

MaDaFu

The Socio - Economic Newspaper

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Photo Caption: - Mr. Charles Murito, the Kenya Country Manager for Google addressing the Members of the I.T Industry in Mombasa at the English Point Marina. The Chief Guest was H. E. The Deputy Governor of Mombasa County Dr. William Kingi accompanied by the Youth, Gender & Sport C.E.C Mr. Kyalo. Photo & Writeup courtesy of the Google Mombasa Team.

Google to train 5,000 youth in Mombasa on digital skills. Over 600,000 Kenyan youth trained since the programme kicked off in 2016 Mombasa, 21 June 2018: Google has partnered with the Mombasa County Government to train 5,000 youth in Mombasa in Digital Skills as part of their Grow with Google programme.

More than 600,000 Kenyan youth have already been trained since 2016 on how to create effective online strategies, social media marketing, and managing time effectively, among other skills. Through the Grow With Google programme, Google has trained job seekers and businesses where they are - in roughly 100 communities across a number of countries in Africa including South Africa, Nigeria and Kenya.

"As the world becomes increasingly digital, the skills that people need to land great jobs or grow successful businesses are changing. The youth make up 60% of Africa's unemployed, developing digital entrepreneurship and creating new job opportunities for them is critical to Africa's growth.

In targeting communities, Google is partnering with key stakeholders and volunteers to host community launch events, pair communities up to work together based on their level of digital engagement, arrange ongoing meet ups and institute community awards in recognition of these efforts. "Our initial target of training one million young Africans on digital skills was met in March 2017, and we extended the number to 10 million in July 2017. This training is provided to small and medium-sized businesses as well," added Mr Murito. By engaging at the community level, Google hopes to get more businesses and individuals online and equipped to take advantage of the opportunities the internet presents to them. In this way, Google is aiming to drive economic growth in Kenyan communities. **About Google Inc.** - Google's innovative search technologies connect millions of people around the world with information every day. Founded in 1998 by Stanford Ph.D students - Larry Page and Sergey Brin - Google today is a top web property in all major global markets. Google's targeted advertising program provides businesses of all sizes with measurable results, while enhancing the overall web experience for users.



Nairobi National Park

Wildlife Conservation is an important factor in Life that We choose to ignore in the greed of Land and Minerals. Once this fragile Ecosystem of Flora and Fauna is damaged, it is almost irreversible and the word that comes to mind is Extinction! Let's balance between maintaining the blessed Natural Resources we have in Kenya in the form of Wildlife so that our future Generations may also enjoy their presence else they will only have Videos and Books to refer to. Look at the expression on the face of the Animal in the photo...It is saying just that!

Photo courtesy by: Mr. Mustafa

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A Brief History of the Coastal Strip and its People.

By Stambuli Abdillahi Nassir.

Continued from March Edition...

The Omani Arabs:

After expelling the infidel from Mombasa the Omani Arabs decided to stay permanently in the Swahili Coast and thus became the second colonial mercantile power that lasted for over 200 years. They took over all the territories along the Swahili Coast which were previously under Portuguese control. They settled in Zanzibar and made it the new capital of the Sultanate of Oman, and thus Zanzibar became the capital of the Omani East African colonial mercantile empire. To stimulate trade within the new empire the Sultan of Zanzibar promoted the immigration of Hadhrami Arabs to Zanzibar, Lamu and Mombasa. He also encouraged Indians to stay at these places as traders, financiers and entrepreneurs. Some of these Indians were employed as customs officers and financial advisors to the Sultan of Zanzibar. It was these new Arab immigrants and Indians who gradually undermined the Swahili traders and eventually replaced them. Some of the Indians played a great role in the financing of the slave trade. Meanwhile, the Mazrui clan who had been earlier appointed by the Al-Yarubi Imam of Muscat to be governors of Mombasa rebelled against the new Sultan of Zanzibar who was from the Al-Busaiddi clan. They declared Mombasa independent and for the next two centuries ruled Mombasa from Fort Jesus. The Mazrui were cunning, clever and adept in manipulating the Twelve Swahili sub-tribes of Mombasa. Under constant threats from the Sultan of Zanzibar on account of their rebellion, the Mazrui much earlier realized that the only way they could survive, and thus continue to be rulers of Mombasa, was to be accepted by the Mombasa Swahili people. So they identified themselves with the Twelve Swahili sub-tribes and often supported them in their disputes with the Sultan of Zanzibar. The first Swahili people to accept the Mazrui were the leaders of the Wakilindini tribe. This did not go well with the rest of the Twelve Swahili tribes! And, according to the late Sheikh Haydar Muhammad Matano, himself an elder of the Wakilindini tribe, that was the beginning of the manipulative politics by the Mazrui. The Mazrui were determined to be the local overlords of Mombasa and other parts of the Swahili Coast. They intermarried with the local Waswahili and ultimately became Swahilized, but for some reasons decided to retain their tribal/clan identity of being "Mazrui". However, in order to maintain their position as unelected (or even as Waswahili appointed) rulers of Mombasa, the Mazrui resorted to intrigues, shifting alliances and manipulations of the Twelve Swahili tribes. On certain occasions or issues they would confuse a faction of the Twelve tribes, at other times they would side with some leaders against the rest, and on yet another occasion or dispute they would intrigue and thus create factions within the Swahili community. Oral tradition in Mombasa (among the Twelve Tribes) has it that the Mazrui would do anything to maintain themselves in position of power and leadership. But there is no doubt at all that the Mazrui were capable administrators, consummate diplomats and very learned in Islamic jurisprudence. It is, however, true that they were able to do all these things because they effectively undermined the cohesion of the Twelve Tribes, and thus rendered them incapable of taking any independent initiatives on behalf of their people. The Mazrui used Fort Jesus as their headquarters! As the original alliance of the Swahili city-states and the Omani Arabs were motivated by the Swahili desire to rid themselves of the infidel and brutal Portuguese, and as the Omanis soon after declared themselves the new lords and masters of the Swahili Coast, there was very little affection between the Swahili and the Omanis. Although the Omani Arabs enabled the Waswahili to regain some of their previous prosperity they realized that this was obtained at the expense of their freedom and independence. To the Twelve Tribes

of the Waswahili of Mombasa the Sultan of Zanzibar was as foreign as the Portuguese ever were. Although the Omani Arabs were fellow Muslims, and were not as brutal and punitive as the Portuguese they were, however, very arrogant and overbearing towards the Twelve Swahili Tribes. Hence, the Waswahili continued to scheme and intrigue against their new rulers. As a whole, the Waswahili also proved to be difficult to rule because they were many and Omani Arabs were very few. The Zanzibar Sultanate was basically a mercantile colonial state, very much concerned with trade and very little interested in the spread of Islam. They took the lion share of the trade along the Swahili Coast. This included slaves, ivory and firearms. The rest, items like mangrove and grain which were not lucrative, were left to the Waswahili traders. But the Sultanate took custom duty from them though there were binding Agreements (1832, 1835 and 1837) between them exempting the Waswahili paying taxes! To maintain peace and order and guard their far-flung trading posts along the Swahili Coast and parts of the hinterland, the Omanis brought in Baluchi tribesmen from Oman as mercenary soldiers. Some of these Baluchis were in fact part of the Omani expeditionary forces which expelled the Portuguese from Mombasa in 1729. The Baluchis were thus the first mercenary soldiers in East Africa. Some intermarried with the Twelve Swahili Tribes. And, in the course of time, the Baluchis too became Swahilized. The Omani control of the Swahili Coast was made easier because the city-states were competitive, rivals, jealous and envious of each other. Through manipulations, intrigues, shifting alliances, divide and rule, and the strategy of dealing one city-state at a time, the Omani Arabs were able to rule over the entire Swahili Coast. At the height of their economic prosperity, towards the end of the 19th century, the trading pattern of the Omani Arabs became more diversified. They involved themselves in the export of rubber, gum-copal, orchella, cloves, sugar, resins, oils, and grains. And, as the profits for this trade soared above the traditional ones of slaves and ivory, the role of the Waswahili as middlemen became less important. But there were also other reasons. There were other factors which undermined the role of the Waswahili traders and the political power of the patrician Swahili families. The change of scale in production of goods and in agriculture, from small-scale to large plantations which required huge financial resources, which the Waswahili did not have, favoured the Omani Arabs and Indian merchants. The Waswahili's loss of their rights on land, denied them by the Omani Arabs, further undermined the economic power of the patrician Swahili traders. And, as the scope and intricacies of international trade became more complex, requiring managerial skills and overseas contacts, which again the Waswahili lacked, it was only a matter of time before the entire trade was taken over by the wealthy Omani Arabs and Indians. Indeed, it was the introduction of the steamship in the Swahili Coast towards the end of the 19th century that severely undermined the Swahili dhow transportation industry. Needless to add, the loss of economic power, which also had its implications on the political power of the Waswahili, in general. It was, however, the administrative system introduced by the Omani Arabs where all the key public service positions- e.g. Liwalis, Mudirs, Kadhis, etc - in the Swahili Coast were held by kith-and-kin which effectively kept out the Waswahili from any position of power in the entire Swahili Coast. This loss of political power and administrative leverage was acutely felt by the Waswahili in Mombasa. The Omani Arabs attitude towards the Waswahili was very ambivalent. On the one hand, they depended on them as middle-men and caravan masters in the trade with the people from the hinterlands. On the other, they despised them because of their alleged religious unorthodoxy! And yet the Omanis were attracted to them, particularly their women, whom they married, absorbed the Swahili culture and language and ultimately became absolutely Swahilized. But the Omani Arabs, particularly those connected with the ruling and administrative families, were very condescending and contemptuous of the Waswahili in Mombasa. They also retained to this day their original tribal or clan names, presumably to assert their previous status as rulers of the Swahili Coast, or to distance themselves from the Twelve Swahili Tribes. **Ends**

MOST BEGGARS ARE CHOOSERS

By Paresh Morjaria.

