



MaDaFu

The Socio-Economic Newspaper with Anything & Everything from Kenya

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Address by His Excellency on Military Changes

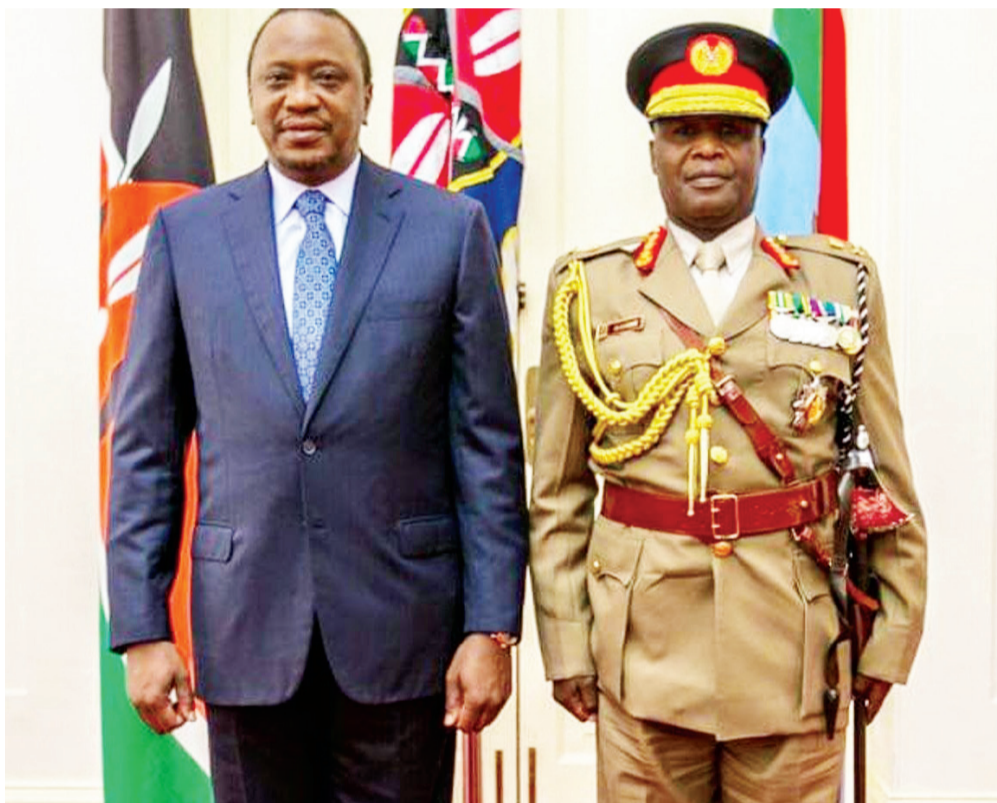
I take this opportunity to thank you, Gen. Samson Jefwa Mwachethe, EGH, MBS, DCO, NDC (K), PSC'(uk), for the exemplary service you have rendered to our country, in your capacity as the Chief of Defence Forces.

2. Since your appointment as the Chief of Defence Forces five years ago (May 2015), we have seen significant expansion in our military and enviable improvement in the defence capability of our forces; thus giving Kenyans confidence that their borders are well protected from any external aggression.

3. During your tenure, we detected and expunge early enough a number of plans by those who do not mean well for our country, in good time.

4. Let me also say that during your tenure, you proved that you are not just a military man, but a well rounded person, with the capacity to provide quality leadership in other initiatives of national importance. In this regard, I am proud to state that as chair, you steered very well the "Blue Economy Implementation Standing Committee".

5. The Committee has made substantive progress in re-establishing the Kenya National Shipping Line, as part of the Blue Economy Programme. Once fully completed and operational, this will, indeed, enable us, as a country, exploit the potential we have in the blue economy, and consequently create



thousands of jobs for our young men and women. It is my hope that you and I will continue collaborate in this effort.

6. Following the impending retirement of Gen. Mwachethe, I have promoted the following officers:-

1. Lt General Robert Kibochi to General;
2. Major General Levi Mghalu to Lt. General; and
3. Brigadier Jimson Mutai to Major General.

7. Further to these promotions and in line with the recommendation by the Defence Council, I have today made the following appointments:-

1. Gen. Robert Kibochi to Chief of Defence Forces designate;
2. Lt. Gen. Levi Mghalu to Vice Chief of Defence Forces designate; and
3. Maj. Gen. Jimson Mutai to Commander of the Kenya Navy designate.

The officers are expected to assume office under their new positions, on May 11, 2020.

8. Finally, let me say, I look forward to working with these officers closely in service to our motherland. For you, General Mwachethe, I wish you fair winds following seas; and the very best in your future endeavours.

Thank You and God Bless You.



Corona Protection By Thought Power

8 Spiritual Steps From The Brahma Kumaris

1. Remind yourself 20-25 times everyday - "I am a fearless soul, protected by God's vibrations, which surround me every moment. My body is always healthy and protected from corona virus."

2. As you drink or eat anything, radiate rays of purity and power to it for 20 seconds each time before having it. This will fill your body with protective energy and increase immunity.

3. Visualize a golden circle of God's light and might around your home everyday and feel very deeply that my family is safe and secure from corona and this light and might is destroying it.

4. Treat the present social isolation time as a time to go in silence, meditate, empower yourself spiritually and radiate vibrations of peace, patience and strength to the world.

5. Fear and worry about the future of your family, your health or your work at the present time will only increase your problems. Think right and positive. This will create a solution soon.

6. Today, whenever you meet someone, radiate thoughts of cooperation to them - "You are very powerful, physically strong and your immunity is immense. You will never be affected by the virus."

7. Instead of over reading and listening corona information, absorb spiritual wisdom and take steps for mental and emotional protection.

Tell yourself - "The world will recover very soon. We are safe."

8. Every morning as soon as you get up and every night before sleeping, affirm to yourself - "God has incarnated in my life, home, colony, city and country. He has cleaned corona completely and forever."





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NEWS

HOLI AND PUSHADOLOTSAV



By Karan Kamlesh Pandya

This festival celebrates the arrival of spring on Fagun Sud Purnima. Also known as Falgunika, people celebrate the changing season and the beauty associated with spring blossoms by spraying colour. This Festival of Colours celebrates the victory of good over evil. Devotees offer roasted grains to Agni Dev, the God of Fire. The offering of newly harvested grains is known as Holi. While there are several scriptural references that explain the significance of Holi, the story of Prahlad is the most popular.

The ritual of offering roasted grain to Agni - fire-deity is known as Navaanineshti. In Sanskrit, roasted grain is Hoolaakaa, from which the Hindi 'Holi' is derived. Since Vedic times people availed the newly harvested grain only after offering to the devas. This offering of new grain is Holi.

The Bhavishyottara Puran associates Holi both with man and yagna. Therefore the yagna performed for man's salvation is Holi.

There are several stories associated with Holi:

The Bhavishyottara Puran cites a story concerning a rakshasi (demoness) named

Dhundhaa, who harassed children and teenagers. To keep her away, people kindled fires at various spots. Then the young and later everyone else chanted God's name and circumambulated the fires. Thus the Lord's name and fire kept the demoness away. In this manner, Satya Yuga's king Raghu propagated the festival of Holi. Furthermore it is believed that Dhundhaa manifests as disease in children, during this period of seasonal change, when kapha (phlegm) increases in the body. Fire is the shakti which protects one from disease. Therefore wood of the Shami tree (Acacia suma) - symbolizing Agni deity - is burnt in the fire to circumvent

disease.

Another belief concerns Putna, the giant demoness who tried to kill the child Krishna. When he vanquished her, the cowherds jubilantly burnt her body outside the village.

Henceforth the Holi festival came into being. More renowned is Prahlad's story. Hiranyakashipu, a demon king and father of Prahlad, was a dissenter of Bhagwan Vishnu, whom Prahlad worshipped. Infuriated by his son's devotion, Hiranyakashipu attempted to kill him. In one attempt, he instructed his sister Holika, to wear her miraculous sari, which could not burn, and then sit in a fire with Prahlad in her lap. By the Lord's wish, she happened to wear the wrong garment and was immolated.

This day also marks Lord Manu's birthday anniversary. Mankind is Lord Manu's offspring. He composed the Manu Smruti, a scripture regarded as a manual for man's life on earth. Nar-Narayan Deva's birthday anniversary too, is celebrated on this day. As the fourth incarnation of Bhagwan Vishnu, he is considered as the embodiment and incarnation of brahmacharya (celibacy).

People burn Holika's effigy. Hence the festival is also known as Holikaa Dahan. It is celebrated in Mewar and Marwad in Rajasthan with as much fervor as Diwali in Gujarat. People hurl gugal powder on each other in the streets. Also known as Pushpadolotsav - Festival of Flowers, it is celebrated on the day after Holi, on Fagun Vad 1.

Once Arjun accompanied Shri Krishna to Raivatachal - Mt.Girnar. Here the Lord pleased the Yadavas with divine sports. In turn, to please him, the joyous Yadavas made a swing of flowers. They then seated Shri Krishna and Arjun on the hindolo (swing), performed puja and swung the hindolo. Henceforth the two became renowned as Nar-Narayan and the Pushpadolotsav came into being.

Devotees construct a hindolo of flowers, instal the Lord's murti and swing Him. They also spray colored water on each other. On Fuldol, people traditionally offer fagwaa roasted chick peas (chana), dates and popcorn to God and partake of the prasad.

Act in the best interest of Kenya, President Kenyatta tells traders



“

Nobody in this country has ever had a problem with people making profit but indeed it is highly immoral if you take advantage of the unfortunate situation to make super profits

President Uhuru Kenyatta has cautioned traders in the country against raising prices of basic commodities in the wake of the Coronavirus outbreak.

The President said traders should conduct their businesses right and justly adding that law enforcement agencies have started taking punitive actions against offending businesses.

“Again as I said on Sunday and I repeat, even to our traders our supermarkets owners do your business, do it right, do it justly.

“Nobody in this country has ever had a problem with people making profit but indeed it is highly immoral if you take advantage of the unfortunate situation to make super profits,” President Kenyatta said.

The President spoke this morning when he met members of the Governing Council of the Kenya Bankers Association Governing Council at State House, Nairobi.

The bankers were led by the Central Bank Governor Patrick Njoroge who briefed the Head of State on the measures being taken by the banking sector

to cushion Kenyans against the effects of the Coronavirus pandemic.

The President commended the banking sector for coming up with a raft of measures and urged the business community to emulate that spirit.

“When it comes to hand sanitizers, when it comes to food, when it comes to goods and services that people need, I am appealing to all our business fraternity to act like our friends in the banking sector,” the President said.

The Head of State said the Government is open and will continue to dialogue with all stakeholders so as to address challenges being faced by citizens as the country battles the outbreak.

Central Bank Governor Dr Patrick Njoroge and the Chairman of the Kenya Bankers Association Governing Council who is also the KCB Group CEO Joshua Oigara, announced that the banking sector had agreed to reschedule payments of personal loans for up to one year as part of the various measures aimed at cushioning Kenyans from the effects of the

Dr Njoroge said.

He said for corporate borrowers and SME's, the banks will be ready to hold discussions with them on restructuring of their loans.

The Central Bank Governor said costs of rescheduling and restructuring of loans will be borne by the banks.

On mobile banking, Dr Njoroge said banks have agreed to waive all charges for balance enquiry adding that the banking sector will carry out a public health awareness campaign on Coronavirus through their outlets.

On his part Mr Oigara, expressed optimism that by the banking sector working with Government and all stakeholders, the Kenyan economy will remain stable.

“So, I am confident we, if we pull together as a team even in this environment we will get the solutions that Kenyans require,” the KCB CEO said.

Present were National Treasury Cabinet Secretary Ukur Yattani and the Principal Secretary in the Ministry Dr Julius Muia among other senior Government officials.

How to manage your garbage

Early morning you take breakfast and go out take a tuk tuk/matatu/ drive to work because your boss needs you to be there on time no matter what. In the evening you come back home tired, you take dinner and jump in your bed waiting for the next day.

There is something you haven't noticed yet, that the activities you had the whole

day you have produced 2kgs of waste. Now my question is how have you taken care of it?

Most of us we will rid of our garbage in our houses, give it to a garbage collector, mkokoteni guy or the care taker will sort it out but we have never asked ourselves where does it end up? Some of garbage collectors dump it just behind your apartment, when it piles up we blame the county government

for sleeping on their job while you are the one who has contributed to that mess.

Without knowing we get infected with malaria, dengue fever or even cholera with no knowledge the source is your irresponsible ness of how you dispose your garbage. As a Kenyan citizen you have right to clean and healthy environment

according to Act 42 of the constitution of Kenya and due to devolution this mandate has been devolved to county government of Mombasa under the Department of Environment

Waste Management and Energy (DoEWE).

For county government and national government to achieve we citizens will have a big role in ensuring our environment is clean and healthy which starts making sure our garbage is handled by a professional garbage collector who will dispose it responsibly. After that then we will be able to move to the next step of sorting our garbage from home and recycling. For instance at Pollucare cleaners we offer door to door garbage collection

with the aim of 100% recycling so that it will be beneficial to the environment and our community at larger.

