts, Nairobi River has continued to degrade, perhaps pointing to the wise adage that goes that cleaning rivers is not sustainable, at least if you don't tackle the root cause of the problem, which are systemic failures in governance and urban planning.

Enters Nairobi River Commission

In December 2022, there was renewed hope as the Government through a Gazette Notice Number 14891, established the Nairobi River Commission, seen as a credible attempt to address the governance failure in tackling the problem of Nairobi River.

A few months later, President William Ruto launched the commission

with a lot of enthusiasm where he stated, "For far too long, the city of Nairobi has fallen into a state of shameful, hazardous and unpleasant state of environmental and sanitary neglect. Runaway air, water, land and even noise pollution have been so normalized that there are people who have never seen the clean, green, healthy and safe City in the Sun that Nairobi used to be. This state of affairs must come to an end and the unsafe and unhealthy environmental situation must be corrected to restore Nairobi to its true identity. We have resolved that the city must not only reclaim its glorious reputation as Africa's green city in the sun, but must also live up to its ancestral identity as the river of cool, fresh and safe water."

The President even announced that thousands of unemployed youths from across Nairobi would be contracted to help rehabilitate this shameful river.

One year after these significant events took place, Nairobi River still remains more than an eyesore. This is despite the Nairobi River Commission undertaking several river cleanups including through partnerships with other organizations. This therefore leads us to pose the question as also posed in an article on the Nairobi River Commission website, "Is there hope for Kenya's Nairobi River?"

Betterman is a sustainable public sanitation advocate and a pollution control evangelist.

A maritime tickle- why a ship is called a 'she!'



Have you ever wondered why a person would wake up one day and call a ship/vessel a 'she?' Well, the writer came up with his version after carrying out a 'thorough research' to establish circumstances that lead to a person to wake up one day and decide to call a ship a 'she' in relation to a woman who is known as a 'she' based to his day to day in the port industry. It depends from what point of view one would look at it in terms of a ship being a 'she!' It is important to try and relate the characteristics/similarities that would arise in relation between a ship and a woman and hence see their relation. The writer would like to put across that, this article is not being biased as "male chauvinist" but as a maritime tickle. A few points are highlighted here below.

Expensive-Have you ever imagined how much a vessel would cost? Billions of shillings, and when we relate to a 'she,' a woman is expensive in the sense that she requires dowry and maintenance e.g. salon expenses, clothing, manicure and pedicure etc. A vessel on the other hand is expensive in terms of insurance for the vessel and consignments on board.

Security-A vessel needs security due to the cargo it is carrying and more so in this days when she is prone to piracy! Recent happenings in the Indian Ocean and Gulf of Aden with the high jacking of the controversial M/V FAINA and MAERSK ALABAMA in recent years is just but an

example how security is important to a ship[a 'she']. Alternatively, a 'she' {woman} requires security at night and more so when it comes to dowry negotiations when her daughter wants to get married. The recent happenings where women had to seek pastor Chris Ojibani from Nigeria to intervene to get them husbands from elusive Kenyan men proves how women need security hence the relation between a ship and a 'she!'

Painting- A vessel needs painting from time to time to prevent it from rust as a result of salt water in the sea and for it to look durable. So is the case of a 'she'{woman},she needs 'painting' of her finger nails and toes{the so called manicure and pedicure},she needs 'painting' of her hands especially coastal, the so called 'wanja/hina' and above all, lipstick on the lips hence the comparison why a ship is called a 'she!'

Accommodates men- A vessel accommodates men by virtue of the crew being men. Take a case from planning construction of a vessel, when she's in port she accommodates the stevedores, the mooring gang etc.So take a case of a woman {a 'she'},she accommodates men more so the so called twilight girls in a brothel, how many men can she accommodate on a 'good night?' hence a our comparison becomes real!

Attracted to buoys-A vessel/ship is attracted to buoys while in port if she were to go 'a stream' or when she's been detained. In essence you'll find starboard buoys {green} and portside buoys {red} in the port



and they attract a ship to them. Alternatively a girl {a 'she'} attracts boys more so in her teenage days!

Very private/ 'can't see the bottom'-A ship is very private in the sense that you can't see the bottom! You only see the bottom of a vessel when she's gone for dry docking, otherwise when she is sailing you can't see the bottom. A lady{a 'she'},is also very private, you can't see the bottom of a lady, very private, you'll see her getting seated, cross her legs and even cover them. The only time you get to see her bottom is only when you want to get intimate to her. The same way the bottom of a vessel is seen when she goes for dry docking and so the comparison becomes real.

Delicate to handle, needs good care- a vessel is delicate in terms of handling as any slight mistake would lead to a caters trophy like sinking or running aground. Extra caution has to be exercised while navigating

her. On the other hand, a 'she' {woman} needs 'extra caution' while handling her as she is 'delicate,' you do not have to exercise your masculinity while handling a lady! Take an example of a handshake to a lady; it has to be a tender touch as she is 'delicate!' She is also 'delicate' as there are some tasks that she may not perform as a man; an example of the gangs carrying a 90kg bag on their back at the port or warehouses.

Conclusion- The above reasons are just but a few, though they could be more than the ones which have been highlighted. The views inside here are entirely of the writer's thinking and are not influenced by any person whatsoever! The writer welcomes constructive criticism in regard to this article. {Musumba works for a leading freight company which also runs a CFS}.

PICTORIAL

Hindu Council of Kenya Annual General Meeting on 28th April 2024 at Hindu Bhavan



The Hindu Council of Kenya held its Annual General Meeting on the 28th of April 2024 at the Hindu Bhavan. The meeting was attended by approximately 32 Member Institutions from Nairobi and its branches of Kisumu & Mount Kenya. The General Body meeting commenced with a word of Prayer from Sister Vedanti from the Brahma Kumaris. The Annual General Meeting proceeded with the adoption of the Minutes of AGM 2023 by

the Assistant National General Secretary, reports for the year 2023 -2024 were presented by the National General Secretary, Trustees & National Chairman. The accounts were also presented and approved by the General Body.

The Annual General Meeting of the Hindu Council of Kenya reflected a spirit of collaboration, reflection, and forward-looking vision, underscoring that the Hindu Council is committed to working together for the betterment of its members and community.

CRIME STORIES

Jowie Irungu Sentencing Aftermath

Here's Difference Between Death Sentence & Life Imprisonment

In a landmark ruling that has reignited discussions on Kenya's capital punishment laws, Milimani Law Court Judge Lady Justice GFrazioka sentenced Joseph Kuria Irungu to death for the murder of businesswoman Monica Kimani back in 2018. This decision comes amidst ongoing debates about the implications of life imprisonment versus the death sentence in the Kenyan legal system.

In Kenya, life imprisonment is considered to last until the death of the prisoner, with little chance of early release. This contrasts with the death sentence, which is the legal authorization to execute the convicted individual. Notably, no executions have taken place in Kenya since 1987, and past presidents have commuted death sentences to life imprisonment.

The Supreme Court of Kenya has previously declared the mandatory nature of the death penalty unconstitutional, leading to a taskforce's creation to review the mandatory death sentence. The court of appeal has also ruled that the death penalty should be a possibility, not the only penalty, for crimes such as robbery with violence.

The case against Irungu was built on circumstantial evidence, which led to his conviction. The court found that Irungu was the last person seen with Monica Kimani and that he had a gun with the intention of subduing her. The ruling has brought to



light the broader implications of the death penalty and life imprisonment in Kenya's criminal justice system.

The debate on capital

punishment in Kenya continues, with legal experts and human rights advocates calling for a re-examination of the death penalty's role

in the justice system. The recent ruling by Lady Justice GFrazioka may serve as a catalyst for further discussions and potential reforms in the country's sentencing policies.

This breaking news article aims to inform readers about the critical legal distinctions between life imprisonment and the death sentence in Kenya, particularly in light of the recent court ruling involving Joseph Kuria Irungu. As the nation grapples with the complexities of its legal system, it becomes increasingly important to understand the nuances of these two forms of punishment and their implications for justice and human rights.

Free cinema in Nairobi CBD as DCI intercepts Wash Wash gang in broad daylight



Kenya's coast has exclusively reported how DCI's Operations Special Unit Commandos armed to the core managed to intercept a gang of Congolese in Harambee Avenue near the office of the President (Harambee House) earlier in the day via a dramatic Incident that left town dwellers speechless.

According to the report, the suspects were nabbed along Harambee Avenue in Nairobi, minutes after evading detection by Immigration officials at the Jomo Kenyatta International Airport (JKIA).

"Determined to sneak back into the country and further his felonious activities, the suspect used a Ugandan Interstate pass card and upon arrest was also found in possession of yet another Congolese Passport," detectives stated.

Nevertheless, the DCI has in the recent past issued warnings to all Kenyans asking them to distance themselves from any illegal activity such as drug peddling, and money laundering among other social vices. The suspects are set to be arraigned in court on Monday where their case will be heard and determined.



