



# MaDaFu

The Socio-Economic Newspaper with Anything & Everything from Kenya

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## President Kenyatta officially opens the refurbished Mama Ngina Waterfront Park



(PSCU)

President Uhuru Kenyatta this evening officially opened Mama Ngina Waterfront Park that was redeveloped at the cost of Shs 460 million.

The iconic seaside public park reopened its doors to the public earlier in the day when it hosted this year's Mashujaa Day celebrations that was led by President Kenyatta.

The park, sitting on 26 acres overlooking the Kilindini Channel in Mombasa, has now been transformed into an integrated urban tourist attraction site.

The refurbishment included landscaping and paving the waterfront with concrete blocks, construction of a state-of-the-art amphitheater, the Kilindini Cultural Centre, ablution blocks and two main gates leading to the park among other developments.

Tourists visiting the park will have a choice to treat themselves to cultural exhibitions, shopping, dining

at open air fresco restaurants and cafes or to relax at the breathtaking expansive site.

The project is designed to support a 24-hour economy and its layout includes a new jetty for water taxis.

The Ministry of Tourism is already optimistic that the park will attract more local and foreign tourists to Mombasa, Kenya's oldest town and the country's second city. President Kenyatta commissioned the construction of the park in January this year during which he expressed his expectation that the facility will help restore the glory of Mombasa as a top tourist destination in the region.

The redevelopment that was undertaken by a local company, Suhufi Agencies, was completed in time to host the Mashujaa Day fete, which was held in Mombasa County as part of a rotational hosting of certain national celebrations by counties.

The official opening of the park was marked with a retinue of entertainment activities that included fireworks, traditional dances and acrobatic shows



among others.

Deputy President William Ruto, First Lady Margaret Kenyatta, Former Vice President Kalonzo Musyoka and other senior Government dignitaries including Tourism Cabinet Secretary Najib Balala and Mombasa Governor Hassan Ali Joho accompanied the President during the official opening ceremony.

H.E. Hon. Uhuru Kenyatta, President on the International Automobile Federation World Rally Championship



The Safari Rally as it is known today was first held in Kenya in 1953 to commemorate the coronation of Her Royal Majesty Queen Elizabeth II. It started as the East African Safari Rally traversing the three East African countries of Kenya, Uganda and Tanzania. The Rally developed to become the toughest Rally in the world and was regarded as a true test of man and machine.

In 1973, the Safari was admitted to the prestigious International Automobile Federation (FIA) World Rally Championship (WRC) held within the boundaries of Kenya.

The Safari Rally continued to enjoy International Automobile Federation World Rally Championship status until the year 2002 when the event was dropped from the World Rally Championship and relegated to the African Rally Championship (ARC).

Before my Administration assumed office in 2013, I made a promise to the people of Kenya, to return the Safari Rally back to the International Automobile Federation World Rally Championship family. This process has taken us seven years.

It is my pleasure today to announce to the people of Kenya and Africa that this process has been concluded and the Safari Rally has been included in the International Automobile Federation World Rally Championship 2020 Calendar, marking the return of the World Rally Championship to Kenya and Africa, after 18 years of waiting.

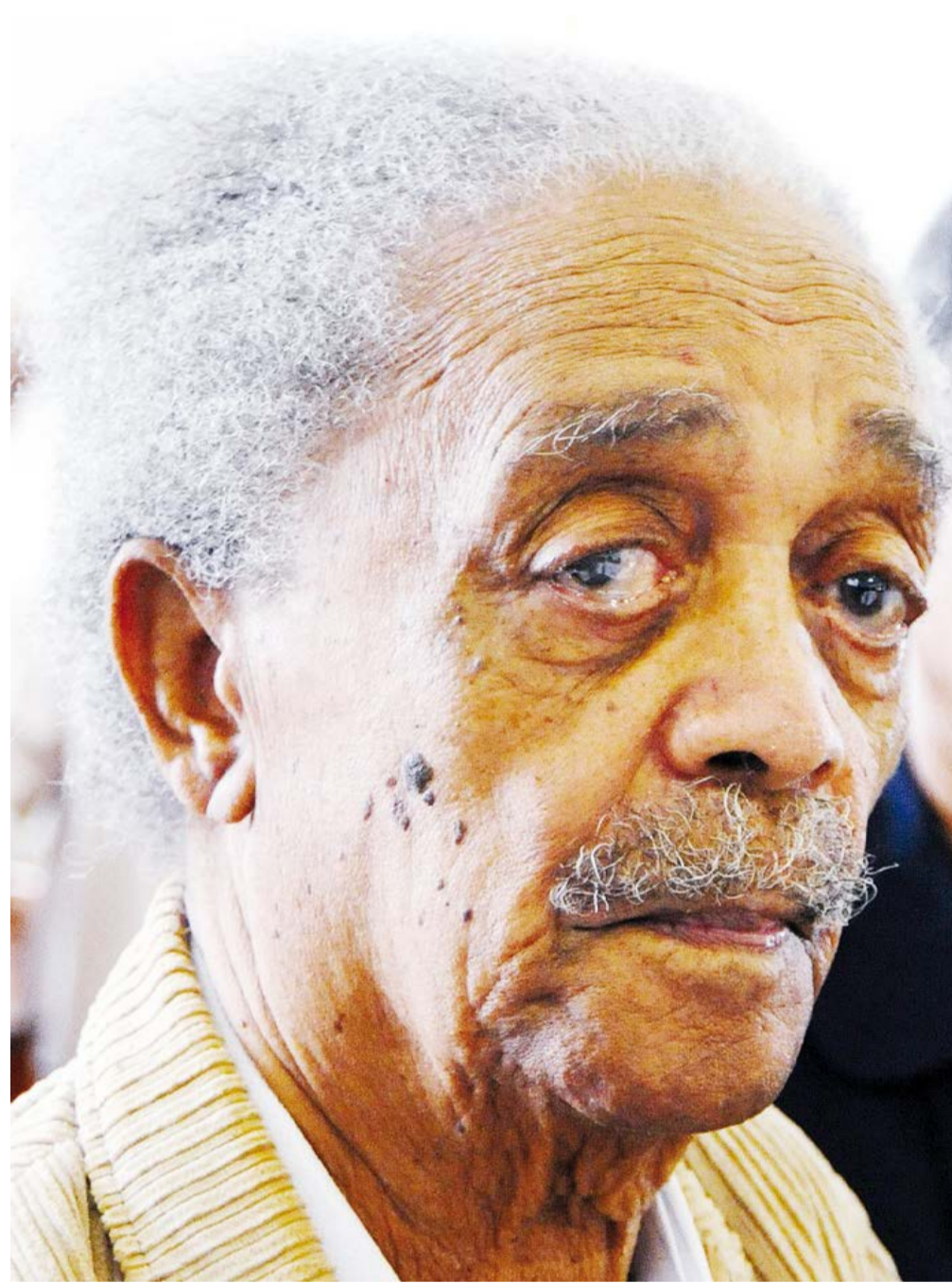
I want to take this opportunity to thank the President of the International Automobile Federation, Mr. Jean Todt, the World Rally Championship Promoter Mr. Oliver Ciesla, the Chairman of the Kenya Motorsports Federation, Mr. Phineas Kimathi and the Directors and Technical teams, for working with my Ministry of Sports, Culture and Heritage through the World Rally Championship Safari Rally project, to deliver this iconic event that forms part of our national heritage.

My Administration will continue to work with the relevant bodies to ensure that the 2020 Safari Rally and successive events thereafter, are hosted successfully.

It is, therefore, my pleasure to lead all the people of Kenya in welcoming the 2020 International Automobile Federation World Rally Championship Kenya Safari Rally back to our Land and Nation.

I thank you. God bless you.

# AFRICA REMAINS INDEBTED TO PETER ABRAHAM'S EVEN IN DEATH



Pressmen have broken saddening news about celebrated author Peter Abrahams. They say he is dead but I say they are all wrong. I won't concede that he is indeed dead for to do so would amount to contradicting literary sages, purists and practitioners. Questions linger. Why should anyone say he is dead when authors are known to outlive time through their works? And why should grammarians vilify us for qualifying his death as untimely? Peter Abrahams has simply crossed the bridge and joined the society of fellow immortals like Chinua Achebe, Elechi Amadi, Margaret Ogola, among others. His departure from our midst is untimely because it has come at a time when Africa is still deeply indebted to him. Allow me explain.

The debt that hangs between Africa and Peter Abrahams is none of your conventional type. Nothing material. Being the 'creator' that every artist is, he not only created Xuma from the North in his debut novel Mine Boy but also made us know Udomo, the main character in his novel A Wreath For Udomo. While majority are familiar with the former novel, thanks to it having been a literary set text in Kenyan schools in the 90s, few know much about the latter novel. It's nonetheless on A Wreath For Udomo that I'll prop my arguments. This is because in this seminal novel, Peter Abrahams takes a look at the post independence Africa with prophetic eyes. Udomo, the lead character in this novel is a young man with unparalleled intellect, charisma and gift of the gab. He is a perfect parody of the pioneer post independence African politicians. At the beginning of the novel, he is abroad where he has gone for further studies. Studies aside, his greatest mission is to meet Thomas Lanwood, an African revolutionary who has been abroad championing for the liberation of Africa from colonial yoke. He eventually meets Tom Lanwood alongside other African students who are equally committed to the liberation



struggle. In the end, Udomo steals the thunder from Tom Lanwood, returns home and arrests the imagination of his nation. He is crowned the first Prime Minister of his nation.

Now, where is the correlation between A wreath For Udomo and the debt Africa owes Peter Abrahams? It's in this book that he implicitly teaches Africa how to perfectly mourn her heroes. When Udomo dies as a result of a ritual killing masterminded by his former allies and political bankrollers, Peter Abrahams feels he deserves a wreath upon his grave. He deserves a wreath for attempting to stand against cronyism, tribalism, ethnicity and manipulation by his political bankrollers. This is where the debt comes in.

Now that he is no more, Africa owes Abrahams a wreath - a symbolic wreath. We have to pay him back for his lifelong socio-economic and political activism by cleansing our politics especially in our country Kenya where we are currently in an electioneering season. This is the best moment for us to detribalise and de-ethnicise our politics. Our media must resist all manner of manipulation attempts because media remains a powerful tool in the dissemination of information among the masses. Udomo, for instance, employs a newspaper, without the owners' blessings, to rally the people to his cause. From what transpires in the novel, it is evident that absolute media independence is a real challenge in post independence Africa. It's also evident that if

the challenges are surmounted then the masses ultimately make informed political choices.

In honour of the fallen penman, Africa should forever shun politics that is hinged on betrayal and assassinations. It's painful how in the book, Udomo betrays his friend and comrade Mhendi - he sells him out and turns him in on his political opponents in return for a mega project in his country. In addition, Africans must reject imposed political leadership. Udomo made such a mistake when he summoned his frenemy Paul Mabi and had him elected by the people of the mountains just after a day's political campaign. All he needed was Udomo, the political demi god's endorsement, to get elected. Udomo on the other hand, did not at all have the people's interests at heart in the election. All he wanted was to use Paul Mabi to neuter the influence of the opposition. Isn't there something common between this and how we, Kenyans, run our political shows? More than anything else, time has come for Africa to completely decolonize her socio-economic and political systems. It's time Africa took bold strides towards the realisation of zero dependence on donor funding. This is the surest way to defeat neocolonialism.

A legend has departed but we can preserve his legacy by inviting our political leaders to take a look at his presentation of post colonial Africa's political tragedy. We are truly indebted to him even in death. Like his character Udomo, he deserves a wreath.

## Dealing with Fear

Fear seems to be a constant companion for most of us these days. It's become so part and parcel of our lives, that without it, life would seem very strange indeed. Yet, when it comes, it creates the havoc of anxiety and doubt, sabotaging our joy, enthusiasm and determination, resulting in poor attitudes and performance, not to mention a plethora of health issues.

Everything seems to be set up for us to experience fear; there are always the constant warning bells, admonishments of... if you do or don't do this, it will hurt you, burn you, kill you etc. It's interesting to note that most of these ifs, buts, don'ts and shoulds, are not what's

actually occurring, but they are all about what might occur. Yes, of course, we have genuine fears, but on close examination most are imaginary.

Maybe we can see fear as: Fantastized Experiences Appearing Real

We then keep hold of and develop these fears and they eventually transform into beliefs and personality quirks.

Maybe, as Theodore Roosevelt famously stated, "The only thing we have to fear is fear itself, nameless, unreasoning, unjustified terror, which paralyzes needed effort".

### SOLUTIONS

So to bring ourselves and our lives back to the clear and open water of mental peace and clarity, it's urgent that we rid ourselves of this insidious virus that completely blots out the sunlight of joy and well-being.

My take is that these fears, these obstacles, are like wild animals - and they're actually cowards, who will bluff you, if they can, to see if you are afraid, and they will try to spring up at you. But, if you look at them in the eye, will slink away out of sight.

It's like the child who thinks there is a goblin behind the curtain, but, on turning on the light, sees the goblin is really a teddy bear. In the same way, when we shine the light of observation and awareness on our fears, they become something else.

So, let's face our fears, reappraise and transform them by:

Facing, Ending, Answering, Responding

With this in mind, we can explore and experience various ways to effectively move us away from our numerous fears. Affirmations of intent and awareness talk directly to our subconscious which holds the fear. Affirmations really work for us. Try this three step approach.

Example Affirmation:-

"Happily, I let go of past fears and failures, and I embrace new learning and understanding as I move forwards, towards wisdom"

1. Read through the affirmation, acknowledging and accepting its message.
2. Now read again, but this time, read with feeling, experiencing the vibration and energy that the statements evoke within you.
3. Integrate the affirmation's

intention, absorb it, become it; hold the feeling and emotion.

(Practice this three step approach over a 5 minute period of time, actively observing the process, and then let go. This can be repeated each day to help to re-programme our subconscious, and move away from fear.)

Fear is, most probably, our number one biggest enemy. Fear is the single most restricting force we are influenced by in these times. Our lives are often lived on the basis of fear. This may sound harsh, but if we were to look at our lives objectively, what is our biggest motivator?

Would it be abundance or scarcity? Which one drives us to go on? Is it knowing that our lives will be full of everything we need, or is it the fear of not having enough? Enough money, enough time, enough love, enough freedom...?

Fear is paralysing. It freezes us in our tracks. Fear stops us from enjoying or achieving our hopes and dreams, and drains away our power. That is, our power over ourselves, not over others.

When fear is present, the ability to make the right decision is clouded or completely blocked. Fear distorts our views and erodes our self-confidence.

When it comes to creativity, fear is a huge obstacle. It empties the soul of light, and fills it with darkness and despair.

These are reasons enough to make us realise that we need to relax our fearful minds.

