

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

Issue 062 / OCTOBER 2024

Complimentary Distribution - Free

Registered at the G.P.O as a Newspaper

Rishi Foundation Borehole



Mwabungo Village in Kwale County was one happy Community on 29th October 2024 when the Water Borehole donated by Mr. Didar Singh and Family Friends and Coordinated by Rishi Foundation. It was officially opened by the two Village Elders. The Water will be given out for Free For Life! God Bless all involved!

Report on World Service Day Program

By Lions Club of Mombasa Pwani

On 20th October 2024, the Lions Club of Mombasa Pwani celebrated World Service Day by hosting an inspiring program for 1,600 special needs children from various schools for those with disabilities. This event, aimed at providing joy, support, and inclusion, was attended

CONTINUED TO PAGE 3



Mr. Manpreet Singh Bhabra of Rishi Foundation and Gladiator Construction Enterprises testing and using the Hand Pump Borehole that was donated by Mr. Didar Singh & Friends of United States & Rishi Foundation at Mwabungo Area, Kwale County. All 300 Community Members around the area happy for the kind gesture and donation. God Bless!

JAYS PYROTECHNICS

info@jayspyrotechnics.com **NAIROBI | MOMBASA** www.jayspyrotechnics.com

KENYA'S BIGGEST

FIREWORKS

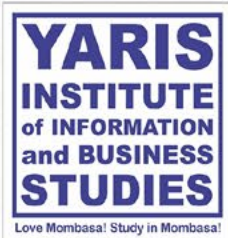
OUTLET with More Than 3000+ selection. From KES 10/-

NAIROBI: Almond Court, 3rd Parklands Ave - Tel: 0715 520 759

MOMBASA: Fidel Odinga Rd, Opposite Ratna Square - Tel: 0726 520 759



St John
Ambulance



COAST REGION EMERGENCY CONTACTS

MOMBASA COUNTY

- Kenya Red Cross - 0700395395
- ST John's Hospital - 0706777077
- ST John's Hospital 2 - 0718422522
- AAR Health - 0729933559
- AAR Health 2 - 0725225225
- AAR Health 3 - 0734225225
- CGM Fire Dept. - 0738222555
- County Control Room - 0776922922
- County Control Room 2 - 0707911911
- Premier Hospital - 0714400099
- Mombasa Hospital - 041-2312191
- Mombasa Hospital 2 - 0733333655
- Mombasa Hospital 3 - 0722203755
- Agakhan Hospital - 0415051000
- Pandya Hospital - 0722206424
- Jocham Hospital - 0722207664
- Seiffee Foundation Clinic - 0720730430
- Coast Gen Makadara H. - 0722207868
- Bomu Hospital - 0722574755
- KPA Fire Dept - 0710870000
- Mewa Hospital - 0716292798
- Al Farooq Hospital - 0787114455
- Emer. Response - 0203893522
- KRCS Mr. Rajab - 0721849088
- KRC Mombasa - 0703037040
- KRC Mombasa 2 - 0703037041
- KRC Mombasa 3 - 0725292000
- KRCNational EOC - 0728602502
- Coast Diver Mr.Kyalo - 0725 654192
- Coast Guard - 0707430108
- Tudor Hospital - 0788 959 626
- Josmori - 0700767664
- Counselling Line - 0800724540
- Haki Africa - 0755000555
- Sayyida Fatima Hosp. - 0729410016
- Ganjoni Hospital - 0768860000
- Bomu Hosp Oldtown - 0746980040
- Nyali West hospital - 0722917140
- Bay leaf Hospital - 0702249005
- Bay leaf Hospital 2 - 0733249005
- Memon Med Centre - 0727872979
- Memon Med Centre - 0735872979
- Msa Eye Hosp - 0735727271
- Msa Eye Hosp 2 - 0751340583
- KPLC MAIN - 97771
- KRCNational EOC 2 - 1199

KILIFI COUNTY

- Kilifi Fire Dept. - 0733550990
- Disaster Emergency - 0800730044
- Khairat Clinic - 0712403509
- Khairat Clinic 2 - 0112003003
- Khairat Clinic 3 - 0113003003
- Pwani Clinic - 0202622444
- KRCS - 0721681730
- kilifi county. Shallo - 0720678275
- Kilifi Ambulance - 0701184854
- Kilifi Ambulance - 1535
- Kilifi EOC - 1535

KWALE COUNTY

- Msambweni Hospital - 0111781852
- Diani Hospital - 0700999999
- Palm Hospital - 0722410695
- Kwale Fire Dept. - 0710119191
- Kinondo Hospital - 0769364747
- RCS Kwale - 0720093019

LAMU COUNTY

- Emergency Operation - 0714888889
- King Fahd Hospital - 0779783880

TAITA TAVETA COUNTY

- Taita Taveta Fire Dept. - 0113087070
- Taita Taveta Fire Dept. 2 - 0789712286
- KRCS Taita Taveta - 0790508925

TANA RIVER COUNTY

- Jaffa B. Jillo Fire Dept CFO - 0721408854

COAST REGIONAL DMRT VOLUNTEERS

- Rishi Arun Parikh - 0722326245
- Asaad Sumra - 0731360005
- Isaya Tulula - 0721438342
- Nicholas Songora - 0712 747656
- Imran Mughal - 0720206999
- Stacy Sululu - 0727468056
- Vincent Onyango - 0702039222
- Manpreet Singh - 0731 112020
- Trey D'Souza - 0721772665

NATIONAL GOVERNMENT HOTLINES

- MIA - 0726318515
- JKIA - 0206822111
- KWS - 0800597000
- KWS 2 - 08002215566
- KWS 3 - 0726610509
- DCI - 0800722203
- NTSA - 0709932000
- NTSA 2 - 0709932300
- NTSA 3 - 0797556354
- KENHA - 0204954000
- KENHA 2 - 0700423606
- KURA - 0717105233
- KURA 2 - 0202722222
- Kenya Railways - 0711777577
- Kenya Navy - 0725563844
- ATPU hotline - 0729999988
- IPOA Mombasa - 0799019998
- EACC Mombasa - 0710600308
- EACC Mombasa 2 - 0710768706
- National Police S. - 0789999395
- Kenya Coast Guard S. - 0743430430
- National Police S. 2 - 999
- National Police S. 3 - 112



St John
Ambulance



Errors, Omissions, Updates, Amends Accepted. Contact Mr. Rishi: 0722 326 245

Let's Be Safe ! Kenya ni Kwanza !
Should one wish to include more Emergency Numbers
inbox any of the Coast DMRT Volunteers!

CONTINUED FROM PAGE 1

by numerous dignitaries and members of the Lions Club, all of whom worked tirelessly to create a memorable day for the children and their caregivers.

The event was graced by the Chief Guest, District Governor Dr. Moez Manji, who was accompanied by First Lady Lion Zinat Manji, Second Vice District Governor Lion Inderjeet Singh Main, Lion PCC Murtaza Dunderwala, and Zone Chair Lion Adnaan Kitabwala.

Also in attendance were the Lions Club of Mombasa Pwani's Club President Lion Bhupen Rathod, First Lady Lion Prithy Rathod, and Club Secretary Lion Altaf Ali & other member of Pwani Club. The program was carefully managed by Conveners Lion Morara Matunda and Lion Kishor Parbat, along with other dedicated members from Mombasa Pwani Lions Club, ensuring the event was a grand success.

The program commenced at 8:30 a.m. with an inspiring performance of the national anthem by the Aga Khan Band, setting a patriotic and joyful tone for the day.

The Saifee Scouts March and a lively parade from all participating schools followed, filling the atmosphere with energy and enthusiasm. Throughout the day, the Lions Club of Mombasa Pwani organized various games and activities tailored for the special needs children, giving them a chance to participate in enjoyable and interactive experiences.

To make the children feel



appreciated and included, each child received a "happy pack" containing treats and useful items, as well as T-shirts. Food and refreshments were generously provided for everyone present, including teachers and guests, ensuring no one left hungry or unfulfilled. The event concluded after lunch at 2:30 p.m., marking the end of a day filled with laughter, joy, and unforgettable memories.

Lions Club of Mombasa Pwani extends heartfelt gratitude to District Governor Dr. Moez Manji, all dignitaries, Donors, Lions Pwani members, volunteers, and supporters who contributed their time, effort, and resources. Thanks to their dedication, the program was a remarkable success, bringing smiles to the faces of the children and fulfilling the



Lions' commitment to service.

The Lions Club of Mombasa Pwani looks forward to future events that continue to uplift, support, and bring joy to special

needs children, strengthening the bonds of community and compassion.

**Club Secretary
Lion Altaf Ali**

PHOTO STORY



The recently renovated Mombasa Womens' Association will be holding its AGM on the 5th of November 2024 at 3pm. We welcome any women members to join us to run this wonderful facility.



Annual Best County Government of Mombasa overall Department Award of the year 2024. Kudos to Chief Fire Officer Mr. Ibrahim Basafar (left) seen receiving the Award from H. E. The Governor of Mombasa Abdulswamad Shariff Nassir.