Let us all take the

responsibility of disposing our garbage and in this way we will be curbing climate change, and conserving our environment for our future generation.





3 Ways to Adjust Your Business Strategy During and Post-COVID-19

By Erustus Ouko

Just as the case is with large businesses, the COVID-19 disruption has also hit small and medium enterprises (SMEs). The impact on SMEs may, however, be more significant, given that many may not have invested in a robust business strategy. But all is not lost. With the guidance of business strategists, small and medium businesses can stay afloat during this lockdown period and swiftly bounce back post-COVID-19.

Considering these unprecedented times, every business owner must quickly ask a fundamental question: what must I do differently? This question is key because any business that does not re-strategize could soon become obsolete. Here are three ways companies can adjust to remain afloat now and into the new re-defined future after the COVID-19 dust settles.

#1. Adapt Your Services to the Current Situation

As a business, the best way to cope with the current changes is to quickly figure out the questions your customers are asking and find new ways of answering them. And, that is not complicated at all. After all, don't businesses exist to solve clients' problems? While the coronavirus pandemic may have made it difficult for

you to meet your customers' needs in the usual manner, there sure must be a way out. How else can you still serve them? The answer lies in one little word: adapt!

Examples abound of companies that have already adjusted the way they work. Take, for instance, a shop in Nairobi Kenya that sells supplements, healthy foodstuffs, and products. When the government of Kenya announced a lockdown in the capital city, they realized that clients from outside the Nairobi metropolis could no longer purchase. That meant lost business. What did they do? They thought on their feet! Now the shop is offering delivery services to other counties.

They must have quickly obtained the "essential services sticker," from government authorities which allows them to deliver products to customers residing outside Nairobi and its environs. Subsequently, their customers shop online, pay online, and wait for their supplies at the comfort of whichever part of the country! Another great example is the now popular TeleHealth business model, where many hospitals are offering online consultation to their clients. Most health care providers are sending text messages to their clients, informing them of this new option.

#2. Re-Look At Your Business Strategy

While most businesses may be cash trapped, this is not the time to cut back on business planning. As the adage goes: failure to plan is a plan to fail. So, what can you do within your current limited budget? Talk to a business strategist. A business planning professional will help you develop several scenarios on how else you could continue generating revenue despite the current tough times. Business strategists are great at scenario mapping from an objective point of view since they will come in with an outsider's perspective. They can help you see new possibilities that you may not have considered. They will challenge you out of the decision paralysis that this COVID-19 disruption may have caused.

#3. Embrace Technology as the Centerpiece of Your Business Strategy

If there was a time when your business needed to embrace technology, it is now. With the need for social distancing now a reality, technology is your best business partner. For instance, you can book a session with a business strategist for an online consultation via one of the many video conferencing platforms such as Zoom, Microsoft Team, Skype, Google Hangouts, or Jitsi, to mention a few. Most of these software

allow screen sharing, which means you and the business planning consultant can re-look at your business plan together and map out a new winning strategy. Before meeting the business strategist online, you can use the same video conferencing platform to hold a virtual brainstorming meeting with your team to tap into their ideas. Better still, you can invite the business strategist to participate in your online team brainstorming meeting.

Final thoughts

Extraordinary challenges call for unique solutions. To adapt quickly to the current COVID-19 disruption, get in touch with a business strategist who will support you in three key areas. They will help you adjust to the current situation, reshape your business strategy, and use video conferencing technology to guide you in tweaking your business strategy. Social distancing should not deny you the opportunity to do what you love most - serving your clients. So, explore business opportunities that the new reality presents and take your business to the next level.

The writer is the Managing Director of Megacap, a top tier consultancy company that offers customized capacity strengthening solutions for businesses and organizations enabling them to flourish.

5 Business Recession Survival Recession Tips



With coronavirus having disrupted our ways of living, we have no option but to adapt and make use of scarcity of resources with the aim of getting the best out of them. The impact of coronavirus is huge to the economy like we can see what is happening with the oil but despite that we are not about to give up we will do the best we can. With that I have a few tips that can be of help in navigating these turbulent times.

1. Establish a direct communication channel-start making use of communication channels that convey your messages directly to the customers. This ensures delivery and personalization of whatever it is you intended to relay to them. This could include channels like SMS marketing, whatsapp messaging, emails, telephone calls that have the capacity to facilitate feedback. With the lockdowns, quarantines increased law enforcement reaching out to customers and prospects also eliminates loneliness and this could play a great role in letting them develop an emotional attachment with your business.

2. Offer discounts-as the economy continues to tumble on a daily due to coronavirus, offer discounts to your customers. This does not come across as a way to increase sales but rather the way with which your business demonstrates empathy with your customers with their plight due to the hardships being experienced economically.

3. Stay Visible- put into use practices that ensure that your brand stays visible despite these times when many businesses are struggling to stay afloat. This could include paying for ads on selected social media platforms, webinars, emails, SMS and whatsapp marketing as a way of engaging with your customers.

4. Become easy to find-put into use measures that will make it possible for both customers and prospects to access your business profile. This could include measures like search engine.

Enjoy Everything You Do

Most of our time goes into pleasing others and making them happy. Often despite our best efforts we find that people do not appreciate what we have done. When we have tried hard to please someone we feel disheartened and upset.

Whatever I do is for myself. When I recognize this fact, I will never do anything just to please others. When I am content with the effort I put in, I will never be dependent on others' recognition of what I have done. When I enjoy everything I do, I will be truly happy. The more content I am, the more others will start appreciating my effort.

Generosity

Generosity can be defined in many ways but respect, kindness, benefit and accessibility are its key characteristics.

Generosity is like a fruit tree in season. All its fruit is available to anyone for the picking. When I am full, complete, when I have conquered selfish needs then I can be naturally generous.

My being is open to others to share the best without any obligation.



NEWS

PCAK coast team & coast COVID TEAM Donations via various donors and wellwishers



UN Faults Kenya's Proposed 5,000MW Kilifi Coal Plant

The United Nations Environment Programme (Unep) has raised environmental concerns over Kenya's plan to include a 5,000MW coal-fired power plant in its future energy mix.

During a recent workshop organised by Kenya's Energy and Petroleum Regulatory Authority (EPRA), Unep officials took a swipe at the coal plan.

"There is a proposed 5,000MW Coal Power Plant in Kilifi and yet the government is equally working on a 30 percent emission reduction by 2030," Unep officials pointed out during the workshop centred on electric mobility policies.

In June last year, the National Environment Tribunal (NET) stopped construction of Kenya's



first coal plant - 1,050MW Lamu plant - over environmental concerns about the \$2 billion (Sh200 billion) project.

Construction was originally planned to start in 2015.

In response to the reservations expressed by the global environmental agency against the Kilifi coal plant, Kenyan officials said: "Emissions from the proposed coal power plant were already factored into the government's plan to have a 30 percent emissions reduction by 2030."

"According to vision 2030, for Kenya to be a middle income industrialized nation, there was a need for 20,000 megawatts. This was revised downward to 17,000 megawatts in order to de-carbonize the vision. The Ministry of Environment and Forestry is working with the Ministry of Energy for development planning," they

added.

Currently, Kenya's energy generation mix is over 90 percent green, comprising geothermal, hydropower, wind and solar alongside thermal power with the total installed capacity standing at 2,700MW.

But Kenya still sees the need to further diversify the mix to support its industrialisation ambitions, with coal and nuclear taking a central place in the drive.

Kenya has in the past also indicated interest to build another 960MW coal-fired power plant in Kitui where coal deposits have been discovered.

The mining contract for a section of the Mui coal block had been awarded to Chinese firm Fenxi Mining but work is yet to take off. Location of

the proposed plant near the mining fields is expected to cut transport costs.

In 2018, a court suspended the Lamu coal plant for a second time, sending the dispute back to the environmental tribunal following a petition from Save Lamu Natural Justice.

Then the tribunal last year cancelled the environmental impact assessment (EIA) licence that the National Environment Management Authority (Nema) had issued to Amu Power Company Ltd - the developers.

The activists reckon that emissions from the plant would pollute Lamu's pristine air, 21 kilometres from plant, and pose health hazards on an island that is a Unesco World Heritage site and a top tourist destination.

Bottling Association donates to Mombasa County



On the 21/4/2020 as Coast Bottled Water Manufacturers Association delivered water and food stuff to the water, Sanitation and Natural Resources minister Hon. Tawfiq Balala at 10.00am. We had a short meeting chaired by Hon. Tawfiq who went ahead to introduce his chief officer and staff to the gathering. The Coast Bottled Water Manufacturers Association delegation was lead by the

chairman Mr. Michael Dianga. Others in the delegation were Mary Hummer (Mrs), Mr. Haji, Mr. Pravin, Salim Shiraz and Maurice Achola. The team delivered 521 bottles, 80 cartons 0.5 ml of water and 101 bags of 5 kg maize meal to be distributed by the Mombasa County Government to the most vulnerable in society that has been badly hit by the COVID-19 pandemic.

The minister and his team expressed their gratitude to the SME Organization for their timely donation in helping crush the virus by supporting the county government in it's quest to reach the most vulnerable in society with food and water. He encouraged the group to remain steadfast and be ready anytime another appeal can be made for more donations as it's not clear when the pandemic may come to an end. In his part the chairman Coast Bottled Water Manufacturers Association thanked the County Government through the minister for the protective measures it has put in place to safeguard the lives of the Mombasa citizens. He urged the people of Mombasa and the whole republic to adhere and observe the measures being put in place by the county and national governments in making sure no Kenyan contracts or succumbing to the COVID-19 or dies of hungry. In conclusion he thanked the Minister for receiving him and his team and receiving the donation him and his team brought.

PHOTO STORIES

Ahadi food donation



Ahadi Kenya Trust CEO Dr Stanley Kamau (L), Ward Administrator Mwangi Kifeeti, Kameme FM Presenter Muthee Kiengei) present foodstuff to Sawira Wambui during distribution of assorted food stuff that included chicken, flour, cooking oil and bananas to 150 families affected by COVID 19 pandemic at Karunge Primary school grounds in Mathioya Constituency in Muranga County. The food was donated and some purchased from the former jigger survivors in partnership with Ahadi who empowered them into farming after they recovered from jiggers. DR Kamau called on COVID 19 secretariat to consider buying food for distribution from these farmers to empower them otherwise the food would go to waste and in six months.

PHOTO STORIES



A fortunate day for the kilifi county Kenya Scouts since a borehole has been developed providing clean water donated by Mombasa Women's Association. The National Trustee commissioner Ms Constance Shume and officials expressed their gratitude through a lovely ceremony with the coast dancers The Chechemiko dancers. Scouts officials, Guest Miss Jasleen Kandhari, MWA Chairlady Mrs Harminder Kandhari, Home. Sec. Mrs Sital Sagoo, joint Treasurer Mrs Illa Shah, Mrs USHA Patel, vice Chairlady Mrs Sadhna. Rishi on looking community people



Ahadi Kenya Trust CEO Dr Stanley Kamau distribute assorted food stuff that included chicken, flour, cooking oil and bananas to 150 families affected by COVID 19 pandemic at Karunge Primary school grounds in Mathioya Constituency in Muranga County. The food was donated and some purchased from the former jigger survivors in partnership with Ahadi who empowered them into farming after they recovered from jiggers. DR Kamau called on COVID 19 secretariat to consider buying food for distribution from these farmers to empower them otherwise the food would go to waste and in six months they will be begging for donation.

Chandaria Foundation teams up with Hindu Religious and Service Centre

On Saturday 25th April 2020 the Hindu Religious and Service Centre and Chandaria Foundation Donated 20 hand washing units to the Kenya police in Uasin Gishu county. The presentation ceremony was held at Eldoret Police Station and was presided by the county commander, Mr. Ipara. HRSC was represented by Anil Shah, Ravi Taylor and Mr. Hitesh Chauhan while Mr. Naem Abdulla, service center manager of Mabati Rolling Mills Eldoret represented the

Chandaria Foundation. OCS from various police stations who were to receive hand washing units were also present. Mr. Ipara was grateful for this noble cause and thanked both the institutions for supporting the Kenya Police. He mentioned that these units will be distributed to the various stations in the county, to help officers and visitors by keeping their hands clean all the time, which is one of the government directive to overcome the COVID-19 Pandemic in the country.



EVENTS

Hindu religious service centre of nakuru donates food packs and pawpaw seedlings to 1300 families



Baringo being arid and semi arid thus cannot sustain meaningful agriculture, many residents have suffered without food to an extend of eating cactus fruits in mitigating hunger.

Residents of kelelwa and kimose in Mogotio constituency had a sigh of relief after Hindu service centre from Nakuru donated food packs and pawpaw seedling as part of short term and long term measures in alleviating hunger. over 1300 families being the needy, elderly and widows who were depending on casuals job were the target.

According to HRSC MEMBERS said they had to donate food and seedlings since many people who have no sustainable income have nothing else to depend on following Government measures to curb the spread of corona virus. further noted donation of pawpaw seedlings as a long term measure towards food security as the region is conducive for its growth, they further urged other well wishers to come up and give an helping hand to many Kenyans who are suffering in silence.