Excerpt taken from the forthcoming book - *How to Relax Your Mind - The 10 Best Ways*  
By BK Jim Ryan and BK Simon Ralph

## 5 Steps To A Stress Free Life



### - AWAKENING WITH BRAHMA KUMARIS

It is commonly being said and discussed everywhere that a life without stress and worry is impossible to exist. While some of us consider stress as natural, there are others who even say stress is good and some even go to the extent of saying that becoming stressful and worrying will bring us to solutions to problems. While the bandwidth of common views and opinions is vast, it is fair to say that there is no common consensus on the word stress. We are all confused and misled by our own beliefs, others' opinions, information from outside sources as well as most importantly, a lack of correct wisdom on the 21st century favourite topic. A shift of consciousness at 5 levels can lead to a stress free life. Let's take 5 such steps:

**Step 1 - Relax!** It Is All Happening For The Good - When this was told to some worriers, they did not take it seriously. The demotion at the office, the critical illness, the absolutely negative relationship with my spouse, where nothing but disagreement exists - and you say it is all happening for the good. Spiritual wisdom when learnt makes us relaxed and easy that whatever is happening at the current moment is right. Also, anything happening will strengthen you, make you wiser spiritually and emotionally, is settling negative karmic accounts created by us in the past and making us lighter. Also, most important of all, it is a test for us, by passing which, we will create better future realities for ourselves. So, always remember the slogan - What has passed was good, what is in front of us now is very good and whatever future we create by remaining stable and content in the present difficult situation, will be very very good. Why? Because success is guaranteed! Starting the day with this consciousness will keep you positive and make you successful in every situation of life you face.

**Step 2 - I Am Not On Time ... It's Alright** - Every step of our lives today is about completing tasks and making things happen faster and better. What we fail to realize that every thought of hurry and the associated

worry is influencing our mental, emotional and spiritual as well as our physical health. Also, it is better to be late for that meeting, for the assignment or even for a meal or getting ready. But it's worse to hurry because a hurried consciousness will further bring tight schedules on your way, because that's the energy you radiate, which will come back to you. The more the hurry, the more people will feel the energy of it and feel uncomfortable with you. Also, remember a short term failure is a better deal than long term harm to your mind, body and relationships. So, perform the tasks of significance, drive your car to office, finish your house work and office routine and even have a busy social life, but all of it in a relaxed, unhurried and untired state of mind. This way, you will enjoy life's moments, receive long term success at all levels and not feel the pressure of deadlines and people's time driven expectations from you.

**Step 3 - All The World's A Stage And We Are All Mere Actors** - Every morning tell yourself that I am an actor on the world stage and everything I do here is my role to play. An actor on a drama stage never identifies with his role. He knows the role is temporary and he has to return home to reality after the role is played. One of the most significant causes of stress is the thought - I am the role, which is also called an inverted consciousness. The correct consciousness instead is that I am a spiritual actor and the role is my act.

My role is temporary and not my real self. My real self is me, the soul or being, full of qualities and powers. The more the detachment with the role, the lesser the stress when in the role, things don't go the way I may want or expect. Also, everyone else is also an actor and sometimes their act will not be as I may expect or predict, but I remain light because I know that positive influence is easier than negative control. If I try to control the other person's act, I will create a stressful mind, relationship and environment. If I influence the actor instead, by radiating good wishes to him, the other person will change and act positively and I will also be free from stress.

**Step 4 - I Gave My Inner Control To Someone Else ... Take It In Your Hands** - Stress is

commonly caused because we allow another person or situation to control our thoughts, feelings and attitudes. Imagine you were told that in the whole day you will lift your hand or shut your eyelids when someone told you to do so. Would that thought not make you feel uncomfortable? Don't allow someone else or an external situation to move or control your thoughts, which give rise to your feelings and attitudes. Take the control in your hands. What that means is we create our thoughts but don't let thoughts be negative reactions to actions of others or to event changes around us. People will be negative and situations will not be as I desire at times, but my thoughts should be positive, peaceful and powerful at all times. Stress will disappear when we begin to be our own masters at every moment. So create a stress-free affirmation every morning - I am the ruler and controller of my own thoughts. Today my every single thought will be my own positive creation. I will not allow anyone or any difficult situation to overpower my mind and weaken this creation. I will respond positively, not react negatively.

**Step 5 - Stress Is Normal ... It's High Time You Challenged This Belief** - Freedom from stress will never take place until you stop accepting that a little bit of stress is good or normal. We are all used to holding on to stress and allowing it to overpower our mind so much that it suffocates us mentally and emotionally. Stress is an unnatural emotion.

The reason why we feel it is normal and good because we have been conditioned by the world around us, the information it provides and the lifestyle it has set for us. Problems and challenges are normal in our current lifestyles. But we feel that it is impossible to overcome them by keeping a light mind, which is free from stress. For some, stress thrills, but do remember that in the long run it kills me and the efficiency of the tasks I perform. For some, stress motivates, but at some point of time it also dominates me and people around me to make relationships difficult. For some, stress strengthens, but as you go on, it creates illnesses in the mind and the body which weaken you.

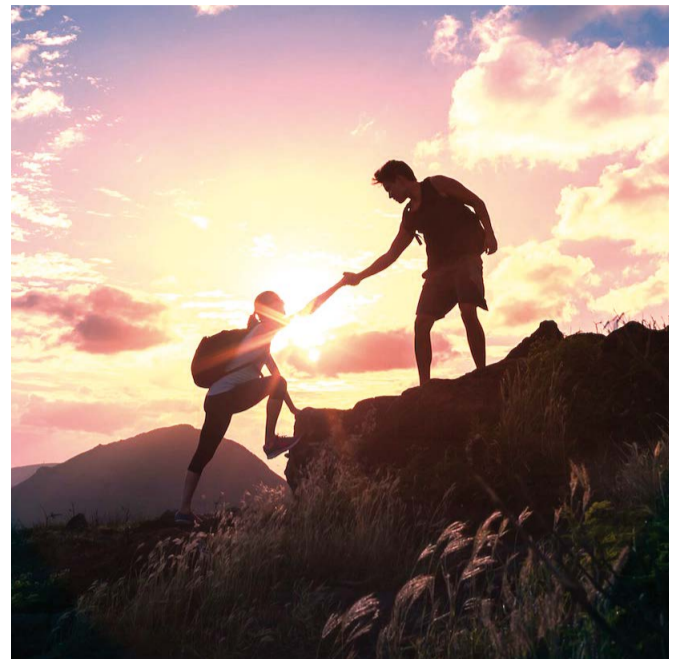
**In spiritual service, Brahma Kumaris**

## Be kind, be humble

This behaviour of kindness and being humble with those around us is fading off. Everyone wants to feel on top of the world and be treated like royalty and want more money, more power, more fame, but that is killing the human side of them. When you want power, money and fame you start dimming your human self on the inside of you.

We are already living in a very selfish, self-centred world where no one cares about anyone, can't help each other without wanting something out of it, a payment or reward. When we start expecting that, we have already sold our human self and dimmed ourselves which is a shame. We need to stop this and change ourselves for the best.

Being kind and humble starts at home with your family, neighbours or anyone around you and it isn't something that is hard to master or maintain. Master those small things like help someone cross the road, help an elderly person carry stuff to their destination, give directions, give



way on the road while driving, offer your food to someone who has not eaten, listen to someone who needs to be heard, and most of all show kindness to your parents.

Be especially kind towards those people who are serving us in our offices, cooks, house helps, milk men, the newspaper boys and several others who give their all to make life easier for us. Talk

to them politely and keep in mind that when you remove your anger or rudeness on them it hurts them just as it would hurt you. And many times these people have done nothing to spoil your mood or anger you, so ditch the attitude and be more humble.

"Kick the attitude out of the door and bring a smile on someone's face today with your kindness"

-ATTYA



## We are all equal

Let us be fair and start treating those around us equally without having differences. We should keep in mind that no matter what, we are all human beings whether we are black or white, fat or thin, have a higher position in a company than the other or not. It is our humbleness that will portray who we really are and what we are all about and not our pride. Be proud of yourself but never let this show whilst surrounding yourself with others as then you may come across as a snob.

When I said "treat those around us equally" I meant this, for example at the office,

you have some people working under you, try and help them when they ask for your help and guidance, if they are struggling to meet a deadline you can help them reach it. Keep that attitude with everyone around you. Do not differentiate between any of your co-workers. Because keep in mind that you are all working under one management despite being in different departments. Be more helpful.

Another example is the way you would talk to a person in any office be it at yours or somebody else's, be polite and soft spoken. Do try and keep this kind of attitude wherever you go. Even

at home if you have your own children, treat them in the same way, don't favour one and scold the other. If you have many siblings be kind to them all in the same manner so that one or two don't feel left out or feel they are not worth anything.

Yes the stern attitude is okay too as long as you treat people equally. That way nobody feels envious towards the other. At the end of the day we are all humans who have feelings which may hurt at some point in life.

"Equality builds strong bonds with invisible threads that last a lifetime, therefore build more"

# Blue economy key to Kenya's development, President Kenyatta says

PSCU

President Uhuru Kenyatta has said Kenya is prioritizing the implementation of sustainable blue economy programs because of the sector's potential to accelerate the country's development.

developing its blue economy resources because of the immense potential the sector holds for wealth and employment creation.

"And it came to dawn that our future lay also in being able to look at what our oceans have to offer. And in so doing, we realised the huge and vast potential that our oceans offer both for economic growth, development and employment. But also as food resources and the incredible wealth that lays underneath," President Kenyatta said.

He said Kenya's leading role in the push for sustainable development of the global blue economy is out of a recognition that oceans are critical to the future of humanity.

"Our oceans are a critical part of the future of humanity and this is where we ended up saying that as we project ourselves into the future, this must be a critical priority and so many other issues," he said.

The President, who spoke during a meeting of Small Island Developing States (SIDS) held on the sidelines of the 74th Session of the UN General Assembly (UNGA) in New York, said Kenya is keen on

importantly we will lose life and we will lose generations to come," the Head of State said.

Speaking about the sustainable blue economy conference co-hosted by Kenya, Canada and Japan in Nairobi last year, the President Kenyatta said a sustainable blue economy is possible with the involvement of all stakeholders.

"The first thing that came out for everybody was the issue of sustainability and the recognition that it requires all of us acting in unison to be able to achieve the objectives that we desire," he said.

The President noted that the Nairobi meeting, attended by over 1600 delegates, managed to bring together stakeholders of the blue economy to start the process of collaborating and working together to sustainably develop and utilize the sector for economic progress.

"One of the greatest things that happened in Nairobi was the ability to bring around, in one room, virtually all the different players with regard to the blue economy. We had our scientists there. We had our entrepreneurs there. We had governments

represented. We had civil society represented. We had indigenous groups represented," President Kenyatta said.

Speaking on the potential of partnerships to support the sustainable development of the sector, the President gave an example of a government supported program in Kenya where women groups earn from carbon credits through the conservation of mangroves.

He said the blue economy, despite the challenges it faces such as climate change, has the potential to benefit world economies and called for more private sector participation.

"As much as we are under threat, there exists, and it is becoming clear, a huge opportunity that can benefit each and everyone of us. It is about time we started not just looking at the issue of climate change, of our vulnerabilities as a threat and started actually looking at opportunities that exist therein."

"And as much as we appreciate the philanthropy, there's great scope for private sector to be a major contributor to the agenda that we have and to prosper from it," the President concluded.

## Support your former schools, President Kenyatta urges Kenyans

PSCU

President Uhuru Kenyatta has urged Kenyans, especially those in positions of influence, to always support their former schools as a way of giving back to society.

The President said former students have the potential to positively influence schools to perform better through their support.

He encouraged learning institutions to tap into the potential of their former learners through alumni associations and other platforms.

The President spoke today at his former school, St Mary's, Nairobi when he presided over celebrations to mark the institution's 80th anniversary.

"Institutions however great their history, are kept alive and relevant by people. The ways in which, we alumni, can support this our alma mater are boundless," the President said as he rallied his former colleagues at St Mary's to support their school more.

He identified development of school infrastructure, equipping of libraries and provision of sports kits as some of the projects that can be taken up by alumni associations.

The President, who was joined in marking the celebration by several former students of St Mary's School among them Baringo Senator Gideon Moi and TV journalist Jeff Koinange, recalled with nostalgia his experiences at the school.

"For many of us who stood at attention during assembly in this very quadrangle or ran through its corridors to get to our next class, we can never forget that St. Mary's gave us so much, moulded us, introduced us to lifelong friends and gave us the tools and confidence to be all that we are



today," he said.

The Head of State, who wore a navy blue blazer bearing the St Mary's School badge in remembrance of his school attire, challenged the current students of the school to work hard, be honest, dutiful, respectful and God-fearing in order to succeed in life.

"Every boy, girl, young man and young lady should feel privileged to attend this school and should always be aware that they are ambassadors of Saints."

"Your words and actions; whether in school or outside of it, must at all times reflect the principles and values of this institution," the President advised.

The President acknowledged the role played by the Catholic Church especially the Holy Ghost Fathers in setting up the school and several other learning institutions across the country.

"We have a lot to thank them for. We appreciate their good work and we hope we will continue to work together as we march into the future," he said.

The colourful anniversary celebrations were kicked off by a thanks giving mass led by His Lordship Bishop David Kamau, the auxiliary Bishop of the Archdiocese of Nairobi.

Other speakers included the Chief Administrative Secretary for Education Prof. Colleta Suda, St. Mary's School Chairman Joseph Njuguna and the school's Principal Peter Macharia.

### HRSC SCHOOL UNIFORM AND LIBRARY BOOK DONATION

On 17th September 2019, HRSC had organised the donation of school uniforms and library book donation at Highridge Primary school. Mr. Shantilal Shah, Chunilal Shah, Babubhai Shah, Ratibhai Shah, Jagdish Shah, Manoj Pattani, Hiren Vaya, Vimal Chaddha and Janki Agatsyaraju were present. Mr. Manoj Pattani had given an inspirational speech and thanked the organisation for supporting the school. Mr. Babubhai Shah had given information about the activities of the HRSC. Mrs. Lillian B.O.G. thanks the organisation for supporting the institute. The children were called for the distribution. The area chief Mr. Charice Ngugi was also presented there. Mr. Nilesch Bhavsar gave the vote of thanks.



