



MaDaFu

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Brief History of the Asian Community in Kenya

Historically, most experts on the subject believe that mankind has been repeatedly on the move in search of better economic and social opportunities than those found in their native homeland in general.

And, as a matter of fact, (as is usually the case) some of the immigrant groups do easily incorporate into the adoptive societies and, sooner or later, become indistinguishable from the general mass in the host country. However, understandably, other groups are not able to undergo so readily the process of acculturation, but rather insist upon preserving their own cultural characteristics. Hence, in due course, some of these groups form what can be termed today as distinct ethnic minorities in the countries they adopt as their home.

Ancient Maritime Trade in Western Indian Ocean

It is difficult to assign a date to the beginnings of Asian (Indian) contacts with East Africa. In one of the earliest historical accounts, The Periplus of the Erythraean Sea, written in Greek about A.D. 80 or 60, the presence of Indian as well as Arab traders along the eastern African shores is recorded.

The Periplus mentions that Indian ships came from the Gulf of Cambay and the lands of Cutch, Kathiawar and Gujarat and brought such products as wheat, rice, sesame oil, ghee (clarified butter), cotton, beads and cloth for trade in the market towns of East Africa. Other ships came from the northwest coast of India.

Thus, L.W. Hollingsworth, a noted historian of the East African coast, describes the early trade on p.11 on his famous book 'The Asians in East Africa' (London: Macmillan, 1960):

Long before the Christian era, a regular maritime intercourse between Western India, the Persian Gulf and Southern Arabia, and the east coast of Africa had developed. Like all early navigators, the first sailors in these regions hugged the coastline, but as they discovered the regularity of the seasonal trade winds of the Indian Ocean, they gradually ventured out to the shorter deep sea routes. From mid-December until the end of February they could rely on the north-east monsoon to carry their dhows

from north-west India, the Persian Gulf, and Southern Arabia to the coast of Africa, while between April and September they trusted to the southwest monsoon to help them on their return journey across the Indian Ocean.

There is also available a Chinese geographic work dating back to the thirteenth century which also mentions Gujarati settlement in the same area.

And, although through these early trade times most writings by well-known researchers and historians acknowledge the Arab traders from Southern Arabia as having been the uncontested masters of all the shipping routes in the western sector of the Indian Ocean, and admitting that all the exchanges within and nearby the Red Sea area were an Arab monopoly, but at the same time they admit that traders from India were tolerated down the East African seaboard. The distances by sea between East Africa and Asia are about 1700 nautical miles from Zanzibar to Aden, from Zanzibar to Bombay about 2500 miles respectively.

Subsequently, as these writers elaborate on the issues of the Arab settlements growing on the eastern coast between the eighth and sixteenth century, they also inform us of such places as Pate, Lamu, Malindi, Mombasa, Kilwa and on the offshore island of Zanzibar, having Indian traders seemingly following in the wake. However, due to the Arabs' little aptitude for finance, back then, the Indian merchants rendered important services to the former as bankers and money lenders.

These strong historical ties then between India and Africa can be evidenced by the presence of numerous African slaves at some princely courts of India; during 1486-1493 the throne of Bengal was even occupied by a ruler of the Negro race. History also has it that upon his arrival to the East African coast in 1498, Vasco da Gama, the Portuguese Admiral, even requested the ruler of Malindi to provide a pilot who can guide him and his troops across the Indian Ocean towards India.

Unfortunately, the prosperity of the coastal cities did not long survive the coming of the Portuguese. In less than ten years the Portuguese were able



to monopolize the trade of the western Indian Ocean. The former Indian trading community on the East African seaboard was increased through arrivals of Portuguese proteges from the enclave of Goa, in India, coming to implement the Portuguese plans.

It took the indigenous people two hundred years to expel the Portuguese from such East African strongholds as Fort Jesus of Mombasa and drive them southward below Cape Delgado, the present northern limit of what used to be the Portuguese East African seaboard.

Many of the Indians who settled

then on the coast and in Zanzibar state were Hindus from Cutch, Kathiawar and Junagarh, belonging to the Bhattia Sect, one of the oldest branches of the Vaishya trading caste. The Muslims were of the Bohra and Khoja sects and originated in Bombay, Cutch and Surat.

Generally the Hindus came, leaving their families behind in India. They led a lonely life on many trading outposts, trusting to an eventual return home when they made enough money. The Muslims came as more permanent settlers- families included- and even established homes at Kilwa

and Mombasa on the mainland coast or in Zanzibar.

Post-1885 or Colonial Period:

Precisely, such was the case of peoples who are believed to be coming from the overcrowded Indian peninsula of the Asian continent who decided to migrate to other parts of the world, whose boundaries of dispersion have largely coincided with the confines of the former British Empire even before Kenya became part of the said empire on the 14th December 1895.

Indeed, it all started with the abolition of slavery by the British Parliament in 1833, whereby a labour vacuum was created in a number of British tropical possessions because the former so-called 'Negro slaves' refused to continue work as paid apprentices on local sugar or other plantations. The pressing need for manpower led the British to recruit, under a system of indenture, Asian labourers from Colonial India to fill the void. They were brought to faraway places as agricultural workers particularly to the Caribbean America, the Fiji Islands, Mauritius Colony and the present Republic of South

Africa. Others were later to be brought in as members of rail-road construction gangs, for example, to East Africa.

But, having stated the above, it is hereby imperative for all to understand that prior to their arrival in our lands, there had already been a sizable influx of Indian traders and merchants to the East African coast, who were mainly dealing in local products including ivory and slaves and supplying in return certain goods from India.

The growing influence of the British in the East African area finally succeeded in putting an end to local slave trade through 1840-1870, notwithstanding the many evasions of the Sultans of Zanzibar and the antagonism of Arab slave dealers.

Germany contended at the time with Great Britain for the possession of the East African seaboard and, when the European scramble for Africa reached its pitch, was awarded at the famous Conference of Berlin (1885-86) the mainland territory later known as Tanganyika. Great Britain assumed control of Kenya and Uganda.

The Indian community of East Africa thus found itself under different administrations pursuing somewhat dissimilar social and economic policies in their African territories.

Thereafter, throughout the twentieth century, further waves of Asian (Indian) migration contributed distinguished professional men and what we can now call leaders from India to the already established Indian communities in foreign lands. Among these one may recall Mahatma Gandhi, who exercised the profession of law in South Africa from 1893 to 1914 and later blazed a trail in both political as well as the spiritual enrichment of most men regardless of their nationality or race.

The East African Protectorate (known after 1920 as Kenya Colony) embarked, after some initial un- decisive years, upon a policy of encouraging white settlement in the central highland parts which were empty

By: Mr. Stambuli Nassir

EVENTS

President Kenyatta urges Asia to use Kenya as gateway to Africa's vast

(PSCU)

President Uhuru Kenyatta today called on Asian economies to use Kenya as a gateway to Africa's market of over 1.2 billion people that is worth more than US\$ 29 trillion.

President Kenyatta said Kenya is the best entry point for Asian businesses that want to trade in Africa with the coming into force of the African Continental Free Trade Area (AfCTA).

"I invite you to use Kenya as a gateway to the African continent. It is not only one of the top-ten fastest growing economies in Africa but is also one of the most pro-business Nations on the continent," said President Kenyatta today.

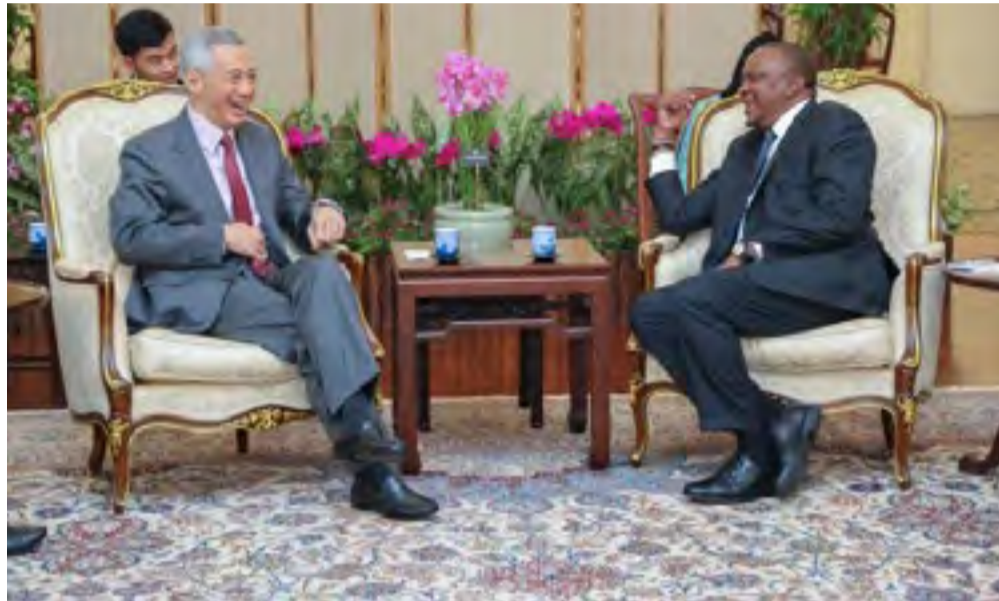
The President made the statement when he delivered the keynote address at the Singapore Summit 2019 on Saturday morning. The Singapore Summit, started in 2012, is one of the foremost events that brings together business and thought leaders from Asia and around the world to discuss global trends in business, finance and geopolitics.

Addressing the business leaders gathered at the Shangri-La Hotel in Singapore, President Kenyatta said Kenya is a leader in pro-business reforms.

He said the country has scored huge improvements in the World Bank's Ease-of-Doing-Business index, jumping 107 places since 2012 to its present position of number 61 globally and 3rd in Africa.

