

History of the City: Mombasa has a long history the traces can be found from the writings of the 16th century. Many traders did attempt to enforce their governance on the town due to its advantageously central location, where Arab influence is felt prominently till date.

Transformed Mombasa Raises the County Profile



MOMBASA CITY: The freshly transformed Business District. The Ocean blue and white that have become the colour codes for Mombasa CBD and the golden and laughter colours that define the old town have undoubtedly taken Mombasa profile to the highest pedestal.

City Beautification

The new look Mombasa raises the County Profile as a leading economic hub in the region.

MADAFU REPORT

Many people will simply marvel at the new face of Mombasa just from the new coats of colours giving the Port city a new lease of beauty and splendor. The Ocean blue and white that have become the colour codes for Mombasa CBD and the golden and laughter colours that define the old town have undoubtedly taken Mombasa profile to the highest

pedestal. The ongoing cabro works that have turned the once potholed and dilapidated pavements into beautiful walkways have made the CBD more organised as Mombasa regains its glory.

To the County Executive Committee Member (CECM), Transport, Infrastructure and Public Works Mr. Taufiq Balala, what is being seen is just part of the major restoration of Mombasa that goes beyond the

colour coats and the beautifully paved walkways. The ongoing reorganization, beautification and restoration is part of the grand plan by the Mombasa County Government to turn Mombasa into a world class city as it surges ahead to take its place as a leading business hub in the region and beyond.

There were billboards everywhere,

MOMBASA CITY: | PAGE 4

Green Energy - Wind Energy in Kenya



MADAFU REPORT

Wind power is the use of air flow through wind turbines to provide the mechanical power to turn electric generators. Wind power, as an alternative to burning fossil fuels, is plentiful, renewable, widely distributed, clean, produces no greenhouse gas emissions during operation, consumes no water, and uses little land. Wind energy (or wind power) describes the process by which wind is used to generate electricity. Wind turbines convert the kinetic energy in the wind into mechanical power. A generator can convert mechanical power into electricity. Advantages of Wind Power. It's a clean fuel source. Wind energy doesn't pollute the air like power plants that rely on combustion of fossil fuels, such as coal or natural gas. Wind turbines don't produce atmospheric emissions that cause acid rain or greenhouse gasses. Wind power is one of the fastest-growing renewable energy technologies. Usage is on the rise worldwide, in part because costs are falling. Global installed wind-generation capacity onshore and offshore has increased by a factor of almost 50 in the past two decades, jumping from 7.5 gigawatts (GW) in 1997 to some 487 GW by 2016, according to figures from the Renewable Energy Network for the 21st Century (REN21). Production of wind electricity doubled between 2009 and 2013. Many parts of the world have strong wind speeds, but the best locations for generating wind power are sometimes remote ones. Offshore wind power offers tremendous potential. Wind Farms are a very common sight in the Developed Countries. They supply 30% - 40% of the National requirement. In Kenya the Technology is restricted due to the high cost of installation and maintenance. A large Wind Mill can generate up to 1.2 MW of Electricity in a windy area. The Coastal Beach line is very promising area where wind energy can be tapped and supplied to the National Grid.



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Fancy Dress Competition by VOC's Seniors Committee

Shree Visa Oshwal Community's Seniors Committee organized a Fancy Dress Competition on Sunday, 4th November 2018 at the Dinesh and Mahesh Auditorium for the Senior Members of Visa Oshwal Community.

A number of Senior Citizens from 60 to 80 years old participated with various fancy dresses and entertained the fully packed auditorium audience. In addition to the fancy dress competition, there were a number of other entertaining

items like Garbo/Bollywood Dances/Skit etc. Members then enjoyed a delicious lunch and the programme had been sponsored by the family of Late Nemchandbhai Mandhu.



Event Convenor and Emcee Mrs. Shaina Shah



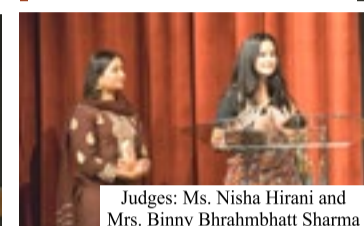
The family of the Sponsor Late Mr. Nemchand Mandhu & Mrs. Shantaben Nemchand Mandhu



VOC Office Bearers along with the Organising Committee and Judges



VOC Nairobi Chairman, Mr. Dhiraj Dodhia



Judges: Ms. Nisha Hirani and Mrs. Binny Bhrahmbhatt Sharma



Lions SightFirst Eye Hospital and Special Olympics Kenya (SOK) sign a MOU to add Diabetes Screening Component for Intellectually challenged athletes

On Saturday 17th November 2018 marked a historical moment for the Lions of Kenya, Lions SightFirst Eye Hospital (LSEH) and Special Olympics Kenya (SOK) through signing of a Memorandum of Understanding to include Diabetes screening as a component to existing screenings relating to eye and dental for the intellectually challenged athletes.

which were conducted successfully. Lion Arv Kalsi worked with the Special Olympics International committee and medical advisory board to write a standard operating procedure (SOP) for Lions to use across the countries in which SOs are held. Arv Kalsi will work to ensure the SOP is successfully implemented across Kenya through working closely with SOK.

confident that the other countries will follow through on this initiative soon'. The day saw orientation to the athletes to Diabetes by the team behind the Lions Diabetes Care Centre followed by diabetes, eye and dental screening. The Diabetes screening involved taking of blood sugars, blood pressure, group nutrition consultation, group diabetes education as well as doctor's consultation. The historical moment was marked by cake cutting by the Leaders of Lions of Kenya and the SOK

management team. This is another milestone achieved to enable the Lions of Kenya to make a small difference that goes a long way.

It was during the United Nations and Lions Club International event in February 2018 where Special Olympics event was attended by the 1st Lady Margaret Kenyatta. It was during this time that the idea originated of adding the Diabetes component of screening to the Special Olympics as during this event as diabetes screening was 1st introduced for athletes participating

Dr Manilal Dodhia Chairman of LSEH said 'that through numerous years of support, we should turn 'intellectual disability' into ability for the athletes through the provision of quality medical care here at our hospital'. Dr Manoj Shah Vice Chairman of LSEH said 'he was excited to be the 1st country to be launching the Diabetes Screening component of SOK and he is



The MaDaFu - Mombasa & Coast Event Guide February 2019

NIGHTLIFE & ENTERTAINMENT	NIGHTLIFE & ENTERTAINMENT	LIVE MUSIC	KARAOKE NIGHT	NIGHTLIFE & ENTERTAINMENT
Mondays Bob's Bar Nyali Old School Mondays The Lounge Nyali Afro Fusion with Ricky Mulolo & Idiologia & Band Tuesdays Apollo Club & Restaurant Changamwe (Airport Road) Katika Rumba with DJ C-Mple Ken Bob's Bar Nyali Ankara Tuesdays Club The Place Bamburi Old School Party Night with DJ Nixkenya Mint Lounge Bamburi Captain Affairs Tuesdays with Benz The Captain Wednesdays Amigos Beach Bar And Restaurant Diani Beach Ladies Night Apollo Club & Restaurant Changamwe (Airport Road) Afro Fusion Night with DJ C-Mple Ken Bob's Bar Nyali Rhuma Night Wednesdays Club Zero 4 Mombasa Girls & Cocktails Country Club Mtawapa Dance Rock Wednesdays with The Bishop DJ Max MC Warrior Sheba Lounge Nyali Affairs Class with DJ Boney Sky Lounge Bamburi Romantic Wednesdays Thursdays Amigos Beach Bar & Restaurant Diani Drums Of Africa Bidibadu Beach Restaurant Diani Reggae Night with DJ Lesh DJ Unique Bwoy Club Hypnotica Nyali Iwerk Princess Aisha Club The Place Baikoko Thursday with DJ Sweet Kay MC Ronny	Fridays Sheba Lounge Nyali Take Me To Sheba with DJ Mvp MC Tonny Boy Sululu Saturdays Apollo Club & Restaurant Ohangla Night with Odiemo Sirkal Bombolulu Empire Lounge Secret Saturday Night Yuli's Club Bamburi Hot Saturday Nights wit VJ Delph Sundays Bella Vista Moi Avenue Urban Dread Reggae Sundays with Champion DJ Bunduki DJ Kerosine DJ Cavallo DJ Mostwanted DJ Jeeps Jakblack Club The Place Bamburi Redemption Reggae Sundays with The Bishop DJ Kamah MC Blackross MC Warrior Danka Grill Lounge Mtawapa Sunday Chill Out Klub Zero 4 Moi Avenue Soul Sunday with DJ Frankie DJ Havvy DJ Jackie DJ Mems Palm City Grill Bamburi Soul & Oldschool with DJ Frankie Walter Tapas Cielo Nyali Sunday Afternoon Affair with DJ Elec-trick Aj The DJ DJ Flaxx DJ Blaiz	Fridays Check Point Inn Mugithi Night with Man Kioko Safari Inn International Meeting Point Shanzu Tourist Road Jambo Afrika Band Apollo Club & Restaurant Changamwe (Airport Road) Ohangla Night with Odiemo Sirkal Saturdays Check Point Inn Mugithi Night with Man Kioko Apollo Club & Restaurant Changamwe (Airport Road) Ohangla Night with Odiemo Sirkal Sundays Moonshine Beach Bar Nyali Generation Band Live Check Point Inn Wamari Sam	Wednesdays Bidibadu Beach Restaurant Diani Karaoke Wednesdays with Francine Zigo Tucker DJ Lesh DJ Unique Bwoy Bella Vista Moi Avenue WCW Karaoke with Soni Ment Kowa The Great Danka Lounge & Grill Karaoke Night with Samantha Wendy Palm City Grill Bamburi Wednesday Karaoke with Titia Tola Thursdays Apollo Club & Restaurant Changamwe (Airport Road) Thirsty Thursday Karaoke with Njeri Saturdays Club Hypnotica Nyali Ladies Karaoke Night with Titia Tola Sundays Sheba Lounge Nyali Sunday Service Karaoke with Soni	Friday 01 02 Club Zero 4 Mombasa 1st Anniversary with DJ Havvy DJ Joe Mfalme Saturday 02 02 Bombolulu Empire Lounge Bob Birthday Bash with DJ Ras Mody DJ Sammy Tulia House Backpackers Valentine Mix 'n' Mingle - Singles Only 4 pm Piri Piri's Bar & Restaurant Diani Karaoke Night Saturday 03 02 Anuba Lounge Mombasa Uptown Reggae with Kriss Darin Saturday 09 02 Mayungu Beach Restaurant Malindi Susa Susa Beach Party 2019 Makuti Villas Resort Kilifi Karaoke Night Bombolulu Empire Lounge Rudbwoy's Birthday with DJ Ras Mody DJ Sammy Thursday 14 02 Makuti Villas Resort Kilifi Valentine's Day - Karaoke - Valentine's Dinner Gasaro Hotel Mtawapa Poolside Valentines with MC Samba Sweet Melody Band Moonshine Beach Bar Nyali Lovers & Friends Valentines Day Party Friday 15 02 Bibo Lounge Kilifi Mr. & Ms. Valentine SPORTS Sunday 17 02 Office of the Governor Mombasa CountyCoast House Road 7:30 am The 1st Mombasa Inter-primary Schools Skating Cup Competition
Band Night Jukua The Band Kash 1000	Sundays Big Tree Beach Bar Any Given Sunday with Mombasa Roots Band Apollo Club & Restaurant Changamwe (Airport Road) Achieng Nyarongo Moonshine Beach Bar Nyali Chill Out Sunday with Generation Band Sky Lounge Bamburi Smart Rumba Band	FUN & FAMILY Sundays Sunrise Resort Nyali Lafta ReLaded Kilua Resort Shanzu Family Fun Day - Buffet Lunch And Swimming LEISURE Fridays Piri Piri's Bar & Restaurant Diani Friday Hockey Night 5.30 pm Saturdays Piri Piri's Bar & Restaurant Diani Petanque 3 pm KARAOKE Tuesdays Club Hypnotica Nyali Ladies Karaoke Night with Titia Tola Shots Bar Bamburi Cocktails & Karaoke Tuesdays	Wednesday 06 02 Pridelinn Paradise Beach Resort Shanzu Entrepreneurs Summit 5 pm Saturday 09 02 Sai Rock Hotel Bamburi 2 pm YEPI Entrepreneur Summit 2019 PAGEANT CONTEST Friday 08 02 De Coffee Pub Kilifi Miss Campus Face Kilifi QUIZ NIGHT Tuesday 12 02 Piri Piri's Bar & Restaurant Pub Quiz 7 pm LIVE MUSIC Friday 15 02 Distant Relatives Kilifi NHP Nairobi International Jazz Festival Saturday 16 02 Papa Remo Beach WatamuValentine's Beach Party with Akothee Live whats-on-mombasa.com	

The MaDaFu - Nairobi Guide February 2019 - Single Events

NIGHTLIFE & ENTERTAINMENT	NIGHTLIFE & ENTERTAINMENT	LIVE MUSIC	LIVE MUSIC	POETRY
Friday 01 02 Dance Vip Lounge Bornoko Rumba Night The Carnivore Rumba Night with DJ Marto Sibour DJ Watii Saturday 02 02 Coffee Casa Soul Session with Wanja Wohoro Ivan Irakoze Muze Marco Bailey Roxy Lounge Party Virus with DJ Em-One DJ Grand'ee DJ Nexus Thursday 07 02 The Mirror - Banquet & Conference Floor Giltz & Glitter Valentines Ladies Party	Friday 08 02 Lavenderia 97 Lounge Certified Friday with DJ Mellow Creme De La Creme Saturday 09 02 Muze Savanna X Seres with DJ Satellite Suraj The Mayura Same Dress Valentines Night Wednesday 13 02 Rocaffe Usuli Road Blue Valentine 09 to 23 02 K1 Klubhouse Celebrating 20 Years Of K1 Saturday 16 02 Muze Backyard Bass with Lady Leshurr Valerie Muthoni G Money Lasta Trap King Chrome	Saturday 02 02 The Alchemist Bar 9 pm Atrolive ft. Idi Azz Max Dohhoff Wednesday 06 02 Ankole Grill Frankie Maston Thursday 07 02 J's Westlands Thursday Live @ J's with Qwela Friday 08 02 Goethe-Institut 5 pm Nairobi Jam with Christine Kamau Saturday 09 02 The Carnivore Simba Saloon Nairobi Rocks Music Festival with Ferocious Rash Refuge Rish DJ Edy Grim	Thursday 14 02 J's Westlands Mandla Mlangeni Saturday 16 02 Kenyatta International Convention Centre (KICC) Nobody Can Stop Reggae - Richie Spice 7 pm Sunday 17 02 Kasarani Training Centre 12 pm Safaricom International Jazz Festival Wednesday 20 02 Goethe-Institut Jazz Concert: Christine Kamau and Slatoc Thursday 21 02 J's Westlands Thursday Live @ J's with Sofaz Thursday 28 02 J's Westlands Atemi COMEDY Thursday 07 02 Que Pasa Bar & Bistro The Comedy Jam - A Stand Up Comedy Night 6 pm FAIRS & EXPOS 08 to 10 02 Kenyatta International Convention Centre (KICC) Kenya Skills Show 9 am FESTIVAL Saturday 24 02 August 7th Memorial Park Desturi Festival Nairobi 2019 10 am	Saturday 09 02 Michael Joseph Centre Going Gully 8 pm GOLF / CHARITY Friday 22 02 Karen Country Club Charity Golf Tournament 8 am HORSE RACING Sunday 03 02 Ngong Racecourse and Golf Park Britam Kenya Guinness 12 pm DESTURI NAIROBI 2019 All Information without Warranty



The Award Ceremony was held in the presence of Chairman Othman Benjelloun and Teddy Riner, 10x Judo World Champion and double Olympic Champion. Announced by Chairman Othman Benjelloun in Marrakech in 2014 at the Global Entrepreneurship Summit and endowed with \$ 1 million each year, the Award illustrates BMCE Bank of Africa's ambition to promote innovative entrepreneurship in Africa.