I was recently following the ongoing crackdown on beggars by the county with mixed emotions. On one hand I felt really sorry for the genuine ones like the veteran musician Ali Mwangusha, but on the other hand I was glad, because most of them are beggars by choice rather than compulsion. And they will stop at nothing to pull your heartstrings hard enough to compel you to reach into your pocket. Yet most of them look healthy enough to put the vitamin pill ad models to shame. Some feign disabilities with such aplomb that it could make one scratch his head in wonder as to why Kenya have only won one acting Oscar so far? One particular time I observed one such performer and was moved so deeply that my first instinct was to give him a big hug and empty my life savings on him. I was just about to do so, when he stopped, did a 360 observation, then in one hallelujah moment, stood up and started walking away with the gait of a spring gazelle.

I still feel dizzy every time I recall the incident.

Perhaps the worst are those who chaperone the severely crippled or the blind around town with a virtual halo on their heads. There is one who wheels around a very handicapped gent around in a cart, who used to visit me with such regularity that we almost registered him on our PAYE roster. One fine day a thought suddenly struck me and I asked him how much he made daily for his ward. He told me that it could vary but on average he made 150 shillings a day. With a wicked twinkle in eye, I offered him a job with double his daily income. My logic to him was that in this way he could make enough money for the both of them and allowing the unfortunate to stay home to relax and enjoy the world cup on his 55" smart LED television. He forced a smile and promised to start from the next day. That was the last time I saw him ever. Now every time I hear a sonic boom from across the road, I know it's him trying to push his cart as fast as possible to avoid me.

I don't know what it is between a beggar and a person standing on his doorway but a beggar simply cannot resist approaching him. It's almost like they don't want the person to go home and tell his wife "Today things were so bad, even beggars avoided my shop" in utter dejection. On one such occasion, I had no change so I sent one of my staff to get some whilst I waited at the door for a client. As we waited the beggar felt compelled to start a conversation and started by describing how nice Mombasa was. I was pretty intrigued so I asked him where had he come from and was totally blown away by his reply. He said he was from Nakuru and was touring Mombasa after which he intended to do Malindi and Lamu. I have heard of traveling salesmen but traveling beggars? Really? Awesome! I wonder if they have like a secret society among them, whereby the touring ones are offered lodging and boarding, not to mention guided tours of the hotspots where donors would be more generous.

On a lighter, some years back we had an unbeatable tact of avoiding paying "Juma" contributions. When they came at your door shouting "Jumaal" my staff used to reply "Juma hayuko" (Juma is not in) because we really had a Juma working for us. It used to work like a charm because most of them would stomp off with an angry huff until we met our match. On that particular day one of them, an old hand, retorted "I know he is not in but he said he would leave my 100 shilling with you, I hope you have it" **End of story!**

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You can as well visit our page <https://www.facebook.com/YakubuAbouzeidMohamed/>

Photography by : Quareysmatic Photography

Lighting : Joe Che
Model : Fatmah Wakesho
Location : Likoni

Quareysmatic & Chetivity Photography are two of the rising photography brands based in Likoni the south side of Mombasa County. We focus mostly in fashion, family & beauty portraiture though we do other types of photography. Photography to us is passion, when we started we knew nothing, but we dedicated ourselves to learning new things and it grew from just being a hobby to a career! Engage Us!

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To be or not to be?

By Anjhna

...Ooooh the crazy question in a lot of the daily scenarios in our lives, all the crazy choices life throws at us. I will try and touch on one of the most common scenarios.

Friends:

All of you have at some point in life come to that confusing junction in our lives where we open our eyes to the true side of our so called "friends". I personally know a lot of people who are so good in their hearts that they keep supporting and enduring bad friends just because they have known this person for a very long time. This person may only turn to them when they have a need, company, a shoulder to cry on, monetary support, false ego boosting, drinking buddy, wing man, a not so preferred plus one and the list is endless. So, you, as the better person, always standing up for this friend of yours, secretly even praying that they will improve one day, go out of your way to just be there. Well, in today's world, good hearted people (straight trees) are the first ones to be cut down, to be downtrodden and to be mistreated by the latter. If you have such friends, now is the time to start cutting off and drawing the line because subconsciously, they draw your positive vibes and will leave you feeling low and "not good enough". You my friend, are a great person, don't let such "friends" get the better of you. Please, it is a humble request, start cutting down such people out from your lives. Initially you may feel low, guilty or even unfair but believe me, these little steps will lead you to a better place in the future. You don't need this. **Life is short!**

Don't be a **doormat**, rise up, realize your worth, live your life happily, help the truly needy because they will always remember even the smallest of your kind gestures but no matter what mountains you move for your non deserving friend, you will always have the short end of the stick. It is not going to be easy, for most people, it is even going to be a humongous task on its own to first of all come to realize this toxic friend or friends but once you do, please be truthful to yourself because you do deserve better!!! Do let me know if any of you are going through anything like this in your lives and if you need any hand holding... I will try to be there!!!

YOGA HEALS EMOTIONAL ILLNESSES



By BK Shivani

Acknowledging the remarkable influence of Yogic practices on our well-being, 21 June is observed as the International Day of Yoga. Today we have created stress, anger, anxiety, fear, jealousy, expectations — all emotional illnesses we fail to recognize, and labelled them as 'normal'. These emotional illnesses are the cause of depression, physical disease, relationship conflicts and environmental pollution. **YOGA** is the simplest way to heal our emotional illnesses and bring us back to our 'normal' self of happiness, forgiveness, compassion and acceptance are normal. Let us explore how Yoga helps us create it.

The word yoga is derived from the sanskrit word 'yuj', which means connection or union. Every thought I create has four impacts — it creates my feelings, it affects every cell of my body, it reaches the person about whom I am thinking, and it finally radiates into the environment. So my thoughts are connected to my feelings, health, relationships and environment.



Anxiety

By Avni Parmar

Anxiety is a natural human reaction to stressful situations, but becomes a condition when it frequently occurs without a trigger. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is part of our life however when experienced in frequent and powerful bouts that interfere with your life, it is known as an anxiety disorder.

Anxiety:

There are different types of Anxiety. Generalized Anxiety disorder (GAD) is excessive anxiety that occurs with no reason. Social Anxiety Disorder is a fear of social situations of being judged or humiliated by others.

Post-Traumatic Stress disorder (PTSD) develops after experiencing something traumatic such as accident whose effects may arise after a few years or they can last a few years. Obsessive Compulsive Disorder (OCD) is a disorder characterized by thoughts or actions that are repetitive. The generic symptoms of anxiety disorders include panic, fear, uneasiness, and lack of sleep, cold sweaty numb or tingly hands or feet, shortness of breath, dry mouth, dizziness and many more. Some of these symptoms can replicate those of a heart attack. In any case it is advisable to seek medical attention immediately.

Treatments for anxiety include a combination of psychotherapy, behavioral therapy and medication. Anxiety looks difficult to deal with however with proper exercise and relaxation techniques one can learn how to deal with it. Eating a well-balanced diet gives the energy to focus on the important things. Getting enough sleep can help relieve stress. Aiming for perfection will only increase anxiety levels that are why aim for what is closer to perfection.

This way your goals and expectations are achievable. Anxiety is manageable but if you think you are a victim of anxiety then... please shares your thoughts with me.

So I the being am in yoga with my mind, with my body, with people and with nature. Thus, when I create a thought of irritation, anger, hurt, hatred, fear, or jealousy-

1. It influences my feelings and I create unhappiness.
2. It influences my body and causes illness.
3. It reaches people and creates conflict.
4. It radiates into the environment and affects world consciousness.

So in this case, our yoga with these four dimensions is disturbed, because I created wrong thoughts and emotions. To create the right thought and feeling always, I need to empower myself with the 5th element of yoga - connection with the Supreme Power. In Rajayoga meditation, I the being connect to the Supreme Power who is the source of Purity, Peace, Love, Wisdom and Bliss. It helps to re-emerge my seven original qualities—Purity, Peace, Love, Happiness, Knowledge, Power, and Bliss.

YOGA FOR HAPPINESS, HEALTH AND HARMONY
Just as we spend time nurturing our physical and social health, we must pay attention to our spiritual and emotional health. Spending a few minutes in Yoga - with oneself to focus on thoughts and feelings and to connect to the Supreme



Fear of getting Low Grades

By Manisha Parmar

Intelligence cannot be defined by doing well in exams. Experts say that common mistake the parents make is when they start comparing their child to his or her peers. Doubting your child's intellectual capabilities could be detrimental and could lead to psychological problems.

Low Grades

Failing in one or all subjects could trouble your mind by imagining that you could have done differently to succeed. There is no doubt that education is important in every aspect of our life. The role of education in his/her life means developing something new and gathering knowledge relating to our lives rather than relying on old innovations. It maintains equality between set of people even if they are holders of different opinions. Lacks of self-esteem accompanied with guilt, shame are all toxic emotions which destroys our self-confidence. The best response to overcome failure is to ask oneself what you learnt from this situation. Lecturers and teachers should ensure that students should feel maximally in control while preparing for exams and should not be perceived as crucial. When one is trapped in anxiety, all thoughts are taken up with things to be avoided. Unfortunately this sometimes increases the chances that precisely what one fears will happen. Some of the most common anxiety symptoms physically are:

Physical: sweating, shaking and shortness of breath, a full blown panic attack making students feel they cannot breathe or feel like they having a heart attack. Emotional: Negative thinking is one of the top cognitive symptoms followed by poor concentration. Students may start comparing themselves to other students which could reciprocate a negative effect on their self-esteem and lower their confidence level. According to the World Health Organization (WHO), over 200,000 teenagers commit suicide while 4 million attempt to commit suicide worldwide. Russia and Lithuania show the highest rate of underage suicide rates in Europe while USA shows the highest adolescents suicide rate worldwide. 20% of middle and high school South Korean students have been tempted to commit suicide. In India 20 students kill themselves everyday due to exams stress. Is this a wake-up call to all parents and teachers?

Power lays the foundation of purity and stability. When I am in yoga, the following things happen:

- a) I shift my mind from suffering to happiness. So I remain calm in crisis and let go of past memories, with peace and contentment becoming my natural state.
- b) My positive feelings radiate good energy to every cell of my body. So the yoga between me and my body shifts from illness to health.
- c) I will be more compassionate and empathetic towards people, resulting in pure energy exchange with others. So the yoga between me and others shifts my relationships from conflict to harmony.
- d) I radiate pure vibrations into the environment and influence universal consciousness. So the yoga between me and the environment shifts to create a peaceful world.