Menstrual hygiene and building resilience to girls on 31/08/24 at Changamwe subcounty, Venue - Royal planner. No.of pads presented per girl was 3. Total Number of girls reached - 50. Age cohort - 14 - 17yrs - 39 and 18 - 24yrs - 11.

HARSH PATEL WILDLIFE PHOTO



© Rakesh K.
WILDLIFE PHOTOGRAPHY

PARENTING

Absent Father

“The Absent Father Effect on the Daughter” by Susan Schwartz explores the impact of father absence on daughters’ lives and relationships.

Here are 10 lessons from the book:

1. Father-Daughter Bond: The father-daughter relationship plays a crucial role in a girl's emotional development and self-esteem. Schwartz highlights the significance of this bond and its lasting effects on daughters' lives.
2. Emotional Consequences: Father absence can lead to a range of emotional consequences for daughters, including feelings of abandonment, inadequacy, and low self-worth. Schwartz examines how these emotional wounds can affect girls' relationships and well-being into adulthood.
3. Impact on Identity: Fathers play a pivotal role in shaping their daughters' sense of identity and self-image. Schwartz explores how father absence can leave daughters searching for validation and approval from others, impacting their sense of self.
4. Attachment Issues: Father absence can result in attachment issues and difficulty forming healthy

- relationships. Schwartz discusses how daughters may struggle with trust, intimacy, and vulnerability due to unresolved father-daughter issues.
5. Interpersonal Patterns: Daughters may unconsciously seek out relationships that mirror their experiences with their absent fathers. Schwartz explores how father absence can influence daughters' interpersonal patterns and romantic choices.
 6. Healing and Recovery: Recognizing the impact of father absence is the first step toward healing. Schwartz offers strategies for daughters to acknowledge and process their emotions, cultivate self-awareness, and engage in self-care to facilitate healing and recovery.
 7. Forgiveness and Letting Go: Forgiveness can be a powerful tool for daughters to release anger and resentment toward their absent fathers. Schwartz discusses the importance of forgiveness in the healing process and letting go of past hurts to move forward.
 8. Building Support Networks: Building a strong support network is essential for daughters coping with father absence. Schwartz encourages daughters to seek support from friends, family, therapists, and support groups to navigate their emotions and

experiences.
9

Empowerment and Self-Empathy: Daughters can empower themselves by reclaiming their narratives and embracing self-compassion. Schwartz emphasizes the importance of self-empathy and self-love as daughters navigate their journeys of healing and self-discovery.

10. Breaking Generational Patterns: Breaking generational patterns of father absence requires conscious effort and self-awareness.

Schwartz encourages daughters to cultivate healthy relationships, set boundaries, and prioritize their well-being to create a different legacy for future generations.

These lessons from “The Absent Father Effect on the Daughter” shed light on the profound impact of father absence on daughters' lives and offer insights into the journey of healing and self-empowerment.

Source: Book Cafe

PHOTO STORY



Shree Visa Oshwal Mahajanwadi Diwali Rangoli Display 2024

The World Of Men & Women

Man is a creation extraordinary in functionality and stature. He roams the earth with a sense of deep rooted entitlement and universal dominance attributed to his primary gender. A human being toiling under the weight of visions and responsibilities.

In strides, he would pace up and down back and forth pondering his next big move. The goals of ambition, wealth creation, leadership and peace of mind take centre stage. He holds closely to his chest the fabled cards of fate and destiny. An endless game of success aces and joker failures played in the deck of life.

Nevertheless, the way to a man's heart is through his stomach. This is the aphrodisiac that keeps his mind in shape and body alert. Mess with his food and expect a taste of his wrath. It is not a case of fulfillment of the belly rather the notion that you cant interrupt the lion from savoring his kill.

He manifests his ego though his dangling member...nature's protruding gift of manhood.A seemingly

delicate yet sensual organ of liberal satisfaction synonymous with a plethora thrust of problems. He guards this impeccably and launches it strategically.Indeed, this is his weak link and inevitable downfall as we are about to find out.

Second (or first to be realistic) in hierarchy is the grandiose entry of the complex woman. She reigns and wrecks havoc in the masculine world. The better half artistically completes the full picture of life. It is goodbye to tranquility and serene living as she makes her debut into the fray of things. I will attempt to challenge this blanket judgement by understanding the battle of the sexes.

Who is a woman? She is literally a prefix to man. The bonafide partner and embodiment of finesse. She precedes him in the leading lady role. A resilient, dynamic and phenomenal specie that walks and rocks. She blossoms in ideal surroundings and withers in adversity. What makes her unique is how she maneuvers in stormy seas to reach the shores of success. She always manages to carry



the day as an instrument of mother nature. She holds the fabric of procreation by giving birth and nurturing young ones. Nine months of utter chaos to her body and mind is proof of her strength and dedication, a feat that no man can undertake.

It is an interesting world of men and women, young and old, strong and weak,chivalrous and boorish striving and thriving. The

symbolism of multilayered relations, role playing and communication hiccups is generational and enduring. In words of John Gray, indeed men are from mars and women are from venus.

The paradox lies in the fusion of these planets into a world that both reside in their full glory.

By Fahmi Basalim
Founder EMOTIVE

PHOTO STORY

Cris Wilbur, ROCHE Group Chief People Officer visit at KMTC Headquarters



The Beyond Zero Initiative has praised its ongoing collaboration with the Swiss multinational healthcare company ROCHE, which began six years ago with the nursing scholarship fund program. This program offers scholarships for a certificate in enrolled community health nursing, targeting students from Kenya's Arid and Semi-Arid Lands (ASAL) regions, as well as vulnerable and marginalized communities. Implemented through the Kenya Medical Training College (KMTC), the program aims to enhance human resources for health and improve maternal and child health outcomes in the ASAL regions.

This was expressed earlier today during a visit at the Kenya Medical Training College (KMTC) Headquarters in Nairobi County by Cris Wilbur, ROCHE Group Chief People Officer.

Present are Chief of Staff, Beyond Zero Ms. Constance Gakonyo, KMTC Board chairperson Joseah Cheruiyo, KMTC CEO Dr. Kelly Oluoch, Dr. Bii (KMTC) and Jacqueline Wambua (Roche Kenya) among others.

NCRRA Pre-Party Walk with Mombasa Walk Movement

NCRRA- North Coast Ratepayers & Residents Association yet another successful NCRRA Event at The Light International Academy on Greenwood Drive.

A well attended social organised by the NCRRA on 28th September 2024. This was in conjunction with the Mombasa Walk Movement headed by Major Idris.

These are serious walkers and having already done a 20km walk in the morning, they all assembled again for another walk this time with friends and members of NCRRA, a 6km walk through the leafy roads of Nyali was flagged off from the school at 4pm.

Texas Alarms once again kindly provided a vehicle and

guards for the event. Sliquor provided half time drinks which were very welcome.

Once the walkers returned, they were all ready to party with the other guests who had started to assemble.Live music was provided by DJ Jose while Priya Majithia kept the adults and the children dancing.All NCRRA corporate members displayed their banners.

The children's' activities included face painting, henna designs, cars and the play area of the school which was busy at all times.

There were various food stalls for all palates. Vending Machines provided complimentary coffees to all. The draw for the raffle prizes and an auction for some of the items took place in between.

It was a festive evening enjoyed by all.NCRRA is the



oldest resident's association on the north coast and is a lobby group for essential services for its members and holds several social

functions to gain community spirit and fellowship.

If you live or work in Nyali, join us.

INDIAN CINEMA

IIFA 2024 Celebrates The Vibrancy Of Indian Cinema



IIFA 2024 returned to Yas Island, Abu Dhabi for a third time between 27th - 29th September, in a dazzling display of the best of Indian cinema.

Shahid Kapoor, Vicky Kaushal and Kriti Sanon made sure to keep the energy high at the IIFA '24 press conference on 27th September with Shahid making Vicky sing and perform 'Tauba Tauba.' The fun didn't stop there; Shahid got Kriti Sanon, Rana Daggubati, and Regina Cassandra to join in, as they all danced to his hit 'Saree Ke Fall Sa.'

IIFA Utsavam kicked off the IIFA weekend with an electrifying fusion of music, glamour and star power on the same evening. This unforgettable night celebrated the crème de la crème of South Indian cinema, bringing together the industry's finest talents for a truly unforgettable celebration.

The evening witnessed power-packed performances by Prabhu Deva, Regina Cassandra, Rockstar DSP, Shane Nigam, Aradhanaa, Malashree, Pragya Jaiswal and Raashii Khanna.

In addition to these breathtaking performances, IIFA Utsavam also paid homage to the trailblazers of Indian cinema. Actor Nani won the Best Actor Award (Telugu) for

his powerful performance in Dasara. Celebrated filmmaker Mani Ratnam won the Best Director Award (Tamil) for Ponniyin Selvan: II. Megastar Chiranjeevi was honoured with the Outstanding Achievement in Indian Cinema award at IIFA Utsavam '24. Another major moment was when Samantha Prabhu was awarded the prestigious 'Woman of the Year in Indian Cinema'.

The night was filled with glamour, with stars like Nandamuri Balakrishna, A R Rahman, Rana Daggubati and Venkatesh Daggubati attending.