Through the African Entrepreneurship Award, BMCE Bank of Africa achieves its vision of a dynamic Africa, driven by its young entrepreneurs to strengthen the economic and social opportunities for all Africans.

This year, the 4th Edition, AEA introduced two new categories, "Innovation" and "Sports Business." Innovation is defined as solving problems with new technologies, new processes and new business models. Sports businesses support ideas relating to sports technology, apparel, fitness facilities, sports leisure and tourism, sports management, and sports media and event management.

At the end of the final round of the Award, 30 finalists from 20 African countries gathered for Boot Camp in Casablanca from the 5th to the 9th of December. Experienced Boot Camp Coaches from Nigeria, Namibia, Senegal, Cameroon and Australia provided three days of customized coaching on persuasive pitches, perfecting financials, and pressure-tested business plans.

13 winners were selected by a prestigious Presidential Jury composed of 6 members: M. Amadou Gallo Fall, Senegal/USA, NBA Africa, Managing Director; Dr. Aubrey Kent, Canada/USA, leading sports author and founder of the Sport Research Institute, Temple University, USA; M. Gong Li, China/USA, retired Chairman of Accenture China; M. John-Bernard Duler, French/USA Investor and Entrepreneur in Silicon Valley; Mme. Deborah Ahenkorah, Ghana, Award winning social entrepreneur and publisher of children's books; M. Brahim Benjelloun-Touimi, Morocco, Group Executive Managing Director of BMCE Bank Of Africa.

By Amine El Kourchi - Award Team
african-award.com



MAIN STORY ●●●●●●●●

Transformed Mombasa Raises the County Profile

FROM PAGE 1

every corporate organisation would just wake up and splash their themes. There were signage in places that were not supposed to be.

Adverts on buildings had become fashionable making Mombasa a complete mess. A keen observer will now realize that Mombasa has a new face not just the colors but even the way companies do their advertisements. We have been able to get rid of about 95% of the signage and brought down most of the billboards," said Mr. Balala. He said advertisements on buildings have been removed and the town is fully embracing color formations that have made the Coastal city look just like the cities in Greece, Morocco, Monaco among other world class destinations. That Mombasa has changed and looks neater and more organized is not in doubt and both locals and visitors cannot hide their pleasure at just stepping into the port city. From the new colours of ocean blue and sky white in the CBD to the gold leaf and laughter colours of the Old Town one is able to understand the history and culture of the port city of Mombasa. The cabro works on the pavements have literally made a



walk along the streets of Mombasa a refreshing experience compared to the previous situation where gaping holes and dilapidated pavements that made the city an eyesore. The County Government confirms that the choice of colours was not a knee-jerk reaction but a well thought put consultative process that now clearly gives a clear distinction between the new city-the CBD and the Old city -the Old Town. We have been

endowed with an ocean which is blue hence symbolic that this is blue city - the sky is blue and white so the CBD is a blend of the sky and the ocean. "For the Old Town we have earth colours blended with laughter to bring out the warmth that is associated with the old town borrowed heavily from the Fort Jesus Museum. Mr Balala said the CBD and the Old Town restoration and beautification will eventually be extended to the sub



counties where again the residents will choose which colours suit them. He said the support from the Mombasa residents has been overwhelming because they have also seen what a disorganised city could do to the economy which depends on tourism and shipping. The beautification comes with it stringent controls to decongest and organise the city. Part of the plan to bring sanity to the city of Mombasa is to relocate hawkers

and beggars. "For the hawkers we have identified areas and markets where they will be operating from. We can continue opening designated areas to be used by hawkers during certain days and time to ensure that their activities do not interfere with other businesses. For the beggars we are trying to find the reasons why they are on the streets in the first place. As a department we have realised that there is a challenge with

People With Disabilities (PWD). We are now taking measures to come up with a disability mainstreaming policy to guide on the needs of the PWDs and the ways to be able to socially and economically empower them. The County has plans of making Mombasa true to its identity. For instance, in the old town, the department is going to rename some streets to make them more reflective of the history of Mombasa. Some names in Mombasa do not reflect the true identity of the Mombasa and the contribution of legends and therefore the need to appreciate the great men and women of Mombasa. We have had good support from the business community and residents and that explains why the beautification is already about 60 percent complete. The important thing that the County Government did was to engage the community before we started. The community feels they own the programme because they were involved in making decisions about the colours and how they want the town to be managed.

After this beautiful work, the Mombasa County Government should now focus on Parking and Garbage Management a move that will make Mombasa one of the most organized cities.

Fear, Kick it Out

Fear blocks out any form of happiness that is headed your way. So do it now, kick it out of your life for good. It is not real and only exists in our minds. It's been placed there to stop us from achieving what our hearts desire. Let's ask ourselves first, why fear anything? What or who instilled this emotion in us and why do we fall victim to it? Then ask yourself when does this emotion come out the most, what kind of situation do you fear the most? And what if you just faced your fears, how would you feel then? Analyze all this first so you get a clear conscious to deal with the fear bug, and then have this as your daily mantra, "I will kick you out Mr. Fear, because I can do this."

Why we start fearing a lot of things and situations in our lives, is because we are told some things are not good for us or that we wouldn't be able to handle them. And so, being naive, we let these small seeds

grow into bigger fear plants with their roots attached deep within our souls. Then with this kind of situation, we fear letting go of fear itself.

Let me tell you one thing, fear can be fought by us all, but only if you are fully willing to fight it off. So here is how you are going to slowly rid this fear off you. Firstly make a list of all that you fear and alongside each of your fears, write down how you feel and how you would like to change yourself upon feeling this fear. Always read through your fears list and focus more on how you will change yourself. Keep repeating the mantra twice a day and you will notice a lot of changes occurring within.

Always remember, "Your dreams are more precious than your fears." Go and make your dreams a reality today.



By Atiya Mughal

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Auto Selection
It's a Selection of Style

Spiritual Input / Opinion ●●●●●●●●



It's Okay not to be Strong

BY ATIYA MUGHAL



"Be strong" or "I know you are strong" are some of the phrases we really don't want to hear especially when we have suffered a setback in our lives, or when we lose a loved one, family or a friend. But these phrases make you feel like you are a robot and are not allowed to have any emotions. You are not meant to cry, or even break down. But that's not true at all.

We are all human and have a heart that, yes, will hurt a lot at

some point or the other. So how do you find that strength to "be strong" when your heart and soul are shattered? You simply can't do that, and never force yourself to become what people say to you. Never force anything, it doesn't last. Sure, you will be strong but after a while you can't do it anymore.

Let your heart heal within its own limits and time frame. Let those tears flow down your cheeks each time you miss or remember your loved ones who are gone. Let those mixed emotions of anger, frustration, pain all come out, it's fine. Because only then you will open your heart fully.

Of Wolves, 2 Cherries and a Hard Hat

BY: SHIVAJI VAN OXENBERG

When it comes to wanting something we are all totally different.



You could be soul mates with someone, or best friends with someone for 20+ years. Yet, when it comes to needs and wants, we are miles apart. Take an example, there is a mate of mine we have grown up together and to date, he still tolerates my presence by hanging out with me. Well lucky him I say.

Whenever we go to a restaurant, we have never ordered the same food nor the same drink at any time, heck we don't even support the same teams when it comes to England Premier League. We are all different. This is a basic example. Same cycle you say? Yes - Scenario 1: Bar/Club. See a lady you fancy, approach her with "Can I buy you a drink" or "Can I have a dance with you?" Result 97% of the times - "No Thank you". Confidence shot down, you go back to your mates and come up with a new line "oh she has a boyfriend" and you're back in your single circle albeit minus any confidence.

The answer? He Broke through her Radar. Hang on a second. I am coming to that. Yes they (Ladies) have an in built radar. It has been perfected over time - with enough sample data for her radar to kick in. Over time, it becomes a natural subconscious element inhibited in her. So the moment you've walked up to her, you have about 5 seconds before her radar rejects you. And BAM! You like the other 37 alpha males have been shot down by her in that same bar/club tonight whereas one lad has walked out with her number and will be interacting with her for a while whilst you and your fellow alphas will be blaming the weather, the money or your horoscope for your bad run.

Question is, to have or have not the power of breaking through her radar? If the answer is not to have, please stop reading here. Thank you and have a nice day.

For those who are ready to learn, here is one small but extremely important fact rule that you MUST employ from today.

First, just a question - and it is completely relevant - you walk into a restaurant, order a burger, the cashier asks you if you would like some fries or soda with it and you decline. Does the cashier get upset and emotional? Keep the answer handy.

We will focus on the guts bit later, lets focus on part one where you feel you would be shot down. You've been in this scenario 100 times and no matter how you play it, you still get shot down..

So the best way of breaking through a radar? Simple do NOT do what everyone does (offer a dance/drink). One thing i've used and has worked 100% of the times is making conversation. No, do not go outstretch your hands and introduce yourself to her - this is not a business meeting. So pay attention. I look at the lady I want to interact with - so in this scenario, shes at the bar, having a drink. Easiest scenario. I walk up to her and say "I'm sorry but I just couldn't agree with my mates back there on what you're drinking.

You have just broken through her radar because you've approached her showing an interest in her drink and NOT her. She will answer it for sure. And this is where, gentlemen, humor and attitude is of most importance. You want to make fun of her but not humiliate her, you want to seem a little cocky but not over arrogant. Follow that answer up with something else - example "oh so this is a dirty martini? Have you tried my world famous concoction? It is a mixture of Banana, Coconut

When you acknowledge your inner most feelings, you can heal yourself, you can find that peace within, that you never knew you had. Keep a journal and let it absorb your pain, pour your heart out into this journal. Write down each and everything you are feeling. Be it guilt or regret, anger or pain or even just love, any setbacks you may have experienced and the things that hurt you. And by the time you finish pouring your heart into this journal, all your emotions will stabilize and you will feel calm and peaceful. With time you will come to terms with your grief and grow stronger yourself, in your own ways.

It's just patience that is needed along with compassion for the healing process to take its course, on its own without being constantly told to be strong. We are all strong in our own ways and become weak due to certain circumstances which cannot be helped in life. But the real strength lies within us, and only we can retrieve it when the time is right. "Believe in yourself, that's the true strength"

Sanātan Dharma



BY KARAN KAMLESH PANDYA

In ancient times the Hindus were known as Āryas (meaning the 'noble' ones). The Āryas called their religion the 'Ārya Dharma' - 'Religion of the Āryas'. Later, it was also known as 'Mānava Dharma' - the religion of humankind based on human values; 'Sanātan Dharma' - 'The Eternal Religion'; and 'Vaidika Dharma' - the religion rooted in the Vedas.

The term Hinduism was unknown to the ancient Āryas or Āryans. It came much later and much after the Persians coined the word Hindu. Persia (now Iran) had a common border with ancient India or Āryāvarta - the land of the Āryans. The common border was the River Sindhu (called Indus in English) that runs down from the north in the Himalayas. The ancient Persians pronounced 'S' as 'H' and thus Sindhu became Hindu. And they named the Āryans, living on the eastern side of the River Sindhu, Hindus. Several millennia later the religion of the Āryans became known as Hinduism, the term first used by orientalist scholars in the nineteenth century, and the entire country came to be called Hindustan (the land of the Hindus). Taking the cue from the Persians, the Greeks called the Sindhu as 'Indos' and the people as 'Indoi', and later in English the river came to be known as 'Indus' and the people 'Indian'.

In the Rig Veda, the Indian sub-continent or Bhārata, as it was popularly known later, is called the region of Saptasindhu, i.e., the land of seven great rivers.

The Āryan Invasion Theory There are two beliefs among scholars about the founders of Vedic civilization. One group strongly propounds that the Āryans came from central Asia, invaded north-western India and established the Vedic culture.

The other group says that the Āryans were the original inhabitants of India and thus there was no Āryan invasion of India. Each group argues on the basis of archaeological, linguistic, textual (Rig Vedic accounts) and other sources. However, there is a growing consensus among scholars and researchers that the Āryan Migration theories are invalid. Lord Colin Renfrew (1988), a British archaeologist writes, "If one checks the dozen references in the Rig Veda to the Seven Rivers, there is nothing in any of them that to me implies invasion... Despite Wheeler's comments, it is difficult to see what is particularly non-Āryan about the Indus Valley Civilization." Laurie Patton, Professor of Early Indian Religions at Emory University, Atlanta, USA, notes, "First, very few, if any, archaeologists or linguists embrace the invasion theory, and have not done so for several decades."

Scholars, Jim Shaffer and Diana Liechtenstein, in their paper "South Asian Archaeology in the Indo-Āryan Controversy" write, "The excavations at Mehrgarh near Sibir, Pakistan, do demonstrate an indigenous development of agricultural food production by people living there as early as the seventh millennium BC." Archaeological and sacred textual evidence shows there was significant religious activity in the ancient period of the Indus and Sarasvati civilizations. The Indus valley civilization developed urban civilization on the River Sindhu, and Harappa and Mohenjo-daro (excavated in Pakistan) were two cities of this highly developed

But what if she politely declines and says she has a boyfriend? Simple then, you are the cashier asking the customer if he wants fries and a soda. The customer has declined - you move on to serve your next customers. No dramas, no emotions.