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:

Bunny Industries Limited (Dakar Road)

LANGATA:

Sona Shoppe (Galleria Shopping Mall)

KAREN:

Sona Shoppe (Karen Crossroads)

NAKURU:

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

KITALE:

Milli Hardware Ltd Main Road

ELDORET:

Kenya Jalaram Co Ltd - opp CBK

VOI:

Abbas Aluminum Supplies

MOMBASA:

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

Nyalii - 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

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SALES, MARKETING & OPERATIONS

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Shree Ram Mandir Temple in Nairobi marks 105 years of Devotion and Celebration

Shree Ram Mandir Temple, nestled on Bhanderi Road in Nairobi, reverberated with jubilation and spiritual fervor as it commemorated a significant milestone - 105 years of unwavering existence. The temple, a beacon of faith and community spirit, hosted a nine-day festival from April 9th to April 17th, 2024, drawing devotees and dignitaries alike to partake in the festivities.

Each day of the celebration was adorned with prayers offered to Lord Ram, accompanied by the soul-stirring chants of bhajans and the rhythmic movements of Garba performances. The air was filled with the aroma of devotion as more than 25,000 devotees and esteemed guests were treated



to MahaPrasad, symbolizing the divine blessings bestowed upon the faithful.

A highlight of the jubilant occasion was a grand procession, a vibrant display of unity and reverence, which commenced from SSD Temple



and culminated at Shree Ram Mandir Temple. Over 1500 devotees joyously participated, their spirits uplifted by the collective celebration of faith.

The success of this monumental event was made possible by the generous



contributions of trustees, supporters, and well-wishers, whose unwavering support ensured the realization of this grand celebration. Mr. Vikas Saini, the esteemed chairman of the temple, expressed profound joy at



the resounding success of the festivities, thanking all those who contributed to its splendor.

Looking ahead, the temple envisions expansion and enhancement, aiming to provide improved facilities for devotees. Plans include the establishment of a state-of-the-art stainless kitchen capable of serving over 10,000 individuals simultaneously, ensuring that the spirit of service and devotion continues to flourish within the community.

As Shree Ram Mandir Temple embarks on its next chapter, it remains a symbol

of faith, unity, and devotion, a testament to the enduring spirit of the community it serves. In commemorating 105 years of existence, the temple reaffirms its commitment to fostering spiritual growth and communal harmony, inspiring generations to come.

For devotees and well-wishers alike, Shree Ram Mandir Temple stands as a beacon of hope and reverence, a sacred space where hearts are united in devotion and souls find solace in the divine presence of Lord Ram.

Photos are courtesy of Premal Karia

Men do not benefit from marriage!!!

1. He is 72 years old.
2. He has retired from active service.
3. He worked all his life to raise his children.
4. He deprived himself of life's pleasures to pay for expensive school fees and living expenses for his children abroad.
5. They are now well-off in Europe, Australia, and America.
6. His wife, aged 62, has relocated to live with their children.
7. He remains alone back in Nigeria.
8. His children barely call him.
9. He has to start life all over again as a bachelor.
10. He struggles with high blood pressure and other ailments associated with old age.
11. How much longer will he survive alone?
12. This is the reality for most working-class monogamous men: their old age is often lonely and, in many cases, sad.
13. No matter how good the man is, women tend to love their children more than their husbands. The older he gets, the less use they seem to have for him.
14. So, what do men truly



benefit from marriage?

15. They sacrifice so much but receive little recognition for their hard work, while the woman seems to reap all the benefits.

It's a man's world they said but for the women and children in reality.

Dear men, this could be your situation in the next few decades. What are you doing about it? What is your retirement plan? Care for your self as much as you fend for your family. Love yourself. God bless you.

10 Temptations in marriage

1. TEMPTATION TO BLAME

You might feel a desire to focus on your spouse's wrongs and you forget to look at yours. Be objective to notice your contribution in the issues of the marriage

2. TEMPTATION TO PURSUE ANOTHER

You might find it easy to connect with another online or offline, especially when you and your spouse get too familiar with each other or have problems. Don't fall for distraction

3. TEMPTATION TO REVENGE

When your spouse hurts you, there may be a temptation to get back at him/her to even the score. Avoid this, tit for tat is ugly, the cycle never ends

4. TEMPTATION TO QUESTION IF YOU WERE MEANT TO BE

When you two are going through a tough time, you might be tempted to think you two were not destined to be together. Calm down, true



love doesn't mean absence of challenges

5. TEMPTATION TO LUST

You might be tempted to experiment on new sexual experiences; either online through porn sites, social media groups on WhatsApp or Telegram, at work or with an old flame. Remember lust doesn't last, don't destroy the permanent for temporary fun

6. TEMPTATION TO COMPARE

You might be tempted to compare your marriage and that of others. Remember every couple has their own story and are at different seasons. Focus on your unique journey

7. TEMPTATION TO ABANDON

Walking with a spouse requires patience and understanding, your spouse might not always grow as fast as you in some areas and you might be tempted to leave

your spouse behind as you focus on your own growth. This is how couples drift apart. Encourage, don't abandon

8. TEMPTATION TO ABUSE

In moments of anger, you might feel an urge to say hurtful words, slap your spouse, throw things at your spouse or push your spouse. Restrain yourself. Let your self-control check you

9. TEMPTATION TO DEFY GOD

You might feel like blaming God and even stop doing marriage God's way when your marriage suffers loss or goes through trials. Don't run away from God, run to God

10. TEMPTATION TO QUIT

You might be tempted to end the marriage especially when you feel frustrated and have a major fight. Don't ride on your feelings, think it through.

Not every problem warrants a divorce

SEMINAR

Report on the seminar for business leaders for African Countries in the People's Republic of China from 9th april to 22nd April 2024

Seminar On Treating Epidemic Diseases With Integrated Traditional Chinese And Western Medicine For Developing Countries
Organizer – Academy For International Business Officials – Aibo Under Ministry Of Commerce / China Aid Of The People's Republic Of China – Prc. Training Program In Beijing - 9Th April 2024 To 22Nd April 2024

President of the PRC, H. E., Xi Jinping - is a remarkable leader and was a general at 19 years of age, a Governor at 23 years and his own track record (several of his provincial innovations were adopted nationwide during his climb to the top). The President has a PhD in Developmental Economics! He was born on 15th June 1953 and is a Visionary Chinese Politician who is currently the leader of the People's Republic of China. As a paramount leader, he holds the offices of General Secretary of the Communist Party of China (CPC), the President of the People's Republic of China, and the Chairman of the Central Military Commission. As General Secretary, he is also a member of the CPC Politburo Standing Committee, China's top decision-making body.

History of China

China's journey to becoming a world superpower is a tale of centuries of development, punctuated by periods of prosperity, turmoil, and transformation. Here's a summarized report of China's historical trajectory leading to its industrialization and rise as a global powerhouse:

Ancient China:

- **Early Civilization:** China's civilization dates back over 4,000 years, characterized by the emergence of advanced agricultural practices,

sophisticated governance systems, and cultural achievements. **Imperial Dynasties:** China saw the rise and fall of several dynasties, each leaving a lasting impact on its culture, economy, and governance. Notable dynasties include the Qin, Han, Tang, and Ming.

Medieval and Early Modern Period:

- **Golden Ages:** Periods of relative stability and prosperity marked by advancements in science, technology, and the arts, such as the Tang and Song dynasties.

- **Foreign Invasions and Internal Conflict:** China also faced invasions from Mongols, Manchus, and internal strife like the Taiping Rebellion, weakening centralized authority. Modernization and Decline:

- **Opium Wars:** The 19th century saw China's forced opening to trade with the West, leading to a series of unequal treaties and the Opium Wars, exposing China's technological and military weaknesses.

- **Late Qing Reforms:** Attempts at modernization, such as the Self-Strengthening Movement, were largely ineffective against Western powers' encroachment.

The Republican Era:

- **End of Dynastic Rule:** The Qing Dynasty fell in 1911, marking the end of imperial rule and the beginning of the Republic of China.

- **Warlord Era and Civil War:** China was plagued by internal conflict and warlords, exacerbated by foreign intervention and Japanese aggression during World War II.

Communist Revolution and Mao Era:

- **Establishment of the People's Republic of China:** The Chinese Communist Party (CCP) under Mao Zedong emerged victorious in the Chinese Civil War, establishing the People's Republic of China (PRC) in 1949.

- **Great Leap Forward and Cultural Revolution:** Mao's policies, like the Great Leap Forward and the Cultural Revolution, led to economic stagnation and social upheaval, causing immense suffering and loss of life.