Bollywood celebrities Shahid Kapoor, Ananya Pandey, Kriti Sanon, Karan Johar, Aishwarya Rai, Javed Akhtar and Shabana Azmi also graced the event.

Preceding the IIFA Awards was the IIFA 2024 Masterclass with Rakeysh Omprakash Mehra, hosted by Mini Mathur. The 'Rang De Basanti' director gave the audience an unfiltered look at his film-making journey, emphasised on the importance of script writing and urged filmmakers of today to grab their chances and make their films, taking advantage of the mediums available today.

The 24th Edition of the IIFA Awards on 28th September opened to a sold out Etihad Arena. All the stars graced the green carpet including

Shah Rukh Khan, Vicky Kaushal, Karan Johar, Rekha, Kriti Sanon, Ananya Pandey, Nora Fatehi, Shabana Azmi, Hemal Malini, Anil Kapoor, Bobby Deol and more who set the stage ablaze with power-packed performances, humorous skits and candid moment of camaraderie.

Khan made sure to make his co-hosts Vicky Kaushal and Karan Johar shake their legs to his hit song 'Jhoom Jo Pathaan'. Shah Rukh and Vicky Kaushal also shared a fun moment as they danced to Samatha Ruth Prabhu starrer 'Oo Antava.'

Shahid Kapoor infused the evening with the energy of his electrifying performance, making an entrance on a motorbike.

On his reflections to The Asian Weekly team post-performance, Kapoor remarked, "it was great to share a stage with all the people who agreed to participate in my act. It was very sweet for Kirti to come in, she was wearing a gown and did some very complicated moves. Prabhu Sir stayed back just to participate in my act, very kind of him.

Bobby sir came in to shake a leg, I know he doesn't love dancing that much so it was really nice to see that he made that gesture and I felt very nice about it. Anil sir is Anil

Sir and to dance with him his amazing."

Veteran actor Rekha made the night even more memorable as she left the audience amazed with her graceful 20 minute performance, taking fans on a nostalgic journey to her golden days in cinema. A true stalwart of Indian cinema, her performance was one that would be remembered for a long time to come.

Shah Rukh Khan bagged the trophy of Best Actor in a Leading Role for his performance in 'Jawan' which also starred Deepika Padukone and Vijay Sethupathi. While receiving his award, SRK touched the feet of filmmaker Mani Ratnam and gave a warm hug to AR Rahman. Rani Mukerji bagged the IIFA '24 trophy of Best Actress in a Leading Role for bringing exceptional depth and emotion to her heart-wrenching portrayal in the film 'Mrs. Chatterjee vs. Norway'.

In her acceptance speech, Rani said, "It feels incredible to be standing here, receiving the best actor award in the midst of such a warm and wonderful audience and my friends and colleagues from my fraternity for one of the most special films of my career." Bollywood's iconic 'Dream Girl,' Hema Malini,

was honoured with the Outstanding Achievement in Indian Cinema award. Best known for her timeless performances, Hema Malini has etched every role she's played into the hearts of her audience. The award was presented to her by none other than superstar Khan. The two also shared a sweet hug on stage.

The grand finale of the IIFA Festival 2024 lived up to its promise, delivering an exhilarating fusion of music, glamour, and star power on 29th September with IIFA Rocks.

Hosted by the charismatic duo Siddhant Chaturvedi and Abhishek Banerjee, the concert brought together the industry's finest talents for a truly unforgettable conclusion to the three-day celebration of Indian cinema.

Etihad Arena reverberated with the soul-stirring performance of the legendary musical trio Shankar-Ehsaan-Loy, whose iconic compositions have shaped Bollywood music for three decades. Their captivating blend of classic hits and contemporary sounds set the tone for a night filled with musical brilliance. The audience was transported through time as they celebrated the trio's monumental 30-year journey in Indian cinema, making it

a landmark moment of the event.

Following them, the immensely talented Shilpa Rao mesmerised the audience with her powerful vocals, effortlessly switching between melodious ballads and upbeat numbers, leaving the crowd spellbound. Her versatility as one of Indian cinema's most sought-after playback singers shone brightly on the IIFA Rocks stage.

Honey Singh kept the momentum going with his signature fusion of Bollywood beats and rap, delivering an electrifying performance that had the audience on their feet. Joining him on stage, Lulia Vantur added a layer of elegance and charm to the star-studded evening.

In addition to these breathtaking performances, IIFA Rocks 2024 also paid homage to the trailblazers of Indian cinema, spotlighting the technical brilliance behind the scenes.

The night recognized excellence in categories such as Cinematography, Screenplay, Dialogues, Editing, Choreography, Sound Design, Sound Mixing, Background Score, and Special Effects (Visual). These awards celebrated the unsung heroes whose creativity and technical mastery power the magic of Indian cinema.

The Importance of Community Engagement in School Gardens



When a school garden project is launched, it thrives best when the whole community is involved. This includes teachers, students, parents, and volunteers working hand in hand to create a nurturing environment where children can learn and grow. Here's why community engagement is so important:

1. Shared Knowledge and Skills: Parents and local volunteers often bring unique gardening skills, knowledge about sustainability, or even experience with specific plants that can enhance the learning experience for students. When everyone contributes, the garden becomes a place of shared growth, where both

children and adults can learn from one another.

2. Fostering Responsibility: School gardens teach students responsibility, as they care for living plants from seed to harvest. But it doesn't end there—when parents and volunteers are involved, children see the value of teamwork and shared responsibility. It becomes a lesson in community care and collaboration.

3. Creating Lasting Relationships: Engaging the community in school gardens builds stronger relationships between families, teachers, and local volunteers. These gardens create spaces for people to meet, share ideas, and foster a stronger connection to their local environment.

4. Enhancing Local

Environment: Community participation in gardens promotes environmental awareness. As parents and volunteers support the school garden, they become advocates for sustainable living practices. This ripple effect helps spread knowledge about eco-friendly habits, from composting to recycling.

How Local Volunteers and Parents Can Contribute

Parents and volunteers have a wide range of skills they can contribute to a school garden project. Here's how:

1. Offering Time and Expertise: Whether someone is a seasoned gardener or completely new to it, their time and willingness to help make a difference. Local volunteers can assist with planting, maintenance, and

even teaching students the basics of gardening.

2. Donating Materials: Many school gardens operate on limited budgets, and parents or community members can donate seeds, tools, compost, or even garden decor to help the garden flourish.

3. Mentorship Programs: Volunteers and parents can mentor students, teaching them the value of patience, persistence, and care. These lessons extend far beyond the garden itself, impacting students' personal growth.

At The SOL Foundation,

we strongly believe in the power of community-driven projects like school gardens. We partner with schools, non-profits, and community organizations to create sustainable, thriving gardens that benefit not only students but also the larger community.

ROTARY CLUB OF KILINDINI

In conjunction with



Operation
Rainbow
CANADA



COAST GENERAL TEACHING
AND REFERRAL HOSPITAL

Cleft lip and Palate Camp



**FREE SURGERY
FOR PATIENTS**

FROM 8th Nov - 16th Nov 2024

**Screening every Wednesday at Plastic Surgery Clinic at
Coast General Referral Hospital, Mombasa**

For Registration contact:

Dr Said Twahir +254 718 116 473 or Dr Goody Gor +254 721 870 819



DO YOU NEED A RELIABLE WIFI SERVICE?

www.fibrelink.co.ke

+254 704 691 414

FIBRELINK_001

TOP NEWS

Visions of a prosperous and cosmopolitan Mombasa

By Fahmi Basalim

Mombasa... the place where azure blue waves of the indian ocean hit the sandy beach shores with zeal and serenity. Alas! all troubles seem awash with relative calm reminiscent of the dreamy transition of dawn to dusk. Beneath the sunny coastal sky, many have traded and invaded this tropical island famously known as Mvita (island of war). The

“A place of natural beauty defined by picturesque shorelines, historical landmarks and endearing cultural diversity. The famed “gateway tusks of Mombasa” usher visitors past four ivory sculptures of lofty proportions



apple of the eye of ancient wanderers, travellers and philanderers. Behold! the imposing ruins of Fort Jesus bear testament to the scramble of Mombasa by zealous conquerors of Portugese and Omani origins culminating into British colonial imperial mandate. The cake was theirs for taking much to the chagrin of indigenous communities. Decades of social interaction produced a simmering dish of interesting cultures cooked in the melting pot of traditions. Linguistic chatter and values evolved from fusion of Swahili, Arab and Mijikenda influences. History aside, the emergence of this palm trees adorned town into a fledging city is a narrative worth recounting. “Karibu Mombasa (Welcome to Mombasa)” a slogan that embodies the true spirit of a people basking in radiant glory

of homeland pride. A place of natural beauty defined by picturesque shorelines, historical landmarks and endearing cultural diversity. The famed “gateway tusks of Mombasa” usher visitors past four ivory sculptures of lofty proportions. Mombasa harbours the busy port of Kilindini which renders crucial services to land locked countries. Indeed, this fabled city located in east coast of Kenya has developed into a regional cultural, economic and tourism hub. Can we envision a commercial and resplendent Mombasa that never sleeps with the extension of day into night? The dream of a resplendent twenty four hour working city beaming with investment. Where boulevards are glistening with life and shops doing ‘business as usual’ flouting conventional closing time thresholds. The hustle and bustle of our vivacious sunny metropolitan synchronized with the onset of moon hours. Change is slow but inevitable. It may sound like a pipe dream but this is veracity and pragmatism synonymous to major world cities. What aplomb and delight should this dream become reality. This vision and perception if implemented will boost revenue, yield employment opportunities and position Mombasa as a bona fide trade and tourism destination. We anticipate pragmatic

solutions like decongestion of city roads, supporting innovative enterprises, youth employment, promotion of local produce and talents. A place where businesses can thrive night and day. Security is paramount to ensure safety of people and property. Working streetlights and traffic lights are long overdue as we look towards a bright future. In addition, it is imperative to effect rapid response and emergency services such as ambulances, fire brigades, police hotlines, rescue and disaster management and contingency teams. The onus of restoring Mombasa to its famed and glory days requires participation of one and all. Volunteers, civil societies and investors ought to be pursued and engaged in these viable initiatives. Our multiple leaders and stakeholders ought to agitate for such realism to transform our city and invigorate its economy. In conformity to emerging global trends and pertinent wisdom, we should unite with a clear and common vision. We should stand shoulder to shoulder in juxtaposition and truly work for a prosperous and cosmopolitan Mombasa.