CONFIDENCE AND ATTITUDE.

Yes I am telling you the Male Human species - that what you need here is confidence and attitude rather than a Mercedes and Visa Platinum. My name is Shivaji Van Oxenberg and I am going to be your Guru on Confidence and Attitude. And Ladies, I am going to transform these so called "losers" into the Emperors of your dreams.

Opinions on this article are mine obviously and don't necessarily reflect as the opinion of the publication

urban civilization. Hinduism's history is rich, varied and stretches back to several millennia. It is surprising that the ordinary and educated are ill-informed or ignorant of the basic tenets and traditions of this wonderful religion.

Hinduism - Sacred Texts

The sacred texts of Sanatna Dharma or Hinduism are known as 'Shastras'. The word 'Shastra' means a treatise that commands and protects the person who abides by it. In addition, the shastras deal with the life and teachings of Paramatma (God) and his avatars (incarnations).

Hinduism has a rich legacy of spiritual wisdom and history in the form its sacred texts: Vedas, Upanishads, Dharma Shastras, Agamas, Puranas, Ramayan, Mahabharat etc.

The Vedas hold the pride of place among all Hindu Shastras, besides being the oldest. They are called Shrutī Shastras. 'Shrutī' means that which was 'shruṭi' or revealed. The Shrutī Shastras are the primary sacred texts of Hinduism. They were revealed by Paramatma to enlightened rishis in their deep meditation. Then the revealed knowledge or the Vedas was handed down by an oral tradition. In the broader sense, the Vedas include the four Samhitās, Bhrahmana texts, the Aranyaka texts and the Upanishads. The latter three have their roots and sources in the four Samhitās. The four Vedic Samhitās are the Rig Veda, Yajur Veda, Sama Veda and Atharva Veda. The name Veda comes from the Sanskrit word 'Vid', which means 'to know'. Thus, the Vedas mean knowledge. They contain both spiritual and worldly knowledge. The Vedas are considered by Hindus to be the oldest sacred texts in the world and continue to be recited and studied to this day. Hindus consider the Vedas to be aparauruṣeya, i.e., not man-made, but are revealed by God. They contain prayers to devas or personified forces of nature and the Ultimate Reality. They also comprise of yagna rituals, spiritual interception of rituals, and philosophical discourses on the nature of Paramatma, the soul and the world. The chronological and philosophical culminations of the Vedas are called the Upanishads, which are mainly philosophical and theological dialogues that encompass the nature and functions of Parabhraman, Bhraman, jiva (soul), jagat (world), mukti (liberation), etc.

The secondary sacred texts in Hinduism are known as Smṛuti Shastras. 'Smṛuti' means that which was 'remebered'. They are a repository of Hindu knowledge and history. They were written by great seers, based on the teachings they remembered from their spiritual masters. This branch includes the Dharma Shastras (social and moral codes of conduct such as Manu Smṛuti etc.), the Itihāsa or epics (Ramayan and Mahabharata), and the Puranas (ancient religious and historical literature).

The principle aims of all the Hindu Shastras are to inspire faith, character and peace, attain happiness in this world and achieve the final goal of life - moksha. They therefore teach and prescribe social, moral and spiritual principles.

Daily reading and study of sacred texts encourage sound moral behaviour, spiritual knowledge and enlightenment in life.



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TECH-TALK ●●●●●●●●



Buying A New Computer

BY HAMZA ALARAKIA.

SOFTWARE NEEDED FOR A NEW COMPUTER.

In the previous article, we looked at what you need to know or understand when you buy a new computer so in this article, we will look at what software you need to install in a new computer.

A new computer is a blank slate of potential and a fresh installation of Windows can give your PC a new lease on life, but it's not really much until you start loading your machine up with all the programs and utilities you need for work and play. Check out these 9 apps that I'd recommend installing on a new PC, ranging from antivirus and antimalware tools to web browsers and media players.

Antivirus.

Most of our lives nowadays take place online and there's no such thing as being too careful. Not every intrusion into a computer is meant to cause damage or steal valuable information, it can be one of many stages of exploiting a weakness in an operating system or any other software in your computer that can be used as a bridge to an attack. Attacks on your computer can not only be from the internet, not necessarily, no, they can also be spread from portable storage devices such as flash disks and hard drives, having been plugged in another computer that has no protection capabilities thus the attack. They can also come from cds and floppy disks that had a virus or malware. (If you're using a computer that uses floppy disks then my friend it's high time you do an upgrade!) So having an antivirus program installed can help protect

your computer from most viruses, worms, Trojan horses and other unwanted invaders that can make your computer "sick".

TeChy's Tidbit – Most computer makers will preload the antivirus software and try to coerce you into signing up for it because that's how they make money. You don't need to buy whatever they're selling but invest in a well-known antivirus software that will keep your computer safe. Ask your computer technician for which one to buy or a computer shop that sells them.

Firewall.

"Why do I need a firewall in my computer when I already have an antivirus program installed?" you ask. "As long as I have an up-to-date antivirus software, I'm safe, right?" My answer is a big flat NO! Once you're online my friend, you'll need a firewall. You see, a firewall blocks what's coming into your machine, whether unannounced or un-requested whereas an antivirus blocks pop-ups or prevents you from accessing unsafe websites (and no, I don't mean what you're thinking, dirty mind).

TeChy's Tidbit – A firewall basically is an additional layer or protection for your computer apart from antivirus and antimalware software so yes, you need a firewall, be it a NAT router or a software firewall (Windows has it in-built so don't panic). Most antivirus and/or antimalware programs have firewalls installed so just make sure of what you're buying as there's no such thing as perfect antivirus or antimalware.

Antimalware.

Another question you ask, "Why

this company but most of is still in testing processes – the BETA versions as they're commonly known.

TeChy's Tidbit – Over the past 18 years, Google has created over 140 products and while using that many tools is probably overkill, it's always worth looking into the ones that could really help solve problems you regularly have, save time you'd rather not waste or accomplish something more creatively and efficiently.

Media Players.

You are tired of listening to what's on the radio or the TV (or watching) and want to listen to some of your songs from your portable storage device or just simply from your computer or a cd. Well, your computer has an in-built standard media player that does the job but you may come across a case whereby you need another software, a third-party software, say for an enhanced listening experience (like myself) or viewing that video file that the in-built player was unable to play? There are many different ways that a media file is encoded and not all media players play all the formats. Some play more than others but by large, it's rare that you'll find a single player that will play them all, if not most.

TeChy's Tidbit – Many, if not most, media players us a plug-in architecture that allows support for different formats to be added by simply installing what is known as a "codec" – which is short for encoder/decoder. If you come across a scenario where you are prompted to install additional codecs to view or listen to your media file (which may or may not exist), don't! It's a common way of malware spread. Use the players that you have or download a player like VLC, which plays nearly everything. If you still can't play that media because of a missing codec, then don't, not unless you can verify that it's a legitimate codec (not easy) or you can have someone with more technical knowledge to guide you or check it out for you.

Text Editors.

Before computers and smartphones became commonly available, we used to write letters, and/or on cards, to our near and dear ones or if we had to do an inventory check (stock take as its most commonly known), we used to buy foolscaps and do so or bought those long books. Well, you don't have to go through that hassle anymore as there are various third-party text editor software that simplify your tasks. Microsoft Office is one of them. It is the most trusted application for many computer users combining applications like Word, Excel, PowerPoint, OneNote, Outlook, Publisher and Access. You can buy it from your nearest computer shop or online.

Google Tools.

You may be familiar with the Google search engine but did you know that "Uncle Google" (or is it Auntie Google – as it knows almost everything, he he) offers more? Well, now you do. From productivity applications to instant messaging, there is quite a variety of applications available from

would recommend you to buy the Microsoft Office program bundle if you really need it. However, if it's just a simple text document program that you need, Windows has in-built ones such as Notepad and WordPad. Give them a try.

PDF Readers.

Portable Document Format (PDF for short) was created by Adobe. It first launched in the early 90s as a way to completely store a document in one file. Because the web was young when PDF was growing, they were mainly used for desktop publishing of documents to print. Most companies used PDFs to save posters, flyers and other similar types of files for physical printing. Initially it wasn't easy to get hold of PDFs as they didn't have all the integration features that they do today but after a few years, a free version was released as a "read-only" utilization. If you want to edit or utilize all other options which this wonderful software gives, you'll have to buy it.

TeChy's Tidbit – Not all computer users nowadays use the Adobe PDF reader as there are very many other similar readers out there and if you aren't going to be editing it or use some or all of its features, then a simple view in a third-party browser should do the trick.

Browsers.

By default, Internet Explorer is already present in your computer via the installation of Windows operating system. However, it was notorious for displaying websites differently than other browsers hence the emergence of third-party browsers like Google Chrome, Mozilla Firefox, Opera, just to name a few. With the launch of Windows 10 came Edge, Microsoft's new in-built browser that's meant to replace Internet Explorer with time. It's faster, has improved features and works like a charm. Most browsers nowadays can do anything from reading a document to playing your media file albeit additional content is needed to do so like codecs or flash players.

TeChy's Tidbit – With Windows 10, you won't be forced to use Edge. All of your favorite third-party browsers work fine in Windows 10 and since it's still in beta-testing mode, you'll need to keep those other browsers handy.

Zip Utilities.

With the ever-growing size of hard drives, the need to reduce file sizes when storing data has been reduced apart from the SSDs that still require file compression. If you're sending or receiving large files, installing a zip utility is a must. These handy tools allow you to compress files for easy sending and extracting received compressed files. The most commonly used compression format is a ZIP, but there are various others available. You never know which one you may encounter when downloading and sharing files so it makes sense to have a program at hand that can

handle more than one type.

TeChy's Tidbit – With a vast competing market out there, you'll notice that there are some that offer higher compression rates and others that offer support for largest number of file types or both. Also, some of these utilities have the ability to encrypt files and protect them with a password.

Verdict:

The first thing that you must always do is make sure that you have a genuine operating system installed, be it a paid or "free" version (commonly known as open-source). Without an operating system, your computer will be useless – just another chunk of metal. So, once that is present, only then you will be able to install all the other software. Apart from the OS, drivers are needed for your hardware to work. Drivers are software required for your hardware to work such as sound, display and network. However, most of it comes pre-installed with the OS.

Also note that if you have a bought a new article and it came with a pre-installed OS from the manufacturer's company, you'll find bundles of other software included inside it which will mostly be on a trial basis between 15-60 days of usage. After that, you'll have to buy that software whereby they differ in their functioning capability, meaning that some of these software, once purchased, need not of renewal after a period of time unlike the antivirus programs that need a renewal annually, in form of purchasing a license. Some of us may or may not have used pirated software but know of it. Obtaining and using such software is illegal and it would be unwise to do so as it may lead to fines or jail time. It can also contain viruses and malware and if you don't have security installed in your computer, you are prone to attacks. If you don't need a particular software, talk to the computer store personnel to uninstall it or if you know how to do it, proceed at your own risk. So the next time you have a problem with your computer, be it software or hardware related, don't do it yourself or let your kid do it, take it to the professionals or call in a trusted computer technician.

The monsoon also helped the Hindus, the Phoenicians, and possibly the Assyrians and the Jews to reach East Africa. As these traders were coming before the birth of Christ, we do not know much about their early voyages; we do not even know enough to be sure that the last two peoples came to the shores of East Africa; although we are certain that the Hindus and Arabs did.

I almost forgot – there is no such thing as free software, you have to buy them. You don't go to a shop and get crockery or clothing for free, do you? You pay, right? The same concept applies here. People are trying to earn a living – some of us do that by cooking, cleaning, driving and some of us do that by creating applications or fix a hardware glitch in your computer for your efficient usage. That software which says that it's free, merely gives you limited functions. Always remember; that of which is free is merely expensive but that of which is purchased is merely cheap. Support the developers, buy genuine software! Say no to piracy. Feel free to forward your comments and queries by writing to me at: techamza@gmail.com. I will gladly reply.

HISTORY ●●●●●●●●

An Introduction to the History of the Coastal-Strip and Its Peoples.

BY STAMBULI ABDILLAH

Very few parts of the world have a more dramatic history of colonial enterprise than the east coast of Africa. In reality, Assyrians, Chaldees, Egyptians, Phoenicians, Arabs and Portuguese have all claimed the country for their own, and traces of their occupation still remain in the customs and traditions of the coast and in the ruins of their settlements. For example, the Assyrians emblem of power, the horn, remains in the Siwa of Lamu and Pate; the sailing-ships of the Sumerians were the forerunners of the East African dhows; and from the Ancient Egyptians came the square sail which developed into the lateen sails of the present day. Chaldean and Egyptian customs survive in the divination, magic and exorcism still practised in East Africa.

Phoenician navigators sailed as far as Sofala, the port of Ophir; Hindus came on trading voyages; and coins and pieces of porcelain show that the Chinese vessels also traded with East Africa long before the European invasion. These visitors to East Africa were helped by the fortunate direction of the monsoon winds, which start to blow from the north-east in December and from the south-west in March. Very early on the Arabs realized that this meant that their dhows could be blown south to East Africa by the monsoon in December; and a few months later driven back by the same wind, when it had changed direction. The dhows were similar to those which today still use the monsoons to sail up and down the east coast of Africa.

The monsoon also helped the Hindus, the Phoenicians, and possibly the Assyrians and the Jews to reach East Africa. As these traders were coming before the birth of Christ, we do not know much about their early voyages; we do not even know enough to be sure that the last two peoples came to the shores of East Africa; although we are certain that the Hindus and Arabs did.

The author of the Periplus of the Erythraean Sea, writing of the East African coast about A.D. 60, mentions that chiefs under the sovereignty of an Arabian State were then governing the towns, and that Arabs from Muza (Mocha in Yemen) were trading and settling on the coast. He even speaks of the "sewn boats", the "canoes hollowed from single logs", and the "wicker basket" fish traps then in use, all of which can be seen at the present day.