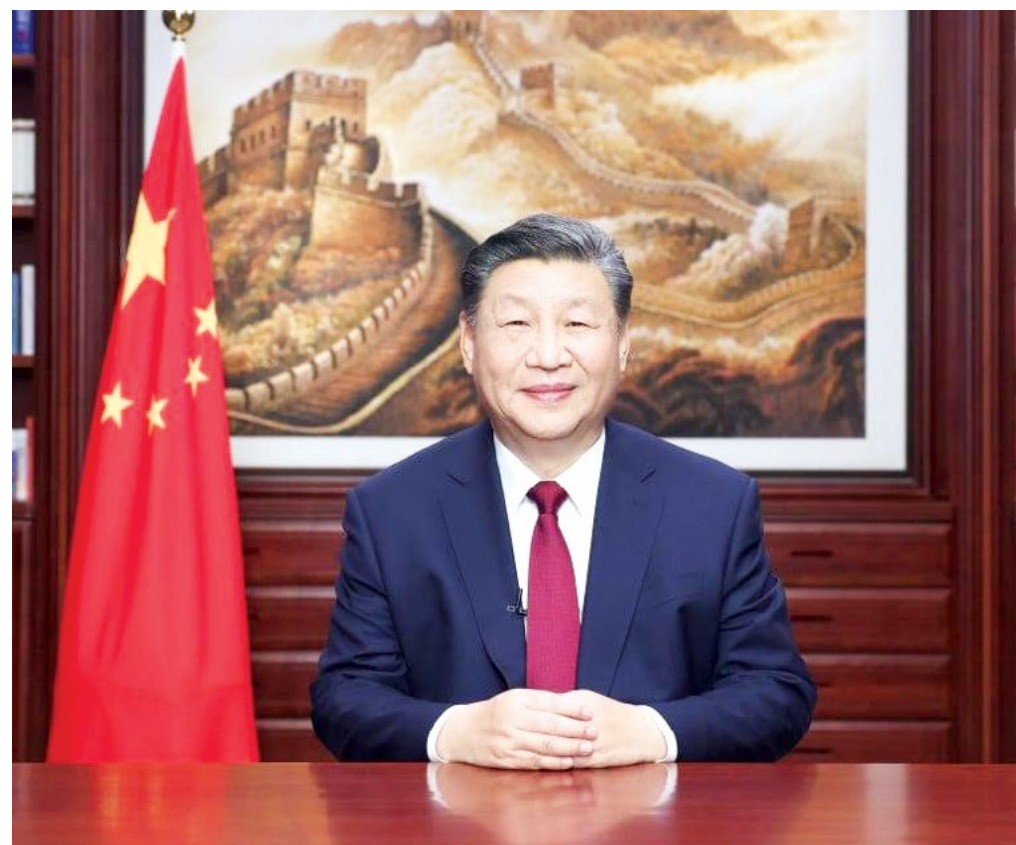
Reform and Opening-Up:

- **Deng Xiaoping's Reforms:** Deng Xiaoping initiated economic reforms and opening-up policies in the late 1970s, introducing market-oriented reforms and encouraging foreign investment.

- **Rapid Economic Growth:** China experienced unprecedented economic growth, becoming the world's factory through export-oriented industrialization and embracing globalization.

Contemporary China:

- **Technological Advancements:** China prioritized technological



The President of the PRC, H. E., Xi Jinping.

development, investing heavily in research and development, leading to breakthroughs in areas like telecommunications, artificial intelligence, and renewable energy.

- **Global Economic Powerhouse:** China's economic rise transformed it into the world's second-largest economy, exerting significant influence in global trade, investment, and geopolitics.

- **Challenges and Opportunities:** Despite its economic success, China grapples with challenges such as environmental degradation, socio-economic inequality, and tensions with other nations over territorial disputes and human rights concerns.

China's journey from ancient civilization to global superpower is a complex narrative of resilience, adaptation,

and transformation. Its industrialization and rise as a world economic powerhouse reflect a blend of historical legacies, strategic policies, and global integration, shaping the landscape of the 21st century

Infrastructure:

- **High-Speed Rail Network:** China boasts the world's largest high-speed rail network, connecting major cities and regions, facilitating rapid transportation and economic integration.

- **Infrastructure Development:** Ongoing investment in infrastructure projects, including roads, bridges, ports, and airports, supports economic growth and urbanization initiatives.

Medicine:

- **Healthcare Reform:** China has been implementing

reforms to improve healthcare accessibility and quality, including expanding insurance coverage and investing in healthcare infrastructure.

- **Medical Research:** China is increasingly contributing to global medical research and innovation, with notable advancements in areas like genomics, biotechnology, and traditional Chinese medicine.

Technology:

- **Technological Innovation:** China is a global leader in technology innovation, particularly in areas such as artificial intelligence, 5G telecommunications, quantum computing, and renewable energy.

- **Digital Economy:** The rapid growth of China's digital economy has transformed industries and consumer behavior, with thriving sectors

SEMINAR



The Chinese Government under the Ministry of Commerce (MOFCOM) and AIBO (Academy for International Business Officials) today 9th April 2024, held the opening ceremony at the AIBO Academy. Seen here in photo is Mr. Rishi Arun Parikh (2nd from right) posing with fellow delegates from Botswana, Nigeria, Egypt, Sierra Leone, Tanzania, Ethiopia and more. Mr. Rishi was one of the two delegates (Madam Jacinta Mumbua Mutavi the other – seen 3rd from right) proudly representing Kenya! Much obliged to this great initiative by AIBO China to bridge the technological expertise gap between Kenya and China. One of the first industrial modern enhancements a visitor sees before landing is the Green Energy initiatives like Windmills on Mountain Tops, Solar Farms and Vegetation Plantations in between them! That shows the ultimate balance between industrialization and protection of the Environment. We as Environment Conscious Actors salute China's progress and their selfless will to share such initiatives in Africa and especially Kenya! Kudos and Hongera!

Dynasty	Achievements and Major Events
Xia (c. 2070–1600 BCE)	Legendary founding dynasty of China according to traditional Chinese historiography
Shang (c. 1600–1046 BCE)	Early writing system with oracle bone script. - Bronze casting technology. - First historical records.
Zhou (1046–256 BCE)	Longest-reigning dynasty in Chinese history. - Feudal system with decentralized governance. - Ironworking technology.
Qin (221–206 BCE)	First unified Chinese empire under Emperor Qin Shi Huang. - Standardization of writing, currency, and measurements.
Han (206 BCE–220 CE)	- Expansion of Chinese territory along the Silk Road. - Advancements in agriculture, papermaking, and metallurgy.
Tang (618–907)	- Golden Age of Chinese civilization with flourishing arts, literature, and trade along the Silk Road. - Invention of woodblock printing.
Song (960–1279)	- Technological innovations including gunpowder, movable type printing, and paper money. - Economic prosperity and urbanization.
Yuan (1271–1368)	- Mongol rule under Kublai Khan. - Establishment of the Yuan dynasty and the Yuan dynasty's conquest of the Southern Song dynasty.
Ming (1368–1644)	- Maritime expeditions led by Admiral Zheng He. - Construction of the Forbidden City. - Flourishing of arts and culture.
Qing (1644–1912)	- Expansion of Chinese territory to its largest extent under the Manchu rulers. - Decline of imperial authority and internal strife.
Republic of China (1912–1949)	- Overthrow of imperial rule and establishment of the Republic of China under Sun Yat-sen. - Period of warlords and political instability.
People's Republic of China (1949–present)	- Establishment of the Communist state under Mao Zedong. - Economic reforms under Deng Xiaoping. - Rise as a global economic power.

in e-commerce, fintech, and mobile payments.

Military:

• Modernization Efforts: China has been investing in modernizing its military capabilities, including the development of advanced weaponry, cyber capabilities, and space technologies.

• Regional Dynamics: China's military expansion has raised concerns among neighboring countries and has implications for regional security dynamics, particularly in the South China Sea.

Business:

• Global Economic Influence: China remains a key player in the global economy, with a significant impact on trade, investment, and supply chains worldwide.

• State-Led Initiatives: The Chinese government continues to implement policies to support innovation, entrepreneurship, and economic growth, including initiatives such as Made in China 2025 and the Belt and Road Initiative.

Culture:

• Cultural Heritage: China's rich cultural heritage continues to be celebrated and promoted domestically and internationally, with efforts to preserve traditional arts, literature, and heritage sites.

• Soft Power: China is

increasingly leveraging soft power through cultural diplomacy, promoting Chinese language and culture globally through initiatives like Confucius Institutes and cultural exchanges.

Future Plans:

• Technological Leadership: China aims to become a global leader in technology and innovation, with ambitious plans to achieve breakthroughs in areas such as artificial intelligence, biotechnology, and space exploration.

• Sustainable Development: China is prioritizing sustainable development goals, including environmental conservation, renewable energy adoption, and reducing carbon emissions, aligning with global efforts to address climate change.

China's current status across various sectors reflects its position as a major global player with ambitious goals for the future. Continued investment in infrastructure, technology, healthcare, and military modernization underscores China's determination to shape its destiny and contribute to global development and stability.

Few examples of Chinese Dynasties Liu Bingzhong Dynasty – (1216 – 1274)

Ming dynasty (1368–1644)



Haihui Temple Pagodas, built in the Ming period.

The Ming dynasty was founded by Zhu Yuanzhang in 1368, who proclaimed himself as the Hongwu Emperor. The capital was initially set at Nanjing, and was later moved to Beijing.

The Hongwu Emperor, being the only founder of a Chinese dynasty who was also of peasant origin, had laid the foundation of a state that relied fundamentally in agriculture. Commerce and trade were less emphasized. Towards later era of the Ming dynasty, with declining government control, commerce, trade and private industries revived. The dynasty had a strong and complex central government that unified and controlled the empire.

City wall of Xi'an, a UNESCO World Heritage Site built during the early Ming dynasty.

SEMINAR



A residential building of Qiao Family Compound, built in the Qing period.

Qing dynasty (1644–1912)

The Qing dynasty (1644–1912) was the last imperial dynasty in China. Founded by the Manchus, it was the second conquest dynasty to rule the entirety of China proper, and roughly doubled the territory controlled by the Ming.

The Manchus were formerly known as Jurchens, residing in the northeastern part of the Ming territory outside the Great Wall. They emerged as the major threat to the late Ming dynasty after Nurhaci united all Jurchen tribes and his son, Hong Taiji, declared the founding of the Qing dynasty in 1636.