MADAFU NEWSPAPER

Madafu Newspaper is owned and Published by Madafu Publications Limited.

P. O. Box 80518 - 80100 GPO Mombasa.

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

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

Printed By: Nation Media Group Ltd - Nairobi

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

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

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

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

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



The Socio-Economic Newspaper with Anything & Everything from Kenya

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
Nyalil Cinemax
Nyalil Centre – DKL
Umoja Rubber Shoes Shops

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

KISUMU:
Western Emporium

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

MALINDI:
Uzima Training Centre – CBD
Various Hotels & Restaurants

NEW DISTRIBUTION SOON:
MERU
EMBU
LAMU
MACHAKOS

LOOKING FOR NEW OUTLETS IN:
TURKANA
ISIOLO
NAROK

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

PHOTO STORY



PHOTO STORY



Coast Region Emergency List presented to Machakos County Staff who visited the CGM FD hosted by CFO Mr Ibrahim Basafar.



Coast Region Emergency List presented to Madam ACC Wundanyi.



Coast Region Emergency List presented to Wundanyi CDF Office courtesy of Area MP Hon Danson.

PHOTO STORY



CDMRTV List being distributed by Members in Dongo Kundu Walk.

TOP NEWS

Giants Group Twiga Vanik Vaishnav Mahajan Premchandbhai Foundation



Date 26/9/24 Area Dagoreti & Kiambu 2 Schools , Kagira Primary & Mahaini Primary, benefitted from Library Books donation By Giants Twiga &Vanik Vaishnav Mahajan Our motto of promoting literacy and Reading Continues The books were donated in Memory of Rameshchadra Shah, Babubhai Kothary, Dayabhai Shah , Virendra Shah , Anil Kothary & Thansukh Thanki Family members were present who also planted trees in their memory The chairperson of Giants Twiga , Chetna Desai , emphasized to the students to read for them to improve their reading and speech skills Both chools also Benefited from Mathematical sets courtesy of Premchandbhai Foundation Journey of Service Continues



Desai Memorial Foundation



The Desai Memorial Foundation presented books to Destiny Junior Education Centre Mathare and Mt. Carmel Girls Secondary School – Machakos Both the schools are dedicated to providing quality education to the most needy vulnerable children in the country. DMF supported both the schools with much needed coursebooks, revision books and teachers guides, helping to bring the ratio of sharing 1:10 down to 1:3 . The Foundation's primary objective is to promote education and literacy programs across Kenya with a focus on the children and youth from disadvantaged communities. Books give students the power to change their lives for the better and create a more equal future. The books were presented to the schools by Mr. Mukesh Desai and Mrs Agnes Gomes.



Get Your Copy of

Madafu
Newspaper



Get informed, educated & inspired or Reach your target market

 +254 722 326 245  madafu.biz  editor@madafu.biz

Patient Safety



By Arifa Turabali

This year's theme, "Get it Right, Make it Safe," may sound like it's primarily meant for doctors and healthcare workers. However, there's a growing recognition of the vital role you, the patient, play in ensuring safe and accurate healthcare. In today's healthcare landscape, the focus is shifting from a provider-driven model to a more patient-centered approach.

This means that patients are not just passive recipients of care but active participants in their healthcare journey. Your involvement is essential in preventing medical errors and ensuring that you receive the right diagnosis and treatment.

According to the World Health Organization (WHO), nearly every adult will experience at least one diagnostic error in their lifetime. These errors can range from incorrect diagnoses to delayed or missed diagnoses, and they can have serious consequences, including inappropriate treatments, prolonged illness, and even death.

Why is this happening?

Healthcare providers are highly trained professionals, but medicine is not an exact science.

The complexity of the human body, the wide range of possible conditions, and the variability in how symptoms present mean that even the best healthcare systems are prone to errors. However,

patients can help reduce these errors by being proactive in their care.

What can you do to help "get it right" and stay safe?

While doctors and healthcare workers are responsible for making medical decisions, as a patient, you can take an active role in ensuring you receive the right diagnosis and treatment. Here are a few ways you can contribute to the process:

1. Ask questions and seek clarity

When discussing your health with a healthcare provider, don't be afraid to ask questions, even if they seem simple. Some key questions to consider include:

- What else could it be? – Asking this helps ensure that the doctor has considered alternative diagnoses, reducing the risk of focusing on one possibility too early.
- What symptoms should I watch out for? – Knowing which warning signs to look for can help you catch changes in your condition early, which could indicate a need for further testing or a different diagnosis.

• Is this test the right one for me? – Not every test is suitable for every patient. Understanding why a test is recommended and how it applies to your specific case can help prevent unnecessary or inappropriate tests.

• What are the benefits and risks? – Every procedure, medication, or test carries its own set of risks and benefits. By understanding these, you can make informed decisions

about your healthcare.

• How serious is my condition? – This helps set expectations and encourages open communication between you and your healthcare provider, ensuring that you're both on the same page regarding your treatment plan.

2. Know your medical history

Having a clear understanding of your own medical history, including any past diagnoses, medications, allergies, and procedures, is vital. When visiting a healthcare provider, ensure you share this information accurately. Your history can provide important context for your current health concerns and help avoid repeated tests, misdiagnoses, or harmful treatments.

3. Be aware of your medications

Medications can be a source of error, especially if you are taking multiple drugs. Make sure to inform your healthcare provider about all the medications, supplements, or herbal remedies you are currently using. Ask if new prescriptions interact with your current medications and whether they're necessary. Understanding the purpose of each drug and how to take it correctly is crucial in avoiding medication errors.

4. Follow up on test results

If you've undergone tests, don't assume that "no news is good news." Always follow up with your doctor to get your results and an explanation of what they mean. This proactive

approach can help catch any overlooked or delayed diagnoses.

5. Double-check procedures

When undergoing medical procedures, always double-check the details with your healthcare team. Confirm that they know your identity, the specific procedure and treatment regimes.

7. Keep an updated list of your concerns

Before visiting your healthcare provider, write down all your symptoms, questions, and concerns. This ensures that nothing gets overlooked during your appointment. Sometimes, the smallest detail could make a significant difference in your diagnosis or treatment plan.

The bottom line: You are your own best advocate

While healthcare providers are trained to deliver the best care possible, medical errors can and do happen. By taking an active role in your health, asking the right questions, and ensuring open communication, you can help "get it right" and keep yourself safe from unnecessary harm.

Remember, you and your healthcare provider are partners in this journey.

Your active participation not only helps you understand your treatment better but also ensures that you're receiving care tailored to your needs. Take control of your health and make sure every step in your medical journey is as safe and accurate as possible.

PHOTO STORY



Few pleasures in Life, A Car raring to go and an Open Road!

International Day of older persons 2024 marked in Kirinyaga



Ahadi Kenya Trust CEO Stanley Kamau distribute blankets and assorted foodstuff to elderly at Kariti Ward, Ndia Constituency in Kirinyaga County as they hosted over 200 local elderly, widows and widowers to mark this year International Day of older persons on October 1st. The theme for 2024 was, 'Ageing with Dignity: The Importance of Strengthening Care and Support Systems for Older Persons Worldwide'.



L-R Mukure Ward MCA Thomas Mwangi, Ahadi Kenya Trust CEO Stanley Kamau and Kirinyaga County Assembly Speaker Muteti Murimi distribute blankets and assorted foodstuff to elderly at Kariti Ward, Ndia Constituency in Kirinyaga County as they hosted over 200 local elderly, widows and widowers to mark this year International Day of older persons on October 1st. The theme for 2024 was, 'Ageing with Dignity: The Importance of Strengthening Care and Support Systems for Older Persons Worldwide'.