Raj-Yoga meditation helps us to develop a direct connection with God, the Highest Power. When there is an accurate connection, we the souls get charged by God's powers. We will then be able to see our original pure sanskars and see the original sanskars of others through the perspective of our original sanskars. Raj-Yoga is also a means to concentrate on the Knowledge, Love and Powers of the Supreme Soul. When we concentrate, we experience those qualities and



Tea Masala Cake

By Chef Ali



Ingredients
Flour 400 grams
Baking Powder 18 grams
Unsalted Butter 230 grams
White Sugar 450 grams
Vanilla Essence 15 ml
Egg Whites 210 grams
Concentrated Milk Tea 240 ml (8 tea bags in 450 ml hot milk)
Cardamom 1 teaspoon
Cinnamon 1 teaspoon
Ginger 1/2 teaspoon
Cloves 1/2 teaspoon

Note: Wash your hands with bar soap and warm water. Clean your oven with a damp cloth soaked in warm soapy water then make sure the plug is well fitted in the socket. Switch it on and set the heat to 200°C to pre heat. Grease a clean and round 8 inch baking tin then line with parchment paper at the bottom then put aside. Measure out your ingredients carefully and precisely.

Instructions

1. In a clean metallic bowl, sift the dry ingredients together and set aside.
2. In a clean mixing bowl, cream the margarine with sugar until light a fluffy, approximately 5 minutes on high speed.
3. In a medium bowl combine the egg whites, tea and vanilla extract together and reserve.
4. Once the butter and sugar has been creamed sufficiently, you will add in about half of the flour mixture with the mixer on very low speed.
5. Once the dry has been incorporated on medium speed, you will now begin to add in half of the liquid ingredients slowly while continuing to mix on low speed. Stop the mixer to scrape down the sides of your bowl to ensure you are always incorporating the ingredients evenly. Once the liquid has been absorbed, you will now go back to your dry ingredients with another addition, repeat with the remaining liquid in the same fashion, and then the last addition of dry ingredients until you have mixed in all the ingredients to a smooth batter.
6. Pour immediately into prepared baking tin insert into the middle of the oven, reduce the heat to 180°C and bake for approximately 35 to 45 minutes or until baked. Let it cool completely in the baking tin
7. Icing with fresh cream...Enjoy!!!

our experience becomes a part of our personality.

SIMPLE YOGIC PRACTICES

Yoga is not about a few minutes or hours. It is in our every action. We can incorporate yoga into our lifestyle by following these steps:

- The first thought upon waking up can be of gratitude to God and to everyone and everything that makes our life beautiful, so that the day begins with pure vibrations.
- **Raj Yoga**—meditation in the morning hours, connecting to the Supreme Power to energise ourselves and to change our sanskars.
- **Pranayam**—breathing exercises can be done in a way that all toxic energy and negative thoughts are exhaled and pure thoughts are inhaled. For example, expectations exhaled, acceptance inhaled; hurt exhaled, love inhaled.
- **Hath Yoga**—when doing physical exercises, we must not think about any issues. We can create thoughts such as "I am a peaceful soul. My every action is peaceful. I accept everyone. The world is beautiful. My body is my temple, healthy and clean."
- **Gyan Yoga**—the day can begin with reading or listening for 20 minutes to positive information (like spiritual knowledge), forming the basis of our thoughts. Taking one thought we can create an affirmation for the day.



Hinduism – An Introduction (Part 1)

By Karan Kamlesh Pandya

Hinduism, traditionally known as 'Sanatan Dharma' (the Way of Eternal Truth, or the Eternal Tradition) is the oldest living Religion. Sanatan Dharma is a universal tradition without a beginning and without an end, because the concepts it believes in are ageless and timeless. It's not only a belief, but also a way of life. It is peace loving and culturally rich. There is a saying that: Sanatan Dharma is timeless in its concepts, rich in its diversity, wise in its age, practical in its morality, enthusiastic in its festivals and thoughtful in its philosophy.

With almost a billion followers, Hinduism is also the world's third largest religion; Hindus comprise about one-seventh of the world's entire population. Its origins lie in the vast Indian subcontinent. While it remains the majority religion in India, with over 800 million adherents, its spiritual, cultural, social and linguistic influences extend across the globe; over 60 million Hindus live outside of India in 150 different countries, including in the UK (around 700,000), North America (over 2 million) and Africa (over 500,000).

Hinduism is a 'family' of many diverse traditions, or **Sampradayas**, each with its own distinct theology, philosophy, rituals, code of practices, and value system. Nonetheless, like in any family, there are some common elements and unifying themes. These include accepting **Parabhrama** (God or a Supreme Reality), **Atma** (the Soul), **Dharma** (the law of righteousness), **Karma** (the law of cause and effect), the authority of the Vedas, and **Moksha** (liberation). Moreover, the 4 principle beliefs of Hinduism are:

1. **Avatarvad**: Manifestation of God on earth. God Himself incarnates on earth in various forms to establish **Dharma** and grant liberation.
2. **Murti Puja**: Worship of God's images and His different manifestations. Consecrated images represent the presence of God which is worshipped. The images help devotees offer their devotion to God.
3. **Law of Karma**: Karma means action. This means we receive the good and bad fruits of our past actions now, and we also have to bear the good and bad fruits of our present actions in the future.
4. **Punarjanma** (Reincarnation): Our souls are born and reborn in one of the 8,400,000 species until we attain liberation. Although it is not easy to define Hinduism, we can say with certainty that it is closely connected to India, its culture and its sacred texts — but it also extends far beyond them.

RATHA YATRA Festival

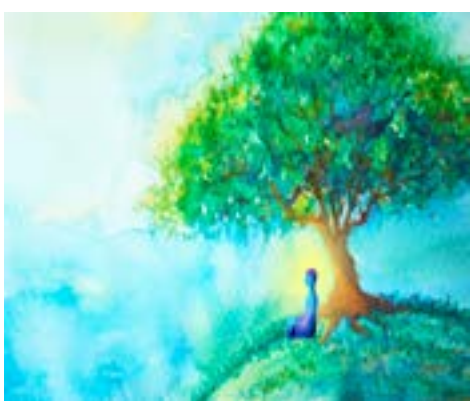
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Saturday 14th July 2018



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- Dancing
- Feasting

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Kindly Value Your Sleep

By - Farhan Yusof

And why anti-depressants are never a solution. According to American Psychiatric Association, depression is a common and serious medical illness that negatively affects how you feel and that leads to a change in how you act. Unfortunately its one cause is that you end up feeling sad which contributes to loss of interest in something that you once enjoyed doing. Depression carries various symptoms just to name a few: Feeling sad or a depressed mood Changes in appetite Trouble sleeping at night or sleeping too much Increased fatigue and much more Feeling worthless and /or guilty Lets speak about lack of sleep and what it does. While sleeping requirements vary slightly from person to person, most healthy adults need between 7-9 hours of sleep per night to function at their best. Children and teens need it the most. Lack of sleep can be very frustrating and should not be taken lightly. It not only takes you to a different world but also gets you addicted to a lifestyle that can lead to attempts of suicide or doing a lot of nothing. It snatches away your peace. Indeed it is very easy for one to pass remarks on "how you should be sleeping early" but I feel that only the person walking in those shoes knows the journey. However, what we need to understand here is that its normal to feel depressed at given points of our hectic lifestyles. For example, when you step into high school life is different compared to when in university. The responsibilities are different too! Once you get in to your professional stage of life responsibilities change. Remember we are all different and all have different mechanisms of overcoming feelings, actions and re-actions. A 20 year old might be more sensible person compared to a 30 year old one. It is all different and like mentioned earlier how you act or react and feel about a particular incident, or situation in that case defines you. Once you step into your thirty's, your life changes and so does your lifestyle. As you keep growing older, you realize that you can not sleep as much as you should or were at some point. Maybe it's the sleep that you once took for granted somehow revenges back. One common mistake that most people do is start taking sleeping pills also known as anti-depressants. Trust me it's the worst you can do to your self. These over the counter pills put you to sleep and yes they make you feel better but are never a permanent solution to your sleeping dis-order and can be harmful that you might be thinking. If a doctor prescribes a sleeping medicine/anti-depressant for a given period of time depending on your situation is fine but kindly stop becoming your own doctor and should not consume any of these medicines without medical supervision. These medicines give relief, make you feel calm and composed but as you continue to consume them, you realize that your mind becomes numb. You end up being in your own world of fantasies and do you know what is even worse? The urge of staying in it all by yourself. Antidepressants can sometimes cause a wide range of unpleasant side effects such as: Increased appetite and weight gain Loss of sexual desires Nausea — according to experts. But one thing that you may not know is that these self prescribed drugs may also lead to serious conditions such

as short memory loss and feelings of unworthiness. The worse you can do yourself is to feel unworthy. You stop valuing your self as a person and you loose your self — confidence and ability to handle your self accordingly. This is the time you are so addicted to your "antidepressants" such that you start finding reasons to be depressed instead of finding reasons to be happy. I have always mentioned this very clearly that happiness is one's right and not an option to be given to anyone. Therefore if you find yourself in a war of "I can not sleep and its been days — seek professional help and see a Doctor.



Succession Planning in the 21st Century

By Patrick Ogola - Managing Partner - O & M Law LLP

In 1789 Benjamin Franklin is famously quoted as saying "...in this world nothing can be said to be certain except death and taxes". Dealing with the fleeting and transient nature of life forms the rubric of most organized religions and the basis for the belief that you must treat your fellow man well in this life; so that you would be entitled to transition to a better place, or return to this world in a better form in the afterlife.