The Qing dynasty set up the Eight Banners system that provided the basic framework for the Qing military conquest. The Manchus enforced a 'queue order', forcing Han Chinese men to adopt the Manchu queue hairstyle. Officials were required to wear Manchu-style clothing Changshan (bannermen dress and Tangzhuang), but ordinary Han civilians were allowed to wear traditional Han clothing. Bannermen could not undertake trade or manual labor; they had to petition to be removed from banner status. They were considered aristocracy and were given annual pensions, land, and allotments of cloth. The Kangxi Emperor ordered the creation of the Kangxi Dictionary, the most complete dictionary of Chinese characters that had been compiled.

Republic of China (since 1912) -

The provisional government of the Republic of China was formed in Nanjing on 12 March 1912. Sun Yat-sen became President of the Republic of China, but he turned power over to Yuan Shikai, who commanded the New Army. Over the next few years, Yuan proceeded to abolish the national and provincial assemblies and declared himself as the emperor of Empire of China in late

1915. Yuan's imperial ambitions were fiercely

opposed by his subordinates; faced with the prospect of rebellion, he abdicated in March 1916 and died of natural causes in June.

Yuan Shikai, the first official president of the Republic of China People's Republic of China (since 1949)



Chairman Mao era (1949–1976)

Following the Chinese Civil War and victory of Mao Zedong's Communist forces over the Kuomintang forces of Generalissimo Chiang Kai-shek, who fled to Taiwan, Mao Zedong proclaimed the founding of the People's Republic of China (PRC) on 1 October 1949. Mao laid heavy theoretical emphasis on command economy and class struggle. At the same time, political movements and class struggles were launched nationwide. The Anti-Rightist Campaign of 1957–1958 significantly damaged the democracy in China, during which at least 550,000 people were persecuted, most of whom were intellectuals and political dissidents. After the campaign, China entered the de facto one-party state of the Chinese Communist Party. Other major political movements in 1950s included the Suppression of Counter-revolutionaries, the Three-anti and Five-anti Campaigns and the Sufan Movement, each of which resulted in a large number of deaths nationwide.

By the time of Mao's death, China's unity and sovereignty

were assured for the first time in a century, and there was development of infrastructure, industry, healthcare, education (only 20% of the population could read in 1949,

compared to 65.5% thirty years later), which raised standard of living for the average Chinese.

Mao Zedong Deng era (1976–1989)



Mao Zedong's death was followed by a power struggle between the Gang of Four, Hua Guofeng, and eventually Deng Xiaoping. The third constitution of China, known as the "1978 Constitution", was passed in 1978 under Hua's "Two Whatever's".

In December 1978, with the support of Ye Jianying and other high-ranking officials, Deng eventually replaced Hua and became the paramount leader of China during the 3rd Plenary Session of the 11th Central Committee of CCP. Deng's allies such as Hu Yaobang and Zhao Ziyang also received promotions.

Jiang Zemin and the third generation (1989–2002)



After the 1989 Tiananmen Square protests and massacre, Deng Xiaoping stepped away from public view and fully retired. Power passed to the third generation of leadership led by Jiang Zemin, who was hailed as its "core". However, owing to the Tiananmen massacre, the Reforms and Opening-up program went into stagnation in early 1990s, and Jiang, supported by left-wing conservatives, was not doing enough to continue the reforms.

In the spring of 1992, Deng



made his famous tour to southern China, which is widely regarded as a critical point in the history of modern China as it saved China's economic reform as well as the capital market (Shanghai Stock Exchange and Shenzhen Stock Exchange), and preserved the stability of the society. Jiang eventually sided with Deng and publicly supported the Reforms and Opening-up program. Conservative Li Peng was the Premier of China until 1998, when reformist Zhu Rongji succeeded as the new Premier.

Hu Jintao and the fourth generation (2002–2012)

Hu Jintao succeeded as the General Secretary of the Chinese Communist Party in November 2002. In March 2003, Hu Jintao became the 6th President of the People's Republic of China, with Wen Jiabao being the Premier of China. In September 2004, Hu Jintao became the Chairman of the Central Military Commission, the two most powerful positions on 15 November 2012. And on March 14, 2013, he became the 7th President of China. Li Keqiang became the Premier of China in March 2013.

In October 2022, Xi Jinping was re-elected as General Secretary of the Chinese Communist Party for a precedent-breaking third term of paramount leader after Mao Zedong's death.

During the Xi Jinping administration, China has emphasized an economic strategy of dual circulation: First, it seeks to rely more on China's domestic consumers. Second, it seeks to innovate

more domestically developed technology and thereby reduce China's reliance on western technology. Since 2015, the CCP has issued several industrial plans designed to emphasize high-tech innovation and digital development: These industrial plans include Made in China 2025, the "Action Outline for Promoting the Development of Big Data", and the "Three-Year Action Plan to Promote the Development of a New Generation of Artificial Intelligence Industry". China's Thirteenth and Fourteenth Five-Year Plans have also emphasized high-tech and innovative development.

Xi Jinping and the fifth generation (2012–present)

Xi Jinping became the General Secretary of the Chinese Communist Party and the Chairman of the Central Military Commission, the two most powerful positions on 15 November 2012. And on March 14, 2013, he became the 7th President of China. Li Keqiang became the Premier of China in March 2013.

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Great Wall of China

The Great Wall of China is a series of fortifications that were built across the historical northern borders of ancient Chinese states and Imperial China as protection against various nomadic groups from the Eurasian Steppe.

Apart from defense, other purposes of the Great Wall have included border controls, allowing the imposition of duties on goods transported along the Silk Road, regulation or encouragement of trade and the control of immigration and emigration.

Furthermore, the defensive characteristics of the Great Wall were enhanced by the construction of watchtowers, troop barracks, garrison stations, signaling capabilities through the means of smoke or fire, and the fact that the path of the Great Wall also served as a transportation corridor.

Future Plans for Modernization in China

China has laid out ambitious plans for modernization across various sectors to continue its trajectory as a global powerhouse. Here's an outline of China's future plans in modernization:

Infrastructure:

- **High-Speed Rail Expansion:** China aims to further expand its high-speed rail network, enhancing connectivity and facilitating economic integration.

- **Smart Cities Development:**

Embracing smart city initiatives to optimize urban infrastructure, improve public services, and enhance quality of life.

- **Medicine and Healthcare:**

- **Healthcare Innovation:** Investing in medical research and innovation to develop cutting-edge treatments, pharmaceuticals, and medical technologies.

- **Healthcare Accessibility:**

Continuing reforms to improve healthcare accessibility, affordability, and quality for all citizens.

- **Technology and Innovation:**

- **Leadership in Emerging Technologies:** Prioritizing research and development in emerging technologies such as artificial intelligence, quantum computing, and biotechnology.

- **Digital Transformation:**

Accelerating the digital transformation of industries and society, fostering a vibrant digital economy and innovation ecosystem.

- **Military Modernization:**

- **Advanced Defense Capabilities:** Continuing efforts to modernize the military with advanced weaponry, cyber capabilities, and space technologies.

- **Regional Security:**

Enhancing capabilities to safeguard national interests and maintain stability in the region, while promoting peaceful cooperation.



- **Business and Economy:**

- **Innovation-Driven Growth:** Shifting towards innovation-driven growth models, promoting entrepreneurship, and supporting small and medium-sized enterprises.

- **Global Economic Leadership:**

Strengthening global economic leadership through initiatives like the Belt and Road Initiative and promoting international trade and investment.

- **Cultural Preservation and Promotion:**

- **Cultural Heritage Conservation:** Continuing efforts to preserve and promote China's rich cultural heritage, including traditional arts, literature, and historical sites.

- **Cultural Diplomacy:**

Leveraging cultural diplomacy to enhance soft power, promote mutual understanding, and

strengthen international relations.

- **Sustainable Development:**

- **Environmental Conservation:**

Intensifying efforts to address environmental challenges, including pollution control, biodiversity conservation, and climate change mitigation.

- **Green Energy Transition:**

Accelerating the transition to a low-carbon economy, investing in renewable energy sources, and promoting energy efficiency. China's future plans for modernization reflect its commitment to sustainable development, technological innovation, and global leadership across various sectors. By pursuing these ambitious initiatives, China aims to secure its position as a leading global power and contribute to shared prosperity and progress on the world stage.

The real success of China lies not just in its remarkable economic growth or technological advancements, but in its ability to transform itself on a massive scale within a relatively short span of time. From a nation grappling with poverty and political turmoil just a few decades ago, China has risen to become the world's second-largest economy and a global powerhouse. This success is rooted in strategic long-term planning, bold reforms, and a resilient and industrious population. China's commitment to modernization, innovation, and globalization has propelled it forward, lifting millions out of poverty and driving unprecedented levels of development. However, beyond economic metrics, China's success also encompasses its cultural resilience, diplomatic prowess, and the determination to

shape its destiny on the world stage. Ultimately, China's real success lies in its ability to continually adapt and evolve, navigating challenges while seizing opportunities to realize its vision of prosperity and rejuvenation.

China Facts as seen by Rishi:

1. The People are very humble yet stern; If the Language barrier would have been passed; then communication would be better in all aspects

2. China is clean! No Littering aspect is inculcated from the young age. Respect is also a good virtue seen in the youth of China though many are anti-social and always engrossed in their mobiles.

3. China has good roads, no potholes, even if seen, it is repaired in no time! All Roads are marked and with signage. CCTV Cameras at all corners of the City! Big Brother always watches and acts if one misbehaves. Zero Crime in Cities.