TOP NEWS

Giants Group Twiga Vanik Vaishnav Mahajan



Diwali Celebrations Continues
Giants Group Twiga donated Library Books to 3 Schools in Wamunyu- Machakos County Nunga Primary , Deb Primary and Wamunyu Abc Primary
Benefitted from the donations which were in memory of Sudhirkumar Parekh Family of UK & India
Girish Shah Family of Kenya

and USA
Hitesh P Desai - Kenya
Trees were also planted to protect the environment
We continue our journey of Service of providing Library books to Promote Reading and literacy
Next Stop Maralal
Bringing Joy and Happiness this Diwali
Journey Of Service Continues



PHOTO STORY

Mashujaa day funday for elderly at Ulinzi Complex



Ahadi Kenya Trust CEO Stanley Kamau distribute blankets and assorted foodstuff to elderly at Kariti Ward, Ndia Constituency in Kirinyaga County as they hosted over 200 local elderly, widows and widowers to mark this year International Day of older persons on October 1st. The theme for 2024 was, 'Ageing with Dignity: The Importance of Strengthening Care and Support Systems for Older Persons Worldwide'.



Ushiriki Wema Patron Tessie Musalia joins the elderly in a Hula Hoop dance during a Fun Day for the elderly dubbed "Staara ya Wazee" to celebrate Mashujaa Day celebration organized by her initiative at Ulinzi Sports Complex Langata in Nairobi to celebrate elderly and create awareness of their welfare. Over 300 elderly were treated to sporting day, free medical checkup, luncheon and assorted foodstuff to take home. Senior Council Dr. Fred Ojiambo was the chief guest during the event.

PHOTO STORY

President William Ruto honouring Heroes during the 61st Mashujaa Day



President William Ruto fetes Dr. Stanley Maina Kamau. Dr Maina is being honoured for his selfless commitment towards the improvement of the lives of the less privileged in the society through innovative philanthropic initiatives in different sectors.



President William Ruto fetes Dr. Tabitha Mogochi. Dr. Mogonchi is being honoured for her professionalism in Kenya's academic fraternity.



President William Ruto fetes Luiz Karinga Ngumo, a pupil at Endarasha Academy in Nyeri who saved the lives of two of his colleagues during a fire incident in the school. He was honoured in the field of Human rights.

Horoscope

By Mustapha Mercury

ANote on Jyotish Predictions
Disclaimer: While Jyotish (aka Vedic astrology) is a beautiful tool for self-discovery insights, it is an intricate method of seeing into situations.

Treat interpretations not literally but as inspirations. Individual experiences can vary based on various factors within the birth chart.

Ultimately MM Jyotish is here for entertainment purposes.

For a more accurate and personalized prediction, it's recommended to consult with a qualified Jyotish astrologer who can analyze your specific birth chart.

Jyotish for Afrika and Afrikans

yyotishafrika@gmail.com

To support putting ourselves in the lead.

Notes

Lagna denotes the Zodiac sign that was on the eastern horizon when you were born. It can be distinguished from the western astrological approach which focuses on the sign which the sun occupies. For more information or answers to specific questions please email me and I'll elaborate in the next issue.

Here's a review for each zodiac sign summarised September 2024:

Aries

Challenges in self-expression arose as personal

well-being demanded attention. New Moon brought insights on health, urging rest and introspection. Career adjustments tested your patience, but financial rewards appeared promising.

Taurus

Emotional balance was tested, especially in relationships. A sudden change in social circles created growth opportunities. Professional stability increased, but focus on self-care and managing stress was essential.

Gemini

Career developments brought new responsibilities, causing a shift in priorities. Family matters required attention, but solutions emerged. Financial gains showed potential, though budgeting was key to long-term security.

Cancer:

Focus shifted to higher education and self-improvement. The month highlighted travel opportunities and deepening spiritual practices. Relationships evolved, offering deeper connections. Financial caution was necessary to avoid unexpected losses.

Leo

Financial reorganization was essential, especially regarding shared resources. Transformations in partnerships brought clarity. Professional growth was steady, but emotional challenges required addressing past unresolved

issues for personal healing.

Virgo

Relationships took center stage with the New Moon bringing fresh starts. Collaborations flourished, and new partnerships formed. Health matters needed attention, urging better lifestyle habits. Career developments remained stable but slow.

Libra

A month focused on health and daily routines. New job opportunities emerged. Relationships experienced some turbulence, but personal insights allowed growth. Finances remained stable, but long-term savings needed reevaluation.

Scorpio

Romantic endeavors flourished, sparking creativity. Children or creative projects took priority. Work-life balance demanded adjustments, but overall emotional well-being improved. Financial planning showed positive outcomes, ensuring future stability.

Sagittarius

Family and home matters dominated, leading to important decisions about living situations. Career growth remained steady, though energy levels fluctuated. Relationships improved with open communication, providing emotional stability.

Capricorn

Communication and learning took focus as new skills and short trips

arose. Sibling relationships experienced tension, but professional efforts paid off. Financial investments required careful consideration, especially for long-term gains.

Aquarius

Finances dominated the month, with earnings increasing through new opportunities. Family dynamics shifted, requiring patience. Personal relationships deepened, offering emotional support. Creativity blossomed, enhancing work and personal satisfaction.

Pisces

A month of self-reflection, with personal growth at the forefront. Financial concerns demanded attention, but new opportunities emerged. Health remained stable, though work-life balance needed refining for continued success.

Predictions for October

Aries (Mesha): A month of heightened energy and passion. Focus on personal growth and setting new goals. Be mindful of impulsive decisions.



Taurus (Vrishabha):

Stability and security are your focus. Nurture your relationships and finances. Avoid overspending and be patient with changes.

Gemini (Mithun):

A stimulating month for communication and learning. Explore new ideas and connect with like-minded individuals. Be mindful of scattered energy.

Cancer (Kark):

A time of emotional introspection and nurturing. Prioritize self-care and family relationships. Be cautious of oversensitivity.

Leo (Simha):

Your confidence and charisma shine brightly. Take the lead and pursue your ambitions. Be mindful of ego-driven behavior.

Virgo (Kanya):

A productive month for organization and analysis. Pay attention to details and refine your skills. Avoid perfectionism.

Libra (Tula):

Harmony and balance are your focus. Cultivate relationships and

Scorpio (Vrischika):

A powerful month for transformation and intensity. Explore your depths and release what no longer serves you. Be cautious of obsessive tendencies.

Sagittarius (Dhanu):

A month of adventure and expansion. Seek new experiences and broaden your horizons. Be mindful of impulsive spending.

Capricorn (Makar):

A focused month for career and ambition. Build your reputation and work towards long-term goals. Be mindful of overwork.

Aquarius (Kumbha):

A month for innovation and originality. Connect with like-minded individuals and embrace change. Be mindful of detachment.

Pisces (Meen):

A sensitive and intuitive month. Nurture your spirituality and creativity. Be cautious of escapism.

Hope you like it!

Glasses Art Competition



Salome Masha, a teacher at St Bakhita Primary school in Nairobi County assist learner at the school display their drawings for the global art competition organized by International Agency for the Prevention of blindness themed “Glass for the future”. One hundred children from four schools in Nairobi County are part parting in the competition. The competition gives the children an opportunity to imagine what glasses in the future will be like. According to recent statics 670,000 children In Kenya suffer from visual impairment and most of these can be corrected through eye glasses.

TOP NEWS

Medics shine hope for Mukuru’s visually impaired children

More than 7,500 children from the Mukuru informal settlement have benefitted from free eye clinics sponsored by Optometrists Association of Kenya, Dr Agarwals Eye Hospital and OneSight EssilorLuxottica Foundation. The clinics were conducted in the run up to the World Sight Day, which was observed on Thursday this week. 1, 550 students with visual impairment received prescriptive glasses, medication and referrals for advance interventions.

“We have noted many cases of photo-sensitivity, refractive errors, eye infections and allergies and expect that the exercise, which has provided access to free treatment and prescriptive glasses will give these young children a better shot as life, enabling them to gain optimally from the education system”, said Victor Opiyo, President for Optometrists Association of Kenya. He noted that the high number of students with eye allergies was a cause for concern, and a potential pitfall if not examined in detail. “It is possible that the environment degradation plays a contributory role in eye health, and a lot needs to be done to stem this”, he said. According to the International



Optometrist Purity Ngeka takes visual acuity of a student from St Michael Secondary school during free eye screening of 1515 from six institutions under the Mukuru Promotion Center in Nairobi as they marked World Sight Day. The event sponsored by the Optometrists Association of Kenya in partnership with OpenSight EssilorLuxottica Foundation and Dr Agarwals Eye Hospital saw 300 learnerS get free eye glasses and medication as others got referrals for further checkups. This year’s celebration focused on Children’s Eye Health.

Agency for Prevention of Blindness, visual impairment in young children has negative long-term effects.

Interventions such as prescriptive glasses significantly tilt the scale, enabling affected students to increase their lifetime earnings by an estimated Ksh 2 million, through boosting

their academic performance. An estimated 675,000 school-going children in Kenya suffer from visual impairment. Such impairment an lead to progressive loss of sight, and in severe cases, total blindness. “We are learning that for many households, family budgets cannot cover visits to eye clinics. Low- income levels and

rising cost of living place eye health in direct competition with other family needs”, said Opiyo.