In this context succession planning becomes an integral part of responsible living. Family businesses are started and driven by a desire to accumulate wealth to provide security for the family. If you are fortunate enough to have a measure of success in your business and have accumulated assets and resources; it is only responsible that you would want to pass these on to the next generation assured that they would be able to manage and grow them, then hopefully pass them on so that the generation after can enjoy better opportunities and be better placed to face the challenges of that time. A Will is in legal instrument through which the Testator would set out his instructions for the inheritance of his property. It is an important tool in succession planning but it is important to appreciate that it is not above challenge; and without proper context and direction, it can sometimes be a source of strife rather than a unifying document. A Power of Attorney is another legal instrument that can be used to ensure continuity as it enables an individual to donate his powers to a third party; to be exercised within a specific mandate. A Power of Attorney can be open ended (General) or specific. It can also be limited by time or structured to only come into effect in a particular circumstance. Succession planning however requires more than just a Will. Principles of good governance must be inculcated to the successors; and since none of us knows the date or time that we will die; we need start planning today!

Creating Corporate Governance Structures
Companies are intended to be run by a Board who require to build the capacity. Family businesses must build capacity by creating systems of delegation, flow of knowledge and de-centralized of decision making. Board Meetings must not be mere formality but rather a platform for debates focused on adding value for the business and strategic decision making. Board members must have skills and qualifications of value to the company. These skills can be taught and capacity can be built up so that the roles and obligation of each family member who sits on the Board is clearly understood. This will reduce intra-family conflict and ensure continuity of the business.

Is it Family Planning or Responsible Parenthood?



By Daniel Magumba
Marriage Counselor - Kilifi,
mgdanielz@gmail.com

Monday 23rd April 2018 saw men offered free vasectomy operation. One would wonder, what happened to the women contraceptives?

Of late, the question on how many children a couple is able to bring up successfully has been a hot issue. We currently face a state where we should question what really family planning is, and how it should be done.

In fact we should refer to it as responsible parenthood. Being a responsible parent means a parent is able to bring up a whole person. This means psychologically, emotionally, spiritually and physically. A parent must sit and reflect on this four pillars of child upbringing before even thinking of how to do family planning.

On the issue of the purpose and goal of the sexual act: first it is only for those who are married in which case it is for the good and joy of the spouses; secondly, it should be ordered to bringing life.

The good and joy of the spouses is only achieved in the context of companionship and an intent of total self giving. This means there are totally no reservation in the sexual act. This brings us to the issue of family planning methods. There are basically two method: the natural and artificial. The natural goes in the ordering set in the human body, while artificial alters the natural ordering of the body. Unfortunately, the natural family planning is rarely taught or encouraged. Of course many are making good money with artificial family planning methods.

Artificial family planning stops chances of conception and as such deny total self giving of bringing life. These methods are employed before, during or after the sexual act. The very even in use, from consumable tablets, syringes to insertions and incisions. The ones used before the sexual act may either stop natural production or release of ovum or sperm; the ones used during the sexual act stop natural union of sperm and ovum if present to take place. The methods used after destroy a conceived creature from continuing with growth, they are in fact abortive.

All the above methods deny the man or woman to be who they truly are. The option that allows human to be in their true nature is Natural Family Planning. Natural family planning respects the nature of the person. Much consideration is on the woman. Medical proof is that a woman with a regular cycle has four days of menses, and a maximum of 7 days of fertility. That's a total of 10 days. This means in 18 days a woman is not able to conceive. Natural Family Planning therefore is being able to study oneself or one's wife. Studying the cycle, the fertile days and being able to make a choice between engaging in sex or abstaining. Therefore, natural family planning is in other words abstinence. Sexual act is not food that one would die when not there. The benefits of the natural family planning are, being self conscious and conscious of your partner, greater experience of the natural ordering of the body, and more so mastery of self. We should rethink family planning. Its only being self responsible that we can be responsible parents to our children. We cant take care of children if we cannot master and control ourselves. The question is why is natural family planning not encouraged? Because it calls for discipline which we do not subscribe to. Its cost is just discipline. No side effects, no contradictions.

Let us be Responsible Parents by practicing truly responsible sexual behavior.

Fairdeal Properties Ltd

Team Fairdeal Properties in Nairobi

with their Trophy of winning the 'Best Connectivity Award' for networking, at the Realtors Expo in Nanyuki earlier.



Jamila Hassan is a lifestyle blogger from Mombasa; she showcases Mombasa through photography and written blogs. Her blog LifeinMombasa.com explores

Mombasa history, culture and modern day life. She started her journey in 2014, when Insecurities were high in the county. She felt that the negative news was creating a negative impact in the economy. Apart from the isolated incidents, she felt Mombasa was safe and wanted people to continue visiting Mombasa. There was a lot of information about Mombasa that are not taught in school, or no one knows of the rich vibrant cultures that belong to Mombasa. She has won for three consecutive years Bloggers Association of Kenya, the Best County Blog, the recent being on May 19th 2018. She has been featured on CNN African Voice, DW and many other media outlets. The 34 year old native of Mombasa, hopes to continue to showcase Mombasa and building the Mombasa brand.

Tanzania Lion Illumination Project (TLIP)

Courtesy Patti Vaughn - Photos by: Wild Katch

is a non-profit organization whose mission is to help end Human/Wildlife Conflict by installing solar powered flashing lights around kraals/bomas (livestock enclosures). They have been working to protect the livestock and wildlife of Tanzania as well as promote a co-existence with humans since December of 2014.

TLIP started after Patti Vaughn, who was then a tourist, had visited the Tanzania in 2014 when Philipo Ormorijei, her local guide, had complained of a leopard who was killing calves and goats in his village of Nainokanoka. He was ready to call in the Morani but she convinced him to hold off until she could figure out a way to stop the leopard hunting. She purchased flashing lights that she hoped would work and had them installed. Villagers had contacted the Ngorongoro Conservation Area Association. They put out a cage, the leopard was caught and relocated and TLIP was born.

The mitigation of human/ wildlife conflict is their main goal. Once a leopard, lion, cheetah, or other predator attacks, steals, or kills livestock, pastoralists will retaliate by hunting down the suspected animal and will kill not only the suspect but their entire family.

They have installed lights on just under 300 bomas from Oloosokwan, Wasso, Enduimet, down to Endulin, and Nainakanoka. They have installed lights in villages within the Ngorongoro Conservation Area, and many of their lights have been installed in the Ruaha National Park area.

Their success rate has been 100%. Pastoralists are once again sleeping in their homes instead of out in the bomas protecting their animals. Families and livestock are much safer now and it shows by the smiles on their faces and the growing demand for TLIP lights.

Next month the goal is to install these solar flashing lights on 125 bomas, including around Piyaya and in the Loliondo Game area. We will be placing lights in Uganda, our newest location where 11 lions have been poisoned and a child killed.



Patti Vaughn's relationship with the Maasi has grown into a deep feeling of trust. They now call her Shangazi in Swahili or Naserian in Maa. It is through this respect and trust that they have allowed TLIP to enter their lives and allow her to help them to co-exist with the nature they live with.

Life with predators is a life of danger and loss. If Tanzania Lion Illumination Project can help stop the losses and help both humans and wildlife co-exist, then our goal will be reached. There will always be a need to protect both as long as humans encroach upon wilderness land and wildlife enters into human habitat.

As long as humans want to see lions, leopards, cheetahs and wild dogs on safari, TLIP needs to be there to protect predators from retaliation by those who suffer from the loss of their livestock. This will help to ensure the survival of all.

KSPCA Animal Game Count Competition held on Saturday 23rd June 2018

By Diane Purchase

This was the 4th year of the "fun but very laid back" competition held at Ngutuni Lodge and Conservancy with 38 people participating forming 9 teams. We had some children participating this year one of which was baby Gitau of "Team Gitau" (and he had the T shirt to prove it!) just 3 months old joining his parents, Dr. Peter and Mrs. Umi Gitau and friends, Muthama and Irene plus Keith and Charlotte Newcomer's children, Jennifer, Ryan and Kira who came with friends Violet Bello and daughter Greta. It was great to see so much excitement from the children who were all anxious to be part of the animal count. Jennifer Newcomer has been helping out at the KSPCA Mombasa branch a couple of days a week and we thank her for taking an interest in helping with the welfare of the animals at the KSPCA shelter.

Quite a few people arrived on the Friday and were greeted by the cheerful staff of Ngutuni Lodge and by mid morning a massive herd of about 300+ buffalo moved into the water hole and surrounding areas. A lot of snorting and grunting went on as they jostled themselves in and around the waterhole. The weather on the Friday was very cloudy and windy with some drizzle on and off. Most people ended up wrapping up warm for the day and into the evening due to the chill factor with gusting winds. Fortunately during dinner the dining area has drop down curtains to curtail some of the cold wind.

The few early arrivals on Friday morning enjoyed much needed cups of coffee while sitting on the deck watching the game come and go from the waterhole. More people arrived before lunch to take in the view of the waterhole including one participant who arrived from Nairobi on the SGR to Voi. A delicious selection of food for lunch had been prepared by the chefs at Ngutuni Lodge. Some of the guests had afternoon drives or afternoon siestas or both. The Furry Paws Bar was open for business on the Friday and Saturday evenings serving Pimms and Bloody Marys, the proceeds from

the Paws bar was donated to the KSPCA. Our thanks to Sheenagh and Brian Lees for organizing the special Paws Bar and to Sheenagh for providing delicious "bitings" pre dinner both evenings.

Saturday was a much warmer and sunnier day and more people arrived in time to enjoy lunch at the Lodge before collecting their score sheets and setting off at 2:30 p.m. to start the competition.

By 5:30 p.m. the teams started to come back to the Lodge to calculate their scores and hand in their sheets to Sue L-B and Julie Webb who then took them to calculate the winners. Prize giving took place after yet another delicious Lodge dinner with much merry making.

Apart from hundreds of Buffalo, quite a few Elephants were seen, along with Gerenuk, Kongoni, Oryx, Giraffe, Grants Gazelle, lots of Impala, Wart Hog, Water Buck, Baboon, a Jackal, etc and last but not least, a male Lion not far and opposite from the Lodge water hole. There were a few "unusual sightings" to be

found - a black snake with white spots was found in a dry bush on Muchanga Track; a small soft toy rhino on a dried bush on Muchanga Track; a soft toy leopard/cheetah lounging on top of a rock below the Ngutuni Rock Hill; a lady zebra who left her stripes on a tree branch on Zebra Track and 3 miniature soft toy giraffe on Giraffe Track.