The President said Kenya is also the leading country in Sub-Saharan Africa in terms of ICT and technology-penetration, FinTech and Financial Inclusion.

Kenya's mobile phone subscriptions currently stands at 95 percent of its population of more than 45 Million.



The country has also leveraged on its strength in ICT and mobile cellular subscription to become the global leader in mobile money and mobile banking.

"Kenya's world-famous M-Pesa mobile money platform has promoted financial inclusion in our country and provided a template for reaching conventionally-unbanked populations across the region," said the President.

He urged Asian investors to seek partnerships to access the vibrant Kenyan market and the wider continental market.

The President suggested several crucial steps to build strong foundation for the partnership between Singapore and Kenya as well as between the Asian and African continents.

He said Kenya and Singapore should strengthen cooperation in building and expansion of transport, communication,

energy, housing, and ICT infrastructure in Kenya;

The second suggestion by the President was facilitation of mergers or collaborative arrangements between Asian companies and Kenyan companies; and promotion of linkages between Micro, Small, and Medium-Size Enterprises (MSMEs), on both sides of the Indian Ocean.

President Kenyatta said there should be collaboration between Asia and Africa in cultural exchanges, capacity building and information sharing as the foundations for forging a new path of productivity and commerce.

After delivering his keynote address, President Kenyatta joined the chairman of the summit Mr Ho Kwan Ping for a panel discussion on Kenya's role in promoting closer partnership between Africa and Asia.

The President said Kenya's

skilled human capital, thriving service industry, its leading ICT sector and its strategic location make the country the right gateway into the African continent.

He said Kenya and Singapore are exploring the modalities for direct flights between the two countries. He said like Singapore, Kenya is a hub for the whole of Africa and is connected to all parts of the continent and Europe as well as America.

President Kenyatta's visit to Singapore builds on the successful Afro-Asia Fintech Festival 2019, which was co-hosted by Kenya and Singapore in Nairobi in July 2019.

The President was accompanied by Central Bank Governor Dr Patrick Njoroge, Housing Principal Secretary Charles Hinga and Amb Johnson Weru, the Director Economic Affairs and Commercial

Speech by President Kenyatta during the 2019 census release

Fellow Kenyans,
You recall that on the 16th of August 2019, the Government launched the countdown to the 2019 Population and Housing Census. I am delighted to note that this national exercise was successfully implemented.

My Government, through the Kenya National Bureau of Statistics, committed itself to release census results within three months from conclusion of enumeration exercise. This promise has been fulfilled. Indeed, this is another milestone for our country, in that we are the first in Africa to release Census results in about two months.

I unreservedly thank Kenyans and all those who were within the borders of our country on the night of 24/25th August 2019 and fully participated in the exercise. During the enumeration we had different roles to play but the ultimate goal was to succeed as a country, which was fully realized. Thank you, Kenyans, for once again demonstrating patriotism in exercising your civic responsibility.

I recognise and appreciate the patriotic sacrifice by the young men and women together with the village elders who worked as census officials visiting every home in their assigned jurisdictions and staying late into the night to ensure complete coverage of the exercise. To you all, I say thank you.

I am also grateful to the security personnel who ensured peace prevailed during the census exercise. You lived to your true calling by providing the necessary security, not only to the census officials, but also to all members of the public.

Fellow Kenyans,
I am happy to note that this is the first Census to be conducted under the 2010 Constitution and was by and large fully funded by my

Government. This year's Census was a first of its kind in Kenya, in that for the first time ever, we fully embraced the use of technology in the census processes.

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. The exercise provided temporary employment opportunities particularly to our youth.

The Census is an important exercise that facilitates evidence-based planning and decision making across all spheres of development.

The numbers released today, that indicate our population is 47.6 million, will go a long way in guiding the successful planning and implementation of Government development initiatives, including the Big Four Agenda, for the benefit of all Kenyans. I expect the Kenya National Bureau of Statistics to release the other census volumes as scheduled.

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. I urge other arms of Government, counties, stakeholders and development partners to make use of the results in their planning processes.

Fellow Kenyans,
I thank and commend the Kenya National Bureau of Statistics for a job well done.

With these few remarks, I take this opportunity to now officially launch the 2019 Kenya Population and Housing Census Volume 1 Report on Population by County and Sub-County.

To the 47.6 million people, God Bless you. God Bless Kenya!

Thank you.....

Security sector reforms will go on

(PSCU)

President Uhuru Kenyatta has assured members of the disciplined services that the ongoing reforms in the security sector that include modernization and transformation of the institutions so as to make them more aligned to societal changes will continue.

The President said the government was aware of the challenges officers from the national security services face in the course of discharging their mandates and assured that the reforms will create a better working environment for the agencies.

"In recognition of the special circumstances that many of you

have to operate in, I want to assure you that my Administration will continue to support modernization and transformation initiatives with a view of making your work conditions better and more progressive," President Kenyatta said.

The Head of State spoke today at the Holy Family Basilica in Nairobi County during a joint national thanksgiving prayer service for members of the disciplined services and their families.

He commended officers of the National Police Service, Kenya Prisons, National Youth Service, Kenya Forest Service and Kenya Wildlife Service as well as other security formations in the country for the sacrifices they make in

ensuring the country is safe.

"As we give thanks to the Almighty, I want to take this moment in time to personally recognize the work that you do day and night and to sincerely thank you on my own behalf and on behalf of a grateful nation for the role you play within the architecture of our national development," the President said.

At the service presided over by Rt. Rev. Salesius Mugambi, the Bishop of the Meru Catholic Diocese, President Kenyatta paid tribute to gallant officers who lost their lives in the line of duty.

"Your work entails a lot of sacrifice and selfless dedication. And, in the process, we have been unfortunate and lost some of our

brave men and women," he said.

The President also took the opportunity to challenge security officers to take audit of the role they play as individuals and commit to serve Kenyans with utmost honesty and faithfulness.

"Always be true to your oath of office, to the constitution and the law. Serve humanity with integrity; it is the surest way to serve the God that we proclaim. For what you do is not actually just a job, it is a calling, and a calling that comes with huge responsibilities," the President said.

He pointed out that the uniform bestowed upon the officers is first and foremost a symbol of Kenya's sovereignty as a nation and with it they carry the lawful authority of



the state.

The President reminded the officers that Kenyans look up to them as their protectors and defenders and urged service commanders to entrench a culture of forward looking and continuous improvement.

"Indeed, reforming the public sector is not a one-off event but a living process of endless

adjustment towards progress and modernity," the President said.

He emphasized that all agencies should aspire to be world class, professional and ever helpful to Kenyans.

Other speakers at the church service included Interior CS Dr Fred Matiang'i and Inspector General of Police Hillary Mutyambai.



Healing relationships

THE ENERGY OF 'GIVE-AND-TAKE' IN RELATIONSHIPS

Love is a virtue filled with extremely positive energy. It lays an invisible but strong foundation in our life and is a source of motivation and inspiration. People lacking love are normally less motivated and less happier, as compared to those having love in their own nature and in their relationships. But when the energy of love is not used properly, the result can be painful.

When we love someone, a very positive emotional connect develops between the two of us. Both of us become 'givers' of love. But at some point, our love may turn into an attachment for that person. Attachment is negative energy that makes us dependent on the person. So when we create a feeling of dependency, it becomes easy for the other person to dominate and control our thoughts, feelings and emotions. We lose our emotional and mental freedom and succumb to their control. Our every action will contain an impression of the other person.

This energy exchange depletes us. When we are weak and incapable of filling the emotional hollowness by ourselves, we create desires, wants and expectations from the other person. Thus we shift from being 'givers' to 'seekers'. When our love is mixed with desires of gain, we feel the need to control the other person. We finally experience more pain as the truth is that we cannot control other people.

We can see how we came under the control of the other person the moment love changed to attachment. As attachment built up, we desired to control them. Such relationships only bring suffering and sorrow to both individuals. Happy moments will

be few and short-lived. Let us love people but not be attached. Let us start giving unconditional love - an energy where we only want to give and not take or expect. It empowers and heals us but never hurts or inflicts pain.

POSSESSIVENESS AND DOMINATION IN RELATIONSHIPS

Family relationships a source of happiness and love, sometimes create negative shades of possessiveness and domination, complexes and dependencies. These are widespread ailments existing in our family relationships today, but we can heal them.

A common sign of dominance or possessiveness is a lack of respect for people close to us. As a result of an un-respectful consciousness, we sometimes behave with our near ones, like maybe our spouse or children or siblings or parents, in such an offensive manner, which we never would with people who are not close to us. It's not just a question of mannerisms, but of inner respect for the other.

Often in families positions of senior and junior are created based on age, relationship or role, leading to feelings of superiority and inferiority, the effects of which start penetrating into the relationship. E.g. a mother-in-law can be very dominating and takes it for granted her son and daughter-in-law will obey her always. Or an elder brother or sister orders around a younger sibling, not giving him/her enough space in which to speak his or her own mind and express himself/herself, leading to an inferiority complex in the younger sibling. Or a wife is extremely possessive of her husband, not giving him enough personal freedom.

Once created, these behaviors become sanskars. We carry these

sanskars of dominating or being dominated with us in this lifetime and in future births also. We create new relationships, but our sanskar pattern remains the same unless we heal it.

HEALING RELATIONSHIPS

If we interact through the consciousness of our acquired labels of relationships like - "My mother, my husband, my child, my boss, my staff, my driver" - we either try to control others or allow ourselves to be controlled by others. Both are negative behaviors caused due to lack of self respect. We do not know who "I" the self is, and therefore do not understand the other.