Global estimates indicate that by 2050, half of the world’s population will be visually impaired. “While the sharp rise in visual impairment is attributed to proliferation of technology and a steady



Students from Michael secondary School during free eye screening of 1515 from six institutions under the Mukuru Promotion Center in Nairobi as they marked World Sight Day. The event sponsored by the Optometrists Association of Kenya in partnership with OpenSight EssilorLuxottica Foundation and Dr Agarwals Eye Hospital saw 300 learners get free eye glasses and medication as others got referrals for further checkups. This year’s celebration focused on Children’s Eye Health.

rise in non-communicable diseases, we are seeing unique cases where allergies and eye infections, left untreated for extensive periods of time, are also contributing to loss of sight”, said Opiyo, noting that a lot needs to be done to sensitize caregivers.

Noting that Kenya had made positive strides in strengthening access to

community health services, he said that the time was ripe to integrate eye health in the promotive and preventive national health strategies.

This year’s World Sight Day was observed on Thursday 10th October, under the theme, “Love Your Eyes, Children”, with an emphasis on advancing regular screening and sight correction through prescription glasses.

Very Common Tricks Used by Scammers: Stay Alert

By Dashrath Kumar

Scammers are always on the lookout for new ways to defraud people, and their methods have become increasingly creative. While middle-aged and elderly individuals are the most vulnerable, no one is completely immune. Below are twelve common scams to watch out for:

1. Fake Tech Support: Scammers pretending to be from reputable companies like Microsoft or Apple claim your computer is infected with malware. They offer to fix it remotely, gaining access to your system and personal information.

- Action: Trusted tech companies do not make

unsolicited tech support calls. Never grant remote access to someone you don't know.

2. Money Transferred by Mistake: Victims receive calls or messages claiming that money was accidentally credited to their account, and they need to return it.

- Action: Always confirm with your bank before taking any action. This could be a trick to access your banking information.

3. Family Member Arrested: Fraudsters posing as police inform you that a close relative is about to be arrested, demanding money to stop it from happening.

- Action: Verify the information with your family. These calls are almost always scams.

4. KYC Expired: You may receive SMS or emails warning that your KYC (Know Your Customer) details have expired, urging you to update them through a provided link.

- Reality: Banks do not request KYC updates through online links. These updates are only done through in-person visits at your bank's branch.

5. Parcel Stuck at Customs: You get a call informing you that a package containing illegal goods is stuck at customs. The scammer will ask for a fee to have the parcel released or to avoid legal action.

- Action: This is a common tactic. Disconnect the call and report the number immediately.

6. Credit Card Issued in Your Name: Fraudsters call to confirm large transactions made on a credit card issued

in your name, asking you to provide personal details to verify the transaction.

- Action: If a credit card is genuinely issued in your name, your bank will notify you via SMS. Contact your bank directly for verification.

7. Get Rich Quick Trading: Ads promising high returns (30-40%) from investments, especially in stocks or cryptocurrency, lure you to fake websites. These sites show bogus profits to tempt you to invest more.

- Reality: Any scheme that offers high returns with little effort is likely a scam. Don't fall for these.

8. TRAI Phone Scam: Scammers pretending to be TRAI officials claim your phone number is linked to illegal activities and will soon be

deactivated unless you take immediate action.

- Reality: TRAI does not suspend phone services; telecom companies do. Report and disconnect such calls.

9. Fake Lottery or Prize Winnings: You receive messages or emails claiming you've won a large sum of money or a lottery. The scammer asks for a "processing fee" or your bank details to release the prize.

- Reality: Legitimate lotteries never ask for payment to claim winnings. Be cautious, as this is a classic scam.

10. Easy Tasks for Big Money: Scammers promise large sums for simple online tasks like liking YouTube videos or engaging with social media posts. Once trust is built, they ask you to invest in cryptocurrency or other schemes.

- Reality: These offers of

easy money are almost always scams. Avoid them.

11. Generous Tax Refund: Scammers impersonating tax officials claim you are eligible for a large tax refund and ask for your bank details to expedite the process.

- Reality: Tax departments already have your bank details and communicate directly via official channels. Don't share your information with such callers.

12. Social Media Impersonation: Fraudsters create fake profiles resembling your friends or family and send you friend requests. Once you accept, they ask for money, pretending to be in an emergency.

- Action: Verify the identity of the person through other means before sending any money. Protect Yourself:

- Always verify information before acting.

PHOTO STORY

Navratri Hindu Festival



During the Navratri 2024 Festival, Hindu Council Of Kenya Mombasa Team were invited by various Hindu Community and temples for gracing the Samuh Mataji Ni Aarti. The Chairman Shri. Chaitanya Shah and team presented a Photo Frame of Mataji to the Chairman's and their Committee as a token of appreciation and for their continued support to the councils activity and for the invitation on this auspicious festival. HCK Chairman & the Entire HCK Committee Members thanked to all the Hindu Communities for the kind invitation on the Auspicious Festival of Navratri.



NCP Chairman Mr Ngari receives a Laptop from Mr Abdul Sadik donated by Computer Planet Mr Rafiq Miyajji The Laptop will assist the NCP HQ Office in Administration nationwide



MWM 30KM Walk Drinks kindly given by MCL for emergencies

PHOTO STORY



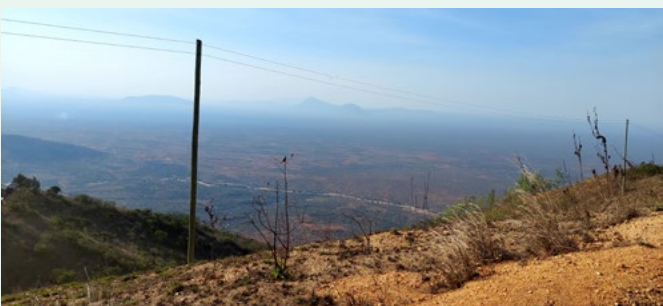
Tree Planting Activity by Lions Club of Mombasa Pwani On October 6, 2024, the Lions Club of Mombasa Pwani held a successful tree planting event, generously hosted by Mombasa Cement, under the leadership of Mr. Bhadrash Shah. This initiative aimed to promote environmental sustainability and community engagement through the planting of 1,000 Casuarinas seedlings, which were graciously donated by Mombasa Cement.

PHOTO STORY

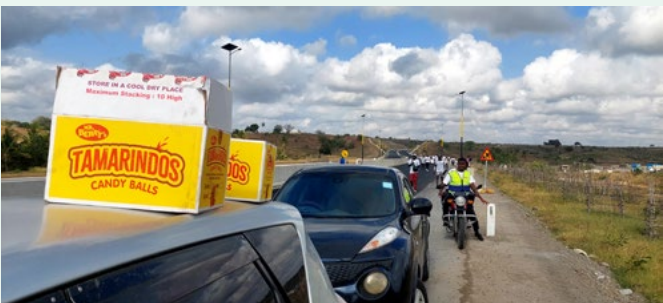
Standard chartered Marathon 10 km winner



Lina Githuka, Managing Director, Kenya Wine Agencies Limited (center) and Peter Citau, Chairman, Local Organising Committee, Standard Chartered Nairobi Marathon (right) hand over the Ksh 200,000 prize cheque to Shadrack Musyoka, winner of the 10 kilometer race at this year's edition of the marathon held on October 27.



Heaven in Kenya



Life is Tastier with Tamarindos by Mzuri Sweets



ADVENTURE

The Hilly Encounter Nguu Tatu Hike

Author Wilkins W. Kenya
Fitness Challenge

Mombasa County is fairly flat, settling along the coastal strip. Getting a raised ground within the county, especially on the northern side of Nyali Bridge, is not a walk in the park. However, the Kenya Fitness Challenge and Mombasa Law Society Fitness group members identified some raised grounds within the remote areas of Kiembeni, locally referred to as Nguu Tatu (three hills). Nguu Tatu comprises three knolls, each given a rather descriptive name either to eliminate jokers or entice the courageous ones from hiking. This is where walk took place on Saturday 19 October 2024.

As weekend lovers enjoyed the long weekend vibes, hopping from one club to the other. Enjoying booze and the cool music on the Friday night. Walkers were busy putting together their fine shoes, cotton socks and comfortable outfits as they hydrated before going to bed early in preparation for the much anticipated 25 km hilly encounter.

After the first few kilometres, the enthusiastic team could be seen in small groups enjoying the terrain as they manoeuvred through the tiny roads within Vikwatani and Concordia (How do you name a place Vikwatani, like who does that?). From time to time, walkers kept inquiring from the route commander when they would start climbing the hills. Fast forward, the first walkers started enjoying MLIMA USIDHUBUTU at high speed only to realise that the higher they climbed, the steeper it became. By the time most walkers were halfway reality had set in. Aaah, Eehh and Waaa exclamations

rented the air as backs proved too weak to support the body. As if commanded on a military parade most people helplessly supported their backs with their hands. By the time all were at the peak of the hill, most of them were exhausted, but the scenic view of the ocean cutting through the land mass and the view of Makupa Causeway from the bird's eye view was breathtaking. For a moment, people forgot about the gruesome, meandering terrain as they took the best shots from one of the highest hiking points in Mombasa.