“From the very onset, there was a very clear recognition for some of us that resources that were going to be available especially in this era of climatic change from land based resources, we were slowly and slowly depleting through increase in population growth, through desertification and so many other issues”



# HRSC Solar Lamps Donation



On Saturday 28th September 2019, Hindu Religious & Service Centre ( HRSC ) in conjunction with Shri Digamber Jain Mumuksh Mandal ( SDJMM) donated 200 Solar Lamps in Nunguni/Salama area of Makueni County. They were sponsored by SDJMM represented by Mr. Harish Shah and Sanpac Kenya Ltd. represented by Mr. Rajiv Raja. HRSC team

Charles Mulandi HRSC key person in that area. The group left HCK in a bus ( Courtesy Market Car Hire ) reaching the venue Kilome Primary School and Uthini Primary School where HRSC has a School Feeding Project. None of the beneficiary family were connected to the National Grid and therefore, this was the closest each had come to electricity. This was also for the first time such a donation targeting up households has ever happened in that area. The average of a family of five persons, which means 1000 person have now been saved from the use of hazardous

and expensive kerosene lantern, which also are responsible for many respiratory and sight problems among the users. So far HRSC/SDJMM have donated 950 Solar Lamps. From the reports which have been received by HRSC . The students performance in Academic has improved remarkably as they now study at night also. Some of the beneficiary use the same to charge Mobile Phones of the villagers at a fee of K Shg.20/- . Pictures show the photos of the donation carried out by Sponsors and HRSC Team.

## PHOTO STORIES



Makueni Governor Professor Kivutha Kibwana [centre] assisted by the chairman of the Makueni Diaspora Mombasa Association [MDIMA] Mr Richard Kinovi [third right] and other Members cuts the cake to officially launch MDIMA investment cooperative society limited held at Jambo Village Mombasa west. [PHOTO: MADAFU PRESS]



Hotel organizes beach Clean up to mark international clean up day Sarova Whitesands Beach Resort staff led by their operations manager Francis Msengeti brave a rainy Saturday morning to participate in the world's clean up day which was marked on 21st September this year. They took part by cleaning a section of the beach and the main road and managed to collect 106 kgs of debris including plastic, bottles and undecomposable items.

## PHOTO STORIES



Rani Ramchandani from Nakuru visited LAGCA CHILDREN'S HOME at Shabab area Nakuru. 8th October on the day of Dussehra.. distributed some food stuff.. stationary, juice n biscuits.. shared some stories of Ravaan with them n spent quality time with them.

## Donation of Well in Junju kilifi



Mombasa Women's association (CT) at Junju area, kilifi where water is very scarce. Mirima minne in junju was disease prone area as there was no water, people used to collect water from rain puddles going down the hill Request came from Prilla of Mirima minne community to give them access to clean water. Village on hills so after survey decision was to make Well down in the valley. Mirima minne organisation promised the well will be maintained by CBO. WELL is ready and here commissioning the sweet water of well. here Chairlady Mrs Harminder Kandhari, Vice Chairlady Mrs Sadhna Doshi, trustee Mr H Kandhari, community people, everyone very happy and thankful God Bless all.

EVENTS

**International Translation Day & Tamarind Translation Ltd 10th anniversary celebration**

Tamarind Translations Managing Director Theophan Marube (second left) is joined by pioneer partners of the organization who have been with them for the last one decade in cutting 10th anniversary cake to make International Translation Day and the Tamarind Translation 10th years of existence in Kenya during an event in Nairobi. International Translation Day is celebrated every year on 30 September and is meant as an opportunity to pay tribute to the work of language professionals, which plays an important role in bringing nations together, facilitating dialogue, understanding and cooperation, contributing to development and strengthening world peace and security.



PHOTO STORIES

**NYALI SUN AFRICA PHOTOS-NOONS THE CLUB**



Nyali Sun Africa Beach Hotel and Spa General Manager, Sanjeev Kumar [2nd right] and F&B beverage Manager, Leroy Halford [right] serve guests, Ann Kamande [left] and Kendi Mwong [2nd left] with cocktail drink during the official opening of Noons the club at the Hotel. The club will be operating from Wednesday to Saturday every week. The entry is free for tourists and locals. There will be dedicated days for ladies nights. Among the popular songs to be played at the club is Ruba and soul music.

**HRSC improving quality of education**



Hindu Religious & Service Centre (HRSC) for a number of years have been trying to improve the quality of education in Wamunyu, Nunguni and Kitale schools, which are under their School Feeding Projects. Recently HRSC gave out exercise books (Courtesy of Twiga Printers & Stationers) to all the students numbering about 5000 in Wamunyu.

Also to motivate students to get better academic results, the best students in Class VI, VII & VIII were given trophies with a promise that in future they will get trophies for each subjects and the best overall student in each stream.



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**SALES, MARKETING & OPERATIONS**  
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Philips East Africa Ltd Head of Operation Peter Gerritse and Ahadi Kenya Trust CEO Stanley Kamau use Philip's Children's Respiration Monitor (CHARM) device to check for pneumonia in baby Gabriel Kimani at Mji Wa Huruma in Runda Nairobi during Philips Employee Volunteering day. Looking on is the child's mother Susan Nduta. Over 100 Children were tested for pneumonia and 100 screened for cancer during the event.

EVENTS



Sarova Whitesands Chef Joseph Mbithi serves stir fried chicken to local and international guests attending the 25th annual International Food Festival, a family fun day in aid of the Cerebral Palsy foundation Tudor, at Koroga Country Club in Nyali Mombasa on October 6, 2019. The chief guest was the Mvita Mp Abdulsamad Nassir. The charity featured entertainment by children from Cerebral Palsy Foundation Centre where the Children showcased their different Talents.  
PHOTOS BY ANDREW KILONZI



Trace Kenya Social Worker Anthony Kibira join girls from various Technical Vocational Education Training (TVET) Centers in Mombasa at Mwakirunge Primary school in Mombasa County on Saturday 12th, 2019 during International Day of the girl 2019 celebration at the School. This year's theme was: Girl Forces; Unscripted and Unstoppable.



Tourists holidaying at Sarova Salt Lick Game Lodge in the heart of the Taita Hills Wildlife Sanctuary in Taita Taveta County admire and photograph a herd of elephants quench their thirst at the lodge's water hole. The lodge is one of Kenya's flagship lodges, famed for being among the World's Most Photographed Lodges popular for luxurious safari escape amongst travellers in search of luxury accommodation.

**MADE IN KENYA MaDaFu**  
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**MADAFU NEWSPAPER KENYA VALUED OUTLETS:**

**NAIROBI:**  
Westlands & Parklands:  
Pals Bookshop (Diamond Plaza)  
Microcity (Sarit Centre)  
Bhigwanji Sweet & Farsan (3rd Parklands near Kusi Lane)  
Amnapura Ration (PJ Centre)  
Anga Cinema (Diamond Plaza 2)  
Ashopura Sweet Mart (Kirima Shopping, 5th Parklands)  
Bajrang (Sky Mall)  
Cake Ville (Amani Plaza, 3rd Parklands)  
French Maid (Kirima Shopping, 5th Parklands)  
Kumar Brothers (Diamond Plaza)  
One Stop Ration Store (3rd Parklands)  
On The Way Supermarket - all branches  
Sona Shoppe (Westgate Shopping Mall)  
Aura Restaurant (Sky Mall)  
**Industrial Area:**  
Bunny Industries Limited (Dakar Road)  
Tradecon (Dar es Salaam Road)  
**South C:**  
Cake Ville (South C Shopping Centre)  
Mahesh Hair Stylist (South C Shopping Centre)  
**Langata:**  
Creative Concepts (opp. T. Mall, next to Shell)  
Sona Shoppe (Galleria Shopping Mall)  
**South C:**  
Jit Gems  
**KAREN:**  
Sona Shoppe (Karen Crossroads)  
**NAKURU:**  
Hyrex General Supplies (Bashara Avenue)  
Fairdeal Furniture  
**ELDORET:**  
Easy Phonz and Photos Ltd (Uganda Road)  
Kenya Jalaram Co Ltd - opp CBK  
**VOI:**  
Abbas Aluminium Supplies  
Bafagh Supermarket

**THIKA:**  
D-Lyt Pan House (Section 9)  
**MOMBASA:**  
Blue Room Restaurant  
Grill House - Ratna Square  
Nyali Cinema  
KNCCI - Likoni Plaza  
KAM - Nbi University Building  
Abscon Motors  
Car & General  
Nocor Opticians - City Mall  
Vijay Optica - CBD Fontanella  
Safecon Enterprises  
Hare Krishna Temple - Nyali  
Nyali Centre - DKL  
Law Query - Ratna Square  
Fairdeal Furniture - CBD  
Yaris Institute - Haile Selassie Avenue  
Mombasa Afrigas - Nyerere Avenue  
Hakimi Stationaries - Moi Avenue  
Camfoto - Makadara  
Audiofish Coolers - opp Sapphire Hotel  
Bombay Bistro - Petro  
Graphic World Ltd Lumumba Road  
Wildwaters Ltd  
Various Hospitals  
Epic Centre Mall  
**KISUMU:**  
Western Emporium  
**DIANI:**  
Palm Beach Hospital  
Food Plus Supermarket  
Aasan Solutions Auditors  
Moiz Supermarket  
Various Restaurants & Hotels  
**MALINDI:**  
Uzima Training Centre - CBD  
Various Hotels & Restaurants  
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OPINION

# A light hearted analysis of the emotional make-up of a man and a woman

One of my all-time favourite joke is about a guy who once stumbled upon a magic lamp. The genie asks him to make a wish and after much thought he wished the genie to build him a highway to the Bahamas. It had always been his dream destination but due to his phobia of flying and sailing he had never made it. The stunned genie asked him to wish for something simpler, citing the enormous logistical, bureaucratic and geographical challenges that would make building this highway a near-impossible task. The man thought it over and said "I have always wanted to understand a woman's mind and logic; maybe you can enlighten me on that". The genie thought for a minute and said "Lets go back to the highway, do you want it to be a 3-lane or a 6-lane highway?"

While the joke has raised many a smile, I can imagine a most men wishing the genie has worked on his second wish too and solve the mystery many a man have been scratching their heads over since and including Adam. It's amazing how differently a man and a woman function mentally and emotionally despite of having been stitched from the same cloth. I am quite certain that women too would love to know what makes a man tick but they are too cool to admit it. Someone once said that unlike poles attract but I think he was inspired by something pretty stronger than wisdom. In my opinion it's the desire to un-code the mystery of what makes the other tick that has kept man and woman interested in each other.....among a few other things. There are a lot of FAQ's each have of the other and today I will attempt to tackle what I deem to be the top three.

### 1. CAN A MAN AND A WOMAN BE BEST FRIENDS?

In my opinion, never! To me, a man and a woman have a completely different emotional make up. A woman's heart has well defined compartment for each of her relationships. Mother, father, sister, friend, enemy, best friend, best enemy, lover, dog, etc. is assigned their own separate compartments and that is where they will reside for the rest of their lives and sometime beyond. The drawers are fixed and never interchangeable. Once a woman decides that you are her best friend you chances of promotion are from zero to minus 10. Leveld innuendos, holding hands, hugging, leading you on, is all part of being "best friend" to her but once the hapless man professes his love for her, the standard reply is always "I have never thought of you in that way!" or worse "I have always looked upon you as the brother I never had!" The poor chap mops around sadly for a few months and then goes back for more battering from his "best friend" because as they say, hope is eternal. This scenario is often portrayed

in movies and my heart really bleeds for the poor guy pretending to look happy as he hands his "best friend" over to her beau. Very sad indeed! Man the other hand, is wired entirely different. He too has a various compartments where he stores his relations albeit in a haphazard manner. Relations are fluid, confusing and ill defined. A friend today is an enemy and vice versa. His compartments are very porous and relationships hop between compartments at a very high frequency. His intentions are very noble when his starts off his best friendship with his opposite number but with a man "familiarity breeds doesn't breed contempt, but attempt" and invariably at some point, he will profess his doomed love for her. It's actually not his fault. He suffers hormonal malfunction encouraged by the rather liberal allowances of hugging and holding hands given by his counterpart. The two biggest issues for a man are: A) For a man the difference between the words love and lust is a very thin and confusing line and often interchangeable. B) A man needs maximum blood supply to two functions in his body, thinking and sex. Unfortunately God has only given him enough blood to run one of the two at one time. This should perhaps explain the downfall of giants like Straus Kahn and Harvey Weinstein among many others formidable giants. But the great thing is that man always finds a way to land on his feet and move happily on. You see he has a secret friend who is always there to prop him up: His beer!

### 2. WHY ARE SIZE-ZERO WOMEN ALWAYS THE ANGRY TYPES?

This is actually a statistically proven fact. The really trim and prim women are always very testy, impatient and wear a permanent frown on their faces whereas the well endowed ones are jovial and bubbly ones. It's a mystery that had me completely baffled for much of my young days but after a painstakingly long research, I finally stumbled upon a theory that makes logical sense. By law of nature every girl at some point starts getting interested in boys and the more ambitious ones realize that the only way they can attract the crème-de-la-crème is by keeping their figures trim and attractive. To attain this they go through the hard rigors of dieting and insane workouts on daily basis. At restaurants and parties they eat salads while their friends are gulping down pizzas and burgers and they trudge to the gym while their friends are goofing off or going for movies. Their only motivating thought that keeps them going is that will be the ones who will laughing loudest when the dust finally settles and all this torture and depravation will be all worth it. And then comes the payday and they finally nail the Mr. Perfect. But like all

the things you always truly coveted with all your heart, it turns out to be not as good as you imagined, in fact worse. It is at this time the whole film of all the rigors and sacrifices start getting replayed in their minds and then the dung hits the fan. I will just stop my analysis here and leave the rest to your imagination.

### 3. WHY DO GORGEOUS FALL FOR TOTAL LOSERS?

This is the one that had me and a lot of others like me totally confused not to mention, annoyed in my prime in the eighties. In my area we had a set of really gorgeous girls worth dying for and in theory they should be going out with men who ticked most the boxes of good looks, sporty, dressing, swanky cars, good physic, etc. One a scale of one to ten I think I would have scored 6 in those days in terms of these boxes but much to my amazement and annoyance all these beauties were in love with this guy we used to call the nerd of the universe. He had a physique of a drought victim and had face that resembled a sucked out pipled mango wearing thick glasses, in short a real loser. These ladies would visit his shop and sit with him for hours and to me it was the bigger mystery then the Bermuda triangle. I simply failed to understand what attracted them to a man with zero charisma, almost zero money and zero sense of dressing. While trying to unravel the mystery I discovered that this was not a one-off case but the most desired ladies of this world invariably married total losers and here I do not want to mention names of some famous ones but take a closer look yourself and you will catch my drift. I learnt to live with this but I knew I wasn't going to rest easy until I unravelled the mystery and on one fine day I finally stumbled upon the answer which makes logical sense: Motherly instinct! You see all women are born with a soft corner in their hearts which is melts helplessly for underdogs of this world. They realize that these nerds will never find love on their own and their motherly instinct, which they interpret as love takes over and they take to these losers. And it works too, their marriages are bliss because not only will the man never forget her favour but no other woman will ever remotely take any interest in him so the question of infidelity will never raise its ugly head in their loves. A thought just struck me.. I am also married to drop-dead gorgeous lady and I wonder.....?

Please note that this is just a tongue-in-cheek article and just for a few laughs. It's purely for entertainment and not to hurt anyone's sentiments.