Spirituality explains that we souls are actors playing different roles of relationships and responsibilities. Regular practice of meditation enables us to experience soul consciousness so that we can carry that experience into all our relationships. When we internalize the self as a soul and be aware of soul qualities, we respect our self. We do not seek respect or love from others. We see everyone as a soul so our respect for them also remains intact. We will no longer feel a need to manipulate, but instead we radiate vibrations of harmony, love, care and respect in every relationship.

From this strong soul-conscious spectator point, there is an inner detachment. Detachment from our role, position, from always being right, from the idea that others should be our way. This detachment makes us powerful inside and power for us is no more in being able to control others. This detachment allows us to accept souls with their sanskars and radiate unconditional love and respect. Detachment from roles allows us to radiate love always and to everyone.

Be silent, it's peaceful

Being silent is not an easy task to do because we have several people around us who have the tendency to say the most ridiculous things to annoy or spoil our moods or to simply irritate us.

These days it's rare to find people who will say good, positive things to you, and even if they do, something mean will also be said at the end of their sentence. With such behaviours we are often pushed into being quite rude and sarcastic, in other words we don't remain silent. Which then results into a lot being said, things we never meant to say also tend to come right out, thus leading to broken relationships, broken hearts and bitterness.

But we must now start mastering this art of being silent, as they say 'if you can't say something nice, don't say anything at all,' right? So start keeping silent especially with those who like to wind us up and drive us up the wall, by telling yourself it is not worth arguing with a person who feels he or she is always right. You are already aware of such kinds of people in your life so avoid them as much as you can. Meet them, say hello and all but when they start talking about something that you see is headed in the other direction, keep silent and excuse yourself. This takes a lot of practice, but keep on doing it and with time you will become a more peaceful person. And you can also create mantras to master the art of being silent. Write them down and read them out loud daily and then you will notice the astonishing results.

Be silent only with those who bring negative vibes into your life, and those who belittle you. It will save you a great deal of pain.

"The less you listen to, the quieter your mind becomes and the quieter you are - the more peaceful life is".

Transform Negativity

The energies of life come to meet us at every moment. Most come from other people who either in the same room or on the flickering, technicolour screens with which we now share most of our homes. The vast majority of these energies are not positive. So how do we handle 'the negatives', whether it's someone's attitude, their hurtful gestures or our daily dose of world violence and mayhem.

There are three cardinal rules. First, do not absorb it - don't be an emotional sponge. Second do not reflect it back. Otherwise you begin a cycle of emotional exchanges which may last a long time. And third, do the one thing which marks us as intelligent human beings - transform it.

Even if the scene is a disaster there is some benefit somewhere in it. Even if you are watching two peoples beliefs or opinions slug it out to the edge of violence don't take sides. Instead offer a solution then stand well back. Even if the person hates you, accept their state of being and return the light of love. In time, with patience, it will illuminate their darkness, and return to you by the bucketful! Just wait.



NEWS

President Kenyatta signs Data Protection Bill into law, meets Amazon

(PSCU)

President Uhuru Kenyatta has today signed into law the Data Protection Bill 2019 and in a separate session met visiting executives of Amazon Web Services (AWS).

AWS is an enterprise of the American e-commerce giant Amazon that offers cloud computing services.

The new data law establishes the office of the Data Commissioner and sets out the requirements for the protection of personal data processed by both public and private entities.

It further outlines key principles that will govern data processing, sets out the rights of data subjects and assigns duties to data controllers and data processors.

In addition to setting the conditions for the transfer of personal data outside Kenya, the Act provides for the exemptions to processing of data and outlines data handling offences and attendant penalties.

The Bill was presented to the President for signature at State House Nairobi by National Assembly Speaker Justin Muturi.

Also present were National Assembly Majority Leader Aden Duale, Head of Public Service Joseph Kinyua, ICT CS Joe Mucheru, Attorney General Paul Kihara and State House Deputy Chief of Staff Njee Muturi.

The President's meeting with the Amazon Web Services executives led by Vice President Teresa Carlson was a follow up to a discussion the Head of State had with the group during his official visit to Washington last year.

During the meeting, the AWS Vice President applauded



Kenya for the passage of the new data law and informed him of Amazon's plans to set up an "edge location" in Nairobi.

An edge location is where end users access services located on Amazon Web Services.

Ms Carlson said the new data law paves the way for the organization's investment that will enable Nairobi to join other global cities as an edge location.

President Kenyatta welcomed the establishment of an edge location in the country by AWS and assured that Kenya has the requisite infrastructure and educated young population that will benefit from the business opportunities and jobs that will be created.

"I am delighted to welcome AWS's investment in Kenya. The launch of Amazon CloudFront will put us in the forefront of accelerated innovation - enabling

startups, enterprises and our government agencies to focus on building the best user experience," the President said.

He added: "Kenya is an innovator in digital financial services in Africa. Having advanced cloud infrastructure in the country will support our ability to flourish as a nation and reach our potential as one of Africa's fastest growing digital economies."

The Head of State noted that the investment by Amazon will help strengthen Kenya's position as a regional business hub.

"This is key for us especially now that we are going digital on almost everything. We are currently building the digital infrastructure and we welcome any support that we can get from you," the President told the Amazon team.

Ms Carlson said her

organization will also provide training in digital skills and help in the creation of quality jobs for the youth in Kenya.

The AWS cloud platform offers featured services to millions of customers including the fastest-growing startups, largest enterprises and leading government agencies.

Some of the benefits of the edge location provided by AWS include giving businesses and web application developers an easy and cost effective way to distribute data housed in Kenya to thousands of users with low latency and high data transfer speeds.

The service will allow businesses quick and reliable access to their information, which improves the quality of internet to the end user and help reduce the cost of transferring data.

President Kenyatta calls on women to play a more active role in



(PSCU)

President Uhuru Kenyatta has challenged Kenyan women to take the lead in nation building saying women, just like their male counterparts, have the potential to steer the country's development agenda.

The President, who spoke today at State House Nairobi while donating a bus to Hafsa Bint Siirin Centre from Garissa County, encouraged women to play a more active role in Kenya's push to attain prosperity, peace and stability.

"Actually you have even a greater role because in formative years of any child be they male or female, you are at the centre of developing, of growing and of instructing that child. Before you hand them over to the world, their formative years are in your hands," the President said.

Hafsa Bint Siirin Centre is an Islamic women educational and empowerment institution based in Garissa town. The centre provides education and empowerment to women, orphans, vulnerable girls, persons with disability and senior citizens.

While handing over the bus donation to the women who were led by the centre's

founder Ms Hawa Kalba Gure, the Head of State encouraged them to continue working for the empowerment of women and the girl child.

"So ours is to support this kind of initiative. Ours is to encourage you. Ours is to say we are proud of what you are doing to empower your fellow citizens," the Head of State said.

He underscored the importance of women empowerment saying mothers give their children a firm foundation from which they become meaningful contributors to the development and economic growth of the country.

The President, who also donated indigenous tree seedlings to the group, pointed out that shutting out women from the core of national development means shutting out half of the country's human capital.

"We cannot allow that to happen. We want women to be at the centre of development and nation building like their male counterparts," he said.

National Assembly Majority Leader Aden Duale who accompanied the women to State House thanked the President for the donation saying the bus will enhance the operations of the group. Mr Duale is also the Garissa Township MP.

Pwani Oil rewards retailers for creativity in product display

Edible oils and soap manufacturer, Pwani Oil has rewarded over 30 retailers across the country as part of a Kshs12million customer reward campaign aimed at driving creativity and attractive product display in stores.

"A store's product display design strategy is key to customers decision making especially in an increasingly competitive environment such as the one we are currently operating in. Through this campaign, we were motivating our distributors and retailers to effectively present our products to their customers." Said Pwani Oil Products Commercial Director Mr. Rajul Malde

The six-month long nationwide competition dubbed 'Vuna na Pwani Oil display' competition saw 30 retailers walk away with different prizes worth over

Kshs12million including saloon cars, Tuk-tuks, motorbikes and 55-inch television sets among others.

Further, the campaign was also aimed at motivating them as well as beefing up Pwani Oil's local distribution network to serve an increasingly dynamic consumer market. He added: There is one thing that every business can do to generate sales: effectively present their product to the customer. Catch their eyes, grab their attention, make them yearn to touch, smell and basically learn more about the product. That is the experience we want our retailers to create for their customers"

Last year, the company rewarded its top distributors in a campaign dubbed 'Nyakua Canter Promotion'. A total of Kshs. 18 million in prizes was up

for grabs and top sales agents went home with trucks, pickups, motorbikes, water tanks, ploughs and livestock.

The company has over the last four years rewarded over 330 distributors in marketing campaigns that run three months each year. Pwani Oil now plans to expand the campaign to include distribution agents in the region.

Mr. Malde lauded the government's commitment to growing the local manufacturing sector under the Big Four Agenda.

"Manufacturing is a key pillar under the Big Four to transform Kenya's economy. As one of the largest manufacturers in the region, we see the fast-growing regional consumer market as a great opportunity for local companies to expand our capacity and market." He concluded.



Pwani Oil Products Limited Modern Trade Manager Fred Okoth (left) presents a car key to Balraj Virdi of Kisii Matt. Mr. Virdi won a car in the company's just-concluded nationwide customer reward campaign dubbed 'Vuna na Pwani Oil display competition. Over 30 customers walked away with different prizes worth over Kshs12million including cars, Tuk-tuks, motorbikes and Television sets.

Hindu religious & service centre Tree planting ceremony report



Hindu Religious & Service Centre (HRSC) carried out the Tree Planting Ceremony on Friday 27th December 2019 by Dignitaries, Shri Dattatreya Hosabale, Assistant General Secretary of Rashtriya Swayamsevak Sangh (RSS) and Shri Ram Vaidya, Overseas Rashtriya Swayamsevak Sangh (RSS) Activities

during Hindu Swayamsevak Sangh's Annual Camp held at Viraj International Academy, Mlologo, County of Machakos.