The beneficiary could not hide their joy as they received the donations.



PHOTO STORIES



The Mombasa Women's association following The Green Belt Movement Planting trees at Kenya Scouts Kilifi county. The tree planting ceremony conducted by Chairlady Mrs Harminder Kandhari with 15 saplings donated by guest Ms Jasleen Kandhari



On 9/5/20...With the combined efforts of Gilanis Supermarket and the Rotary Club of Nakuru, we were able to run a food distribution drive in 4 different locations of Nakuru. N was able to help more than @ 400 vulnerable families in different areas of Nakuru.



Oshwal Aid by Shree Visa Oshwal Community Nairobi launched a COVID-19 Food Donation Drive on Monday, 30th March 2020 to ensure that the vulnerable people of Nairobi get some food during these trying times.

Various members and corporates have generously donated towards this drive which has been carried out weekly from the Oshwal Centre to various organizations including childrens homes, elderly homes that are in need of the essential food items. All donations have been conducted with all safety measures in place and by abiding with the governments directives. To date, a total of 125822 lives have been touched by the generous donations.

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EVENTS

HRSC and Chandaria Foundation Donate 20 Handwashing Units to Kenya Police Kisumu

On Thursday 30th April 2020, the Hindu Religious and Service Center (HRSC) and Chandaria Foundation, donated 20 Hand washing units to the Kenya Police in Kisumu. The presentation was held at County Police Headquarters and was presided over by the County Commander Mr. Ranson Lolmodoni and OCPD from other Police Stations. HRSC was represented by Dilip and Harshid Shah, Dailesh, Paresh and HCK was represented by Niam Shah, Ramesh Mehta and Mr. Shira. Chandaria Foundation was represented by Rose. OSC from neighboring police stations who were to receive the units were also present. Mr. Ranson Lolmodoni in his address thanked the three organizations for the donations of the units and assured that they would be used properly in various police stations.



HRSC and Chandaria Foundation Donate 20 Handwashing Units to Kenya Police Nakuru



On Wednesday 29th April 2020, the Hindu Religious and Service Center (HRSC) and Chandaria Foundation, donated 20 Hand washing units to the Kenya Police in Nakuru. The presentation was held at County Police Commissioners Office and was presided over by the County Commander Mr. Tito. HRSC was represented by Nitin and Diviabhen Shah and Jairam Ankala while Mr. Douglas represented Chandaria Foundation. OSC from neighboring police stations who were to receive the units were also present. Mr. Tito in his address thanked the two organizations for the donations of the units and assured that they would be used properly in various police stations.



Director of Criminal Investigations George Kinoti (in white shirt) receives from Ahadi Kenya Trust CEO Dr. Stanley Kamau (right) and National Social Security Fund (NSSF) CEO/ Managing Trustee Dr. Anthony Omerikwa a donation of face mask, sanitizer and water for distribution to CID officers on Friday 10th at Immigration Head Office in Nairobi.



As a Community Health Volunteer(CHV), with supervision of the Nakuru Health Minister I visited the Bondeni Slums today to spread some awareness about the virus. We first gave them a demo on how to keep clean and wash their hands well to avoid chances of the virus. Lastly, we distributed some goodies before leaving, which made them very happy. In conclusion, we tried our best to calm the fears in the minds of the children about the virus COVID-19 and made sure they aren't affected mentally because of the critical situation.



As the Rotary Club of Nakuru we visited the "Gioto" dumpsite outside Nakuru Town on the way to Kiamunyi. We provided them with a 2,500lit water tank, and hand-washing soap n Masks as well , donated by well wishers on 1/5/20 It was very touching to see human beings living between four walls, in a small space with no roof over their heads - going to sleep at night watching the moon and stars and the sky. AND YET THEY WERE SO HAPPY AND PLEASED TO SEE US. They welcomed us profusely. What impressed me deeply is go see them rummaging in the dumpster for empty bottles and cartons and arranging them in mountain piles to sell them - with no intention to survive through begging. Tears welled up in our eyes as we left the place to see poverty of this extent staring in our faces and yet no one looked unhappy - they had accepted what they had in life. Rani Ramchandani.

OPINION

YOU ARE SUCCESS

By Salim M. Kea

At a point I close my eyes just to try seeing far as people say, "Funga macho uone mbali." At a times I open up my ears to gain more information only to hear the echoes of the silence. What are this echoes of the silence? My dear comrades and fellow elites, campus life an earthly paradise they do say. Your life your business, your success your choice; select wisely to manage your business. At a times it's hard to determine what exactly success is to you. My dear you are success itself. Have you ever thought how competitive you were to *win against a million sperms!*

You are a winner not a loser! It is never late unless its over wake and fight! Be the three hundred men of spatter. The world is yours. I take time thinking how focused I was at kindergarten, knowing nothing but sure of being like my elders. I wish I new growing old its a trap I couldn't grown old. My trap begun working hard to join good secondary school in Kenya. This wasn't even my great deal after joining. Another struggle came fighting for another battle of success to gain that grade to good campus and universities on earth. Was that success?

Here in campus you are in, innocently you came. Focused yet and ready for another move. No remedial classes, no preps, no prefects you and you alone. Substitution of character you began, you were single at home now married at school, you couldn't put on tights you suit case is full, you couldn't walk in dark that the time now. The earthy paradise is real in campus.

The theory that success is for chosen few is true, you skid classes and go parte after parte to secure happiness. Those who are still loyal here they are committed to academics they believe success is for few who chose to. They join the guide and counseling team, religious societies, go for talks hence building there network, gaining more competent skills, do well in academics creat employment for themselves and the society at large. This is the group you are all gossiping on wishing you were the one. Don't say my mom and dada told me not to start a business they asked me to read; my dear your parents too they don't support or ask you to be broke, to fail, to take alcohol and abuse drugs. My friend wake you are the success they do wish to have.

My dear brother you keep on sleeping



with other peoples sister wishing to come marry a virgin hell you, you won't to you my sister enjoying money of the boys around expecting to get a rich man you won't look for one make him rich and you will be.

Back to the story of the focused kid from kindergarten to campus. And my story on You are Success starts. You don't read, you dodge classes, you don't do assignment, you do the cat while drunk expecting to get that A in the unit. Your success began in the womb so your campus success starts from that day loyal at the gate join the campus. Don't get frustrated you have time a last minute saved a man. Prepare plan and project. Desire discuss and decide the

word belong to you.

Don't cherish the short time happiness in campus that will make you live a wishing will life. Focus on the future a head. Work as they sleep, study as they party, save as they spend and you will live as they dream.

Remember, your past is a used paper if you keep on counting your past success then you will never achieve more you will be contented. Your presence is unused paper write useful things and your future is a question paper. Therefore, guys standard on your present life to evaluate your past to realize your present life and secure your future. Only those in campus understand this.

Avoid Interrupting People

A topic I really feel should be emphasized on a lot. This is something a lot of people may tend to do intentionally or unintentionally. We don't get heard and feel nobody cares, because at times it happens that when you open your mouth and have barely said one word, someone in front of you has already spoken ten words and also changed the whole conversation. Or something very important is being said and suddenly someone walks right into it and interferes by adding their own words or experiences without asking for permission to do so. Leaving you to feel disheartened and a little annoyed too.

We may tend to break conversations of others or simply don't listen to them because of that urge to be heard, which comes about due to over excitement of not waiting till the other person finishes talking. Like when two people are busy discussing an important topic, we



usually have a third person suddenly interrupting them with irrelevant talk or something that doesn't even have anything to do with the topic being discussed. So if you feel you don't know what is being talked about and

are present, just stay quiet and enjoy the conversation. Control yourself when you feel the urge to cut people off comes up. Ask yourself how you would feel if someone did that to you when you talk. The only time you should actually interrupt someone is when they are telling you something and you do not understand them or you need to clarify something, or if there is some emergency and you just have to interrupt that person.

It is also considered a very rude behaviour and can make people avoid coming into contact with you. Yes, we all want to be heard but if you will not listen to others how will they listen to you? So each time you find yourself feeling the need to interrupt someone just breathe in and out and hold your tongue.

"Listen and you will be heard, stop interrupting others and you will be loved"

Author - Atiya Mughal

8 Best value propositions we have seen so far



A value proposition is the most important part of the message that a brand strives to communicate to the market. A value proposition aims to persuade the market as to why they should do business with your company and emphasizes why the benefits of subscribing to your products and services is specific and different from the rest. We will look at some value propositions that have defined how we conduct our daily business so far.

1. Uber- the smartest way to get around. As a pioneer in the tax hailing industry coupled with efficiency courtesy of its technology, Uber has a distinct proposition in that it offers an alternative to public transport with minimal costs. While owning a car may seem further for most, enjoying a ride privately without having to worry about maintenance costs at very little costs can never be taken for granted.

2. Mpesa- the easiest way to pay for everything. With the prevailing crisis advocating for cashless payments, Mpesa had already proved its worth in facilitating payments with ease from a mobile gadget. It has currently been integrated into all industries in the business ecosystem and for those businesses not having Mpesa payment options cannot claim to be fully in business.

3. Apples' iPhone- the most distinctive electronic device an individual can own. Despite the market being saturated with electronic products, iPhone has set itself apart not only from the smartphones but all electronic devices out there. It rides on the narrative that a phone should be simple, beautiful and magical to use. I don't own one but I look forward to as I cannot hide the desire I have always had about it.

4. Google- the most comprehensive source of information. There was a time back when wanting to learn about something would require mentally-tormenting reading of books or enquiring from parties less interested to share with you what they know until Google came. Google makes it simple to precisely enquire about a specific subject that is of interest at that time and as a result search marketing was born based on keywords based on the frequency of their usage.

5. Twitter Trends- the forum bearing most current information. Before Twitter, Breaking News was the segment for current information but not anymore. Twitter Trends have the onlookers and witnesses broadcasting happenings as they occur and broadcasting it to those who are interested using a smartphone and hashtags to enable content filtering. A truly amazing resource as it also facilitates public participation.

6. Instagram- the social media platform that is full of adventure. For those who love adventure and cannot embark on it for lack of time or may not afford it, thank Instagram for adventure has been brought to you unlike going out there to find it. Depending on your subject of interest, Instagram will enable to adventure the world from the palm of your hands. Before I forget, it is also a very good platform for promoting a brand, its products and services. If you do not have an Instagram account, you are missing a lot out there.

7. Facebook Ads- the smartest and easiest way to advertise a brand, its products and services. Before Facebook, advertising was a luxury beyond the reach of many businesses, particularly the small ones, but thanks to Facebook Ads small businesses not only advertise but target as well for cost effectiveness truly a savior just when we needed it.

8. Whatsapp- the easiest to converse with a person or a group. This list could not have been comprehensive without Whatsapp. Thanks to whatsapp many of us have forgotten texting or never used it at all. The name also makes the service sound like it is fun to use it. Whatsapp has evolved over time to not only social conversation but also as a way a business can keep in touch with its customers. Truly remarkable.

OF WOLVES, 2 CHERRIES AND A HARD HAT

By: Rudra Van Oxenberg

WARNING - NOT FOR THE FAINT HEARTED OR PERSONS WITH FIXED OPINIONS

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

***** READER INTERACTIONS/ Q&A/ COMMENTS *****

Well happy new (relatively new still) to all Madafu Readers and Stakeholders.

I had quite a turbulent run towards end of last year but as they say, the darkest time is right before the time of the Dawn. And here I am, back to you lovely people. Many of you have sent me emails either wondering where I have disappeared or just engaged me on my previous articles.

To those who got in touch, I want to say a big thank you. It shows that a lot of you have taken interest in this work and now my promise to you is that this will be a consistent and continuous article in Madafu (unless the editor kicks me out - odds are not in his favor though)

I want to start the year by sharing a few readers interactions, answer a few questions and finally your chance to be the winner of the competition dubbed - OF WOLVES, 2 CHERRIES AND A HARD HAT - CAN YOU DECRYPT THE MEANING OF THIS TITLE? All answers to be sent to me on rudraox@yahoo.com next article we will sample a few. AND THE WINNER WILL BE THE LUCKY RECIPIENT OF A KSHS. 2,000/= GIFT/SHOPPING VOUCHER FROM YOURS TRULY. Get cracking on this!

Lets get cracking on to our interaction side. All our readers who reached out to me on my email ; rudraox@yahoo.com a big thank you once more. Here are some of our conversations/engagements;

Interactions/Comments:

From: Neha ****
Hi Rudra, your articles are both funny and engaging. You make a lot of sense and hopefully you will change the peripheral vision that nowadays seems to be inbuilt in most of the men. Your sarcasm is also top notch and I look forward to reading your next articles.

My Response - Thank you

so much for your kind and encouraging words.

From: Priscillah ****
Mr. Rudra, I think your articles should also focus on women attitude and confidence. Only focusing on the male aspect is slightly sexist.
My Response- I am not a woman. I don't know what ticks their confidence/attitude. If you do, please share your insights with the editor and perhaps you too can write something for them.