Islam in East Africa:

In 15 A.H. (A.D. 636) Uthman bin Abi Al-Asy became Governor of Bahrein and Oman under the authority of Khalifa Umar bin Al-Khattab, but over Oman proper this authority of the Khalifas (Caliphs) was only

nominal until the time of Abdul Malik bin Marwan, 65-86 A.H. (A.D. 655-706). Under this Khalifa, the famous Governor of Iraq, Al-Hajjaj, sent his most experienced generals with a large army to take possession of Oman. The then rulers and leaders of Oman, known as Sulayman and Said, were defeated, but got a chance to escape with their families and some of their tribesmen and settled in the land of Zinj, as the East African coast was then called, and traded with the indigenous people they found already living along the coastal littoral. Even most of the Arabs, who came and lived within the already established settlements, came into the coast of East Africa about this time.

Thus, when one wants to speak or write about the Coastal strip and its peoples, by all existing accounts and evidence available, he/she has to put under consideration that Waswahili have been the longest settled group in Kenya. And, apart from the above, that the Waswahili as a people have impacted Kenyan society at the linguistic, political, economic and social levels long before the dawn of both the Omani Arabs as well as the European colonization. However, on the contrary, their influence by far outweighs their numerical extent and virtually all writings on the Waswahili have always treated us either as a historical relic, frozen in time or as a passing phenomenon of no future importance. Subsequently, apart from the work of scholars such as J. Spencer Trimmingham, Dr. Mark Houghton of Oxford University, and Dr. Ahmad Idha Salim plus a few other researchers, historians and writers, we know very little about the state of the Waswahili in contemporary Kenya. This is of necessity the outcome of a mind-set that treats Waswahili as the invisible part of Kenyan society. The oriental-ization of Kenyan Waswahili has taken the shape of down-playing their numerical strength."

Of course, let us all not forget the fact that until a short time ago, the area that was known as the Coastal Strip of Kenya before Kenya attained its independence was, before the arrival of any colonial power on its shores, both a rich political and cultural entity of Waswahili, Islam and Muslims in general.

Hence, it is imperative to understand the fact that even when the Portuguese arrived in A.D. 1498, they found the Waswahili already well-established and trading with the then peoples of the first world. In fact, on his way to India in 1498, Vasco da Gama visited Kilwa, Zanzibar, Mombasa and Malindi, Lamu etc. Just ask yourself one relevant question, 'what kind of people did Vasco da Gama see in these East African towns he visited?' Who were they? And what kinds of societies, economies, cultures, etc., or rather civilization, did these people have? In fact, these are the type of questions that are still in need of proper answers and explanation for all to understand the reality pertaining to the whole Coastal Strip issue per se. Now let us get down to the fundamental basics on the said issue and set the record straight. Thus, when one of us wants to talk about the history of the Coastal Strip and its peoples, one has to first and foremost consider doing a bit of research on the pre-colonial, political, economic, as well as the traditional as well as cultural aspect of the area and its people. One has to contemplate on the early life of the coastal strip peoples and whatever

transpired both before and even after their colonization and the situation after the attainment of Kenya's independence.

Actually, it is imperative that we first define who are the Swahili as a people and if they do exist. Secondly, in order for anyone to answer the above questions more appropriately, one has to pertinently explain how the name "Swahili" came about in the first place. The name "Swahili" (Ahlu Sahil) was originally used by the Arab traveller from Morocco by the name Muhammad bin Abdallah- better known as Ibn Batuta- during his travels in the early 14th century (1331 A.D.) in order to describe the people, and the new world they had encountered, to his King and people on his return back home. Ibn Batuta was fascinated by these people. He was impressed with the cleanliness of their towns, the manner in which they organized their societies, their prosperity, as well as literacy; in short, their level of civilization. But because these people looked different and

had a language and culture of their own which he could not understand, he referred to these people in his writings as the "Ahlu-Sahil" (meaning "the people of the coast). He did not know what else to call them. Hence, the area where these people lived came to be known as the "Swahili Land". But, these people of the Coast never called themselves by that name. They knew themselves, and were known to others, by the towns or villages of their inhabitation. Thus, in Mombasa and its environs there were the "Wachangamwe", "Wakilindini", "Watangana", "Wajomvu", and "Wamtwapa". And, along the coast itself there were the "Wakilifi", "Wafaza", "Wakatwa", "Washaka", "Wapate", "Wasiu", "Wagunya", "Wapemba", "Watumbatu", "Wabarawa", "Wangazija", and so on, denoting the islands or towns in which these people lived. People were known, and knew themselves, by the places they lived or came from. This is indeed the Swahili way of identifying people; who they are, what they do and where they come from. The Mombasa polity was confederated into the "12 Tribes" (Miji kumi na miwili), or Miji Ith'na'shara formed by the "Miji mitatu" and "Miji tisa". The Three Tribes which were headed by a Tamim (Wazee Sheikh) and a Council of Elders (Grand Elders) and a Council of Elders (Grand Elders) and Wa-Changamwe. They were allied to the Wa-Digo and Wa-Duruma. Similarly, the Nine Tribes created their own institution headed by a Tamim and a Council of Elders. The Nine Tribes were the Wa-Mwita, Wa-Jomvu (or Wa-Junda), Wa-Mtwapa (or Mutisafi), Wa-Kilifi, Wa-Pate, Wa-Shaka, Wa-Faza, Wa-Katwa, and Wa-Gunya (or Wa-Bajuni). The Miji Tisa or Nine Tribes went into alliance respectively with other

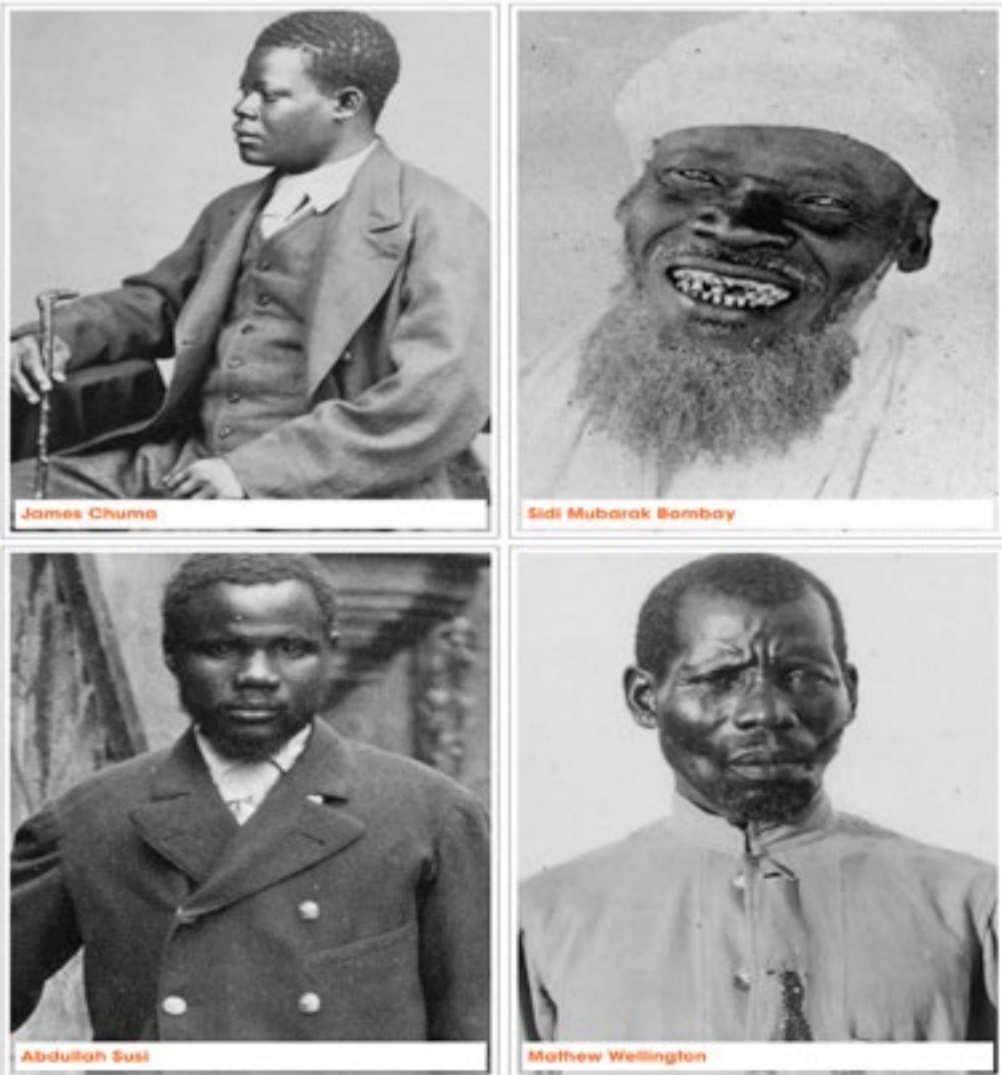


nearby tribes- the Wa-Giriama, Wa-Rabai, Wa-Chonyi, Wa-Jibana, Wa-Ribe, Wa-Kauma and Wa-Kambe, which together with the Wa-Digo and the Wa-Duruma were known as Wa-Midzichenda."

So, if for the sake of argument, we take the word tribe in its clinical meaning as a short-hand way of describing a people with its own distinct way of life, then the name 'Swahili' could be taken as an umbrella word that covers a cluster of a number of related people, very much like the word "Mijikenda" or "Kalenjin" is taken to mean the cluster of a number of tribes connected by some commonalities. Unfortunately, however, Ibn Batuta coined the word "Swahili" to describe the people who inhabited the East African Coast, while other travellers and writers have used the word to convey their own specific images of these people.

Thus the word 'Swahili' was often used to convey distorted and unwholesome images of these particular inhabitants of the East African Coast. For example, writing early in the 19th century, Captain C.H. Stigand was keen to portray the Swahili as foreign people on the East African Coast. He gave the following definition:

"A Swahili... in the more confined sense of the word is a descendant of one of the original Arab or Persian settlers on the East African Coast. In the broader sense of the word it includes all who speak a common lanuaqa. Swahili".





SNARES!!! How People Kill Wild Animals with them. Sad!



BY PATTI VAUGHN

Snare traps have become the single most threat to African lions, doing more harm than human wildlife conflict and trophy hunting combined.

Snare traps have become a threat to all wildlife, fueling a Bush meat trade that is spiraling out of control. Bush meat has been used to feed families for millennia but it's now become a big business, meat

being sent to cities in Africa and Asia. Any animal can be caught in a snare, small antelopes to elephants, and dying with a snare around their leg or neck, suffering and starving, is a horrible death.

Recently there has been an interest in lion bones in Asia and now lions instead of being accidental victims are targeted in many areas. Poaching by use of snares is happening everywhere on the African continent where wildlife live and wildlife numbers are dwindling rapidly

Many governments turn a blind eye to the practice giving no thought to the future of their wildlife or their tourism. Botswana is one of the few places where a poacher can be shot and killed. Penalties in all other countries need to be increased or a shoot to kill policy initiated before the wildlife is gone for good. Policy changes followed by an increase in ranger presence are needed quickly before the beautiful wildlife of Africa will end up in cooking pots and be no more.



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BY ANJHNA

Is privacy overrated?

Bombshell!!!! I know this calls for a bomb shelter because the opinions are very varied. However, we need to understand the basics of our lives in today's world to be able to gauge the situation more decisively.

In Kenya, over 60% of the population are smart phone users!

What most people don't realize is that by using this technology, we voluntarily hand over this information to data silos like google, Facebook, twitter, WhatsApp and many more. Most smartphones need an email address to activate a number of services like the app stores, apps and games. In return, they have access to all your contacts, backups, images, storage devices, any other devices your smart phone connects to. All this data is constantly updated and stored away for data mining purposes. A number of algorithms and data crunching tools are employed to analyze, sort and file the data in order of relevance. This data is used to bring to you relevant

advertisement campaigns, add you as a

⚠

If people still thought that Person of Interest was just a fictional series, a hard hitting reality will be out soon. The truth of the matter is that we are constantly being surveilled, if not by the government then by our bosses, if not the cops then by the Roads authority, if not by your spouse then by your own phone.

statistic in the gender and chronological statistics being run by other engines in your area, frequent routes you use, traffic build up and delays on the routes, alternative routes to your frequent route, payment methods you use to settle your bills or make purchases, your buying patterns, your allergies, your most called person, duration of all your calls, content of you calls or text messages and so much more is constantly being monitored and recorded. Information we put up on platforms such as Facebook so voluntarily is actually being used by an Artificial Intelligence engine which is shaping up our profile, our likes, dislikes, places we visit, places we dream to visit, our hopes, dreams, our religious, political views and even our physical movement. The discovery of a back-door in

WhatsApp recently caused an uproar but that was just because it was "discovered".

We are moving towards making our lives available online, be it through the use of CCTV cameras which are housed in most buildings and businesses, traffic cameras, drones, your webcam even your own mobile phone camera. If people still thought that Person of Interest was just a fictional series, a hard hitting reality will be out soon. The truth of the matter is that we are constantly being surveilled, if not by the government then by our bosses, if not the cops then by the Roads authority, if not by your spouse then by your own phone.

People who crib about their husband or wife going through their phone, you need to read the above again and understand that one you are on the grid, you cant switch off, even if your phone is switched off physically, there are phone finding software that can trace your phone down to the exact degree in longitude and latitude, the nearest signal tower from your service provider also stores such information, so there really is no hiding.

So guys, when your spouse goes through your phone, stop bringing the world down about it, especially if you have nothing to hide, someone somewhere knows it all!

BY AVNI PARMAR

Bullying

Bullying, the word itself says it all. It is physical or verbal aggression that is repeated over a period and, in contrast to meanness, involves an imbalance of power. There is a misconception that bullying only takes place at school in between children, however this aggressive behaviour does also take place at one's workplace, colleges, universities and even at home.

There are different kinds of bullying:

1. Physical bullying - hitting, kicking, pinching or pushing.
2. Verbal bullying - name-calling, insults, harsh teasing, taunting, mimicking or verbal threats.
3. Relational bullying - excluding someone from a peer group via verbal threats, spreading rumours, and many more.

Causes of Bullying

There are different reasons of getting bullied. For some it is a desire to control people and for some it's being cool in front of others. Bullying is not in ones genes, but it surely can be caused by imitating aggressive behaviour either seen at home from parents or siblings. It could be an imitation through media violence seen on television, on the internet or video games. Whether at school or at work, bullying someone is just portraying dominance. This in turn makes the bully forget the impact they have on the victims and the agony they go through behind closed doors. The victim shows signs of low self-esteem, anxiety, depression, low understanding of emotional or social interactions. No matter what the reasons bullying a person is wrong and if one sees it happening, the necessary steps should be taken in order to stop the aggressive behaviour. Talk to your school counsellor or tutors or even by taking up an anti-bullying pledge. Adults should intervene by knowing what their children's suffer or else it will be too late for the worse to breakout.