In total K.Shs 109,400/- was raised at this event which included two donations, one from Howard and Sue Lawrence-Brown and the other from Jean and Michael Hughes plus a few bob was made from The Furry Paws Bar.

Our thanks to all those who came!



wh@t's on Mombasa - Event Calendar July 2018 - Mombasa - Coast - Nairobi

WEEKLY EVENTS IN MOMBASA & COAST

THEMED NIGHTS

Mondays
Shots Bar Bamburi
Prime Mondays with DJ Masha | DJ Ricky | DJ Jacky

Tuesdays
Forty Thieves Bar Diani Beach
Darts Night
Club Hypnotica Nyali
Naija & Bongo Night



Wednesdays
Sky Lounge Bamburi
Romantic Wednesdays with DJ Denno & DJ Billy
De Coffe Pub Kilifi
Ladies Night with DJ Mal-G | DJ Evi254
Shots Bar Bamburi
Ladies Night with DJ Ricky | DJ Masha | DJ Apple Taste

Thursdays
Shots Bar Bamburi
Afro Beat Tuesdays with DJ Ricky

Fridays
Kluxx Lounge Bamburi
Kluxx Reggae Fridays with DJ Ramosh | Daddy Silk | DJ Smarter | MC Quincy
Dekis Minalove Lounge Nyali
Dance Night with DJ Banner | DJ Jotham

Saturdays
Shots Bar Bamburi
Social Saturday Night with DJ Ricky | DJ Masha | DJ Jackie | DJ Apple Taste

Sundays
The New Bigtree Bamburi
Any Given Sunday with DJ Bonez | MC Tony Boy
Club Hypnotica Nyali
Hoypitality Night
La Follia Mtwapa
Throw Back Sundays with DJ Ken
Anuba Lounge
Chill Sunday

EAT & DRINK
Sundays
Forty Thieves Beach Bar Diani
Sunday Lunch Buffet
Blue Room Restaurant Nyali
The First Ice Cream Contest
In Town - Finish 1 Litre Of Ice Cream In 2 Minutes
The Tamarind Mombasa
The Sunday Crabfest

Read our epaper here: www.madafu.biz

EAT & DRINK

Sundays
Forty Thieves Beach Bar Diani
Sunday Lunch Buffet
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In Town - Finish 1 Litre Of Ice Cream In 2 Minutes
The Tamarind Mombasa
The Sunday Crabfest

Read our epaper here: www.madafu.biz

SINGLE EVENTS MOMBASA & COAST

NIGHTLIFE

Sunday 01 | 07
Shots Bar Bamburi
International Reggae Day with VJ Spicekenya | DJ Ricky | DJ Jackie

Distant Relatives Kilifi
International Reggae Day with Binti Africa | Nanda Saba | Ajabu

Anuba Lounge
Jamdown Reggae Sunday
Distant Relatives Kilifi
The Itch
Distant Relatives Kilifi
Scrapers - Live Music & Pizza

LIVE MUSIC

Daily
Pistacchio Shanzu Tourist Road
Camam Band

Mondays
Moonshine Bar Nyali
Back to the Roots with Mombasa Roots Band

Tuesdays
Safari Inn Shanzu
Maranda & Band

Wednesdays
Bob's Bar Nyali
Ambro La Musica Band
Club Hypnotica Nyali
Juukua The Band

Thursdays
The Lounge Nyali
Ricky Mulolo & Idologia Band

Fridays
Safari Inn Shanzu
Safari Africa Band

Sundays
Moonshine Beach Bar Nyali
Generation Band
Danka Lounge Mtwapa
Ricky Mulolo & Idologia Musica Band

Forty Thieves Beach Bar Diani
Sunday Afternoon Live Music

Live Music
Tuesday - Maranda and Band
Thursday - Happy Day 2018
Friday - Jumbo Africa Band

Safari Inn
International Reggae Day
Bar & Restaurant

HAPPY HOUR
Safari Inn Shanzu
Thursdays Happy Day 20 %
Azura Lounge Nyali
Happy Hour Mo - Fri 5-8 pm
Blackwater Pub Bombolulu
Happy Hour every Friday

Shots Bar
Daily Happy Hour
La Follia Mtwapa
Happy Hour Daily 6 pm - 11 pm
Dekis Minalove Lounge Nyali
Happy Hour Sunday, Monday & Tuesday

LEISURE

Fridays
Pirie Piries Bar & Restaurant Diani
Car Park Hockey

Saturdays
Pirie Piries Bar & Restaurant Diani
Petanque in the Car Park: 3 pm

KIDS

Saturday 07 | 07 9 am
Azura Restaurant & Lounge Nyali
Lafta Reloaded Fun Fest

SPORTS & FUN
27 - 29 | 07
Forty Thieves Beach Bar
Diani Beach Touch Rugby

SPORTS / CHARITY
23 - 31 | 07
Mombasa County Stadium
Capital To Coast Charity Cycle

KARAOKE NIGHTS

Tuesdays
Bella Vista Digo Road
Trendy Tuesday Karaoke hosted by Njery



Wednesdays
Silent Cruise Resort Mtwapa
Joly Karaoke Night

Thursdays
Shots Bar Bamburi
Prime Thursdays Karaoke with Soni Ment | Kowa The Great
Dekis Minalove Lounge
Karaoke

Kahama Bamburi
Karaoke Night
De Coffee Pub Kilifi
Karaoke Night

Fridays
Mtwapa Country Resort
Joly Karaoke Night

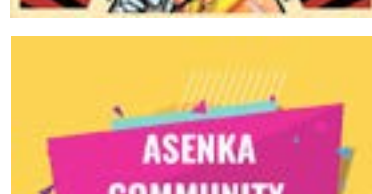
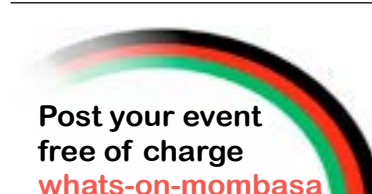
Saturdays
The Moorings Mtwapa
Karaoke Night with Stanley The Vocalist

FUN & FAMILY

Weekends
Mingles Pub Nyali
Family Fun Day

ENVIRONMENT

Sundays 4.30 pm
Distant Relatives Kilifi
Beach Clean-Up



NAIROBI EVENTS IN JULY

GOLF TOURNAMENT

21 & 22 | 07
Karen Country Club
KCB Karen Masters

FASHION & BEAUTY
Saturday 14 | 07
Michael Joseph Centre
Toss Brads Fashion Show

Saturday 21 | 07
Karen Village
Mr & Miss Tuviibe Fashion Show 2018

Saturday 28 | 07
Nairobi Railway Museum
Fashion Couture

FILM
02 - 04 | 07
Alliance Française
Korean Film Festival

ART EXHIBITION
30 | 06 to 24 | 07
One Off Contemporary Art Gallery
Exhibition: Contemplations - Paintings by Ehoodi Kichapi

06 - 31 | 07
British Institute in Eastern Africa
Me, Myself & I by Naitienu Nyanjom

FLEA MARKET
every Sunday
K1 Klubhouse
K1 Flea Market

LIVE MUSIC
Thursday 05 | 07
J's Fresh Bar & Kitchen Westlands
Sandra Nankoma

Thursday 12 | 07
J's Fresh Bar & Kitchen Westlands
Kaz

Thursday 19 | 07
J's Fresh Bar & Kitchen Westlands
Red Acapella

Thursday 26 | 07
J's Fresh Bar & Kitchen Westlands
Dela

Thursday 26 | 07
Ngong Racecourse and Golf Park
Nasty C The Ivyson Tour

every Wednesday
TheSpace Lounge & Grill
Rhumba Japan

every Thursday
Choices Pub & Restaurant
Them Mushrooms

every Friday
Geco Café
Unplugged Sax Appeal with Tim Riungu

every Saturday
K1 Klubhouse
The Gogosimo Band

MUSIC
Sunday 22 | 07
AIC Kongowea, Off Fidel
Odinga Road Lights
Music Extravaganza

CONFERENCE
Tuesday 24 | 07
Prideinn Paradise Beach
Resort Shanzu
Pension Conference

MUSIC
Sunday 22 | 07
AIC Kongowea, Off Fidel
Odinga Road Lights
Music Extravaganza

CONFERENCE
Tuesday 24 | 07
Prideinn Paradise Beach
Resort Shanzu
Pension Conference

Find more on our website
www.whats-on-mombasa.com

SHOPPING

Sunday 11 | 07
The Venue At Lavington
Asenka Community Market

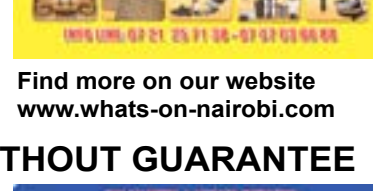
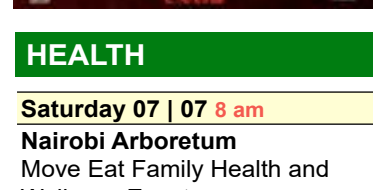
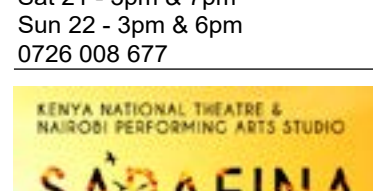
QUIZ
Friday 06 | 07
Michael Joseph Centre
Brainiacs Championships

MASQUERADE BALL
Tuesday 24 | 07
Melili Hotel
A Royal Masquerade Ball

MUSIC
13 - 22 | 07
Kenya National Theatre
Sarafina The Musical
Performances:
Thu 12 - 7 pm
Fri 13 - 7 pm
Sat 14 - 7 pm
Sun 15 - 3pm & 6pm
Fri 20 - 7pm
Sat 21 - 3pm & 7pm
Sun 22 - 3pm & 6pm
0726 008 677

HEALTH
Saturday 07 | 07 8 am
Nairobi Arboretum
Move Eat Family Health and Wellness Event

FAIRS & EXPOS
27 - 07 | 07 10 am
Sarit Centre
Egypt & Middle East Trade Fair



2018 EAST AFRICAN SAFARI CLASSIC MINI CLASSIC RALLY
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16TH -19TH AUGUST 2018
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 00100, Nairobi, Kenya
 Tel: +254 20 4480037 / 4480090

Mini Classic Rally, powered by Safaricom 4G+

In tribute of Mr. J. S Vohra (Pinky), The East African Safari Rally Ltd is hosting a 'Mini Classic' Rally on 16th, 17th, 18th and 19th August, 2018. Safaricom has partnered up with EASR to run the event. The rally will start from Sarova Panafric Hotel in Nairobi and will be concluded at Sarova Woodlands Hotel, in Nakuru. The entry fee is Kshs 21,000 per car and all the proceeds of the entry fee will be presented to the family of J. S. Vohra to donate to a charity organisation of their choice.