From Erastus ****
Hello Rudra! Your articles are spot on! You have inspired me a lot. I used to fear approaching the ladies and now with some practice I am at least able to hold a conversation with them. I hope you can help me by telling me what to do after the initial conversation and exchange of contacts. God Bless you.
My Response - Thank you for your email. It is nice to see that I have inspired a positive change in you. Hold on to that number, do not go sending in 100 text messages. Drop in a line after a day or two and keep it casual. Just cause she gave you her number doesn't mean she wants what you want. Take it slow - will address the communication factor in my next few articles.

Questions & Answers from Our Readers;

From: Maya ****
Rudra, I am a lady who has taken a keen interest in your advise on men approaching women without offending them or being shot down. Are you trying to create new players in the market? It seems to me that you are encouraging the art of having multiple partners and people are okay with that?

My Response - Maya, I have never once in any of my articles suggested that women are toys to be played with. I am simply empowering men to conquer their fear of approaching women and conversing with them. You don't become a playboy by talking with 3 different women in one social outing.

From: Alan ***
Mr Oxenberg, I think you are obnoxious, arrogant and cocky. Just because you can approach women does not make you better than us who cannot. You cannot come preaching to us and expect us to follow it like gospel! Stop Writing.

My Response -
Clearly, this article is for mature people. Stop Reading it and go spend time on the kids crossword section.

From: Julius
Hello Rudra! I absolutely love your articles! It is so spot on and touches on the right subjects! Your mix of sarcasm and point blank advise is simply amazing. I do hope one day to meet you in person. Thank you once again!
My response - Hi Julius I am glad you love my articles. I am not a human being. I am a robot working from the underground tunnels of Japan. Good luck finding me

From: Chloe ***
Hello Rudra! Greetings from the States. I managed to pick a copy of madafu and stumbled through your article. As a woman, I must say you are doing a fantastic job in helping men overcome their "wuss" problems. Hopefully, I will meet your disciple one day and thank you for that - or maybe I may just meet you one day instead! Jokes aside, a big thumbs up for a job well done. Can I get access to your articles online? Much love

My Response - Hi Chloe, Please get in touch with the editor for Madafu. I am sure there is an online copy. Thank you for your kind words. I am not a human being. I am an Alien writing this article from Timbuktu. Good luck finding me hopefully you will find my disciple who will not disappoint.

From: Alexa
Your articles just like your name smell fishy. I don't know what you are trying to achieve here but honestly, you are wasting newspaper print.
My Response - Stop eating fish on the newspaper then.

And your name sounds fishily like an "Android" app name. You are wasting Precious Cyber Space. Besides, I use iphone. Next time, use the name Siri and I may take you seriously.

Thank you all for your positive and negative comments.

Remember here is the competition one more time;

OF WOLVES, 2 CHERRIES AND A HARD HAT - CAN YOU DECRYPT THE MEANING OF THIS TITLE? All answers to be sent to me on rudraox@yahoo.com next article we will sample a few. AND THE WINNER WILL BE THE LUCKY RECIPIENT OF A KSHS. 2,000/= GIFT/SHOPPING VOUCHER

Email me your thoughts, queries applauds and abuses (really?) to: RudraOx@yahoo.com



HISTORY

#KenyaHistory

WHY DO TRAINS SLOW DOWN AND WHISTLE AT MACKINNON???

HISTORY OF AN INDIAN LABOURER & "SHARIF" (DESCENDANT OF PROPHET MUHAMMAD) SEYYID BAGHALI

Excerpt from "We Came By Dhows" by Cynthia Salvadori

From interviews with late Ikram Hassan, Mombasa

"Yes, it is true. Many people stop at the mosque at Mackinnon Road, and even the through trains and buses slow down, or at least they used to. It is because a holy man known as Seyyid Baghali is buried there. But that was not his real name. A lot of strange things have been related and written about him. I will tell you the true story. It was told to me by the father of M. Akbar Shah (whose letter, with a slightly different version, I enclose) and was later confirmed to me by the man's sister.

My family, like his, comes from one of the group of three villages near Lahore that are composed mostly of Seyyids. We are all descended from descendants of the Prophet who came through Iraq and Persia to teach Islam. When Genghis Khan devastated Persia my ancestors packed up and left and came down to Multan, then moved on to the Punjab and Central India. My family is from the village of Moin-ud-deen-pur, someone and a half miles from Gujrat. The other two Seyyid villages are very close by. There are about 30-40,000 people in the three villages and we all know of each other. I am in fact distantly related to 'Seyyid Baghali', for my father's sister was married into his family.

As Punjabis were known as good fighters and tough people, the British first recruited Punjabis into their army in India, and then they set up recruitment station to get more Punjabis to build the railway in Kenya. Our people were happy to volunteer since they got double pay plus transport and rations. Two of my maternal uncles, Sardar Shah and Hakim Shah, came to work on the railway in the early 1890s. They returned home with money and good reports, saying that despite the dangerous animals they had lived well and ate well. So my father decided to come, in 1906 [see "A Real Aristocrat"]. And so had the man known as 'Seyyid Baghali'.

Seyyid Baghali's real name was Seyyid Fateh Shah. He came from my village, one of three sons of a family of farmers. He was a very strong and hefty young man and so strong that he would carry great weights lifted

over his head, not resting on his head. He was married and had a small child. One evening Fateh Shah came in from the fields very tired and, in front of his wife, his father-in-law [more likely his father, I think] rebuked him for something.

The next morning Fateh Shah went into town. He saw the recruiting station with a crowd around. His friends encouraged him to sign up. He went home and hardly ate. Next day he disappeared. Word got back that he had joined the railway, but nothing more was heard of him. When my father came in 1906, he was asked by Fateh Shah's family to try to locate him. My father could not trace anyone of that name. It was later that the truth became clear.

In the meantime a legend had grown up about someone called Seyyid Baghali a Punjabi Muslim who was tremendously strong. It was often said that he was seen walking with his laden karai floating over-not resting upon-his head. Because he was a Seyyid as being very strong was a Seyyid and he been made a foreman. He died on the railway, along with two other people when trolley they were riding on got out of control. Seyyid Baghali was buried there where he was killed. The grave was made by a European in charge, who had great respect for Baghali. Every year a cloth was put on the grave

In 1941 I was stationed in the Taru, at Mackinnon Road, where I was cutting timber. I was there for 3 years with 500 under me. One of the local guides his old father, named Magado told us stories about a very strong Indian. He said he had seen it with his own eyes (the locals used to hide in the woods and watched the Indians work-they themselves did not work because for Africans carrying loads was for women, not men.) Magado recalled seeing a chap carrying a laden karai, holding it over, not resting it upon, his head. This was the man called Seyyid Baghali, he was obviously the missing Fateh Shah. He obviously had signed up under a false name, fearing that the news would get to his family before he was able to leave.

In the 1940s when I went there the grave was still a simple one surrounded by bush. Some people would stop there, for they knew it was the grave of a Seyyid and thus of a 'holy man'. They — not only Muslims but Hindus and especially Sikhs would stop at the grave and ask boons there. People would say when they arrived safely at their destination that it was because they had stopped at the Seyyid's grave. And so his reputation

grew, and the legend started.

It was Mohammed Fazel, a Kashmiri from Jhelum, who was a cattle trader under my father, who started building up the tomb. Then a Luhar from Mombasa, one Hashem (whom I knew), used to go up to Mackinnon Road and look after the grave. The grave now run by a barber from Navsari called Ahmed Shah who is posing as a Seyyid, he makes much money.

After Ikram had told me what he knew of Fateh Shah, he said he would write to a friend in Pakistan to get more information. The following is the letter he got in response.

Letter Concerning The Pir Of Mackinnon Road

My dear Ikram — Asslamu Ilaqum

[Thank your for] Your kind letter dated 18/6 to hand. I am enclosing here my information about Uncle Fateh Shah along with our Shagra [family tree] which will show you his relationship with us all.

My father Syed Ali Mohammed Shah was the real cousin of Syed Fateh Shah. Fateh Shah and his two real brothers Syed Ishaqu Shah and Syed Said Mian Shah were the sons of Syed Alam Shah. (He was the grandson of Syed Akbar Shah Sahib, a well-known Saint of Gujrat District who had performed Seven Haj on foot [as was done] in those days and whose grave is in the village 'Malkah' in Gujrat District.)

Syed Alam Shah was also a virtuous man. He was basically a farmer and his eldest son Fateh Shah was a source of great help to him. From his very birth Fateh Shah, as per his family traditions, was courageous and strictly followed Islamic orders and never deviated from them from his very childhood. He married and had a son Rasul Shah (who died about ten years back). He was very strong and also a fast runner. He was so fast that he could easily catch a peacock or a vulture before they were able to fly away.

Once he caught a running cat that had devoured his cockerel. Alam Shah went into litigation with some people in the city of Gujrat over a piece of land. The case went on for about 12 years and it shattered the financial position of Alam Shah. Fateh Shah, seeing his father in trouble, made up his mind to recruit himself in the Railway department for its project in Africa. In early 1890 he signed up, together with Sardar Shah and Hakim Shah [maternal uncles of Ikram Hassan], Mohammed Din



Awan and others of the village of Moinduddinpur. His parents, brothers and an elder sister Nur Begum tried their level best to stop him but he was firm in his decision and he left for Africa.

He was, as I said, very strong, for he could easily run fast carrying three maunds over [over, not on] his head. People looking at him with such a load many times imagined that the load carried by him was actually flying some two or three feet above his head. This phenomenon was also witnessed by his fellow workers in Africa when Fateh Shah used to carry heavy stones for the Railway tracks.

Even English people, his officers, had noted this feature many times and this [increased his reputation] for spiritual values and piety. He never told a lie, and never touched 'haram' food. He was generous, always helpful to needy and weak people, and he never failed in the observance of the tenets of Islam.

May God bless his Soul.

Affectionately, M. Akbar Shah

(Moinuddinpur, Gujrat)

The building of the Kenya-Uganda railway brought many Indians to East Africa to work as labourers, clerks and artisans. Many stories are told about the early Indian settlements and about their long journeys on stormy seas before they reached the East African coast.

Many stories are also told about the initial efforts of pioneer Indian individuals and families as they established themselves, worked on building the railway and started new trade links.

Among these stories is a widely popular tale of an Indian labourer named Pir Baghali. He was a wise old man with spiritual powers. People say that while Pir Baghali worked, the kerai or vessel for carrying concrete and sand always remained a few inches above his turbaned head. He was also known to speak and understand the language of animals.

On one occasion, when the working party was around the area of Mackinnon, where the labourers had camped and were clearing the bush, a huge python appeared. It had stretched its fangs and was ready to strike at

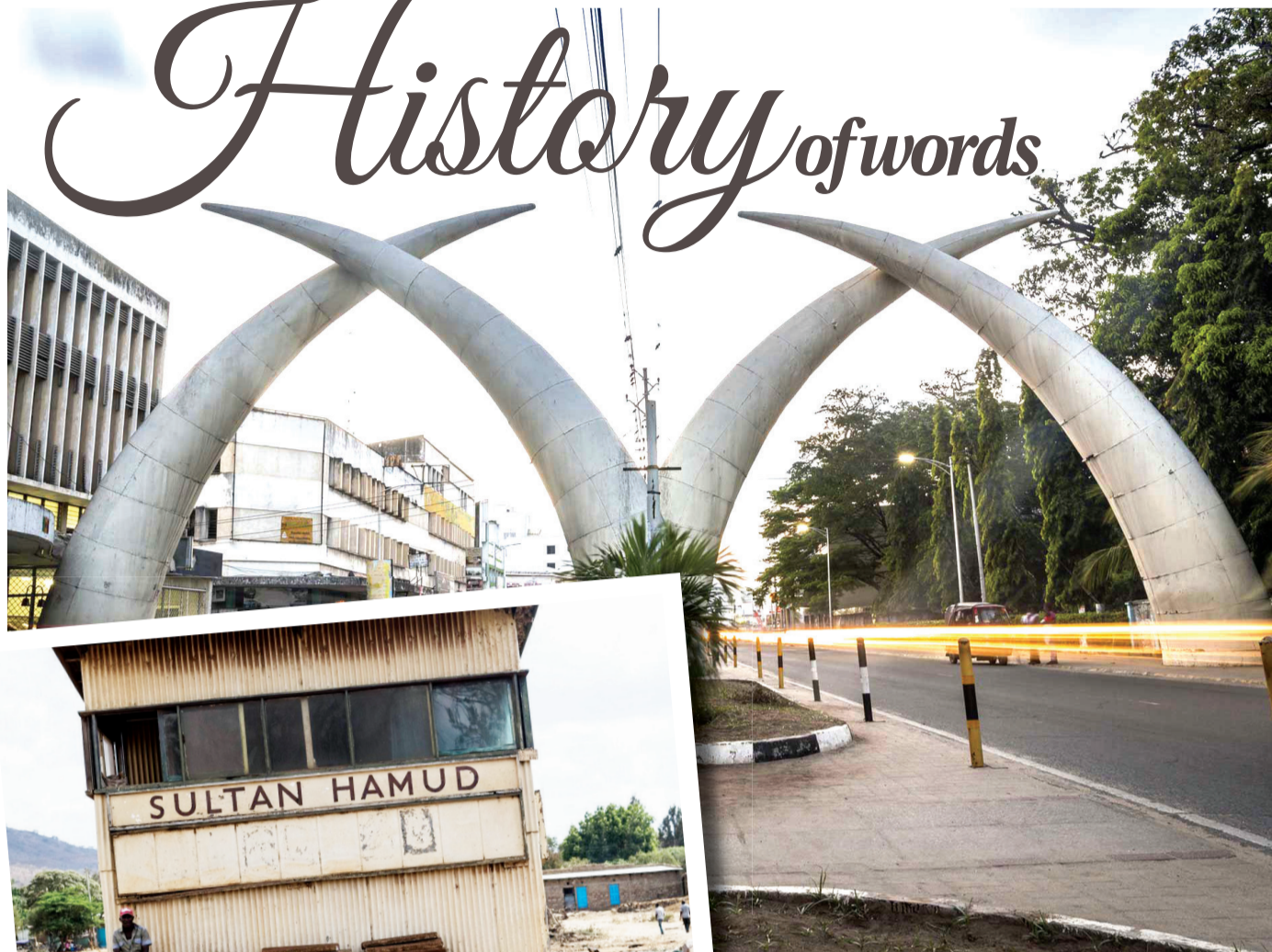
anyone who dared to approach it. Some of the labourers were ready with their lathis or sticks, while one of the Englishmen raised his gun to shoot.