Don't let your bullies win over you because you need to find your voice and stand up with your voice, so stop suffering in silence and act now. Your one step will save billions of lives.

KITUI COUNTY

She is one of the only three women Governors in Kenya. A career politician with vast experience in public service, Madafu Newspaper got a rare chance to engage the Alliance girls high school Alumni and current Governor for Kitui county Her Excellency Hon. Charity Kaluki Ngilu on her current engagements as Kitui County Governor.

Q: First of all Madam Governor, you have been in Office for about a Year now, what is your view on Devolution?

A: First and foremost, I can say devolution is the greatest thing that ever happened to the people of Kenya. What else can the common Mwananchi be proud of than having some key decision-making functions shifted from the central Government to county government thus creating a window of opportunity for more 'bottom-up' engagement that is backed by a Constitutional and legal framework which include provisions for government to share basic rights such as information and public participation, besides the much significant portion of benefiting directly from its fruits such as in the health sector, Education, urban service, local infrastructure and agriculture through public financing and responsibility on service delivery.

Q: A number of opinion polls have for several occasions been ranking you as one of the best performing Governors in the Country, despite being a first time Governor. What can you attribute this to?

A: I ensure Extensive citizen participation in every project I initiate and the ability to influence the outcomes. I try to personally monitor the work being done. Besides, like I said initially, I have a very committed team of Advisors and experienced individuals in my Government who have what it takes to bring a better Kitui. What I can say thou is that am yet to be there. Just Watch this space.

Q: It is alleged that you don't see eye-to-eye with Member of the County Assembly of Kitui, is it true and why?



Kitui County Gov. Carity Ngilu addressing the public during a previous event



Kitui County Gov. Carity Ngilu Opening a New Branch of Faulu Bank in the town.

One on One with Her Excellency Hon. Charity Kaluki Ngilu

Am guided by the values of excellence, solidarity, commitment and integrity, something that has enabled me and my team to incredibly implement projects that span across all the 40 wards in Kitui, with a priority to empowering the youths, women and people living with disabilities for prosperity, besides supporting the wellbeing and uplifting the living standards of all residents of Kitui without any favors.

Who said so? I have no problem with anybody. The fact is I am there Governor and they are my MCAs. I am in good

working relation with a majority of them, save for a few disgruntled individuals who still haven't come to term with the fact that I was elected the Governor by a majority vote. What I can say however is that this country has a powerful legislative landscape that provides an array of clear, pragmatic provisions and principles. Every leader in this county was elected by his or her constituents for one purpose which is to serve them. That is very clear.

Q: How can you describe your style of Leadership?

A: Am guided by the values of excellence, solidarity, commitment and integrity, something that has enabled me and my team to incredibly implement projects that span across all the 40 wards in Kitui, with a priority to empowering the youths, women and people living with disabilities for prosperity, besides supporting the

wellbeing and uplifting the living standards of all residents of Kitui without any favors.

Q: Speculation has been rife that the formation of the South East Kenya Economic Block (SEKEB) and the current frequent engagements between you and your fellow Governors from the Kamba nation, Makueni's Kivutha kibwana and Machakos' Dr. Alfred Mutua respectively is Politically instigated aimed at locking out the Wiper Leader Hon. Kalonzo Musyoka in major decision making on behalf of the community, can you tell us more?

A: First of all I want to make it very clear that (SEKEB) has nothing to do with politics. It is an ideology that was even in place during the time of my predecessor. So, alleging that we are targeting an individual or individuals in that case only remains hearsay. Nevertheless, SEKEB has everybody on board., MCAs, MPs and the business

community from the entire Kambaland are all part and parcel of this initiative. We thank God that it is an initiative that has the blessing of our religious leaders too. And just like other regional economic blocks from the other regions, our main objective is to get our people out of poverty. With all the resources we have in Ukambani, and devolution at its best we have said never again will our people suffer.

Q: You are an inspiration to many people in Kenya, especially women and youths who view you as a Role model, probably due to your leadership style or the fact that you once beat all odds in writing History as the First ever Woman to run for presidency in this part of the sub-sahara, what advice would you give to young people aspiring to be leaders?

A: Work extra hard, be bold, and put in mind that a negative mind will never give you a positive life. Most importantly thou, Put God first in everything you do.



FROM TOP LEFT: Residents of Kitui County waiting to be registered for the K-CHIC (KITUI County Health Insurance cover); Kitui Governor Charity Ngilu with Students of Ngutani Girls in Mwingi West constituency; Kitui Governor H.E Charity Ngilu poses in a Photo with new Gradaunts with various Certificates in ICT, Garment making and Artisan Mining Courses; The Kitui County Gov. Carity Ngilu Opening a New Branch of Faulu Bank in the town and a local resident displays his Health Insurance cover

KITUI COUNTY



Kitui Cotton and Textile Company Dares to Dream

Sometime in JULY this year, The county Government of Kitui began implementing an initial phase of a critical lifetime business plan. The plan, to establish a state of the art Fabric and Textile Industry within the county kicked off with the County's leadership sponsoring a dozen youths from within the county for an intense training in textile production at a Textile Knitting factory in the Rift valley. At the beginning, the training bit and the entire idea altogether proved not so appealing to the locals. However, little did they know that the training was just but a roadmap to greater things to in store. This would be the culmination of the birth of the now much talked about, successful Kitui Cotton and Textile Company, popularly known as KICOTEC.

Having propelled the County into the National Map as being the First ever county to Launch and successfully run a Textile factory by all means in recent times, indeed, the Pride of the people of Kitui is currently one of the county's largest employers, with hundreds of youths having secured jobs both in a Permanent, temporary and casual basis in the company. Already, Revenue is being generated. Most importantly however is how the county has been able to market itself amongst the best producer of School uniforms and other institutional garments.

According to the County Boss the Hon. Governor Charity Ngilu, the establishment of KICOTEC came as a result of her trying to establish how she could address the high rate of youth unemployment.

"Amongst the pledges I made during my campaigns was to create opportunities for our young people, and how best we could inflict basic skills to them, skills that would even help them in future."

Being only Three months old and now having positioned itself as a leading textile producer in the region, there is already massive excitement countrywide with several institutions flooding the company to make inquiries on production and possible orders.

It has even been earmarked for case studies, with officials from several County Governments making firm trips to the Company.

"The institution has rightly generated so much interest, something that has even shocked us, however one thing at a time. For now, our concentration is focused on institutions within our county since we're just getting started, but we will strive to ensure that very soon we will meet the expectations of everyone across the Country with our products. We will grow bigger and better, even have an opportunity to feature in the world Textile and Fashion forums by producing textiles with our own logo and brand." Added the Kitui Governor.

To say but the least however, KICOTEC is just but one of the many major initiatives the County has undertaken or intends to undertake in the next couple of years to come.

In recent times, the county has undergone a major transformation aimed at creating a well-planned and modernized economic zone. Thanks to the formation of the County's conceptual Master plan.

Among other initiatives, The Master Plan includes a land use management strategy aimed at ensuring responsible development of land, with the residents having a say in all development matters through civic education, in a move that has brought about a sense of inclusivity, cohesion and a feeling of belonging

among the locals.

While providing a vision spanning the next 10 years of strategic urban development, the master plan is aimed at addressing the issue of unplanned settlements for example, and enhancing the aesthetic value of the County, as well as encouraging economic opportunity in the Mineral rich County.

The Master Plan highlights basic needs and factors contributing to the liveability of the county in terms of Infrastructure, Education, Transport, Healthcare and Adequate housing as constituted in the county Governors 4 Pillars so as to make the county an ideal investment destination.

The defunct Kalundu Dam for example is being revamped into a recreational Eco-hub worth of an investment. An investment that is expected to provide recreational activities that will contribute to the vibrancy of the county. Besides, it will provide an alternative leisure and tourism opportunities as a sanctuary from the hustle and bustle of the day to day life. Nevertheless, it will be a source of employment to the locals to say but the least.

Talking of housing, Manyenyoni has been identified as the ideal area to jumpstart the development of cheap and affordable housing.

This is in response to the housing needs of the rapid growth of the County, as well as in line with the President Kenyatta's Government agenda for the provision of cheap and affordable housing for all.

The County Government has also embarked on rehabilitating and construction of new roads. The venture into the development of roads has not only restored some of the most



Kitui County Reforms that Spell Growth.

Sitting on the South-Eastern side of the country, and only three hour drive from the Kenyan Capital Nairobi, Kitui County is proving to be one of the most favorable destinations for investors in the region and the world after the Kenyan capital Nairobi, thanks to its vast mineral disposals and resilience from its inhabitants.

Most notable however has been the friendly investment opportunities made possible by the county Government itself that has enabled the Private sector to flourish.

No doubt several business survey indicators have taunted the County as the next big industrial and economic zone in a few years to come.

The county for example has introduced radical reforms that has made it easier for both the local small scale traders and investors to run their businesses and take control of their profits. The Governor Charity Ngilu herself who has been at the vanguard of spearheading the reforms says more surprises are in the pipeline.

Noting that both groups of traders, small and big investors have a big role to play in building the economy of the county, the Governor for example said her Government doesn't tax the Mama Mboga selling their wares in designated areas in the streets and Market places, as long as they observe cleanliness around their workplace. This has indeed brought up sanity almost in all corners of the County's Major towns, making the county one of the most organized and cleanest around the country.

"We have indeed seen a drastic decline in cases of Water-borne and communicable diseases in our society due to the move we took." "It is a measure we undertook after realizing that the small scale traders had a big role to play in our economy. As you know a Healthy Nation is a Wealthy Nation, and lest you forget, no kind of investor or businessman, or even tourist can come and invest in a not so conducive environment."

The county has also been encouraging and facilitating SMEs to participate more in economic development initiatives with a number of projects being rolled under the flagship of the county's leadership.

This has made the County to be lauded for being in the forefront in empowering over 500 youth and women groups, individual entrepreneurs and People living with Disability through issuing them with soft loans for starting businesses to promoting projects ranging from Chicken and Goat rearing, provision or seedlings for horticulture not to mention sponsoring artisanal training both in Mining and several other aspects. Before rolling out of any projects, the County Government in collaboration with other International entities on board carry out capacity building forums, as a way to raise awareness and equip the beneficiaries with the skills needed.

Among partners that are working with the County Government in different capacities include Coca-cola through their Replenish Africa Initiative, SNV Netherlands, Heinrich boll stiftung, Ford Foundation and the World Bank. The fact that reforms contribute very much to the overall growth of the economy, calls for the provision of a business environment that allows businesses to expand. Rules and regulations that don't support businesses curtail their potentials to perform as much as they would. For example, never in the history of the County's leadership had Investors in the mining sector had a chance to hold even a single meeting to know the way forward on how the process would be.

In the first ever meeting with stakeholders from the mining sector in a forum that was also attended by a delegation from the National Government led by the Mining Minister John Munyes convened by Kitui Governor Charity Ngilu earlier in the year however, guidelines that would be favorable to both the Investors and the locals were arrived at, to the benefit of all parties in attendance. The guidelines touched on matters concerning leasing of land, work permits and mining licenses, formation of cooperatives for artisan miners and community development agreement such as social cooperate responsibility and the Resettlement action plan to be put in place among other issues.

Among the minerals found in the County include Industrial Rock, Gemstone, limestone, iron ore, Manganese, vermiculite, graphite, gypsum and coal, the Coal deposits in MUA said to be the largest in Africa.

SPONSORED CONTENT



M.P. Shah Hospital - Jain Social Group Donates 3.75 million cardiac program

Jain Social Group made a donation worth Ksh. 3.75 million towards M.P. Shah Hospital cardiac Program. The generous donation was made on Friday 9th November, 2018 to help underprivileged children with congenital heart diseases to undergo free heart surgeries at the hospital.

Speaking on behalf of Jain Social Group, the Chairman, Mr. Bharat Parekh said they were honoured to be part of the program which has been in existence for the past two years.

The donation was received by M.P. Shah Hospital Chief Operating Officer Ms. Toseef Din who expressed gratitude to members of Jain Social Group for their kind gesture towards funding the free heart program. She also thanked the Chairman of the hospital Dr. Manoj Shah for his leadership and direction towards this initiative.

The free heart program is an initiative of M.P. Shah Hospital in partnership with



Trustees and a few Committee Members of JSG Nairobi witnessing the handing over of the cheque

Jain Social Group and Healing Little Hearts, an international charity organization that draws philanthropist medical staff mainly from the United Kingdom.

In February this year, 20 children with congenital heart conditions underwent free open heart surgeries at M.P. Shah Hospital. Another 15 children underwent cardiac intervention procedures in May this year after the hospital partnered with Healing Little Hearts for the third time.

Research shows that approximately 25% of children with congenital heart defects require heart surgeries or other interventions for them to survive. Further reports indicate that these patients face life-long risk of health problems related to growth and eating, developmental delays, difficulty with exercise, heart rhythm, heart failure, sudden cardiac arrest or stroke.

Young Jains, Nairobi hosts Annual Diwali Poojan

Young Jains hosted their annual Diwali poojan on Sunday 4th November 2018 at the Oshwal Centre, Nairobi. Conducted in English, the Young Jains team aptly conveyed the spiritual message behind the practice, through 7 different poojans of enlightened souls and Devis Saraswati and Lakshmi; Seeking divine knowledge, progressive spiritual practices, detachment, intelligence, good fortune, material and spiritual wealth and above all grace and blessings for the beings of the entire universe. This event was a family event with parents, children and grandparents bonding over a common goal.



Anjali Varaiya, Chandni Shah, Sapna Mavadia, Rashmi Shah, Meera Haria, Hema Shah, Khilna Shah, Kirtida Malde

Who is Young Jains, Nairobi?

Young Jains, (Nairobi) established in 1996, under the inspiration of Shree Shashikantbhai Mehta, a well known Jain philosopher from India, is a non-profit organization whose core objective is to practice and promote Jain philosophy and culture.

Shree Chandana Vidyapeeth, a unique Jain educational program for both children and adults was started in 1997 to fulfill this objective. The inspirational guidance for this program was, and still is, Pujya Acharya Shree Chandanaji and Pujya Sadhvi Shree Shilapiji, from Veerayatan, India.

Young Jains has adopted the Cerebral Palsy Unit at the Parklands Primary School to upgrade its infrastructure and also facilitate the disabled student's learning. One of the on-going projects is the construction of boreholes in semi-arid and arid areas in partnership with various institutions and generous sponsors. Tree

planting events and hence ecological awareness programs are also very much at the core of Young Jains.