Motoring by Alfani

By Alfani Jiwa



The Toyota Vitz is a sub compact Japanese car, available in three and five doors and was launched for the first time in 1998. Currently the Toyota Vitz is in its third generation successfully, which was launched in 2010. Vitz is very famous due to its small size and spacious interior and stylish exterior design.

Variants

Like many Toyota cars vitz is also available in a number of variants such as Jewela, F Package, FL Package, F Limited, F Smile Edition and U Package. All these variants equipped with different features. The main and direct competitor of Toyota Vitz is small car Suzuki Swift which more or less provides same features. Both of the cars have similar interior features and body style. However, Toyota Vitz is a little expensive than Suzuki Swift.

Fuel Consumption

The company Claims that the latest version of Toyota Vitz equipped with 1.3 liter petrol engine provides the highest level of fuel efficiency and consumes 26.5 km per litre. According to the Toyota it is the highest level of fuel efficiency apart from hybrids and minicars for a vehicle powered by petrol engine.

Engine Specifications

The Toyota Vitz comes with a variety of engine as well as transmission options. Vitz is available in 1.0 liters to 1.5 liters engine mated with five-speed manual, six-speed manual and four-speed automatic and CVT transmission. All the engines of Vitz equipped with double overhead cam.

The manufacturer also equipped Vitz with electronic power steering that helps in improving highway mpg. All the engines provide extremely high performance with low fuel consumption and a sense of durability.

Features

The latest version of Toyota Vitz equipped with dual airbags, ABS, power steering, central locking system, front fog light, steering adjustment, USB connection, AC, power door locks and much more.

Verdict

Toyota Vitz has also a great resale value in the market. Since the car is well known for its reliability, durability and exceptional fuel consumption along with great engine performance, it has always been a popular car even as a used one and sell pretty fast in the used car market.

Toyota is constantly working on providing latest technology in the car and reduce the coefficient as well as making the overall interior spacious and luxurious. The RS variant of Vitz has most horsepower of all the variants.

Since it has been in the market for long the parts of Vitz are easily available in the market at cheaper price.



CONTRACT LAW FOR TODAY'S ENTREPRENEUR: TEN THINGS TO LOOK OUT FOR BEFORE SIGNING BUSINESS CONTRACT

By Eva Mola - CEO, Lawquery Limited.

What is a **Contract**? This is simply put, an agreement between two or more people. A contract is an essential part of business. For you to be successful in your business, you must be able to express yourself in a contract and be able to understand the contracts you commit your business into. This is because a good contract can build your business. On the other hand, if you are not keen while signing contracts, you may find yourself in trouble. A contract may be made orally or it may be in writing. An oral contract is valid but may present challenges when a dispute arises since it's terms were not recorded in black and white. One party may at the time of conflict suddenly develop selective amnesia, leaving the other party at pains to prove the terms of the oral contract. It is therefore advisable to have a contract for business expressed in writing. The ten things to look out for before signing a business contract are:

PARTIES TO THE CONTRACT:

It is important that you properly describe the parties to the contract. It must be crystal clear who you are engaging with. If it is an individual, you may want to take a photocopy of their ID and even a photograph if possible. Have the ID number captured in the description of

the parties for avoidance of doubt. Their contact details and address is also very important. There have been cases where con-men have attempted to enter into contracts with legitimate business persons. In such a case, the details provided including photograph may be helpful to trace them. Be certain of the identity of the person you are dealing with. If you do not know them personally, it would be helpful to get reference letters that you can follow up with.

If you are contracting with a company, they should provide a copy of their registration certificate. You may also independently take out a CR12 of the company (a Companies Registry Search of the company's directors and shareholders). You may also go ahead to request the ID copies of the directors as well as their address and contacts. Further, make sure that the person who you are discussing with and signing the contract with have the full authority of the company to enter into legally binding contracts on behalf of the company. You can request the person signing the contract to produce a Power of Attorney showing that they have authority to make decisions that will affect the company.

In some contracts, you will notice they state that the contract will apply and be binding upon the parties, "their heir, successors and assigns". This means that the contract will continue to apply to that party even after it has changed ownership or control. For a long term contract with a company, this could be useful to avoid having to re-negotiate the terms each time the composition of the company occurs which may not affect the subject of the contract.

OFFER AND ACCEPTANCE

In a contract there is usually a person who presents an offer to the other party. The other party in turn may elect whether to accept or not accept the offer. However, where you have been offered a deal and you respond by requesting any change to the terms of the deal, that becomes a counter-offer. This is the negotiation portion of the contract. Make sure that when you negotiating the terms of the offer / acceptance, you have all the facts concerning the deal. It would be a shame to accept an offer that is perhaps overpriced simply because you failed to research on the market rates.

LEGALITY

The contract you enter into must be legal. The law of contracts will only apply to legal contracts. A contract for some illegal agenda may not be honoured and will be impossible to enforce. Do your research and due diligence to make sure that there

is no term within the contract that bears any illegality. Related to this, consider whether there are laws or regulations that guide the subject matter of the contract. Make sure that the terms of the contract do not contradict the legal requirements of the guiding Acts or regulations.

CONSIDERATION

Consideration means the price of the contract. It may be in form of currency or in form of return of favour. It must be mutual, meaning each party receives some form of price for their time and effort. Indicate when, where and how the consideration is to be paid. If it is payable in installments, describe as clearly as possible when payment becomes due, and what interest if any accrues due to non-payment.

DURATION AND TIME LINES

To avoid doubt and future conflicts, set the duration of the contract. If possible include the exact date when the agreement comes into force and also the exact date when the contract will end. Be very careful about time lines. Sometimes a contract is dependent on time lines, and where the time lines are not met, a breach of contract occurs. Check the contract closely for time lines, breach of time lines could cost you! At the same time, a clause on time lines would be useful where the subject of the contract has sensitivity to time.

SUBJECT MATTER

The subject matter of the contract is the reason for which the parties are getting into an agreement. The parties are likely to have different interests, but there is that common goal which has made the contract possible. Ensure that you capture the subject matter correctly and that each party's interest is clear. A contract is only valid where each party voluntarily agrees to its terms. The items that after negotiations could not be agreed by both sides should not be in the contract.

Whether the subject matter is a service or a product, it must be adequately described in detail. Leave no room for doubt. If possible, provide registration documents, photographs or other means of detailing what the subject matter is, and its extent.

OBLIGATION OF EACH PARTY

The role of each party to the contract must be clearly defined. If possible, list down each party's obligations as much as possible. This determines the expectations that the parties will have of each other, preventing conflict. This also helps to track progress.

LIABILITY

Define who among the parties bears liability in the event liabilities occur.

Based on the nature of the business, you can consider the risks and discuss who will bear what responsibility when the risk occurs. This will go hand in hand with insurance, since one can only take insurance over that which one has insurable interest in. Consider and divide up the risks accordingly, then sign off on it at the time of negotiating the contract.

TERMINATION

This is where many companies fail at. It is important to discuss what would entitle a party to terminate the contract before it ends, what the process of termination will be like, discuss modalities of returning each other's property, discuss what happens to jointly acquired property at termination and what consequences should met by the party who breaches it.

DISPUTE RESOLUTION

It is inevitable that at some point, the parties to a contract disagree. The dispute resolution clause is helpful in setting the tone for conflict resolution. The clause will dictate the process to be followed in the event of dispute. Usually, it would begin with an attempt at reconciliation by the senior managers of the parties, escalate to structured Alternative Dispute Resolution methods such as mediation, before finally escalating into either arbitration or litigation. This section may indicate time-lines during which each method may be attempted, how communication should be handled during the period of conflict including how to choose the forum, place and arbiter.

Keeping your interest protected, It is advisable to have your contract drafted or reviewed by an advocate. This gives you the security that your best interest has been protected through the keen eyes of your lawyer. You can engage an advocate on a one-off basis or on retainer. It is also important to consult or seek legal opinion before terminating a contract prematurely. You should be well aware of the legal risks as well as the financial consequences of your actions.

(This is an excerpt from a presentation made by Eva Mola to members of the Association of Kenya Entrepreneurs on 7th April 2018 at Koblenz Hall, Mombasa from 2pm - 4pm. To invite Lawquery to make presentation on any legal issue, email us on info@lawquery.co.ke)

Eva Mola is the CEO of Lawquery Limited, a legal research and consultancy firm. Her writings on different legal topics are also available on the Lawquery Website - www.lawquery.co.ke and on the Lawquery Kenya Mobile App (free on Google Playstore).