4. There are no street people or beggars in China! The Government gets them jobs that they can do elsewhere.

5. They value heritage, culture and modernization to be the most vibrant Country in the World.

6. Chinese value their Religious Beliefs; But their main Religion is Hardwork!

7. A Billion+ Chinese People work and make sure all do their part in Nation Building.

8. Chinese People are Foodies! They love their food and you find a Restaurant in all roads and even 50 of them in an area.

9. Systematic Process is the Name of the Game! You are trusted to pay for the Train Ticket as you walk in.

10. They love their Tree's! Their Trees are supported with poles so that they grow straight!

11. Chinese chased away the Air Pollution earlier by embracing EV's, Planting Tree's and Embracing Electric Trains and Buses! The air in Beijing and Shanghai is clean and fresh!

12. Chinese Infrastructure is Supreme! Wind Farms, Solar Farms, Nuclear Power Stations, Rail and Roads, Airports, Free Bicycles, Pedestrian Pathways, Flyovers, Flower Beds, Green Areas etc

13. Rural Areas are opened up with Dual Lane Roads and Rail Network.

14. China is rich in Minerals; Majority of its desert area is rich in minerals.

15. Sunday is Family Day! The entire population is out and about!

16. Chinese use Electronic Map Applications! Even they can't remember all the Roads!

17. They recycle many items like water, plastics, paper and use food wastage to make manure for farms.

18. They have one of the best Countryside Sceneries in the World!

19. You get the best deals in products and any product you want!

20. You pay for the quality you want! Cheap is not always the best!

21. The List is endless...China is the Country to watch in the next 20 years!



ASTROLOGY



ASTROLOGY



By Mr. Rishi Arun Parikh

In the universe, everything follows regular cycles that mark the passage of time, both in nature and in our lives. These cycles remind us that nothing is permanent and that each stage is followed by a new one. Spring is a good example of this transition.

After winter, nature comes back to life: plants bud, flowers bloom, animals emerge from their winter sleep. It marks the end of a period of cold and darkness, but also the beginning of a period of

growth and renewal. Spring reminds us that everything has an end, but that each end leads to a new beginning. It is a time when we too can start afresh, leaving behind what no longer serves us and embracing the opportunities that arise.

In nature, cycles are omnipresent, from the seasonal migrations of birds to the reproductive phases of species. These cycles are constant reminders of the natural order of things and the regularity of change. For example, the annual migrations of birds are a vital cycle for many species. Every year, millions of birds travel thousands of kilometers to regions where food resources are abundant or to escape extreme weather conditions. This migration cycle is crucial

for maintaining the balance of ecosystems and ensuring the survival of many species. Similarly, the cycle of animal reproduction is essential for perpetuating species. From the mating seasons of deer to the complex courtship rituals of songbirds, each species has developed its own strategies to ensure its survival through reproduction.

This reproductive cycle is a celebration of life and the continuity of generations.

In our own lives, we can also observe similar cycles. The seasons of life, from childhood to old age, follow a predictable pattern of growth, maturity, and decline. Likewise, our professional careers often experience cycles of progression, stagnation, and change. We also experience emotional cycles, with highs

and lows that punctuate our existence. These cycles in our lives reflect those of the nature around us. As the seasons change, we too are called to change, to adapt to circumstances, and to evolve with time.

Transition moments, like spring, offer us opportunities for renewal and growth, reminding us that each end is also the beginning of a new chapter.

By understanding and accepting these cycles, we can find balance and harmony with the world around us.

However, cycles are not the only forces shaping our lives. Numbers, omnipresent and mysterious, also play a significant role in our existence. Whether in our date of birth, the time we come into the world, or even

the geographical coordinates of our birthplace, numbers surround us and influence us in unsuspected ways. Your date of birth, for example, is much more than a simple combination of numbers.

It is loaded with meaning and symbols, influencing your personality, your character traits, and even your destiny. Similarly, the time of your birth can be interpreted as a mysterious code revealing hidden aspects of your being. Our ages, too, are numerical landmarks that mark our progression through the different stages of life. Each passing year is a new line added to the fabric of our existence, inexorably bringing us closer to the end.

Numbers are not limited to our birth; they are also present at our death. The age at

which we leave this world, the circumstances surrounding our departure, everything is inscribed in a kind of digital language that sometimes surpasses our understanding.

Even the geographical coordinates of our birthplace can have a hidden meaning, revealing subtle connections with the cosmic forces that govern the universe.

Thus, numbers, like cycles, are fundamental elements of our reality. Their influence is everywhere, elusive yet palpable, reminding us that our existence is a complex mystery, where each aspect is carefully orchestrated by forces that we can only touch with our fingertips.

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Social Engineering: How you get scammed online.



By Murithi MAGIRI

Did you know that the majority of cyber breaches are caused by human error?

Every now and then you will see someone online screaming about their social media accounts like Facebook and Twitter or messaging platforms like WhatsApp and Telegram having been hacked. In organizations of different sizes and varied industries it is common to hear of compromised email accounts and ransomware attacks. How does it happen? How do attackers gain access

to user accounts consequently to information and systems?

Social engineering is the art of manipulating, influencing, or deceiving you in order to gain control over your computer system rather than by breaking in or using technical cracking techniques. In most cases the attacker never comes face-to-face with the victim. It has also been defined as "any act that influences a person to take an action that may or may not be in their best interests." Social engineering accounts for up to 90% of attacks. Why is it that hackers exploit this to the maximum? It has to be because of success rates.

When people think of cybersecurity, they almost always think of firewalls, anti-malware and patch management solutions. These are controls that define a solid cyber security fabric. But they do not take people's habits,

emotions and state of mind into account. Human beings are habitual creatures. We are so used to certain things in our life that when faced with them, we don't think twice before acting on them. As an example; we are aware that there are a lot of attempts to by hackers to compromise social media accounts, so if one receives an email from your preferred social media site that there was an attempt to break into your account or an email to review your accounts security settings, most people will click on the link and log into their account to check what's going on. A hacker will use this against a victim, all they need to do is swap a real link with a malicious one with the look and feel of the real one.

Hackers use different social engineering techniques with the most common



one being phishing and malware attack. Phishing is a significant problem for many organizations as attackers often use deceptive tactics to trick people into revealing sensitive information like passwords or financial details. According to research in different African countries by KnowBe4 - arguably the world's largest integrated

security awareness platform. Nearly 40% of respondents have fallen for an online scam, 33% have come across one, 19% have never fallen for a scam, while 8% did not know what it is. Most of the respondents fell victim of financial scams, followed closely by investment scams that and crypto scams that caught 29% of respondents.

Most of those who were successfully scammed, 53% were convinced the offer was legitimate because the website looked real.

With the emergence of Artificial Intelligence (AI) cybercriminals are getting more sophisticated and alluring to their victims. The key is to understand what these threats are and how they have evolved so people can protect themselves from both the financial and reputational impact. Organizations therefore ought to allocate more resources and time for user awareness and training. Individuals also have to be aware that apart from phishing, there no free lunches and more so on the internet. The "devil" lies in the games and puzzles they play and apps they download online.

The writer is the Lead IT Consultant at Magtech Solutions,
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World Weather



By Mr. Rishi Arun Parikh

The state of our planet is undoubtedly at a critical juncture, with a confluence of factors wreaking havoc on our environment. From erratic weather patterns to the looming specter of global warming, it's clear that action is needed now more than ever. Kenya, China, UAE, Malaysia, Indonesia are some of the countries facing major rainfall and adverse weather conditions currently; whilst some countries can clear a flooded area like the Dubai Airport in a matter of hours (5,000 workers from Airport & volunteer private companies descended upon the area affected and cleared the International Terminal and Airport Holding Area of the water); others have to face the brunt until Mother Nature decides to rest. Kenya may

not be directly responsible for the weather effects but is facing the brunt of other distant countries' activities as our World is round - What you send out...come back to you!!! Some of the basic historical issues that have been discussed thousands of times are again: -

1. Harsh Weather Patterns: Extreme weather events, from devastating hurricanes to record-breaking heatwaves, are becoming increasingly common. Climate change exacerbates these phenomena, disrupting ecosystems and endangering lives. Mitigation efforts must focus on reducing greenhouse gas emissions through transitioning to renewable energy sources, implementing sustainable land-use practices, and investing in resilient infrastructure.

2. Cloud Seeding: While cloud seeding has been proposed as a means of inducing precipitation in drought-stricken regions, its long-term efficacy and potential environmental impacts remain subjects of debate. Instead of relying solely on such geoengineering techniques, we must prioritize

conservation efforts, water management strategies, and equitable distribution of resources to address water scarcity sustainably. UAE is playing with nature by preventing natural distribution of rainfall as per the area historically. We have desert belts across the world that are dry; when we try to induce rainfall, the area isn't naturally ready to accept it. Instead - Water Canals, Pipelines, Ponds, Water pans and Lakes are much more nature friendly to invest in.

3. Deforestation: Rampant deforestation continues to degrade vital ecosystems, exacerbating biodiversity loss and contributing to climate change. Reversing this trend requires concerted efforts to protect forests, promote reforestation and afforestation initiatives, and support sustainable forestry practices. Additionally, addressing the underlying drivers of deforestation, such as agricultural expansion and illegal logging, is imperative.