Bina Shah



Rajan Chandaria



FINANCIAL ADVICE



Treasury bills and bonds for the risk averse investor



BY ERIC MANYARA Trader at Sterling Capital Ltd. emanyara@sterlingib.com

Time upon time investors have had to do a balancing act of choosing the most efficient investment vehicles for their hard-earned incomes for maximum returns while exposing their investments to minimal risks.



Treasury bills are a secure investment option of lending money to the Kenyan Treasury through the Central Bank of Kenya (CBK). T-bills are normally auctioned every week and investors can choose from three maturity periods; 91 days, 182 days and 364 days. Their discounted nature is also an attractive feature since investors choose the amount to receive on maturity commonly known as the face value of the bill- and pay less than that amount when purchasing it with your initial investment being less than the face value. This means that the investor earns interest up front which will be net of withholding tax.

However, T-bills' high minimum face value threshold purchase of

Ksh 100,000 with denominations of Ksh 50,000 has often been cited as the restricting factor for the retail investor.

Alternatively, Treasury bonds are offered for a set amount of years- presently ranging from one to 30- while guaranteeing the investor interest payments every six months throughout the bond's maturity. With the CBK offering T-bonds on a monthly basis, investors are normally treated to an enticing array of bond offers throughout the year.

The long-term predictability nature of income earned from T-bonds is due to the fact that majority of Kenyan T-bonds are fixed rate. Therefore, the interest rate

determined at auction is locked in for the entire life of the bond.

Additionally, there are other types of bonds that are generally made available to the investor. One of them, the zero-coupon bonds, (similar to Treasury bills), are typically issued for a short period of time and sold at a discount- instead of interest payments.

The other ones, the Infrastructure bonds, do attract a lot of investor interest based on their higher returns due to their tax-exempt status. These bonds are used by the government for specified infrastructure projects.

The Government's brainchild, -mobile based M-Akiba bond-, is a retail infrastructure bond that allows investors start with Ksh 3,000 as initial minimum investment amount per account with consecutive trades in multiples of Ksh 500 and pays a fixed interest rate of 10% per year. Thereby enhancing financial inclusion and savings and investment culture by Kenyans.

LIFE ADVICE



Boat Photo By: Elcaboos Lamborghini AKA Mr. Salim Swaleh - Karaoke Master, Restaurateur, Entertainer, DJ, MC, Brother.

"...In life like all aspects known to Man, One has to go through the Metamorphosis Stage of Life where you go through the Growing Up Period in order to face the Challenges in Life, just like a Butterfly grows from the Larvae to the Adult Stage. The same way, in order for the Boat to face the Rough Seas for a Lifetime, it has to be hardened by the Fire to close up the weak gaps in order to face the Sea later. That Process is a must with no alternate or short cut..."

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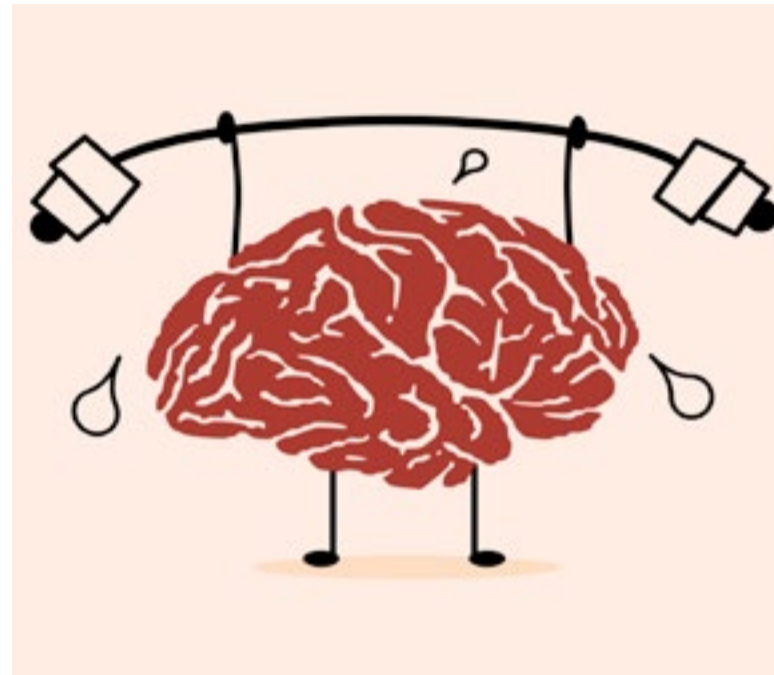
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OPINION

Mental Health Basics



DR EDWIN MUINGA

The World Health Organization (WHO) defined human health in its broader sense in its 1948 constitution as, “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

Mental health I must say is least understood even amongst medics. A lot of it is associated with other “forces” and superstitions to the effect that treatable conditions are never presented to a therapist in time. Most mental health disorders have physical and chemical causes and therefore they are amenable to therapy and a person can be rehabilitated completely and go on with normal life. Some causes indeed just happen as in environmental pollution or genetic transmission or trauma following road traffic accidents and head injury. However most of the mental health challenges can be prevented. A mother, who attends antenatal care and gets all immunizations, indeed protects her unborn child from a myriad of complications after delivery. Similarly a young person who resists indulgence in drugs of addiction will save his life!

And I hope the teacher, religious leader and student in our schools and colleges will indeed arm themselves with facts to share with young vulnerable minds in our institutions and help them to say, “NO” to drugs of addiction without feeling ashamed when under peer pressure!

I personally like to think of our world as a big clock that goes to precision when all other factors are constant. These factors can be loosely being aggregated under the amorphous but all inclusive term, “ENVIRONMENT.” Any factors that derail this clock referred elsewhere as the diurnal rhythm, results in dis-ease of one kind or another. On critical look at the world and indeed universe, it is quite clear that there is specific harmony between planets, stars, and the animal and plant kingdom! And for these harmony, planets and stars never collide for once while moving in their own orbits and rotating in their axis! It is this harmony that allows life on earth. Climate is maintained and seasons are predictable and so humans, animals and plants can adjust accordingly and thereby maintain their species survival! However in climate change due to carbon emissions resulting in global warming, this scenario is under serious threat and by extension life on earth is at climatic cross roads! There is a part of the brain, the limbic system that has been identified as playing a major role in regulating the diurnal rhythm and by extension regulating mental health status of an individual.

The diurnal or circadian rhythm forms back bone of understanding mental function and dysfunction that is disease. Indeed most drugs used to manage mental illness primarily act on neurotransmitters found in the limbic system of the brain. In simple terms we can equate the diurnal rhythm to a clock that malfunctions in a mental disorder and needs re-setting either through drugs or psychotherapy or even behavior therapy! A psychiatrist and other mental health workers are trained to finding ways of re- setting this clock in search of cure or management of the condition in question! When the clock in the brain malfunctions, signs of mental disease or disorder will gradually appear, from mere stress and anxiety coupled with sleeplessness, agitation and or irritability and memory lapses to more gross mental disorders referred to as psychoses. The minor disorders mentioned above are mainly neuroses and the individual is aware of his her challenges whereas in psychoses the person may get hallucinations (perception without stimulation) and other thought disorders like delusions etc. The person may not have insight hence does not even know that he or she is mentally sick! A harmonious environment at home and or work place is mandatory for a well-functioning brain and individual.

Dr Edwin Muinga HSC, MbChB, Mmed (Psych) Specialist Consultant, Psychiatrist.

Diwali Ankoot at the CGHU New Shiv Temple, Eldama Ravine Road, Nairobi

The Cutchi Gujarati Hindu Union, Nairobi displayed the Diwali and Hindu New Year Ankoot at their New Shiv Temple along Eldama Ravine Road on 8th November, 2018. The divine display was courtesy of the Bobmill Family whereby devotees performed Aarti and over 700 people relished on Prasad Lunch



CGHU Nairobi Hon. Secretary, Mr. Bhimji Patel, Mr. Vipin Shah and Shree Pandit Yashwant Maharaj

Ankoot Display



Mr. Milan Shah, Mr. Vipin Shah and CGHU Nairobi Hon. Secretary, Mr. Bhimji Patel

CGHU Hon. Secretary and Temple Committee Hon. Secretary along with CGHU Committee Members and volunteers who helped organise the Diwali and New Year Ankoot Celebrations



Volunteers helping in packing of Ankoot Prasad to be distributed to Devotees

Volunteers helping serve Prasad lunch

Devotees being served Prasad lunch

Dr. Manoj Shah receives prestigious award

Dr. Manoj Shah is one of the first recipients to receive the prestigious PEACE ICON AWARD from I change nations a subsidiary of the United Graduate College and Emisary of the United

States. This award was in recognition for his exemplary contribution towards Peace and Civility Nationally.



The MaDaFu Newspaper Team congratulates Dr. Manoj Shah for achieving this prestigious Award

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KAHAWA Thungu

BY ATHMAN AMRAN

When the reality that December is already here with us dawned on my friends' consciousness at the kahawa thungu place when I casually stated the fact they suddenly seemed to observe a moment of silence. It was as if they were paying respect to someone who had died.

"Why the sudden silence?" I asked as I scrutinized the faces of my friends keenly trying to get some clues from their suddenly serious expressions. My kahawa thungu friend, Khalifan, a man who never misses a tale to tell, slowly shook his head and said, "Why are you trying to dampen our spirits?"

"Why?" I asked. "Let me remind you what the month of December means," he said. "First of all the name of the month should be changed to be 'Dismember' because bundles of notes usually get dismembered one note at a time so fast that you may wonder if you had any bundle of cash at all.

"Then there is the Christmas public holiday where one has to spend buying new clothes and shoes for the children otherwise your wife will remind you about what the children of your neighbors have been bought by their fathers. "There is then the wife who may also want this and that and if you just as much as hesitate she may remind you about the wife of the neighbor whose husband bought her this and that.

"While you are expected to dish out money for all these "needs" the wife may remind you that the children want to visit their grandparents at a remote place that may cost you not less than five thousand shillings in fare alone, not counting meals and presents to the village elders.

"And your wife may at this time not want to hear about the burden of new school uniforms, new shoes, new socks, new books and school fees for the children's first term. "And this is the only time that your wife may call you 'god' by saying, 'Do not worry, god will provide' while knowing full well that you, the husband and father, was the one that was going to provide."

"But that happens every year and therefore you are supposed to be prepared for it from the beginning of the year," I said. "Can you hear yourself speaking my friend?" Khalifan posed as he looked hard into my face. "Do you know why January is referred to as 'Njaa-uary?' It is because it is full of hunger. When your wife may want this and that for the children and herself and the school may want this and that you may be forced to borrow money.

"Therefore right from January you start with a debt. And for the whole year you may be busy paying a debt while other needs that require some extra money may come up unexpectedly as the year progresses. "And when another December arrives it catches you by surprise just the way you surprised us that December is already here with us. Obviously your intention was to give us some heart attack."

"That was never my intention," I said almost apologetically. "I was just trying to start a conversation." Papa, who got his name because of his pointed beard which he liked caressing all the time, said, "My philosophy is living one day at a time. And when the time comes for whatever it is that is coming, I will deal with it."

I then tried to cheer up my friends by buying them another round of kahawa thungu and smiles returned to their faces.

Nostalgic: Regrets and Remorse

BY AFTAB ALIBHAI

Lately I have been nostalgic for a time in my life when I was sad and confused. But mixed into this instability were great memories and several indestructible friendships lasting to this day.

True, this right here and now in Mombasa, is the best time of my life. I never believed that I could achieve the degree of peace and happiness that I now enjoy. For sure, Mombasa is heaven on earth. To crown it all, the governor has at last beautified the city. Looks beautiful!!!!!!

But I also remember the good old days of my youth. Mixed into the dysfunction of my childhood was a life in one of the most beautiful communities in Mombasa, Malindi, and Lamu. Grew up in a time free from fear where we were out all day and sometimes at night riding our bikes or walking around with no fear. We lived in nature and long island history, the towns of the great Shariff Nassir, where Bobi Tuva, Said Hemed, Juma Bhalo, Mzamil Omar Mzamil, Abubakar Madhubuti etc., lived. Walking from Fort Jesus to light house was fun. Chips at Blue fin was 3kshs a plate and a cold drink at 50 cents and we kids at that time thought that we were hippies. Bud Spencer and Terrence Hill, the three stooges etc. were on black and white tv.

Malindi was heaven, a secret garden sadly unappreciated by me as all life as young people is often unappreciated. The sunny days were wonder lands. The rainy days were full of new smells as the trees began to sprout new leaves. The school holidays were going fishing at Vasco Da Gama pillar, relaxing at Silver sands, hiring a tent for nightouts, movies, the town's various swimming pools, and hanging in town and bike rides everywhere. An icecream was a must at Bay view Cafe

in the evenings. Bay view Café was where the Splendid café which is now in Mombasa, started their business in Malindi. The Eid baraza in Malindi was a great event completed with a huge band. The mould was a season of meeting old friends. We would travel to mamburui, Lamu and so many other villages for the occasion. The Christmas and New Year holidays were all magical and silent cool evenings by the sea. During Diwali and Navratri we would join the small Hindu community at the Hindu union in Malindi. Yes, we played garba too!! For sure it taught us one thing, you can lead a life of a Muslim without any objection, hindrance or denial. I remember it all and acknowledge the lack of appreciation of one of the finest periods of my life, lost to distorted sense of self

Contrary to some beliefs, Lamu was serious business when it came to education. Children from all around the coast went to Lamu schools. Most of the flourishing business in Mombasa originate from lamu. Lamu had the best schools with European teachers. The teachers who taught us it was not a must to ask for their permission to go to the washroom. Apart from an open air cinema and having those long walks on the sea – front or to shella, Lamu had no entertainment. People from the coast would come to Lamu to do their shopping, imagine!!! Perfumes, materials, clothes etc. Lamu was always a 24 hour economy. Shops were open up to 11.00 pm every day. Boats running throughout the night for bringing in food etc. Lamu people were rich.

Still, I remember those days and imagine how much more those days would have impacted on me, had I a chance to appreciate them as I do right now. At least I have my memories and try to see them through the eyes that I have today. That was all once upon a time, as I usually say, when time seemed suspended and dreams were real but that was another time, another life. A different horizon.

Benefits Of Using Jaggery (Sukari Guru)

In the olden days, jaggery was part and parcel of the day to day lives of most people around the world. With modern technology in every aspect of life, the importance of such home remedies lost value. I believe, after reading below, you would want to put this gem back in your life.