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The Tuktuk Untold Story

By Anonymous Patriotic Tuktuk Owner

This piece is inspired by cavalier attitude the rich have had towards the tuktuk sector more so within the borders of Mombasa County, we don't blame you for this, we rather seek solace from the holy book that says " my people perish because of lack of knowledge", honourable men and women I know you are knowledgeable on matters global, allow the small man to educate you on matters local, the tuktuks plying our towns and estates should not be seen as a mess it should be seen as a message, a message that there is a significant number of able youth who are tirelessly working to make a legitimate living and not sitting idle awaiting to be hired as goons by the big man, it's a message that the lower middle class are determined to equally invest in their own country through affordable assets such as tuktuks that enable them meet the ever rising cost of living as they provide employment to young men and women who were not privileged to get college or university education and those who did, have not been able to secure blue collar jobs because the big man/ woman in a corner office is not his/her tribe neither do they share a family lineage. The tuktuks in Mombasa going by the recent survey are shy of 5,000 units, this units provide employment to over 13,000 people directly (drivers, juakali mechanics, car wash boys, food vendors, watchmen). The same tuktuks have built 3 home grown companies employing over 300 staffs combined that is Car & General, Abson Motors and Piki Piki Limited, the economic repose effect is huge and will break it down to you as follows taking into account there is 5,000 tuktuks running. Tuktuk economic contribution

- Daily income/spending.
- Owners daily income- 1,000Kshs per day= 5,000,000Kshs

- Drivers (2) daily income- 1,000 Kshs per day = 5,000,000 Kshs
- Fuel – average daily consumption- 500 Kshs = 2,500,000 Kshs
- Drivers spend on Lunch - 100 pp = 1,000,000 Kshs to mama pima on the road sides
- Car wash- 100 Kshs per tuktuk, atleast 3 time in a week- 250,000 Kshs per day
- Total = 13,750,000 Kshs conservative spend per day

Monthly/income spending

- Multiply the daily earning with 26 working days= 357,500,000 Kshs
- Monthly additional income/ expenses
- County monthly parking fee - 1,200 Kshs per tuktuk= 6,000,000(No parking space provided despite this monthly fee paid up)
- Service parts and spares- average of 4,000 Kshs per tuktuk= 20,000,000 Kshs
- Night guard parking- 50 Kshs per tuktuk per night= 7,500,000 Kshs
- Insurance purchases= 90,000,000 per year on average
- Total 398,500,000 Per month on a very conservative level

With the above, it is a clear demonstration that we cannot downplay the economic contribution of the tuktuk sector in Mombasa, the county and national government should indeed scout for means and ways through which they can harness this sector, it has eradicated several social evils in society and has enabled our youth who did not fair well in education to have a soft landing as they engage in legitimate economic activity, comparing this income visa vi the 590,000,000 Kshs earned by SGR since July to Dec 2017, Mr President, this sector is enough to help repay the SGR loan in 10 years, harness the sector and challenge us in driving the big 4.

Misconceptions about Tuktuks.

The tuktuk population has not grown to unmanageable levels, the population

is growing, just 5 years ago we only had one university in Mombasa, today we have more than six universities in Mombasa alone, years back Nyali and Kizingo didn't have sky scrapers, today they are mushrooming left right and centre, we blame tuktuks for decline in tourism business, its ironical for this tourist are the main customers who love the tuktuk ride, we blame tuktuks for jam in Kibarani, it's pure pretence, jam is caused by the old trucks and tractors which break down so irresponsibly, we know their owners but we can't point a finger at them because they are in our social circles, we had a very heavy traffic snarl-up on Nyali bridge on 26th April 2018 in the morning, it was not circulated in the various social platforms because the cause was 2 suv vehicles, woe unto the tuktuk community if it would have been a tuktuk accident with a stray dog, we want to cripple home grown three wheeler companies (Car & General, Abson Motors and Pikipiki Ltd) its laughable that we blame tuktuks for robbery, the poor rickshaw can only do 45km/hr how on earth can this be true, and if it is, why punish everyone? Probox units and V8 and Prados are also used in social evils like robbery and drug peddling, why are they also not punished in totality?

Tuktuks changing fortune.

4 years ago, Ukunda had only 17 old tuktuks and giving to the owners 1,000 Kshs per day and drivers taking home 800-1,000 Kshs per day, today, the same market has over 718 units, the owners are getting 1,000 Kshs per day and drivers are equally taking 1,000 Ksh per day or even more at times. If this is not economic revolution what else can you call it? Similar scenario is taking shape in Mtwapa and Mshomoron- lights route.

In conclusion

Tuktuk community are not children of a lesser God, they are men and women tirelessly making a legitimate economic activity, lets allow market forces of demand and supply take their natural cause.

As martin Luther stated; Our lives begin to end the day we become silent on things that matter. **Now you all know!**

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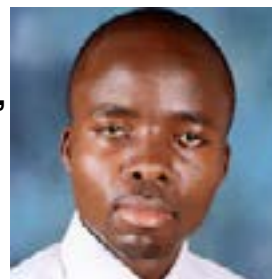
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NSE listed Safaricom leads Kenyan peers in frontier markets great performance

By ERIC MANYARA, Trader at Sterling Capital Ltd. Email:



emanyara@sterlingib.com

Kenya's stock market has again received great accolades among key frontier markets for coming out second in terms of performance in the month of March as reported by Citi analysts' report.

Overall, the frontier markets performed much better as compared to all other markets which experienced a decline. Citi analysts said in their report that frontier markets' total assets under management were flat in February but still remained at a three-year high of \$20.6 Billion (Ksh2.06 Trillion) — indicating that international investors were increasingly putting money in smaller markets —. The interest in frontier markets is driven majorly by stock performance.

Kenya's stock market has been on a recovery path since 2017 emerging from a long protracted bear run that lasted for nearly two years. This has made the Nairobi Securities Exchange (NSE) experience a 30 per cent rise in 2017 alone and 3.6 per cent from January to March 2018.

In March alone, the index increased by 2.5 per cent underlining the extent to which the expressive completion of election-related concerns and the forecasting of higher economic growth

have positively impacted investor sentiment. Safaricom PLC (SCOM), the only Telecommunication company listed at the NSE, is the only stock that features on the top ten constituents of the MSCI Frontier Markets Index and constitute 2.74 per cent of the index weighting. Safaricom, with 40 Billion shares and being the most capitalized stock at over Ksh1.15 Trillion market capitalisation presently, is by far the largest constituent of the NSE stock market at 40 per cent of the total equities market capitalization. As per the most recent listed company statistics, below is a list of ten companies which contribute immensely in the NASI-Nairobi All Share Index making up close to 80 per cent of the index; Safaricom, Co-op Bank, KCB, Stanchart, Equity, Kengen, EABL, BAT Kenya, Barclays and Momburi.

The tremendous growth in the stock value of Safaricom PLC means that a very large part of both the Nairobi Securities All Share Index (NASI) and the NSE 20 Share Index are now concentrated in a single stock. The statistics from the Nairobi Securities Exchange show that the company's stock price has had a trading price range of between Ksh15.90-Ksh33.50 in the last 12 months.

The price rally on the stock has been rather aggressive since the beginning of the year after the conclusion of a very tough electioneering season in 2017. This is particularly attributed to the Communication Authority's (CA) decision of setting aside a proposal that had pushed for the splitting of Safaricom Company into two business segments due to its perceived dominant market position. And secondly, the company is expected to report fairly impressive full year financial performance on 9th May 2018.

Safaricom's dividend payout has in the past three years grown steadily in tandem with capital gains on the stock. In the year ended March 2017, Safaricom PLC paid shareholders 97 cents per share, which represented a 27.5 per cent

increase from the previous year's payout. "While we share a similar view on overall business profitability, we see the company facing challenges in growing some service revenue lines particularly voice calls and messaging where price competition and relatively low growth and change in usage patterns has resulted in 13 per cent decline in Average Revenue Per User (ARPU) over the last 3 years to KES.282 Full Year 2017." Research analysts at Sterling Capital have said in their latest April 2018 research analysis report on the telco company.

"We see this as a trend into Full Year 2018 through Full Year 2020 with voice calls service ARPU falling further to KES.269, KES.253 and KES.238 respectively. This means that growth will highly depend on ability to grow customer numbers and increase usage. SCOM operates in a highly regulated sector and we draw attention to the potential impact of regulation on SCOM's business and in particular M-Pesa. Measures proposed in a draft report by Mason Analysis

on competition in the country's telecommunications sector aimed at reducing SCOM's dominance could expose it to heightened competitive action. This could adversely impact business operations and revenues," the investment bank's analysts continue to say.

MSCI Frontier Markets Index According to Wikipedia, A frontier market is a term used to describe a developing country that has not reached the emerging market status but is better established than the least developed countries.

Kenya falls in this markets category of the smaller and less accessible, but still "investable", countries of the developing world.

The frontier or pre-emerging equity markets is a small group of equity markets from 24 countries across the world as listed by the Morgan Stanley Capital International (MSCI) index that are typically pursued by international



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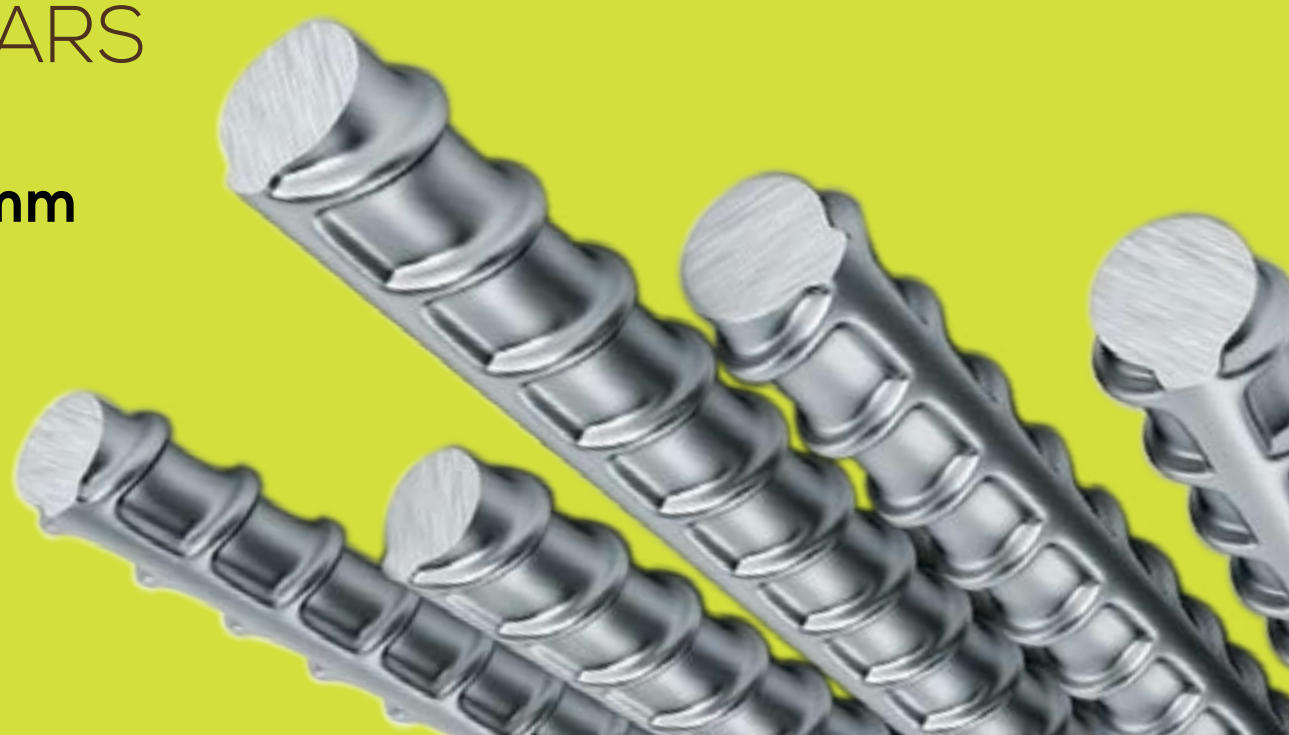