- Paresh Morjaria

# You can do it



Anything you wish and desire, you can achieve it. Just follow your heart's directions and your arrival at your destination will be a smooth one. Write down everything you wish to do in life, give yourself a specific time frame and start believing in each point that has been put down. But be careful not to overload your brain with so much at once, tackle the first three points- focus, achieve, and move onto the next three. Keep doing that step by step, remember small steps first. Because when you are taking these small steps you are laying your goals' foundation with strength and building it well with all your love and passion and that foundation will always be there no matter what.

Never take a huge step especially in the very beginning of achieving anything, because you may get to where you wish to go but you will not have that stability

as your foundation may not be strong enough to hold you firmly, this may cause you to lose balance and fall. And getting up maybe some how difficult. Slowly but surely, think well, ask those who have gone through building themselves doing what you are trying to do, get advice and read articles and books too. Then begin, and don't forget that apart from believing in yourself, have faith in the almighty God without whom it would never be possible.

Keep telling yourself 'I can do this and I will do it with all my heart' make that

your mantra and each time you feel some negative thoughts creeping in remember this mantra, say it and do what you have to. Nothing is difficult in life, it might just be some negative person in your life telling you that you can't achieve your goals because it may require a lot of money or sacrifices that you can't make, never listen to them. You know what you desire, go get it- go achieve it today!

"You can do it, just do it with all your heart"

- Atiya Mughal



Trace Kenya Executive Director Paul Adhoch (left) talk to university student from Mombasa during a British Council funded workshop on "Safe Migration and Livelihood Options awareness raising" in Mombasa organized by Trace Kenya, Awareness against Human Trafficking (HAART) Kenya and Kenya Muslim Alliance. The theme of the anti-human trafficking campaign is "Empowering people through local livelihood options and promoting safe migration".



Philips East Africa Ltd Head of Operation Peter Gerritse and Ahadi Kenya Trust CEO Stanley Kamau serve porridge to mothers from Mji Wa Huruma in Nairobi county during Philips Employee Volunteering day in which over 100 Children were tested for pneumonia using Philip's Children's Respiration Monitor (CHARM) device and while their mothers were screened for cancer.



WORLD FOOD DAY is a global promotion of awareness and action of those who suffer from hunger and for the need to ensure healthy diets for all. It is one of the best celebrated days of the U N Calendar. Hindu Religious & Service Centre ( HRSC ) on this day distributed Chocolates filled biscuits enriched with vitamins and minerals (Made in Brazil ) to four schools namely Jamhuri High School ( 2880 Packets ), Highridge Primary ( 384 Packets ) North Highridge Primary ( 288 Packets ) and Bahari Education Centre (150 ) Packets. The students really enjoyed eating this for the first time in their life.

BOOK FAIR AND FESTIVAL

# Pop fiction is not any lesser than serious fiction

During the 2019 Nairobi International Book Fair, I decided to 'flirt' with the 'enemy'. I invited the top most man in a rival publishing house to our bookstand. I will not bore you up with a winding account of all that transpired during the few minutes the publisher spent with us. I will instead talk about one particular thing that aroused my curiosity- the publisher's literary taste. Despite my attempt to parade the latest publications we had in our stable before my guest, he was not impressed. He had no time for any other book but one. This book was Charles Mangua's novel Son of Woman. For more than one reason, I felt disappointed. It was unfortunate that the book was by then out of stock. Even more unfortunate was the fact that I had not read this particular book. Superficially, this is nothing to worry anyone. There is a hidden implication though. I had lost an opportunity to probe my guest and find out whatever it was about the book that fascinated him. I made a note nonetheless. I inwardly swore by the moon and the stars that at earliest possible opportunity, I would grab a copy of the book and unravel the mystery within its covers on my own.

When I recently lay my hands on the book, I needed little encouragement to spare it my time. I set my eyes on the first paragraph and got completely taken in. The author's disinterest in conformity left me marveling at his audacity. In very few words, in



Son of Woman, Charles Mangua says what he wants in whichever fashion and style he deems fit. When I was done reading the book, one name crossed my mind-David Giani Mailu. I know of no other pop fiction author who has written more extensively on this branch of literature than him. Most importantly, I felt obliged to join him in answering the questions he raises in Coming of Age-Strides in African Publishing (EAEP, 2016). When his publisher Dr Henry Chakava turned seventy, Mailu seized the moment and wrote him an essay in which he hailed Chakava for planting the seed of pop fiction

in Kenya. In addition to this, he, among other things, raised two pertinent questions - Does pop fiction have a place in the modern day publishing? And is pop fiction any lesser than the serious fiction? It is my guess that even today, these are the questions that keep Mailu awake. For the benefit of non-literature purists, popular fiction or pop fiction refers to any literary work that deviates from the serious literary tradition set by Chinua Achebe and other foremost novelists. The concerns of pop fiction are such 'light themes' as romance, crime, adventure, among others.

Eminent literary critics have pronounced themselves on this matter. I have no doubt whatsoever about where their mouths lie. If it were entirely up to them to pass a ruling, there would be no pop fiction. Literary critics prefer highbrow fiction to pop fiction. With full cognisance of the possibility of being accused of punching above my weight, I beg to differ with them all. I will neither second guess nor mince words in my response to the questions Mailu raises with regard to the place of pop fiction in modern day publishing. I am in Mailu's corner. I absolutely absolutely agree with him when he draws a parallel between the relationship between

“  
As the publishing industry embraces content digitisation, pop fiction should not be forgotten. Pop fiction is literature. And it is a not a lesser one at that.”

Siamese twins and the one that there is between pop fiction and serious fiction. His reasoning is

# RATH YATRA



The Rath Yatra festival, popularly known as the procession of chariots, originated in the pilgrimage city of Jagannath Puri, Orissa, one of India's holiest places. Every year on Ashadh Sud Bij (that occurs in June-July), the deities of Jagannath Mandir, namely Bhagvan Jagannath (Shri Krishna), His brother Balaramji, and sister Subhadra Devi, are placed in a colourful chariot. A mammoth gathering of more

than one million devotees line the streets of Puri to have the darshan of the murtis. Devotees lovingly and ceremoniously pull the three grand chariots in a procession through the streets, from Jagannath Mandir to their country home. The gathered devotees then perform puja of the murtis by sprinkling rice and gular powder.

Rath means chariot. Yatra is either a procession or pilgrimage. There are several interesting

episodes about the origin of Rath Yatra:

1. Kansa, the maternal uncle of Lord Krishna, invited Krishna and Balaram to Mathura with the malicious intention of killing them. The evil Kansa sent Akur with a chariot to Gokul. Lord Krishna and Balaram climbed onto the chariot with Akur, taking leave of the Gopis to proceed to Mathura. This day of departure is celebrated by the devotees as Rath Yatra.

2. Jubilant devotees celebrated the day when Lord Krishna, having vanquished the evil Kansa, gave them darshan in Mathura in a chariot with his brother, Balaram.

3. Devotees in Dwarika celebrated the day when Lord Krishna, accompanied by Balaram, took Subhadra- his sister, for a ride on a chariot to show the city's beauty.

4. Once in Dwarika, Lord Krishna's eight queens requested mother Rohini to narrate the divine episodes of Lord Krishna with the Gopis while he was in Vraj. For a while Rohini dithered. Finally, after a lot of insistence she relented. However, considering it unbecoming of Subhadra to hear such episodes (Leela), she sent her to guard the palace doorway. Yet the Vrajikatha soon absorbed Subhadra. Soon, Lord Shri Krishna and Balaram arrived at the doorway. With arms wide apart, she stood between the two, preventing them from entering. However, from where they stood, Rohini's katha soon engrossed them all! Just then sage Narad arrived. Seeing the siblings standing together like murtis, he humbly prayed, "May the three of you grant darshan in this manner forever." The Lord granted the boon. And the three eternally reside in the Jagannath Mandir in Puri.

5. There is an interesting story of Lord Krishna becoming the Sarathi - driver of Arjuna's chariot, during the eighteen-day battle of the Mahabharat.

6. Finally, a story which has

been passed on from mouth to mouth, concerns about what happened after the cremation of Lord Krishna's mortal body. When Shri Krishna was being cremated in Dwarika, Balaram, overcome with grief, dashed into the ocean with Shri Krishna's partially cremated body. Subhadra too, followed both the brothers. At the same time, on the eastern shore of India, King Indradyumna of Jagannath Puri had a dream that the Lord's body would float up to the shores of Puri. He should build a huge mandir in the city and consecrate the wooden murtis of Shri Krishna, Balaram and Subhadra. The bones (asthi) of Lord Krishna's body should be placed in the hollow in the back of the murti. The dream came true. He found the splinters of bone (asthi) and took them. But the question was who would carve the murtis. It is said that the architect of the gods - Vishwakarma - arrived as an old carpenter. He stipulated that while carving the murtis nobody should disturb him and if anybody did, he would stop work and leave. A few months elapsed. Driven with impatience, Indradyumna opened the door of Vishwakarma's room, who vanished instantly as he had stipulated. Despite the incomplete murtis, the king consecrated them, placing the holy cinders of Lord Krishna in the hollow of the murti and installed them in the mandir. Every year a grand procession is carried out with the murtis of Lord Krishna, Balaram and Subhadra in three gigantic floats. The floats are

completely in sync with my own when he argues that the literary contribution of both pop fiction and serious fiction should be self-complimenting. Just the same way serious fiction does, pop fiction makes us laugh, cry and learn albeit in a less serious way. In the same book in which Mailu pays his tribute to Chakava on his 70th birthday, publisher Kiarie Kamau says something that should encourage publishers to sustain the publication of pop fiction. He points out at the fact that just within a year of its publication, John Kiriaramiti's My Life in Crime had by far outsold many serious fiction works that had published before it. To date, there is no significant change in this regard. The few cases where serious fiction works get listed as school set texts are exceptional.

To each their own. Serious fiction should be published for scholarly purposes. This should however not happen exclusively at the expense of pop fiction. While serious fiction is for the serious reader, pop fiction is certainly for the average reader who is seeking entertainment and fun. In any case, it is true, as Mailu says-we do not only teach lessons and pass messages when we package them in high sounding words and philosophies. As the publishing industry embraces content digitisation, pop fiction should not be forgotten. Pop fiction is literature. And it is a not a lesser one at that. Its accessibility and scope of readership should therefore be enhanced as we go along.

- Mr. Karan Pandya

ENTERTAINMENT

Nairobi Event Guide November / December 2019 - powered by wh@ts on nairobi

LIVE MUSIC / CONCERT

**Wednesday 13 | 11**  
**Alliance Française**  
 Faizal Mostrix & Susan Kerunen 7 pm  
**Michael Joseph Centre**  
 An Evening With Saisi - A Musical  
 Poetry Concert & Book Launch 5 pm  
**Thursday 14 | 1**  
**J's Fesh Bar & Kitchen Westlands**  
 Ambasa Mandela 8 pm  
**Blue Door Westlands**  
 The Beatings Live 7.30 pm  
**Friday 15 | 11**  
**Alliance Française**  
 Sauti-Gifted, Different, Unsilenced  
 Documentary Launch & Concert 7 pm  
**Saturday 16 | 11**  
**The Carnivore Simba Saloon**  
 Celebrating Living Legends of  
 Broadcasting with Sir Elvis Them  
 Mushrooms 6 pm  
**Sunday 17 | 11**  
**Oswal Schoo Auditorium**  
 Jalso (Music - Songs - Drama) 4 pm  
**Wednesday 20 | 11**  
**Ankole Grill**  
 Mopao Swahili Jazz 8 pm



**Thursday 21 | 11**  
**J's Fesh Bar & Kitchen Westlands**  
 Box Of Beats KE 8 pm  
**Friday 22 | 11**  
**Christ Foundation Ministries**  
 Identity19 Music Concert 6 pm  
**Thursday 28 | 11**  
**J's Fesh Bar & Kitchen Westlands**  
 Dan 'Chizi' Aceda 8 pm  
**Saturday 30 | 11**  
**K1 Klubhouse**  
 James Jozee And The Gogosimo  
 Band  
**Sunday 01 | 12**  
**Captain's Terrace Restaurant**  
 Irie Nairobi: World AIDS Day Positivity  
 Concert 3 pm  
**Signature Auditorium Western Heights**  
 Junior Chamber Orchestra presents  
 That's Christmas For Me 3 pm  
**Friday 13 | 12**  
**Sankara**  
 Gogosimo Band Live

**ROOTS INTERNATIONAL PRESENTS**  
 A RITE OF ORIGINAL ACROBATIC, JAZZ, BLUES AND SOUL MUSIC BY KENYA'S FINEST ARTISTS  
**THURSDAY NITE**  
 LIVE @ J'S WESTLANDS  
 NOVEMBER 28  
 FEATURING: DAN 'CHIZI' ACEDA  
 LIVE IN CONCERT!  
 FRM 8-11PM

**ROOTS INTERNATIONAL PRESENTS**  
 A RITE OF ORIGINAL ACROBATIC, JAZZ, BLUES AND SOUL MUSIC BY KENYA'S FINEST ARTISTS  
**THURSDAY NITE**  
 LIVE @ J'S WESTLANDS  
 NOVEMBER 28  
 FEATURING: DAN 'CHIZI' ACEDA  
 LIVE IN CONCERT!  
 FRM 8-11PM

EDUCATION

**18 to 22 | 11**  
**University Of Nairobi**  
 Supercamp Kenya's Success Summit  
 8 am

LIVE MUSIC / CONCERT

**13 | 12 & 14 | 12**  
**Two Rivers Mall**  
 Nairobi Mega Open House 2019 -  
 Home, Roast, Jazz with Some Of The  
 Best Jazz Artists In East Africa 9 am  
**Saturday 07 | 12**  
**All Saints Cathedral**  
 Nairobi Music Society Christmas  
 Concert 7 pm  
**Sunday 08 | 12**  
**AIC Milimani**  
 Sunday School Christmas Carols  
**Sunday 15 | 12**  
**East Assembly Church**  
 Mfalme Christmas Concert by Touching  
 Heaven Family 1.30 pm  
**POETRY & MUSIC**

**Friday 29 | 11**  
**Michael Joseph Centre**  
 The Poetry Experience 4 pm  
**GALA**  
**Thursday 21 | 11**  
**The Carnivore Restaurant**  
 Mashujaa 2019 Gala 6 pm  
**SHOPPING**  
**07 & 08 | 12**  
**Bomas Of Kenya**  
 Mega Market and Xmas Food Fair  
**BEAUTY & FASHION**  
**15 to 17 | 11**  
**Laico Regency**  
 Africa Kids Fashion Week 10 am  
**Thursday 21 | 11**  
**Hornbill Rongai**  
 Ubuntu Refugee Charity Fashion Walk  
 7.30 pm  
**Saturday 30 | 11**  
**Nairobi Railways Museum**  
 Birianshaq Fashion Show 6 pm  
**Saturday 07 | 12**  
**Tribe Hotel**  
 Tribal Chic 2019 7 pm