4. Global Warming and Carbon Emissions: The relentless release of carbon dioxide and other greenhouse gases into the

atmosphere is driving global warming, with far-reaching consequences for ecosystems and human societies. Transitioning to a low-carbon economy is non-negotiable, necessitating ambitious emissions reduction targets, carbon pricing mechanisms, and investments in clean technologies. Furthermore, enhancing carbon sinks through natural solutions like restoring degraded habitats and adopting regenerative agricultural practices can help offset emissions.

5. Man-made Industrial Activities: Industrial processes, including manufacturing and energy production, are major contributors to environmental degradation and pollution. Embracing sustainable production methods, resource efficiency, and circular economy principles can mitigate these impacts while fostering economic growth. Additionally, stringent environmental regulations and corporate accountability measures are essential to hold polluters accountable and incentivize responsible practices. Instead GO GREEN! Windmills, Solar Farms and Wave Arrestors are the best ways now to generate good clean power. Atomic Power is dangerous if not handled well; but it gives flicker free power 24/7/365/20 years!

In essence, addressing the multifaceted challenges facing our planet demands a holistic approach that integrates scientific expertise, political will, and societal engagement. By prioritizing sustainability, resilience, and equity in our decision-making processes, we can strive to create a better future for generations to come. However, time is of the essence, and decisive action must be taken now to avert the most catastrophic consequences of climate change.

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PHOTO STORY

Donations



In March 2024, Mombasa Womens' Association donated 88 pairs of Sports shoes and 2 footballs to Gabriel Kahindi School.



On 23rd March 2024 Coast Hospice held their Annual Charity Walk. To support this fundraising event, Mombasa Womens' Association donated water and biscuits for the participating children.

Eid



This is Sadik Masjid Mombasa. Celebrating Eid ul Fitri on 10th of April 2024 led by Mr. Jamil Sumra.

Giants Group Twiga & Vanik Vaishnav Mahajan Library Books Donation

Donation of Library Books done on 23/4/24. Gil Sub County Library, which is based in Gil Gill town, and is a public library, library books donated. In memory of Bhagwanjibhai & Kailashben Patel & Pratulchandra & Chandrika Desai. Presentation done by Jayen & Jigna Patel, Mukesh & Chetna Desai on behalf of the two families. Mubwayo School, which is located in Budalangi donated in memory of Suresh Solanki



and Presentation done by Bharat & Devendraben Shah on behalf of the family.

Thanks to Jahnvi, Yukta, Mehul, Nilay for attending the presentation, We continue our project to promote National Literacy and reading cultural



SHUBH MANTRA

Shubh Mantra: A single act of help can bring tremendous positive impact

By Shubhrika

In the heart of a bustling town nestled between rolling hills, lived a young boy named Ethan. Despite his tender age, Ethan bore the weight of responsibility on his small shoulders. His family struggled to make ends meet, and Ethan often found himself juggling school with odd jobs to help put food on the table.

One chilly morning, as Ethan trudged through the streets on his way to school, he stumbled upon an elderly woman struggling to carry her groceries. Without hesitation, Ethan rushed to her aid, offering to carry the heavy bags to her doorstep. Grateful for his kindness, the woman thanked Ethan with a warm smile and a handful of freshly baked cookies.

That simple act of help sparked something within Ethan – a desire to make a



difference, no matter how small. From that day forward, Ethan made it his mission to lend a hand whenever and wherever he could.

As time passed, Ethan's acts

of kindness began to create a ripple effect throughout the community. Inspired by his example, others joined in, offering their assistance to those in need. Whether it was

helping an elderly neighbor with yard work or tutoring a struggling classmate, the spirit of compassion flourished, weaving its way through the fabric of the town.

One day, when Ethan's family faced an unexpected financial setback, the community rallied around them, offering support in their time of need. From donations of food and clothing to offers of employment, the outpouring of help was overwhelming.

Moved by the generosity of others, Ethan's family found the strength to persevere through their hardships. But it wasn't just the material assistance that made a difference – it was the sense of belonging, the knowledge that they were not alone in their struggles, that gave them hope for a brighter tomorrow.

As Ethan grew older, he never forgot the lesson he had learned – that a single act of help, no matter how small, had the power to transform lives and bring communities together.

Whether it was lending a hand to a stranger or supporting a friend in need, Ethan knew that every act of kindness had the potential to create a ripple effect, spreading warmth and compassion far and wide.

The story of Ethan serves as a poignant reminder of the profound impact of help. In a world often plagued by division and strife, it is through acts of kindness and compassion that we can bridge the gaps between us, forging bonds of solidarity and understanding. And like ripples on a pond, the effects of our help can extend far beyond what we can see, touching the lives of countless others in ways we may never know.

PICTORIAL

Hope for cancer kids officially open in Nairobi, Lion Club donates to the house



Left to right: Hope for Cancer Kids (HCK) Fundraising Director Sidney Chahonyo, Lions Club District 411A member Nathaniel Mungai, Childhood Cancer Convener Lions Club Dr. Balpreet Matharu, Hope for Cancer Kids Board Member Kanyi Ohawa, Bless a Child Foundation Uganda Founding Partner Peter Genza and Hope for Cancer Kids Executive Director Tom Ochieng during the handover of Lion Club district 411A's donation of assorted foodstuff, stationary, books, cleaning and sanitary supplies to HCK for the 1 Hope House cum the launch of the 1Hope House. The 1Hope House is a patient housing project that provides accommodation and transport for children battling cancer as they receive treatment.

NB.

1Hope House is the home that was being launched on that day to accommodate children battling cancer. These children especially those from far away areas normally abandon treatment because they have no place to stay in Nairobi while receiving the treatment eg chemotherapy, radiotherapy etc.

1Hope House is just a name to signify the first point of hope for these children as they receive treatment.

The hunt for the real leadership



By Mr. Rishi Arun Parikh

Voting for a genuine leader(s) who uphold the principles of governance and enacts legislation in accordance with the countries' agreed constitution and laws can have profound implications for a nation and its citizens. Singapore, Sweden, and China are examples which some developing countries need to at least compare to where corruption reigns supreme: If Kenya, China, Korea, Singapore were at one time in the same

economic level once upon a time; what did they do that we didn't? China was developing just 30 years ago with similar infrastructure standards like Kenya currently; we all know what their last two leaders did with an iron fist to see where China is today! Fantastic! They are still hungry to go further and embrace technology like we can only imagine as science fiction...Why? Why NOT US? Below are a few pointers from developed (still developing) countries below: -

1. Singapore: Renowned for its efficient governance and low levels of corruption, Singapore serves as a beacon of effective leadership. Through meritocratic policies and stringent anti-corruption measures, the city-state has fostered an environment conducive to economic growth,

social cohesion, and public trust. Citizens benefit from high-quality public services, robust infrastructure, and a transparent legal framework that safeguards their rights. By prioritizing accountability and integrity, Singapore has positioned itself as a model of good governance on the global stage.

2. Sweden: With a strong tradition of democratic governance and social welfare, Sweden exemplifies the dividends of investing in public institutions and civic engagement. By electing leaders committed to upholding the rule of law and promoting social equity, Swedish citizens enjoy a high standard of living, comprehensive healthcare, and inclusive education systems. Moreover, Sweden's transparent and participatory



political processes ensure that citizens have a voice in shaping policies that affect their lives. This emphasis on democratic values and institutional integrity has earned Sweden widespread acclaim as a progressive and well-governed society.

3. China: While China's political system differs significantly from those of Singapore and Sweden, it is undeniable that effective governance has played a pivotal role in the country's rapid development and poverty alleviation efforts. Under the leadership of the Chinese Communist Party, strategic

planning, long-term vision, and decisive action have propelled China to become a global economic powerhouse. By prioritizing infrastructure development, education reform, and poverty reduction initiatives, the Chinese government has lifted millions out of poverty and improved living standards for its citizens. However, concerns persist regarding issues such as human rights abuses, lack of political freedoms, and transparency deficits, highlighting the complexities inherent in China's governance model.

In contrast, countries where

corruption prevails suffer from a myriad of challenges that hinder progress and undermine public trust. Corruption erodes the rule of law, distorts public policies, and perpetuates inequality, ultimately impeding socio-economic development and jeopardizing citizens' well-being. Without accountable leadership and effective institutions, such countries are plagued by inefficiency, injustice, and social unrest. In summary, voting for leaders who prioritize integrity, accountability, and the common good is essential for fostering a society where citizens can thrive. By learning from the successes of nations like Singapore and Sweden, and addressing the pitfalls of corruption head-on, countries can aspire to build a brighter future for all.

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Understanding nutritional supplements



By Arifa Turabali
MKPA, HSM, MPH

Nutritional Supplements encompass a variety of products, including vitamins, minerals, and herbs, which are purported to enhance wellness. These supplements are available in various forms such as tablets, capsules, gummies, powders, and drinks. Common examples include vitamin D, B12, calcium, iron, echinacea, garlic, glucosamine, probiotics, and fish oils. While these supplements offer potential benefits, consumers should be aware of both their advantages and risks.

Dietary Supplements Labels

Dietary supplements feature a fact label detailing ingredients, serving size, and additional components like fillers and flavorings.

While the manufacturer recommends a serving size, your healthcare provider may advise an alternative amount tailored to your needs.