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We've had really strange weather lately. Last couple of months have been raining torrents and at first it was "yaaaay rain" then that changed to "wow...this is too much rain" then now its "mark yourself safe and ask your loved ones to do the same. Well maybe no one talks much about global warming here. We are all too busy rescuing and supporting flood victims and reeling over villages being swept over by water. We are bickering about drainages and lack of enough water in the hydroelectric power stations. Isn't it strange that when it's not raining it suddenly gets too hot and we start wishing for the rains once more... More than just a couple of us have noticed that nature seems to have lost its cool with us! There is this hard truth that we all need to address universally...Global Warming! Like it, hate it, its here! Do something about it because it's getting worse and will keep spiralling until you and me (not the government) do something about it! If we keep on at the rate we are going at scientists say that we will have no planet earth in some few decades to come... Nada. Zero. Like are we gonna die?All of us?Really? How now?mmmmmmh!!



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1. Raila Odinga was recently honoured with what global award?
2. Which African Country just signed a sponsorship deal with Arsenal and will have their tourism logo emblazoned on the team's jerseys starting August 2018?
3. Name one of the lucky five Africans who attended the recent royal wedding.
4. Who is the Former coast politician who confessed to sleeping with 10 women a day?
5. How many siblings died after a motorcycle they were riding was hit by an oil tanker in Mombasa after the train derailed?
6. How much money is the Mombasa County government spending to eradicate 'Kunguru' Birds
7. What was hidden on Michael Jackson's private jet? (a video recorder . Gun . a young boy)
8. Who is Donald Trump's mum?
9. What is the name of the woman who sued Ali Kiba for child support
10. Why was Diamond Platinuz forced to cut short his performance in Birmingham?
11. What is the name of the Sportpesa 230M jackpot winner?
12. How much money was the "Good Samaritan" tout rewarded by comedian Churchill for his honesty?
13. Name one famous lawyer who is the strongest pro- proposed constitution changes
14. What nationality is the holiday maker convicted of raping two girls in Kilifi recently?
15. What is the name of Arsenal's new manager?
16. KRA recently destroyed illicit liquor, cigarettes in Mombasa worth how much?
17. How many years was the Kisumu woman imprisoned for defiling 16-year-old boy
18. What is the name of the first footballer signed up by Arsenal this summer ?
19. Who is the current world's most expensive footballer?

Finding yourself

Now to some deep soul searching in less than 10 minutes!

When you find yourself having a complete and utter clueless-ness about your ability to face your inner demons and greatest life fears, where should you turn? (Do not over-think anything here...give the first answer that comes to your mind)

1. What is your favourite physical attribute about yourself?(shut-up everyone has one or 2)
2. What drives you to do what you do? What motivates you?
3. What is your most bizarre talent?
4. If you had to name one thing that really makes your day, what would it be?
5. What is a misconception others often have about you?
6. What's an accomplishment you are really proud of?
7. When it comes to love and relationships, what is the first lesson you want to teach your children?
8. What do you do when you feel like giving up?
9. What are you most excited about in your life right now?
10. In one sentence what is your biggest concern right now?
11. Describe your perfect mate in one sentence.
12. Can I get you another coffee?

Weird, strange, & Bizzare...

1. Women from this Madhya Pradesh village haven't given birth to a baby in 400 years!!

So where is this? Madhya who? We can get the story but you need to get to Google and figure out where this is!! So this place people believe that there is a curse that women have to go outside the village perimeter to give birth. There is popular belief that anyone who delivers in the village will have a deformed child or the child will die.

2. Trainee Police constable charged with trespassing for taking selfies while sitting on a judges chair.

So this trainee constable is doing rounds in the court premises and notices that the judges room is open and empty and there is no one bothering with him...so , he goes inside, sits on the District Judge's chair and starts clicking selfies on his mobile phone.

3. French jailbird flies away on a helicopter

In one of the most bizarre incidences, a 46 year old man , broke out of the prison within minutes, helped by a number of heavily-armed men, sources close to the case said. He fled with three accomplices, it was the second time Faïd has pulled off a spectacular jailbreak - in 2013, he blasted his way out of a prison using dynamite before being recaptured six weeks later. Prior to this, he had been released from a previous stint of a decade behind bars after convincing parole officials that he regretted his criminal past and was determined to start afresh.

4. Man divorces wife who bathed only once a year in Taiwan

Not so long ago, a man recently claimed he was under extreme psychological torture due to his ex-wife's hygiene habits and filed a petition for divorce. Apparently the wife would take a bath once a year, wash her hair and brush her teeth occasionally. The judge granted the divorce, but the ruling can still be appealed.

5. N.Korea named 'worst human trafficking country', Again

So recently North Korea was named as the Worst Human trafficking nation for the 16th straight year. North Korea has been included in the Tier 3 category, which is the lowest ranking, along with China, Russia and Iran.

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Cents & sensibility

5 ways to make money in Kenya in 2018

From tender-prenuers to the highest levels of corruption we all have to admit it is quite hard to make money in Kenya unless you know someone who is in power or you have to con someone. Most of this is true and so is the saying that; "There may not be many jobs, but there is tons of work to be done."

So there are no 8 to 5 white collar jobs but there are so many opportunities out there. And mostly all we have in terms of capital is just our brains, time and sheer will to empower ourselves financially.

1. Working online

As long as you are computer literate, and have access to the internet, and it is a lot easier and cheaper nowadays. The internet is swarming with opportunities where almost every skill is needed. (Come-on...so you are on Instagram and Facebook 16hours a day and you are complaining of joblessness? SMH) From data entry to programming or graphics, writing reviews... The list is endless.

2. Part-time tutoring:

You don't have to be a teacher...College and university graduates can make an extra income from private tutoring. Private institutions have an all-time need for this.

3. Baby sitting:

Get off your high chair of weird assumptions that baby sitting is about doing laundry and scrubbing floors amongst other menial jobs in people's houses. A lot of parents are wary of hiring full time nannies and would prefer to leave their kids for a specific number of hours with someone they trust.

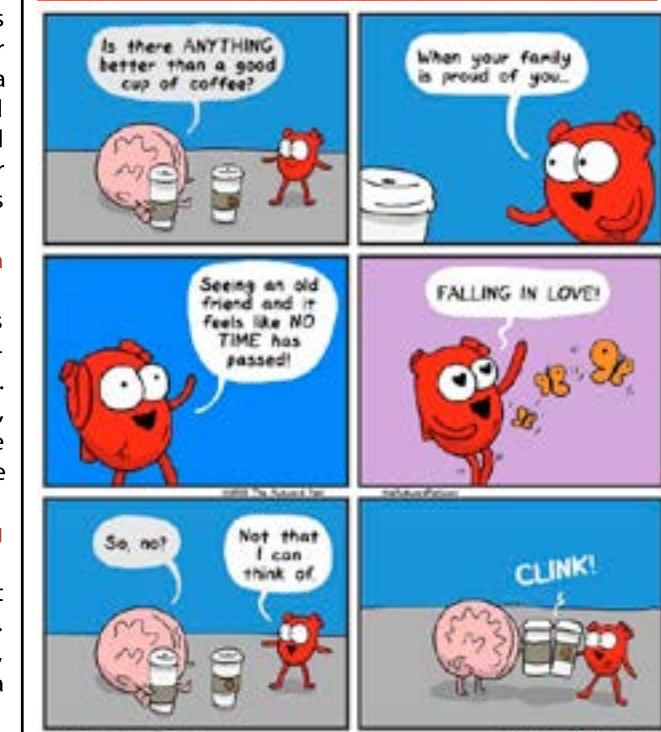
4. Brokering:

Now here is a sea of opportunities. This is about paring a person in need and a person who is selling what is needed. Usually this about knowing who has what and who needs what and how to reach them. Picture this; did you know that you can actually make a living from selling information? This is not limited to real estate only...Think outside the box.

5. Agriculture:

Though this depends a good deal on where you live and what you want to be involved in. Most of us have moved or we are still trying to move from our rural homes to the city and farming is mostly a job that is probably not for us... (With manicures and expensive weaves...don't get me started) Poultry and vegetable farming are the sure-bets. Oh so I want to farm but don't have land. Well. Who said the land has to be yours? There are so many farms that owners let or lease out at a very low fee per year. Find them!!!

HEART & BRAIN



Heart and Brain thekawaiiart.com

For feedback on coffee with Kendi or anything that you would wish to see on this column in future, email jenkendi@gmail.com

SHEHEENA MARINA



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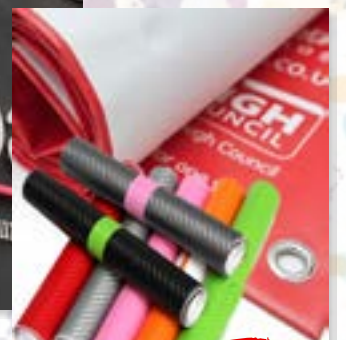
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