**Birianshaqs**  
 Fashion Show  
 Afro fashion, creating a style of our national  
 heritage with a touch of western culture.  
 ACTIVITIES  
 Live photography, Live stream,  
 runway, Art gallery, Entertainment,  
 Food & drink available.  
 Time: 6pm - 10pm  
 2 NAIROBI RAILWAYS MUSEUM  
 2019 NOVEMBER 30  
 TICKETS AVAILABLE AT THE GATE

**FLEA MARKET**  
**Every Sunday**  
**K1 Klubhouse**  
 Sunday Flea Market 10 am  
**GALA**  
**Thursday 21 | 11**  
**The Carnivore Restaurant**  
 Mashujaa 2019 Gala 9 pm  
**MUSEUM**  
**Saturday 07 | 12**  
**Nairobi National Museum**  
 Money At The Museum: Visit To The  
 Museum Gallery | Story Telling | Arts  
 And Crafts 10 am  
**Saturday 14 | 12**  
**Nairobi National Museum**  
 The Museum's Cycles Of Life: Visit To  
 The Museum Gallery | Story Telling |  
 Arts And Crafts 10 am

**15 & 16 | 11**  
**Muthaiga Country Club**  
 Mrs Lucy Goes To Africa 6.30 pm  
**Saturday 30 | 11**  
**McMillan Memorial Library Nairobi**  
 Lahani: An Acoustic Musical  
 Showcase 2 pm  
**FESTIVAL**  
**20 to 22 | 11**  
**Michael Joseph Centre**  
 Out Of Africa International Film  
 Festival 5th Edition 9 am  
**21 to 24 | 11**  
**Western Heights**  
 The Kenya International Sports Film  
 Festival 7 pm  
**Saturday 23 | 11**  
**Diamond Plaza II**  
 Afro Fest Global - Music - Food -  
 Comedy - Games - Fashion - Dance  
 with Naira Marley 7 pm  
**27 to 29 | 11**  
**National Museum of Kenya**  
 Sherekea III - Israeli Film Festival  
**Saturday 30 | 11**  
**Ngong Racecourse**  
 Nairobi Food Festival 10 am  
**Saturday 07 | 12**  
**Karen Village**  
 Kijiji Festival - A Body Art, Food,  
 Music, Live Movie Themed Gig

MUSICAL

**NOVEMBER 2019**  
**MRS LUCY**  
 GOES TO AFRICA  
 American Meets African. A play about Mrs. Lucy, an elderly American woman  
 who learns a right thing when she goes to Hollywood but lands in Kenya.  
 HOW DID SHE MAKE THIS HAPPEN?  
 American Meets African. A play about Mrs. Lucy, an elderly American woman  
 who learns a right thing when she goes to Hollywood but lands in Kenya.  
 HOW DID SHE MAKE THIS HAPPEN?  
 American Meets African. A play about Mrs. Lucy, an elderly American woman  
 who learns a right thing when she goes to Hollywood but lands in Kenya.  
 HOW DID SHE MAKE THIS HAPPEN?

**STAGE**  
**Monday 18 | 11**  
**Michael Joseph Centre**  
 Monologues Night: Monologues -  
 Music - Spoken Works - Contemporary  
 Dancers 4 pm  
**Saturday 30 | 11**  
**Goethe Institut Auditorium**  
 Artistic Encounters with John Dennis  
 Renken And Alamin Somo  
**CAR SHOW**  
**Sunday 01 | 12**  
**Two Rivers Mall**  
 Nairobi Sunset Gt Car Show - 2019  
 Final Awards Edition 11 am

**FAIRS & EXPOS**  
**21 to 24 | 11**  
**Two Rivers Mall**  
 Beauty & Health Expo 9 am  
**22 to 24 | 11**  
**Marula Manor**  
 Xmas Box  
**Friday 29 | 11**  
**Westgate Shopping Mall** 10 am  
 The Pishi Indo - Chinese Food Expo  
**29 | 11 to 01 | 12**  
**The Hub Karen** 10 am  
 Handcrafted in Kenya Trade Fair  
**Sarit Expo Centre**  
 B2B Expo 10 am  
**30 | 11 & 01 | 12**  
**Syokimau Railway Station**  
 Syokimau Trade Expo 2019  
**Friday 06 | 12**  
**Pembroke House Preparatory**  
 School  
 Christmas Craft Fair 10 am  
**Saturday 07 | 12**  
**Sarit Centre**  
 The Movie Jabber Expo 2019  
**07 & 08 | 12**  
**Two Rivers Mall**  
 All Things Women Expo 10 am  
**07 & 08 | 12**  
**Bomas of Kenya**  
 Mega Market & Xmas Food Fair 10 am

**BALLET**  
**Sunday 01 | 12**  
**Oshwal Centre Auditorium**  
 The Nutcracker 1 pm  
**Saturday 07 | 12**  
**The Kenya National Theatre**  
 The Nutcracker 1 pm, 4.30 pm & 7 pm  
**all events without warranty**

FESTIVAL

**20 to 22 | 11**  
**Michael Joseph Centre**  
 Out Of Africa International Film  
 Festival 5th Edition 9 am  
**21 to 24 | 11**  
**Western Heights**  
 The Kenya International Sports Film  
 Festival 7 pm  
**Saturday 23 | 11**  
**Diamond Plaza II**  
 Afro Fest Global - Music - Food -  
 Comedy - Games - Fashion - Dance  
 with Naira Marley 7 pm  
**27 to 29 | 11**  
**National Museum of Kenya**  
 Sherekea III - Israeli Film Festival  
**Saturday 30 | 11**  
**Ngong Racecourse**  
 Nairobi Food Festival 10 am  
**Saturday 07 | 12**  
**Karen Village**  
 Kijiji Festival - A Body Art, Food,  
 Music, Live Movie Themed Gig

**KIJIKI FESTIVAL**  
 A BODY ART, FOOD, MUSIC, LIVE MOVIE THEMED GIG  
**7th DECEMBER**  
 2PM - 11PM  
 VENUE: KAREN VILLAGE  
 NOONG ROAD  
 ENTRY: MALE: 1000/-  
 LADIES: 500/-  
 YOU GET ACCESS TO FOOD TASTING & BITINGS | GLOW IN THE DARK FREE BODY  
 ART PAINT | LIVE MOVIE SCREENING | BOWTIE AREA | BODY ART SHOWCASE  
 RUNWAY | LIVE BAND | POETS | ART VENDORS SHOWCASE  
 For Partnerships Email: Live@buagency@gmail.com  
 BUY TICKETS VIA MPESA Or Via mookh.com  
 Creative  
 Marketing  
 Agency  
 mookh.com

**Neibaz Ice Lounge**  
 Euphoria Music Festival 2 pm  
**Sunday 08 | 12**  
**The Waterfront Karen**  
 Family Fest VII - with Music | Food |  
 Grills | Games | Comedy | Live Graffiti  
 | Make Up Art | Jump Rope  
 Competition 10 am  
**10 & 11 | 12**  
**The National Museum**  
 Unganisha Festival Uniting Cultures

**THEATRE**  
**Friday 15 to 17 | 11**  
**Kenya National Theatre**  
 Voices of The Unknown 3 pm & 7 pm  
**DANCE**  
**Saturday 30 | 11**  
**Kenyatta International Convention**  
 Centre  
 Katika Dance Festival 2019 9 am  
**COMEDY**  
**Wednesday 11 | 12**  
**Alliance Française**  
 Teacher Wanjiku Celebrating 10 Years  
 In Comedy 5 pm  
**BEAUTY PAGEANT**  
**Friday 22 | 11**  
**Meilii Hotel Ishtar Wellness Center**  
 Miss And Mr Ishtar  
**CHARITY**  
**Saturday 30 | 11**  
**German Embassy**  
 Maro Designs at the German Charity  
 Bazaar 11 am

NIGHTLIFE & ENTERTAINMENT

**Friday 15 | 11**  
**PAWA Café**  
 Timryan + MC Omentality 4 pm  
**Encore Nairobi**  
 Ketchup Live at Encore 7 pm  
**Deja Vu Lounge**  
 Friday After Work with DJ Joe Mfalme  
**Saturday 16 | 11**  
**Impala Club Pavilion** 12 pm  
 Scope Festival with DJ Joe Mfalme  
**The Alchemist Bar**  
 Kenya Nights pres. D. Jeff | La Dave |  
 Suraj | Dylan-S DJ Kace 9 pm  
**Bourbon Bridge Lounge**  
 Saturday Night Live with DJ Joe  
 Mfalme  
**Club Thunder**  
 Ohangla Vibes with Elisha Toto  
**Tuesday 19 | 11**  
**Anghiti Hall, New Rehema House**  
 Havana Ladies Party 11 am  
**Saturday 23 | 11**  
**Trademark Hotel Village Market**  
 Zack Knight Live in Nairobi 10 pm  
**Captain's Terrace Restaurant**  
 ADUMA 1st Anniversary With Prince  
 Kaybee | DJ Raoul | DJ Kace | Panik |  
 Kori-K | Onedown | Vidza 3 pm  
**The Alchemist Bar** 6 pm  
 Kenyan Juice 2 with Sailors |  
 Wakadinali | Chris Kaiga | Vallerie  
 Muthoni | Breeder Lw | Ochungulo  
 Family | VDJ Jones | DJ Hace |  
 Boondocks Gang and many more

**KENYAN JUICE 2**  
 ALCHEMIST BAR, 23RD NOV, 6PM-6AM  
 SAILORS  
 WAKADINALI  
 CHRIS KAIGA  
 VALLERIE MUTHONI  
 BREEDER LW  
 OCHUNGULO FAMILY  
 VDJ JONES  
 DJ HACE  
 BOONDOCKS GANG  
 AND MANY MORE  
 FOR TICKETS DIAL \*229\*24#  
 ADVANCE - 1000 , GATE - 1500  
 Infinix | Boomplay | M8CINA | Momo | DESK | KACAT

**Wednesday 27 | 11**  
**Ankole Grill**  
 DJ Wednesdays with DJ D-Lite 6 pm  
**Mercado - Mexican Kitchen And Bar**  
 One Night Kizomba Party 7 pm  
**Saturday 30 | 11**  
**The Alchemist Bar**  
 Sounds of Sasaak - the Launch with  
 Armonica | Xetiosoul | Suraj | Dylan -  
 S | Fozzak | Euggy 8 pm  
**Saturday 07 | 12**  
**The Carnivore Restaurant**  
 Reminisce Soul Factory V - Nairobi's  
 Funkiest Night 8 pm

**ARTS EVENTS & EXHIBITIONS**  
**Saturday 30 | 11**  
**One Stop Arcade, Karen**  
 Motions & Emotions Art Gallery - Exhi-  
 bition: Miguella Mahuton's Paintings,  
 Artcraft from West, East and Central  
 Africa 5 pm  
**11 | 12 to 23 | 12**  
**Circle Art Gallery** 10 am  
 End Of Year Exhibition - Michael Soi  
**PANTOMIME**  
**Saturday 14 | 12**  
**Timau Sports Club**  
 Jack And The Beanstalk

FUN GALORE

Mombasa & Coast Event Guide November / December 2019 - powered by wh@t's on mombasa

NIGHTLIFE & ENTERTAINMENT

**Mondays**  
**Club Hypnotica Nyali**  
 BYOB - Bring Your Own Bottle  
**Club Zero 4**  
 Corporate Night with DJ Masha | DJ  
 Mems | DJ Eddirah  
**New Gisons Hotel**  
 Mellow Mondays  
**Tuesdays**  
**Club Hypnotica Nyali**  
 Cocktails and Babes  
**Wednesdays**  
**Sky Lounge Bamburi**  
 Romantic Wednesdays with DJ Zynoh  
 | DJ Boss +254  
**Thursdays**  
**Bunga Bunga Nyali**  
 Uptown Reggae Thursdays with MC  
 Warrior | DJ Smatter | Archy Kawere  
**Club Hypnotica Nyali**  
 Miss Bum Bum Thursday with  
 Chapatizo | DJ Hans  
**Club Zero 4 Mombasa**  
 Dread Waves Reggae with DJ Daddy  
 Silk | MC Blackroze | DJ Max  
**Danka Lounge & Grill Mtwapa**  
 Reggae Thursdays with Seleka Adam  
 | DJ Ronyle | DJ Jamm  
**Minalove Lounge Moi Avenue**  
 Reggae Night with Junior Hevo  
**Pina Colada**  
 Rhumba Night with DJ Hassan | DJ  
 Burns | DJ Omy  
**Fridays**  
**Club Zero 4 Mombasa**  
 Whiskey Fridays with DJ Masha | DJ  
 Mems | DJ Eddirah  
**Dekis Lounge Nyali**  
 Girls In The City  
**Sheba Lounge**  
 Friday Night Live



**Wednesdays**  
**Bunga Bunga Nyali**  
 Exotic Wednesdays with DJ Geeps |  
 DJ Marley  
**Danka Lounge Mtwapa**  
 Ladies Night with DJ Shina  
**Dekis Lounge Nyali**  
 Ladies Night  
**The Lounge Nyali**  
 Ladies Night with DJ Kev Kenya  
**Klub Zero 4 Mombasa**  
 Girls & Cocktails with DJ Eddirah | DJ  
 Masha | DJ Mems | DJ Mista Vice  
**Wednesdays**  
**New Samba Sports Bar Bamburi**  
 Ladies Night with DJ Empire

**EXOTIC WEDNESDAYS**  
 DJ GEEPS  
 DJ MARLEY  
 BUNGA BUNGA  
**Saturdays**  
**Bunga Bunga Nyali**  
 Prime Fridays with Anita Santuri  
**New Gisons Hotel**  
 Tusker Na Nyama with DJ G Prince  
**Sundays**  
**Bunga Bunga Nyali**  
 Hang Down Sundays with DJ Geeps |  
 DJ Marley  
**Club Zero 4**  
 165 Sundays with DJ Mista Vive | DJ  
 Eddirah | DJ Mems | DJ Masha  
**Sheba Lounge Nyali**  
 Sheba Sunday BBQ Party  
**New Gisons Hotel**  
 Rhumba Kikao with DJ C Mopao  
**Tapas Cielo Nyali**  
 Sunday Afternoon Affair with DJ Elec-  
 tric | A | The DJ | DJ Flaxx | DJ Blaiz

**FUN & FAMILY**  
**Sundays**  
**Amigos Beach Bar Diani Beach**  
 Sunday Family Outing 2 pm  
**Garden Park Mtwapa**  
 Family Show 12 pm  
**LEISURE**  
**Thursdays**  
**Sheba Lounge Nyali**  
 Quiz Night  
**Saturdays**  
**Piri Piries Bar & Restaurant Diani**  
 Petanque 3 pm  
**whats-on-mombasa.com**  
**whats-on-nairobi.com**