Viraj International Academy is a co-educational day and boarding school offering local and international education programs for students from all ages of two and a half years to

nineteen years.

The ceremonial Palm trees were planted at the school's kitchen garden in the presence of HRSC and HSS officials as shown in the pictures. More acacia trees shall be planted by the school's fraternity when they re-open in January 2020.

PHOTO STORIES



On the 14th of November, I was able to pre-celebrate the universal occasion of Children's Day as well as J J Shree's birthday (VYO) with my small darlings at the Jammi's Children's Home in Nakuru. I was able to take the opportunity to drop some goodies and pick some smiles n spent quality time with them.

PHOTO STORIES



BAPS temple Nakuru Celebrating HDH PRAMUKH SWAMI MAHARAJ'S 98th BIRTH ANNIVERSARY AT BAPS TEMPLE NAKURU



(Left to Right) Harshesh Patel, Umakant Patel and R.B. Patel. The Iconic Cricketer RB Patel hosted the wonderful function. The well attended function by various personalities including the club trustees and officials was supremely well organised thanks to RB Patel, Management of Premier Club and staff. Hon. Club Secretary Harshesh Patel did a fine job as master of ceremony and Umesh Patel and team made very good arrangements for dinner in the Prakash Pavilion. Amongst the cricketing personalities attended were Meheboob Ali (Booby, Former East Africa and Kenya player), Aasif Karim (Former Kenya Captain), Bharat Desai (Former Kenya Player), Vijay Patel (Former Kenya Player), Subhash Modi (Former Kenya Player/Former International Cricket Umpire), Jimmy Rayani (Former Chairman of Kenya Cricket Association), David Waters, MBE Chairman of Kenya Kongonis Cricket Club, Raj Thakkar (Trustee of Nairobi Gymkhana), Sureshbhai Patel and Rajnibhai Patel (Present and Past Chairman of Patel Brotherhood), Chairman Umakant Patel thanked RB Patel for his very good sporting gesture and also for hosting the wonderful function at Premier Club.



Bhai Beej program at Krishna Temple Nakuru on 29th October.



Ahadi Kenya Trust CEO Dr Stanley Kamau (second right) and Muranga County Police Commandant Josphat Kinyua distribute shoes to over 300 boda boda operators in muranga town during the launch of community policing campaign. The initiative that is intended to be rolled countrywide will see boda boda operators work closely with police to curb crime in their area of operation as Ahadi Kenya steps in to foster the good working relationship between the police and the riders.

EVENTS

Mombasa Women's Association annual donation to Old people home, Child welfare society and salvation army children homes for this festive season. At old people home distributed hamper to each mzee of Kikoyo, Towel, Queen cake pack of six, bath soaps, Cereal milk drink, juice bottle, Banana, biscuits. Children of Child welfare society received a cheque of ksh20000/- twenty thousand and distributed sweets n biscuits. Salvation Army children home received a cheque of ksh20000/- twenty thousand. Wazee n Children were very happy here from right Vice Chairlady Mrs Sadhna Doshi, Hon. Secretary Mrs Sital Sagoo, Chairlady Mrs Harminder Kandhari giving hamper to Maze and Mr Sawale of old people home.

God bless all



PHOTO STORIES



In the presence of the First Lady Madam Elizabeth we, on the 5th of December 2019 brought smiles to the faces of cancer patients celebrating the 10th Anniversary of their blessed shelter. We appreciate Madam Elizabeth Ndungu and founder Mr Shailesh Sheth for their exemplary service.

Sarova Hotels and Resorts Scoops 11 Awards in the 2019 Haute Grandeur Global Awards

Sarova Hotels and Resorts won big in the 2019 Haute Grandeur Global Awards bagging a total of eleven awards at a gala event held on October 19 at The St.Regis Kuala Lumpur in Malaysia. In an event featuring 172 countries and 90 categories, out of the hundreds of companies represented, Sarova led Kenya's restaurants, hotels, lodges, and spas with Sarova Stanley being named the Best City Hotel in Kenya, Best Historical Hotel in Kenya, Best Conference Venue Hotel in Kenya, and Best Luxury Hotel in Kenya living true to its commitment to amazing guests with its rich historical background, which is portrayed through a heritage tour within the hotel.

The Sarova Whitesands Beach Resort & Spa clinched top accolades both in the country and the African continent. It was recognized as the Best Family Resort in Africa and the Best Resort Spa in Africa. Consecutively, the Sarova Whitesands also won in the Best Beach Resort and the Best Resort Hotel in the Kenyan category.

Adding a further three awards to the chain of hotels was Sarova Mara Game Camp which was recognized as the Best Game Lodge in Kenya as well as the Best Lodge, and the Best Safari Lodge in Kenya. Sarova Hotels &



Resorts Managing Director, Jimi Kariuki expressed his delight and gratitude for the awards received in various categories.

"We are honored to be recognized as the best in 11 award categories and the global gesture only serves to fuel us to continue creating more memorable hotel experiences for all our guests."

"These awards are a true testament to the quality of the experiences we offer and the contribution we are making to both the hospitality and the tourism industry in Kenya.

As a thank you for the global recognition, we promise to only get better and further innovate our service and product delivery to all our customers. To that end, we also would like to dedicate these awards to the Sarova staff, whose unrelenting efforts have brought us excellence and a journey of inspirational growth," he added.

The Haute Grandeur Global Hotel Awards™ recognizes exceptional standards of excellence by leading hotels & resorts. The awards acknowledge the finest hotel experiences

globally and each year, the best premium luxury hotel and spa brands across the world compete for the ultimate accolade in overall excellence and greatest contribution to the industry.

The recognition follows an intense rating process, which is dependent on a unique concept exclusive to Haute Grandeur. The process relies on the quality feedback from guests rather than the number of votes cast by the general public or judges. This guarantees



Peter Oluoch Okal, the St John's First Baptist Shonda Primary school in Likoni, Mombasa County top pupil in 2019 KCPE with 404 marks celebrate his results with his school mates, parents and teachers and the locals at the school. The community school is sponsored by the Shonda Project, a small independent charity from Surrey, United Kingdom, which has helped provide children from Shonda community, Likoni, Mombasa County, with affordable primary education for over 25 years.

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Annapurna Ration (PJ Centre)
Anga Cinema (Diamond Plaza 2)
Ashapura 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)

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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)

Village Market:

Jit Gems

KAREN:

Sona Shoppe (Karen Crossroads)

NAKURU:

Hyrax General Supplies (Biashara Avenue)
Fairdeal Furniture

ELDORET:

Eazy Phonz and Photos Ltd (Uganda Road)
Kenya Jalaram Co Ltd - opp CBK

VOI:

Abbas Aluminum Supplies
Bafagih Supermarket

THIKA:

D-Lyt Pan House (Section 9)

MOMBASA:

Blue Room Restaurant
Grill House - Ratna Square
Nyali Cinemax
KNCCI - Likoni Plaza
KAM - Nbi University Building
Abson Motors
Car & General
Noor 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
AudioAsh 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

RUIRU:

Shaniram Hardware & Agricultural Limited

EVENTS



PHOTO ONE
Pwani Oil Products Limited Modern Trade Manager Fred Okoto (left) hands over a motorbike key to John Karanja of Skymart. Mr. Karanja is one of the winners in the company's just-concluded nationwide customer reward campaign dubbed 'Vuna na Pwani Oil display competition.' Over 30 customers walked away with different prizes worth over Kshs12million including cars, Tuk-tuks, motorbikes and Television sets.

PHOTO TWO
Pwani Oil Products Limited Modern Trade Manager Fred Okoto (left) presents a car key to Balraj Virdi of Kisii Matt. Mr. Virdi won a car in the company's just-concluded nationwide customer reward campaign dubbed 'Vuna na Pwani Oil display competition. Over 30 customers walked away with different prizes worth over Kshs12million including cars, Tuk-tuks, motorbikes and Television sets.



Woman Rep Esther Passaris receives cheques worth KES 1Million from the Director of Political Section, Embassy of China, Mr. Chen Yongchao for the purchase of sanitary towels for girls in community-based schools across Nairobi county on Wednesday 13th, 2019. Looking on are students from precious Talent school.



Hindu Council Nakuru
First Lady Nakuru – Ms Elizabeth Kinyanjui, Ms Elizabeth of Nakuru Hospice, celebrating Pre Christmas Lunch with over 100 hospice's terminally ill patients of Nakuru, Naivasha on 5th Dec 2019, which also coincides with 10th Anniversary of Hospice HCK Nakuru assisted ingredients for lunch for over 100 patients and fruits

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OPINION

Anger Management And Prevention

Step One - Never struggle with your anger. Don't fight it, or resist it, in any way. That only either strengthens it, or suppresses it until another day. So face it and accept its presence.

Step Two - As soon as possible, simply observe it. In the act of observation all emotion must die. Why? Because you are standing back from it within your consciousness in order to observe it. And as you stand back within your consciousness you are withdrawing your life giving energy from it.

Step Three - Through the practice of meditation, return to your centre, that means the centre of your consciousness, the centre of your self. At the centre you will find inner peace, and that peace is your power. At the centre of yourself you will find your love, and that love, when you give it to yourself and others, is the healing balm of forgiveness.

While you work internally to return to your original peaceful nature; depending on your belief system, past experiences and perceptions of the present situations you are in, different forms of anger of varying intensities like irritation, frustration, grudge, resentment, contempt, hatred, rage, etc. will emerge in your consciousness and get reflected through your behaviour. Do not suppress or express them but by practicing the inner exercises given below, modify them :

1. You become irritated when day-to-day events don't happen fast enough, e.g. your flight gets delayed, you are made to wait in a queue, etc.