God must have taken his good time in creating this side of Mombasa! Indeed He is a Designer. The ocean is welcomed by the mangroves towards the shores before being separated from the land by the scattered hills covered by green vegetation and nice trees in rows. The hills and valleys full of meadows of wildflowers between them formed a spectacle. Despite human settlement on most of the riparian land with houses beautifully littered all over, the design still stood out. The sunrise sun struck it all like sparkling gold. It was a view to behold.

Climbing downhill is usually tougher than going up. Determined to clear his name after the Dongo Kundu encounter showed him bad things. The renowned Arsenal supporter kept up with the pacesetters throughout the encounter, confirming that practice makes perfect. The second Hill was GOLGOTHA. This welcomed the team with a steep start before offering a steeper climb as you approached the peak. At this point, curses were inevitable as exhaustion ate into patience, giving rise to emotions. At some point, some almost gave up midway, but realizing that

no vehicle could access the place to either help them down or up, they gave it up to Jesus and continued. Despite the struggles, the elite team, led by Okoko, kept appreciating each hill with tens of pushups after running uphill! Just like the proverbial lizard that fell from the top of the tall Iroko tree and survived claimed to praise itself when there was no one else to do so, this team deserve accolades and should relive the lizard moments. The new view was no less charming.

SHIKA ADABU ensured it delivered something befitting the name. The hill seemed like a generally gentle slope until you started engaging it. Gentle, then moderate slope which was quite extensive. No sooner had we overcome the third hill than we embarked on serious meanders taking us to the extremes of the ocean arm from the other side of Mtwapa. In two hours we had managed to see the ocean from the side of Makupa and the side of Mtwapa. As we encountered a crinkum-crankum moment going through people's homesteads deep in the village, passing through farms as if looking for the trending Misheveve and Sarati, we could not help but notice the hospitality, charm and welcoming nature of the locals. But don't take it twisted, they take very serious offence in passing them without saying 'Hi'. The cul-de-sac detour at Timboni was the most adventurous route.

The unforgiving sun from hell was determined to make each step tough. The dehydration, coupled with the



Motivation Corner



By Fahmi Basalim
Founder EMOTIVE

Positivity nourishes the mind, versatility energises the body and boundless humility soothes the soul. Leadership is

positive, versatile and humble disposition.

- The 3 P's equation of peaceful life: Positivity=Productivity=Possibilities
- If used in tandem, courage and resilience are a bold combination for self progression.
- One life with many choices. Prioritize your health and happiness to live it wisely and fully. You are unique and irreplaceable.

PHOTO STORY



NCRRRA, replaced the broken sign post with a new recycled plastic sign post supplied by Eye Catchers & Daughters Ltd. NCRRRA, with collaboration with Eye Catchers are testing the new sign post for durability. From left to right: Pal Mhajan, NCRRRA Committee member, Samson Eye Catchers, Erine Musyoni – Admin. Asst. NCRR.



Nyumba za Ngorofa - Makuti Thatch Coconut Leaves



Opening Ceremony of ABSA Bank ATM facility at Pandya Hospital, today morning 7th Oct 2024, present Board of Directors, Trustees, staff of Pandya and Bank staff.

PHOTO STORY



The Zefe event was attended by Islamic Scholars from Mamburi, Kilifi County. The Zefe started at 4.30pm, went all the way round the Stadium Area and back by 6.00pm, It was held on 11th of October 2024. Mr. Jamil sitting middle seen with the guests.



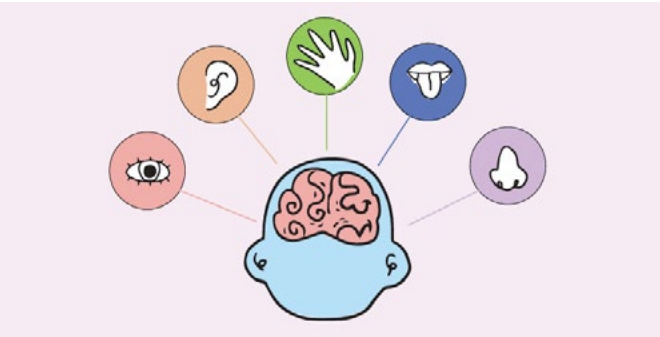
The Citadel of Aleppo is one of the oldest and most iconic fortifications in the world, located in the city of Aleppo, Syria. Its history spans for several millennia, the earliest evidence of human settlement on the site dates back to 3000 BC. Over the centuries, it served as a stronghold for various civilizations, including the Hittites, Assyrians, Achaemenids, Greeks, Romans, Seljuk, Byzantines, Mamluks, Ottomans, and more... and Aleppo is the oldest continuously inhabited city in the world, dating back more than 14,000 years.

What are you really doing with your senses?

By AHLAM MANSUR

How often do we use our sight, hearing, and intellect to draw closer to Allah? And how often do we, instead, misuse these blessings in the pursuit of worldly distractions, neglecting the countless signs of Allah around us? In Surah Al-Mulk, ayah 23, Allah reminds us that our faculties of hearing, sight, and intellect are gifts from Him. They are not only meant for our benefit but also to inspire gratitude and reflection: "Say, 'It is He who has produced you and made for you hearing, vision, and hearts;

little are you grateful.'" (67:23) This verse highlights that these faculties are divine gifts, entrusted to us as a means of recognizing Allah's presence in our lives. However, we often become heedless, using them carelessly or for trivial pursuits, when in fact, they should remind us to be more mindful of Allah's signs and blessings. The ayah ends with a reminder: "Little are you grateful." True gratitude isn't merely an expression of thanks but is reflected in our actions—by worshiping Allah, following His guidance, and refraining from what He has forbidden.



ACTIONS YOU CAN DO TO APPLY THIS : Consider one concrete step you can take to protect your senses from exposure to harmful or sinful content. This could involve limiting time spent on platforms that bombard you with negative

influences or substituting part of your screen time with listening to Qur'anic recitation or engaging in dhikr (remembrance of Allah). The key is to consciously use the blessings Allah has given us in ways that bring us closer to Him.

PHOTO STORY



The Mombasa Ocean Festival 2024

PHOTO STORY



Yaris Institute Stand at the BANDARI DT SACCO EXPO at WildWaters.



Yaris Institute Success training Students from Kilifi County, Malindi in IT Courses.

The Coast Region Emergency List designed by Yaris Institute and Published by Madafu Newspaper and Sponsored by Kenya Ports Authority was distributed to various public spaces including Sporting Facility where a Basketball was presented together with Mzuri Sweets Passion Sweets!



The Director of Yaris Institute Mr. Rishi Arun Parikh taking the attentive Students from Malindi through a Course at the Centre in Mombasa.



SBM Bank Kenya Director Consumer Banking Beth Muthui (in red) and Director Corporate Liability Debra Lindsey present a token of appreciation to Mwalimu National DT Sacco CEO Kenneth Odhiambo during Mwalimu National 50th anniversary celebrations at Nairobi Club on Thursday October 24th, 2024. The chief guest during the event was Cabinet Secretary Cooperatives and Micro, Small & Medium Enterprises Development Wycliffe Oparanya.



OCTOBER, 2024

Verstappen wins from 17th in Sao Paulo rain chaos

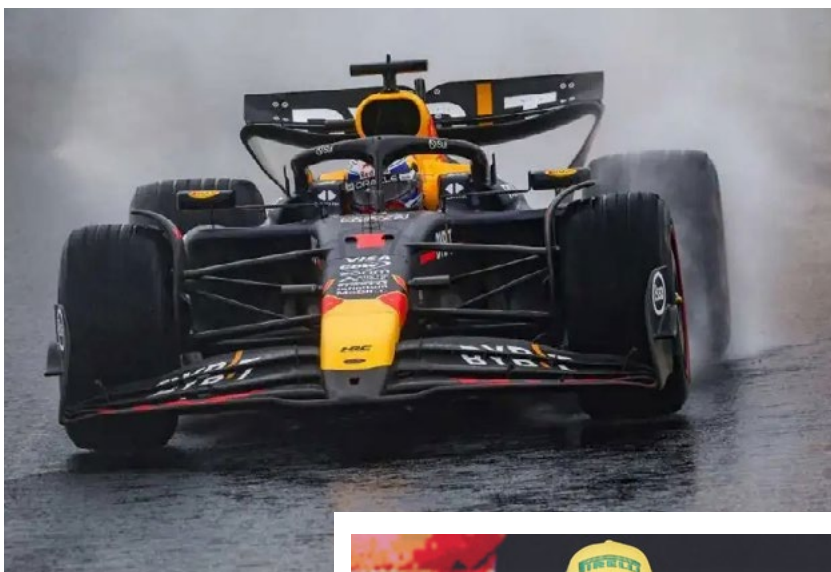
Max Verstappen climbed up from 17th on the grid to win the Sao Paulo Grand Prix, one of his greatest victories taking him to the brink of a fourth world title.

Rival Lando Norris of McLaren had a difficult race, finishing sixth after a couple of key errors, to fall 62 points adrift of Verstappen with 86 still available in the final three races.