Pir Baghali begged them not to harm the animal. Instead, he asked them to step aside while he knelt down and prayed. He then faced the snake and pleaded, requesting it to leave in peace. The snake stood for a while, poised to attack, but after a while, it gradually backed down and slithered away. Pir Baghali's power of prayer, it is said, also kept the lions away and the labourers in his camp remained safe. When he died, he was buried next to the railway line in Mackinnon in Kenya, and a monument has been built there in his memory.

Today, many travellers on the Mombasa-Nairobi road visit the monument to pay their respects to Pir Baghali, and they say that the train normally slows down and whistles as it passes near Pir Baghali's monument.

From the Book: Oral Literature of the Asians in Africa by Mubina Hassanali and Sanaullah Kirmani Kurtz on Kirmani and Kirmani,

History of words



MOMBASA:

Mombasa was derived from the Arabic word "mimbashia" which means the country which unfolds itself or a large expanse of land.

MAKUPA:

Makupa is short for "maji yamekupwa" which means the water has fallen, it is recorded that in the old caravan days it was at Makupa where people used to cross from the island of Mombasa to the mainland, whenever the level of water went down.

CHANGAMWE:

It was known as "Changarawe" which means pebbles, having connection with the gravel formed there. Blame is put on the Portuguese for changing the name from "Changarawe" to Changamwe because they couldn't pronounce the name, it is also said the original name was Kolokoloni.

MAZERAS:

The Duruma chief Mazera gave his name to this place where he once lived, in the earlier caravan days Mazeras was known as "Ganjoni" or the place of ruins, owing to it being attacked by the Maasai.

MARIAKANI:

Is also of Duruma origin the word means the place

of Quivers. It is at this place where the Duruma and the Wakamba warriors used to meet for battle arrays. One day the Wakamba were defeated and as they fled they discarded their arrows covering the battle field with them.

MAJIYA CHUMVI:

Was originally known as Gulugulu which in Nyika was the name of a local stream. The name was later changed during the slave caravan era to its present version which means salt water.

VOI:

It is a Kigunya word for gruel, the story being that the stream at Voi often dwindled to a mere trickle and on this account only small amount of gruel could be cooked by the Wagunya slave raiders.

KILINDINI:

A place for deep waters.

TSAVO:

Tsavo is a Kikamba word for slaughter, however it should be noted that the word has no connection with the slaughter of Indian coolies during the construction of the railway. The word infact relates to the slaughter of many Maasai in the area.

MTITO-ANDEI:

Mtito-Andei is of course "Mtito-wa-Andei" or the

forest of Kites, the Maasai are said to have laid in waiting in a nearby forest with intent to attack the Wakamba, following which many Wakamba were killed. The kites remained in the surrounding forests and fed on the corpses. Afterwards, the local river and station were both known as Mtito Andei.

KIBWEZI:

To the Wakamba, Kibwezi was originally known as Kivwetse which is said to have been derived from a former Scottish mission in the vicinity. In the mission garden was a volcanic rock which after a series of seismic movements split and caused an underground stream to flow above the ground, however the faithful believed that the mission padre struck the rock with his rod in much the same way as did Moses!

MAKINDU:

It was originally known as Kiumbi because of the nearby seasonal river. In Swahili however Makindu means palm trees. The name changed from Kiumbi to Makindu when seismic disturbances started a permanent river making palm trees to grow.

SULTAN HAMUD:

Was named after a Sultan of Zanzibar, Hamud Bin Muhammad, to mark his visit to the rail head in 1898.

In the company of the Sultan was the notorious historical figure and slave raider "Tippu Tib" whose name was derived from the sound made by his gun.

KONZA:

It was originally known as Machakos Road because it is from here where the road headed to Chief Masaku's home. Chief Masaku's home is where Machakos town currently stands.

ATHI RIVER:

It is said that the name Athi emanated from the Indian construction coolies, when the rail arrived at this point. The Indian construction coolies found it to have a large number of hippos, but because they had never seen hippos before, they cried out in Punjabi:

'Hathi Hathi'!...meaning 'elephants elephants'!

As the Punjabi coolies new nothing about the hippos the confusion was understandable.

MBAGATHI:

Was derived from the Maasai word "Em-Bagasi" which is the Maasai name for the stream that crosses Ngong Road and which flows through the Nairobi National Park.

And finally did you know that Ngong Road was originally built out of the proceeds of a 15,000 Rupees fine inflicted by the Maasai paramount Chief Lenana on certain stubborn young warriors of his tribe (Elmoran)?

Pure Peace



Why do we find it hard to be at peace with ourselves, each other and the world? Imagine a lake that is flat and calm and pure - it is so clear you can see the bottom. Even when the wind blows it only ruffles the surface. All is still and peaceful in its depth. Then the first polluting chemicals of the new factory and farm come rolling down the hill and into the water. Immediately it starts to cloud over and bubble a little. Chemical reactions are taking place and the purity is lost. When purity is lost peace is lost.

It is the same with human consciousness. We are innately

peaceful beings. Peace is our deepest inner state of being, our true nature. To be at peace is to be in our natural state, but only when our consciousness is pure and clean and true. As soon as the pollutants of any negative images are allowed in, or we allow old memories and experiences to disturb us into negative thinking, our purity and therefore our inner peace are gone. It's not the external event or person that takes our peace away - it's because we give them permission to enter and give them life in our minds.

Keep your mind and heart free of all pollution, and peace will always be with you.

Never Make Fun of Anyone

The selfish world we are living in pushes us all to a certain point in our lives to make fun of someone or the other and laugh at them, but we don't realise how mean that behaviour really is and that at times this person you have laughed at and made fun of has actually come to know you did that and they feel so hurt and upset.

Such habits can make people go into depression especially if it's someone you constantly make fun of. We make fun when someone can't talk properly due to an accent they have and instead of helping them pronounce the word correctly, we start imitating them and laughing. Or when someone has dressed in a way that makes them comfortable but to us it looks hideous, without any real reason or understanding we call them names and point at them and again just laugh.

So we should stop doing such things by thinking what if it was the other way around and we were being made fun of and laughed at by the same people we were laughing at, how would we feel? When we put ourselves in the other situation we can try to relate to the pain we would feel. That should then make us change this behaviour of ours. Yes it will not go away instantly, so we should just practice holding our tongues when we see that



person or any other person that we want to laugh at. Instead we should compliment more.

Everyone of us is different, we all have our flaws, weirdness, we do and say things in our own ways so to some people we may look geeky and funny that they laugh and make fun of us and vice versa. We should respect every single individual we come across whether we know them personally or not. People have their own problems that they are dealing with and so are we that these issues may lead to making someone look weird or act funny at times but that gives us no right to make them feel out of place or like aliens. Instead let's try and reach out to those we are associated with and help in any way we can, even if it's just advising them.

"Everyone deserves some love and not being made fun or laughed at, so spread that love you have, you don't know what that may do to someone"

Author - Atiya Mughal

GUIDES

How to Measure the Return-On-Investments from Your Marketing Efforts

The evolution of marketing into employing technology as a tool comes accompanied with added advantages that enhance efficiency and effectiveness. The use of technology varies with the nature of business services as some enterprises have converted wholly to digital marketing while others have to combine technology with traditional marketing to convert a prospect into a paying

client. That is what marketing objectives is all about and will cover it in our subsequent discussions but for now I want to highlight important aspects that you should quantify in terms of costs incurred in comparison to revenue earned.

1. Cost per lead

This is the amount your business incurs to identify those people who exhibit a high potential of consuming your products or services. Cost per lead includes factors such as lead generation from landing pages or targeted traffic on social media platforms or email marketing and display ads. The cost of identifying potential customers should factor the cost of your products and services.

2. Lead close rate

The close rate from potential customers is dependent on the nature of services and products. Leads for low-priced consumer goods and services that convert the leads into a paying customers can be tracked using analytics unlike high value services and products that require a direct engagement with the potential customer. The close rate in both cases needs to be checked so as to determine the number of potential customers that end up becoming paying customers from the number identified. This forms good reference for determining your targeting criteria.



3. Cost of acquiring a customer

This is the total cost incurred in identifying a potential customer up to the moment the customer subscribes to your products and services. It can be calculated by deriving the sales generated against the costs incurred in

marketing.

4. Average order value

Determining the average amount customers pay for your products or services is a good indicator to show which products and services they prefer in comparison to the rest hence providing you with the

opportunity to upsell and improve customer experience.

5. Conversion rate by channel

Marketing efforts that are shared by different channels in attaining the business goals should be segmented in an effort to determine which one has more engagement and conversion rates.

This can also be a good indicator as to where the best opportunities lie.

6. Conversion rate by device

Does your business experience conversion from visitors who use desktops and none from mobile devices. The findings could help you scrutinize and improve

your website visibility on mobile gadgets.

7. Landing page performance

Landing pages help you understand the specific needs of your customers so that you can tailor solutions that best address them. Bearing that in mind you should be in a position to determine the bounce rates on your landing pages so as to improve on them or eliminate them altogether.

8. Blog click through rates

This would help you measure the quality of your content with regards to driving traffic to your website. The blog sections tend to have very high bounce rates but they would provide meaningful insight into quality of content that you should be focusing on.

9. Customer lifetime value

Depending on the nature of your business, does your business focus on one-time customers or recurring customers on a relationship basis. In both cases you should determine the value you gain from them from the transactions you do with them.

10. Brand and non-brand factors

Do customers look for your brand because they have heard about it or been referred by other customers or they stumbled upon your brand while searching for solutions from the internet. Whatever the case you should divide the two and measure the performance of each.

11. Year over year comparisons

The duration of periods that best demonstrate how your marketing efforts are faring on. For example search engine optimization efforts need to be compared over several months while paid marketing can be evaluated on a monthly basis.



By Mary Hunt

BLUE DAWN

Our favorite degreaser and all-around amazing product, Blue Dawn, typically comes super concentrated. Read the label. It says it right there: "concentrated."

Here's a great tip: Don't use Blue Dawn straight out of its container. Dilute it. I've used the same sturdy glass decanter for more than 10 years now. It's attractive (a recycled wine bottle!) and has no lid or cap, which makes it super easy to dispense.

I keep the jug of Blue Dawn on a

shelf in my laundry room. It's out of sight, and not that easy to grab mindlessly. When the decanter needs a refill, I eyeball 5 parts water to 1 part Blue Dawn.

SHAMPOO AND CONDITIONER

Store bottles upside down to prevent the shampoo or conditioner from getting stuck at the bottom of the bottle. When you can't get any more out, add a few capfuls of water, and shake.

TOILET PAPER

It's human nature to be super wasteful when it appears that we have things like toilet paper, paper towels and other paper goods in abundance. But discover you have what's left on the roll to last until you can get to the store, and watch how clever you and the family can be to make it last.

The trick to being careful

is to create an appearance of scarcity. On purpose. Don't fill the bathroom cabinet with five rolls of extra toilet paper. Make it one. Then store the rest in a place that's not exactly convenient — perhaps in the basement or under a bed.

Even the kids will get a sense that they need to go easy when it appears you're about to run out. Repeat this trick with other things that seem to disappear overnight. Surprisingly, even the person creating this sense of scarcity will naturally be more careful. Out of sight, out of mind. It works like a charm.

TOOTHPASTE

Once you've squeezed out as much toothpaste as you can, don't throw that tube in the trash. Instead, carefully cut the tube open with a pair of scissors, and you'll have enough for several more brushings. Tip: Store the cut

tube in a plastic bag between uses to prevent it from drying out.

RAZORS

Carefully dry the razor blade off after each use (use a towel, or, better yet, hit it with a blast from a hairdryer), and it will remain sharp twice as long.