Solution: Practice patience and accept the fact that everything and everyone has their own speed.

2. Frustration emerges when events don't occur as per your needs and expectations.

Solution: Welcome all incidents that have taken place in your life. Learn from them. Always respond positively in the present, not reactively against the past. Only then you will create the future you desire.

3. You keep a grudge against someone you think has wronged you in some way in the past.

Solution: No one hurts you but you hurt yourself mentally by creating negative and weak thoughts. Cultivate the art of positive thinking.

4. Resentment is created towards those that you think have insulted or offended you or when you are jealous of someone.

Solution: It's not others words but what you do with those words in your own mind that hurts you. Visualise the person who is insulting you is enclosed in a glass jar. See their lips move, but do not hear their words. To overcome jealousy, stop comparing and aspiring to be like someone else. Get on with your own life.

5. A feeling of contempt arises after you strongly disagree with another's actions.

Solution: Disconnect the person from the action and remind yourself that their actions begin with their beliefs. They have most likely learned the wrong beliefs (like you). Hold back your judgment and become a spectator. Then choose the most positive response and put it into action.

6. Hatred gets formed when you associate someone with evil.

Solution: By doing this you get stuck up in a web of sorrow because you become an emotional slave to the object of your hate. Practice keeping good wishes for all.

7. When there is a build up of anger normally in response to others' actions which you label as obstructive or invasive, rage gets created e.g. road rage.

Solution: It's time to undergo spiritual healing, learn some type of meditation.

To get freedom from anger, you need to stop trying to control other people, events and the world in general and accept them exactly as they are at a particular moment. In the meantime, since most of us have learned and developed the deep habit of becoming angry regularly, given below is

a step wise method that, over a period of time, will help you manage and overcome anger completely :

1. Realization - By increasing your self-realization, you will start to notice the anger in its initial stage, e.g. irritation is the first warning that there is a disturbance in your mind. When you do start to experience the irritation emerging, go to the next step.

2. Recognition - Recognize the fact that you and only you are completely responsible for creating your irritation. Make sure not to become irritated at yourself for becoming irritated!

3. Acceptance - Accept and welcome the irritation's presence, do not resist it, otherwise it will only become stronger and you are likely to suppress it.

4. Detachment - Now detach yourself from the emotion and just observe it. Remember, you are not your emotions. All emotions die under observation. You are the creator and it is your creation. Don't identify with the emotion.

5. Tune In - The quietest place in a hurricane is at the centre of the storm. And so it is with the hurricane of emotion. The quietest place is at the centre, which is the heart of your own consciousness. The technique of Rajyoga meditation teaches you how to go there and connect with the Supreme Being and discover your inner peace and power.

At the end of the day, check yourself as to how well you implemented these steps in real life situations to overcome your anger. You may not be able to go through all the steps right away, but for a particular situation, your thoughts while introspecting, could be: "This afternoon, I did experience a feeling of irritation arising inside me when Mr. Gupta visited me in my office, so I did realize the irritation. I recognized and took responsibility for it, and did not project it on to him. But instead of accepting the presence of the irritation, I began to oppose and thereby suppress it. As a result it worsened by the evening. So tomorrow I will work more on the third step i.e. Acceptance and experience true inner peace."

Think of a person in your family or a colleague at work, who always manages to evoke emotions of anger inside you. Now visualize that you are sitting with him/her beside a calm lake. You are both talking peacefully about how you love to lead peaceful lives. Keep this thought and image in your mind daily for one week and mark your progress on a scale of 1-5 (1 being least successful) for the following points :

Q1. Did I remain peaceful today?

Q2. Did I interact peacefully with this person today?

Q3. Did I see the quality of peace in this person today?

If you scored less than 3 on a day for any of the points, are you able to identify what prevented you from achieving a higher score? Note down your experience of doing this exercise and bear your comments in mind as you continue to practice and monitor your own progress.

The Power of Silence can bring peace to any situation. The instruments for the power of silence are pure thoughts and pure feelings. We can give others an experience with the power of our silence. When we understand and experience the power of silence we will become more powerful. We will then be able to experience peace that will naturally spread to others too. When we have to correct someone in any situation we first need to remind ourselves that words will not work but silence based on pure feelings and love will surely work. When we accept the person as he is with love we will be able to bring about a change in him. We normally experience pain or suffering in response to others' anger filled behaviour.

Given below is a range of responses,

the most common response to the least common response, the shallowest to the deepest, check where you lie on the spectrum:

Avenging : where you want to inflict on the other the pain you have felt yourself, the cause of which you attribute to them.

Punishing : where you wish to take the law into your own hands, even if only at a mental level.

Reforming : where you wish to change another's personality and behaviour.

Forgiving : where you want to do what you have probably been taught to believe is the right thing to do.

Forgetting : where you want to drop the past at all levels and get on with your life.

Karming : where you recognize and take responsibility for all your hurt because you understand that you always receive the return today of your actions yesterday.

Enlightening : where you realize that you were never hurt in the first place.

Meditation - Connecting With The Supreme Being - Think slowly and visualize side by side each thought given below before moving on :

I visualize my true self, a pinpoint of light, a sparkling star.....

in the centre of the forehead..... I radiate golden rays of peace in all directions..... Like a free bird, I, a being of light, gradually leave my physical body and fly into space..... I am surrounded by thousands of stars..... Slowly I fly upwards..... I enter a region of immense golden-red light..... I see myself, a golden star full of peace, floating freely in my sweet home..... I experience total silence, there is complete stillness here..... In front of me there is a brilliant point of light just like myself..... I come closer and closer to this Supreme Being of Light..... This Supreme Energy radiates golden rays of the light of unlimited peace in all directions..... He is an Ocean of peace..... I feel the waves of peace passing over me, I absorb the light of sweet peace..... I bathe under the shower of golden peaceful light..... All burdens are being washed away..... It is so soothing, calming and relaxing..... Remain in this experience for a few minutes. Gradually fly back to take your seat in the physical body.

The above meditation commentary can be modified to fill the self with joy, love, bliss, purity or power.

Saying Goodbye To Anger

'I expect' is the great illusion, which converts itself into demanding rights without due respect for others.

Anger in all its forms is a direct result of an expectation not being fulfilled and brings cries (although sometimes silent ones) of * They should have done this * Why did this happen? or * Don't you know better? Disappointment, accusations and demands are violent energies, which we throw around very naturally and easily in our daily life when our expectations are not fulfilled. They are like a burning fire that eats away at our original spiritual qualities, turning them to a dust that pollutes the self and others.

Instead, let us continue to practise returning our thoughts to the self and remembering our original source of peace. In that experience of deep, natural peace, we will find balance and clarity and the ability to tolerate and adjust to the unexpected.

One of the keys of meditation practice is to quickly gather our thought energy and take it inside to connect to our original qualities, no matter what may be happening outside, or even inside!

Let me disconnect from the external and plug in to the internal energies that support me and then I will be able to say goodbye to anger very easily.



District Governor Joe Otin and Rotary International Vice President Yinka Babalola visit our Rotary Club of club of Nakuru. 26/11/19... inducted six new members. Proud moment for Nakuru Rotarian.



Maryjoy Kindergarten & Primary School Head teacher Caren Osumba (in orange right) leads the school's teachers, parents, pupils and 2019 KCPE candidates in celebrating this year's result following their release by CS Education Prof. Gorge Magoha. The school's 60 KCPE candidates posted a mean score of 339.4, an improvement from the previous year of 335 marks.



The 2019 KCPE Candidates at Malindi Little Angels Junior School in Kilifi County are joined by their teachers, school mates and parents in celebration at the school after the release of the results. Four candidates in the school scored above 400 as the school's 52 candidates posted a mean score of 357 marks, an improvement from the previous year of 348.9.

EVENTS

Mombasa & Coast Event Guide January / February 2020 - powered by wh@t's on mombasa

NIGHTLIFE & ENTERTAINMENT

Mondays
Club Hypnotica Nyali
 BYOB - Bring Your Own Bottle

Bunga Bunga Nyali
 Monday Madness with DJ Marley | DJ Geeps Jakablack

Tuesdays
Club Hypnotica Nyali
 Epic Pool Party with DJ James | DJ Prince | DJ Hans

Wednesdays
Bunga Bunga Nyali
 Exotic Wednesdays with DJ Marley | DJ Geeps Jakablack

Klub Zero 4 Mombasa
 Girls & Cocktails with DJ Eddirah | DJ Masha | DJ Mems | DJ Mista Vice

Wednesdays
Moonshine Beach Bar Nyali
 Old School Wednesdays with DJ Frankie Walter

Apollo Club Choma Zone Airport Road
 Wednesday's Ladies Night Out with DC C-Mple Ken | Hype Salem

Thursdays
Brazuca Sports Pub Diani
 Rhumba Night

Papa Remo Beach Watamu
 Watamu Beach Party with VJ Delph

Club Zero 4 Mombasa
 Dread Waves Reggae with DJ Daddy Silk | MC Blackroze | DJ Max



NIGHTLIFE & ENTERTAINMENT



Fridays
Club Zero 4 Mombasa
 Whiskey Fridays with DJ Masha | DJ Mems | DJ Eddirah

De Coffee Pub Kilifi
 Drink Till You Drop with Malg_Thedeejay | DJ Teeone

Club Hypnotica Nyali
 Freaky Fridays with DJ Aron James | DJ Hans | DJ Prince

Sheba Lounge
 Friday Night Live

Saturdays
Club Hypnotica Nyali
 Saturday Night Life with DJ James | DJ Hans

Sundays
Club Zero 4
 165 Sundays with DJ Sparta | DJ Eddirah | DJ Mems | DJ Masha