Benefits of Dietary Supplements

Dietary supplements offer numerous benefits, serving as a nutrient source when food alone is insufficient and aiding in overall health improvement. They can mitigate risks associated with certain health conditions.

Healthcare professionals may recommend supplements if you:

- Are at high risk of a condition that can be mitigated with added nutrients.
- Require additional nutrients due to pregnancy, nursing, or have a medical condition like kidney failure.
- Follow a restricted diet lacking specific nutrients.
- Experience malnutrition or inadequate nutrient intake.
- Have laboratory-confirmed nutrient deficiencies.
- Are elderly and struggle with nutrient absorption.

Prescribed supplements can help reduce risks related to specific conditions:

- Folic acid for pregnant women to support fetal



development.

- Omega-3 fatty acids for heart health improvement.
- Calcium and Vitamin D to mitigate bone loss.
- Vitamins A, C, and E for eye health.
- Probiotics for digestive and immune support.
- Magnesium for sleep and digestion enhancement.

Effectiveness of Supplements

While supplements can help ensure adequate

nutrient intake, they're not a substitute for a varied, nutritious diet. It's essential to maintain healthy eating habits alongside supplement use.

Safety Considerations and Risks

When taking supplements, carefully follow instructions and report any side effects to your healthcare provider or pharmacist promptly. Avoid high doses of supplements.

Supplements can

interact with medications, so it's crucial to be aware of potential interactions. Examples include:

- Vitamin K interfering with blood thinners like warfarin.
- Vitamin C and E diminishing the effectiveness of chemotherapy.

Supplements may pose long-term complications, including:

- Organ damage, particularly to the liver.
- Reduced bone strength.
- Increased risk of bleeding.
- Nervous system damage.

Important Considerations for Dietary Supplements:

• Consult your healthcare provider before starting any dietary supplements.

• Obtain approval from your healthcare provider before substituting or combining supplements with prescribed medications.

• Prior to any surgical procedure, discuss your supplement intake with your healthcare provider.

• Remember, "natural" doesn't always equate to safety; some natural products can cause liver damage.

• The safety of a dietary supplement depends on various factors, including its composition, mechanism of action, preparation method, and dosage.

• Before starting any supplement regimen, utilize reliable information sources and consult with your healthcare provider to address key questions:

- What are the potential benefits for me?
- Are there any safety risks?
- What is the recommended dosage?
- How, when, and for how long should I take it?

It's essential to understand that dietary supplements are meant to supplement the diet, not to treat, diagnose, mitigate, prevent, or cure diseases.

BE SAFE!

Elevate your womb health: 3 proven tips for a cleansed and vibrant uterus!

By Ahlam Mansur (instagram: mindful_ke)

In today's modern society, discussing the importance of cleansing our womb is not a frequent topic. We often overlook the crucial role the womb plays in our overall well-being. Like other biological systems in our body, our womb requires regular cleansing and support to stay healthy and vibrant.

While cleansing may not have been necessary in the past, the increasing exposure to toxins in our contemporary world makes it more essential than ever.

Factors such as the food we consume, the chemicals in our sanitary products, and the societal stigma associated with reproductive health highlight the need to prioritize womb health and undertake gentle cleansing.

This becomes particularly important if you have been diagnosed with a hormonal imbalance or reproductive



health issue.

Our uterus, or womb, serves as one of our body's elimination pathways. There are five primary methods through which our body removes waste and toxins—bowel movements, urine, sweat, breath, and the menstrual cycle. Maintaining a healthy flow in these areas is crucial for overall well-being.

When one pathway becomes stagnant, it can negatively impact the body.

If our menstrual cycle is absent, the womb may become particularly stagnant, leading to health issues. While the womb is not the main elimination pathway, complications can arise from irregular cycles or the use of birth control methods that

stop menstruation. Symptoms of a stagnant womb may include the development of cysts, severe menstrual cramps, miscarriages, and recurring infections.

Additionally, dark blood, mucus, and large clots at the beginning of the menstrual cycle can indicate the need for womb detoxification and cleansing.

So, what are the methods that help cleanse our womb?

STEP 1: CONSISTENT MENSTRUATION IS ESSENTIAL!

Regular menstruation is a natural process of our reproductive system as women. It allows us to expel toxins and stagnant energy from our body, giving our womb the opportunity to rejuvenate. While it might be tempting to opt for birth control methods that halt your monthly cycle or to overlook irregular periods, these practices can create an

environment conducive to health issues.

If you are using certain birth control pills that suppress your monthly menstruation, it may be worth discussing alternative options with your doctor. When menstruating, try to avoid using disposable tampons and pads, as they can potentially harm the body by absorbing toxins in the vagina. Instead, consider using organic tampons, pads, or a menstrual cup as safer alternatives.

STEP 2: HARNESS THE POWER OF HEALING HERBS FOR MENSTRUAL HEALTH

Certain herbs offer remarkable benefits for our bodies, particularly our womb. Red Raspberry Leaf is one such herb known for its cleansing properties. Packed with iron and various minerals, this potent herb helps regulate menstrual cycles, boost iron levels, and reduce cramps. To support your womb health and overall well-being, you can

consume Red Raspberry Leaf tea daily.

STEP 3: EXPLORE YONI STEAMING

Yoni steaming, also known as vaginal steaming, has been utilized globally for centuries to enhance reproductive health. It can be a beneficial and deeply preventive measure for various health issues.

I cannot stress enough the importance of cleansing and purifying your womb and body with sincere intention and care. Embrace the beauty of the Sacred Feminine through these practices and connect with your inner Wild Woman.

* DISCLAIMER :

I am not a doctor and this article is written through experience and research and looking into the old golden days. Kindly consult your medical practitioner before trying anything new especially if you have any reproductive issues.

SPORTS

APRIL, 2024

Erik ten Hag on course for club's worst Premier League campaign ever

Erik ten Hag could sink lower than David Moyes, sacked 10 months into his spell at Old Trafford with the club seventh in the table. United are eighth at present, with games against Arsenal, Newcastle and Brighton remaining.

Based on current form, it is not beyond the realms of possibility that United go winless in their final games. Ten Hag needs five points to avoid breaking the unwanted record of being the manager in charge of United's worst season in the Premier League era. Ralf Rangnick and Ole Gunnar Solskjaer currently hold that honour for 2021/22.

The damning takeaway from these comparisons is that Ten Hag has been in the job for nearly two years now, and backed in the transfer market to the tune of £410m. Moyes did not enjoy such luxuries.

Ten Hag's only saving grace is the prospect of the FA Cup final against Manchester City. Confidence of success is thin on the ground for that game, however. It was only 12 months ago that Ten Hag was presiding over what looked to be a promising revolution at United with a trophy and third-placed finish in his first season. So what's happened?

Ashley Young described his former side's defending as "shambolic" in Monday's thrashing at Crystal Palace. It has been a common feature for United under Ten Hag this season.

They have conceded 55 goals in 35 league games this season. Going by their average, this United side are on course to let in more goals than any other in the Premier League era.

Considering they next play Arsenal, who have won 10 games by three or more goals in the league this season, the record could easily be broken on Sunday at Old Trafford.

United have shipped three or more goals in eight league games this season, too. That figure rises to 14 across all



Erick Ten Hag

competitions.

Part of the issue behind United's susceptibility to let goals in is the ease with which teams can play through them. This is reflected in the number of shots they face.

In 2024, they have allowed 317 shots - more than any other side in the Premier League. That's an average of more than 18 shots per game.

United have outperformed their Expected Goals Against by 9.48, more than any other side in the league. The second team in this metric, Liverpool, outperformed their xGa by 4.51.

Jamie Carragher, who said United are one of the worst-coached teams in the league on Monday, has been critical of Ten Hag's system all season. "They defend like a team I've never seen before," he said in February. "They like to press high with a deep block."

Ten Hag can point toward a raft of injury problems this season, particularly at the back, to explain why his side have conceded 22 more goals than the previous campaign. Stylistically, though, he is yet to provide a satisfactory explanation for their issues.

Easily beaten

Unsurprisingly, a team that ships so many goals tends to lose quite often. Ten Hag has already lost more games this season than any other United manager in the Premier League era.

They have lost 13 in the league this season, one more than in 2021/22, when the wheels came off for Solskjaer and Rangnick took over. Going further back, this is United's most league defeats since 1989/90. Across all competitions, United's 18 defeats is the most since 1977/78 (19).

It has been the nature of certain defeats which has made the season particularly painful for United.

Monday's hopeless defeat at Palace was a new low, but this side was also comfortably beaten 3-0 at home by Bournemouth. A marginal offside prevented a late fourth, too. We must not forget the latest collapse in Premier League history at Chelsea, either.

That was all in the Premier League. United's Champions League campaign, which

ended after finishing bottom of their group, saw them throw away leads against Galatasaray and Copenhagen in the final 20 minutes and lose.

United's propensity for chaos is partly down to their inability to control games, contrary to what Ten Hag set out to do. Domination was the aim, but this is the lowest average possession United have had since records began.

Scoring problems

United's attack hasn't been able to bail out Ten Hag this season amid an almost permanent injury crisis at the back. That's clear from their minus three goal difference, the lowest of the top eight by a margin of 14.

As things stand, United have scored 52 goals across 35 games in the Premier League, three more than their worst in 2015/16 under Louis van Gaal. Even Van Gaal admitted he was sometimes bored by United's play that season.