Verstappen will become world champion if he leaves the next race at Las Vegas on 23 November with a lead of at least 60 points.

Esteban Ocon and Pierre Gasly took the final two podium places to transform Alpine's season and move the team up from ninth in the constructors' championship to sixth.

A chaotic, incident-strewn, wet race that involved a red flag, two safety car periods and a series of crashes and incidents will be remembered for a victory that was not only



Verstappen's 62nd, but one of the greatest wet-weather victories of all time.

Just as remarkably, it was his first win since the Spanish Grand Prix in June, and it owed everything to a driver at the top of his game, and a team making the right strategic decision at the right time.



Djokovic pulls out of ATP Finals

Defending champion Novak Djokovic has pulled out of the ATP Finals because of an "ongoing injury".

The 37-year-old Serb, who has won a record seven titles at the event, had already qualified as the sixth best player on the ATP Tour this season.

"I was really looking forward to being there, but due to ongoing injury I won't be playing next week," Djokovic wrote on social media.

"Apologies to those who were planning to see me. Wishing all the players a great tournament. See you soon."

Djokovic, who has won a record 24 Grand Slam men's singles titles, indicated last month that competing in the tour's



year-end finals was not a priority.

"I am not chasing ATP Finals, I am not chasing the rankings," Djokovic, who beat the current world number one Jannik Sinner to win last year's title, told Serbian reporters., external

The former world number one reiterated he wants to focus on the Grand Slams as he looks to prolong his career.

It means his next tournament is likely to be the Australian Open, which starts on 12 January.

In Melbourne, Djokovic will be aiming for an all-time record 25th major singles title - putting him clear of Australia's Margaret Court - and a 100th tour-level trophy.

His withdrawal from

the ATP Finals means the eight-man field for the Turin tournament is set.

Norway's Casper Ruud, Australia's Alex de Minaur and Russia's Andrey Rublev, who looked set for an exciting battle this week for the final two places, have qualified as a result.

Italy's Jannik Sinner, Spain's Carlos Alcaraz, Germany's Alexander Zverev, Russia's Daniil Medvedev and Taylor Fritz of the United States had already clinched their spots.

The tournament takes place in the Italian city between 10-17 November.

It will be the first time since 2001 that the event does not feature at least one of Roger Federer, Rafael Nadal and Djokovic.

PHOTO STORY



NEISCA TIGERIANs, MOMBASA the Runners up, of Kenya Open Traditional Volleyball Tournament 2024! Hongera Sana!



The winners of Kenya Open Traditional Volleyball Tournament 2024, CUTCHI LEVA GANSHAM, MOMBASA! Hongera Sana!



The winners of Kenya Open Traditional Volleyball Tournament 2024, CUTCHI LEVA GANSHAM, MOMBASA! Hongera Sana!

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

WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	SHOWCASE / LIVE ACTS
Mondays Maasai Beach Bar Nyali New Dawn Band DJ Frankee	Fridays Maasai Utange Rhumba Night with Banamitie Musica Band	Sundays Moonshine Beach Bar Nyali Sunday Band Live with Generation Band Mack Solo	Saturday 16 11 Butterfly Pavillion Meru Rd Choma Na Ngoma Coming Together Party	Saturday 09 11 Coast Gymkhana Club Mombasa Gusii Night with Mr Ong'eng'o Vickyoung Mc Miggy Sungusia Band Henri Sagero MC Yuvi Riranya Jared Mombinya prince Gee MC Nyakundi
Tuesdays Safari Inn Shanzu Serena Rd Live Band Evening with Maranda & Band	New Cheers Bamburi Ohangla Benga Live Band Roy Captain	New Cheers Bamburi Live Band	HEALTH	Matrix Electronics Kaloleni Matrix Electronics Grand Launching Party with African Band Hosini Band Msenangu Band Lemmy Lito Wa Sagohe Gabu Mwarabu - Night Party: Club 28 Bondora
Wednesdays Mombasa Railways Garden Rhumba Elengi with Elengi Musica Band	Mombasa Continental Resort Shanzu Ricky Mulolo & Idologia Musica International Band	Maasai Utange Amitie Musica Les Incomparables	08 to 16 11 Coast General Teachning And Referral Hospital Cleft Lip And Palate Camp	Moonshine Beach Bar Nyali R&B Old Skool & Hip Hop with Aj Thee DJ VJ Delph DJ Lenium
Ziani Bar And Restaurant Kilifi Fun Wednesday with Msenangu The Band	Ziani Bar & Restaurant Kilifi Mwanzele Nyerere Junior DJ Ali DJ Mickey	Kusini Tavern The Muziki Band	Sunday 10 11 Bamba Primary School ILions Club Of Mombasa Pwani: Free Eye Camp	Brazuca Sports Club Ukunda Ital Reggae Saturdays with DJStano MC Manyota
Thursdays Kusini Tavern Kilifi The Muziki Band	Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band	Reef Hotel Nyali Rhumba Live with Ambro la Musica	SHOPPING	
Safari Inn Shanzu Serena Rd Jambo Africa Band	Mombasa Railways Garden Rhumba Ya Elengi with Elengi Musica Band	Tapas Gold Nyali Band Sundays Mombasa Roots Band	Saturday 09 11 CityBlue Creekside Hotel Mombasa Shopping Festival	www.whats-on-mombasa.com
		The New Big Tree Bamburi Beach La Festa Sunday with Mombasa Roots Band DJ Ronyle MC Chapatizo DJ Prince Amar		

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

SHOWCASE / LIVE EVENTS	FAIRS & EXPOS	MUSICAL	DANCE PERFORMANCE	ART EVENTS / EXHIBS
Friday 08 11 Shelter KE Meet Me: Rooftop Rave with Jamz Supernova	13 to 15 11 Sarit Expo Centre Powerelec Expo	29 11 to 01 12 Karen Country Club Scrooge - Christmas Musical	Friday 08 11 Kenya National Theatre Ukumbi Mdogo Mind In Motion - Lost Arts Centre	03 to 30 11 Nairobi National Museum Creativity Gallery Art Exhibition Chege Gitura - A Symphony Of Color - A Nature Story
Saturday 09 11 Wapek Deliciacies Onagi Show with Odongo Swag Odiwo Odiwo Ajuang Junior Lencer Nuasuba Odiero Jamjenko Simy Kenya Mr Ambulamwezi Omwanda Wuod Nyaseme	13 to 15 11 Oshwal Centre Parklands 9th Edition Print Pack Sign Expo	MOTORSPORT	Friday 08 11 Kenya National Theatre Main Auditorium The Dancing Tree	31 10 to 17 11 Village Market New Wing A Solo Exhibition By John Bosco
Friday 29 11 KODA Nairobi The Jungle Edition II	Saturday 16 11 The Junction Mall Nairobi Comic Con - Comics Cosplay Gaming Anime Animation K-Pop Art Music Exhibitions & more	Saturday 09 11 Safaricom Stadium Kasarani Betika RX-Fest	22 to 24 11 & 30 11 Kenya National Theatre Dance Center Kenya Presents The Nutcracker	25 10 to 10 11 Village Market Fragmnts by Mutua Mathega
29 & 30 11 Pyasa Lounge Utawaia The Re-Match with Ambro La Musica Zeget Delongeur	20 to 22 11 KICC Nairobi Woodtech Africa 2024	FESTIVAL	FASHION & BEAUTY	08 10 to 11 11 Under the Swahili Tree Resonance of Time and Memory
Saturday 30 11 The Waterfront Karen Motown In Nairobi	ENVIRONMENT	23 & 24 11 Carnivore Grounds Nairobi Colour Festival	Tuesday 19 11 Gem Forest Mgallery Nairobi Eco Fashion Week Africa: Eco Fashion Show	Saturday 09 11 Nairobi Street Kitchen Palette And Pour - Inspired By Times And Seasons Of Life
The Alchemist Westlands Afrobeats N Brunch Nairobi Part 2	Saturday 16 11 Ngong Hills Eco Kite Festival	DOGS	EAT & DRINK	CONFERENCE
	CONCERT	16 & 17 11 East Africa Kennel Club Kibera Road GSD Speciality Championship Show	Friday 29 11 Alloy Sarit Center Nairobi Cocktail Festival	12 & 13 11 Edge International Convention Center Revitalizing African Agriculture
	16 & 17 11 Sabis International School Runda Nairobi Orchestra - Tchaikovskv 1812	COMEDY		
		Thursday 14 11 Village Market Ball Point Thursday Funnies November Edition		





FORTHCOMING ATTRACTIONS

JOIN OUR WHATSAPP CHANNEL



SCAN HERE

STAY UP TO DATE WITH OUR SHOWTIMES
UPCOMING MOVIES AND SO MUCH MORE..

Chandarana
foodplus
more than just food

HAPPY DIWALI

Festival Of Lights



**Your One-Stop
Destination for All
Things Diwali**



Fireworks Available!

**GIFT VOUCHERS
AVAILABLE HERE**

Light Up Your Diwali Celebrations with our extensive collection of festival essentials at select Chandarana Foodplus branches. Follow us on social media to see our special Diwali offers [@chandaranafoodplus](https://www.chandaranafoodplus.com)