Sheba Lounge Nyali
 Sheba Sunday BBQ Party

New Gisons Hotel
 Rhumba Kikao with DJ C Mopao

KARAOKE

Mondays
Casablanca Moi Avenue
 Karaoke Mondays

Thursdays
De Coffee Pub Kilifi
 Uptown Karaoke Night with Rencia | Malg_Thedeejay



Thursdays
Sheba Lounge Nyali
 Quiz Night

Fridays
Piri Piries Bar & Restaurant Diani
 Friday Night Hockey

Saturdays
Piri Piries Bar & Restaurant Diani
 Petanque 3 pm



LIVE MUSIC

Tuesdays
Safari Inn Shanzu Tourist Road
 Maranda & Band

Sheba Lounge Nyali
 Mombasa Roots Band

Klub Zero 4 Moi Avenue
 Band Night with Juukua The Band | DJ Mems | DJ Eddirah | DJ Mash | DJ Sparta

Wednesdays
Danka Grill & Lounge Mtwapa
 Generations Band Live

Eagle Nest Mtwapa
 Maranda & Band

Fridays
Safari Inn Shanzu Tourist Road
 Jambo Africa Band

Moonshine Beach Bar Nyali
 Jam With Juukua

Saturdays
Club Legend Mtwapa
 Ricky Mulolo & Band

Safari Inn Serena
 Saturday Night Live Band with Jambo Africa Band

Havanna Bar Dani Beach
 The Solitaire Band

Sundays
Club Hypnotica Nyali
 Juukua The Band Live Performance

Danka Lounge & Grill Mtwapa
 Ricky Mulolo & Band | DJ Ronyle | DJ Jamm

Moonshine Beach Bar Nyali
 Chill Out Sundays with Generations Band



NIGHTLIFE & ENTERTAINMENT

Saturday 25 | 01
Anuba Lounge Nyali
 Party Like Summer with DJ Arnold

Saturday 01 | 02
Bombolulu Empire Lounge & Guesthouse
 White Party

Monday 03 | 02
Club Lambada Mtwapa
 Birthday Party - Dance Party

Friday 14 | 02
Club The Place Bamburi
 DVJ Nix Birthday Party

Saturday 15 | 02
Bombolulu Empire Lounge & Guesthouse
 Valentines Day Party

EDUCATION

Saturday 18 | 01
Uniserv Mombasa Office
 Explore Europe As A Study Destination 9 am

FUN & FAMILY

Sundays
Amigos Beach Bar Diani Beach
 Sunday Family Outing 2 pm



Nairobi Event Guide January / February 2020 - powered by wh@ts on nairobi

FLEA MARKET

Saturday 01 | 02
Tamambo Karen Blixen
 Karen Flea Market 10 am

SPORTS

18 & 19 | 01
Peponi School Ruiru
 Hog Charge 2020

Saturday 01 | 02
Swim Africa, Montessori Learning Centre
 Sprints Gala 8 am



POETRY

Saturday 18 | 01
Kenya National Theatre
 Poetry Slam Africa 11 am

LIVE MUSIC / CONCERT

Wednesday 22 | 01
Ankole Grill
 The Mackinlay Quartet

Saturday 25 | 01
K1 Klub House
 Electronic Music Culture Clash with Jonathan Kaspar, André Hommen, Suraj

Tuesday 28 | 01
K1 Klubhouse
 Jazz Nite Tuesday with Gogosimo

Sunday 02 | 02
The Carnivore
 UB40 Featuring Ali and Astro

Wednesday 12 | 02
August 7th Memorial Park
 Sauti-Gifted, Different, Unsilenced G.O.A.T - Greatest of All Time Concert Performing Eko Dydda 3 pm

14 to 16 | 02
Ngong
 East African Musiuc Festival with Young Thoug | Lil Uzt Vert | Mavado | Steflon Don | Wstrn

Saturday 15 | 02
Hornbill Rongai
 Mugithi Wa Wendo with Samidoh

K1 Klub House
 James Jozee And Gogogsimo Band

Uhuru Gardens
 Valentine Jamboree Concert 6 pm

CONTEST

Friday 31 | 01
Village Market
 Student Essay Contest 9 am

FAIRS & EXPOS

Friday 17 | 01
Villa Rosa Kempinski
 Study In UK Universities Fair 9 am

Friday 24 | 01
Michael Joseph Centre
 African StartUp Innovation Summit 2020

30 & 31 | 01
Kenyatta International Convention Centre
 4th Annual Power Tech Africa 2020

Friday 31 | 01
Serena Hotels
 EduCanada Nairobi - Official Government of Canada Education Fair 29 | 02 to 01 | 03

The Hub Karen
 International Schools and Education Fair 2020 (ISEF AFRICA) 10 am

LITERARY

Thursday 16th | 01
Coffee Casa
 Nairobi Maps Of Exile - Monthly Lterary Salons with Kevin Mvachiro | Faiith Oneya | Saba El Lazim EIBasha

FESTIVAL

Saturday 29 | 02
Tatu City
 Amref Health Africa Wellness Festival 2020

Saturday 29 | 02
Kenyatta International Convention Centre
 Katika Dance Festival



FAIRS & EXPOS

Friday 17 | 01
Villa Rosa Kempinski
 Study In UK Universities Fair 9 am

Friday 24 | 01
Michael Joseph Centre
 African StartUp Innovation Summit 2020

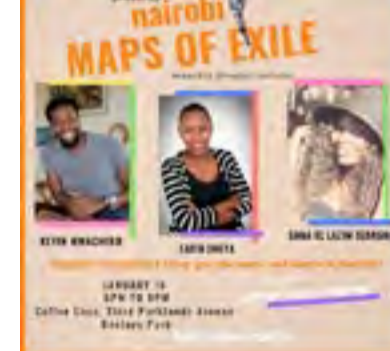
30 & 31 | 01
Kenyatta International Convention Centre
 4th Annual Power Tech Africa 2020

Friday 31 | 01
Serena Hotels
 EduCanada Nairobi - Official Government of Canada Education Fair 29 | 02 to 01 | 03

The Hub Karen
 International Schools and Education Fair 2020 (ISEF AFRICA) 10 am



FAIRS & EXPOS



NIGHTLIFE & ENTERTAINMENT

Saturday 18 | 01
Art & Soul Lounge Ngong Hill Hotel
 Soul Train Xtra with DH Me Supafly

Friday 24 | 01
Art & Soul Lounge Ngong Hill Hotel
 Soul Train with DJ Magic Mike

La Mesa @ Mövenpick Hotel
 DJ Night

Saturday 25 | 01
Captain's Terrace
 Zouk Soul with Rojazz Oleman

Friday 31 | 01
La Mesa @ Mövenpick Hotel
 DJ Night



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SNAPSHOTS

PHOTO STORIES

Today on the boxing day, known to be one where people rest out. I got this wonderful opportunity to go to the Kadesh Barnea Baby and Children's home; where they have fostered kids of all ages who aren't really able to take care of themselves well. We cooked for them and celebrated Christmas together. All I could feel in my heart was sadness for this children and their state, but seeing that they could still be happy being in that state, made me be happy for them too, I wish them a better life ahead. I want to say one thing, Hats off to Mama Regina and her husband for giving this children a home like atmosphere to grow up well without feeling neglected.



Guests holidaying at Sarova Whitesands in Mombasa follow the hotel lights up their Christmas tree in a ceremony at the hotel. This years theme aims "Reduce, Reuse and recycle this Christmas" will feature Natural and Recycled decorations and Props crafted from items that others would toss in the trash and their theme. This service has been procured locally in the spirit of working with the local community for our Sustainable Tourism theme.



Another day, another chance to bring smiles on the faces of people. Today I was blessed to visit the ALMS Old Age Home alongside crew. We were happy to see the elderly live today to the fullest in today's pre - Christmas party.

DENTAL HEALTH

DENTAL HEALTH: Tooth Wear and Dentine Hypersensitivity

Introduction
Tooth wear can be described as the surface loss of dental hard tissues arising from causes other than dental caries, trauma or any developmental disorders. Tooth wear can present as erosion, attrition and abrasion.

Dentine hypersensitivity can be described as transient tooth pain caused by external thermal or chemical stimuli such as hot or cold or sweet foods. Some of the causes of dentine hypersensitivity are gingival recession, poor dental restorations, patient's habits and tooth wear. Some of the symptoms may include short sharp pain arising from exposure to one of the stimuli, tooth sensitivity or gingival irritation. Identifying the cause is necessary for the management of dentine hypersensitivity.

Tooth Erosion
Erosion is the progressive loss of tooth substance by chemical or acid dissolution. There isn't any bacterial involvement in dental erosion. Frequent and inappropriate consumption of carbonated drinks and fruit juices with high levels of acidity can cause tooth erosion. Medical conditions such as gastric acid reflux and regurgitation can lead to erosion of the teeth. The teeth may appear yellow due to thinning of the enamel. Teeth may also appear shorter and sensitivity can occur.

Attrition
This type of tooth wear involves loss of the biting surfaces due to grinding of the teeth. The chewing surface of the teeth break down leading to flattening of the teeth. Attrition can be observed in patients who frequently clench and grind their teeth at night.

Abrasion
This type of tooth wear occurs due to mechanical or physical tooth surface loss. It presents as concave notches at the junction of the crown and root of a tooth. Some of the causes of abrasion include vigorous horizontal tooth brushing, pipe smoking and nail biting. Long term use of tongue jewelry hitting against the teeth can also cause abrasion.