NIGHTLIFE & ENTERTAINMENT

**Wednesdays**  
**Sky Lounge Bamburi**  
 Romantic Wednesdays with DJ Zynoh  
 | DJ Boss +254  
**Thursdays**  
**Bunga Bunga Nyali**  
 Uptown Reggae Thursdays with MC  
 Warrior | DJ Smatter | Archy Kawere  
**Club Hypnotica Nyali**  
 Miss Bum Bum Thursday with  
 Chapatizo | DJ Hans  
**Club Zero 4 Mombasa**  
 Dread Waves Reggae with DJ Daddy  
 Silk | MC Blackroze | DJ Max  
**Danka Lounge & Grill Mtwapa**  
 Reggae Thursdays with Seleka Adam  
 | DJ Ronyle | DJ Jamm  
**Minalove Lounge Moi Avenue**  
 Reggae Night with Junior Hevo  
**Pina Colada**  
 Rhumba Night with DJ Hassan | DJ  
 Burns | DJ Omy  
**Fridays**  
**Club Zero 4 Mombasa**  
 Whiskey Fridays with DJ Masha | DJ  
 Mems | DJ Eddirah  
**Dekis Lounge Nyali**  
 Girls In The City  
**Sheba Lounge**  
 Friday Night Live

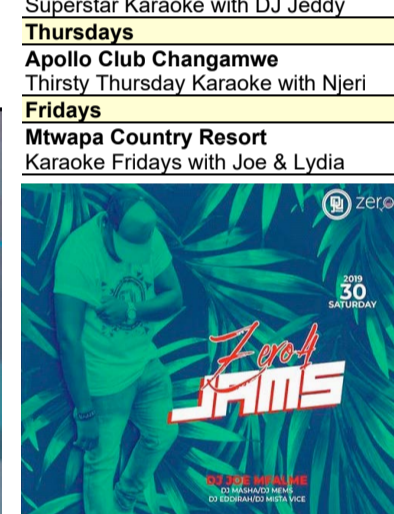


**LIVE KARAOKE CONTEST**  
 WITH JUUKUA THE BAND  
 1st Prize 5000 Drinks Voucher  
 2nd Prize 3000 Drinks Voucher  
 3rd Prize 1000 Drinks Voucher  
 Open  
 Buy a drink and the band  
 sings you FREE! U Choose  
 EVERY WEEKEND  
**Club Zero 4**  
 MOMBASA

**Saturdays**  
**Bunga Bunga Nyali**  
 Prime Fridays with Anita Santuri  
**New Gisons Hotel**  
 Tusker Na Nyama with DJ G Prince  
**Sundays**  
**Bunga Bunga Nyali**  
 Hang Down Sundays with DJ Geeps |  
 DJ Marley  
**Club Zero 4**  
 165 Sundays with DJ Mista Vive | DJ  
 Eddirah | DJ Mems | DJ Masha  
**Sheba Lounge Nyali**  
 Sheba Sunday BBQ Party  
**New Gisons Hotel**  
 Rhumba Kikao with DJ C Mopao  
**Tapas Cielo Nyali**  
 Sunday Afternoon Affair with DJ Elec-  
 tric | A | The DJ | DJ Flaxx | DJ Blaiz

KARAOKE

**Mondays**  
**Casablanca Moi Avenue**  
 Karaoke Mondays  
**Tuesdays**  
**Danka Lounge & Grill Mtwapa**  
 Karaoke Night with Samantha  
**Dekis Lounge**  
 Nyama Choma & Karaoke with Titia  
 Tola  
**Klub Zero 4**  
 Live Band Karaoke with Juukua The  
 Band  
**Palm City grill**  
 Midweek Madness Karaoke with Archy  
 Kawere | DJ Lenium  
**Wednesdays**  
**Club Hypnotica Nyali**  
 Live Karaoke Contest with Juukua The  
 Band  
**Bidi Badu Restaurant Diani**  
 Karaoke Night  
**Palm City Grill Bamburi**  
 Midweek Madness Karaoke with  
 Archie Kawere | DJ Lenium  
**Pina Colada Lounge and Grill Diani**  
 Beach  
 Superstar Karaoke with DJ Jeddy  
**Thursdays**  
**Apollo Club Changamwe**  
 Thirsty Thursday Karaoke with Njeri  
**Fridays**  
**Mtwapa Country Resort**  
 Karaoke Fridays with Joe & Lydia



**LIVE MUSIC**  
**Tuesdays**  
**Safari Inn Shanzu Tourist Road**  
 Maranda & Band  
**Sheba Lounge Nyali**  
 Mombasa Roots Band  
**Wednesdays**  
**Club Hypnotica Nyali**  
 Juukua The Band  
**Danka Grill & Lounge Mtwapa**  
 Generations Band Live  
**Eagle Nest Mtwapa**  
 Maranda & Band  
**Thursdays**  
**Club Legend Mtwapa**  
 Ricky Mulolo & Band  
**Fridays**  
**Safari Inn Shanzu Tourist Road**  
 Jamba Africa Band  
**Lambada Sports Bar & Lounge**  
**Mtwapa**  
 Bangoo Night with Utamaduni Band  
**Saturdays**  
**Club Legend Mtwapa**  
 Ricky Mulolo & Band  
**Sundays**  
**Club Hypnotica Nyali**  
 Sunday Plan with Juukua The Band  
**CHRISTMAS FAIR**  
**Saturday 30 | 11**  
**Baharo Beach Hotel Nyali**  
 Christmas Crafts Fair 10 am  
**FUN**  
**Saturday 30 | 11**  
**Mombasa Go-Kart Shanzu**  
 Backyard Hunger Games - Go-Karting  
 + Paintball Combo 1 pm

**Friday 15 | 11**  
**Distant Relatives Kilifi**  
 Disco Vumbi with Alai K | David  
 Tinning | Kūriba 5 pm  
**Friday 29 | 11**  
**Azura Nyali**  
 Hollapalooza Party 6 pm  
**Saturday 30 | 11**  
**Klub Zero 4**  
 Zero 4 Jams with DJ Joe Mfalme | DJ  
 Masha | DJ Eddirah | DJ Mista Vice  
**MARKET**  
**30 | 11 to 01 | 12**  
**Serena Beach Resort & Spa Shanzu**  
 Beach  
 X-Mas Beach Market 10 am  
**CHESS**  
**06 to 09 | 12**  
**Lighthouse Chess Club Mombasa**  
 Lighthouse East Africa Junior Open  
 8 am  
**CONFERENCE**  
**02 & 03 | 12**  
**JCC Bamburi Centre, Station Road**  
 Annual International & Intercontinental  
 Pastors' & Leader' Conference: Word  
 Explosion Summit 9 am  
**02 & 03 | 12**  
**Pridelinn Paradise Beach Resort**  
 Shanzu 8.30 am  
 4th Regional BDS Conference  
**COURSES & LECTURES**  
**03 to 06 | 12**  
**Sarova Whitesands Beach Resort &**  
**Spa Bamburi**  
 26th Eastern Africa Resource  
 Mobilisation Workshop  
**SPORTS FESTIVAL**  
**Saturday 23 | 11**  
**Likoni**  
 Sports Na Sanaa Festival 2019  
**GOLF**  
**05 to 08 | 12**  
**Vipingo Ridge**  
 Magical Kenya Ladies Open 8 am  
**WOMEN**  
**Friday 22 | 11**  
**Tudor Water Sports Hotel Mombasa**  
 DOZ Mombasa Ladies Dinner 8 am  
**BIKERS**  
**11 to 15 | 12**  
**Coast Riders Mombasa**  
 Coast Riders East Africa Bikers Week  
**BEACH SOCCER**  
**28 to 30 | 11**  
**Watamu Beach Grounds**  
 Katambe Cup Tournament, Winning  
 Team - Ticket to Italy  
**EXHIBITION**  
**Saturday 30 | 11**  
**Alliance Française Nyali**  
 Kids Red Carpet Art Exhibition 6.30 pm

NIGHTLIFE & ENTERTAINMENT

**Friday 15 | 11**  
**Distant Relatives Kilifi**  
 Disco Vumbi with Alai K | David  
 Tinning | Kūriba 5 pm  
**Friday 29 | 11**  
**Azura Nyali**  
 Hollapalooza Party 6 pm  
**Saturday 30 | 11**  
**Klub Zero 4**  
 Zero 4 Jams with DJ Joe Mfalme | DJ  
 Masha | DJ Eddirah | DJ Mista Vice  
**MARKET**  
**30 | 11 to 01 | 12**  
**Serena Beach Resort & Spa Shanzu**  
 Beach  
 X-Mas Beach Market 10 am  
**CHESS**  
**06 to 09 | 12**  
**Lighthouse Chess Club Mombasa**  
 Lighthouse East Africa Junior Open  
 8 am  
**CONFERENCE**  
**02 & 03 | 12**  
**JCC Bamburi Centre, Station Road**  
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 Explosion Summit 9 am  
**02 & 03 | 12**  
**Pridelinn Paradise Beach Resort**  
 Shanzu 8.30 am  
 4th Regional BDS Conference  
**COURSES & LECTURES**  
**03 to 06 | 12**  
**Sarova Whitesands Beach Resort &**  
**Spa Bamburi**  
 26th Eastern Africa Resource  
 Mobilisation Workshop  
**SPORTS FESTIVAL**  
**Saturday 23 | 11**  
**Likoni**  
 Sports Na Sanaa Festival 2019  
**GOLF**  
**05 to 08 | 12**  
**Vipingo Ridge**  
 Magical Kenya Ladies Open 8 am  
**WOMEN**  
**Friday 22 | 11**  
**Tudor Water Sports Hotel Mombasa**  
 DOZ Mombasa Ladies Dinner 8 am  
**BIKERS**  
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**Coast Riders Mombasa**  
 Coast Riders East Africa Bikers Week  
**BEACH SOCCER**  
**28 to 30 | 11**  
**Watamu Beach Grounds**  
 Katambe Cup Tournament, Winning  
 Team - Ticket to Italy  
**EXHIBITION**  
**Saturday 30 | 11**  
**Alliance Française Nyali**  
 Kids Red Carpet Art Exhibition 6.30 pm

**Friday 22 | 11**  
**Tudor Water Sports Hotel**  
 DOZ Mombasa Ladies Dinner  
**PARKOUR JAM**  
**14 & 15 | 12**  
**Mombasa**  
 National Parkour Jam 10 am  
**NATIONAL PARKOUR JAM**  
 You are most welcome  
 14 dec 2019  
 10am Introduction  
 3pm Jam  
 Fort Jesus  
 Old town  
 15 dec 2019  
 10am Jam  
 2pm Jam  
 10-11pm water and lunch  
 16-17 dec 2019  
 10-11pm Jam  
 12-13 dec 2019  
 10-11pm Jam  
 14-15 dec 2019  
 10-11pm Jam

**Lamu Cultural Festival**  
 Mstahiki Gavana FAHIM TWAHA anawailika  
 wote kwenye sherehe za kitamaduni za Lamu  
**12TH - 16TH DEC. 2019**



WOMEN

**Friday 22 | 11**  
**Tudor Water Sports Hotel**  
 DOZ Mombasa Ladies Dinner  
**PARKOUR JAM**  
**14 & 15 | 12**  
**Mombasa**  
 National Parkour Jam 10 am  
**NATIONAL PARKOUR JAM**  
 You are most welcome  
 14 dec 2019  
 10am Introduction  
 3pm Jam  
 Fort Jesus  
 Old town  
 15 dec 2019  
 10am Jam  
 2pm Jam  
 10-11pm water and lunch  
 16-17 dec 2019  
 10-11pm Jam  
 12-13 dec 2019  
 10-11pm Jam  
 14-1

PHOTO STORIES

Je Je Shri Vraj Kumarji Mahodaysri from India graced Nakuru Shri Krishna Temple on 23rd September 2019, where the program started with a video clip of the Pushtimarg events that are taking place around the world, which was followed by Pravachan, and Mhparasadi Dinner for all. During the two days stay in Nakuru, several Padhramni were carried out, and 10 Brahmasambandh given,



RECEIPIES

Refreshing Salad for the Hot Season

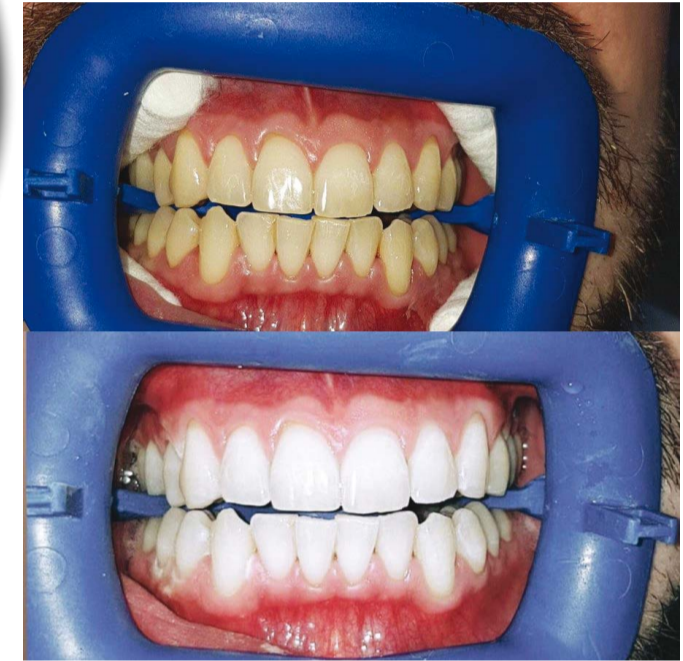
- 2 large (red or yellow) tomatoes cored and cut into 3/4-inch pieces
- 1 medium size watermelon, trimmed of rind and cut into 3/4-inch pieces
- 6 Tablespoons extra-virgin olive oil
- 2 Tablespoons red wine vinegar
- ¼ teaspoon crushed red pepper flakes
- 250 grams feta cheese, cut into 3/4-inch pieces
- Salt to taste

Garnish with fresh mint leaves  
In a large serving bowl, combine the tomatoes, watermelon. In a small bowl, whisk the oil, vinegar, red pepper flakes. Pour over the tomato mixture and toss well. Let the mixture sit for 15 minutes at room temperature.  
Fold in the feta and toss well.  
Serve, sprinkled lightly with salt (to taste).



Dental Health: Oral Hygiene Care and Maintenance

Dental Health: Dental Caries



**Definition**  
Dental caries or dental decay is a sugar dependant infectious disease. Acid is produced as a by-product of metabolism of dietary carbohydrate by bacteria in plaque. This results in a drop in pH at the tooth surface leading to demineralization of enamel.

caused by exposure to hot, cold or sweet foods occur once the cavity has reached the dentine. A toothache indicates that the decay has progressed enough to allow the bacteria to overwhelm the pulp tissue. Death of the pulp tissue can occur as a consequence and can lead to a swelling and abscess formation.