Skin Benefits Of Jaggery

Jaggery is beneficial as a beauty treatment. It has natural properties that ensure that the skin stays healthy at all times.

- Nourishes The Skin:** Jaggery is rich in many vital vitamins and minerals, allowing it to provide nourishment to every part of the body, including the skin. When your skin gets proper nourishment, it can stay glowing and healthy.
- Treats Acne And Pimples:** Jaggery helps in treating and preventing many skin problems such as acne and pimples. Hence, it helps in keeping the skin blemish-free. It also delays the signs of aging such as wrinkles, dark spots, etc.

For Digestion

One of the main reasons that people take jaggery after meals is due to its positive effects on the digestive system.

- Prevents Digestive Disorders:** Jaggery helps in the maintenance of proper functioning of the digestive system. This, in turn, prevents many digestive problems and improves digestion as well.
- Boosts Secretion Of Digestive Enzymes:** Jaggery stimulates digestive enzyme secretion, and it also gets converted into acetic acid. Therefore, it speeds up the process of digestion, as the load on the digestive tract is significantly reduced.
- Regulates Bowel Movement:** As it helps in maintaining proper digestion, jaggery also helps in regulating the bowel movement and preventing problems such as indigestion, constipation, flatulence, intestinal worms, etc. For Blood Jaggery is known to have beneficial effects on the blood as well. This is why making it a part of your diet is recommended.
- Purifies Blood:** One of the most well-known benefits of jaggery is its ability to purify the blood. When consumed on a regular basis, it cleanses the blood, leaving your body healthy.
- Prevents Blood Diseases And Disorders:** Jaggery helps in boosting the total count of hemoglobin in the blood (3). It also boosts the immunity that, in turn, helps in preventing a wide variety of blood disorders and diseases.
- Prevents Anemia:** Jaggery is rich in iron and folate that help in preventing anemia by ensuring that a normal level of red blood cells is maintained. This is especially beneficial for pregnant women. It also provides instant energy that prevents fatigue and weakness of the body.
- Treats Menstrual Problems:** Jaggery, due to its richness in many


essential nutrients, is an effective natural treatment for many menstrual problems. It also helps in providing relief from cramps and stomach ache that are associated with menstruation. For Weight Loss Jaggery is surprisingly effective as an aid for weight loss. If you are looking to lose some unwanted pounds, include this food in your diet.

- Boosts Body Metabolism:** Jaggery is a rich source of potassium, which is a mineral that helps in the balance of electrolytes as well as the building up of muscles and improving the metabolism in the body. These factors play an important role in effective weight loss, making jaggery effective in aiding in weight loss.
- Reduces Retention Of Water:** Water retention is a major problem when you are trying to lose weight. As mentioned earlier, jaggery contains many essential minerals, especially potassium. This mineral helps in the reduction of water retention, thus managing your weight.

Other Benefits

Jaggery has many other benefits that include the following:

- Cleanses The Body:**



Jaggery is a rich source of potassium, which is a mineral that helps in the balance of electrolytes as well as the building up of muscles and improving the metabolism in the body. These factors play an important role in effective weight loss, making jaggery effective in aiding in weight loss.

One of the best natural cleansing agents for the body is jaggery. It helps in detoxifying the body by effectively and efficiently cleansing the respiratory tract, lungs, intestines, stomach and food pipe. It removes the toxins and impurities from the body, thereby providing relief from constipation and other health problems.

- Boosts Intestinal Health:** As mentioned earlier, jaggery has wonderful effects on the digestive system. It also boosts the intestinal strength due to its high magnesium content. With every 10 grams of jaggery, you get 16mg of magnesium, which is 4 percent of the daily requirement of this mineral.
- Controls Blood Pressure:** Jaggery contains potassium and sodium, which play an important role in the maintenance of acid levels in the body. It also makes sure that a normal level of blood pressure is properly maintained. Prevents Nervous System Problems: This food has many natural properties that help in keeping the nervous system functioning normally and staying healthy. This, in turn, keeps a wide range of nervous system disorders at bay.
- Provides Antioxidants:** Jaggery is a rich source of antioxidants (4), selenium in particular, that helps in preventing the various effects of free radicals

on your body. This means that it keeps many different diseases and ailments away and, as already mentioned, delays the signs of aging.

- Prevents Respiratory Problems:** By consuming jaggery regularly, you can prevent many respiratory problems such as asthma, bronchitis, etc. Experts recommend taking this natural sweetener with sesame seeds for wonderful benefits for the respiratory system.
- Treats Cough And Cold:** Jaggery is known for its ability to naturally treat a cough and cold effectively. Eating it in its raw form is recommended. However, if you are averse to its sweet taste, you can mix it with tea or warm water and gain relief from these problems. It also works well for migraines and headaches.
- Relieves Joint Pain:** If you often suffer from aches and pains in your joints, eating jaggery can provide you with the much-needed relief. Experts recommend eating it with a piece of ginger to alleviate joint pain. Drinking a glass of milk with jaggery every day is also recommended to help strengthen the bones, thus preventing joint and bone problems such as arthritis.
- Controls Body Temperature:** Jaggery helps in controlling the temperature of the body. This is especially beneficial for patients who suffer from asthma as they require a normal body temperature to be maintained at all times.
- Provides Instant Energy:** If you are feeling weak or lethargic, eating a piece of jaggery can provide instant energy. The best thing about it is that it is gradually digested and absorbed by your body, unlike white sugar. This means that the levels of blood sugar do not get raised immediately.
- Regulates Liver Function:** One of the main functions of the liver is to rid the body of harmful toxins and other impurities. As jaggery can naturally cleanse the body, it reduces the workload of the liver and detoxifies it as well, thus regulating its function.
- Reduces PMS:** Eating a small piece of jaggery every day can help in alleviating PMS. This problem is caused by fluctuating hormone levels, and this food helps in reducing it as it stimulates the release of endorphins, which are known as happy hormones. It helps in relaxing your body and making you feel good.
- Boosts Immunity:** Due to its richness in various minerals, antioxidants, and other nutrients, jaggery is of immense help in boosting the immunity. By ensuring that the immune system is healthy, it helps in preventing many types of infections, ailments, and diseases. Jaggery is rich in zinc and selenium that, as you know, prevent free-radical damage caused by oxidative stress.
- Treats Chronic Cough:** As mentioned earlier, jaggery has many benefits for the respiratory system. It helps in treating a chronic cough. It has a soothing and soothing effect on the soft tissues of the throat, thus reducing throat irritation. According to Ayurveda, it makes the lungs warm and dilates the respiratory tract.
- Helps with Urinary Problems:**

Sugarcane acts as a natural diuretic and jaggery also possesses this property. It helps in stimulating urination that is good news for people who have difficulty in passing urine. Jaggery can also help in reducing inflammation of the bladder. Experts recommend drinking a glass of hot milk with jaggery to treat urinary problems and improving the urine flow.

- Treats Hiccups:** If you have a case of the hiccups, eating jaggery can help. All you need to do is mix it with dried ginger powder. Experts recommend eating this mixture with a glass of warm water to gain relief. Mix 3 grams of jaggery with 500mg of ginger powder to get rid of this problem.
- Cools The Stomach:** As mentioned already, jaggery helps in maintaining a normal body temperature. This helps in keeping your stomach cool. Experts recommend eating a medium-sized piece of this food every day, especially during the summer.
- Improves Sperm Quality And Production:** According to Ayurveda, eating jaggery that is mixed with amla powder can help in the improvement of the quality of sperm. It also helps in boosting the sperm production. It also helps in lowering the weakness of the body and treats and prevents urinary problems among men.
- Boosts Iron Absorption:** Being rich in iron, eating jaggery with foods that are rich in Vitamin C helps in boosting the absorption of this mineral in the body. Experts recommend pairing it with foods such as citrus fruits, amla, guavas, etc. When iron is properly absorbed, it boosts hair health, making it strong and lustrous.
- Natural Sweetening Agent:** Jaggery has been traditionally used as a sweetening agent not just because of its sweetening properties, but also because of its distinct flavor and aroma. While sugar would just give you sweetness, jaggery would give you sweetness along with flavor. Even the other variety of jaggery, e.g. date jaggery, has a flavor that keeps it on a higher pedestal than plain sugar.
- Warming Effect:** Since jaggery contains carbohydrates that take time to get digested, it provides warmth to the body. In many countries, people prepare sweets and special foods using jaggery in cold weather. This is a traditional method to ensure a little warmth during winters.
- Prevents Asthma:** Black jaggery has properties that regulate the body temperature. It also possesses anti-allergic characteristics. This is extremely essential for asthma patients.

By Ahlam Mansur
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Love...What the hell is it?

BY PARESH MORJARIA

It is truly amazing how the topic of love holds universal fascination transcending the barriers of race, age and culture. Maybe this is due to the fact that love and hate are the two basic instincts mankind is born with. Since we are close to the season of love it would be appropriate for us to forget about hate and concentrate on the aspects of love. Most of us are always rediscovering the meaning of love as our concept of it keeps changing with age. While poets and romantics lead us to believe that you can only have one true-love in a lifetime, reality begs to differ. Why should this be one may ask and the answer is as complicated as love itself is. Perhaps one of the main reasons is that it is the head rather than the heart plays the more prominent part in love. At this point let me hasten to say that I do not profess to be an expert on this subject but having survived on the planet Earth for over half a century has given me sufficient insight into to it. Let me also add that these are just my views and I always stand to be corrected.


To understand the creature we call "Love" it important to realize that there are different kinds of love. The first and foremost is puppy love. There is no one who has been immune to this. Most of us have fallen for out primary class teachers or girls/boys in the same class or neighbourhood. As most times it involves just holding hands and having lots of foolish smiles on one's face, I will not dwell on it too much

Another kind is that of physical attraction. This one is the most dangerous kind because it has brought misery to many. One is so attracted to the physical aspects of one's "beloved" that one is totally blinded to all the rest of the negatives and literally convinces ones self into believing that he/she truly and deeply in love. The initial attraction is so intense that one tends to put his/her love on a pedestal. Unfortunately the feelings evaporate quickly once the initial euphoria dies and the negatives come to the fore. Usually there is a lot of bitterness when it all ends. The next one is the love of possession. This is when one "fall in love" with someone who is a subject of many admirers,

especially within ones own group of friends or neighbourhood. The desire to be able to possess what everyone else are dying to attain is enough to fool one into believing that he/she has found true love. This type of love derails quickly after the battle is won and the veneer begins to peel off. It's like winning a trophy in a major completion. After the initial euphoria dies, it's only there in the cabinet for show and not much else use. "Love of desperation" is the next one in my list. This normally happens when one remains unmarried long after their age-mates have tied the knots and have families. The realization that time has almost run out for them makes them venerable into "falling in love" with the first suitor who come along. The desperate mind convinces the heart that this is "true love of ones life" and heart has no choice but to tag along. This type marriage runs out of enthusiasm and becomes nothing but a huge set of compromises at every stage of the way. The marriage itself will have to survive due to lack of other alternatives but it will be more like sitting through a long and boring movie just because you don't want to waste the money you paid for the ticket.

Then there is true love. This normally starts with physical attraction but mellows into mutual admiration, respect and warmth. The respect part is however, the most important ingredient because you can respect a person without loving him/her but you cannot love one without respect. I will not dwell in to the topic of what love actually is because it means different things to different people and the true meaning will always remain an enigma. However I think I know how you could recognize your true love. To me it's very simple. The first person to come in your mind in your small and big moments of happiness or sorrow is your true love. It is that simple! It is because your true-love forever dwells in your subconscious, he/she keeps popping up in your mind every time you go through those small and big bitter-sweet moments of your life. Your thoughts are constantly preoccupied with what you can do to bring a light of joy in your lover's eyes. It won't matter even an iota if you don't get anything in return because you will find true bliss in giving joy to the love of your

Love...What the hell is it?



Men tend to do life by themselves. They can have many friends but none of these friends really knows what is going on in their lives. As men, we almost think it is a weakness to share our frustrations and challenges. We talk less than women and tend to also share less than them.

Let me add though, that falling in love is just the beginning. After the initial euphoria dies the hard work begins. Love is like a plant and has to be tended like one. Just like a plant it needs constant watering and

tending for its growth, love too needs inputs to make it thrive. Creating happy memories, small big surprises, laughter and forgiveness are fertilizers which make the trunk strong enough to weather storms that are sure to come once

in a while. minor sacrifices adjustments to suit your partner is like lopping off all the weeds that grow around the plant and will help in creating deep and strong roots. You may lose some leaves along the way (which will eventually

re-grow with time) but your tree of love will remain firm and will grow stronger with every new storm. It is hard work but it will all be worth it when it comes time to harvest the fruit. Just some last thoughts, Love and hate are exactly same yet

opposite emotion. With this definition in mind I conclude that one can fall in love and also fall out of love, just as one can hate someone and then stop hating him/her due to changed circumstances. Also one can fall in love and then

fall deeper in love with another person, just like one can hate someone bitterly just to find another person whom he/she hates with more intensity. Complicated ama??

How Men are Killing Themselves

It was a sad funeral, a young man, Tim, just in his early 30's had committed suicide. His wife Mela became a widow at 29 and their son Mike was left to grow up without his father. Everyone was crying and it was hard for me to do the funeral without crying. What had driven this young man to do this to himself and his family? Why did he snuff out his life? Nobody seemed to know the answers.

Here are the signs I saw in Tim's life. I trust that you will see these and choose to change your life and if you are a woman, you will learn how to help the men you know.

Riding Solo

Men tend to do life by themselves. They can have many friends but none of these friends really knows what is going on in their lives. As men, we almost think it is a weakness to share our frustrations and challenges. We talk less than women and tend to also share less than them. A man can be dying or his stuff is about to be auctioned and none of his friends know about it. Mela learnt this the hard way, after Tim's funeral, she discovered that he had a debt of over 2 Million shillings. He had been borrowing to keep his business going. None of his friends knew about the debt. As men, we need to break free from this tendency and begin to do life with others, talk with your wife, let her know how you are and what is going one. Find another man who you can share stuff with. Don't just go and watch Arsenal play, share stuff, open up and let other people into your life.

You've got to stop riding solo.