Management of Tooth Wear
Early detection and monitoring can be important in the management of tooth wear. Preventative management such as fluoride application and dietary advice may reduce the sensitivity caused by tooth wear. Severe cases of tooth wear will require restorative and reconstructive treatment after the causes have been identified and dealt with by medical or dental personnel. Knowing how to take care of your teeth and practicing good habits recommended by your dental professionals can help your smile last a lifetime!



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

Healthcare milestone as West Pokot County Renal Unit now open



...All 47 Counties now have functional dialysis facilities

The country has attained a major milestone in the provision of quality healthcare services with the opening of a fully equipped Renal Health Unit in Kapenguria, West Pokot, today.

The commissioning of the West Pokot Renal Unit, featuring modern haemodialysis equipment, formally completes the countrywide equipping of public hospitals at all 47 counties; under the Ministry of Health (MoH) Managed Equipment Services (MES) programme.

Under the MES Haemodialysis rollout project launched in 2015 in conjunction with County Governments, 54 hospitals have been fully equipped with modern dialysis equipment. The Renal Units in all counties are providing lifesaving dialysis and related services for patients suffering from End Stage Renal Disease.

Cumulatively, the facilities are now handling an average of 76,000 dialysis sessions annually up from 964 sessions recorded four years ago at Kenyatta National Hospital, Moi Teaching and Referral Hospital, Nakuru Provincial General Hospital, Coast Provincial General Hospital and Jaramogi Oginga Odinga Teaching and Referral Hospitals which were the only public dialysis facilities then.

Speaking, during a commissioning ceremony for the first West Pokot Renal Unit at the Kapenguria Referral Hospital, West Pokot County Governor

John Lonyangapuo, described the project as a devolution milestone. The West Pokot County Government, he added will mobilise resources to develop a number of other Renal Units in the County as failure to access dialysis services can be fatal for ESRD patients.

"At West Pokot County, the opening of this Renal Unit is an early Christmas gift as it places our health services delivery capacity almost at par with larger facilities in Nairobi, Kisumu, Mombasa and Eldoret," Lonyangapuo said, adding that, "This is a devolution and historical milestone that helps to upscale renal health services at grass root levels by helping to bring quality dialysis services to West Pokot. We plan to expand access for this services in this county in coming months."

Previously, End Stage Renal Disease patients in West Pokot who require weekly dialysis sessions were having to make expensive trips to Eldoret and Nakuru; more than 300kms (150 Kms one way) away.

At the national level, the MES programme Haemodialysis contractor has managed to undertake the necessary deployments in the 54 Renal Units currently in operation. The works, included facility fit outs, Original manufacturer equipment delivery and installation, back-up service, repair and maintenance. The contractors have also provided training to more than 100 Bio-Medical Engineers and technicians, 400 renal nurses and capacity building for other health system workers.

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COFFEE

MAKE FRIENDS, LIVE LONGER!

Ever wondered what keeps some people happy all the time? An underlining factor in every happy person's life is that they tend to have supportive relationships. AMERICAN AUTHOR LOIS WYSE said, 'A good friend is a connection to life—a tie to the past, a road to the future, the key to sanity in a totally insane world. 'Social networking sites are one of the best ways to stay connected with friends and family. They have changed the way people socialize. Martin, a product manager, says being socially connected has a definite positive effect on your well-being. Martina, a PR consultant says, I feel connected to the world it's so far, yet so near. You can share photos and videos with a click. Chat with your old friends and the happiness just flows. It is a relief from a boring day. "A recent study shows that social media is now our favorite on line pastime, beating e-mail by a wide margin. According to research, if you have a supportive social net-work, you may add years to your life.'

Friends provide emotional nourishment and tangible social support. The feeling of having access to someone during those hours accelerates hope. Hopelessness leads to loss of confidence. Many who blame the world for not having friends are those who don't trust anyone with their feelings or confidences. Good emotional contact causes networks to be built. Even studies suggest that we need close relationships that involve understanding and caring. Susan, a senior PR Executive feels, "Our work and the way we live is so structured that it isolates people from each other. Social networking sites fulfill a primal need in all of us" Social networks seem to be the same as conventional networks but bigger and more casual. They may not match up to the physical presence of a friend, but are reliable during those dark, depressing times!



QUOTABLE QUOTES

Having a family is like having a bowling alley installed in your brain.

There are all these ideals about what is perfect and what is beautiful and what is smart, but the most appealing thing is; that which is me is nobody else.

Women pack, but they don't carry.

Dealing with backstabbers, there was one thing I learnt. They're only powerful when you've got your back turned.

All great art comes from a sense of outrage.

The alternative to a holiday is to stay home and tip every third person you see.

It's paradoxical that the idea of living a long life appeals to everyone but the idea of getting old doesn't appeal to anyone

A long as I can walk and talk I'll try almost anything I say "almost" because the high wire is definitely out.

ARROW WORD SAGA

Adventure	▼	Aligned	▼	Army grade	▼	Judge of good food	Night bird	Remain	▼
Whipping boy	▶					▼	▼		
Tibetan priest		Factory		Quarrel	▶			Large passenger ship	
▶		▼		Deep ditch	▶			▼	
Steal	▶						Day before		Arid
Everyone	▶			Improve	▶		▼		▼
▶				At no time	▶				
Not working		National raffle	▶						

ANSWER

	E	P	S	S					
	S	C	A	P	E	G	O	A	T
	C	R		R	O	W		A	
L	A	M	A		G	U	L	L	Y
	P	I	L	F	E	R		I	
	A	L	L		A	M	E	N	D
I	D	L	E		N	E	V	E	R
	E		L	O	T	T	E	R	Y

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
- 1/4 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).



Coffee with Kendi

HOT . STRONG . INTERESTING & STRANGE



GRAPEVINE

Imam marries another man!

Recently an Imam in Uganda married someone who he had thought was the love of his life!! y for 2 weeks later to discover that I she was a man!!

Whoa! a full week to discover that you married man? Dude! What happened to wedding' nights and curiosity and all the other small touchy things that happen when people get married? So he never bothered to kiss or cuddle his new bride? Anyway its none of our business. Right? Wrong!!

Lonely hearts or is it lonely pockets?

A Japanese billionaire is looking for a girlfriend to go to the moon with him. Maezawa, 44 years old says that he only wants to love "one woman" So far he has received over 2000 applications. If you have an interest in space travel, wish for world peace, and are looking for love, today try your luck here...

Woman charged for insulting the chief!

She did what? Nooooooh!!

Those of us who grew up in the village or semi-urban areas know that insulting the chief or speaking ill about him/ her is a crime next to treason or murder...and can be punished by caning by the chief or hefty fines...

This iron lady also refused to answer to the chief's summons and village elders were forced to apprehend her and take her to the administrator's office. She was released on a 5k bail and the hearing is set for May 5th.

Teachers and guns!

When I was growing up, teachers would carry canes and punish on whim... and everyone in school knew which teacher had the most painful cane. Reminds of a teacher nicknamed Hitler whom we all believed he applied pepper and salt on his cane...so Hitler, (story for another day). Kuppet has proposed that teachers in North Eastern and Mombasa be given guns...

Weh!!! Me just sitted here wondering if they will be AK 47's or Berettas...and will the government provide the bullets and might we be soon paying for armoury fees in our school fees??

So you can throw?

There is so much that happens in motherland. A woman was charged for breaking the neighbour's windscreen. Picture this! She threw a stone that instead of hitting her target, she smashed her neighbours windscreen...Am not sure is the charges were actually for the windscreen, I think it was for missing that badly!

Strippers arrested in Machakos strip club

So there is a strip club in Machakos?...Who knew? The four were arrested dressed in only their bras and panties while dancing publiclywow!! Is it only me wondering; were they taken to court as exhibits in their attire? Why do I suspect that the court was full to the brim by males? Was the judge female? What do you think? Food for thought.

Strange & Bizzare...

Barack Obama For Kenyan Presidency 2022



In a recent announcement, Barack Obama said that he is willing to help the economy of Kenya as he did to that of the US.

"I'm a bit disgusted with american politics recently while seeing kenya struggle. I realized i needed to do something to help my homeland."

-Obama

"I was able to solve the U.S.' Worse economic crisis in its history and put it on the right track until they elected a narcissistic reality tv star. I can certainly help Kenya."

-Obama

If this is true which it probably is...or not. Would you vote for him? Would any of us be willing to ditch our tribal affiliations and mediocrity and go for the change we need so badly??

BET YOU DIDN'T KNOW!!

Law firms offering pro bono legal advice in Kenya....

They say that as an adult, one or more times you will run into trouble with the law... or you will need a lawyer to guide over grievances either on you or a loved ones. Times are hard and not everyone can afford legal representation!! Don't fret here are places you can get free legal advice or free representation.

Clear Kenya -The CLEAR project is registered as a Trust and began the legal aid project in Mombasa.

Anjarwalla & Khanna-Their pro bono legal services focus on charitable, religious, civic, community, non-profit and educational matters affecting members with limited resources.

Munyao-Kayugira & Co.- They specialize in advising and guiding international as well as national clients on compliance with the Public Benefit Organizations Act, 2013 (for non-profit organizations), companies law, immigration/work permit, employment laws & property.

Iseme Kamau & Maema Advocates-Katwa & Kemboy Advocates- Pro bono services are worth looking into if you're struggling financially.

THE HAPPIEST ZODIAC SIGNS IN 2020

Many zodiac signs will be happier than in 2019. The planets will favor, in particular, seven signs that will have a fantastic, almost miraculous year.

Taurus - in 2020, you will enjoy every moment

Although happiness is expensive for you, you no longer care about money when it comes to what brings joy to your soul. Whether you go on a well-deserved vacation or you buy something nice to wear just for you, this will put you in a good mood, and it will get you out of a rut.