**Contributing factors of dental decay**

Dental caries is a multifactorial disease. Four (4) main factors must be present for decay to occur:

- 1) **The host (Tooth and Saliva)**  
The morphology and position of the tooth can make it susceptible to decay. The composition, pH, quantity and viscosity of saliva influence the initiation of caries.
- 2) **Microflora (Micro-organisms)**  
Certain micro-organisms present in the oral cavity produce acids that leads to caries of the enamel, dentine and the cementum.

**Treatment and Prevention**

The main treatment option for a tooth cavity is to remove the decay and restore the tooth with a filling. Extensive tooth decay may necessitate a crown, root canal treatment or even extraction of the tooth. Fluoride is known to slow down the process of demineralization thereby reducing dental decay. Use of fluoridated toothpastes can help prevent decay in adults. However, excessive fluoride use in young children can be detrimental and can lead to dental fluorosis.

- 3) **Substrate (diet)**  
Diet refers to the food we take. The main ingredient is carbohydrate in the foods we consume. The type of carbohydrate, frequency of intake and time of stagnation determines the caries process.
- 4) **Time**  
The frequency with which teeth are exposed to cariogenic (acidic) environments affect the likelihood of caries development.

Pit and fissure sealants are a safe and effective way to prevent dental caries on vulnerable tooth surfaces in adults and children. All in all, it is important to maintain a good oral hygiene and have a healthy diet in order to prevent dental decay.

We hope to enlighten you on Dentine Hypersensitivity in the next MADAFU magazine.

**Signs and Symptoms**  
Early signs of dental caries may appear as a white spot on the tooth surface which indicates an area of enamel demineralization. As it progresses, it turns brown and cavitation starts. Sensitivity

I take this opportunity to wish a Happy Diwali and a prosperous New Year to all those who are celebrating this auspicious event.

**Dr. Luvay Hamid**  
Dental & Implant Surgeon at Royal Crown Dental Care (Mombasa)  
For enquiries: luvayhamid@hotmail.com

Eggless, Butterless, Milkless Cake



- 2 cups brown sugar
- 2 cups hot water
- 2 tablespoons shortening
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 3 cups all purpose flour
- 1 teaspoon soda
- 1 package seedless raisins

Boil together the sugar, water, shortening, salt, raisins, and spices for 5 minutes. When cold, add flour and soda dissolved in a teaspoonful of hot water. This makes 2 loaves. Bake about 45 minutes in a 325 degrees F. oven. This cake is of good texture and will keep moist for some time.

Gibson, Josephine, ed., Wartime Canning and Cooking Book, (NP: Vital Publishing, 1943).



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- **Dog Patrols**
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# Waswahili and the Omani Dynasty in Kenya: 18th-19th century (Part 2).

As we had elaborated in my previous article on the subject- while referring to a report better known to some as the 'Sir James Robertson's Report' while others, who are considered well acquainted with the official title of the same, it is known as the 'Sessional Paper No.9 of 1961- 'The Kenya Coastal Strip Report of the Commissioner', which is also on record as to have been presented to the United Kingdom's parliament by the Secretary of State for the Colonies by Command of Her Majesty in December, 1963 and that it is available at Her Majesty's Stationery Office in London, there is much more than meets the eye and brain of any individual per se.

Writing in the above mentioned report on the historical background of the Coastal Strip (then) and its people, Sir James Robertson states on page 3, paragraph 8, that "Three continents have contributed to the history of the coastal area of what is now Kenya, and from those contributions has emerged the cosmopolitan population found there today, consisting of Africans, Arabs and Swahilis (including a small number of Bajuni, who now reside within the Protectorate though their lands are outside it), Asians and Europeans."

He goes on "Apart from the period of strong Portuguese influence in the sixteenth and seventeenth centuries, the presence of Europeans as residents is comparatively recent and can be measured in decades. This European population is mainly British."

However, on page 3, paragraph 9, he goes on to acknowledging the fact that "Arabs, Persians and Indians, on the other hand, have been present in the Coastal centres for as long as there is recorded history."

But, when he starts writing about the Waswahili at paragraph 10 on page 3, he says "There can be no doubt that in the narrow Coastal Strip itself there always was an indigenous population, more numerous than the Arabs, Asians and Europeans together, but of uncertain and changing tribal origins, and, in recorded knowledge, never sufficiently strong to be able to challenge the Arab or European overlordship."

These Africans, through intermarriage with the Arabs, became the ancestors of the Swahili people and helped to create their language. The major tribes, e.g. Giriama, Duruma, Digo and the Pokomo, now widely settled in the Coastal Strip are of more recent arrival and probably moved south from Somalia under pressure from the Gallas and then from the Somalis.

They have been settled in the Coast Province during the last two to five centuries but until recent years lived outside the actual Strip. Like the earlier African tribes they have never held, or until recently even seriously aimed at, overall political control."

Now, having acquainted ourselves with what Sir James Robertson has stated in his report to both the British Government as

well as the then Sultan of Zanzibar, let us move to what is the reality on the same in as far as the reality of the subject is concerned.

Unfortunately, it is hard, for many of the current generation to imagine, or even be convinced without proper authentic evidence, that before the arrival of the Portuguese, Arab and British colonial impacts, the entire coastal area from Mogadisho to Sofala was inhabited by one people who spoke one language (though in different dialects) and belonged to one culture and civilization. It is equally hard to convince even the so-called learned among us that these people were there before the birth of Jesus Christ or that of Prophet Muhammad (Peace be upon them all). How can one convince others that these people are those popularly known as the Waswahili who by then were neither Christian nor Muslim. The Waswahili were the people who moved along the coast and its immediate hinterland trading and exchanging values and traditions.

In fact, the historical Swahili coast was a string of settlements or towns in an otherwise sparsely and unevenly populated coastal strip.

These settlements were, indeed, city-states. And, as most authentic historical writers and archaeology would prove me right, some of the most important city-states that stood the test of time were Mombasa, Kilwa, Zanzibar, Pemba, Malindi, Lamu, Pate, and Siu. Thus, when people like Vasco da Gama and his Portuguese army arrived during the late 15th century, they found these city-states thriving. Indeed, these Swahili city-states were established trading powers in the sub-region.

They were enterprising, prosperous, independent, self-governing and very proud of their abilities to sustain themselves. They had their own systems of government which were meaningful to the people, responsive to their needs and aspirations and effective in solving their problems. They were not democratic in the modern liberal and pluralistic sense of the word, but certainly democratic in the sense of being responsive, responsible and accountable within the prevailing traditional Swahili setting.

Like the city-states of medieval Europe, the Swahili city-states fought amongst themselves, intrigued against each other and undermined one another, forged alliances among themselves against common external enemy or, if need be, against another city-state.

These Swahili city-states were essentially mercantile trading principalities, each jealous of its own trade and prosperity and envious of the prosperity of the next city-state.

And as they all traded, basically, with the same commodities, competition amongst themselves was inevitable, and conflicts of interest could not be avoided. Thus, they did fight wars against each other but, eventually, settled for peace without any outside interference or intermediaries. They could establish their own



'regional stability' through negotiations and reconciliations. It must also be remembered that the Swahili civilization reached its peak during the last two centuries before the Portuguese arrival in East Africa, namely between 1300 and 1500 A.D. The Waswahili, as a people, were then in control of their 'world' and destiny. We were the first people to be urbanized in this part of Africa.

We lived in stone-houses which we built to our own specifications and taste. And we decorated our houses with furniture, artifacts and other kinds of decorations unique to our Swahili culture. We imported luxury goods, like porcelain, silk, perfume, incense and exotic furniture from Persia, India and the Far East. Our Swahili homes were comfortable and comforting.

We (the Waswahili) attired ourselves with clothes of our own designs and tastes made from cloths manufactured by ourselves or imported from India, Persia, the Levant or China. We were literate, wrote prose and poetry, and our scribes recorded in writing the happenings of our towns, described the changing patterns of relationships between and amongst the city-states, in peace and in war; in general, we left for posterity and the world at large an impressive literature and a record of our activities, how we lived, worked, played, prayed and died. Because we were literate, we were able to nourish our culture and civilization. Literacy also enabled us to have contacts with the outside world at large.

In the course of the long and extensive interactions with other peoples the Waswahili developed formidable mercantile traditions: we were great sailors, traders and the most experienced and trusted middlemen in the trade between the East African Coast and its interior.

It was, indeed, the goods from the interior which attracted the foreign traders, like the Portuguese and the Arabs, to East Africa. And, our Waswahili forefathers mastered that trade. We, the Waswahili, created civilization based on settled urban life, with life-style and standards of living that equaled, and in some cases

rivalled, those of contemporary Europe. It is, however, noteworthy to remember that these city-states existed centuries before Christopher Columbus 'discovered' the Americas. Remember, in those days, the Red Sea was more of a link than a barrier between the peoples of Arabia and beyond. And, the Indian Ocean has always been an area of active trade between India, southern Arabia, the East African Coast, spreading to as far as Sumatra and China.

In this respect, the Indian Ocean was very different from the Atlantic before the arrival of Christopher Columbus. In other words, maritime trade in the Indian Ocean developed much earlier than in the Atlantic Ocean. Hence, naturally, as a mercantile trading people, we the Waswahili evolved our appropriate means of transportation. We designed and built the 'Mtepe' (a sewn Dhow), invented the triangle sail, and sailed along the Swahili Coast and beyond wherever the Monsoon winds took us in pursuit of trade and profit or mere adventure.

We visited other people in distant places and were ourselves visited by foreign traders and travelers. The visitors included Greeks, Arabs, Persians, Malays and Chinese. These contacts and exposure to other parts of the world enriched our Swahili culture, enhanced knowledge, skills and experience which could not have been obtained locally.

At the height of our civilization we the Waswahili, as may be with any other coastal people universally, were able to absorb the best from the outside world and at the same time retained the inner core of our values and civilization.

We were able to do this because we were self-confident and comfortable with our own culture and civilization. And as we were in control of our own affairs and destinies we could not be subverted by foreign powers or seduced by their culture, life-styles or values. But once the means by which we could control our affairs and destiny- our skills, ability and preeminence as middle-men in the trade along the Swahili Coast- were undermined and

finally destroyed, the Waswahili as a people experienced decline and were ultimately virtually destroyed as major economic or political actors. Indeed, it can be hereby said that this process began with the Portuguese naval forces, reinforced by the Omani Arabs and completed by the British colonial rule.

The Portuguese Period and its Legacy: As had articulated in my earlier writing on the same, the Portuguese history in East Africa (i.e. 15th-18th centuries) was/ and still is without doubt not a happy or in any way useful to the Waswahili as a people. The Portuguese, though always referred in our history books being taught in our schools as explorers, were, on the contrary, indeed very indiscriminate predators and plunderers. They were ruthless in their determination to monopolize the Indian Ocean route to the East and its lucrative trade on behalf of the Catholic Church.

With very powerful weapons, bigger and faster ships, they plundered and destroyed all that which was not useful to them, or appeared to be rivals. They arbitrarily called at the Swahili city-states for re-supply and tributes. And, if they were met with resistance or semblances of reluctance, brutal force was used. In this manner they extracted tributes from the prosperous Swahili city-states and, indeed, from all areas which were covered by the Swahili traders.

Historically, Mombasa was the most hostile city-state and the one that gave the Portuguese a lot of troubles. The Portuguese were never sure of the loyalty of the Mombasa Swahili people, whether in formal treaties of friendship or in maintaining a conventional 'civilized' state of peace between two civilized peoples.

The distrust between them was deep and profound. It was a real distrust between a foreign, brutal tyrant, and a self-respecting people who valued their freedom and way of life. And, because of that Mombasa suffered a lot from Portuguese punitive attacks. Only Malindi was friendly with Portuguese. But this was largely due to the fact that the two city-states were historic enemies and the King of Malindi befriended the Portuguese simply in order to use them as allies in future wars from there that they organized their plundering and punitive expeditions against the other city-states. In 1505 they invaded and pillaged Mombasa, Kilwa and Pate; and Mombasa again in 1528.