Canning emotions

When growing up, boys are taught that men don't cry and showing any emotions is a sign of weakness. Men learn from a tender age to hold in every emotion especially when it has the appearance of weakness. Men hide their tears whether they be tears of joy or pain, excitement or frustrations. Mike had mastered the art of canning every little emotion but slowly by slowly, the Can got full and it could not hold any longer. If only he had opened up and shared life with others, talked about what he was going through and allowed others to see his pain, his hurt and his wounds, maybe he would be alive now to read this but he is gone. Men need to learn to open up before they self destruct.

Assuming Pressure

Men tend to think they can handle their pressure and therefore tend to do nothing about it. They will refuse to go to hospital because they can handle it, refuse to seek for help because

they can handle it, refuse to ask for direction even when it is obvious that they are lost because "I have got this"! As they assume their situation, things become worse and then they are gone; the disease kills them or they get lost and end up in trouble or the pressure leads them to suicide. Statistics from around the world confirm that men rarely visit the doctor when sick and this is said to be one of reasons men die younger than women. The American Psychological Association pins down "doctor avoidance" as one of the causes of early mortality in men. Depression is a disease that many men live with and never seek for help because they assume they can handle it. If you have never done so, just check out the depression symptoms and see where you fit in or you can take a depression test here. As a man, kill the pressure today by realizing you don't have everything in control, you don't have to be and if you are lost, the best thing you can do is ask for directions even if it is from a child. Recently, my daughter told me, "Dad, you need to sleep, you are tired", and that was very good advice.



Mela is trying to make headway in life, trying to establish what they owned and what they owed. She is having an uphill task because her man was riding solo, canned his emotions and assumed his pressure. Everyday she discovers something new, a new debt, a new bank account or a new investment and she wonders what a mysterious man she was living with. Her cry is for men to stop riding solo and open up to their spouses, to stop canning their emotions and to stop assuming the pressure. I am walking away from this kind of living and heading her call, would you care enough to join me? Let us live differently from here going forward.

Are there any points you would add to these that cause men to end up in trouble? I would love to hear them. Please add them below in the comments section.

Blessings

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Publication of Personal Information on Social Media; Did you know that you could get in trouble ?

Social Media Danger & Laws



By Patrick Ogola Managing Partner -

O & M Law LLP

We live in the information age. Knowledge is power; and the gratification of instant communication is the new addiction. Social media towers dominantly over all forms of communication; we are able to share news, information and photographs online from the convenience of our mobile phones. Social Media has also created a new class of entrepreneurs known as "influencers". These people tell us where it is trendy to eat, what to wear, how to dance and the preferential locations to go on holiday. They influence voting decisions worldwide; from whether we vote for "orange" or "banana" to if we it makes sense to Brexit from the European Union. Influencers convince us in very few words that they have understood the issue and that our best bet is to follow their lead.

Politicians, academicians, businessmen, even government institutions have embraced social media platforms as an integral tool for marketing and disseminating important information instantly to a wide receptive target audience.

Instagram, Facebook, LinkedIn and

Twitter are just some of the avenues social media uses to reach and influence our hearts and minds.!

However, very few sit back and question the legality of what we share on social media and the potential legal consequences of the content that is churned out on these platforms on a daily basis. In most cases people post photographs and information on various platforms without consulting or seeking the consent of the persons appearing on their photographs and videos. The question begs, are there boundaries on what can be shared on social media? Can content shared amount to invasion of privacy of the subjects or persons who appear in such content? Where does one draw the line and what are the consequences of crossing that line?

The digital space is still an emerging frontier and it is likely to be quite some time before there is a clear and elaborate law regulating its use. While there is no clear cut provision of the law that clearly prohibits use of people's images online without their prior consent. The Constitution of Kenya however clearly protects individual's

right to privacy and personal dignity. Under Article 31 (b) of the Constitution :-

Every person has the right to privacy, which includes the right not to have—

(c) information relating to their family or private affairs unnecessarily required revealed;

Article 28 of the Constitution of Kenya states that:-

Every person has inherent dignity and the right to have that dignity respected and protected. Kenyan Courts have also recently set a precedent on how personal information is to be treated in the digital space. The use of a person's images for commercial use without their consent may be offensive, and may constitute an express and direct invasion of his or her human dignity and privacy. In 2018, an insurance company in Kenya found itself on the wrong side of the law after a Milimani Commercial Court ruled that it was

wrong for them to have used a client's photograph on their Facebook page without his consent.

In that case, the claimant sued the Insurance Company after a photograph of him appeared on their Facebook page. The Plaintiff claimed that the Insurance Company took the photograph when they took his phone, which was insured with the Insurance Company for repair. He asked the purpose of the photograph and he was informed that it was meant to act as proof that the device had been fixed to avoid any further claims. He later found out through friends and family that his photograph was being used as an advertisement on Facebook.

He Plaintiff claimed that the Insurance Company had used his photograph as a marketing tool on their social media page without seeking his express permission. According to the Plaintiff's Advocate, the advertisement ran from October 18, 2013 and received over 18,700 likes and channeled visitors to the defendants resulting in his economic gain.

The Insurance Company admitted that it had indeed posted the photo and claimed that this was a customary practice and not for economic gain. It also urged the court to dismiss the

case on basis the defendant did not suffer any damages or loss from the publication of the said photograph.

The presiding Magistrate ruled that there was no evidence that the claimant had given consent for the use of the photograph in the manner which it was used and that such consent was necessary. The court awarded the Plaintiff K.Shs. 500,000.00 plus costs and interest after ruling that the insurance Company posted the photo in order to gain financial mileage in business.

This case is a representation of the looming fate of organizations who have ignorantly breached people's rights of privacy based on the content they publish on their social media platforms. It is a high time that organizations who do not take into account the potential effect of their content started to do so.

The next time you intend to put out content on your social media pages, assess the potential impact of such content. Does your content contain any other person apart from yourself? Have such persons consented to you publishing such content on your social media platforms? Are the subjects of your content duly compensated for any economic gain which you are to derive from such publication? These questions could save you from a looming law suit!

Data Backup And Disaster Recovery



Recently a client called me, from the tone in her voice I could hear it was ordinary call, there was urgency. Their ERP (Enterprise Resource Planning) Server had crashed and they were not able to work. My fears were confounded when I went there and realized that they had been hit by a ransomware and all their files had been encrypted. Their IT team had not been all that vigilant in securing their system and to add salt to injury they didn't have a recent backup in a different media apart from what they had on the infected machine.

The ransomware was demanding a colossal amount of money in Bitcoins and to complicate the situation some more, there was no guarantee that once the client remitted the money the crooks would decrypt the files. We had to think hard and fast to get a solution to lessen the impact on their business. But our fast was not fast enough because we were able to retrieve the data in ten days later. The clients lost millions of shillings in lost business and much more in reputation and trust.

To cushion them from any further such occurrences we recommended our Backup solution among other raft of measures to ensure business continuity.

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The writer is the Lead Consultant at Magtech Solutions and a certified backup engineer. You can contact him on magtech@magtech.co.ke

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Tourism Sector Performance Report 2018: Authentic Numbers Or A Conspiracy?

This year, the Tourism and Hospitality sector stakeholders and the general public may have received a special treat from the Ministry of Tourism and Wildlife in the timely release of the "The Tourism Sector Performance Report – 2018." For the first time in many years, the report came earlier than was expected. So early was the release that some skeptics have received it with reservations. That notwithstanding, let me join the optimists in congratulating the Minister and his technocrats on this timely release. Indeed statistics play an important role for strategic planning especially when shared in time. One only hopes that it's not a one-off affair and going forward this will be the trend.

Back to the skepticism that has met the process; a number of issues arise as one goes through the report. First and foremost is the title of the report which purports to give information about "Tourism Sector Performance 2018" yet only provides estimated international arrivals – 2018, estimated domestic bed nights for 2017

and 2018. Is it proper to provide estimates for 2017, one year down the line? Further, arrival numbers into the country alone cannot and should not be taken to mean tourism numbers. More interestingly, based on the arrival statistics provided, Tanzania and Uganda appear to be the 2nd and the 3rd ranked source markets; one is tempted to inquire how many of these arrivals sampled Kenyan touristic facilities and products! At the same time, could we then say that based on the information, private sector and KTB should focus resources in growing the Ugandan and Tanzanian markets as a strategic decision based on these statistics? Couldn't it have been more useful if other critical statistics had been provided? Where is the information about concrete bed nights for 2017, 12 months down the line leave alone for 2018? Also not given is information on spent per guests even for 2017, and possibly half of 2018. Such information could be more significant for strategic policy and investment decisions in active source destinations. In their absence, the report does not really qualify to be referred to as tourism sector report.

Secondly, there are questions about the authenticity of the source of data for the report since by the time of its release; hotels and other tourism investments were yet to file their December 2018 returns. How come data for 2018 was accessed and released even when estimates for 2017 had not been authenticated? How were the overall figures arrived at without December returns from strategic stakeholders considering that December is one of the most critical touristic periods for the country generally and the coastal tourism circuit in particular? For which period are the figures for, if December returns were yet to be filled?

Thirdly, while it is true that a number of the drivers stated could have contributed to the sector performance, some drivers as reported are laughable to say the least and their inclusion could have been meant to serve purposes other than what is stated. To purport that the direct Kenya-US flight, Qatar flights to Mombasa and SKAL

Congress could have contributed towards the sector performance in the magnitude portrayed is but a big joke and an insult to the intelligence of stakeholders and the general public. It is common knowledge that direct US flights were launched on 28th October 2018 and shortly thereafter Kenya Airways not only cancelled some flights but also cut down their flight schedules due to low demand on the route. As a matter of fact, the frequency is expected to pick up later in March at the end of the winter season as was stated by KQ. This being the situation, could the direct flights have been a serious driver within the short period? Similarly, the hailed Qatar flight to Mombasa was launched in December 2018. How did it contribute to the sector within this short period (less than a month)? As for the SKAL congress, it is reported that less than 350 persons were in attendance against a target of 1000. So few were the delegates that it is said more national and county government technocrats and staff were in attendance compared to actual international SKAL delegates. It is almost an insult to claim that such numbers could

have boosted the sector performance in the stated magnitude. It would have added value to recognize the significant contributions by the annual conferences held by the Head teachers of secondary and primary schools or other domestic tourists. In the same breadth, it would have been better to recognize the significant contribution of Ethiopian Airline who have deployed better modern equipment that has for some time connected Kenya and the region with strategic direct touristic source markets.

As a stakeholder, I am interested in the numbers. But the issues raised makes it difficult for me to believe the report as presented from where I sit. So together with other skeptics, I await the authentic sector performance report. Give us data that we can believe in please.

Ogembo John (PhD)
Incrementum Consultants



Islam. In fact, the best one amongst is the Muslims is the one who fears God the most – by fear, I refer to being adhesive to all His commandments.

BASIC BELIEFS OF A MUSLIM :

Islam consists of 6 articles of belief.

BELIEF IN ALLAH.

Allah is the personal name of God. Muslims believe that there is only One True God worthy of worship without being associated with any partner. God doesn't have any parents and no children. He has the most significant names such as The Creator, The Most-Loving, The Most Merciful, The All Knowing, The All Powerful etc. – There are 99 names of God.

He Allah, is the Creator and Sustainer of all, the One who has granted us various blessings such as our ability to see, talk, hear and be productive. As such, we ought to acknowledge, thank and worship Him alone by following His commandments.

It is rational to conclude that such a complex and balanced universe is not possible by any other than a powerful and intelligent being.

BELIEF IN THE ANGELS.

Muslims believe that angels exist and they are made of light. They have been allocated different tasks and they never disobey their Creator. Details of a few angels and their tasks have been revealed in the Holy Books such as Gabriel (Jibril) who delivers God's message to the Prophets and the angel of death – who takes the souls of people.

BELIEF IN THE REVEALED BOOKS.

Allah sent divine revelations to His messengers in different eras and different regions. The revelation is to serve as a guidance and mercy to whole of mankind. These books include the Torah and Gospel as originally revealed to Moses and Jesus respectively and The Qur'an as revealed to Muhammad (peace be upon them all).

The Qur'an is the literal word of God and the final revelation to all of mankind. It is the primary source of every Muslim's faith and practice.

Many clear signs and miracles are included in this Holy Book examples such as :

- It contains a simple, pure and universal message which appeals to Man's inherent beliefs about Almighty God.

- Contains a unique style of language that is universally known as the pinnacle of Arabic eloquence and linguistic beauty – yet it was revealed to Muhammad (peace be upon him) who was known, historically to be illiterate.

- Contains many scientific facts which were revealed 1400 years ago but only to be discovered recently by scientists.

BELIEF IN THE PROPHETS.

Muslims believe that thousands of Prophets were sent by Allah, at least one in every nation, to convey God's message. The prophets include Adam, Noah, Abraham, David, Joseph, Moses, Jesus and Muhammad (peace be upon them all). Their mission was to return people to the worship of One True God and to guide people's path of Salvation. It should be noted that Prophets DO NOT SHARE in any part of God's divinity and any type of prayer or worship towards the Prophets, or to God through them is STRICTLY PROHIBITED and considered a violation of God's right to be worshipped alone.

- Prophet Jesus

Muslims believe that Jesus (peace be upon him) is an honourable Prophet of God, born miraculously through his virgin mother, Mary. He performed numerous miracles with the permission of God such as healing the sick, curing the blind and speaking as a newborn defending his mother's dignity from filth accusations.

He is not considered as the son of God, nor part of trinity.

Muslims respect and love Jesus as a Prophet.

- Prophet Muhammad

He was the final Prophet sent to all mankind. He (peace be upon him) came with the Qur'an to demonstrate how its teachings should be applied.

Muhammad (peace be upon him) was a perfect example of kindness, honesty, justice, mercy, compassion, truth and bravery. As with Jesus, Muslims do not worship Muhammad.

BELIEF IN THE DAY OF JUDGEMENT.

The day of Judgement is the inevitable event when each one of us will stand before our Creator and be questioned about our deeds and be accounted for. On this day, all matters will be settled fairly and all will be treated justly by either the reward of Paradise or Hellfire. Muslims believe that there is life after death.

BELIEF IN DIVINE DESTINY

Allah knows everything from the past, present and future as well. He is All Knowing and Has the power over all. Nothing occurs without His Knowledge and Permission. However, every person has been given a free will to choose between right and wrong and will be accounted for accordingly. Free will doesn't contradict the fact that events can only occur with God's knowledge and permission. Nor does it mean that God's power over everything prevents or restricts people's free will. God's knowledge of people's decisions does not mean that they are being forced to make such decisions and God is not necessarily pleased with everything that He allows to occur.

For any queries, kindly feel free to reach me

By Ahlam Mansur



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