Libra - love will bring you happiness this year

For you, happiness means love, that sublime feeling you longed for, for such a long time. This year, you will have all the reasons to smile and to feel reborn because you will meet someone who will completely change your life.

Gemini - happiness comes when you expect less

If at the beginning of the year you had all the reasons to be sad and depressed, you should know that happiness knocks on your door, so you must open it.

Sagittarius - this year, a positive attitude will help you

The opportunity to buy a house, to relocate to a bigger house, or even abroad will occur. The relationships with your family will improve this year. You will enjoy the support of your family and a very pleasant atmosphere in the house.

Capricorn - the happiest sign of the year

About you, it could be said that you hit the jackpot because you will be the happiest zodiac sign of 2020. Practically, you will enjoy fulfillment on all levels, but the satisfaction will come progressively, and not all at the same time as you would expect.

Aquarius - surprises in personal and professional life

Aquarius is going to have a very hectic year, but this is not at all unpleasant for them. An extremely happy period is in store for Aquarius. Life will offer them everything they ever wanted.

SUDOKU (easy)

The goal is to get all the little boxes (called cells) filled in with a number (usually 1-9). Some of the cells will already be filled in with numbers. You'll need to use the process of elimination to fill out the rest of the cells. You can not repeat a number in the same row, column, or box.

7		3	6					
		5		3	1			7
4	2			7				
					8	6	4	
	8							
				6		7		
	5	8			7	2		
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IN THE WORLD OF MEMES



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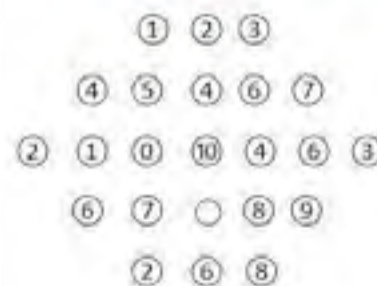


Tease your brain!

Imagine you want to send a valuable item to your friend. You have big enough box on which you can place several padlocks. You both have enough padlocks but the problem is that you don't have keys to padlocks of the other one.

How do you send the valuable item so that it doesn't go unlocked? Sending just a key doesn't help because someone could replicate it.

Fill the empty circle



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RELATIONSHIPS

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

By Paresh Morjaria

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. Lewd 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 for 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 sub-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.



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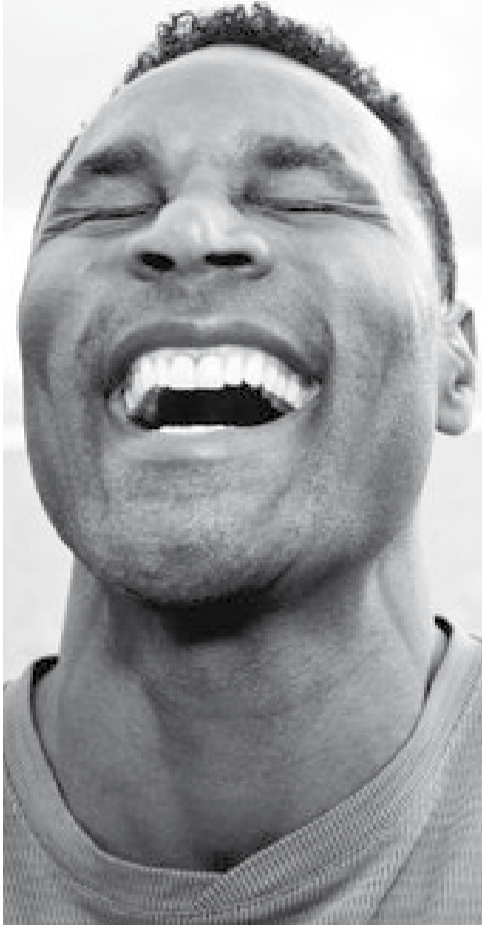
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SNAPSHOTS

LIFE'S LIKE THAT - LAUGHTER!



My wife, Anne, is used to having her name mangled. Invariably, people drop the "e" and spell it as Ann. I was signing us up for a seminar recently, the woman making the name tags asked for our names - 'It's Duke and Anne,' I said. 'Anne, with an "e" My wife spent the rest of the day wearing a name tag that read "Enn."

I love making clothes for my five-year-old granddaughter. And she, in turn, always seems happy to accept them. The other day, I asked if she would like me to make her a skirt. "Yes," she said. "But this time, could you make it look like it came from a shop?"

When my husband pointed out my tendency to retell the same stories over and over whenever we went out, I reminded him that he was just as guilty. 'Allow me to clarify,' he said in response. "I review. You repeat."

After years of battling the bulge, my sister finally lost weight. In fact, she seeds many kilos that her suits began to sag, leading one colleague to suggest she alter her clothes to fit her new figure. "Not yet," my sister said "Let me enjoy the sag a little while first"

My brother and I were stopped at a red light when a landscaping truck drove past, its entire back laden with fresh green rolls of turf. "WOW" he deadpanned. "I wish I had money to send my lawn to get cut"

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2020 New year message by his Excellency President Uhuru Kenyatta

Fellow Kenyans,

As we come to the end of 2019, which also marks the end of the second decade of the 21st Century; I convey to all Kenyans - at home and abroad, to all our brothers and sisters in East Africa, to all our brothers and sisters across the African Continent and indeed to all across the globe, the very best wishes from my family and from my Government, as we usher in the New Year - 2020.

The end of a year and the beginning of a new one provides us all with an opportunity for reflection and introspection as well as to plan. Most importantly, it is a time to give thanks to the Almighty God for the gift of life and for His care and provision to all of us.

Fellow Kenyans,

The decade that is coming to a close has been one of great significance for Kenya.

Our country has undergone the most consequential transformation since the dawn of the Republic by ushering in a new constitutional order and successfully implementing a devolved structure of governance. We continue to make steady progress in the areas of Education, Health Care, Food Security & Nutrition, Infrastructure, Renewable Energy, Defence & Security, Industrialization and many others; in addition to laying the foundation for enduring prosperity within a happier and more cohesive Kenya.

Looking back at 2019, while it was not without its challenges, we can all take pride in the extent to which we made progress towards the full attainment of our national aspirations as espoused in our Constitution, the Kenya Vision 2030, and as focused through the Big Four Agenda. By pursuing the Big Four Agenda's Pillars of Food Security, Affordable Housing, Universal Health Coverage, and Job Creation through Manufacturing; my Administration has committed to addressing the challenges of unemployment, poverty, hunger, inequality and poor health.

In 2019, we experienced God's bountiful provision, as our country's profile continued to soar through the world-beating performances of our sports

people; ground breaking research-findings and innovations by our Scientists and Researchers and our much-improved rankings in the World Bank Ease Of Doing Business Index; our fight for environmental protection and renewable energy and our fight against corruption; our leadership in areas of international peace and diplomacy; and our recognized position as the continental leader in education, as evidenced through the 100% transition from Primary to Secondary School.

Fellow Kenyans,

As we look back on the achievements and milestones met in the course of 2019, I know that there are those amongst us who have had a very difficult year, either economically or through personal tragedies such as the loss of loved ones or those battling illnesses. To you, my Brothers and Sisters, it is my hope and prayer that the New Year will usher in better days for you and for all of us.

Fellow Kenyans, even as we accept that despite the progress there are still challenges that we must overcome. True as this may be, so true is it that the remedy cannot be recrimination and confrontation. Kenyans are all too familiar with the result of that. It must be clear to all of us that as a country we cannot preach and sell negativity while at the same time pray to create and hope for opportunity. By us together accepting our challenges should form the basis not for division but rather a clarion call of how we must come together in order to turn challenge to opportunity and prosperity.

In the year 2020, we will continue to make Kenya a better Nation for all her people as we build bridges of brotherhood among our peoples by weaving a stronger fabric of patriotism and nationhood. A key aspect of this quest will be anchored under the Building Bridges Initiative; a process aimed at comprehensively addressing both historical and emerging national challenges.

This New Year, and the new decade that it begins, present our Nation with tremendous opportunities to foster unity, prosperity, positive social change and the deepening of democratic gains and enhancing the rule

of law. These opportunities will require unity, commitment and bipartisanship for us to be successful in our quest to enhance inter-generational equity. In the new decade, we are called upon to put aside partisan differences, ethnic and cultural blinkers, social and religious divides and live as One Nation and One People, bound by One Vision.

It is my sincere hope and prayer that in the New Year all Kenyans will come together and rally around our shared aspirations for a better Kenya. On my part as your President, I will continue to foster an environment of unity, constructive political engagement, tolerance and the facilitation of participation by all Kenyans.

Fellow Kenyans,

The seeds of greatness are in each and every one of us - men and women, young and old. Let us water those seeds with the sweat of our brows and our commitment to Kenya and each other; so that we may achieve our individual and national aspirations.

I have no doubt that we have it within us to make 2020 the most successful year in our Nation's history. I urge every Kenyan to commit to making 2020 a great year at the individual, community, county and national levels.

Fellow Kenyans,

As I conclude, I would like to commend and highlight the dedicated service rendered by our valiant Kenya Defence Forces serving at home and abroad; the National Police Servicemen and women who maintain safety, law and order in our communities; the dedicated Men and Women of the Public Service; our Teachers, Doctors, Nurses and all other cadres of Kenyans who diligently serve our Country; and

our Farmers, Businessmen, Athletes, Artisans, Artists and Clergy. I thank you and pray for God's continued blessings and protection.

As we exit the Festive Season, and on behalf of Margaret and the rest of our Family, and on behalf of the Government of Kenya, I wish you all a happy and prosperous 2020; filled with divine providence and protection in all that you do.

God Bless You, and God Bless the Republic of Kenya.