This doesn't really tally with Ten Hag's assertion that his side are one of the great entertainers of the Premier League.



McLaren's Lando Norris celebrates winning the Miami Grand Prix.

England star Jack Grealish fined for speeding



The 28-year-old footballer was ordered to pay £666 for speeding at 44mph in a 30mph zone. A court heard he was caught speeding by a mobile camera at Station Road, Wythall, Worcestershire, while driving a Range Rover Sport on the morning of 17 July, 2023.

Olympic flame arrives in Marseille amid 'unprecedented security'



The Olympic torch has reached Marseille amid an "unprecedented level of security", 79 days before the opening ceremony of the Paris Games.

A three-masted ship brought the torch to the Mediterranean coastal city in southern France from Greece's ancient Olympia, where the flame was lit on 11 April. The torch will be brought to shore after a six-hour parade, featuring more than 1,000 boats, in front of President Emmanuel Macron and an estimated crowd of 150,000 people.

Andy Murray plans to play at Geneva Open

Andy Murray is set to make his comeback from injury this month at the Geneva Open indicating he is planning on playing in the French Open the following week.

The 36-year-old, who is expected to retire at some point this season, has been sidelined since late March after damaging ankle ligaments in a third-round match against Tomas Machac at the Miami Open.

After the match Murray said he would be sidelined for "an extended period" after confirming he suffered a full rupture of his ATFL [anterior talofibular ligament] and near full thickness rupture of his CFL [calcaneofibular ligament].

"I will see an ankle specialist



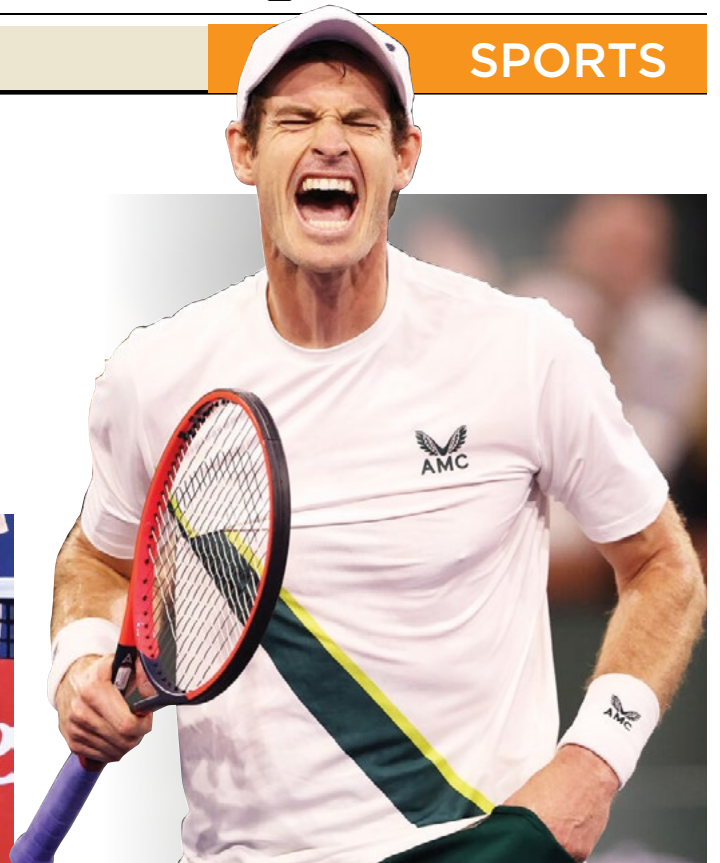
when I return home to determine next steps," he said. "Goes without saying this is a tough one to take and I'll be out for an extended period.

But I'll be back with one hip and no ankle ligaments when the time is right."

Murray opted not to have surgery but it had been feared

the former world No 1 one may not be able to have his Wimbledon swansong.

However, it was announced on Wednesday that Murray



has been given a wild card for the ATP tournament on clay in Geneva beginning on May 18 indicating he is planning on playing in the French Open the following week.

The Scot has not played at Roland Garros since 2020, which was his only appearance since his hip problems began three years previously.

While Wimbledon appears the most logical venue for

Murray to call time on his glittering career, he is tempted at another tilt at an Olympic medal on the Parisian clay this summer. He is the only tennis player to have won back-to-back singles gold medals, in London and Rio.

The Olympic Games in Paris are also scheduled to get under way on July 24, with direct entry handed to the top 56 of the rankings on June 10.

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WEEKLY LIVE MUSIC

Mondays

The New Cheers Bamburi
Live Band Music

The Yacht Lounge Mtwapa
Afro Fusion with Afro Simba Band

Tuesdays

Safari Inn Shanzu Serena Rd
Live Band Evening with Maranda & Band

Toscana Restaurant And Lounge Pirates Beach
Live Band Tuesdays with Mombasa Roots Band | DJ Freaky

Tapas Cielo Nyali
Live Band Tuesdays with The Coral Groove Band

Wednesdays

Sky Lounge Bamburi
Rhumba Collision Mitie vs Banamitie

WEEKLY LIVE MUSIC

Wednesdays

Cocobongo Sports Bar Diani
Rock & Pop Oldies with Iris Band

Yacht Lounge Mtwapa
Rhumba Legit with Foa The Band

The New Cheers Bamburi
Live Band Music

The New Big Tree Bamburi Beach
Pizza Jazz & Lounge with DJ Ronyle | Alfredsax

Thursdays

Club Mios Bamburi
Ambro La Musica Live

Toscana Restaurant And Lounge Pirates Beach
Live Band Tuesdays with Mombasa Roots Band | DJ Freaky

The New Cheers Bamburi
Live Band Music

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WEEKLY LIVE MUSIC



SEMINAR

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WEEKLY LIVE MUSIC

Thursdays

Kusini Tavern Kilifi
The Muziki Band

Fridays

Safari Inn Shanzu Serena Rd
Live Band Evening with Jambo Africa Band

The New Cheers Bamburi
Live Band Music

The Club Cocobongo
Live Band Fridayd with Faces Of Africa Band

Cocobongo Sports Bar Diani
Live Band Friday with faces Of Africa Band

Apollo Club Changamwe
Ohangla Fridays - Achieng Nyarongo Performing Live

[wh@t's on mombasa](http://www.whats-on-mombasa.com)

WEEKLY LIVE MUSIC

Saturdays

The New Cheers Bamburi
Live Band Music

Apollo Club Changamwe
MTU7 Saba & Sevens Afrobeat Band

Sundays

The New Cheers Bamburi
Live Band Music

Tapas Cielo Nyali
Band Sundays Mombasa Roots Band

Club Mios Bamburi
Bango Sundays with Jimmy Ngala & Asili Band | VDJ Eden

Brazuca Sports Club Ukunda
Mugithi & Rhumba with JP Muriuki

The New Big Tree Bamburi Beach
La Festa Sunday with Mombasa Roots Band | DJ Ronyle | MC Chapatizo | DJ Prince Amar

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SHOWCASE / LIVE EVENTS

Sunday 05 | 05

Cheche Bookshop And Cafe
Cheche Sessions Presents Modest Chabari

Saturday 11 | 05

Kastemil Gardens Thika Rd
The Luxury Code - Food | Music | Games | Fun | Drinks

Sunday 12 | 05

Treasure Gardens Kilimani
13th Anniversary Of Bilenge Musica Du Congo with Less Wnyika | Kaka Talanta
Hodari Junior Club
Pure Music Exceptional Craftmanship with Bethuel | Shitaqua | Amariko

Saturday 17 | 05

Mageuzi Hub
Mating Call

SHOWCASE / LIVE EVENTS

Saturday 17 | 05

Nairobi Showground
We Love R&B: Bobby Valentino

Friday 31 | 05

Carnivore Simba Saloon
Soul Jam - 1st Edition

FESTIVAL

Saturday 11 | 05

Nairobi Street Kitchen
Nairobi Creators Fest 2024

Sunday 12 | 05

Ex Vet Lab Club House
Katika 254 Fest

WORKSHOP

Saturday 23 to 25 | 05

Gig Dynamics Limited A.S.K. Jamhuri Showground
Open House 2024

FAIRS & EXPOS

Sunday 05 | 05

KICC
Nairobi Global Business Expo And Conference

18 to 19 | 05

Trademark Hotel Village Market
Divalicious Popup Exhibition

Wednesday 22 | 05

Villa Rosa Kempinski Chiromo Rd
Nairobi International Education Fair 2024

Tuesday 28 | 05

Radisson Blu Hotel
Solar Business Expo (SBE)

MOTORSPORT

Sunday 12 | 05

Machakos People's Park
Time Attack Round 2: Time Trial Track Event

ART EVENTS / EXHIBS

16 | 03 to 11 | 05

The African Arts Trust Victoria Square
Onyis Martin: In The Beginnin

10 to 12 | 05

Nairobi National Museum
16th Affordable Art Show

06 | 03 to 31 | 05

Sarit Expo Center Loita Hall
Drone Tech and Data Expo 2024

27 | 04 to 19 | 05

One Off Contemporary Gallery28
Rosslyn Lone Tree
Rows And Columns - Paintings by Baraka Samia

THEATRE

23 to 26 | 05

Nairobi National Museum
Every Brilliant Thing

CHARITY GALA DINNER

Saturday 28 | 05

Grand Hotel Nairobi Airport Msa Rd
Simply Feminine Network Charity Gala Dinner





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