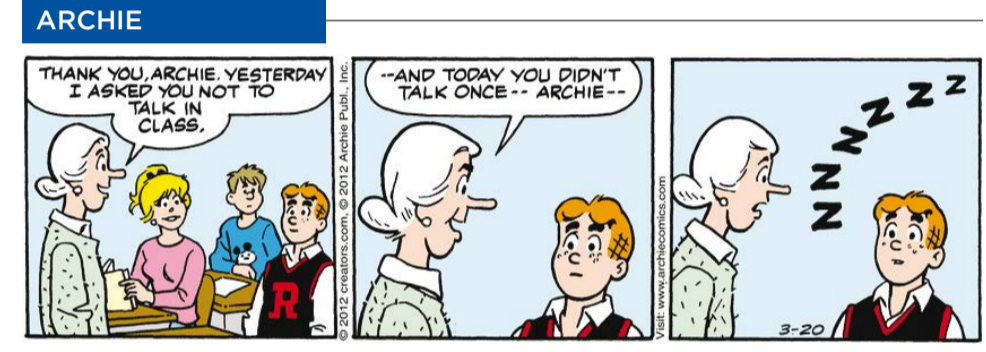
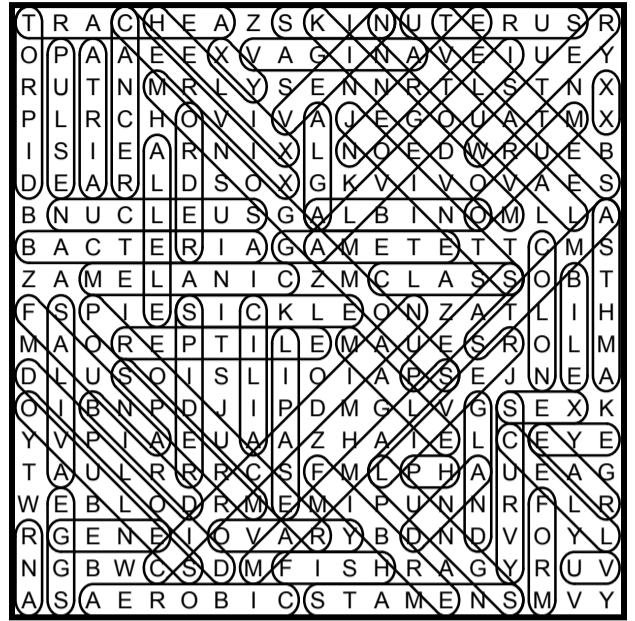
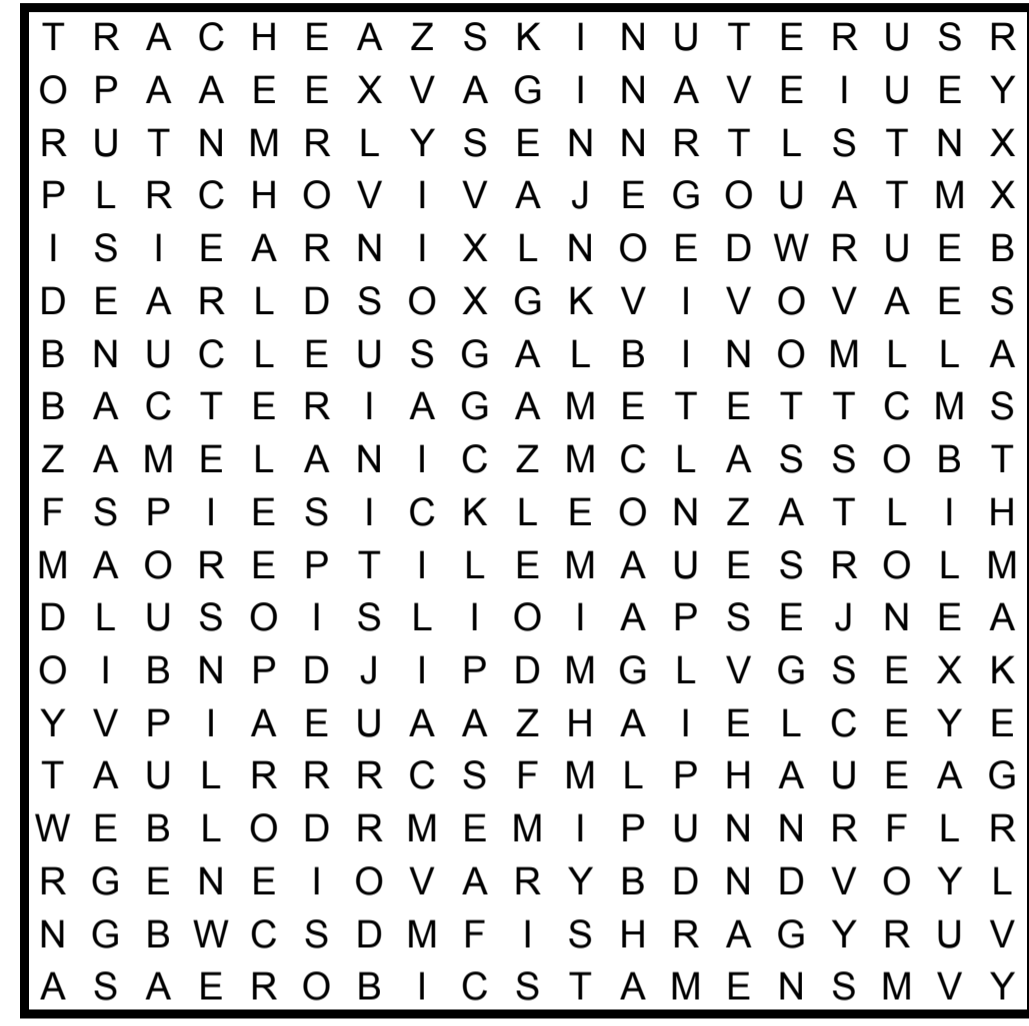
But, having said that, it is still imperative for all to remember that after a delegation from the coast visited Oman and requested the Omanis to help them defeat the Portuguese, the then Oman Sultan offered them assistance and succeeded.

However, while writing his report, Sir James Robertson stated that "In 1886 it was believed that the limits of the Sultan's mainland dominions were defined by agreement between Great Britain and Germany, namely, 'the

islands of Zanzibar and Pemba and the smaller islands within a radius of twelve nautical miles round those two islands, as well as the islands of Lamu and Mafia'. On the mainland the limit recognized was "a continuous line of coast from the Minegani River at the head of Tungi Bay to Kipini... The line has an internal depth of ten nautical miles from the coast, measured direct into the interior from highwater mark. The northern limit includes Kau, and to the north of Kipini the stations of Kismayu, Brava, Meurka, Mogadisho with a radius of ten nautical miles, and of Washeikh with a radius of five nautical miles". The western boundary of the Sultan's mainland domain was thus quite arbitrary arising from the need of the nineteenth century treaty-makers to define in as precise terms as possible that which did not exist even approximately. In the Agreement of 1886, Great Britain and Germany also agreed upon spheres of influence and these resulted in the settlement of a boundary between the British East Africa Protectorate and German East Africa, which still exists today as the boundary between Kenya and Tanzania.

On 24th May, 1887, the British East Africa Association received from H.H. the Sultan Seyyid Barghash bin Said of Zanzibar a concession for fifty years over all his mainland territories and dependencies from Vanga to Kipini inclusive, i.e. the present Coast Protectorate, for which they undertook to pay him the agreed sum of £11,000 a year. This was based on the estimated value of the Customs duties collected on the Kenya coast. The concession granted to the Association, the administration of these areas to be carried out in His Highness' name, under his flag and subject to his sovereign rights. It included the power to purchase public lands, levy taxes, appoint subordinate officers, pass laws for the government of the districts, establish Courts of Justice and exercise all the rights which the Sultan possessed over the lands in the whole of his territory on the mainland of Africa within the limits of the concession, only excepting the private lands or "shambas". Within the ten-mile strip as defined in the Agreement referred to above, the concessionaires flew the Sultan's flag and administered their concession in his name. But these limits did not mark the boundary of their activities. They sent their officers into the hinterland within the British sphere of influence, and made agreements with various tribes, and up to 1891 operated as far inland as Uganda, from which they withdrew in 1892. Shortly after obtaining their concession, the Association presented a petition to Her Majesty the Queen for the grant of a Charter. This petition was granted in 1888 and a Royal Charter was vested in the Association under the name of Imperial British East Africa Company. To be continued....

- Mr. Stambuil Abdullahi Nassir



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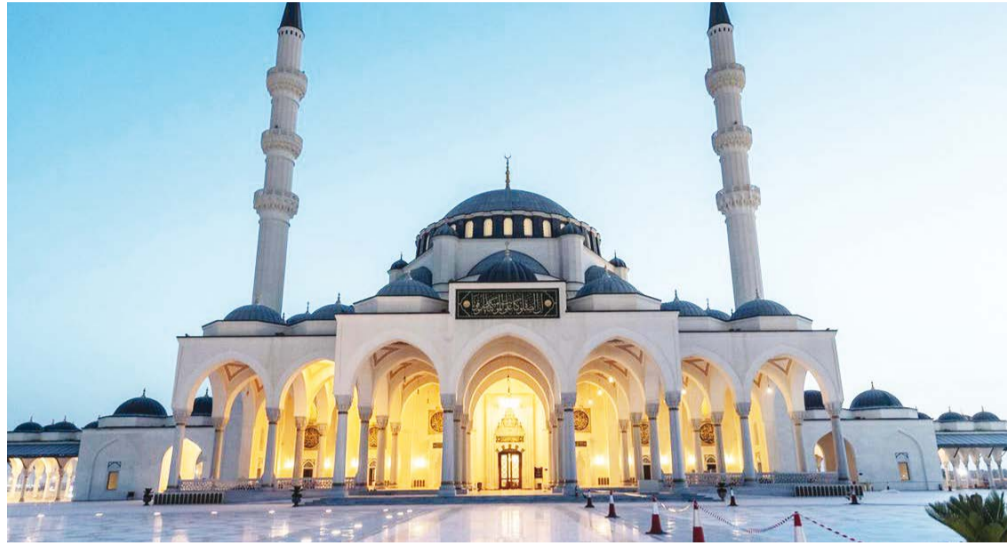
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# THE BEAUTY OF ISLAM SERIES: Islam – a complete way of life.



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Islam is an all-embracing way of life. It extends over the entire spectrum of life showing Muslims how to conduct all human activities in a wholesome and sound manner. It doesn't allow intermediaries between God and human beings and no complicated rituals or rites. Every Muslim can readily read and understand the Holy Qur'an which comes with the laws and follow in the footsteps of the final Prophet Muhammad (Peace Be Upon Him) to the best of his abilities and to the best of how God can allow him to do for not all of us are equal and God has assured Muslim believers that no one can bear beyond their ability;

"On no soul does Allah place a burden greater than it can bear." (2:286)  
Qur'an and the Prophetic traditions covers instructions in all aspect of a Muslims life; social, economical, political, ethical, national and even international.

In fact, the Prophetic traditions goes as far as providing the "how to" matters as simple as using the toilet : the supplications while entering and leaving the toilet, which hand to use while cleaning ourselves, and so forth. Take note that while you are doing all this, you are also getting rewards as earlier explained in the previous article.

**“**  
**In a nutshell, Islam governs a Muslim's life in all its aspects. This is the reason why it's not only a religion but also a complete way of life.**  
**”**

Islam doesn't recognize any separation between life and religion hence it openly rejects the saying, "Render unto Caesar what is Caesar's, and unto God what is God's" ; for everything should be dedicated to God alone and Muslims are required to submit themselves completely to the Will of God in all matters:  
"Say: "Truly, my prayer, my sacrifice, my living and my dying are for Allah, the Lord of the worlds. No partner has He: this am I commanded, and I am the first of those who submit to His Will."  
In a nutshell, Islam governs a Muslim's life in all its aspects. This is the reason why it's not only a religion but also a complete way of life.

# THE BEAUTY OF ISLAM SERIES: Every decent work is an act of worship



AHLAM MANSUR.

Muslims believe that the world is an entity created by God for meaningful purposes for He has never created anything without a purpose.  
"And We created not the heaven and the earth and all that between them, without purpose!"(38:27)  
The whole creation was never for idle play or sports. We are solely created for the acts of worship as God continues to say:  
"I have created not the jinn and the mankind except that they should worship Me." (51:56)  
Unfortunately, many people assume - including Muslims that worship is restricted to religious rituals such as fasting, prayers and alike whereas worship entails any good thing which is lovable and pleasing to God.  
The teachings of Islam encompasses all aspects of life therefore all human acts are considered acts of worship as long as they are under the guidelines of the religion.

Islam appreciates noble motives and honorable intentions behind all acts and rewards them abundantly.

The Prophet (Peace Be upon Him) said:  
"Actions are by intentions and every person will be rewarded

according to their intentions."(Al Bukhari and Muslim)  
Can you imagine a religion which rewards you by simply

intending to do something even before doing it? Does it even cross your wise minds that just by simply going to work, earning and feeding your family, you are rewarded?! Or rather just being a housewife who is dedicating herself to cooking, taking care of her kids and looking after her husband's affairs then she is abundantly rewarded? And hey, this is just a glimpse of the beauty of this loving and amazing religion of Islam which puts into consideration each and every hard work a person puts across.  
Daily lawful practices are turned into acts of worship and one is rewarded tremendously. Decent activities which do not involve cheating and deceiving people is but an act of worship, even having an intimate relationship with one's legally wedded wife is an act of worship.  
Worship is all inclusive and includes numerous things that many people mistakenly deem insignificant. The Prophet (Peace Be Upon Him) continues to say:  
"Receiving your brother with a smile is a form of charity, helping

a person to load his animals is a form of charity, and putting some water in your neighbor's bucket is a form of charity." (Al Bukhari)  
In another saying, He (Peace Be Upon Him) says: "Do not consider any act of goodness insignificant."(Al Bukhari)  
The thought that the concept of worship in Islam is all inclusive imbues a Muslim's heart with great joy and happiness when he realizes that all of his actions are acts of worships. This very thought is bound to help a Muslim carry out all actions conscientiously in order to win Allah's Pleasure for anything done with other intentions such as showing off or to boost about is rather rejected by God.  
A Muslim knows that he is watched all times by the One Who is The All-Watcher. The God who never slumbers or sleeps and therefore he is bound to do things with pure intentions, solely for Him.  
Let's spread kindness and be human, the world is in dire need for such forms of charity.



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## Kenya's population grows to 47.6 million people



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Kenya's population has grown by 9.9 million people over the last ten years to reach 47.6 million this year.  
According to the 2019 Kenya Population and Housing Census results presented to President Uhuru Kenyatta today at State House Nairobi, the total population enumerated during the census exercise conducted in August this year was 47,564,296 persons.  
The results indicate that the female population which stands at 24,014,716 accounts for 50.5 percent of the total population while the male population is 23,548,056 persons.  
The 2019 census report, presented to the Head of State by Director General of the Kenya National Bureau of Statistics (KNBS) Zachary Mwangi shows that Nairobi is the most populous

county in the country with a population of 4.4 million people followed by Kiambu (2.4), Nakuru (2.16), Kakamega (1.87) and Bungoma (1.67).  
The least populous counties are Lamu (143,920), Isiolo (268,002), Samburu (310,3217), Tana River (315,943) and Taita Taveta (340,671).  
Speaking when he officially launched the census report, President Kenyatta said the findings will guide successful planning and implementation of government development initiatives, including the Big Four Agenda programmes.  
The President asked KNBS to release other census reports as scheduled and directed all arms of government to make use of the results in their planning processes.  
"These results now provide us with a unique opportunity to realign our development strategies, policies and programmes.

"I therefore direct all Ministries, Departments and Agencies to utilise these results," the Head of State instructed as he urged other arms of government including counties to utilise the results in their planning processes.  
In addition to being the first census under the 2010 constitution, it was also the first such exercise in the history of Kenya where technology was fully deployed.  
"I am proud to note that the mobile devices used in the census were assembled by our local universities and data capture software was internally developed by the Bureau (KNBS)," the President said of the national exercise that was fully funded by the government.  
Cabinet Secretaries Fred Matiang'i (Interior), Joe Mucheru (ICT) and Ukur Yattani (National Treasury) were among several senior government officials at this year's census results launch ceremony.

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She was terrified of surgery and refused for many months even after she learnt that surgery could help her to see again.

I will just stay blind she said but I want to go to school replied Justeen her grand daughter ten year old .all my friends have fun there and I cant go!!

Its amazing reports Mejumma after the surgery . It didn't even hurt! Now I can see. Instead of being a nuisance to my long suffering daughter in law and grandchildren I can cook and clean. I feel like a worthwhile person again.

The best bit of the day she said is when Justeen comes home from school. She is soo excited! She tells me all about what she has been doing and I am learning too! I thought life was dark this time last year. Now there is light.



The Chief Administrative Secretary in the Ministry of Agriculture Dr. Andrew Tuimur [left], is received by the Executive Director of Eastern Africa Grain Council (EAGC) Mr. Gerald Masila [centre] on arrival at the Sarova Whitesands Beach Resort in Mombasa, Kenya for the official opening of the 8th African Grain Trade Summit. The Summit is being attended by over 250 delegates drawn from over 40 countries in the world. Right is the EAGC Regional Manager in charge of Market Information Systems & Communication, Ms. Jacinta Mwau. PHOTO BY TITUS MUSAU



Samsung Electronics East Africa Ltd Consumer Electronics Division Head of Department Samuel Odhiambo (left) shows the salient features of newly launched 82 inches Samsung QLED 8K television to a customer Allan Misiko at Samsutech Showroom at Mirage Plaza in Nairobi. The QLED 8K TV offers a much more realistic, three-dimensional visual experience with a deeper perspective.

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