LIPSTICK

When you get to the bottom of a tube, use a lip brush or a cotton swab to get at the remaining lipstick. You won't believe how much product remains, even when you think you've reached the end.

Pro tip: Scoop your lipstick leftovers into an empty lip gloss pot for easy on-the-go use.

HAND SOAP

Purchase a foaming hand soap dispenser, and turn any regular hand soap into foaming hand

soap. You'll be amazed at how far you and the family can stretch one bottle of soap.

Recycling the container of a foaming hand soap product you purchased by prying off the top and refilling with liquid soap is probably not going to work. That's because, much like the sprayer on a bottle of window cleaner, it is meant to be disposable. It's one and done.

LAUNDRY DETERGENT

If you use the "dump" method of adding laundry detergent to the washing machine, I can nearly guarantee you're using too much! Get out the owner's manual to see what is recommended. Measure carefully. Every Time Unless you have super hard water, chances are you can use even less and still get great results, especially if you have a front-loader, which uses very little water.

6 Types of online advertising

With the increasing need to do business going online as a way of selling products and services in addition to creating awareness, advertising as a business function has not been left behind. Online advertising is about promoting your brand in online spheres where there is a high likelihood of participants paying for your services. Before carrying out any form of online advertising it is important to first understand your ideal customer so that you do not end up spending with no returns to your investment.

1. Search Engine Ads-also known as search engine marketing or paid search marketing and mostly offered by Google. It involves bidding for keywords you want to rank for which also displays to the user that it is a paid result. You compete with others and search engines rank the content that appears based on quality score. Since this is

an expensive way to advertise consider it if the lifetime value of your customer is high.

2. Display Ads-they are found on web pages and can be on top, bottom, sides or middle of page content. They enable a brand content to be on specific pages and can be used with targeting for particular demographics. Display Ads capture the viewer's attention due to their visual nature hence content should exhibit clarity, be brief and changed regularly to avoid monotony.

3. Facebook Ads-as the social media platform with the largest number of subscribers, facebook ads provide exposure to brands in addition to increasing traffic to websites. They take various forms such as desktop ads, news feed ads, mobile feed ads. Facebook Ads have a high value targeting criteria that guarantees high chances of converting prospects into customers.

4. Twitter Advertising-twitter

ads appear in users feeds and provide options in terms of costs and results. They take the form of promoted tweets, accounts or trends. They are effective in promoting a brand as well as tracking conversions but they require one to fully understand the worth of your followers to your brand.

5. Instagram Ads- a platform accredited with its visual impressions, instagram provides a good opportunity for a brand to show its creative side. For those businesses whose prospects are on instagram you need quality images and videos for your brand to have the awareness it needs.

6. Retargeting Ads-these are like follow up ads that go after those who visit your website and take no action. Retargeting increases conversion rates as it keeps reminding prospects about your brand through use of Ads that follow them in their web browsing adventure.



Contracting during the COVID-19 pandemic

The Covid-19 outbreak, declared a pandemic by the World Health Organization on 11th March, 2020 has had a disruptive effect on the global and local economies. It has wreaked havoc on global trade resulting in decline of productivity, disruptions of supply chains and decline in demand and consumption culminating in staff redundancies among some companies.

The response, from governments, has been implementation of varying forms of direct and indirect measures to primarily cushion the economies from severe economic fallout and its resultant effects coupled with stringent policies to and directives to mitigate its impact on public health the most common being curtailing movement of the public in one way or another. Locally, this has been exemplified

“

It is important to note that whether Covid-19 constitutes a force majeure event depends on the wording of the clause in the contract and understandably, the governing law of the contract. If you are entering into a new contract, you should consider whether to include express wording to deal with the impacts of Covid-19.



by introduction of a nationwide curfew which has compounded the challenges that businesses had been facing amidst a tough economic climate, increasing the likelihood of businesses failing to meet their contractual obligations.

Non-performance most often leads to breach of contract and dispute resolution procedures. It is for this reason that businesses need to rethink how force majeure clauses are drafted, before getting into further contracts. Force

majeure cannot be invoked just because of commercial/financial difficulties in performance of the contract. Well then, what would be the next step when your business cannot deliver on the goods or provide a promised

service? What happens when the other contracting party insists on payment notwithstanding the current realities brought about by the pandemic or whatever other unforeseen events happen in the future?

The uncertainty surrounding this pandemic has led to new thoughts around how force majeure clauses should be drafted and what they should address. This clause is important for businesses as it relieves the parties from performing their respective obligations which are to be undertaken under the contract. As it stands, it seems likely that COVID-19 was an unforeseeable event, however, for contracts entered into after the outbreak, a requirement in a force majeure clause for events to be unforeseeable may prevent reliance on the clause.

It is important to note that whether Covid-19 constitutes a force majeure event depends on the wording of the clause in the contract and understandably, the governing law of the contract. If you are entering into a new contract, you should consider whether to include express wording to deal with the impacts of Covid-19. At the very least, a proper force majeure clause would usually include:

1. A clear description of what matters constitute a force majeure event.
2. The consequences of the occurrence of a force majeure event.
3. Procedures to be taken upon the occurrence of a force majeure event.

At the end of the day, advising on the particular wording in force majeure clauses should be tailored to the particular case keeping in mind the contracting parties, the nature of the business and the circumstances at the time of drafting the contract.

Having said that; we live in truly unprecedented times and when the dust settles, as in inevitably will; all individual and corporate actions will be scrutinized and we may be called to account on how we treated our fellow man during a global pandemic.

“The future of humanity is in our hands.”

14th Dalai Lama

COFFEE

PHOTO STORY

Donations

The Donation of Food for COVID-19 was done on Saturday 9th May 2020 5000 Food Cartons consisting of 13 Kg. Assorted food And aprox 15000 facemask were donated.

The donation is joint effort of CUTCH HINDU COMMUNITY - SHREE CUTCHI LEVA PATEL CHARITAVLE TRUST, SHREE CUTCH SATSANG SWAMINARAYAN TEMPLE EAST AFRICA SATSANG SWAMINARAYAN TEMPLE S. SWAMINARAYAN GADI - TEMPLE SHREE CUTCHI LEVA PATEL CHARITABLE TRUST, Nairobi West S.C. L.P. SAMAJ SHREE CUTCH SATSANG SWAMINARAYAN TEMPLE, Langata EAST AFRICA SATSANG SWAMINARAYAN TEMPLE, Prof. Wangari Maathai Road, Westlands S. SWAMINARAYAN GADI - TEMPLE, Parklands.

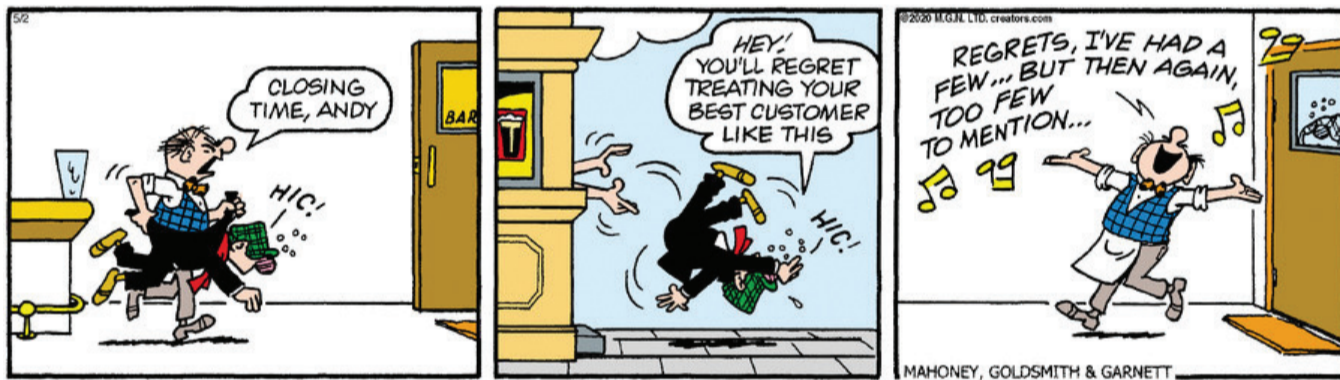
Mr. Narandera Rawal (Guru) being the Member of COVID-19 Fund received the donation from us on behalf of Government.

Hindu Council Chairman and Secretary were present and they also donated few things to the COVID-19 Fund.



COFFEE

ANDY



ARCHIE



ARCHIE



Food Distribution Exercise

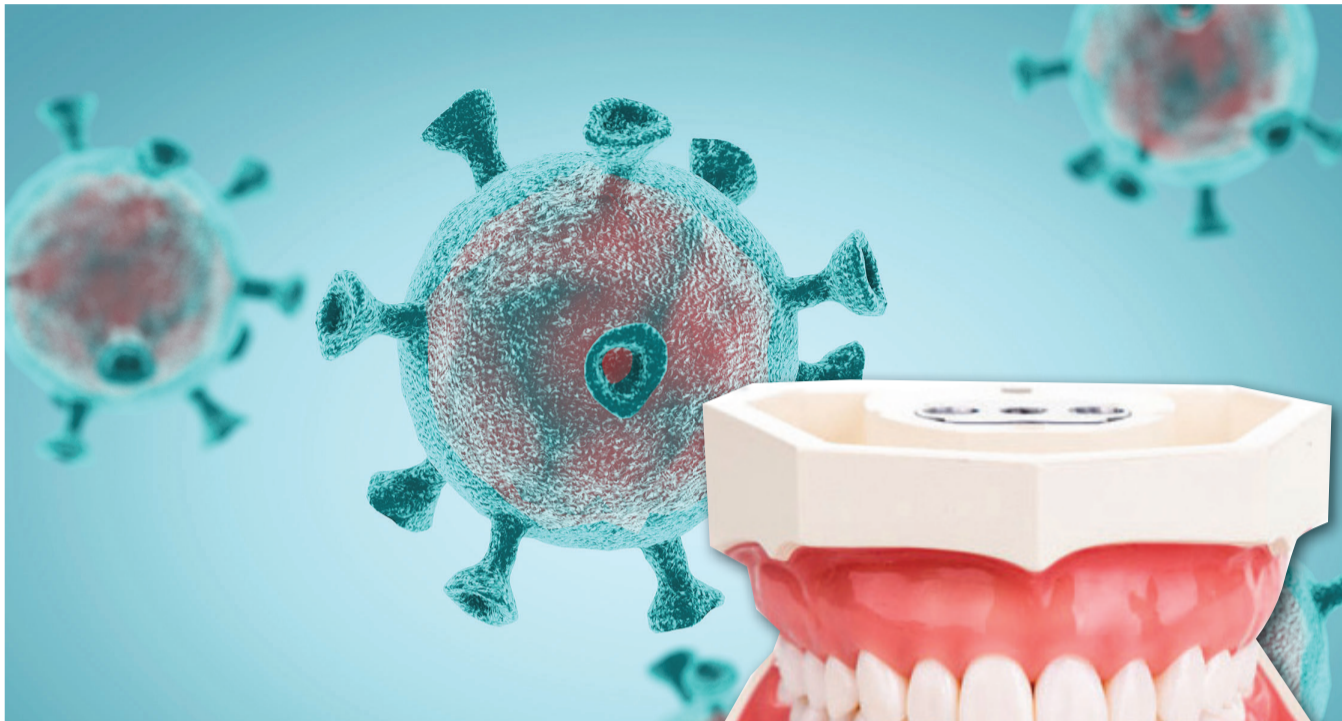


Members from Last Resort, Kenya Red Cross and PCAK joined hands in the distribution exercise.

We distributed at total of 414 packs to the heads of families. A special mention to the PCAK Youth in assisting with the exercise. Lots of ideas exchanged and learnt, and first hand experience of the exercise felt. The Youth also liased with Red Cross Volunteers on having a PCAK and Red Cross Team in the future. A big Asante Sana to the members of all the organisations involved. God Bless our People and our beloved Country Kenya!

DENTAL HEALTH

HEALTH SMART



Mental health, the global pandemic and related anxiety!



DENTAL HEALTH:
Dentistry and COVID-19

What is COVID-19?

COVID-19 is a short form of Coronavirus Disease 2019. Coronaviruses belong to the family of Coronaviridae. It originated in Wuhan, China in December 2019 causing a pneumonia outbreak. It spread rapidly to other parts of the world and was declared a pandemic by the World Health Organization (WHO). The typical symptoms of patients who suffered from the novel viral pneumonia were fever, cough and fatigue. The virus primarily spreads through respiratory droplets. Airborne transmission from person to person over long distances is unlikely.

Relation of COVID-19 to dental procedures

The practice of dentistry involves use of rotary dental and surgical instruments such as hand-pieces or ultrasonic scaler and air-water syringes. These instruments

create a visible spray that contains large particle droplets of water, saliva, blood, micro-organisms and other debris. The spatter travels only a short distance and settles out quickly, landing on the floor, nearby operator surfaces, on dental personnel or the patient. Therefore, airborne spread of aerosols and droplets contaminated with virus increases the risk of transmission of the virus between the patient and dental personnel.

Contact spread may arise when a dental professional is treating an infected patient who is coughing and talking without a mask. Contact with human fluids, patient materials and contaminated dental instruments makes it a possible route to spread the viruses. The viruses can persist on surfaces like metal, glass or plastic for couple of days. Therefore, contaminated surfaces in a healthcare setting are a potential source of COVID-19 transmission.

How do we control spread of infection?

Dental professionals should be familiar with how COVID-19 spreads, how to identify patients with COVID-19 and what extra measures should be adopted to the practice in order to prevent transmission of COVID-19.

All elective dental procedures, surgeries and non-urgent dental visits should be postponed. Only absolute emergency services should be provided. Aerosol generating procedures should be avoided as much as possible. The patients should be evaluated prior to them arriving at the practice. It is necessary to telephone screen all patients for any signs and symptoms of respiratory illness such as fever, cough or shortness of breath.

Body temperature of the dental

personnel and patients should be taken and recorded with a non-contact thermometer. Personal protective equipment (PPE) such as gloves, disposable gowns, eye protection, face shield and an N95 or higher level respirator have to be used during emergency dental care.

Strict hand hygiene protocols should be followed before and after treating a patient. Effective and strict disinfection of the clinical setting should be undertaken preferably after each patient.

In conclusion, patients are advised to call their dentist for any dental issues and only visit the dental practice after getting approval by the dental practitioner.

The virus doesn't spread itself, people spread it. Therefore, STAY HOME & STAY SAFE!

By: Rani Ramchandani (as a community health volunteer-working under PDO Kenya)

Just be mindful of how you're talking about it, and with whom — everyone's dealing with this situation in their own way.

“Mental Health above everything” they say, but this phrase, does it consider “Actions speak louder than words”. Let's have a scenario, (after the psychiatrist and after being judged for being there) “How are you feeling? Are your thoughts scary? How can you use medication to treat the brain? What's on your mind?”. After a glance at those questions, now think of this, when a person gets into a literal physical accident (say a car accident), do we ask them “Hey, why did you get into an accident? How did you feel when you got into the accident? Or, The accident, was it scary?”. But instead, that individual will be rushed to the hospital to be treated, and remember in this case less judgement. Considering both scenarios, we are all ready to say “it will all be fine”. All this is supposed to emphasise is that in the modern day, as we modernise, there should be greater acceptance and understanding of things, and mental health is one of those elements. Infact mental health can be worse than any physical accident. Trauma can scar someone for life. Greater acceptance may mean treating mental health patients as beings and not animals, showing them that you are there, with least judgement.

With recent tensions about the global pandemic, there is lots and lots of anxiety and negative energy going around. Individuals with anxiety, who try to distract themselves with daily activities, are not able to do the same anymore since they are trapped at home with their thoughts and this is making situations worse.

- Watch your conversations. “Discussing the threat of infection with others who are highly anxious can be comforting at first, but can risk escalation of anxiety and fear.”

- Try mindfulness. Try practicing a daily 10-minute mindfulness meditation during this time, something Touroni highly recommends. “Mindfulness allows us to become more aware of our thoughts and feelings and to see how we can become entangled in them in ways that are not necessarily helpful,” she said. Apps like Headspace, Calm, and Aura might be useful. She also provided some deep-breathing tips. “Whenever you notice your mind creating worst case scenarios or if you feel anxious, pause for a moment, place one hand on your belly and take a deep inhalation through your nostrils,” she said. “Inhale as deeply as you can, if possible all the way down into your belly (but don't force it). Then exhale as slowly as you can, deliberately slowing down your exhalation. Repeat this for a few breath cycles, breathing in gently and regularly. Then count to three on the inhalation and six on the exhalation. Keep doing this for three to five minutes.”

- Turn off push alerts. If you've curated your social media feeds, and limited your news consumption to reliable sources only, then consider cutting down on the number of news alerts you receive on your phone.

These are some actions you can undertake in your daily life to reduce the pressure of anxiety. Take a walk, talk to someone who you know will understand you, play games, work out. Anything that helps you feel better. Don't let this pressure get to you, there is so much you can do to feel better about yourself, surround yourself with positivity, away from toxic people and things. We hope to get through this as soon as possible, the hope we have is positive energy that we will surround ourselves with and soon you will have your freedom again!

PHOTO STORIES

Leopards beach resort female staff in Mombasa south together with the hotel international guests in cake cutting ceremony to mark this years international women's day, during a colorful dinner the hotel hosted to appreciate women guests. The event was observed worldwide



totos corner

with Kendi Kimathi

Fun with a lot of purpose

Fun Facts

Interestingly unbelievable. But real!

Snails take the longest naps, some lasting as long as three years.

The average person spends two weeks of their life waiting at traffic lights.

Some perfumes actually have whale poo in them.

Cows can walk up stairs, but not down them

Rain contains vitamin B12.

Apples float because they are one quarter air!

The footprints on the moon will be there for 100 million years.

Not only does everyone have unique fingerprints, humans also have unique tongue-prints!

There are more stars in the sky than grains of sand on Earth.

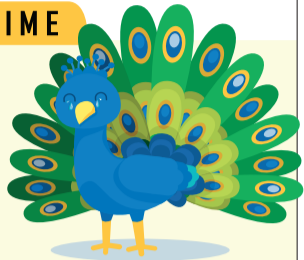
Monkeys can go bald in old age, just like humans.

Winklers Tongue

Give papa a cup of proper coffee in a copper coffee cup.

If two witches would watch two witches, which witch would watch what witch?

STORYTIME



The sad Peacock

There was once a beautiful peacock who was always dancing and showing off his amazing colourful feathers. While he was busy admiring his beauty one day, his rough voice reminded him of his own shortcomings. All the joy left him, and he broke into tears. Suddenly, he heard a canary singing nearby in a very sweet voice, his own bad voice once again became very evident. He began wondering why he was so unlucky. At that moment, Juno, the leader of the birds, appeared and addressed the peacock. "Why are you upset?" Juno asked the peacock.

The peacock complained about his rough voice and how he was sad because of it. "The canary has such a beautiful voice. Why don't I?"

After listening to the peacock, Juno explained, "every living being is special in his or her own way. They are made in a certain manner that serves the greater purpose. Yes, the canary is blessed with a beautiful voice, but you are also blessed – with such a beautiful and glittering feathers! The trick is acceptance and making the most of what you have."



The peacock understood how silly he had been in comparing himself to others and forgetting his own blessings. He realised that everyone was unique in some way or the other.




Moral of the story:


Self-acceptance is the first step to happiness. Make the best of what you have, rather than being unhappy about what you don't.


Corona Trivia


How much do you know about the COVID-19 (Corona Virus)? Use images as clues

How is the coronavirus disease (COVID-19) transmitted?  

What are the best ways to protect yourself from catching the coronavirus disease (COVID-19)?   

Who does the coronavirus disease (COVID-19) affect? 

For how long should you wash your hands to kill the coronavirus disease (COVID-19)? 

How far apart should you stay in contact with other people especially the ones with flu-like symptoms? 

CROSSWORD

Emoji Crossword



o? FIND 7 DIFFERENCES



Question TIME

Stay-at-home thoughts

- Do you get a chance to help anyone at home?
- Does anyone help you when you need it?
- Have you noticed anyone struggling at home? What happened?
- Why do you think it's important to help at home especially now when there is no going to school?
- Is there anything you wish you had done differently?
- What does it mean to have courage? Have you ever had to be brave?
- Can you think of one act of kindness you would like to share tomorrow?
- Are you feeling sorry about anything that happened at home recently?
- Have you heard about (something) on the news. I wonder how that experience would have felt? I wonder how we can help?
- How do you make yourself feel better when you feel frustrated or angry at home? What about bored or tired? Excited?
- Do you think your parents ever feel frustrated, tired, or angry at home? How do you think s/he copes with those feelings?

parent's dilemma

Okay, the schools are closed. So..Do we drop the kids off at the teacher's house, or what?

QUARANTINE HOME SCHOOLING

I STILL DON'T GET IT!
YEAH, ME NEITHER.
I MIGHT HAVE TO FIGURE OUT THE CURE FOR CORONA MYSELF. SCHOOL NEEDS TO RE-OPEN!

He was trying to go to school again and, as I'm sure you're well aware, some kids have allergies.

Me after lockdown looking at my friends trying to remember their names.

How to play this game.

Cut out the game with a pair of scissors through the dotted edge or ask your parent or an older person for help. Several players roll dice, count their move and answer the question. The first to reach the end is the winner.

About Me

START: Let's GO!

Something I really enjoy doing is...

I think school is...

I think English class is...

Oh no! Go Back to START!

Sometimes I try...

One way I'm different from everyone else is...

I know how to...

One of my friends knows how to...

I wonder what it would be like to...

One animal I wouldn't want to be is...

One animal I would like to be is...

I want to learn how to...

Someday, I would like to be...

Someday, I would like to visit...

Sometimes I help...

Oh no! Go Back 2 Spaces!

Oh no! Go Back 5 Spaces!

I've never been afraid of...

I'm afraid of...

Someday, I will...

FINISH

Promises and Lies

A promise is a declaration or assurance that one will do something or that particular thing will happen. A lie is an intentionally false statement provided when someone wants to avoid a confrontation or does not want to do a task. Promises and lies go hand in hand sometimes. When a promise is not fulfilled, lying is most suitable option in order to avoid confrontation.



When we don't keep a promise to someone, it communicates to that person that we don't value him or her. Even when we break small promises, others learn that they cannot count on us. We are not only communicating all of this to others, we are telling ourselves that we don't value our own word.

We tend to think it is okay to let someone down, to say something we don't mean, or to fail to follow through on something we said we would do. In certain circumstances when we know we cannot follow

through a promise; we tend to lie to get out of that situation. Lying to get an extension for a project or a repayment for a loan can get a person leniency for a few days but in the end the promise to complete that project or the promise to repay that loan has to be fulfilled. Lying just creates the proverbial tangled web that clutters your life with half-remembered excuses.

We need to keep in mind the following when committing to a promise:

1. What is your motivation

behind the promise?

2. Is the promise realistic?
3. Is it really necessary for you to make the promise?
4. Would you be able to handle the situation if the promise is broken?

If the promise is broken would you resort to lying immediately?

1. Firstly, you need to examine the situation and see whether the other person will be really upset if you were honest as to why you could not fulfil your promise.

2. Secondly, you need to think why you cannot handle the other person's disappointment? Sometimes it could be a good thing to not commit to a promise.

3. Finally ask yourself if you want to live a life full of lies.

A PROMISE MADE IS A PROMISE KEPT!

BETTER TO BE SLAPPED WITH THE TRUTH THAN KISSED WITH A LIE!

Author - Avni Parmar

Original Peace

It is not necessary to search for peace. It is within. Your original state is one of peace. External situations will pull you away from your peace. If, that is, you let them. Internal feelings can also pull you away. Tiredness, for example, leads to irritability.

Learn to be in charge of yourself and maintain your peace: centre your awareness on your spiritual form - a tiny star-like point of light, seated in the middle of your forehead. Really experience the difference between You the Sparkling Star, and your body, the physical vehicle. Learn to detach yourself from the

vehicle.

Even a few moments of this practice, if done regularly, will return you to your natural state of peace. Tiredness will vanish. Irritability too. And your actions will be filled with love - for the self and others.



White Observations In The EA Protectorate

The following are a collection of observations from various memos and notes by pioneer British administrators. They were recorded between 1894 and 1915, when Kenya was known as the EA Protectorate.

Here goes:

The British administrators had initiatives to eliminate the hookworm menace. So they oversaw construction of pit latrines. But getting africans to use the latrines was another matter.

In 1908 the white administration occupied Meru without any fight. The Ameru offered no resistance as pioneer administrator John Ainsworth (pictured) observed. The Meru were reportedly glad that the visitors would help grant them protection against the troublesome Tharaka.

In the 1890s, communities like the Maasai opposed being photographed, believing the camera to be an instrument that cast evil spells.

Kamba women on the other hand opposed use of farm

implements made out of iron. To the community, iron hoes drove the rains away.

The Maasai and Kalenjin were fervently opposed to porter work. But they were happy to serve as mailmen or runners. Porters were seen as slaves, mail work was seen as noble.

Some colonial officers were considered and treated with the full honors of a local. One of them, Mervyn Beech, even converted to Islam and was buried at a cemetery in Lamu.

MacDougall was another administrator who had influence among Bajun, Somalis, Arabs and Giriama. A record by Sir Arthur Hardinge (pictured left, with Lenana) in 1912 described MacDougall as someone who "speaks, lives and to a certain extent thinks like a native..."

According to a memo by pioneer administrator John Ainsworth dated 25th May 1913, Chief Kinyanjui (pictured) rose from a "donkey boy" to an interpreter, and then a chief.

The British were taken aback

by how the large tribes, viz. Agikúyú, Luo and Kamba were almost effortlessly brought under control in 1900 thereabouts. One administrator, Wilson W. MacLellan, who had spent time in South Africa, was as guarded as he was prophetic. He wrote:

"We look at the present time with complacency on the timidity of the WaKikuyu. It must be borne in mind that formerly the most timid of tribes in South Africa gave the most trouble eventually..."

The Kamba provided lots of labour to pioneer settlers. Moreover, many of the recruits serving in the K.A.R. or the police were drawn from the community. Suddenly, the administration noticed around 1912 that they were no longer stepping forward to provide labour. Lord Delamere was of the opinion that "their increased wealth and higher intelligence" had developed in them a "distaste of ordinary manual labour..."

In a memo Sir Hardinge sent to John Ainsworth (pictured) on 20th March 1896, the latter was instructed to "leave offences committed by natives against one another to be dealt with by their own headmen or chiefs..."

Exceptions to this directive were in cases of murder, slavery or offenses that took place within government stations.

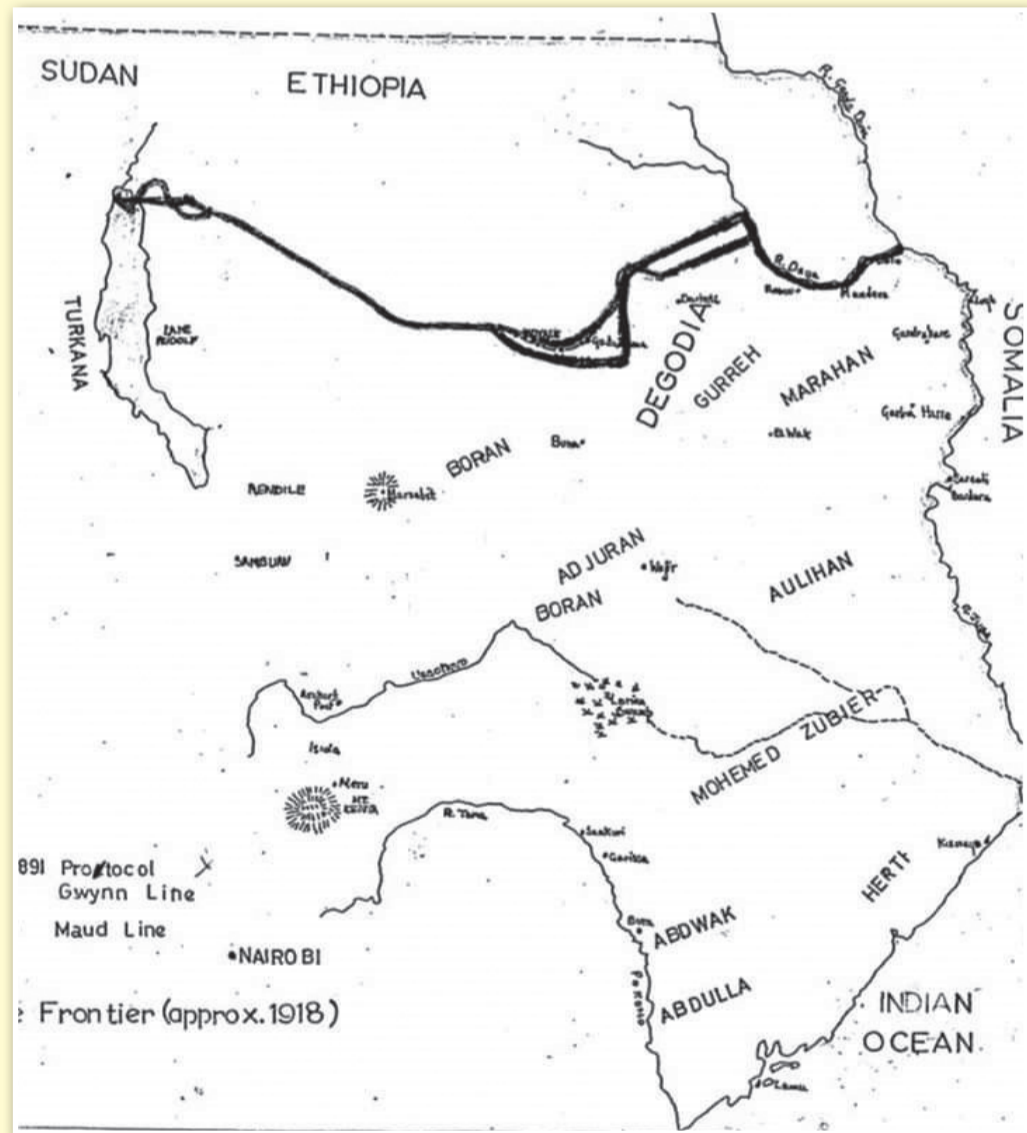
As a district or administrative station, Malindi was notorious to European administrators for disease. Over a 10-year period till 1912, it had a total of 8 DCs posted there.

One administrator who succumbed to illness was an Englishman named James.

James Bond.

Yup. James Bond Ainsworth, a younger brother of John Ainsworth, died of black water fever.

In 1914, there existed bitter differences in Wajir between the Maheran and Auliyahan clans. The latter were given refuge in exchange for returning 70 rifles. Jubaland's administrator, one



Capt. Salkeld, wrote in 1914 that there were an estimated 1,400 rifles in the area.

Between 1913 and 1914, KAR troops came under occasional guerilla attacks from Somali tribesmen near Garba Harre (present-day Gedo region in Somalia). In punitive operations that took place in 1914, reinforcements were brought in to restore order and scores of Maheran fighters were killed by the K.A.R (which is Kenya Army

today).

How history repeats itself. Finally, "westernization" brought about rebellion of youth against elders and tribal norms, if an observation by Hardinge is to be believed. He visited the Pokomo in 1895 and noted the following: "In numerous villages the old men complained to us that the younger generation disregarded ancestral traditions and customs: thus to wear their hair cropped instead of falling in long plaits over

the eyes was a privilege enjoyed only by Elders, or by men of mature years and granted to them as a favour in return for a large payment...; but notwithstanding this, those of the youth who had been down to the coast region trimmed their heads in this fashion without either permission or payment, and, when reproved... said that the country now belonged to the white man, and that they recognized no other".

MESSAGE

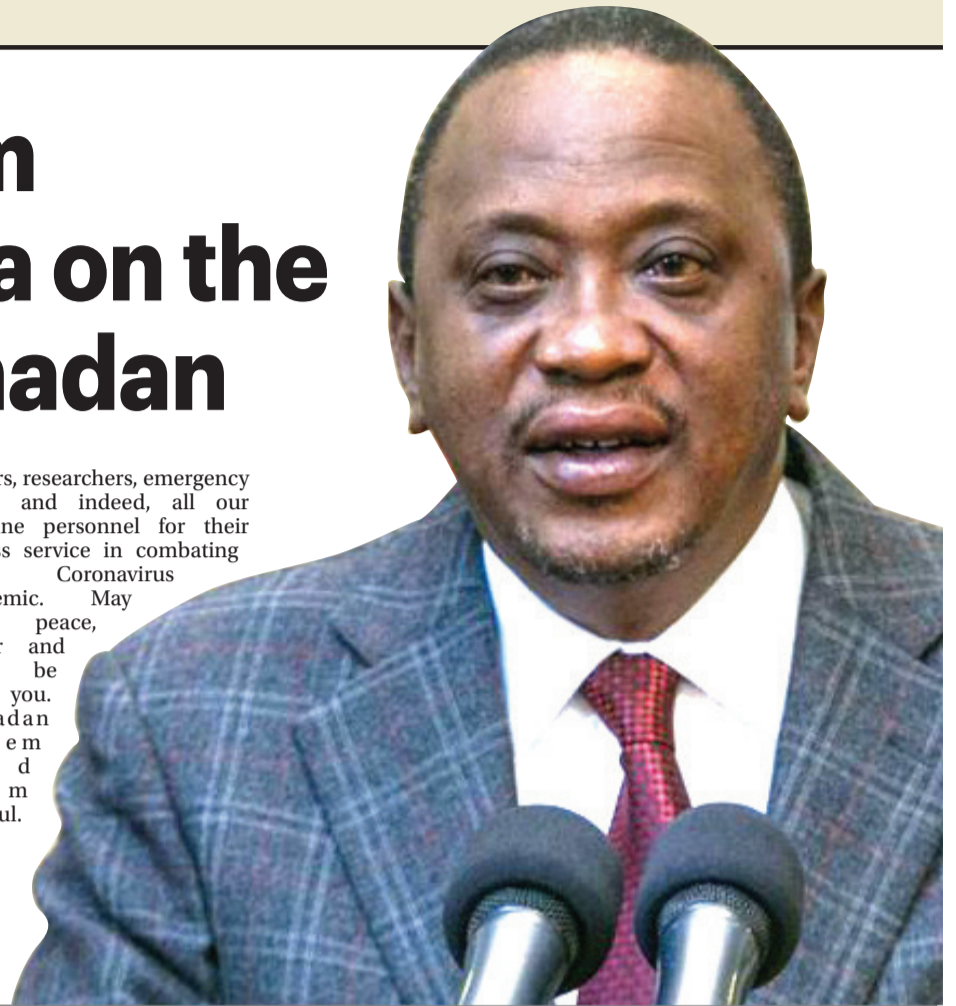
Message of goodwill from President Uhuru Kenyatta on the of the Holy month of Ramadan

Fellow Kenyans, Asalaam aleikum
 As we begin the Holy Month of Ramadan, it is impossible to ignore the unusual circumstances under which we find ourselves. The whole world stands united against the invisible enemy of illness brought about by the Covid-19 pandemic. Kenya, and indeed the whole world, has been forced to implement measures to prevent further spread of the Coronavirus and safeguard our people from the suffering caused by this disease.
 The Holy Month of Ramadan is an important period of reflection, fasting and prayer for ourselves, our loved

ones and our nation by our Muslim brothers and sisters. In solidarity with them, I urge all Kenyans of various faiths and denominations to join in reflection and prayer for our beloved nation during these challenging times. As has been said before, if we behave normally in this period, this disease will treat us abnormally. We must therefore do what we have always done as Kenyans and that is to adapt for our survival. We must change our behavior by avoiding large gatherings, regularly wash our hands with soap and water, and maintain social distancing.
 I am optimistic that we will overcome this challenge but we

must make sacrifices necessary to see the bright days beyond our current situation. I believe that we shall see the end of the Coronavirus pandemic in Kenya and begin to rebuild our businesses and economy once more. Every dark night gives way to sunrise.
 Let us continue to mind our brothers and sisters, especially those who are less fortunate or vulnerable during this period in line with the spirit of Ramadan. At the end, we shall stand before the Almighty for judgement and reward for our deeds and misdeeds.
 As I wish you all a blessed Ramadan, let me also thank all our doctors, nurses, clinical

officers, researchers, emergency teams and indeed, all our frontline personnel for their selfless service in combating the Coronavirus pandemic. May God's peace, favour and grace be with you.
 Ramadan Kareem and Saum Maqbul.



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Corporate Actions 2020

COMPANY	DIVIDEND	RATE (KES)	ANN. DATE (dd/mm/yyyy)	BK/CLOSURE	PAYMENT DATE	REMARKS
Nairobi Securities Exchange Plc	Final	0.08	27.03.2020	Subject to approval	Subject to approval	Cum-div
Bank of Kigali	Final	FRW 14.40	27.03.2020	12.06.2020	01.07.2020	Cum-div
Kenya Re	Final	0.10	27.03.2020	12.06.2020	24.07.2020	Cum-div
I&M Holdings	Final	2.55	26.03.2020	Subject to approval	Subject to approval	Cum-div
ABSA Bank	Final	0.90	24.03.2020	Subject to approval	Subject to approval	Cum-div
Umeme Ltd	Final	Ushs 41.30	23.03.2020	22.06.2020	17.07.2020	Cum-div
Equity Group	Final	2.50	20.03.2020	12.06.2020	24.07.2020	Cum-div
Diamond Trust Bank	Final	2.70	20.03.2020	25.06.2020	24.07.2020	Cum-div
Standard Chartered Bank	Final	15.00	19.03.2020	27.04.2020	28.05.2020	Cum-div
Safaricom	Final	1.40	29.04.2020	31.07.2020	01.11.2020	Cum-div
Britam Holdings	Final	0.25	03.04.2020	Subject to approval	Subject to approval	Cum-div
Stanbic Holdings	Final	5.80	02.03.2020	18.05.2020	Subject to approval	Cum-div
Co-operative Bank	Final	1.00	19.03.2020	23.04.2020	05.06.2020	Ex-div
KCB Group	Final	2.50	12.03.2020	27.04.2020	Subject to approval	Ex-div
BAT	Final	30.00	20.02.2020	20.03.2020	29.04.2020	Ex-div
East African Breweries	Final	3.00	31.01.2020	28.02.2020	17.04.2020	Ex-div
Stanlib Fahari	Final	0.75	29.04.2020	30.04.2020	31.05.2020	Ex-div
Kakuzi Plc	Final	14.00	20.03.2020	30.04.2020	18.05.2020	Ex-div
Nation Media	Bonus	0.05	20.04.2020	12.06.2020	Subject to approval	Cum-bonus
NCBA Group	Bonus	0.05	22.04.2020	12.05.2020	Subject to approval	Cum-bonus

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